

# *Quit smoking Now!*

*Ask me about effective relief for cravings.*

For the withdrawal symptoms of cigarette smoking homeopathic tissue salts have been proven effective in the aide and submission of cravings!

Not only will these tissue salts curb cravings they will also assist the body with tissue balance, bringing more oxygen to the tissues and vessels. It is suggested that you increase your Vitamin C and B vitamins significantly as this will also help with healing tissue on a cellular level and further assist with your cravings for smoking.

On your first day as a non-smoker: take 1 tablet of each tissue salt up to four times a day. You can continue taking 4 tablets of each salt for one week or so. As your confidence builds as a non smoker and your cravings dissipate, taper off on your daily intake. Reducing them to 3 times per day. By the 4<sup>th</sup> week you should be taking only one per day. Going forward you can take them as you needed when you feel a craving coming on.

Congratulations you are on your way to a healthier cleaner happier life!

*Healing through  
Homeopathy*



For more information contact:

**Trina Bell** DSHM HD Rhom  
Homeopathic Practitioner  
**647-986-WELL (9355)**

[healing@trinabell.com](mailto:healing@trinabell.com)

[www.trinabell.com](http://www.trinabell.com)