Get Ready, Get Set … STOP Smoking!



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety…depression…bipolar…OCD…learning disorders…brain fog…PTSD…addictions…dementia…

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. Click here and read more.

This infographic contains some of my favorite remedies that I guarantee you'll use.

Joette Calabrese
Homeopathyworks



Confession: In my late teens, on and off, up to about 30, I smoked.

At one point I was smoking a pack a day. It was stupid.

But I know how difficult it was to stop, even having smoked for just about 10 years.

As I recall, the way I stopped was to take a shower when the urge came on (which was always worse in the evenings. Some nights, I took more than one shower.)

At the time, I wish I'd had a little help beyond my wimpy willpower. Homeopathy would have been welcome, had I known about it.

The body is always seeking homeostasis. Do not think for a moment that it won't benefit you if you quit smoking now.

So, if you or a loved one are ready to make a change, homeopathy can help alleviate some of the more unpleasant aspects of the process.

Once you decide which medicine is best chosen, it can usually be taken between 2-4 times daily. Always start with fewer doses and see how well it goes. If it's not helping enough, increase the frequency.

Nux vomica 30C

Serving in its role as the "overindulgence" remedy, *Nux vomica* (poison nut) can help relieve the irritability, nausea, and digestive troubles that can go hand-in-hand with smoking cessation.

Lobelia inflata 6C

If you find that you're experiencing a great deal of nausea, *Lobelia inflata* (Indian tobacco) can provide relief during the withdrawal process.

Argentum nitricum 30C

Don't be surprised if you experience a level of anxiety after you stop smoking. It happens. *Argentum nitricum* (silver nitrate) can address those feelings of apprehension and anxiousness … a feeling as though you're sped up.

Ignatia amara 30C

One more helpful remedy to have in your arsenal during this very nerve-wracking time is *Ignatia amara* (St. Ignatius bean). Reach for it if you experience hypersensitivity to pain, or smells, or simply stress – especially if your hypersensitivity seems lessened when you are distracted.

Ignatia amara will help you get through times when the process may seem all-encompassing.

Hopefully, just by *knowing* that these remedies are here to get you through the rough patches, you'll have the motivation to stop smoking today. It's all about being well-armed. So, put your dukes up!

If you have a loved one whom you have been encouraged to stop smoking, please share this short YouTube video that I posted: https://www.youtube.com/watch?v=qDdFuTauxmw. It contains this same information but watching it might be the boost that's needed.

By the way, if you buy any of the remedies mentioned in this article directly from Boiron, you'll save 20% on your purchase by using the code **Joette** during checkout. And that's on top of all the money you're about to save by not buying cigarettes!

Warmly,

Joette

P.S. Are you ready to get serious about learning to count on homeopathy for your and your family's health? Consider starting a study group in your home including friends online. Learning and sharing with others is the needle-mover you need to get going. It's a lot easier and less expensive than you think. Click here to learn more.