Quit That!!!

Homeopathic “Quit Smoking Protocol”
Before beginning, have your resolve designed. That is, get certain foods, or activities lined up for your psyche and cravings to be supported. For example, if you adore shrimp, make it your treat when the cravings are extreme. Or have your bike ready to go for a quick ride and sweat it out to help realign your metabolism. Don’t begin the program until you’ve made up your mind to do everything you can to stop.
1) Caladium 6x: once daily
2) Calc phos 12x and Nat mur 6x: 2 tabs each dissolved in 4 ounces of hot water, twice daily for months until a change is realized.
3) Avena Sativa tincture: 10 drops in water twice daily.
Contact me with your results. I’d love to hear how you do.