Ed Manny, New York, New York

After having pneumonia last year I knew it was time to quit smoking once and for all. In one of Joette's classes, she taught us about a homeopathic product called "Stop Smoking" available from Washington Homeopathic Products. Within about a week or so of taking it, I quit and didn't have another cigarette from November to January.

Then in January, a friend left a pack of cigarettes in my apartment and I succumbed to the temptation for a day or so. But took the "Stop Smoking" again and haven't' had another one since!

It's now the end of March and I'm free of the habit. Occasionally I have the urge, but I take the remedy and it goes away again. This was so much easier than stopping "cold turkey". Thanks for the great info, Joette!