

# QUITTING SMOKING

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The following herbal combinations have historically alleviated symptoms associated with quitting smoking.

## 1. Nerve repair

Valerian, Skullcap, Hops. These herbs are great in combination or singly for the jitters, anxiety or sleeplessness.

## 2. Deep Lung Cleanse (nicotine/mucus)

Comfrey, marshmallow, mullein, slippery elm, lobelia

### CHOOSE ONE PURIFIER:

## 3. Blood Purifier (clears system of nicotine)

Milk thistle, reishi mushroom, schizandra. These herbs will be in capsule form.

### Or Blood Purifier #2

Yellow dock, dandelion, burdock, licorice, chaparral, red clover, barbery, cascara sagrada, yarrow, sarsaparilla. Capsules, tea or infusion.

### Or Blood Purifier #3

Yellow dock, dandelion, burdock, slippery elm, red clover. Capsules, tea or infusion.

Take this list to the a health food store and READ LABELS. Find bottle of capsules that fits or most nearly fits the list of herbs in each category. Follow label for dosage. Or, purchase bulk/loose herbs and make tea or infusion (directions below).

## 4. Cravings

**Licorice:** Buy licorice in bulk. Do not use licorice if you have high blood pressure. If you want to drink it right away, SIMMER in hot water over low fire, DO NOT BOIL, for 20 minutes. Cool, sweeten with stevia or honey to taste. Excess can be stored in refrigerator 3-4 days. This is licorice TEA, drink a cupful one or more times a day.

For an INFUSION, put one ounce of licorice in a pint jar and fill with boiling water, put on the lid and steep for EIGHT HOURS. This infusion will be darker than TEA and more potent. Drink ½ to 1 cup per day.

If licorice sticks are purchased, can be used to “handle” like a cigarette or chew.

**Yerba mate:** A South American tree harvested from the rain forest. Comes in bulk form. Prepare as a tea. Is best when yerba mate is left in container and drank thru a bombilla—a straw-like devise. Sweeten with Stevia or honey. Drink at least one cup per day.

**Licorice and yerba mate can be made together:** 1 Tbls Licorice and 1 Tbls Yerba mate, 1 DROP peppermint essential oil, honey to taste OR add 1 tsp whole leaf stevia or a couple drops of liquid. Mix in 16 oz coffee mug, cover with boiling water, steep 15-20 minutes. Strain and drink. ADD PEPPERMINT OIL LAST. Do not exceed one drop. **STEVIA:** Stevia is a naturally sweet herb. It can be purchased whole leaf, liquid or granules. Always use to taste.

#### 5. Water – preferably filtered.

A MUST; Do not skip this step. You are dumping boat loads of toxins into your system that need to be flushed out. Add 1 drop of peppermint essential oil or 1 drop of lemon essential oil for additional cleansing and to reduce fatigue.

Detoxing your body can make you feel WORSE. Herbs do not cover up symptoms, they bring the problem OUT of the body. Better out than in; **If you begin to feel too badly, reduce herbal intake.** Do not begin detoxing before any large project or traveling. How long will it take? How long have you been putting toxins into your body? Everyone is different. Stick with it for 21 days. 21 solid days. Start slowly and add more herbs every 2<sup>nd</sup> or 3<sup>rd</sup> day until you are on the entire program. Yerba mate, among others, is a great tonic herb and can be taken every day...forever!

This holistic herbal regimen is intended for the maintenance of the best possible state of health and is not involve diagnosing or prognosticating a health condition. Rather, these educational recommendations are a holographic approach to optimal well-being.