

Some questions and answers about Smoke Free®

Q: How do Smoke Free® softgels work and how much should I take daily?

A: The softgels are for internal ingestion and ease nicotine cravings, calm the nervous system, support the digestive functions, dilate the bronchioles and loosen lung mucus. Taking one softgel four or five times a day is recommended.

Q: How does Smoke Free® oral spray work and how much should I take daily?



A: Smoke Free® oral spray is designed to quickly curb nicotine cravings. Within seconds of spraying one or two sprays into the mouth, individuals report that their cravings are lessened dramatically. Spray one or two sprays in your mouth up to every half hour or as needed.

Q: Are there any known contraindications that I should be aware of before I start taking Smoke Free®?

A: You should consult with your primary care physician before embarking on a tobacco cessation program. Smoke Free® is contraindicated for, and should not be taken by, pregnant women or women who are breast-feeding.

FAST-ACTING PROPRIETARY FORMULA

Smoke Free® contains extracts of:

- Lobelia herb in bladder seed stage, fresh
- Oat seed in milky stage, fresh*
- Licorice root*
- Osha root
- Passionflower herb, fresh
- Pleurisy root
- Grindelia flower, fresh
- Mullein leaf, fresh*
- Ginger root*

*certified organic herb

Q: Are there any known side effects associated with taking Smoke Free®?

A: Very large amounts of Smoke Free® (over 10 softgels or 60 sprays per day) may cause nausea and, rarely, vomiting. Lessening the dosage will stop the side effects.

Q: What additional herbal support do you suggest during a smoking cessation program?



A: The liver contributes to nicotine detoxification. Liver Tonic™ stimulates the liver's breakdown of waste products and quickly reduces the craving for nicotine. This formula also increases the ability of the liver to excrete waste products. Twenty drops of the liquid herbal extract or one softgel of Liver Tonic™ three times a day, preferably before meals, for two weeks are recommended.



Q: I quit smoking but I feel that my lungs are still congested. What can I do to ease this situation?

A: If your lungs feel overly congested, add Respiratonic® to your program. Thirty drops of the liquid herbal extract or one softgel of Respiratonic® three to five times a day will quickly clear up the lung congestion.

Q: How can I avoid gaining weight when I stop smoking?

A: First, suck or chew on real licorice root (found in health food stores, not the black candy). Licorice helps satisfy the oral craving, supports the adrenal glands and activates the digestive system. Second, eat more fresh vegetables and fruits. They are rich in antioxidants and speed up the detoxification process. Third, exercise for one-half hour five times a week. Exercise helps stabilize your blood sugar level, speeds up your metabolism and makes you feel more energetic.

FOR INFORMATION, CALL 888-433-1212
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ABOUT HERBS, ETC.

Herbs, Etc. has been widely recognized within the natural health industry as a leading manufacturer of high quality, potent liquid herbal medicines for more than 35 years.

The Herbs, Etc. family of products features a line of Fast-Acting Liquid Herbal Softgels. It also includes a line of Professional Strength Classic Liquid Herbal Extracts, containing over 130 single extracts and formulas, as well as a line of Professional Strength, Alcohol-Free Liquid Herbal Extracts.

Daniel Gagnon, owner of Herbs, Etc. and a Medical Herbalist since 1976, has been an early proponent of the healing properties of herbs. He has focused his energy into creating synergistic herbal medicines and unique processes for ensuring potency. He regularly teaches herbal therapeutics in North America and abroad.



Solutions You Trust®

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Quit!

Smoke Free®



Smoking Cessation Support

- Curbs nicotine cravings
- Calms nervous system
- Clears congested lungs

Are You Ready to Give Up Tobacco?

Hi, I'm Daniel Gagnon, Medical Herbalist and Owner of Herbs, Etc. The number one goal of my practice is to provide my clients with therapeutic results.

The American Lung Association estimates that there are over 450,000 smoking-related deaths every year. Smoking has a powerful impact not only on the lungs but also on the functioning of the whole body. Therefore, any program that intends to effectively help you quit smoking should address all of the affected areas of the body. When you stop smoking, you need support for your nervous system, lungs, gastrointestinal system, blood sugar level, as well as with the nicotine cravings.

Why conventional nicotine replacement products don't work for most individuals.

Nicotine replacement delivery systems, like nicotine gums, only replace inhaled nicotine with oral nicotine. Eventually you still have to wean yourself from nicotine. The nicotine patch is ineffective for many individuals because it delivers nicotine in a constant, uniform way. As a smoker, you do not get your fix in this way. You inhale a high amount of nicotine within a few minutes from your tobacco product and then ride with this nicotine in your blood stream for many minutes to a few hours. When nicotine blood levels fall, you reach for another hit.

Smoke Free®, a nicotine-free formula, offers multi-organ systems support.

I have formulated Smoke Free® as a tool for the person who wants to quit smoking and desires additional support. Here are five ways Herbs, Etc.'s Smoke Free® can benefit you:

Smoke Free® curbs nicotine cravings.

Smoke Free® decreases the cravings that follow tobacco withdrawal because one of its active constituents has a structure similar to nicotine that binds to the same receptor sites. This

decreases the craving and desire for tobacco products. Additionally, there is no need to wean off Smoke Free® after the tobacco habit has been kicked.

Smoke Free® calms the nervous system.

When you stop ingesting nicotine, you experience increased nervousness. You feel edgy, irritable, unable to relax and overwhelmed by simple tasks. Focusing on the task at hand is difficult and every challenge feels like an insurmountable obstacle. Smoke Free® synergistic formula induces relaxation and eases mental and emotional tension. Its benefits accrue over time so that you feel calmer and sleep better.

Smoke Free® clears congested lungs.

Cilia are little hair-like sweepers located in the lungs that constantly remove mucus. When you stop smoking,

WITHIN 24 HOURS OF QUITTING SMOKING:

blood pressure decreases, pulse rate drops, body temperature of hands and feet increases, carbon monoxide blood level drops to normal, blood oxygen level increases to normal, chance of heart attacks decrease;

WITHIN 48 HOURS: nerve endings start regrowing, ability to smell and taste is enhanced;

WITHIN 2 WEEKS TO 3 MONTHS: circulation improves, walking is easier, lung function increases;

WITHIN 1 TO 9 MONTHS: coughing, sinus congestion, fatigue and shortness of breath decreases;

WITHIN THE FIRST YEAR: excess risk of coronary heart disease is decreased to half that of a smoker;

AT FIVE YEARS OR MORE, LONG-TERM BENEFITS INCLUDE:

- stroke risk is reduced to that of people who have never smoked;
- risk of lung cancer dips to as little as one half that of continuing smokers; risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases and risk of ulcer decreases;
- risk of heart disease is now similar to that of people who have never smoked and risk of death returns to nearly the level of people who have never smoked.

you may initially feel worse than when you were smoking. This occurs because, without the continuous tobacco smoke irritation, the cilia are inactive and the lungs fill with mucus. Smoke Free® alleviates lung congestion by calming the lungs' production of thick, difficult-to-remove mucus and by activating the production of thin, easy-to-remove mucus. It stimulates the sweeping action of cilia that removes mucus from the lungs.

Smoke Free® supports the digestive system.

Each time you put a cigarette into your mouth the entire digestive tract is stimulated. Digestive juice secretion increases and intestinal transit time is shortened. As a typical smoker, you stimulate your digestive system 20 times or more a day. When you quit smoking, this gastrointestinal activity stops. Fewer digestive juices are secreted, digestion is slowed and constipation may result. Smoke Free® stimulates normal gastrointestinal function, enhances digestion and restores intestinal motility.

Smoke Free® helps stabilize blood sugar level.

Smoking has been shown to stimulate the release of glucose in the blood stream. It is not uncommon to notice blood sugar imbalances within the first two weeks of a smoking cessation program. Withdrawal from the tobacco habit often induces hypoglycemia-like symptoms such as fatigue, anxiety, nervousness, irritability and tremors. Smoke Free® supports the adrenal glands which, in turn, stabilizes blood sugar level.

Smoke Free® synergistic formula is available in softgels and as a spray.



Milky stage oat seeds

Smoke Free® is a synergistic formula containing fresh lobelia herb in the bladder seed stage, fresh oat seed in the milky stage, dried licorice root, dried osha root, fresh passionflower herb, dried pleurisy root, fresh grindelia flower, fresh mullein leaf and dried ginger root. It is available in two forms: softgels and oral spray. Neither is habit forming and both products greatly assist smokers who are determined to stop.

SMOKE FREE® CURBS NICOTINE CRAVINGS AND OFFERS MULTI-ORGAN SUPPORT.

