

## Positive Changes Are Coming Your Way!



Did you know that one person dies every 6 seconds from a tobacco-related disease? Or that over 20% of all deaths in the U.S. are from tobacco? These statistics are scary, but they're not going away. If anything, we're continually discovering that tobacco smoke is even worse than we previously thought.

We're probably all familiar with the scary statistics on tobacco use, but few of us think that we'll ever end up as a statistic. So many people think of these consequences as something that only happens to other people, or that only happens in the far future. It's hard to break an addiction knowing that the benefits of quitting could come many years down the road! If you've fallen into this trap, it's helpful to focus on the benefits of quitting smoking that happen immediately.

For example, it only takes a few days to notice that you're able to breathe easier, that you smell better, and that you have more money in your pocket (an average of \$7 per day) than before. You'll find that you're spending more time with your family and friends (no pesky smoke breaks) and feeling at peace with your decision, knowing that you're setting a healthy example for those you love. Down the road, you won't have to worry so much about dying from cancer, heart disease, or a stroke. You'll notice that you get sick less often, you look younger, and you're feeling better than you've felt in years. If you're ready for all of these positive changes to come your way, then this program is for you!

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

**We're offering a special discount on these products when they're purchased together:**

- Herbal Stress Relief
- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

**Ask a staff member for more information about this special offer!**

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# Enhance Your Program to Help You Quit Smoking



# Nutrition Is Your Secret Weapon



Smoking inhibits your body's ability to absorb many important nutrients (vitamin C, vitamin D, calcium, folate, and riboflavin) from food. This, in turn, can cause you to get sick more often, experience frequent fatigue, and struggle to live a healthy, active lifestyle. When you quit, you'll begin absorbing these nutrients again, and you'll feel so much better!

Eating a healthier diet can help you quit smoking, too. Studies have shown that smokers who increase their fruit and vegetable intake are more likely to succeed in quitting. These studies have also shown that smokers with higher fruit and vegetable consumption smoke fewer cigarettes per day and rank lower on a test for nicotine dependence. This goes to show that improving your diet can have a broad range of healthy effects!

If you've been smoking for many years, you may have forgotten that cigarettes can affect your perception of flavor. When you quit, you'll notice that food suddenly starts to taste so much better! This can make it easier to transition to a healthier diet. On your program, you'll be able to enjoy a broad range of healthy foods that will tantalize your taste buds and take your mind off of smoking. By the time you're done, you'll feel so much better and you'll have the resources you need to stay tobacco-free for life.



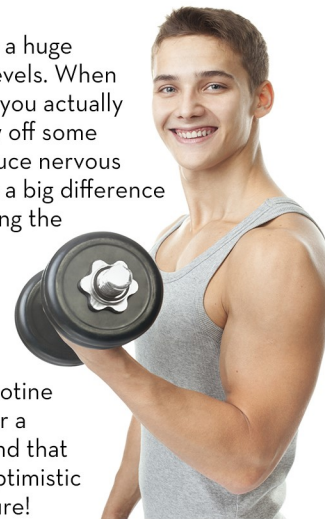
# Lifestyle Strategies That Ensure Your Success

## Sleep to Stay Smoke-Free

When you first quit smoking, your sleep schedule may be a little bit erratic. Some people find that they need a little extra sleep for several days, and others find it difficult to fall asleep in the first place. Regardless of where you fall on this spectrum, you'll find that things get easier after the first week. If you feel the urge to sleep more during this time, go ahead and give in. Sleep activates some of your body's most powerful healing processes, making it easier for you to stay nicotine-free. If you need extra sleep, try freeing up some time in your schedule for an earlier bedtime or an afternoon nap. The worst of your cravings will be over before you know it!

## Hit the Gym

Quitting smoking can make a huge difference in your energy levels. When you quit, you may find that you actually want to hit the gym to blow off some steam, calm down, and reduce nervous tension! Exercise can make a big difference when it comes to overcoming the psychological aspects of nicotine addiction. Studies have shown that even moderate exercise can significantly reduce the urge to smoke and ease nicotine withdrawal symptoms. After a session at the gym, you'll find that you're happier and more optimistic about your smoke-free future!



## Find Alternative Ways to Reduce Stress

Many people use smoking as a way to cope with stress. When you first quit smoking, you may experience an increase in restlessness, nervousness, and irritability - making it even harder to pass up on your habitual smoke breaks. To overcome your cravings and reduce stress in a healthy way, you can go for a walk, meditate, take an exercise class, or take advantage of our incredible stress-reducing Self-Mastery Technology (SMT) sessions!

# Health-Boosting Supplementation

**Though you'll need several supplements to maximize your nutritional intake and reverse the course of your disease, there are a few that are worth discussing in detail:**



**Antioxidant** contains some of the most powerful antioxidants found in nature! These antioxidants help to repair free radical damage caused by smoking, leaving you feeling younger and healthier than you've felt in years.



**Appetite Appeaser** satiates the appetite and reduces nervous tension. By managing your cravings for unhealthy food, you'll find that it's easier to quit smoking and live a healthy lifestyle.



**Herbal Stress Relief** is made from valerian root and other synergistic herbs that can ease the nervous tension that you may initially feel when you quit smoking.

In addition to these helpful supplements, you may also benefit from the following supplements for brain-based wellness:



**Craving and Impulse Control** makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet. This can be enormously helpful, especially when you're first making positive changes!



**Adrenal Calming** is designed to relieve stress, increase mental clarity, and promote a state of restful ease. By reducing stress on your adrenal glands, this supplement can help to reduce your cortisol production and make it easier to quit smoking.



**Sleep** is designed to promote healthy sleep, which can be very difficult when you first quit smoking. If you're used to laying awake at night, this supplement may make it possible for you to finally get the rest you need!



**Serotonin Support** helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle that doesn't involve smoking!