

Client Notes

Guidelines for the New Smoke Free You! Remedies to Ease and Support

Compile your own notes from this. Perhaps put onto cards that you can flip through. Translating them to a format that you will use will help your smoke free process.

Critical:

- No caffeine AT ALL!
- Plenty of energized water
- Have a strategy (or 2 or 3) to adopt when desires surface.
- Set up a regular contact system with your practitioner: at least weekly.

1st week:

- Start a diary “**My Daily Achievements**” where to note the beneficial things that you do for yourself each day.
- Establish your own goals to stop smoking (own health, or to protect others from second-hand smoking, money saving – calculate per day/month/year/5 years)
- Involve some friends or, even better, a family member in your effort to stop smoking
- Smoke only ½ of each cigarette
- Don’t buy cigarettes by the carton!

2nd week:

- Reduce 1 cigarette every day
- Throw away one cigarette every day from the packet
- Open packet on opposite side!

3rd week:

- Avoid places and remove things that trigger smoking
- Avoid/reduce alcohol and coffee
- Avoid smoking automatically. When you smoke don’t do anything else **JUST SIT AND SMOKE!** (Don’t smoke and talk, or watch TV, or drive)

4th week:

- Start to create more positive habits, start your **NEW LIFE!**
- Gradually do more outdoor activities.... start with simple ones... walking, swimming and gardening ...

What to do/not to do/what to expect during the first two weeks of starting anti-smoking therapy!

The first two weeks are most unpleasant (why?. The body is still addicted to nicotine stimulation and withdrawal symptoms appear.)

Most common withdrawal symptoms are:

1. Restlessness, irritability, tension, nervousness
2. Headache, fatigue
3. Hunger, thirst
4. Cough
5. Insomnia

What not to do:

1. DON'T repeat the same mistakes from before; don't over-stress yourself in your private life or job
2. DON'T take painkillers as the first solution for a headache, try to understand the reason for your headache....toxins are looking for a way out, busy traffic....
3. DON'T eat fattening, junk food or sweets, avoid bread. Eat slowly. Chew food well.
4. DON'T suppress a cough.
5. DON'T take sleeping pills

What to do when withdrawal symptoms appear!

1. ***If the craving threatens*** to get the better, drinking a glass of water or eating a small meal immediately stops the craving.
2. To minimise or reduce any psychological symptoms, do more exercise, stretch regularly, walk, do yoga, sing in the car, take a shower, have a relaxing massage weekly.
3. To reduce headaches do deep breathing exercises for 5 minutes every morning.
4. Do Chi Kung exercises: The Way of Energy has great, do-able exercises that will rebalance the energy, bring in new and revitalize. 10 minutes is all that is needed.
5. Have a rest while keeping your legs on pillows on a higher level than your head. Take it easy!
6. Drink a lot of still spring water or freshly squeezed fruit juice, eat plenty of fresh vegetables and fruits. Chew them well. Have some of them always with you for crisis moments!
7. To support an easy cleanse of your lungs, drink elderflower, liquorice or mint tea.
8. Listen to relaxing/meditation music before going to sleep. Read an inspirational book. Take a warm shower or bath.

It is a known fact that you cannot allow yourself to even have a small puff, this will return you guaranteed to your old habit.

Watch out for the 3's: 3rd day after stopping the craving is the worst, around 3 weeks later - you get over-confident or are having a bad time craving-wise, around 3 months later – is another danger period but after you mastered this last one; Congratulations you have given yourself the best present ever!

Basic Remedy List: *the soon to be Non Smoker*

There are 2 aspects

1. *Aspect 1*: homeopathic support. Over the counter/ non homeopath remedies are available. These are low potency remedies that will work primarily on the physical system.
2. *Aspect 2*: nutritional support
- 3.

<i>Aspect</i>	<i>OTC (Helios)</i>	<i>Narayani</i>
<i>Lead in, 4-5 days prior</i>	Tabacum 6c	
<i>After stopping/Cravings</i>	Tabacum 6c AND/OR Tabacco Smoke 6x OR Caladium 5c (or 100x)	Narayani anti smoking (includes kick the habit, addiction to tobacco, tobacco smoke, tobacco poison, compulsive smoking, divine strength, nicotine poison, multi vit, sweet myrtle root)
Nervous system symptoms from quitting	Avena sativa Ø Also consider Bioforce Avena Sativa	<i>Tension 1M</i>
<i>After 4 weeks</i>		
Clear Out	Caladium 1M OR Tabacum 10M OR Staph 30 1 dose (if > 20 /day) Staph 200, 1 dose (if < 20/day)	<i>Lung, Chest 30</i> <i>Cleansing 30</i>
Reinforce Addiction Break	Lobelia Ø	

Source for UK

Homeopathics: <http://www.helios.co.uk/> T: 01892 537 254 . Suggest order as pillules (round sucrose pills-there is not enough sucrose to be an issue for candida etc.), 25 per gm, 4 gm size in single pill dispenser, £4.25 plus postage. (Helios will ship world wide and can be ordered on line) Alternatively Organic Pharmacy, London 020 7361 2232 do a kit at £35.

Nutritionals : Biocare, T: 121 433 3727.

1. SMART UK Complex OR individual remedies to equivalent.
2. Vitamin C (3x2gm per day),
3. Antioxidant (A, C, E, Zinc, Selenium), e.g. Nutrigard Forte
4. Multivit-min

This First Aid Pack is not supposed to treat serious illness, if you are sick please consult your doctor. It is intended to alleviate suffering during your first weeks of stopping smoking. Chronic or severe complaints and side effects of nicotine withdrawal need to be treated according to your symptoms and constitution, and your medical doctor needs to be informed.