

The "Just Stop" smoking cessation program includes the "Just Stop Now" smoking cessation formula with our proprietary herbal tincture for smoking cessation. Plus Just Stop Too! Homeopathic to promote calming of the body and temporarily reduce anxiety associated with stop smoking.



Also there is an optional part of this program that includes a hypnosis and relaxation audio download along with a optional Auricular Ear magnet that is worn 2 to 4 hours a day for added support. Please read this insert carefully for a complete directions.

"Just Stop Now" Herbal & Energetic Tincture Spray

Directions for use: Shake well before each use. On the FIRST DAY immediately after the first laser treatment, take 3 sprays under the tongue. Take a minimum of 3 sprays 5 times a day or more if needed. Continue to take 3 sprays 5 times for 7 days. Do not smoke or use nicotine products during this period. After you quit smoking continue to take 3 sprays 3 times a day for 25 additional days. Discard all tobacco products prior to beginning the "Just Stop Now" program.

Maintenance: Use (3) Sprays (3) times per day OR as cravings for nicotine arise for up to (5) months to help manage cough, shortness of breath, anxiety, cravings, nervousness and irritability related to smoking cessation.

Additional usage: Use anytime cravings present as a replacement for smoking activity.

- Do not use any tobacco or products containing nicotine while attempting to stop smoking.
- If pregnant, nursing or taking any medications, consult with your physician prior to use.
- Discontinue use and consult with your physician if any adverse reactions occur.
- Keep out of reach from children.

Do not use any alcohol, tobacco or products containing nicotine while using the "Just Stop Now" herbal dietary supplement. **Drink a minimum of 8 to 12 glasses of water (8 oz.) per Day while using the "Just Stop Now" herbal tincture spray.** If pregnant, nursing or taking any medications, consult with your physician prior to use. Discontinue use and consult with your physician if any adverse reactions occur. Keep out of reach from children.

Indications for use: The "Just Stop Now" herbal tincture & dietary supplement is designed to temporarily reduce or "Just Stop" the desire to smoke, irritability, anxiety and nervousness while helping to calm the body and more effectively deal with stress. Modifies craving for tobacco smoke or chew, even for ones who may feel better smoking.

Just Stop Too! Homeopathic Support – Take with the Just Stop Now Herbal

Indications for use: Modifies cravings for tobacco. Helps prevent nervousness, anxiety & irritability when quitting. Helps overcome the negative effects of smoking such as cough, shortness of breath, difficulty breathing & sensation of weight on the chest.

Directions: spray 1 dose (3 sprays) directly into the mouth 6 times daily until symptoms improve. For maintenance and when symptoms subside reduce dosage to twice daily. You can take this for up to 5 months if needed for support.

Ingredients: See bottle for ingredients

Relaxation & Hypnosis Audio (Optional)

For additional support you have been provided with a hypnosis & relaxation audio link for support in your journey to a smoke free life. You will want to listen to the audio right before bed time for 21 consecutive days starting on the first day you begin the program. You can continue to listen to the audio after you are smoke free. Do not listen to the audio while driving or operating any type of machinery.

<https://app.box.com/s/83sc9zhf0vu5j6dqy4ei> [Click Here](#)

Auricular Ear Magnet (Optional)

We recommend you use the Biomagnet daily for the first 21 days. Place the magnet on the Right ear in the area as shown on the picture of the ear on the package (use left ear if left handed). You will wear the magnet for 2 to 4 hours daily. You can change the location slightly if discomfort occurs or change to the alternate location. You could also change to the other ear. You can also remove the magnet for a break and return it to the location later. Many wear it 1-2 hours in the morning and 1 to 2 hours in the evening or you can stagger it all thru the day. Do not wear while sleeping at night.

How it Works: The magnet will stimulate an auricular point on the ear which will help the body relax and stay calm by stimulating the body to produce endorphins. This can be used even after you stop smoking for added support. It can help reduce cravings by relaxing the body. Placement is important as shown. Note on the card there is an alternative location if the primary location becomes sore.

How to Put the Magnet on: We suggest you stand in front of a mirror to place the magnet in the correct location. Hold one magnet in each hand while moving them to the ear placing one on the front of the ear and one on the exact opposite position on the back of the ear.

Note the magnetic pull will keep the magnet in place.

When not wearing the magnet: If you feel the urge to smoke or experience the uncomfortable effects of withdrawal (while not wearing the magnet) you can press or gently massage the area the magnet goes on for 30-60 seconds.

Warning: Magnets are not recommended for people who are pregnant or have a pacemaker. The magnet is covered in 14 K gold. Some people are sensitive to metals - if irritation occurs discontinue use.

CONSUMER INSTRUCTIONS & BEHAVIORAL CONSIDERATIONS

1. You must be committed and truly desire to Quit – not for someone else, but for yourself.
2. Ask yourself the following questions to determine if you're ready to quit:

Do you spend more than \$100 a month on smoking? (See chart below)
How else can you apply that money constructively and do you find the expense to be a financial burden?

Do you feel that smoking controls or interferes in your life? Do you hide the fact that you smoke from family, friends and co-workers or find embarrassment in being a smoker?

Which of these fears do you have of stopping smoking? (Please circle all that apply):

weight gain withdrawal/anxiety stress reduction crutch none

Do you or other members of your family smoke? If yes, do you believe you can successfully quit in an environment where others will continue to smoke?

Do you have a smoking related illness or do you fear developing a smoking related illness?

How many cigarettes per day do you smoke?

How long have you been smoking?

Circle the strongest desire to stop smoking, with 10 equaling the strongest.

1 2 3 4 5 6 7 8 9 10

Have you attempted to quit smoking in the past? Have you failed in the past? Why have you not been able to quit before and why will you be more successful now?

3. If you are committed, look for alternative behaviors to replace habits learned and reinforced over many years such as chewing gum, sunflower seeds, a straw, a toothpick or a handful of trail mix. Replace these activities at times you associate smoking such as when driving, talking on the phone, breaks at work and before or after meals.
4. Behavior modification techniques – these are from the International Coalition Against Nicotine (ICAN).

Because of the behavioral aspects of your addiction, it is likely that you may think about having a cigarette after using the "Just Stop" smoking cessation program. This is normal. However, because "Just Stop" has eliminated or greatly reduced your physical withdrawal symptoms, saying "No" to your past behaviors will be much easier.

| Cigarettes Smoked Per Day | Smoking Cost | | | | | |
|---------------------------|--------------|---------|---------|----------------|------------|----------|
| | Day | Week | Month | Year | 5 Years | 10 Years |
| 5 | \$1.50 | \$10.50 | \$45.50 | \$547.50 | \$2,737.50 | \$5,475 |
| 10 | \$3 | \$21 | \$91 | \$1,092 | \$5,460 | \$10,920 |
| 20 | \$6 | \$42 | \$182 | \$2,184 | \$10,920 | \$21,840 |
| 30 | \$9 | \$63 | \$273 | \$3,276 | \$16,380 | \$32,760 |
| 40 | \$12 | \$84 | \$364 | \$4,368 | \$21,840 | \$43,680 |
| 50 | \$18 | \$126 | \$546 | \$6,552 | \$32,760 | \$65,520 |



Just STOP Now

Smoking Cessation System

Take Action. Avoid the break areas at work, where tobacco users frequent. Avoid parties where alcohol and tobacco are present. Doing this will initially allow you to become comfortable as a non smoker.

Distract yourself. When you think about having a cigarette or taking a dip or chew of tobacco, distract yourself from your thought. Talk to someone, go for a walk, get busy with a task or take deep cleansing breaths. If possible, get up and move around. Get a drink of water. You will be amazed at how quickly the thought will pass.

Change your routine. To counter your mind's desire to act as you have always acted, alter your routine. You've associated nicotine use with pleasurable times in the past, and you want to have that comfort now in times of anxiety. At ICAN, we understand that this happens. If you think about having a cigarette, think about it and then let it go! But if you think you can get away with just one puff, you're wrong. It will only lead you to finishing that cigarette then onto another and another. Before you know it, you are smoking again. Drive a different route to work. Eat breakfast in a different place. Literally, get up on the other side of the bed. The opportunities to make simple changes are nearly limitless and could help you to avoid falling back into old daily habits.

Drink lots of water. Nicotine is a poison. Your body wants to eliminate it from your system and it does so very quickly. To help your body cleanse itself, drink lots of water and eat healthy foods such as fruit and nuts. It is strongly recommended that you drink at least 8 to 12 8oz. glasses of water daily especially while using the "Just Stop Now" product allowing the body to detox and cleanse itself of nicotine and smoking related toxins

Epson Salt Bath. To assist in detox you can take Epson salts baths which aids in gentle detox. Place 2 cups in warm bath, soak for 30 minutes before bed 2 to 3 times a week.

No alcohol. Do not consume alcohol until you have finished the first 7 days and completed the laser program, preferably for the first 21 days. Alcohol can lower your inhibitions, making you think you can take just one puff or dip. Better to avoid the temptation all together. Further, alcohol is a toxin which you will be adding to your body during a time of purification and detox making it counter-productive to the effectiveness of the "Just Stop Now" program.

Avoid other smokers. As with alcohol, until you have remained tobacco free for at least 4 - 6 weeks, avoid socializing with others who are smoking or using tobacco. Remember to tell your friends and family that you have quit and that you need their help and understanding. Make them a part of the process.

Positive Thinking. During the day, quietly repeat to yourself, "I am a nonsmoker." Many quitters see themselves as smokers who are just not smoking for the moment. They have a self-image as smokers who still want a cigarette. Silently repeating, "I am a nonsmoker" will help you change your view of yourself, and, even if it may seem silly to you, this is actually useful. Use it!

Reward Yourself. During the first two weeks of your smoking cessation, do something nice for yourself on a daily basis. Take the money that you previously spent on nicotine and tobacco products and put it in a jar. Use this to treat yourself to something you have always wanted. You'll be amazed at how fast the money adds up.

The effects of smoking

If you are a smoker, then surely you are already aware of the danger that you are putting yourself in every time you have a cigarette. Heart disease and cancer are the most hazardous effects of smoking, but there are a slew of other conditions that affect smokers on a daily basis. We won't rehash these detrimental effects here, but we will explain how quitting smoking adds years to your life:

- Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.
- 12 hours after quitting, carbon monoxide levels in your blood drop to normal.
- After 24 hours, your lungs begin to clear out accumulated mucous and tar. Your pulse rate and blood pressure begin to lower.
- After 48 hours, your sense of smell and taste begin to improve as nicotine is eliminated from your body.
- After 72 hours, your bronchial tubes begin to relax, making breathing easier and lung capacity increases.
- After 2 to 12 weeks, circulation improves, making walking and physical activity easier.
- After 2 weeks to 3 months, your heart attack risk begins to drop and your lung function begins to improve.
- One to 9 months after quitting, coughing and sinus congestion decreases. Lung function improves, shortness of breath decreases, energy level increases.
- 1 year after quitting, your added risk of coronary heart disease is half that of a smoker.
- 10 years after quitting, your lung cancer death rate is about half that of a smoker. Your risks of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.
- 15 years after quitting, your risk of coronary heart disease and lung cancer is back to that of someone who has never smoked.

Other important facts about smoking

- Tobacco smoke contains over 4,000 different chemicals. At least 50 are known carcinogens (cause cancer in humans) and many are poisonous.
- Tobacco kills up to half of its regular users.
- Tobacco caused 100 million deaths in the 20th century.
- Cigarettes are one of few products which can be sold legally which can harm and even kill you over time if used as intended.
- Scientists claim the average smoker will lose 14 years of their life due to smoking.
- Nicotine reaches the brain within 10 seconds after smoke is inhaled. It has been found in every part of the body and in breast milk.
- Sugar approximates to roughly 20% of a cigarette, and many diabetics are unaware of this secret sugar intake. Also, the effect of burning sugar is unknown.
- 'Lite' cigarettes are produced by infusing tobacco with CO₂ and superheating it until the tobacco 'puffs up' like expanding foam. The expanded tobacco then fills the same paper tube as 'regular' tobacco.
- Smokers draw on 'lite' and menthol cigarettes harder (on average) than regular cigarettes; causing the same overall levels of tar and nicotine to be consumed.
- Several active ingredients and special methods of production are involved in making sure the nicotine in a cigarette is many times more potent than that of a tobacco plant.

Medical Disclaimer: You should consult your physician if you suffer from any health problems before starting a new therapy. The information contained in this instruction sheet and product description is presented in summary form only and intended to provide broad consumer understanding and knowledge of the Just Stop Now System.

Warning: These statements have not been evaluated by the FDA and are not intended to diagnose or treat any medical condition.

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