



Smoke Stop!

by CEDAR BEAR NATURALES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

An Natural Herbal Formula to Help Smokers Stop

We all know that smoking cigarettes, and even breathing second hand smoke, is harmful to our health. Smoking dulls the sense of taste and smell, irritates the airways, and opens the door to serious lung and heart problems. Nicotine in cigarettes constricts the blood vessels, increases the heart rate, and raises blood pressure. Smoking drastically reduces blood levels of antioxidants, including vitamin C, and encourages harmful cholesterol buildup on artery walls.

Just a few of the benefits to quitting cigarette smoking (as well as use of other forms of tobacco such as chewing tobacco) are increased vitality and overall energy, improved appetite and ability to taste, fewer sick days, and, of course, better lung and circulatory system health.

Cigarette smoking is extremely addictive, both physically and behaviorally, and stopping can be very challenging. That's why Cedar Bear Naturales® developed Smoke Stop!, a natural herbal aid for those that are quitting the smoking habit. Smoke Stop! can be used to support any integrative smoking cessation program.

Since nicotine's addiction cravings can be extremely intense, strong motivation is needed to stop smoking. Smoke Stop! helps reduce smoking cravings with an effective aversion herb, lobelia. Lobelia and smoking do not mix! The active constituent lobeline in lobelia is similar to nicotine (without being addictive) and helps the body deal with nicotine withdrawal. Lobelia also helps clear congestion in the respiratory system and calms nerves, giving very important support to those who are 'kicking the habit.'

Smoke Stop! calms nerves and nervous tension, helps clear out long-term congestion from the respiratory system, has with a mild detoxification action to the liver and nutritionally supports rebuilding health.

For the now non-smoker, it is important to rebuild health quickly, not only to decrease the chances of slipping back into smoking habits, but to undo the health damage caused by smoking, especially when the habit has been long-term. Increasing antioxidant levels, supporting detoxification, and rebuilding lung health are very important. CBN™ formulas that support those who are stopping smoking are: Antioxidants Berries Plus™, Noni Antioxidants Plus, Goji Plus, (antioxidant formulas), Enviro/Chem Detox™ (deep detoxification), Herbal Blood Cleanser (general detoxification), Magnificent Mullein™ for Dry Cough and Breathe Easy (for lung health), and Kava Dreams or Lavender Dreams (for calming nerves)

CONTAINS: Chicory root, lobelia leaf/stem/flower, skullcap leaf/stem/flower, mB!™ Liquid Trace Minerals, and a special Aromaceutical™ Blend in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Nausea while continuing to smoke while using this formula is a normal reaction. Lobelia is an emetic – large doses can cause vomiting. May potentiate sedating medications. Do not use during pregnancy.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) as needed when smoking cravings hit.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Chicory Root (*Cichorium intybus*) Building, cooling, and protecting to the liver. This tonic herb has a mild diuretic action and helps clear accumulated toxins from the liver and gallbladder. It is also calming to the nerves.

- Lobelia Leaf/Stem/Flower (*Lobelia inflata*) helps cigarette smokers quit. Profoundly relaxes central nervous and respiratory systems, reduces spastic coughs. Contains the alkaloid lobeline, an effective broncho-dilator. One of lobelia's long-time common names is 'puke weed', and it will cause nausea when mixed with tobacco use, a helpful aversion deterrent for those who are quitting.

- Skullcap Leaf/Stem/Flower (*Scutellaria lateriflora*) an effective central nervous system relaxant that is rich in magnesium mineral salts. Helps relax and open the cardiovascular system, important for recovery from smoking. Also has a mild appetite suppressant action.

- mB!™ is a proprietary, microfractionated liquid trace mineral base made using the exclusive CBN™ Citritol™ process to enrich and assist important enzymatic processes essential to this formula

- Aromaceutical™ Blend is specially formulated to help suppress smoking urges and to support the health of the lungs and liver.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Antioxidant Berries Plus™, Breathe Easy™, Daily Herbals™ for your Blood Type, Enviro/Chem Detox™, Goji Plus™, Herbal Minerals™, Kava Dreams™, Lavender Dreams™, Magnificent Mullein™ for Dry Coughs, Noni Antioxidants Plus™, Sugar Stop!™, BTC™ Chemical Detox+E

Item #704 2 oz, #705 4 oz

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