

# **QUIT SMOKING & DON'T GAIN WEIGHT!!!**

## **Step 1: CLEANSE**

Herbal Cleanse (10 days)

A Supreme – 1 cap first thing in the morning (Natures answer to stress!)

C-Grams – 3 grams per day = 6-9 tabs (3 with each meal)

Meal Replacement shakes - breakfast

Spark – mid morning and mid afternoon

1 Clear Mood every time you want a cigarette

## **Step 2: Create Momentum**

Metabolic Nutrition System

A Supreme – first thing in the morning

C-Grams – 3 grams per day = 6-9 tabs (3 with each meal)

Meal Replacement shakes - breakfast

Fiber Drink Peaches & Cream every morning after C-Grams

Spark – mid morning and mid afternoon

1 Clear Mood every time you want a cigarette

## **Step 3: Maintain momentum – Customize**

Metabolic Nutrition System

A Supreme

Meal Replacement shake - breakfast

Spark - mid morning and mid afternoon

Catalyst – 3 capsules twice/day on an empty stomach

1 Clear Mood every time you want a cigarette

## **Step 4: Repeat**

Step 1 in 60 days. Continue with Clear Mood as needed for cigarette cravings.

Fiber Drink & C-Grams: Help purify the blood stream of nicotine.

**\*\*Add O2 Gold as needed to help the body with use of oxygen and help with stress.**

Clear Mood and MNS supplements: As the nicotine decreases, cravings increase – supplements will curb those cravings for sweets and junk food!!!