

## Benefits to Your Body After Your Last Cigarette

### Within 20 Minutes

- Blood pressure drops to normal
- Pulse rate returns to normal
- Body temperature of hands and feet increases to normal

### Within 8 Hours

- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal
- Smoker's breath disappears

### Within 24 Hours

- Your chance of a heart attack decreases already

### Within 48 Hours

- Nerve endings start to re-grow
- Your ability to smell and taste is enhanced.

### Within 72 Hours

- Bronchial tubes relax making it easier to breathe
- Lung capacity increases making it easier to do physical activities.

### Within 2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent



**Smoking is not worth the slow death that occurs if you develop lung cancer, emphysema or heart disease!**

**Benefits begin the minute you stop smoking - START NOW!**

### Within 1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Your body's overall energy level increases, cilia regrow in lungs, increasing the ability to handle mucus, clean lungs and reduce infection.

### Within One Year

- Coronary heart disease risk is half that of a smoker

### Within Two Years

- Heart attack risk drops to near normal

### Within 5 Years

- Lung cancer death rate for average pack-a-day smoker decreases by almost half
- Stroke risk is reduced
- Risk of mouth, throat and esophageal cancer is half that of a smoker.

### Within 10 Years

- Lung cancer death rate is similar to that of a person who does not smoke
- Pre-cancerous cells are replaced

### Within 15 Years

- Risk of coronary heart disease is the same as a person who has never smoked.



### WORRIED ABOUT WEIGHT GAIN?

*To keep your weight under control when you quit smoking, try this:*

Take Pacific BioLogic's *Body Specific: Lean Body* as directed by your health care practitioner.

- Replace soft drinks with lots of water.
- Avoid fast-food restaurants.
- Join a gym or work your own exercise program at home.
- Take a high quality multi-vitamin supplement daily.

*Your healthcare practitioner and source for Pacific BioLogic products:*

# Pacific BioLogic

## Stop Smoking Program\*

### with TobacOff and JittersAway



## The Smartest Thing You Have Ever Done For Yourself!

[www.pacificbiologic.com](http://www.pacificbiologic.com)

Made and tested in the USA

\* The above information has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Stop Smoking with:  
TobacOff and JittersAway  
ONE PROGRAM – 2 FORMULAS

1 The main formula to regulate tobacco craving\*

TobacOff

700 MG PER CAPSULE

Ingredients: Houttuynia, Sophora Root, Polygala Root, Ginseng Root

Recommended Dosage:\*\*

Day 1: Take 3-4 capsules before bedtime

Day 2 through the program:

Take 3-4 capsules one hour before meals



2 The support formula for a calm and peaceful feeling\*

JittersAway

700 MG PER CAPSULE

Ingredients: Fossilized bone, Oyster shell, Fo-ti stem, Jujube seed, Chinese salvia root, Poria root, Polygala root, Mother-of-pearl

Recommended Dosage:\*\*

1-3 capsules up to 3 times a day when feeling nervous or jittery\*



Comments: For some individuals, smoking may not taste good anymore and even cause nausea if smoking is continued. Most people develop nervous jittery feelings during the process of eliminating nicotine from their system. *Jitters Away* promotes calm nerves, eases the intensity, and shortens the duration of withdrawal.\*

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\*\* We strongly recommend that you follow your healthcare practitioner's advice on dosage, frequency, and length of time to continue the *Stop Smoking Program*.

You Can Do This – We Can Help! Quitting Successfully Starts with a Plan

PLAN AHEAD...

But Live One Day at a Time

- Set your quit date.
- Make a written list of WHY you should quit smoking, e.g., health, cost, etc.
- Tell your family and friends you are quitting and get their support.
- Switch to a brand you don't like.
- Do not buy cigarettes by the carton.
- Start an exercise program – even if it's just taking a walk every day.
- Throw away your cigarettes, lighters, matches, and ashtrays the night before you quit.
- Calculate how much money you will save and use it to reward yourself.

Just for today – choose not to smoke – no matter what happens.

HOW TO GET THROUGH THE FIRST WEEK

Yes, It *Is* Possible!

Getting through the first week after you quit smoking can be rough. Urges and cravings to smoke are not commands to be obeyed. You don't have to act on them. Instead of picking up a cigarette:

- Drink lots of water to flush out toxins.
- Drink liquids through a straw to satisfy the need for puffing.
- Chew gum.
- Eat healthy snacks like an apple or carrot sticks.
- Stay away from places and situations that make you want to smoke.
- Practice deep breathing exercises when a tough craving hits.
- Distract yourself - do housework, play with your kids or pets, go for a walk or read a book.
- Visit with friends who don't smoke or have recently quit – they are a great support system.

“After smoking for 14 years, I honestly could not believe how easy it was for me to quit using *TobacOff* and *JittersAway*. The first day, week, and month flew by and now I don't even consider smoking again. It's a shame I waited this long to quit considering how easy it was.”

– Joey  
Candler, NC

REDUCING STRESS

Smoking Does NOT Reduce Stress:

Stress is an excuse many ex-smokers use to slip back into smoking. Smoking will not reduce stress or eliminate it. The stress will still be there after you smoke. Smoking is a stimulant and can actually increase stress.

You can't eliminate all stress but you can take these steps to reduce stress:

- Take Pacific BioLogic's *JittersAway*.
- Take a walk – if you have a dog, all the better.
- Talk with a friend about what's bothering you.
- Reduce caffeine intake.
- Avoid alcohol.
- Breathe deeply for 10 minutes.
- Get a soothing massage.
- Take a nap.
- Listen to relaxing music.
- Engage in activities with your kids.
- Look for humor and laugh out loud every day.
- RELAX. All you really need to handle is today.

HOW TO SOCIALIZE WITH SMOKERS — AND NOT SMOKE!

- Always remember that YOU are in control – not the cigarettes!
- If you just quit smoking, you may want to avoid smokers until you are stronger.

- Don't use other's smoking as an excuse.
- If someone offers you a smoke just say, “No thanks, I don't smoke anymore.” Look in the mirror and practice saying it a few times every day.
- Keep breathing deeply and do something – if you're sitting, stand; if you're standing, move; take a drink of water; or excuse yourself and go to the restroom.
- If the urge won't go away – leave. People who love you will understand.



AVOIDING RELAPSE

REMEMBER - THERE IS NO GOOD REASON TO START SMOKING AGAIN – EVER!

Here are some tips to avoid relapse:

- Have confidence in your decision not to smoke
- Reaffirm your decision every day.
- Don't “test yourself” by trying to have “just one” or even “just a puff”. This will send you right back to Day One of your program.
- If you're thinking, “I'll just quit again tomorrow,” what makes you think you will?
- If you are upset or angry and think you really need a smoke, remember smoking will not fix the problem – it will only make you feel worse.
- Care about yourself and those who love you.