

□ Jeff's Smoke-Free Journey — Powered by NAC and Nature

(If I can do it while working 6 days a week at farmers' markets... so can you!)

Why NAC?

- **N-Acetylcysteine (NAC)** helps retrain your brain to crave cigarettes less.
 - Restores balance to brain chemistry and reduces the “*must have it now*” feeling.
 - In studies, cravings often drop in **1-2 weeks**, with full benefit in **4-6 weeks**.
 - Boosts **glutathione**, the body’s master antioxidant, helping detox from smoke damage.
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How to Start the First Week

1. **Pick your quit date** — aim for the start of Week 3.
 2. **Day 1:** Begin taking NAC 600 mg in the morning with breakfast, and 600 mg in the evening with dinner.
 3. **Add magnesium** (200-400 mg glycinate) at night to improve sleep and reduce anxiety.
 4. **Add vitamin C** (500-1,000 mg) twice a day to repair smoke damage and support detox.
 5. **Keep oat straw tincture** on hand and take a few drops once a day for calm focus.
 6. **Drink water steadily** through the day, but avoid chugging large amounts all at once.
 7. Use this week to **practice breaking routines** — for example, change where you stand during breaks so your brain starts unlinking “break time” from “smoking time.”
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Week-by-Week Plan

Prep Week (Before Quit Date)

- NAC morning & evening
- Magnesium at night
- Vitamin C twice daily
- Oat straw tincture once a day

Week 1-2

- Continue NAC morning & evening
- Add L-glutamine between meals for sudden urges

- Take rhodiola in the morning for steady energy

Week 3-4 (Quit Week)

- Go smoke-free
- Keep NAC, magnesium, vitamin C, L-glutamine, and rhodiola
- Use oat straw tincture or vitamin C chewables whenever cravings spike

Week 5-6

- Continue NAC and magnesium
- Reduce L-glutamine if cravings are low

Week 7+

- Maintain NAC if desired
 - Keep magnesium & vitamin C for overall health
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Other Helpers That Work Anywhere

- **L-Glutamine capsules** — Calms sudden cravings & sugar urges (1-2 between meals)
 - **Oat Straw tincture** — Soothes nerves (few drops under tongue when stressed)
 - **Magnesium glycinate** — Improves sleep & reduces anxiety (evening)
 - **Vitamin C chewables** — Repairs smoke damage & lowers cravings (chew when urge hits)
 - **Rhodiola rosea** — Keeps energy steady without caffeine (morning)
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Tips for Market Days

- Keep capsules or tinctures in a small pouch in your apron or booth drawer
 - Snack smart — nuts, fruit, or protein bites to keep blood sugar even
 - When cravings hit: pause, breathe deeply 5 times, and use your chosen helper
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Freedom from cigarettes isn't about willpower alone — it's about giving your brain and body the tools to heal.
