
☐ 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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Week-by-Week Quit Plan

Prep Week (before quit date) Start retraining your brain and build nutrient support. Take NAC 600 mg morning and evening, magnesium at night, vitamin C twice daily, and oat straw tincture once a day.

Week 1-2 Cravings begin to ease. Continue NAC morning and evening. Add L-glutamine between meals for sudden urges. Take rhodiola in the morning for steady energy.

Week 3-4 (Quit Week) Full quit — manage withdrawal. Continue as before, and add oat straw tincture or vitamin C chewables whenever cravings spike.

Week 5-6 Stabilize habits. Continue NAC morning and evening, magnesium nightly, and reduce L-glutamine if cravings are low.

Week 7+ Long-term freedom. Continue NAC if desired. Keep magnesium and vitamin C for overall health.

Other Helpers That Work Anywhere

(No tea, no jitters, no constant bathroom breaks)

- **L-Glutamine capsules** — Calms sudden cravings and sugar urges. Take 1-2 capsules between meals.
 - **Oat Straw tincture** — Soothes nerves. Take a few drops under the tongue during stressful moments.
 - **Magnesium glycinate** — Improves sleep and reduces anxiety. Take in the evening with supper.
 - **Vitamin C chewables** — Repairs smoke damage and lowers cravings. Chew when the urge hits.
 - **Rhodiola rosea** — Keeps energy steady without caffeine. Take in the morning before work.
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Tips for Market Days

- Keep capsules or tinctures in a small pouch in your apron or booth drawer.
 - Hydrate steadily but avoid large amounts of water all at once.
 - Snack smart — nuts, fruit, or protein bites to keep blood sugar even.
 - When cravings hit: pause, breathe deeply five times, and use your chosen helper.
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Tagline: *Freedom from cigarettes isn't about willpower alone — it's about giving your brain and body the tools to heal.*
