Do you know someone struggling to quit smoking ? Kindly forward this information

\*Quit smoking FOREVER with Forever - 14 DAY PLAN SUPPLEMENTS AND THEIR BENEFITS\*

\*GIN-CHIA\* - One of the most widely used herbs in traditional medicine, ginseng is prized for its ability to boost immune function, increase energy and reduce the effects of stress. Ginseng aids in the process of quitting smoking by providing the energy lift of nicotine without its hazardous effects. This herb can also curb withdrawal

symptoms by preventing the dopamine elevating effect that nicotine has on the brain, according to the website [StopSmokingABC.com](http://StopSmokingABC.com). Dopamine is a neurotransmitter that is involved with behaviours such as motivation, pleasure and reward seeking and is closely correlated with addiction in some individuals, according to Harvard University

\*GARLIC TYHME\* - garlic is high in sulphur and selenium which helps pull cadmium from the body (a toxic mineral by-product of smoking). Garlic is good for the immune system, is antimicrobial and anti-viral, plus helps lower blood pressure. Also helps to reduce chest congestion endured while quitting smoking

\*ALOE VERA GEL-BERRY NECTAR\* - All the benefits of Aloe Vera Gel coupled with a sweet blend of apple and cranberry juice - high in antioxidant vitamin C and A,

potassium and pectin to aid in cleansing the digestive system. Vitamin C is an essential vitamin to take while quitting smoking. Vitamin C is an antioxidant that helps protect against the free radicals created by tobacco in the body. Also, according to Steven Bratman in the book, "Collins Alternative Health Guide," vitamin C supplements may improve arterial function in smokers, potentially helping to protect against heart disease. Higher doses of vitamin C may also help cut down tobacco cravings

\*Forever active HA\* contains GINGER, many natural and herbal quit smoking aids include ginger ingredients because of its ability to help ease nausea. Nausea is a

noted symptom of nicotine and cigarette withdrawal. Ingesting ginger in this way could support a plan to quit smoking, because ginger has a warming and heating

effect in the body, which promotes perspiration. Sweating is a natural way for the body to excrete toxins and thus may help relieve some chemical load from the body as it detoxifies from the cigarette addiction

\*ALOE BLOSSOM HERBAL TEA\* - contains ginger, cloves (also known to reduce cravings). Relaxing - have a tea when craving hits, you, after meals - replace a habit with a heathy soothing, calming drink...

\*BEE POLLEN\* Appetite suppressant to avoid gaining weight whilst stopping smoking and a general craving suppressant, boost energy levels, enhances positivity. Provides Vitamin C along with other wide

spectrum of vitamins

TOTAL INVESTMENT:  14727/=

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