

Smoking Cessation Program



Do you want to finally **'break the habit?'** Do you want to **feel better and live healthier?** Start TODAY!

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Great News! Your Wellness Director/Business is going to give you an opportunity to quit smoking! Now is the time to FEEL BETTER and KICK THE HABIT FOR GOOD!

With a **90%+ success rate**, the JUST STOP SMOKING PROGRAM can help you with the cravings you feel for nicotine. The non-invasive laser light therapy helps you quit immediately and return to work with minimal withdrawal symptoms. **There is a complete money-back guarantee, so there is NO EXCUSE!**

Quitting smoking is the best thing a smoker can do to improve their quality of life.

Did you know:

- 20 minutes after quitting smoking your heart rate and blood pressure drop and 12 hours after being smoke free the carbon monoxide level in the body decreases to that of a normal person.
- After 1 year of not smoking, the excess risk of coronary heart disease is cut in half.
- Lung functions, including shortness of breath and coughing improve after 2 weeks.
- Being smoke free for 10 years reduces the risk of lung cancer to about half that of a smoker. The risk of developing other types of cancer is also decreased; mouth, esophagus, throat, bladder, cervix, and pancreas.
- After 15 years of not smoking, the risk of coronary heart disease is equal to that of a non-smoker.
- Quitting smoking will improve your sense of smell and taste.
- You will find yourself with more energy and feeling better about yourself.
- You will significantly shift your financial spending. The average smoker will save THOUSANDS of dollars/year.

**For whatever reason you have to quit smoking, the end result is worth it.
Get started improving the quality of your life and those around you.**

If you are still not convinced, contact Dr. Cram for more information at

(507) 663-1972 and visit our website at <http://www.drericcramchiro.com/client-testimonials/>