

Quit smoking

This **Personal Coach program** is designed to help you live more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to help you live smoke-free.



✓ DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Think positive.** You are going to have a good day, with fewer or no cigarettes, and in a good mood!
- **Have a healthy breakfast** (whole-wheat bread or cereals, honey, fresh fruit or vegetable juice, a hot drink and a dairy product) to help you resist cigarettes in the morning.
- **Plan your day.** Draw up a realistic list of objectives.



DURING THE DAY

- **Ask for support** from your partner, a friend or a colleague who wants to quit or cut down on smoking. You can motivate each other and that will have a big influence on your behavior.
- **Find help** from organizations (i.e.: smokefree.gov / www.nhs.uk/smokefree), support groups, specialists (e.g. tobacco addiction specialist, behavioral therapist, etc.). It is sometimes difficult to quit smoking on your own.
- **Eat a balanced meal** rich in proteins (yogurt, cheese and meat), to avoid cravings, accompanied by fruit and vegetables.
- **Reduce your consumption of stimulants** (coffee, tea, soda and alcohol), which are often associated with smoking.
- **Allow yourself a healthy snack** at 4pm or a beverage. Drink slowly.
- **Adapt your home environment.** Put away ashtrays and anything that reminds you of smoking. Take it as an opportunity to wash fabrics that smell of stale tobacco.



AT THE END OF THE DAY

- **Practice physical exercise** (two or three times a week): running, weight training, power walking, swimming, etc. Let yourself unwind! But not after 8pm so as not to disrupt your sleep.
- **Take up a creative activity.**
- **Walk your dog** leaving your cigarettes at home. It relaxes you and oxygenates the brain.
- **Relax** and congratulate yourself. Admire your clearer complexion and whiter teeth!



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day⁽¹⁾⁽²⁾ for 15 days to one month.**

⁽¹⁾ Lanoir D. (et Al.), Stress, 5 (suppl.), 124, (2002) - ⁽²⁾ Dr Abdul Samad F. (et. Al.), Unpublished, (2011)

Lactium