

# Quit Smoking

I remember back in Singapore when one of us at our group had a great result controlling his Smoking habits and even completely quit from it...

**Roger (51 years old at that time) was a heavy smoker...**

Started at age 13 puffing around 1 packet of cigarettes a day (20 sticks), later in life he was puffing around 3 to 4 packets per day, and it could also go up 5 or 6 packets if he was stressed out, which he was regularly...

His story was really amazing because **it took him only 5 days to get rid of his total addiction...**

I met Roger many times during our weakly talks and he did quit his smoking completely...

Now, I decided to put this protocol to a test so, I gather a couple of friends for dinner and one of them in particular was my "Guy"...

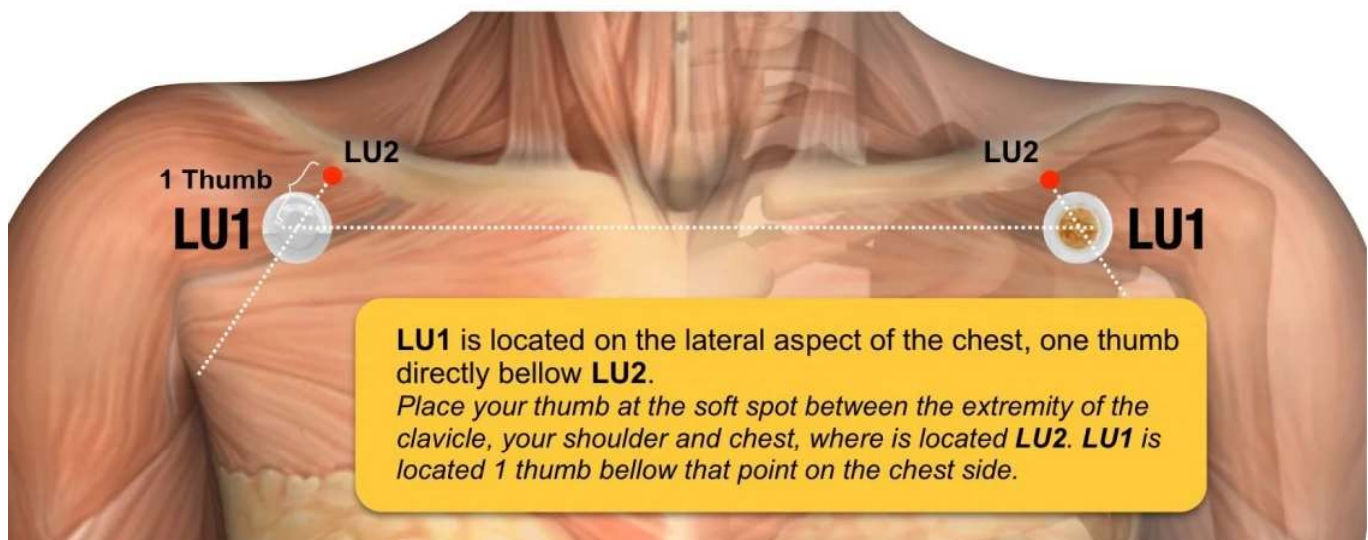
**Norman was a "Social Smoker"**, not really into it but not able to get away from it either (*or that's what he was always telling us...*).

We had dinner as planned, and I didn't say anything about the test, and by the end of our dinner, Norman excused himself (*as usual*) and he showed his packet of smokes... and I asked if I could come along...

So, the three of us went to the smoking area, because as you may know, in Singapore there are very specific areas for those who choose to contaminate themselves and not others...

Before he lighted up, I asked him if he would like to make a quick test and he agreed...

He lighted up and made his first puff, then I placed one set of **ENERGY ENHANCER** at both sides of his chest at **LU1** Position:



He had a shirt on so, it was easy to place it directly to his skin...  
 He continued smoking while the patches were in place and he started noticing a change in the way his taste felt...

Then I placed one **GLUTATHIONE** Patch at **CV22**



*This is the same position I use for cases of **Cough**...*

And it was right there when Norman could not continue smoking...

He tried to smoke but he started to cough heavily and he felt disgusted by the taste of it... He felt like he couldn't inhale the smoke anymore he said, and the taste of it was horrible...

We all started laughing and that was it for Norman...

He stopped smoking after that day... He didn't feel like it was pleasant to smoke anymore he said...  
 That was the quickest test I've ever experienced since I started patching and I've ran it many times...

**BUT**

Not always I had the same results...

Some needed more days applying the same protocol to get to a point of not wanting to smoke any longer...

and to some others, didn't do anything at all...

and to me, after running it for so many years, my personal conclusion is this:

**To those who REALLY want to quit, their experience is extremely positive...  
 the great majority ended up quitting...**

However, for those who are not interested to quit smoking, almost no change was noticed...

and some felt it like the smoke was lighter that before...

So, it's a matter of testing on each case...

Now, this might be interesting to you, in Acupuncture there is a specific point called the "Quit Smoking Point", located at the wrist area next to **LU7** position...



So, I include it here for you to test how it works for you...

I suggest that you test the first protocol and perhaps you could add this as well:

**ENERGY ENHANCER** on **Quit Smoking Point** - **WRTL** - (Find **LU7** position and place the **EE White** patch right next to it following the image above)

Then, place **GLUTATHIONE** on the **Quit Smoking Point** - **Right Side** Double Stacked or over the **EE White**

**General Notes:**

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

**Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.**

To locate **LU7** use a 'Tiger mouth grip', spread the thumb and forefinger of both hands, crossing them so that the Index finger of your right hand comes to rest on the lower left arm, but avoiding bending the wrist. **LU7** is located directly below the tip of the Index finger in a V-shaped groove.