

Stop Smoking Program



Elektric-Blue

Elektric Blue Elektronik Cigarettes have been proven to be one of the best solutions to quit smoking. Like any Stop Smoking device there is a #1 Rule!

You Have to Want To Quit!

If you are one of those Smokers that only kind of want to quit, this Program may still help. However, it always falls back onto the #1 Rule! We have developed this Program to help both the Heavy Smoker as well as the Light Smoker.

The goals with this Program are to help you Quit Smoking. Our Product is a Nicotine Replacement System. It will not satisfy every craving you have for a real cigarette. Hence the reason we have tailored two programs to help you choose the right products to further your success of quitting real cigarettes.



HEAVY SMOKERS



The idea for Heavy Smokers is to slowly reduce their intake of real cigarettes. This Program is generally for the person that smokes 1 or more packs of cigarettes per day. We have put this on a 16 week system. Some smokers may take a little less or a little more, just adapt to the system until you have completed the proper step to move onto the next step. Remember: As a Heavy Smoker, chances are you have been smoking for many years, so do not be hard on yourself if you can't follow the program completely. Do your best and the most important thing is that you are trying. However we know you can do it. We have tens of thousands of people that have quit smoking utilizing our product and program.



LIGHT SMOKERS



The idea for Light Smokers is to completely stop smoking real cigarettes. Much like the program for Heavy Smokers, there may be a time you do need the satisfaction of a real cigarette, however if you truly want to quit you will be able to follow our program. This program is only a 12 week program and is generally much easier to complete. However, each user is different and the fact is you have chosen to live a healthier lifestyle. We are proud of you.



Elektric Cigarettes are 95% Healthier!

No Cancer Causing Chemicals!

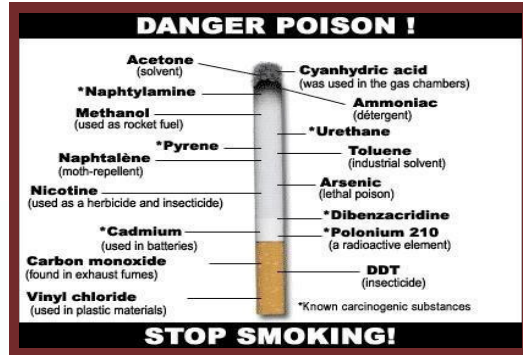
No Tar or Carcinogens!



Throw your Cigarettes Out and **Go Elektric!!!**

Quit Smoking

with **Elektric Blue**



4 Month Program - We have designed two Programs. One for Heavy Smokers and One for Light Smokers. These programs will fluctuate slightly depending on the individual. If you can advance weeks then please do so.

Heavy Smokers

- Generally for smokers who smoke 1-2 packs or more per day.

Light Smokers

- Generally for smokers who smoke less than a pack per day.

Nicotine Levels are Labeled as: 16mg. (High), 7mg. (Light), 0mg.

Week	Nicotine Level	
1.	High	1 Full Cigarette on every hour. 5 puffs of Elektric Blue on the half hour in between.
2.	High	1 Full Cigarette every 1.5 hours. 5 puffs of Elektric Blue on the 45min. in between.
3.	High	1 Full Cigarette every 2 hours. 5 puffs of Elektric Blue on the hour in between.
4.	High	1/2 a Cigarette every 2 hours. 5 puffs of Elektric Blue on the hour in between.
5.	High	1/2 a Cigarette every 3 hours. 5 puffs of Elektric Blue on the 1 1/2 hours in between.
6.	High	1/2 a Cigarette every 4 hours. 5 puffs of Elektric Blue on the 2nd. hour in between.
7.	Light	1/2 a Cigarette every 4 hours. 5 puffs of Elektric Blue on the 2nd. hour in between.
8.	Light	2-3 puffs of a Cigarette every 6 hours. 5 puffs of Elektric Blue every two hours.
9.	Light	No more Cigarettes. 5 puffs of E-Blue every two hours. Smoke 0mg. in between.
10.	Light + 0mg	5 puffs of Elektric Blue (Light) every three hours. Smoke 0mg. in between as needed.
11.	Light + 0mg	5 puffs of Elektric Blue (Light) every four hours. Smoke 0mg. in between as needed.
12.	Light + 0mg	5 puffs of Elektric Blue (Light) every five hours. Smoke 0mg. in between as needed.
13.	Light + 0mg	5 puffs of Elektric Blue (Light) every six hours. Smoke 0mg. in between as needed.
14.	Light + 0mg	2 puffs of Elektric Blue (Light) every six hours. Smoke 0mg. in between as needed.
15.	0mg	Maintain Stage. Smoke 0mg. as needed. Try to go three hours or more at a time.
16.	0mg	Finalization Stage. Smoke 0mg. as needed. Try to go four hours or more at a time.

Light Smokers

This is where the Light Smokers will Begin, Week 5.

If after the 16th. week you are still getting cravings or are a Smoker that craves cigarettes when consuming alcohol we recommend using the 0mg. Elektric Blue. This will help with the cravings.

**This Program is designed to help Heavy and Light Smokers Quit Smoking. We make no guarantees of the success of this program. Each individual will vary on the effectiveness of this program. Each person may advance weeks or repeat weeks if they need to alter the program to their personal ability.*

Throw your Cigarettes Out and Go Elektric!!!