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## POST TREATMENT:

- Drink 10 x 8 oz. Glasses of water per day for the first week. Add fresh lemon to your water to increase cleansing.
- Increase your fruits and vegetables by two servings per day for the first week. If you are diabetic only increase your vegetable servings.
- Increase fiber intake.
- If alcohol is a trigger, then abstain from alcohol for the first week.
- Ask your friends, family and co-workers to not smoke in front of you or offer you a cigarette.
- Stay away from anyone smoking for at least 3 weeks.
- If someone in your household smokes, ask them to smoke outside or call JustQuit Laser Therapy for an appointment for them to break the Habit.
- No nicotine products, no nicotine gum, patches, lozenges. No stop smoking drugs like Zyban or Champex.
- Decide how you are going to reward yourself with all the \$\$ you will save. Put a photo on the fridge of a trip you want to take, a car you want to buy, a spa package, clothes or something else you would like!!

Recommended Vitamins and Minerals\* to help with the cleansing and the detoxifying process:

- Vitamin C - 1000 mg
- Zinc – 20 mg
- Magnesium – 500+ mg
- B-Complex – 200 mg
- Cream of tartar (one teaspoon in orange juice at night)

\*\*\*\*NOTE: You can use your boosters if there is no nicotine in the body. If a client decides to smoke, you cannot use the boosters. You will have to start the full treatment again.