

Cutting The Cravings With Herbal Remedies

Stopping smoking not only saves you lots of money each year, but more importantly your health benefits from stopping. There are many herbal remedies that could help you to beat the cravings for nicotine, but of course stopping smoking requires a lot of will power. Here are some of the most popular herbal remedies that can be bought over the counter to help you cut down the cravings for tobacco: Crave-rx drops have been designed to specifically help you combat the cravings of nicotine; they are a 100% natural product made from a combination of herbs. Herbs used in the tincture include avena sativa, garcinaia cambogia and gotu cola. These herbs are known for their properties in combating memory and concentration problems due to quitting, combat the sugar cravings associated with stopping smoking and of course reducing the need for nicotine. Nicocure includes a potent collection of herbal ingredients that can help to relieve the cravings and symptoms associated with giving up smoking. The natural ingredient in the product work by fooling the body into thinking it is still receiving nicotine. The nicotine substitute within the product stimulates the brain in the same way that inhaling nicotine does; the substitute is used to slowly wean the body off nicotine safely. The product can also help with symptoms commonly associated with stopping such as irritability, over eating and anxiety and fatigue. Rx-hale tablets contain all natural ingredients that can help to prevent the symptoms of nicotine withdrawal. St Johns wort is one of the main ingredients of this product; it also includes chromium that is known to combat mood swings and depression two of the most common symptoms of stopping smoking. Cig-no is a natural deterrent for those who want to give up the habit of smoking. The 100% pure ingredients combine to make a powerful deterrent that if you should light up a cigarette makes the smoker feel as though they have smoked far too many cigarettes. The product comes in handy to carry dropper bottle and a few drops on your tongue is all that is needed whenever you feel like lighting up. Liddell nicotine free is a similar product in a spray bottle which claims that it can help you tackle the cravings associated with giving up smoking; it also relieves the feelings of jitters some people get when quitting and helps you to sleep better. Smoke break not only helps you to quit smoking but it also claims that it can keep the weight off that most people gain due to over eating. The main ingredient in smoke break is myricetin that effectively helps you resist cravings for nicotine while guarding against weight gain. There is also a wide range of herbal patches available over the counter to help you stop smoking and reduce the cravings and symptoms associated with kicking the habit. The patches contain blends of herbal ingredients and are stuck onto the skin similar to a band-aid. Patches come in different strengths depending on how many cigarettes you smoke and are changed on a daily basis. While herbal remedies could help you quit smoking they are not miracle products and you need to be committed to giving up while using the remedies.

About the Author

Provides information to the public on management activities undertaken by the Corps of Engineers. Includes statistics, press releases, policies, plans.

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