

## WHY USE BREATHE THERAPY?

Every day you smoke costs you more and more money. Breathe Therapy is an inexpensive way to quit, so you can start saving. Breathe Therapy often pays for itself in just weeks.

In most cases, the treatment session will leave you feeling more relaxed, more positive, and more in control. Breathe Therapy is not just more cost effective than pills, patches, or gums, but also much faster and without any drugs.

TO SCHEDULE YOUR APPOINTMENT,  
CALL US:

(952) 546-5657

FOR MORE INFORMATION,  
VISIT OUR WEBSITE:

[www.FullyQuit.com](http://www.FullyQuit.com)

*HSA/FSA dollars apply*

"The experience could not have been improved at all. It was relaxing, informative, and it worked! Thanks again."  
-Patricia F.



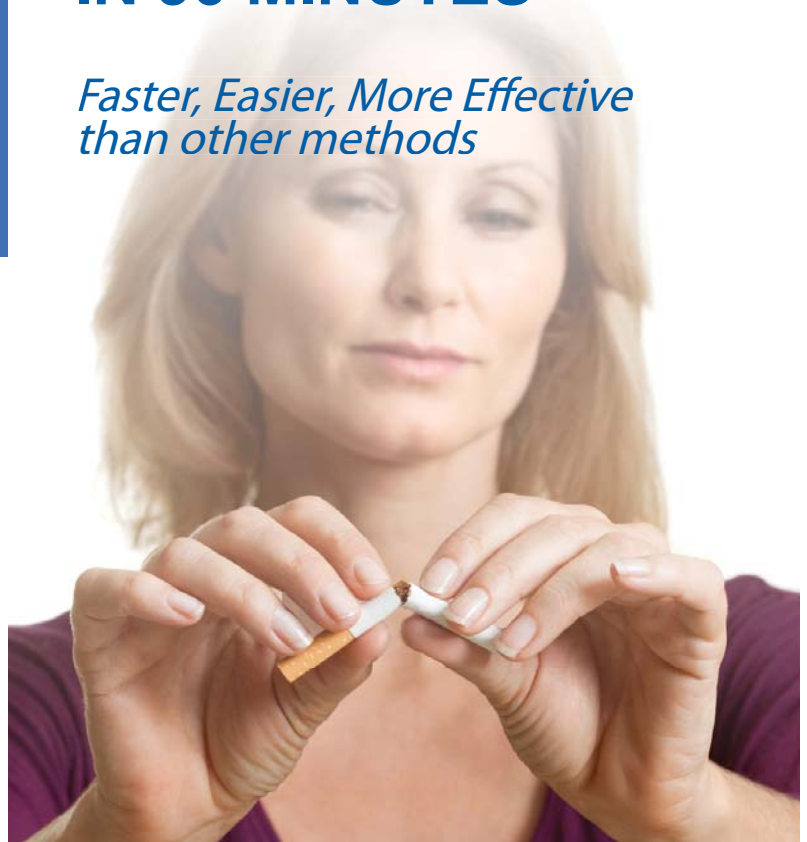
# Breathe

Freedom from Nicotine

# QUIT SMOKING

## CHEWING OR E-CIGARETTES IN 90 MINUTES

*Faster, Easier, More Effective  
than other methods*



## WHY CHOOSE BREATHE

- Our **unique** treatment combines advanced science and real world experience to address both the physical and psychological components of the habit
- **Pain Free** low-intensity lasers help decrease the physical cravings
- **Easy** and effective behavior modification techniques help break the habit
- **It Works** for chew, e-cig/vape and nicotine gum/patch addictions, too

"I smoked for 30 years. I tried to quit once and it was ten of the most brutal months of my life. This time, I tried Breathe Therapy. It was easy. I haven't gained weight and it pays for itself."

-Laurie Z.

## BREATHE THERAPY HELPS YOU IN MANY WAYS

If you've ever tried quitting tobacco cold turkey, it's likely you experienced anxiety and frustrating withdrawal symptoms. Because the body has come to rely on tobacco to trigger release of mood regulating chemicals, the sudden interruption leaves you miserable until you smoke or chew again.

Nicotine patches, gums and e-cigarettes are designed to decrease your cravings over time by stepping down your addiction. Unfortunately, you're still addicted and just drawing out the misery.

Breathe's painless laser therapy stops your intake of toxins immediately, while easing your body

through the adjustment back to feeling normal again without drugs or nicotine. Most clients see a significant decrease in the frequency and intensity of withdrawal symptoms within the first 24-48 hours.

## THE BREATHE EXPERIENCE

You will sit back in a comfortable chair and enjoy a relaxing atmosphere, with soft lighting and soothing sounds. There are no drugs and no pain. Your first appointment will last approximately one hour, including consultation. A 30-minute follow-up appointment is suggested at no additional cost.

## WHY BREATHE IS BETTER

- Quit quickly
- No pain
- No drugs and none of their side effects
- Better health
- More disposable income
- Improved quality of life / Longer life
- More time to do the things you want to do

	SUCCESS RATE	DRUG FREE
<b>Breathe Therapy</b>	<b>80%*</b>	<b>YES</b>
Chantix	44%	NO
Zyban	16%	NO
Nicorette Gum	10%	NO
Nicorette Patches	10%	NO

\* As reported in a KARE11-TV News Extra report