

Method to Stop Smoking with Caffeine.

If you have the true inner will to quit smoking do as follow:
Count amount of cigarettes or cigars that you smoke in one day.
Start drinking only Coffee with caffeine but the same amount cups of coffee as amount of cigarettes or cigars & start drinking one cup coffee together with smoking one cigarette or cigar And build down every 7 days one cup of coffee and one cigarette or cigar, keep going on with this building down till you reach 1 cup of coffee and one cigarette or cigar and than make the final decision to drink you last cup of coffee and smoke your last cigarette or cigar.

If you follow this method you rewire caffeine with Nicotine and quitting something is simply not to do from one day with the problem to the next day with out the problem, and for everything you give up you must take something back. But nothing what stands under the forbidden.