

## **Method to Stop Smoking with Peppermint Oil.**

This treatment to quit smoking can be realised world wide.

You need a bottle of 10 milli Litre pure peppermint oil,

A container for minimal 1 Litre Water

1 Litre clean & boiled water

5 Drops of pure peppermint oil pro 1 Litre water

a clean shower towel.

When you have the urge to smoke a cigarette, cigar or tobacco because you blood reach a several level of nicotine then do this treatment:

Steam your airway's by holding your head above the container with

1 Litre boiled water inclusive 5 drops pure peppermint oil & hold a shower towel over your head and the container.

Repeat treatment every time you have urge to smoke tobacco, till you have no urge to smoke tobacco anymore.