



PROTOCOLLO 21 DIAS CHANTIX NATURAL

The Scientific Method to Quit Smoking Naturally

"Break free from cigarettes in 21 days using the same mechanisms as Champix, but
100% naturally"

The 21-Day Revolution

Neuroplasticity

Your brain forms new neural pathways in exactly 21 days, creating lasting change at the cellular level

Receptor Reset

Complete downregulation of $\alpha 4\beta 2$ nicotine receptors occurs within this critical timeframe

Dopamine Rebalance

Natural restoration of dopamine production without pharmaceutical intervention



Why 21 Days is the Magic Number

Neuroscience has proven that 21 days is the minimum time required for fundamental behavioral change. During this period, your brain undergoes remarkable transformations that make permanent change possible.

The science behind this timeframe: Nicotine receptors begin downregulating after 72 hours, reach 50% reduction by day 14, and achieve complete rebalancing by day 21. Simultaneously, your dopamine system learns new reward pathways, breaking the addiction cycle permanently.

Natural vs. Pharmaceutical Champix

Aspect	Pharmaceutical Champix	21-Day Natural Protocol
Mechanism	Synthetic varenicline	Multiple natural compounds
Side Effects	Nausea, insomnia, depression	Minimal, with health benefits
Cost	\$300-500/month	\$150-250 total
Duration	12 weeks	21 intensive days
Sustainability	Medication dependence	Complete independence
Extra Benefits	None	Detox, energy, health



Your 21-Day Promise

Zero Cigarette Cravings

Nicotine receptors completely rebalanced and desensitized

Stable Mood

Neurotransmitters in natural balance without artificial stimulation

Restored Energy

Cardiovascular and respiratory systems optimized and functioning at peak

Total Confidence

Complete mastery over triggers and cravings in any situation

The Science Behind Natural Champix

How Pharmaceutical Champix Works

01

Binds to $\alpha 4\beta 2$ Receptors

Partially activates receptors to reduce cravings

03

Modulates Dopamine

Controls the brain's reward system

02

Blocks Nicotine

Prevents satisfaction when smoking

04

Reduces Withdrawal

Minimizes uncomfortable symptoms

Natural Nicotinic Modulators



Tabacum 30CH (Homeopathic)

- **Mechanism:** Desensitization of nicotinic receptors
- **Action:** Reduces cigarette pleasure (similar to varenicline blocking)
- **Safety:** Zero side effects, gentle action

These natural compounds replicate Champix's mechanism without the risks, providing the same receptor modulation through plant-based medicine.

Lobelia (Lobelia inflata)

- **Active Principle:** Lobeline
- **Mechanism:** Partial nicotinic receptor agonist (identical to Champix)
- **Advantage:** No psychiatric side effects

Dopamine Modulators

Kudzu (*Pueraria lobata*)

Mechanism: Increases dopamine naturally

Research: Harvard Medical School proved 50% craving reduction in 7 days

Result: Restores natural reward system without dependence

Mucuna Pruriens

Active Principle: Natural L-DOPA

Action: Restores dopamine levels without creating dependence

Benefit: Improves mood and motivation during cessation



Zenith Botanics

Unwind
your mind®



Neural Stabilizers

Ashwagandha

Mechanism: Modulates cortisol and GABA systems

Action: Reduces withdrawal anxiety naturally

Research: 69% stress reduction in 8 weeks

Rhodiola Rosea

Mechanism: Adapts stress response

Action: Maintains mental clarity during cessation

Benefit: Prevents brain fog and fatigue

Pre-Protocol Preparation

Days -7 to 0: Neural Priming Week

Objective: Prepare your nervous system for cessation without shock to the system. This gradual introduction prevents the dramatic withdrawal that causes most people to fail.

Think of this week as "neural priming" - you're teaching your brain new pathways while still smoking, making the transition seamless rather than traumatic.



Days -7 to -5: Gradual Introduction

Morning (7:00 AM)

1

- Ashwagandha 300mg with warm water
- B-Complex 100mg
- 4-7-8 breathing (5 minutes)
- Set daily intention

Evening (9:00 PM)

3

- Passionflower tea (1 cup)
- Melatonin 1mg
- 5-minute journaling about motivations
- Visualization of smoke-free life

2

Afternoon (2:00 PM)

- Kudzu 500mg
- Magnesium glycinate 200mg
- 15-minute walk (mandatory)



Days -4 to -2: Intensification

Add to Previous Routine:

Lobelia Introduction

5 drops, 3x daily - begin receptor adaptation

Detox Initiation

NAC 600mg, 2x daily - start cellular cleansing

Neural Support

Omega-3 1000mg - brain health foundation

Cigarette Reduction

Reduce to 50% of normal consumption

Day -1: Final Preparation

"Detox Day" – Your Last Day Smoking

1

Morning

Complete supplement protocol - prime your system

2

Afternoon

Remove all cigarettes and smoking accessories from environment

3

Evening

Closing ritual - burn last empty pack, clean house/car/clothes

4

Night

Set Day D - tomorrow begins your new smoke-free life

Week 1: Active Detoxification

Days 1-7: "Neural Reset Phase"

Objective: Neutralize nicotine receptors and manage acute withdrawal symptoms. This is the most critical week - your brain is learning entirely new patterns.

During these seven days, you'll experience the most dramatic changes. Every supplement, every breathing exercise, every walk serves a specific neurochemical purpose in rewiring your addiction pathways.



Week 1: Morning Routine (6:00–8:00 AM)

1

Wake Up Protocol

2 glasses water + lemon immediately upon waking

2

Morning Supplements

- Lobelia 10 drops (sublingual)
- Kudzu 500mg
- Ashwagandha 600mg
- B-Complex 100 + Vitamin C 1000mg
- NAC 600mg

3

Neural Breathing

4-7-8 breathing: 4 counts in, 7 hold, 8 out. Repeat 20 cycles for neural reset.

4

Movement

20 minutes brisk walk or 15 minutes aerobic exercise. Focus: oxygenate brain, release endorphins.

Week 1: Midday Protocol (12:00–2:00 PM)

Pre-Lunch

- Green tea with ginger
- Rhodiola 200mg
- Magnesium 200mg

Strategic Lunch

- Lean protein (dopamine support)
- Green vegetables (folate)
- Complex carbs (serotonin)
- Avoid: coffee, refined sugar



Post-Lunch

- Mucuna Pruriens 500mg
- Probiotic 50 billion CFU
- 10-minute meditation

Week 1: Evening Ritual (7:00–10:00 PM)

Pre-Dinner (7:00 PM)

NAC 600mg (second dose), Omega-3 1000mg, 5-HTP 100mg

Light Dinner (7:30 PM)

Vegetable soup, salad with protein, or detox smoothie

Relaxation Ritual (8:30 PM)

Warm Epsom salt bath, Valerian or Passionflower tea

Wind Down (9:30 PM)

Lobelia 5 drops if craving, Melatonin 3mg, reading or relaxing music

Week 1: Emergency Protocol

"SOS Intense Craving"

Level 1: Mild Craving (1-3/10)

1. STOP all current activity
2. 4-7-8 breathing (5 cycles)
3. Drink ice water
4. Sugar-free gum
5. Change environment

Level 2: Moderate (4-6/10)

1. Lobelia 10 drops sublingual
2. Intense 5-minute exercise
3. Cold water on face/wrists
4. Call support person
5. Manual activity (draw/write)

Level 3: Intense (7-10/10)

1. STOP complete protocol
2. Lobelia 15 drops + Kudzu 500mg extra
3. Exercise until sweating
4. Cold shower
5. 15-minute guided meditation



PERSEVERANCE

Week 1: Expected Symptoms & Solutions

Days 1-3: "Neural Storm"

- **Irritability:** Extra magnesium (400mg total), exercise
- **Anxiety:** Double Ashwagandha, constant breathing
- **Insomnia:** Valerian + Melatonin, relaxing bath
- **Brain Fog:** Rhodiola, increased hydration

Days 4-7: "Initial Stabilization"

- **Sporadic Cravings:** Lobelia as needed
- **Mood Swings:** Regular 5-HTP, consistent exercise
- **Digestive Changes:** Probiotics, fiber, water
- **Energy Fluctuations:** Mucuna Pruriens, regular meals

Week 2: Neural Rebalancing

Days 8-14: "Stabilization Phase"

Objective: Stabilize neurotransmitters and strengthen new neural patterns. You've survived the storm - now we build resilience.

Reduce Lobelia
Only 5 drops when needed - receptors
adapting



Maintain Kudzu
Full dose for dopamine stability



Add Nootropics
Mental clarity and focus support



Intensify Adaptogens
Optimized doses for balance



Week 2: Optimized Morning Routine

Conscious Awakening

- 3 glasses water + lemon + pink salt pinch
- 5 minutes gratitude (3 things you're grateful for)

Adjusted Morning Supplements

- Kudzu 750mg (increased for stability)
- Ashwagandha 600mg
- Rhodiola 300mg (increased for mental energy)
- B-Complex + extra Folate
- Vitamin D3 2000 IU
- NAC 800mg



Neural Activation

- Wim Hof breathing (15 minutes)
- Exercise 30 minutes (progression)
- 2-minute cold shower finish

Week 2: Strategic Midday Protocol

Pre-Lunch Strategic

- L-Tyrosine 500mg (natural dopamine)
- Ginkgo Biloba 120mg (brain circulation)
- Matcha tea (L-theanine + controlled caffeine)

Neurotrophic Lunch

- Fatty fish (natural omega-3)
- Nuts and seeds (magnesium, zinc)
- Colorful vegetables (antioxidants)
- Avocado (healthy brain fats)

Post-Lunch

- Bacopa Monnieri 300mg (memory and focus)
- Advanced probiotic
- 15-minute digestive walk

Week 2: Milestones & New Challenges

Days 8-10: "First Plateau"

- Cravings reduced by 70%
- Energy beginning to stabilize
- More predictable mood
- Sleep gradually improving

Days 11-14: "New Normal"

- Mornings without automatic craving
- Ability to handle triggers
- Exercise becoming enjoyable
- Growing confidence



Week 2: Challenge Solutions

Complacency Challenge

Problem: "I've got this, I can relax now"

Solution: Maintain strict protocol, focus on full 21 days

Social Triggers

Problem: Social pressure, smoking environments

Solution: Portable emergency kit, exit strategies

Weight Concerns

Problem: Replacing cigarettes with food

Solution: Prepared healthy snacks, increased hydration

Week 3: Consolidation & Freedom

Days 15-21: "Neural Mastery Phase"

Objective: Consolidate neural changes and establish complete independence. You're transitioning from recovery to mastery.

Key Concept: Transition to natural maintenance. Your brain has learned its new patterns - now we make them permanent and reduce external support.



Week 3: Mastery Morning Routine

Victorious Awakening

Affirmation: "I am free from cigarettes" - hydration + basic supplements - celebrate daily victories

Body Activation

45-minute exercise (new hobby?) - conscious breathing - day planning

Transitional Supplements

Kudzu 500mg (gradual reduction) - Ashwagandha 300mg (maintenance dose) - Rhodiola 200mg - Complete multivitamin - Omega-3 1500mg

Week 3: Independent Living

Independent Lunch

- Focus on natural foods
- Conscious chewing
- Appreciate restored flavors

Optional Supplements

- L-Tyrosine if needed
- Magnesium 200mg
- Probiotic



Substitute Activities

- New hobby instead of "cigarette break"
- Healthy socialization
- Personal development time

Week 3: Final Milestones

Days 15-17: "Emerging Freedom"

- Zero cravings most days
- Exercise becomes positive addiction
- Taste and smell completely restored
- Unshakeable confidence

Days 18-21: "Graduation"

- Automatic avoidance of cigarettes
- Positively influencing others
- Long-term life planning
- Non-smoker identity consolidated

Day 21: Graduation Ceremony

Morning

- Medical tests (blood pressure, lung capacity)
- "Before and after" photos
- Written reflection of 21-day journey

Afternoon

- Special activity (that you couldn't do while smoking)
- Share victory with loved ones
- Calculate money saved

Evening

- Celebratory healthy dinner
- Set goals for next 90 days
- Gratitude and commitment ritual

The Complete Supplement Arsenal

Strategic Supplementation Guide

Your 21-day protocol relies on precise supplementation that mimics and surpasses pharmaceutical cessation aids. Each supplement serves a specific neurochemical purpose in rewiring your addiction pathways.



Category A: Essential Nicotinic Modulators

1

Lobelia (Lobelia inflata)

Dosage:

- Week 1: 10 drops, 3x daily
- Week 2: 5 drops, as needed
- Week 3: Emergencies only

Mechanism: Partial nicotinic agonist (natural Champix replacement)

Quality: Standardized 1:1 extract, organic

Cost: \$45-60

2

Tabacum 30CH (Homeopathic)

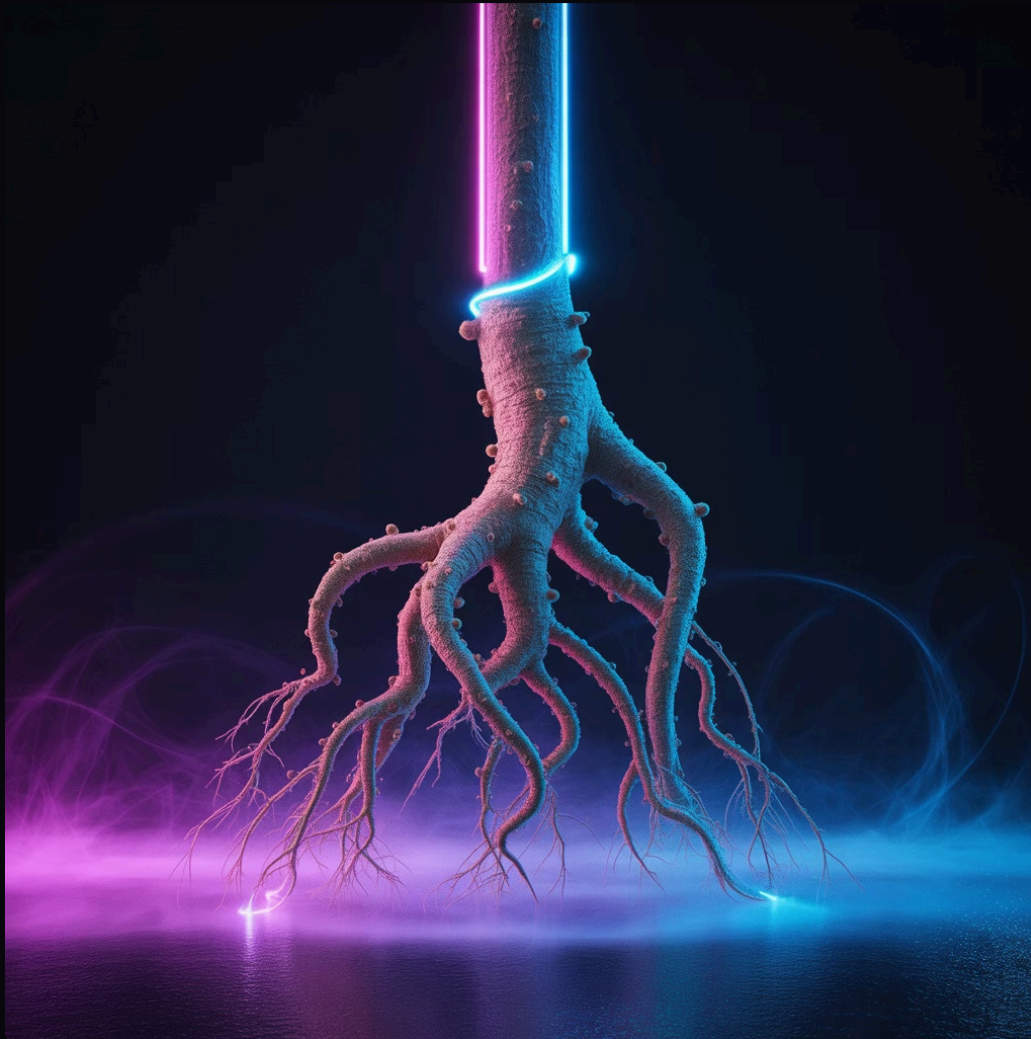
Dosage: 5 globules, 3x daily first week

Mechanism: Nicotinic receptor desensitization

Advantage: Zero side effects

Cost: \$15-25

Category B: Essential Dopamine Modulators



Mucuna Pruriens

Dosage: 500mg daily (15% L-DOPA)

Timing: Morning, empty stomach

Benefit: Natural dopamine + mood improvement

Cost: \$60-90

These compounds restore your brain's natural reward system, eliminating the need for nicotine stimulation.

Kudzu (Pueraria lobata)

Dosage:

- Week 1: 500mg, 2x daily
- Week 2: 750mg morning
- Week 3: 500mg morning

Standardization: 40% isoflavones

Research: Harvard Medical School - 57% craving reduction

Cost: \$80-120

Category C: Fundamental Adaptogens



Ashwagandha (*Withania somnifera*)

Dosage: Week 1: 600mg/daily, Week 2-3: 300mg/daily

Standardization: 5% withanolides

Research: 69% cortisol reduction

Cost: \$50-80



Rhodiola Rosea

Dosage: 200-300mg morning

Standardization: 3% rosavins, 1% salidroside

Benefit: Mental energy + stress resistance

Cost: \$70-100

Category D: Neurotransmitter Support

5-HTP (5-Hydroxytryptophan)

Progressive Dosage:

- Week 1: 100mg evening
- Week 2: 150mg evening
- Week 3: 100mg evening

Caution: Don't combine with antidepressants

Cost: \$40-65



L-Tyrosine

Dosage: 500mg morning (empty stomach)

Benefit: Dopamine + noradrenaline precursor

Timing: 1 hour before breakfast

Cost: \$45-70

Category E: Important Detoxification

NAC (N-Acetylcysteine)

Dosage: 600mg, 2x daily

Benefits: Glutathione production + lung health + compulsion reduction

Research: Johns Hopkins - 83% compulsion reduction

Cost: \$60-90

B-Complex

Dosage: B-100 morning

Focus: B1, B6, B12, Folate

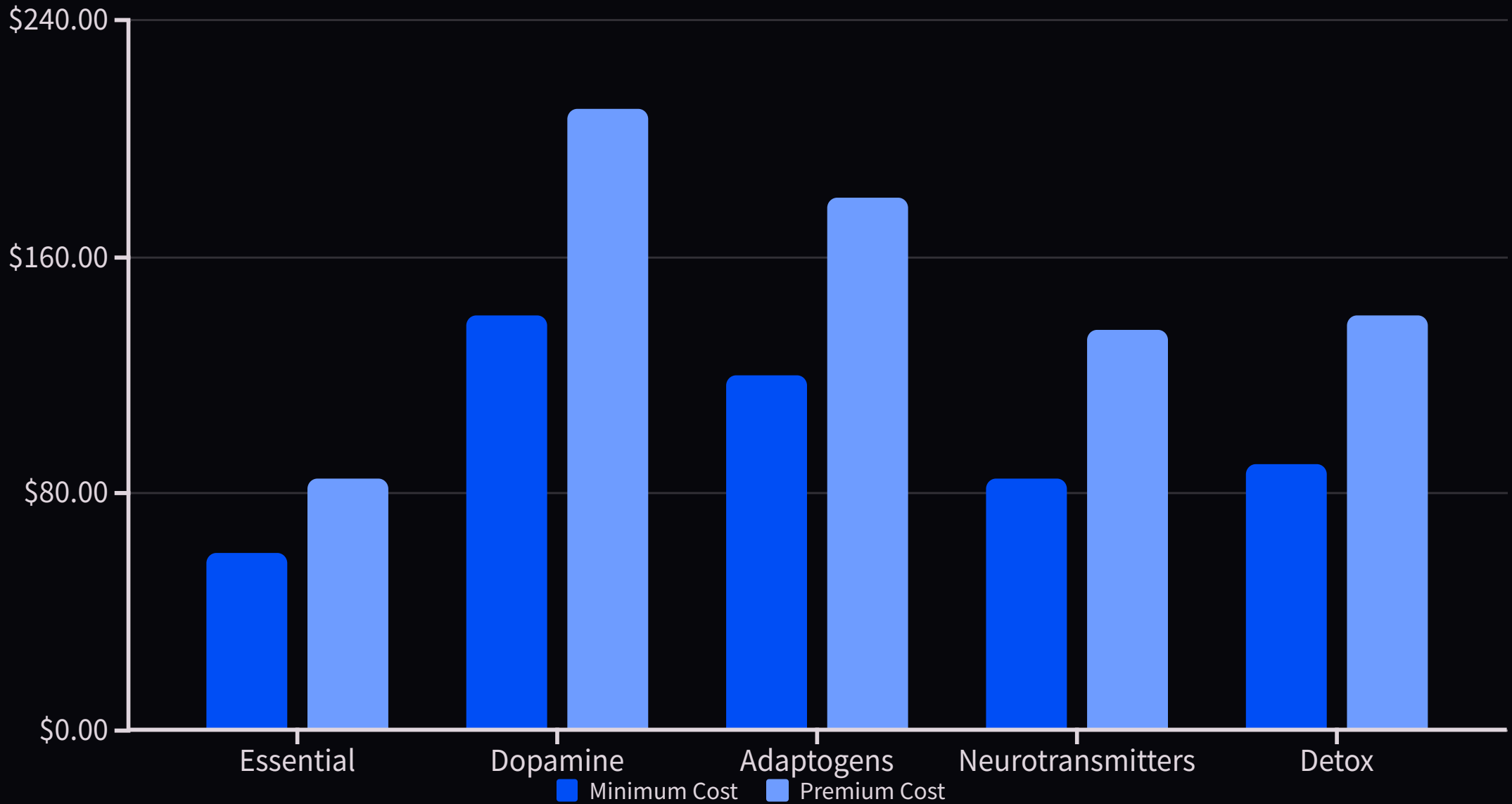
Benefit: Energy + nervous system support

Cost: \$30-50



Smart Purchasing Protocol

Total Investment Analysis



Total Investment Range: \$495-750 for complete protocol

Economic Version & Cost Comparison

\$320

Minimum Effective Protocol

Kudzu + Ashwagandha + NAC + B-Complex + Lobelia + 5-HTP

\$1200

Champix 3 Months

Pharmaceutical cessation aid with side effects

\$675

Cigarettes 3 Months

Cost of continued smoking (1 pack/day)

\$1555

Total Savings

Money saved by choosing natural protocol

Emergency Protocol: SOS System

Instant Mastery Over Cravings

Your portable emergency arsenal ensures you're never caught unprepared. This system has been tested in the most challenging real-world situations and provides multiple layers of craving defense.



Portable Emergency Kit

Always carry these items:

Chemical Arsenal

- Lobelia tincture 10ml (small bottle)
- Kudzu capsules (5 emergency units)
- Strong mint oral spray

Physical Tools

- Sugar-free gum
- Cold water bottle
- Stress ball or fidget device

Mental Support

- Motivation list (wallet card)
- Support contact numbers
- Meditation app access

Three-Level Emergency Response

● Level 1: Mild Craving (1-3/10)

Duration: 30 seconds - 2 minutes

Action: Simple redirection

1. STOP current activity (3 seconds)
2. BREATHE deeply 5 times (30 seconds)
3. DRINK ice water (1 glass)
4. CHEW strong gum
5. MOVE to different location

Success Rate: 90%

● Level 2: Moderate (4-6/10)

Duration: 2-10 minutes

Action: Chemical + physical intervention

1. Lobelia 10 drops (sublingual) - IMMEDIATE
2. Intense exercise 3 minutes
3. Cold water on face and wrists
4. 4-7-8 breathing (10 cycles)
5. Extra Kudzu 500mg
6. Call support person

Success Rate: 95%

● Level 3: Intense (7-10/10)

Duration: 10-30 minutes

Action: Complete neutralization protocol

Phase 1 - Chemical (0-2 min): Lobelia 15 drops + Kudzu 500mg + NAC 600mg extra

Phase 2 - Physical (2-10 min): Exercise until sweating + Full cold shower + Wim Hof breathing

Phase 3 - Mental (10-20 min): Guided meditation + Aversive visualization + Positive future visualization

Success Rate: 99%

High-Risk Situation Protocols

1

Post-Meal Trigger

Challenge: Digestion + conditioned habit

Solution: Immediate teeth brushing (2 min) + Strong mint gum + 10-minute digestive walk + Herbal digestive tea

2

Work Stress Trigger

Challenge: Elevated cortisol + pressure

Solution: Extra Ashwagandha (300mg) + Box breathing (5 min) + Desk exercises + Priority reorganization

3

Social/Party Trigger

Challenge: Alcohol + social pressure

Solution: SOS kit in pocket + Drink in hand (water/juice) + Identified support friend + Prepared exit strategy + Standard phrase: "I quit smoking, celebrating my health"

4

Driving/Traffic Trigger

Challenge: Boredom + conditioned habit

Solution: Energizing music playlist + Car gum supply + Water in cup holder + Steering wheel isometrics + Motivational podcast



Daily Monitoring System

Progress Tracking Sheets

Successful cessation requires precise monitoring. These daily tracking tools help you identify patterns, celebrate progress, and make real-time adjustments to your protocol.

Studies show that people who track their cessation journey are 3x more likely to succeed long-term. Your data becomes your motivation.

Daily Scorecard Template

Daily Metrics	Week 1	Week 2	Week 3	Goal
Morning Energy (1-10)	4	6	8	8+
Craving Intensity (1-10)	8	4	1	0-2
Craving Frequency (per day)	12	5	1	0-1
Sleep Quality (1-10)	5	7	8	7+
Mood Stability (1-10)	4	7	9	8+
Exercise Completion (%)	80	90	100	90+

Weekly Reflection Questions

“

Week 1 Reflection

- What was my biggest challenge this week?
- Which strategies worked best for me?
- What physical changes am I noticing?
- How is my motivation holding up?

”

“

Week 2 Reflection

- How has my relationship with triggers changed?
- What new habits am I developing?
- How are others responding to my changes?
- What adjustments should I make?

”

“

Week 3 Reflection

- What does freedom from cigarettes feel like?
- How has my identity shifted?
- What are my plans for maintaining this freedom?
- How will I help others achieve this freedom?

”



Post-21 Day Maintenance

Permanent Freedom Protocol

Congratulations - you've rewired your brain in just 21 days. Now we ensure this transformation becomes permanent. The maintenance phase is about building resilience and creating a smoke-free lifestyle that feels natural and sustainable.

Maintenance Supplement Schedule

Months 2-3: Stabilization Phase

Daily Essentials

- Kudzu 250mg (maintenance dose)
- Ashwagandha 300mg
- High-quality multivitamin
- Omega-3 1000mg

Months 4-6: Independence

- Multivitamin only
- Omega-3 fish oil
- Emergency Lobelia kit
- Stress management tools

1

2

3

As-Needed Support

- Lobelia (stress situations)
- Extra magnesium (high stress)
- 5-HTP (mood support)
- NAC (detox support)

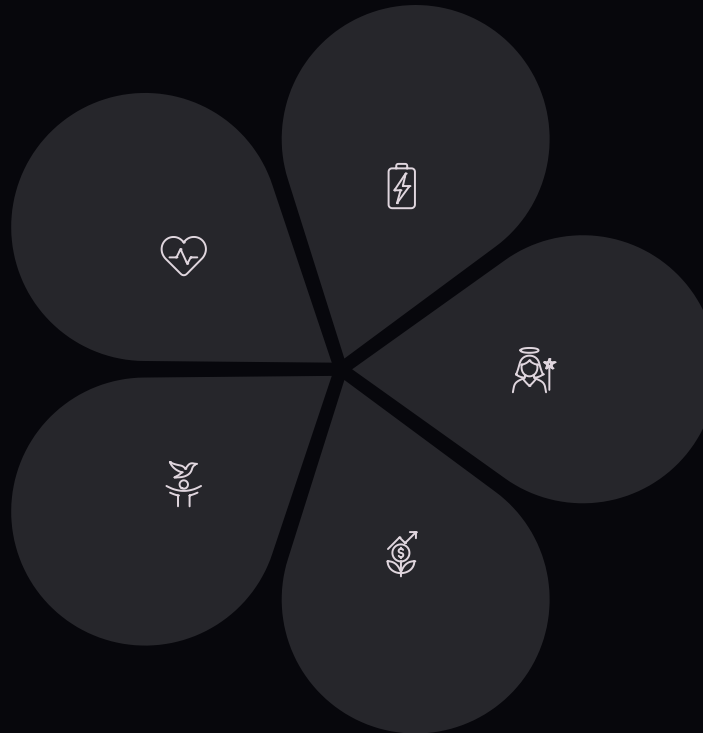
Building Your Smoke-Free Identity

Health Advocate

You now make choices based on health optimization, not addiction management

Freedom Embodiment

You live as someone who chooses their responses rather than reacting to cravings



Energy Master

Your energy comes from nutrition, exercise, and natural vitality

Inspiration to Others

Your success story becomes a beacon of hope for other smokers

Personal Growth Champion

You've proven you can overcome any addiction or limiting belief

Long-Term Success Strategies

6-Month Milestones

- Complete lung function restoration
- Cardiovascular risk normalized
- Taste and smell at peak sensitivity
- Smoking dreams completely gone
- Non-smoker identity fully integrated

Annual Check-ins

- Health screening and celebration
- Financial savings calculation
- Goal setting for continued growth
- Gratitude and appreciation ritual

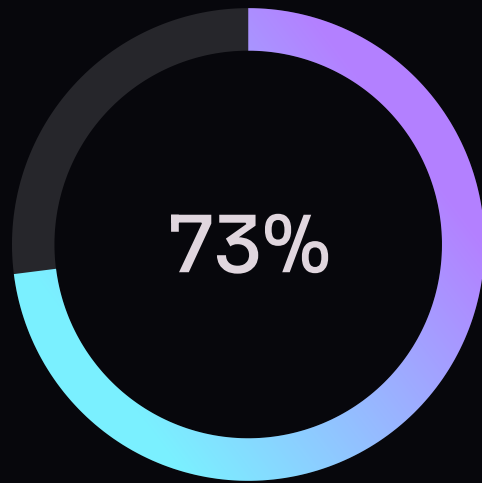


Relapse Prevention

- Maintain emergency Lobelia kit
- Continue stress management practices
- Regular exercise routine
- Strong social support network
- Regular meditation or mindfulness

Your Journey Impact

The Ripple Effect of Your Success



Health Improvement

Average health marker improvement after 6 months smoke-free



Annual Savings

Money saved per year by not smoking (pack/day habit)



Years Added

Average life expectancy increase from quitting smoking



Influence Factor

How many people you'll inspire to quit through your example

Your New Chapter Begins

You Are Free

In just 21 days, you've accomplished what many believe impossible - complete freedom from nicotine addiction using natural methods. You've proven that with the right knowledge, tools, and commitment, any addiction can be overcome.

Your journey from smoker to non-smoker to health advocate is complete. You now possess the knowledge, experience, and confidence to maintain this freedom for life. More importantly, you've become living proof that natural healing works, that the human body has incredible resilience, and that true freedom is always possible.

"The best time to plant a tree was 20 years ago. The second best time is now. You planted your tree of freedom 21 days ago. Now watch it grow into a forest of health, vitality, and inspiration for others."

Welcome to your smoke-free life. Welcome to your new chapter of unlimited possibility.