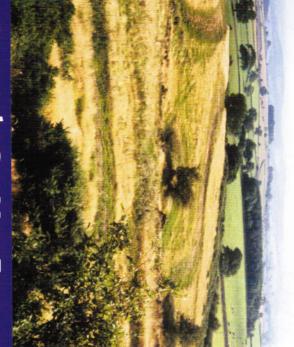
HONEYROSE



Can Help Set You Free

More than fifty years ago, the original blend of Honeyrose herbs was developed as a natural and nicotine-free stop smoking product. Since then new varieties have been introduced but the cigarettes are still made entirely with natural herbs flavoured with fruit juices and honey. Honeyrose are now available as Special, Menthol, De Luxe, Ginseng, Blue, Clove and Vanilla.

HONEYROSE

perfectly natural products

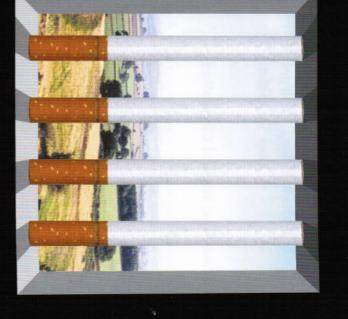
The Honeyrose range of herbal cigarettes and smoking mixtures are tobacco-free, nicotine-free and non-addictive. They are formulated to help you give up smoking. Clinical trials have shown that smoking Honeyrose herbal cigarettes has no adverse effects on heart rate or blood pressure. They're available from health food stores and independent chemists. For further details about any Honeyrose product or to obtain a Personalised Stop Smoking Plan, please write to:

Customer Services
Honeyrose Products Ltd
1b Alpha Business Park
Whitehouse Road
Ipswich, Suffolk
IP1 5LT
Email info@honeyrose.com

or telephone Customer Services on: 01473 467949



www.honeyrose.com



Is Smoking Locking You In?

A Helping Hand

thanks to the Honeyrose Stop Smoking Plan.

Nicotine Free Herbal Cigarettes

If you're a smoker who wants to stop, you're not alone. Many, many smokers would like to quit but find it very difficult because they miss the comfort and regular actions of smoking as well as the tobacco itself. So they continue to smoke, taking in nicotine and the cycle goes on.

Yes, it takes determination to stop but the Honeyrose Method, using Honeyrose Herbal Cigarettes is specially designed to help and support you during the difficult giving up period.

The Honeyrose Method replaces tobacco cigarettes with Honeyrose herbal cigarettes, gradually reducing the amount smoked but at the same time retaining the tactile pleasure of smoking.

The aim is not to take up smoking herbal cigarettes regularly, you need only use Honeyrose during the difficult giving up period, gradually cutting down the number smoked each day. After three weeks or so, you should have stubbed out your last cigarette ever.

You can stop smoking more easily with Honeyrose if you follow the recommended plan. Think carefully about when and why you smoke and then choose which plan would suit you best. Complete the table honestly so that you know how many you've smoked and how close you are to stopping.

A Helping Hand

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Tips For Success

Light Smoker

You typically smoke fewer than 10 cigarettes a day or smoke only occasionally, perhaps in stressful situations or whilst in the company of other smokers.

Switch to Honeyrose immediately and after two weeks reduce the number you are smoking by one each day until you have stopped smoking altogether.

Moderate Smoker

You smoke perhaps 10-30 cigarettes per day, regularly needing to top up your nicotine, as well as smoking in response to regular or stressful activities.

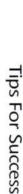
Using the table, gradually replace your tobacco cigarettes with the stated number of Honeyrose. The table is based on someone who smokes 20 cigarettes a day but it can be simply adjusted to the number of cigarettes you smoke.

Heavy Smoker

You have probably been smoking more than 30 cigarettes a day for many years. Your smoking habit is very well established.

Adjust the table to incorporate the number of cigarettes you currently smoke, extending the first two weeks to a longer period if necessary. Try to replace or reduce the cigarettes at a rate of about 2-3 cigarettes per day, or contact Customer Services for your own Personalised Stop Smoking Plan.

- Ensure the first cigarette of your day is a Honeyrose.
- When you have stopped, keep a few Honeyrose to hand for unexpectedly demanding situations. Don't be tempted to light up a tobacco cigarette.
- Think positively and, if the going gets tough, take one day at a time.
- Remind yourself regularly why you want to stop and how much better you'll feel once you have stopped.
- Think of the money you will save and plan to do something special with it.



The Honeyrose Method

Week 1

Introduce herbal cigarettes in place of tobacco. Your nicotine intake starts to decrease.

now zero but you're allowed to continue smoking Honeyrose Start to decrease the number of herbal cigarettes you smoke.

Week 3

Continue to reduce the number of herbal cigarettes smoked

Cut out tobacco cigarettes completely. Your nicotine intake is

per day, until you've stopped completely.

_	20	3 0	0	18	17	16	15	Day	Week 3	14	13	12	=	10	9	8	Day	Week 2	7	6	5	4	3	N	-	Day	Week 1
0	-	- 1	S	ω	4	Sī	6	Honeyrose		7	8	9	10	10	10	10	Honeyrose		10	10	8	8	6	S	ω	Honeyrose	
C	0	0	0	0	0	0	0	Tobacco		_	N	ω	G	6	7	8	lobaccc		10	10	12	12	14	15	17	Tobacco	



The Honeyrose Method