

Dr. Schalberg's Quit Smoking Protocol

Congratulations on taking your first step to a tobacco free life! We know this journey is not going to be easy, but we're here to help. Tobacco use is a complex phenomenon involving physical and psychological factors. Dr. Schalberg's protocol addresses both. However, despite the effectiveness of the smoking cessation protocol, it is of great importance that the patient is ready to quit and is compliant with the treatment.

The protocol is 4 weeks long starting on a Tuesday and consists of 8 treatments.

Note: You need to be tobacco free at least 24 hours before your first treatment.

Week One: Treatments 1-3, scheduled on Tuesday, Thursday, and Saturday.

Week Two: Treatments 4-5, scheduled on Tuesday and Thursday (these days are recommended, scheduling on other days of the week is allowed)

Week Three: Treatments 6-7, scheduled on Tuesday and Saturday (these days are recommended, scheduling on other days of the week is allowed)

Week Four: Treatment 8, scheduled on Saturday (this day is recommended, scheduling on another day is allowed)

Protocol Policies and Consent:

I, _____ (print name), understand that by purchasing Dr. Schalberg's Quit Smoking Package, I am purchasing the protocol, not the treatments. I understand that it is my responsibility to follow the protocol and if any treatment is missed, that treatment is lost and cannot be used at another time. I understand that no guarantee has been made concerning the outcome of Dr. Schalberg's protocol. I understand there will be no refunds if I decide to cease treatment during the four weeks of the protocol.

Signature: _____ Date: _____

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Dr. Schalberg highly recommends a vitamin and herbal regimen. These supplements are sold separately.