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## Cinnamon Stick Trick

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When I quit I needed something to keep my smoking hand busy. I did not want to eat food, and I did not find it satisfying chewing on my pens either.

A friend of mine told me to get cinnamon sticks. She had used it to put in her mouth to keep her mouth busy and her hand busy as well. It would calm her and she was fine a moment later. I did it and it was great.

Cinnamon sticks can be used over and over again. They taste good. They are the same size and weight as a cigarette and the best part is I can have it anytime, anywhere and feel great.

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Pick up a few cinnamon sticks for you and enjoy fresher breath, hands and feel great that you are doing something good for you.