

Now Supporting “Kick-It Catalyst” To Help Smokers Quit For Good

Many tobacco treatment specialist combine Quit Tea with their in-office therapy for increased levels of smoking cessation success, as high as 75%. Quit Tea LLC supports many programs and smoking cessation counselors, most recently providing samples to Cara Citrowske's “Kick-It Catalyst” program.

LOS ANGELES, CA., July 30, 2013 – Cara Citrowske now offers smokers a box of Quit Tea to anyone who signs up for a free 15 minute consultation of her “[Kick-It Catalyst](#)” smoking cessation program. Quit Tea LLC supports programs like “Kick-It Catalyst” because of the high rates of success smokers have staying smoke-free when some type of behavioral modification therapy is combined with Quit Tea, the herbal tea for quitting smoking.

Last summer research was conducted on Quit Tea in combination with a specific counseling program for smoking cessation. It was found that 3 out of 4 smokers remained tobacco free after using Quit Tea in combination with the counseling, an increase from either Quit Tea or smoking cessation counseling alone. The research was conducted by Sidney Pratt, a tobaccologist, who runs Sin Humo, a tobacco cessation clinic in Costa Rica. Mr. Pratt said Quit Tea “in combination with our therapy can be more effective than any other product available in the market right now.”

It is easier to replace a habit than to break a habit. Replacing a habit is called the [substitution strategy for quitting smoking](#). In a video released by [Cara Citrowske](#), she said Quit Tea can “help you reduce stress” and it “helps you replace the unhealthy habit of smoking with a healthier habit of an herbal tea.” She also describes how to use Quit Tea successfully. The new habit must be started within 30 seconds of craving a cigarette. So it is best to have Quit Tea already made in a thermos, if not near a place a cup can be brewed shortly after cravings start.

Behavioral modification therapy, conducted in-office or on the phone, is highly effective, but patients often struggle in between sessions to remain smoke-free. Counselors like to recommend Quit Tea for use in between sessions because it does not contain nicotine, does not conflict with their therapy, is all natural, and [helps replace the habit of smoking](#). In surveys, roughly 1 in 5 people remained smoke-free after 9 weeks of using Quit Tea. When Quit Tea is integrated into a behavioral modification program, those chances increase dramatically.

Quit Tea LLC's mission is to help as many people quit smoking as possible. In line with that goal, the company will send samples to any smoking cessation counselors who would like to try integrating Quit Tea into their program. There are already many chiropractors, tobacco treatment specialists, respiratory therapists, naturopathic doctors, acupuncturist, and others, who to provide Quit Tea to supplement their in-office treatments, and help increase their patients chances of success.

About Quit Tea LLC

Quit Tea is herbal supplement that is intended to help replace the habit of smoking with drinking herbal tea by temporarily supporting willpower, detoxing, improving lung health, and more. Quit Tea is a product of Quit Tea LLC and has been on the market since May 2010. It is distributed and sold internationally. Quit Tea LLC is a privately owned company based in Los Angeles, California.

SOURCE: Quit Tea LLC

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