

BE THE HERO OF YOUR  
OWN STORY.  
BE NICOTINE FREE!



Our package includes **6 weekly sessions** using gentle, natural techniques that will reduce cravings, ease withdrawal and keep you feeling calm and in control :

- **Wellness Coaching**
- **EFT tapping**
- **Ear Seeding**
- **Ear Acupuncture**

You will also receive a **Quit kit** and the option to add **IonCleanse Detox Treatments** at a discounted rate.

PACKAGE VALUE IS \$975

✦ **BUY YOUR PLAN NOW \$775** ✦

YOU CAN DO THIS! I CAN HELP.

**BARB HEDGES BSN, RN**  
**BLUEBIRD SKY INTEGRATIVE WELLNESS**  
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