

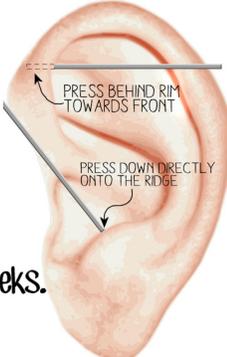
# Stop Smoking Reminder Card

Print on cardstock, cut out and place in your wallet, purse or stick on the mirror. Follow the detailed directions on our site post and use these cards as helpful reminders.

**STOP SMOKING**  
DO-IT-YOURSELF ACUPRESSURE

USING A LARGE BENT PAPERCLIP

- Press firmly for 30 seconds.
- Repeat on each ear in both spots.
- Do both ears once a day for 3 weeks.



PRESS BEHIND RIM TOWARDS FRONT

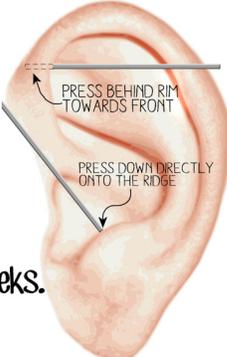
PRESS DOWN DIRECTLY ONTO THE RIDGE

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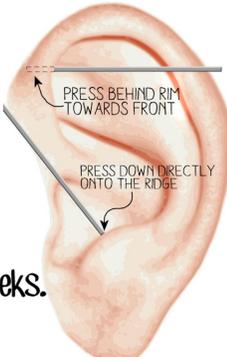
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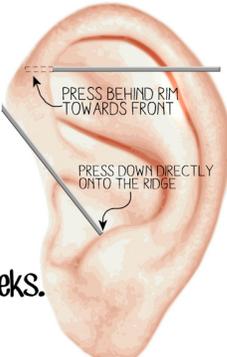
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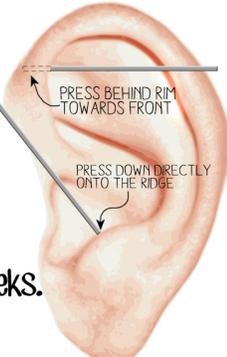
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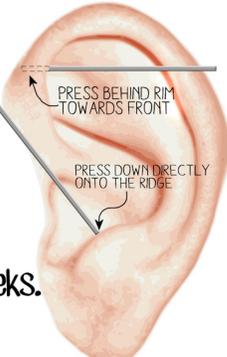
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