

## Thousands Have Quit Smoking With Herbal Tea

The Quit Company announces that thousands of smokers have quit smoking with their herbal tea.



**Greenwich, Connecticut Aug 11, 2022 ([Issuewire.com](http://Issuewire.com))** - As many as 2,400 people in the United States are now living smoke-free after simply replacing their habit with herbal tea. At a time when many are struggling to break the habit and get healthy, herbal tea can be a simple and effective alternative. The Quit Company has sold over 30,000 boxes of Quit Tea in the United States since 2010. Based on data from multiple surveys of thousands of people using Quit Tea, the company can estimate how many have probably quit smoking. The average number of boxes used to quit ranged between 4 and 6, and the success rates are between 17% and 32%. This means between 850 and 2,400 smokers have now quit smoking herbal tea.

There are over 40 million smokers in the United States, and most try to quit more than 5 times before succeeding. Since Quit Tea is a relatively new and alternative product, most people will end up using Quit Tea, after having unsuccessfully tried nicotine replacement therapy, where long-term success rates remain very low, around 6%. "The theory behind using herbal tea to quit smoking is simple. These herbs can temporarily support willpower to help smokers quit, and tea makes an ideal habit replacement,"

according to the Quit Company, founder Matt Bucklin.

There is a growing body of evidence that the urge for cigarettes is more than the addiction to nicotine, there is a strong behavioral dependence on smoking. Many experts now recommend behavioral modification therapy in combination with a product, for the best chances of smoking cessation success. "Treatment of nicotine addiction requires appropriate treatment of the behavioral manifestations to be totally successful," according to Dr. Clyde McCoy, PhD. at the University of Miami's Miller School of Medicine.

Herbal tea is an inexpensive and natural option that can address behavioral dependency by providing an alternative action in the stimuli, action, outcome, and associative learning loop. Currently, 38% of US adults are open to using some type of Complementary and Alternative Medicine.

### About The Quit Company, LLC

Based in Greenwich, Connecticut, The Quit Company, LLC, develops products and services designed to help people quit smoking for good, using the Substitution Strategy for Quitting Smoking. This strategy is based on the behavioral modification therapy principles of habit reversal. For more information, visit <https://quittea.webnode.co.uk>

SOURCE The Quit Company, LLC

eHealth Radio Interview With Matt Bucklin

<https://www.youtube.com/watch?v=Cl8dxCkp2po&t=41s>



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