

BreatheFree

INCLUDED WITH YOUR FLAVOR VAULT

The 90-Day Flavor Rotation Playbook

Ninety days of flavor, plus the tricks that keep a quit alive once the early motivation wears off. The part nobody warns you about is the boredom, so this is built for it.

Most people who slip back don't lose their willpower. They lose interest. The thing they replaced the vape with goes stale, and a dull habit loses to an exciting one every time.

So this guide has two jobs: keep the necklace worth reaching for, and give you real tools for the cravings the necklace alone can't cover. None of the good tricks below cost anything. Use them.

01 Why the necklace works

Vaping is two habits in one: the nicotine, and the ritual. The hand going up, the draw, something in your mouth when you're stressed or bored. The necklace is for the ritual. You reach, hold, and breathe slowly through it, gentle air around a flavored core, zero nicotine. Same motion your body is asking for, without the thing you're leaving behind. The flavors exist for one reason: so the ritual stays interesting long enough to stick.

02 The one rule for the flavors

Switch before you're sick of a flavor, not after. The day reaching for the necklace feels like a chore, that's your cue.

You don't need a strict schedule. Keep one *current* flavor, and rotate to a new one the moment it starts to fade. The danger window is weeks four to eight, when the newness is gone and it all feels routine, so rotate hardest there. A quiet warning sign: you notice you're reaching for the necklace less. That's not progress, that's the ritual going flat. Change the flavor and it comes back.

03 Beyond the necklace: tricks that keep you quit

The necklace handles your hands and mouth. These handle your head. They're the same tools quit programs teach, and they work whether you use our stuff or not.

- **Play the tape forward.** When you want one, don't stop at the first hit. Picture the whole thing: the guilt after, the clock reset to day zero, being right back here. A craving only ever sells you the first ten seconds. Watch the rest of the movie and it loses its grip.
- **Make the win you can see.** Track your days. Better, drop the money you'd have spent on vaping into a jar. Watching it fill is a reason on the hard days, and after a month it's a real pile of cash for a real reward. Name the reward now.
- **Run the HALT check.** Cravings spike when you're Hungry, Angry, Lonely, or Tired. Half the time the craving is really one of those wearing a disguise. Ask which one it is and fix the actual thing,

eat, step outside, text someone, sleep, and the craving usually deflates on its own.

- **Outlast the three minutes.** A craving peaks and passes in about three to five minutes. You don't have to defeat it, just be doing something else while it goes. Reach for the necklace, start a timer, let it pass. It always passes.
- **Have a reason bigger than the craving.** Write down, in one line, why you're actually doing this. Keep it in your phone. Week-four boredom is beaten by a fresh flavor plus a fresh look at that line.

04 Know your triggers

Cravings aren't random, they're attached to cues you've trained over years: coffee, the car, the end of a meal, a drink, stress, certain people. Each one is beatable once you see it coming.

Name your top three, and pre-load a swap

Pick the three moments you most associate with vaping and decide the swap before it hits, not during. Necklace in your hand *before* the coffee. Brush your teeth the second a meal ends. Take a different route for a couple of weeks if the drive is the trigger. You're not relying on willpower in the moment, you're removing the moment.

One trigger to respect early: alcohol. A drink lowers your guard and sits next to the old habit in your brain. It's the single most common thing that undoes a good week, so go easy on it for the first month, or have your necklace and a plan ready before the first drink.

05 If you slip

A bad day is not a failure. One slip is a moment, not the end of your quit, and treating it like the end is what turns one vape into a relapse. Don't throw the streak away over it. Pick the necklace back up, switch to a fresh flavor, and keep going. The people who make it aren't the ones who never slip, they're the ones who start again fastest.

You're covered. BreatheFree comes with a 30-day money-back guarantee. If it doesn't work for you within 30 days, we'll refund you, no drama. Questions any time, reach out to the BreatheFree team and a real person will get back to you.

Keep it fresh, and keep breathing.