

# DIY QUIT KIT

*A Path Toward Wellness*



American Indian  
Cancer Foundation.

## TRADITIONAL TOBACCO IS SACRED

Used for prayer, ceremony, and offerings.  
Not the same as commercial tobacco.

### Traditional Tobacco

- Used with intention and respect
- Not inhaled like cigarettes
- Connected to spiritual practices
- Tobacco is kept in its original natural state

### Commercial Tobacco

- Contains harmful chemicals
- Linked to cancer and heart disease
- Not meant for our bodies



## BENEFITS OF QUITTING

**20 MINUTES**



Heart Rate Drops

**24 HOURS**



Carbon monoxide  
leaves body

**2-12 WEEKS**



Lung function  
improves

**1 YEAR**



Heart disease  
risk cut in half

**LONG TERM**



Lower  
cancer risk

**LONG TERM**



More energy for  
family and community

# Set Your Quit Date

My Quit Date: \_\_\_\_\_

My Reasons:

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Choose a meaningful day:

- Birthday
- Ceremony or cultural event
- New season
- Today

**If you slip, don't quit, start again the same day.**

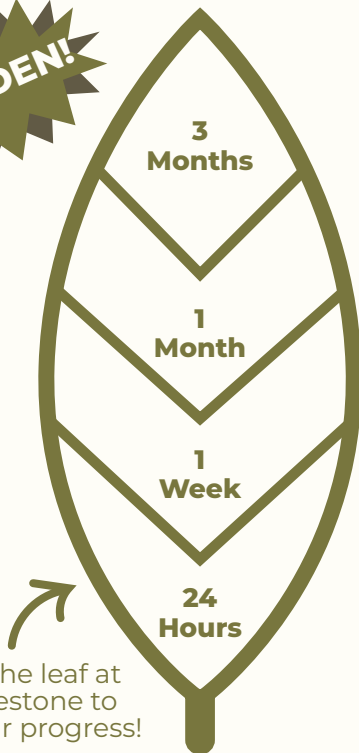
## Build Your DIY Quit Kit

- Water
- Herbal or traditional tea
- Healthy snacks
- Mints or gum
- Traditional tobacco (for prayer)
- NRT (gum, lozenges, or patches)
- Stress ball or fidget
- Prayer, affirmation, or photo
- Support phone numbers

When cravings hit remember the 4 Ds:

- Delay (Wait 5-10 minutes)
- Drink Water
- Deep breaths
- Do something else

## My Progress



Color in the leaf at each milestone to track your progress!

**FREE CONFIDENTIAL NATIVE SUPPORT AVAILABLE**

**Quitline: 1-800-QUIT-NOW | [www.aicaf.org](http://www.aicaf.org) or text NATIVE to 47848**

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