

# SMOKE

---

R E S E T

A SELF-HEALING PRACTICE TO RELEASE  
THE DEEPER CRAVING BENEATH THE HABIT



by ANGEL DIMITROV



# How to Enhance Oxygen in Your Blood After Smoking

A Self-Healing Guide to Reclaim Breath, Energy, and Cellular Vitality

By Angel Dimitrov | Holistical Method™

## Section 1: Understanding Carbon Monoxide Poisoning from Smoking

Every time you smoke, you're not just inhaling nicotine. You're also breathing in carbon monoxide (CO) - a deadly gas that binds to your red blood cells 240 times faster than oxygen. That hinders your ability to breathe fully, reduces cellular oxygen, and slows down the healing process.

Symptoms of Carbon Monoxide build-up:

Brain fog  
Chronic fatigue  
Cold hands and feet  
Dizziness or mood swings  
Poor sleep and shortness of breath

Follow for daily healing tools, energy resets, and conscious awakening.



## **Section 2: The Holistical Method™ for Oxygen Enhancement**

That is not about supplements. It is energetic healing, conscious breathing, and cellular detoxification.

### **1. Deep Conscious Breathing (3 minutes)**

Breathe in through the nose for 4... hold for 4... out through the mouth for 6.

Could you do this while tapping on the chest?

Visualize white oxygen flooding your blood.

Affirmation: "My blood remembers how to breathe."

### **2. EFT for Oxygen Restoration**

While tapping on your forehead and chest, repeat:  
"I accept myself even though I've been carrying carbon monoxide in my blood."

"I forgive my cells for the damage they've endured."

"I now reprogram my blood to receive clean oxygen and release poison."

### **4. Quantum Field Reset**

Sit in stillness and say:

"I remove all inherited patterns of oxygen deprivation."

"I deactivate the carbon monoxide imprint from my holographic matrix."

"I reconnect to the Source of pure breath and life."

Tap on the thymus as you do this. Your body is listening.



## Section 3: Natural Support

While energetic detox is key, here are a few natural boosters that align with this healing:  
Chlorophyll water (blood purifier);  
Beetroot juice (increases nitric oxide);  
Cold showers (stimulate oxygen usage);  
Walking barefoot (restores ionic balance and breath rhythm)

### Final Message:

Your blood holds much responsibility, but the item itself stays whole and unbroken.  
Breathe deeper. Detox wiser. Reconnect with your body's divine oxygen code.  
You're not just healing from smoking-  
You're awakening the breath of life

---

**The craving has been  
seen.**

**Now release what  
feeds it.**

This guide showed you the deeper need beneath the habit. The Extended Edition gives you the complete detox system, advanced EFT sequences for craving dissolution, nervous system withdrawal reset protocols, and a guided meditation to address the root emotional hunger the cigarette was answering.

You don't quit smoking by fighting the habit.  
You release the wound that was medicating.

GET THE EXTENDED EDITION — 25,00 €

---

HOLISTICAL METHOD.COM