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(54) **Method to stop smoking**

(57) The present invention is related to a method to stop or reduce a smoking habit, characterised in that a user of said method smokes cigarettes containing a herbal mix and a normal tobacco mix, and wherein the percentage of said herbal mix is gradually increased in

a number of phases, each phase being characterised by the consumption by the user of cigarettes with a fixed percentage of said herbal mix, the remainder of said cigarettes being formed by said normal tobacco mix.

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Description

Field of the invention

5 [0001] The present invention is related to a method to break the habit of smoking tobacco, particularly cigarettes.

State of the art

[0002] Existing methods to reduce or stop the smoking habit are known to have a number of problems.

10 [0003] A sudden interruption of the habit frequently causes physical disorders such as headaches and dizziness, or mental problems such as anxiety, fatigue, moodiness, depression, increased hunger, etc...

[0004] A more gradual decrease in the amount of nicotine is known from methods using nicotine containing tablets or transdermal patches. Tablets of this kind frequently cause mouth ulcers or heartburn. Nicotine containing patches are known to cause skin diseases, such as pruritus. Patches containing herbal extracts are known, such as described
15 in document US-A-6 063 401.

[0005] Still, any kind of patch or tablet does not take away the smoker's urge towards taking a cigarette and lighting up. These actions have become behavioural habits for the smoker and even if nicotine is provided in another way, he or she will still feel the need to take a cigarette, especially in stressful situations

[0006] Herbal cigarettes are known and have been used to replace normal cigarettes. However, when the transition
20 is sudden, the craving for nicotine is much too strong at the start, so the above-described discomforts cannot be avoided. The mere replacing by a non-addictive cigarette may solve the problem of the automatic habit of taking a cigarette, but often the taste of the herbal smoke is repulsive to the user, and the suddenness of the lack of nicotine makes him or her quickly return to the old habit.

Summary of the invention

[0007] The present invention is related to a method to stop or reduce a smoking habit, characterised in that a user of said method smokes cigarettes containing a herbal mix and a normal tobacco mix, and wherein the percentage of said herbal mix is gradually increased in a number of phases, each phase being characterised by the consumption by
30 the user of cigarettes with a fixed percentage of said herbal mix, the remainder of said cigarettes being formed by said normal tobacco mix.

[0008] According to a preferred embodiment of the present invention, each of said phases is about 8 days long, and

- In phase one, the user smokes cigarettes containing between about 10% and about 20% of said herbal mix,
- 35 - In phase two, the user smokes cigarettes containing up to about 40% of said herbal mix,
- In phase three, the user smokes cigarettes containing up to about 60% of said herbal mix,
- In phase four, the user smokes cigarettes containing up to about 80% of said herbal mix.

[0009] According to a preferred embodiment of the invention, said herbal mix comprises herbs selected from the
40 group consisting of:

- Medicago Sativa
- Salvia Officinalis
- Thymus Vulgaris
- 45 - Mentha Piperita
- Artemisia Vulgaris
- Chichorium Intybus
- Chrysanthemum Flos
- Coriandrum Sativum
- 50 - Borneol
- Zea Mays
- Lonicera Caprifolium
- Hypericum Perforatum
- Plantago Major
- 55 - Laurus Nobilis
- Pulmonaria Officinalis
- Glycyrrhiza Glabra
- Elettaria Cardamomum

- Hibiscus
- Rosa Sinensis
- Panax Ginseng
- Astragalus Radix
- 5 - Oenothera Biennis
- Chrysanthellum Americanum
- Rhodondendron
- Angelica Archangelica
- Taraxacum Officinale
- 10 - Anisum Stellatum
- Humulus Lupulus
- Inula Helenium
- Chamomilla Matricaria
- Tilia Cordata
- 15 - Carum Carvi
- Origanum Majorana
- Thymus Serpyllum
- Foeniculum Vulgare
- Calendula Officinalis
- 20 - Origanum Vulgare
- Ocimum Basilicum
- Melilotus Officinalis
- Juglans Regia
- Achillea Millefolium
- 25 - Eucalyptus Globulus
- Zingiber Officinale
- Verbascum Thapsiforme
- Althea Officinalis
- Ballota Nigra
- 30 - Marrubium Vulgare

[0010] The present invention is also related to a method of producing a mix of herbs and tobacco, comprising the steps of:

- 35 - steaming and wetting of the tobacco,
- immediately after said steaming and wetting, mixing said herbal mix with the tobacco, resulting in a mixture of herbs and tobacco,
- compounding said mixture of herbs and tobacco,
- cutting of said mixture,
- 40 - ripening of said mixture in a ripening vessel, during about 48 hours,
- bringing the humidity of the mixture to about 20%.

[0011] The present invention is equally related to a cigarette comprising a given ratio of tobacco and herbs.

[0012] The present invention is also related to a kit of parts, containing a plurality of cigarettes according to the invention, said plurality being divided in a number of groups of cigarettes, each group being characterised by a given ratio tobacco/herbs, so that the smoker may use the method of the invention by smoking the cigarettes of each group during each phase of said method.

Aims of the invention

50 **[0013]** The present invention aims to provide a method to reduce or stop a smoking habit which has none of the inconveniences of the prior art.

[0014] The present invention equally aims to present a novel way of producing an herbal mix, to be used in the method according to the invention.

Detailed description of the invention

55 **[0015]** The method of the present invention is based on a progressive replacement of tobacco by non-addictive mixes

of herbs. Cigarettes containing a percentage of such a mix are provided so that the user may gradually be released from his smoking habit. In a number of phases, the percentage of herbs is gradually increased, so that the smoker does not experience a violent nicotine withdrawal, nor does he or she suffer the physical disorders accompanying such a withdrawal.

[0016] According to a preferred embodiment, the method of the invention allows stopping or reducing the smoking habit in four phases:

[0017] In phase one, the smoker uses a cigarette containing between about 10% and 20% of a mix of herbs, and between about 80% and 90% of the normal tobacco mix. The composition of the herbs is such that the smoking causes advantageously a mental relaxation, and a good odour.

[0018] Phase one allows the smoker to initiate a first release of his addictive habit, through the consumption of less nicotine. The relatively small dosage of herbs avoids adverse reactions to the taste and smell of these herbs, which would be occurring when higher dosages are used.

[0019] The smoker is less inclined to inhale the smoke due to the presence of less nicotine.

[0020] In phase two, the smoker reverts to a cigarette containing up to about 40% of an herbal mix, the rest being tobacco. This way, the habit and the urge to inhale are further stepped down.

[0021] The discomforts of the lack of nicotine are solved in this method by the fact that a gradual stepping down is introduced, and by the fact that the herbal mix has a relaxing effect on the user.

[0022] In phase three, the smoker switches to a cigarette containing up to about 60% of a herbal mix, the rest being tobacco. The physical addiction is now considerably less, after the first two phases. In phase three, the smoking pattern may already be broken: the smoker has less need for a cigarette and the act of automatically lighting up without thinking, may be interrupted for the first time.

[0023] In phase four, a cigarette containing up to about 80% of the herbal mix is introduced. This allows the total elimination of the physical smoking impulse: the urge for nicotine is now sufficiently diminished. The smoker is now able to release his habit in all circumstances: stress situations, social gatherings, etc.

[0024] After phase four, an additional temporary phase may follow, wherein the smoker continues to smoke cigarettes which however contain 100% herbs and no tobacco.

[0025] The duration of each phase as well as the percentage of the herbal mix in the cigarettes used in each phase may differ within the scope of the present invention. Even the number of phases may be varied according to the needs and personality of a specific smoker.

[0026] According to a preferred embodiment, each phase takes about 8 days.

[0027] The herbal mix is composed from a number of herbs preferably belonging to the following group:

- Medicago Sativa
- Salvia Officinalis
- Thymus Vulgaris
- Mentha Piperita
- Artemesia Vulgaris
- Chichorium Intybus
- Chrysanthemum Flos
- Coriandrum Sativum
- Borneol
- Zea Mays
- Lonicera Caprifolium
- Hypericum Perforatum
- Plantago Major
- Laurus Nobilis
- Pulmonaria Officinalis
- Glycyrrhiza Glabra
- Elettaria Cardamomum
- Hibiscus
- Rosa Sinensis
- Panax Ginseng
- Astragalus Radix
- Oenothera Biennis
- Chrysanthellum Americanum
- Rhododendron
- Angelica Archangelica
- Taraxacum Officinale

- Anisum Stellatum
- Humulus Lupulus
- Inula Helenium
- Chamomilla Matricaria
- 5 - Tillia Cordata
- Carum Carvi
- Origanum Majorana
- Thymus Serpyllum
- Foeniculum Vulgare
- 10 - Calendula Officinalis
- Origanum Vulgare
- Ocimum Basilicum
- Melilotus Officinalis
- Juglans Regia
- 15 - Achillea Millefolium
- Eucalyptus Globulus
- Zingiber Officinale
- Verbascum Thapsiforme
- Althea Officinalis
- 20 - Ballota Nigra
- Marrubium Vulgare

[0028] The present invention is equally related to a cigarette comprising a mixture of said herbs and preferably comprising equally a percentage of tobacco.

[0029] The present invention is equally related to a kit of parts, said kit comprising a number of cigarettes to be smoked in each phase of the method of the invention. For example, said kit may take on the form of a box, comprising 400 cigarettes, divided up into 4 sections, each section comprising 100 cigarettes which all have the same composition. Indications in the box then point out to the user which group of 100 cigarettes he or she should smoke during which period of time, in order to use the method of the invention. Further indications and guidelines concerning the method itself may be present in such a box.

[0030] The present invention is equally related to the method of producing a herbal mix to be used in the method of the invention. In this method, the herbs are mixed together with the tobacco, just after the steaming and wetting of the tobacco, at a temperature of about 65 °C. After this step, the herbs and the tobacco are compounded by the use of a compression force of about 20 kg/m². After cutting, the mix is left to ripen in a vessel during about 48 hours, during which time the temperature of the mixture is gradually brought down from about 65 to about 20 °C. At this stage the humidity of the tobacco is brought to about 20%, allowing the herbs to be wetted. This process allows the herbal flavour to influence the normal tobacco flavour in an important way. No chemicals, nor odour, colour or taste substances are added during this process.

Description of a preferred embodiment of the invention

[0031] Table I gives an example of a 5-phase cycle according to the present invention, in terms of the composition of herbal cigarettes which are to be smoked by the user in each phase.

Table I

Phase 1	80% tobacco	15% Anisum Stellatum 5% Chamomilla Matricaria
Phase 2	60% tobacco	15% Anisum Stellatum 15% Eucalyptus Globulus 6% Zea Mays 4% Salvia Officinalis
Phase 3	40% tobacco	15% Anisum Stellatum 15% Eucalyptus Globulus 15% Camomilla Matricaria

Table I (continued)

		6% Zea Mays 5% Tillia Cordata 4% Salvia Officinalis
Phase 4	20% tobacco	15% Anisum Stellatum 15% Eucalyptus Globulus 15% Camomilla Matricaria 11% Hypericum Perforatum 10% Zea Mays 10% Tillia Cordata 4% Salvia Officinalis
Phase 5	0% tobacco	20% Anisum Stellatum 18% Eucalyptus Globulus 15% Camomilla Matricaria 11% Hypericum Perforatum 13% Zea Mays 13% Tillia Cordata 10% Salvia Officinalis

Claims

1. Method to stop or reduce a smoking habit, **characterised in that** a user of said method smokes cigarettes containing a herbal mix and a normal tobacco mix, and wherein the percentage of said herbal mix is gradually increased in a number of phases, each phase being **characterised by** the consumption by the user of cigarettes with a fixed percentage of said herbal mix, the remainder of said cigarettes being formed by said normal tobacco mix.
2. Method according to claim 1, wherein 4 of said phases are used, and wherein
 - In phase one, the user smokes cigarettes containing between about 10% and about 20% of said herbal mix,
 - In phase two, the user smokes cigarettes containing up to about 40% of said herbal mix,
 - In phase three, the user smokes cigarettes containing up to about 60% of said herbal mix,
 - In phase four, the user smokes cigarettes containing up to about 80% of said herbal mix.
3. Method according to claim 1 or 2, wherein said herbal mix comprises herbs selected from the group consisting of:
 - Medicago Sativa
 - Salvia Officinalis
 - Thymus Vulgaris
 - Mentha Piperita
 - Artemesia Vulgaris
 - Chichorium Intybus
 - Chrysanthemum Flos
 - Coriandrum Sativum
 - Borneol
 - Zea Mays
 - Lonicera Caprifolium
 - Hypericum Perforatum
 - Plantago Major
 - Laurus Nobilis
 - Pulmonaria Officinalis
 - Glycyrrhiza Glabra
 - Elettaria Cardamomum
 - Hibiscus
 - Rosa Sinensis

- Panax Ginseng
- Astragalus Radix
- Oenothera Biennis
- Chrysanthellum Americanum
- Rhododendron
- Angelica Archangelica
- Taraxacum Officinale
- Anisum Stellatum
- Humulus Lupulus
- Inula Helenium
- Chamomilla Matricaria
- Tilia Cordata
- Carum Carvi
- Origanum Majorana
- Thymus Serpyllum
- Foeniculum Vulgare
- Calendula Officinalis
- Origanum Vulgare
- Ocimum Basilicum
- Melilotus Officinalis
- Juglans Regia
- Achillea Millefolium
- Eucalyptus Globulus
- Zingiber Officinale
- Verbascum Thapsiforme
- Althea Officinalis
- Ballota Nigra
- Marrubium Vulgare

4. Method of producing a mix of herbs and tobacco, comprising the steps of:

- steaming and wetting of the tobacco,
- immediately after said steaming and wetting, mixing said herbal mix with the tobacco, resulting in a mixture of herbs and tobacco,
- compounding said mixture of herbs and tobacco,
- cutting of said mixture,
- ripening of said mixture in a ripening vessel, during about 48 hours,
- bringing the humidity of the mixture to about 20%.

5. A method according to claim 4, wherein said mixing takes place at a temperature of about 65 °C.

6. A method according to claim 4, wherein said compounding is done by a compression force of about 20 kg/m².

7. A method according to any of the claims 4 to 6, wherein no chemical, odour, colour, or taste substances are added.

8. A cigarette comprising a herbal mix, said herbal mix comprising a number of herbs selected from the group consisting of:

- Medicago Sativa
- Salvia Officinalis
- Thymus Vulgaris
- Mentha Piperita
- Artemesia Vulgaris
- Chichorium Intybus
- Chrysantenum Flos
- Coriandrum Sativum
- Borneol
- Zea Mays

- Lonicera Caprifolium
- Hypericum Perforatum
- Plantago Major
- Laurus Nobilis
- Pulmonaria Officinalis
- Glycyrrhiza Glabra
- Elettaria Cardamomum
- Hibiscus
- Rosa Sinensis
- Panax Ginseng
- Astragalus Radix
- Oenothera Biennis
- Chrysanthellum Americanum
- Rhododendron
- Angelica Archangelica
- Taraxacum Officinale
- Anisum Stellatum
- Humulus Lupulus
- Inula Helenium
- Chamomilla Matricaria
- Tillia Cordata
- Carum Carvi
- Origanum Majorana
- Thymus Serpyllum
- Foeniculum Vulgare
- Calendula Officinalis
- Origanum Vulgare
- Ocimum Basilicum
- Melilotus Officinalis
- Juglans Regia
- Achillea Millefolium
- Eucalyptus Globulus
- Zingiber Officinale
- Verbascum Thapsiforme
- Althea Officinalis
- Ballota Nigra
- Marrubium Vulgare

9. A cigarette as described in claim 8, comprising a percentage of tobacco.

10. A kit of parts, containing a plurality of cigarettes as described in claim 8 or 9, said plurality being divided in a number of groups of cigarettes, each group being **characterised by** a given ratio tobacco/herbs, so that the smoker may use the method of claims 1 to 6 by smoking the cigarettes of each group during each phase of said method.



European Patent
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EUROPEAN SEARCH REPORT

Application Number
EP 00 87 0247

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The present search report has been drawn up for all claims			
Place of search THE HAGUE		Date of completion of the search 20 March 2001	Examiner Riegel, R
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EPO FORM 1503 03 92 (P04031)



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EUROPEAN SEARCH REPORT

Application Number
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CATEGORY OF CITED DOCUMENTS X : particularly relevant if taken alone Y : particularly relevant if combined with another document of the same category A : technological background O : non-written disclosure P : intermediate document T : theory or principle underlying the invention E : earlier patent document, but published on, or after the filing date D : document cited in the application L : document cited for other reasons & : member of the same patent family, corresponding document			

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**ANNEX TO THE EUROPEAN SEARCH REPORT
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