

Make Your Own Cinnamon Toothpicks

Toothpicks can be a great tool when quitting tobacco. They can keep your hands and mouth busy during cravings and many quitters like the distraction that intense flavors like cinnamon or mint can give.

To make your own toothpicks, you will need:

- Cinnamon Oil (may be found in baking supply section at grocery stores, health food stores, and sometimes in drugstores in the pharmacy)
- Toothpicks
- A small glass jar with lid

Directions:

Pour 1-2 ounces of cinnamon oil in glass jar. Place toothpicks in the jar and close the lid to keep the oil fresh. Soak overnight or to your preference. The longer you soak the toothpicks, the hotter the toothpicks - be careful! Dry the toothpicks on a clean, non-absorbent surface. When dry, transfer to a portable container for use.

