



## Acupuncture & Smoking Cessation

Congratulations! If you're reading this, you are on your way to kicking the habit and becoming smoke-free and healthier. Every year, more than 3 million Americans try to quit smoking, but only half of them succeed. With the help of acupuncture you have a greater chance of success!

Most experts agree that quitting smoking is the single most important thing you can do for your health. More than 25 diseases are associated with tobacco use, including cancer of the lungs, bladder, mouth, larynx, pharynx, esophagus, pancreas, kidney, uterus, and cervix. Smoking also raises the chances of developing emphysema and increases the risk of having a stroke by 30 percent.

There is plenty of incentive to quit, but it isn't necessarily easy. The good news is that acupuncture has helped millions of people to kick the smoking habit.



### What you should look for if planning to undergo acupuncture for smoking cessation.

Some of the largest stumbling blocks to becoming smoke-free are the stress, anxiety, and depression associated with quitting. Fortunately, acupuncture treatment is quite successful at calming and relaxing the mind, reducing anxiety, and alleviating depressive feelings. Specific acupoints in the ear and wrist are used to accomplish this. Additional acupoints may be included that help suppress your appetite, stimulate repair and healing of organ systems, and reduce food and nicotine cravings.



Using acupuncture to quit smoking yields enormous benefits. Aside from taking care of the stumbling blocks that can cause you to resume the habit, acupuncture can help restore your body to a healthy state of balance and well-being. If you are ready to become smoke-free, acupuncture can provide you with the support you need.

If you are eager to try it, then the first thing you should do is to ask your doctor for an acupuncturist who has experience in similar treatment. It is important that you find a good acupuncturist because of the better results and some simple facts - as acupuncture includes inserting needles into your skin it is of utmost importance that you go to a high-standard place with guaranteed hygiene and acupuncture supplies.

### Tips to Give Up Smoking

Smoking cessation is an unpleasant experience for whichever side you look at it. You will have to cope with the cravings and all the withdrawal symptoms, you will have to beat up the smoking habit and change your lifestyle completely. To help you get out of the smoking-swamp we have compiled a short list with tips to give up smoking.

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### **Tip #1**

Set up a stop date a few weeks in advance. This will give you enough time to prepare yourself for the upcoming changes. Moreover, this will allow you to start some medical treatment.

### **Tip #2**

On your stop smoking day, throw away all your cigarettes. This will not only prevent easy access to cigarettes but also will have a huge psychological impact on you.

### **Tip #3**

Avoid places and situations that would prompt you to lighting up a cigarette. For example if you light up your first cigarette with your morning coffee, replace it with herbal tea; avoid going to pubs or night clubs during your first ex-smoker weeks.

### **Tip #4**

Manage your cravings. They will actually fade within a few minutes. When cravings arise, distract yourself. Before you know it, the craving will have passed. .

### **Tip #5**

Start saving the money that you used to spend on cigarettes. You will soon discover that you have put aside enough to buy something nice for yourself.

### **Tip #6**

Increase regular exercise. Start with long walks, buy a bike and cycle to your work or just for fun, rollerblade, or go swimming. Any physical activity is good and it is up to you to pick up the ones that most suit your personality. Exercise will not only help improve your appearance but it will help your body detox and reduce both the cravings and the cessation symptoms.

### **Tip #7**

Change your eating habits, eat more fresh fruits and vegetables, and drink a lot of liquids. A healthy diet will:  
a) prevent you from gaining weight and b) reduce the withdrawal symptoms.

Call us and make a **Free** appointment to discuss how we can help your particular situation.