

Our Town News ON THE WEB

SIGN UP FOR OUR



FREE
eMAILED
NEWSPAPER

Our Town Editorial

Jonathan's Corner

Published Monday, July 24, 2006
by Jonathan Del Marcus

It has been a little more than nine months since I quit smoking cigarettes. And, just like after a baby having been born after nine months of pregnancy, I now feel that I have been born into a new life – one free from the bondage of addiction. It is a milestone I never, ever, thought I would reach. I

I smoked for more than 20 years and had tried to quit a number of times before. But, in all those times I stopped - some for a few days, some a few weeks, and some a few months - I never believed that it would last. Even Mark Twain said, "Giving up smoking is the easiest thing in the world. I've done it thousands of times." I had tried nicotine gum, the nicotine patch, and the proverbial 'cold turkey.' The only thing that cold turkey did for me was leave me acting and feeling like a defeated turkey. Before I quit in October 2005, I had resigned myself to defeat. I remember talking to Gloria Nudelman, the general manager of Our Town News, before I left the office that Friday afternoon prior to my treatment on a Saturday. She had told me she was optimistic and thought the treatment would work for me, but pointed out that I didn't seem to believe it myself. So, how was I able to quit this time after all my previous failures? After both my mother and my co-worker Terry Bocard told me about the laser treatment offered at Laser Therapy South, I reluctantly called the number and made an appointment.

Laser Therapy South has three clinics in South Florida that specialize in laser therapy to help people defeat 'addictions' like smoking and overeating. Laser therapy is a relatively new scientific development based on established principles used in acupuncture treatments. The technician who performs the treatment uses a laser which stimulates certain points on the body (for smoking the laser is used mostly on the ears) to release 'feel good' chemicals in your brain, known as endorphins. The rush of endorphins help to replace the physical cravings for nicotine a person addicted to the powerful drug commonly feels on a regular basis. The treatment helped reduce my dependence on nicotine, but to really break the habit, I still had to fight the psychological addiction. For many, including myself, the smoking habit also involves smoking at certain times of the day and before and after certain enjoyable activities. I kept telling myself that quitting smoking now would help me live a longer and healthier life. With the encouragement of my mother and the entire Our Town News staff, I was able to stop. And hopefully, I will never have another cigarette again.

Laser Therapy South has three clinics in the area, Deerfield Beach, Hollywood and Jupiter. For more information, log onto their website and read about their treatments, or call 1-866-307-QUIT or 954-420-5337.

For those who have read this article and would like to comment on the experience of quitting smoking or your interest in quitting smoking, please feel free to send me an email at jonathan@otnewonline.com. If you would like your message to be considered as a 'letter to the editor,' then please write your full name and city of residence at the end of the email.

- ➔ FIND A JOB
- ➔ FIND A CAR
- ➔ REAL ESTATE
- ➔ FINANCIAL
- ➔ MERCHANDISE
- ➔ ANIMALS
- ➔ ANNOUNCEMENTS

Coral Springs Elections
Parkland Elections

NEWS
Local
Sports
Business

PARKLAND
COCONUT CREEK
BOCA RATON

ADVERTISING
CLASSIFIEDS
CONTACT US

CITY RESOURCES
Coral Springs
Parkland
Boca Raton
Coconut Creek

[Send this page to a friend](#)