



YOU CAN DO IT!

We're so happy you decided to quit smoking! Thank you for choosing us to help you!

Acupuncture is an effective tool to enable you to quit smoking by minimizing cravings, calming the nervous system and strengthening willpower. Acupuncture can only work, however, if you are truly ready to quit and willing to commit to the process.

What does Acupuncture do? Acupuncture interrupts messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. It can eliminate most cravings, but not the habit. Generally the treatment reduces cravings from 20 plus to only 3 - 5 a day. It is your responsibility to make it through those few cravings, but we have many suggestions to help you through.

What is the treatment program? On the initial visit we will test your meridians with the AcuGraph. This will give us a baseline of where your body needs the most help in addition to the treatment addiction protocol points. During this first treatment you are to refrain from smoking or having any cigarettes in your possession. If you make it through the next 24 hours smoke free, you will have a 90% chance of being successful. It takes 2 weeks for nicotine to leave the system. It is recommended that you continue acupuncture 3 times a week for at least those 2 weeks.

The following instructions are to help you through the program:

Support Person - Ask someone who is available to you in the next few weeks to be able to talk to and provide encouragement when needed.

Affirmation - Create a list of affirmations (positive statements) about not smoking. Repeating affirmations helps not only to remind you why you are no longer smoking but also imprints a new image of health. Examples: I am a non-smoker; I make healthy life choices.

Setting Boundaries - Ask other smokers to refrain from smoking in your presence. This includes spouses. When possible, stay away from smokers until you feel more confident with your nonsmoking health status.

Drink water - Research shows that dryness causes cravings. Sip water frequently throughout the day.

Refrain from drinking coffee - Research shows that coffee causes cravings and dehydrates the body. However, if you are addicted to coffee, just try to cut back a little.

Food choices - Eat a lot of carrots, celery and other vegetables throughout the next few days. Candies upset blood sugar level, which can aggravate smoking withdrawal symptoms, but cinnamon or peppermint Altoids are encouraged. Take 2000mg of vitamin C daily.

Exercise - Walk or do anything for 20 minutes a day to increase your heart rate and respiration.

Managing cravings - Cravings feel like they will last forever but actually fade in two minutes. Plan what you will do during a craving.

If you give in to your craving, abide by the following rules:

- Smoke a different brand than you are used to - preferably non-filter.
- Smoke with nothing over your head except the sky. Therefore, if you are inside (car, house, etc.), you must go outside. If it is raining or snowing etc., you may not have anything over your head including an umbrella, awning, etc.
- Smoke with two hands. You may not smoke with only one hand.
- Change where you keep your cigarettes. Put them in less convenient places, for example: your basement, the trunk of your car, etc.-Save every cigarette that you smoke in a baggie. When you want to smoke again, open up the baggie and re-light one.