

The Truth *About Health*

Yes, Some People Still Smoke – But Acupuncture Can Help Them Quit!

Vol. 14 Issue 15

Smoking is not what it was in the fifties or sixties of the last century. In those days, movies and television shows featured smokers prominently. You could smoke in restaurants, offices, movie theatres, airports, just about anywhere other than a hospital.

With the lawsuits that many states have filed against Big Tobacco companies and the resulting settlements, some of which must be used for anti-smoking education, many people have quit smoking and many more would like to quit but have not been able to yet.

When it just isn't possible for a person to quit on their own, there's plenty of evidence that Acupuncture can help them take a big breath of smoke-free relief. Acupuncture is well-established in many circles as an effective aid to smoking cessation. Even the government of the State of California acknowledges smoking cessation as one of the standard realms of treatment for acupuncturists.

One acupuncturist providing smoking cessation treatment at the National Cancer Institute in Maryland explained Acupuncture's benefit this way: "It stimulates the endocrine system, which, because it is repressed by nicotine, no longer responds appropriately to the toxins being consumed. With Acupuncture treatments, many clients notice that cigarettes start to taste bad. Acupuncture also revives the body's ability to produce endorphins, a function that is also interfered with in smokers." Endorphins are hormones produced during pleasurable activities.

A report from a stop-smoking program in Hawaii used Acupuncture as one tool in a multi-faceted approach to help 177 Native Hawaiians stop smoking. This integrated approach resulted in a remarkable 59 percent of those who attended at least two meetings successfully quitting.

A summary of guidelines to be used for lung cancer patients outlined how to present complementary and alternative care options to the patient. According to these guidelines, patients with lung cancer who do not quit smoking, who have tried other ways of quitting, should receive a recommendation of Acupuncture to assist them in smoking cessation. This recommendation was included in a larger report prepared by the American College of Chest Physicians.

One woman in Wisconsin weighed in on her results from using Acupuncture to quit smoking: "I have many times unsuccessfully tried to quit smoking. Varied methods, patches, and medications provided absolutely no results, just side effects. Although I was skeptical, I thought I would try one more time. After thirty-five years of smoking and due to so many failed attempts to stop smoking in the past, I really had no expectations. Much to my surprise, four weeks after I started Acupuncture, I stopped smoking. I continue to be smoke free and am so very thankful that I have found this solution. I was truly impressed at the acupuncturist's understanding of my personal situation and his ability to help me understand that my smoking was a habit and an addiction, and helped me understand cravings and triggers. As a result, I have gained control over my mind and body, and my smoking addiction no longer controls me. What a breath of fresh air!!!"

Source: National Institute of Cancer at Frederick, Poster, March 2005,
http://web.ncifcrf.gov/ThePoster/archive/MAR05_POSTER.pdf

Source: California State Department of Consumer Affairs, A Consumer's Guide to Acupuncture and Asian Medicine, February 22, 2010,
http://www.acupuncture.ca.gov/pubs_forms/consumer_guide.shtml

Source: Women's Health, Smoking and How to Quit, June 4, 2009,
<http://www.womenshealth.gov/quit-smoking/tools/speakup.cfm?PageIndex=5>

Source: Maricopa County Tobacco Use Prevention Program, February 22, 2010,
http://maricopa.gov/Public_Health/Community/Tobacco/Quit/quitMethods.aspx, Source:

Complementary therapies and integrative oncology in lung cancer: ACCP evidence-based clinical practice guidelines, December 21, 2000,
http://www.guideline.gov/summary/summary.aspx?doc_id=11427&nbr=5945&ss=6&xl=999