

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.



STEP 4: (Quit day) - The big day has arrived—today your body starts to heal from the damage caused by smoking. You will probably feel both good and bad at different times. But your body heals quickly if you give it a chance. *After 1 day:* your lungs are working better and you don't feel quite so out of breath. You can climb the stairs more easily. *After 2 days—*your senses of taste and smell are returning. You'll be coughing more as your lungs get rid of mucus. *Within days—*the blood flow to your hands and feet will improve and you won't feel as cold.

STEP 5: (days +1 to +5) - Congratulations, most of the hard work is behind you. About half of all quitters start smoking again within two weeks of making a quit attempt. So, it's not uncommon. Don't use

this as an excuse, it just means that quitting smoking is very hard work. The fact that you've gotten this far shows that you have what it takes to be a non-smoker.

Just remember that during your acupuncture sessions to:

Drink plenty of filtered water

Eat balanced, healthy meals with a variety of vegetables and fruits.

Refrain from sugar, which can cause further sugar cravings and unwanted weight gain.

Manage your cravings. They will actually fade within a few minutes.

Scrub your skin with a dry brush or loofa to facilitate the cleansing process and help blood circulation. Take daily baths or showers.

Avoid spending time with other smokers so that you are less tempted to smoke.



Acupuncture and Quitting Smoking



**Acupuncture Care
Holistic Centre**

**#119, 52 Sioux Road
Sherwood Park, AB**

**Tel: (780) 416-2828
www.acucare.ca**

Acupuncture and Chinese medicine can provide a safe, natural, drug-free, and effective way to quit smoking. 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 as you go through the five different stages related to

quitting smoking.

STAGE I: You aren't really thinking about quitting.

STAGE II: You begin to think about whether to quit or keep smoking. You seriously consider quitting.

STAGE III: You prepare to quit smoking. For instance, you cut back or switch to a brand that you don't like.

STAGE IV: You actually quit. You may need to deal with the withdrawal symptoms of quitting.

STAGE V: You build the skills and confidence you need to stay smoke-free for good.

Quitting smoking can make a big difference to your health. While some of the benefits will take time, others start almost right away. *Eight hours after quitting—* There is more oxygen in your system and your blood pressure begins going down. Your body thinks a 200 pound weight has suddenly been lifted.

*Within two days quitting—*your senses of taste and smell begin to improve. *Within four weeks of quitting—* your blood circulation improves and your lungs work better. *After one year of quitting—*your risk of heart disease is only half that of someone who continues to smoke. *After three years of quitting—*your risk of a heart attack is about the same as someone who has never smoked. *After 10 years of being smoke free—*you cut your risk of getting lung cancer in half.

But . . . Quitting is hard

There are lots of concerns that you may have including withdrawal symptoms, weight gain, handling stress and the fear of failure. Quitting smoking takes some preparation, some skills, and some practice. Preparing to quit and developing the skills you'll need to remain smoke free are very important parts of quitting smoking. Pay attention to when, where and why you smoke. Understanding this will help you: Prepare for any cravings you might get after you quit smoking. Be



alert to temptations that might start your smoking again and you can start to think of methods of coping

with stress and anger other than smoking. Acupuncture is recognized world-wide as one of the most powerful methods to combat nicotine addictions. The treatment idea is to wake up our deep human-power to fight the withdrawal symp-

oms. By stimulating the acupuncture points in the ear, our brains will release endorphins, dynorphin, enkephalin, and other brain chemicals which naturally block the nicotine craving.

Once you set your date to quit there are 5 steps to success:

STEP 1: (4 days before quitting) - Identify the situations when you smoke.

STEP 2: (2-3 days before quitting) - Build your confidence—reduce the amount you smoke, learn positive self talk, carry only your daily intake of cigarettes each day.

STEP 3: (the day before quitting) - start preparing for any withdrawal symptoms you may experience. Look at withdrawal as “recovery in disguise”.

Even though quitting is very good for you, it may make you feel worse before you feel better. The good news is that these symptoms only last a few days and you can take action to help reduce their effects.

Some of the things you may feel are::

Headaches, nervousness or irritability, trouble sleeping, constipation, cough, dizziness, changes in appetite.

