



# QUIT SMOKING IN 2009!

## 4 Week Individual Smoking Cessation Program

- Bi-weekly acupuncture treatments over 4 weeks
- Complimentary herbal consultation
- Safe, natural, and affordable treatments

## HOW CAN ACUPUNCTURE HELP ME TO QUIT SMOKING PERMANENTLY?

Acupuncture is a natural, holistic treatment which addresses these unpleasant side effects so that you can successfully break the cycle of addiction. It has been scientifically demonstrated by modern Western medical research that acupuncture stimulates the secretion of endorphins in the brain. This accounts for its ability to relieve chronic pain, which is the main medical condition for which Western medicine utilizes acupuncture today. The remarkable success of acupuncture for drug detox

stems from its integrated approach that brings both psychological and physiological benefits simultaneously. Acupuncture cleanses toxins from your internal organs, relaxes muscles, and calms the mind. During your treatment, needles are placed at specific points to encourage the free flow of Qi (vital energy), promote blood circulation, and stimulate internal organs to function properly. The number and place of acupuncture needles depend on the nature of your addiction problems and state of health.