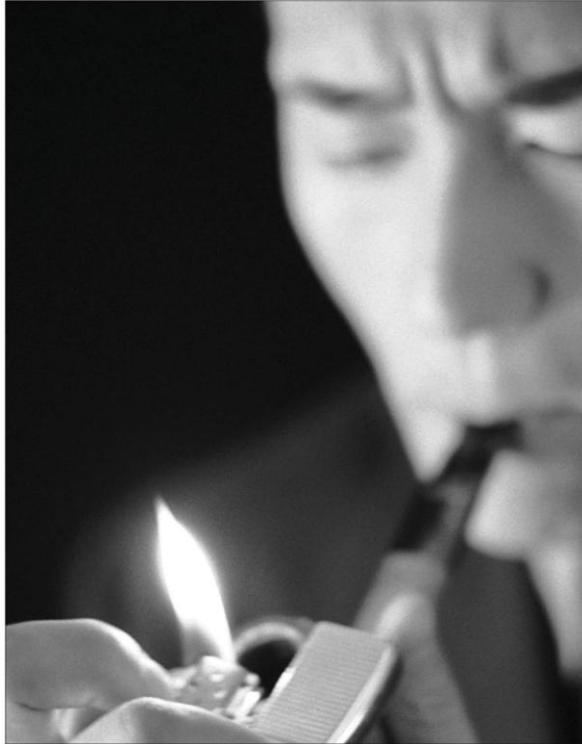


Quit Smoking with Acupuncture

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How can acupuncture help me quit smoking?

Acupuncture is one of the most successful techniques in Traditional Oriental Medicine with proven efficacy in drug/alcohol detox programs. The reason why most people fail in their efforts to quit smoking is difficulty coping with nicotine withdrawal. Withdrawal symptoms are unpleasant and painful, and may include cravings, fatigue, fever, headaches, insomnia, muscle pain, nausea, sore throat/dry mouth, sweating and tremors. You may also experience psychological and neurological symptoms of nicotine withdrawal such as anxiety, “brain fog,” depression, emotional volatility, irritability, and stress/tension.

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 programs 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.

Why should I try acupuncture instead of other smoking cessation therapies?

The reason why acupuncture is preferred over Nicotine Replacement Therapy (NRT) is because acupuncture is a safe, natural, drug-free, and often more affordable alternative. NRT products such as gums, patches and prescription medications are not recommended because they often contain nicotine (or other chemicals which mimic the effects of nicotine). As a result, NRT often

produces the same negative side effects and addictive as cigarettes. Many people turn to acupuncture after NRT and other more traditional forms of smoking cessation have failed. Health-conscious individuals also prefer acupuncture because it is a natural, holistic therapy.

How many treatments do I need to stop smoking completely?

The number of treatments required depends on the length and severity of your nicotine addiction. A personal commitment to stop smoking is required for any treatment to be successful. Most patients are able to quit smoking completely after 8 treatments, administered bi-weekly over the course of 4 consecutive weeks. However, individual results vary and some individuals may need a few additional sessions or repeat the program in order to stop smoking permanently.

Are there any side effects to treatment?

Generally, there are no negative side effects to treatment. As the body rebalances, patients may experience temporary changes in bowel movements, urination patterns, appetite, sleep or emotional states. Within the first few days of quitting smoking, you may also experience the following side effects:

Coughing – This is nature’s way of purging toxins from your body.

Tightness in chest – As fresh air fills your lungs, they may feel tighter. Over the course of 4 weeks and beyond, your lung function will improve and these symptoms will subside.

Dry mouth – This is a common side effect of treatment. Drink plenty of water to avoid dry mouth and to aid the detoxification process.

Dizziness – You may experience temporary lightheadedness. This is due to increased oxygen and improved blood flow.

Irritability – Your body will begin to sense the loss of nicotine. This causes inner changes and some tension. The acupuncturist will stimulate additional points to help alleviate stress and tension, and to calm and ease your mind.

Weight gain – A small amount of weight gain is not uncommon after quitting smoking. Please consult the acupuncturist if weight gain is a concern. Additional points may be stimulated to decrease appetite. You may also consider taking herbal medicine in order to promote detox, improve digestion, and increase your metabolism.