

SMOKING CESSATION

No one has an easy time altering psychological or physical habits. The addictive aspect of tobacco means that there is a variable withdrawal syndrome that people go through when they abruptly stop smoking. Acupuncture is an effective tool to enable someone to quit smoking by minimizing cravings, calming the nervous system, and strengthening will power.

Acupuncture intercepts 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, treatment reduces cravings from about 20 plus per day down to only 3-5 per day, and it can even eliminate cravings. It is the individual's responsibility to commit to quitting smoking and acupuncture will be there to help with that process.

Treatment Techniques

During an initial treatment, patients should refrain from smoking or having any cigarettes in their possession. When patients make it through the next 24 hours smoke-free, they have a 90% chance of being successful in quitting smoking.

Some Acupuncture techniques used to help people quit smoking include:

- ◆ Ear Acupuncture – needles or seeds are placed at the Ear Shenmen, Kidney, Master Point Zero, and Lungs
- ◆ Distal Point therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point affected area
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent cravings
- ◆ Chinese Herbal Medicine – various Chinese Medicines used either topically or taken orally to regulate and ease withdrawal and cravings

Treatment Results

Success rates of acupuncture treatments for people, who are determined to quit, can be as high as 90-95%.

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