

HEALTH REPORT

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ACUPUNCTURE OFFERS A DRUG-FREE WAY TO KICK THE SMOKING HABIT FOR GOOD!

Americans as well as the British seem to be trying to quit the smoking habit in greater numbers. Unfortunately, millions of them are turning to powerful drugs to ease their cravings. In fact, one such pharmaceutical product is now being accused of causing adverse reactions such as suicidal thinking and strange dreams.

Acupuncture, on the other hand, has been used successfully by many as a means of quitting smoking without drugs and the potential adverse reactions of a pharmaceutical remedy. For instance, here is what one 25-year-old had to say about his results.

“I smoked two packs of cigarettes daily. This had been going on for over two years. I’d tried nicotine gum and associated products, as well as stopping cold turkey many times. I’ve now completely stopped smoking and can’t even stand the smell or to be around it. If it wasn’t for Acupuncture, there’s one fact: I’d still be a smoker.”

An Acupuncture program to quit the habit recognizes smoking as an addiction that takes a good deal of will power and desire for the person to make it. However, the use of Acupuncture, supplemented with herbal remedies, can go a long way to help ease the process.

Leah Martino, a licensed acupuncturist, uses five different treatment points in her program. The Acupuncture points focus on helping a patient relieve tension, increase their will power, return proper balance to the body, relieve withdrawal cravings and diminish the appetite. She also makes use of herbs that help to relieve stagnations in the body and reduce physical cravings.

All of this contributes to improve the overall well-being of the patient and to heighten their resolve to break the addiction. It also provides the necessary support to get them through the tough moments when their cravings are telling them to break down and have a smoke.

One 47-year-old woman talks of her success with Acupuncture: “I smoked for 30-plus years. I no longer smoke and I owe it to the Acupuncture treatment. The treatments helped me a great deal to cope with the withdrawal symptoms associated with quitting smoking. I also had breathing and stomach problems which were also treated successfully with Acupuncture.”

And finally, one heart-lifting testimonial from a 46-year-old woman: “I have smoked since I was 16 and was able to kick the habit through Acupuncture and the use of Chinese herbs. I’d call it a miracle, but rather, it was the skill of my practitioner and the will to succeed. I feel very fortunate to have a man like my acupuncturist on my side.”

Smoking is one of the world’s toughest habits to break, but it can be done. And, it does not have to involve the use of drugs or be done by replacing nicotine with another substance. Acupuncture offers hope for anyone who truly wants to break free of the addiction. It starts with a bit of will power and the first visit to an acupuncturist.

Sources: Acupuncture.com. “Stop Smoking Support Program.”

<http://209.85.141.104/custom?q=cache:OR9YIdgVGulJ:acupuncture.com/conditions/stopsmoke.htm+quit+smoking&hl=en&ct=clnk&cd=2&gl=us> and
Stop Smoking Testimonials.<http://www.acupuncture.com/testimonials/smoking1.htm> and <http://www.acupuncture.com/testimonials/smoking2.htm>,
<http://www.acupuncture.com/testimonials/smoking3.htm>.