

Give up Smoking with Acupuncture

History

Chinese medicine and acupuncture is one of the ancient systems of traditional medicine. It is a rare art that is very popular in Europe and the Far East. Increasing numbers of Western patients and physicians have discovered the usefulness of Chinese, Tibetan and Japanese medicine. For more than 4000 years, generations of patients and physicians have depended on acupuncture and herbal medicine to relieve the suffering of pain and disease. One of the areas in which traditional medicine and acupuncture have proven to be helpful is in the area of smoking cessation therapy.

Why should I quit smoking?

The dangers associated with smoking, such as cancer, heart disease and glaucoma are reasons people need to quit. Many people still find it difficult to do. This may be due to severe withdrawal symptoms. Acupuncture works to remove the need for nicotine from the Liver and curb those familiar habits of smoking.

How does smoking impact your body?

When you smoke nicotine enters your lungs and your blood stream. Nicotine is metabolized by your liver. After years of smoking your liver goes into a panic when you decide to quit, and you say, "This is it. No more cigarettes." The liver sends messages to your autonomic nervous system resulting in a nervous withdrawal reaction. Your heart beat speeds up, you're irritable, and you may feel shaky.

How does Acupuncture stop smoking?

To remove this addiction we must take away the liver's memory of nicotine. This is accomplished by treating the outer ear with tiny acupuncture pins. The ear has connections to your liver, lungs, mouth, pancreas, fingers, and hands. Neural messages are sent through these points via the brain to the corresponding organs.

Acupuncture helps to decrease the physical cravings for tobacco. It also lessens the symptoms of withdrawal and has a generally sedative effect on the nervous system. We know that the surfaces of the auricle are richly supplied with branches of four cranial and two cervical nerves. All of these nerves transmit what are called general somatic sensations and make the external ear a veritable network of neurological interchange - a nest of nerves. The tenth and largest of the twelve cranial nerves is also called the vagus or "wandering nerve".

The vagus nerve also has fibers that communicate with the nerves of the taste buds at the root of the tongue and with salivary glands in the jaw. There is a direct neurological connection from the ear to the mouth.

Beta-endorphin, the natural hormone that causes physical relaxation and reduces sensitivity to pain, is released by acupuncture treatment. This production of beta-endorphin is part of the physical mechanism that makes it possible for you to quit smoking.

What should I expect from Acupuncture?

You leave the office feeling calm and relaxed. Patients usually won't crave food since we also treat the mouth and pancreas point. Within a few hours your body begins to heal itself. The carbon monoxide and nicotine in your system rapidly disappears. Your heart and lungs begin to repair the damage caused by smoking. Your sense of taste and

smell will return. Your smoker's hack will disappear and your digestion will return to normal. You will climb a flight of stairs without being winded. Best of all, you will feel alive, clear-headed, full of energy, and breathing easier.

Treatments consist of inserting sterile, disposable needles into special points on the ear, hand and wrist. A mild electric current is sometimes passed through these needles to augment the effect. Each treatment lasts about 30 minutes. Minute sterile retainer needles or press pellets are inserted into the ear and remain in place for a few days.

There is a slight tingling sensation but no pain. To enhance the treatment a small tack may be placed on your ear and left for two or three days.

These "ear-tags" serve to exert a constant mini-stimulus to special points found helpful in reducing withdrawal symptoms.

How many treatments will it take to quit?

It varies with each individual. Approximately 3-5 sessions over 2 weeks initially. Additional treatments are determined by individual needs. People are often surprised at how much easier it is to quit.

A typical program consists of 2-3 treatments during the first week (when the withdrawal symptoms are the greatest) and 2 follow-up treatments during the second week. In order to ensure long-term effectiveness of treatment, we sometimes recommend occasional follow-up visits for 2-3 months after the initial series.

Some helpful hints

- ☉ Start a moderate exercise program.
- ☉ Drink lots of water or fluids.
- ☉ Get some rest and avoid fatigue.
- ☉ Throw away any cigarettes, ashtrays, lighters, and matches at home and in your car.
- ☉ Have your teeth cleaned and whitened by your dentist.
- ☉ Put the money you save away for a trip.
- ☉ Keep busy.
- ☉ Go to the movies, out for dinner, or a long walk.
- ☉ By yourself a treat or do something to celebrate.
- ☉ Avoid drinking alcohol especially before dinner.
- ☉ Avoid situations you strongly associate with smoking.
- ☉ Pay extra attention to your appearance.
- ☉ Wash your hands if desire for a cigarette occurs.

Specialising in

- ✓ Low back pain
- ✓ Tennis elbow
- ✓ Carpal tunnel
- ✓ Frozen shoulder
- ✓ Stiff neck
- ✓ Knee & ankle strain
- ✓ Arthritis & Osteoarthritis
- ✓ Sciatica
- ✓ Sports injury

- ✓ Headache (Migraines & tension)
- ✓ Post-stroke Syndrome
- ✓ Shingles
- ✓ Asthma, cough
- ✓ Stomach ache, constipation
- ✓ Tooth ache
- ✓ Morning sickness
- ✓ **Giving up smoking**
- ✓ Menopausal syndrome
- ✓ Insomnia
- ✓ Anxiety disorders, depression

GIVE UP
SMOKING



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