

STOP SMOKING SPECIAL

5 Treatments for \$50.

Additional ear treatments are just \$10 after that!

Break the habit with help from *Acupuncture for the People!*

- ☉ Detox treatments are simple and straightforward, 5 points in each ear and it just takes a minute.
- ☉ We ask that you prepay for your first 5 visits & schedule treatments for at least 5 days in a row for best results.
- ☉ If you miss an appointment it will be deducted from your prepaid visits. Please give us 24 hours notice for any changes or cancellations.
- ☉ When you arrive there may be a short wait as we are treating other clients, feel free to get comfy and we'll be right with you.
- ☉ It's not just for nicotine! Acupuncture can be helpful with quitting any addictive substance: caffeine, alcohol, and even other drug addictions.
- ☉ After your cravings are under control, you may want to continue acupuncture for other health issues. Please schedule a separate New Client Visit so that we can discuss your health in more detail.

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AcupunctureForThePeople.org
(541) 521-6285

Thank You
for supporting
Community Acupuncture

ACUPUNCTURE for the PEOPLE

About Your Stop Smoking Treatment

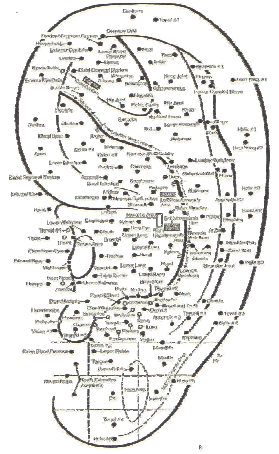
If you want to quit smoking, Acupuncture detox treatment can help. It acts as a substitute for tobacco by effectively reducing cravings, managing withdrawal symptoms and easing stress. This makes the process easier by helping you feel better.

You begin by having your last cigarette 12-24 hours before your first appointment. When you come in you will probably be feeling strong cravings, possibly some irritability, and whatever other symptoms come up for you during withdrawal. Check in with us when you arrive, and then move into the treatment room and have a seat in one of our comfy recliners. Your acupuncturist will insert 5 small pins in each of your ears. You'll spend the next hour or so relaxing (some people even nap).

At some point, you'll feel the relaxation coming to an end. Simply signal that you're done by opening your eyes and making eye contact with your acupuncturist. We'll remove your points and you can then go about the rest of your day with fewer cravings and more calm.

The first week after your last cigarette is typically the most challenging. The calm you get from your first acupuncture treatment will gradually fade as cravings return. That's why it is important to come back again to repeat your treatment every day. As the course of treatment progresses, the overall level of cravings will decline and your body will begin to feel "normal" without cigarettes. This may take 5 to 10 daily treatments gradually spacing them out to 2 or 3 times a week as your symptoms subside. Nicotine can be very addictive and cravings may return from time to time, even after you've been without cigarettes for awhile. Don't hesitate to resume acupuncture if necessary.

While acupuncture is great for helping your body adjust to life without nicotine, that is only one part of quitting smoking. It's up to you to make positive lifestyle choices that support your decision to live without tobacco. Try to think about what you get out of smoking, and find other ways to satisfy those needs. Identify situations that act as triggers for you to smoke, and avoid them (at least until you feel more in control). It's also a good idea to get rid of all cigarettes, lighters, and ashtrays to avoid unnecessary temptation. You can do it!



***"We make it easy for you
to breathe easy..."***