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SMOKING CESSATION

WHY QUIT?

Nearly every single disease you can ever contract will be worse if you are a smoker, and your odds for getting these illnesses is vastly increased if you smoke. Seriously. [It's time to quit!](#)

In case you need a few more reasons:

Lung cancer gets all the press, but nicotine destroys all the capillaries in your body. Capillaries are how blood actually gets to and from your individual cells. As a result, all of those cells are suffocated by a lack of oxygen. Decreased blood flow also means they can't "take out the trash" so waste products collect. That's right, smokers, your cells are sitting in their own poop. Wounds are slow to heal. Infections are harder to beat. Your skin turns to leather. Men can suffer impotence. In cases of heavy smokers, [Buerger's disease](#) will make your fingers fall off.

We've known for a long time "that thousands and tens of thousands die of diseases of the lungs generally brought on by tobacco smoking. . . . How is it possible to be otherwise? Tobacco is a poison. "A man will die of an infusion of tobacco as of a shot through the head." — Samuel Green, *New England Almanack and Farmer's Friend* (1836).

And that was before cigarette companies started adding caffeine, carbon monoxide, nitrogen oxides, hydrogen cyanide and ammonia. [Forty-three known carcinogens are in mainstream smoke, sidestream smoke, or both.](#)

WHAT SHOULD I EXPECT?

The 5NP (5 needle protocol) ear acupuncture is used to speed the physiological aspect of detox from all chemical addictions. In addition, there are specific wrist points for quitting smoking. Your cravings and jitters will be much reduced by the acupuncture. I was trained in this system by David Eisen, one of the founders of NADA (National Acupuncture Detoxification Association), and honed my skills by volunteering at PAHC (Portland Alternative Health Center) working with post-acute withdrawal patients.

YES, it's really free. No purchase necessary, no strings attached. I do this because as a healthcare provider I know how important it is that you quit.

Acupuncture won't make you want to quit; it just makes the quitting easier. You should taper down and be ready to quit at your first appointment, even if your last cigarette was only a few hours earlier.

The needles I use are sterile, single-use disposable ones. They are only about the thickness of a human hair and relatively painless. The needles stay in for about 20 minutes. The acupuncture session by itself is very powerful, but I can also give you ear seeds on those points to take home. These are radish seeds on bits of band-aid type tape, for acupressure on the detox points. If you're needlephobic, we can skip the acupuncture and just do the ear seeds.

Ideally, I'd like to treat you three times in about a week. At that point the tobacco is pretty much out of your system, so the physiological part of the addiction is over. You will still have challenges with the psychological addiction, and it can take up to a year for [your brain chemistry](#) to return to normal. In the meantime you might feel foggy-headed as your neurons repair.

It won't be easy, but it will be doable! If you need "booster" treatments I'll be happy to provide those, too.

WHAT ELSE CAN I DO?

There are some tricks you should be using to make quitting easier,

too.

1) Find a substitution. This can be as simple as a 3-inch section of a plastic drinking straw for your fingers to play with. The people who do best tend to be those who pick up a new hobby, or reinvest in an old one. It doesn't matter what you do. Build a model train set, or sing, or scrapbook. I'll be thrilled to teach you how to knit. I'd love for someone to take up the harmonica – it's portable, and uses your mouth and hands. But simply going for a stroll around the block would probably be easier on the ears.

2) Identify your triggers. When do you tend to smoke? Figure out a way to **break the rhythm of those habits.**

In the car? Completely Febreze & detail your interior to reduce the smell. Instead of lighting up, rock out with the radio. Put your windows down – or up – whatever's different.

On break at work? Go for a quick walk around the building.

When you're drinking? Try going out to non-drinking events instead (movies, dinner at a smoke-free restaurant, etc) or at least hang out with non-smoking friends.

You get the idea... come up with a way to change your patterns.

Going for a walk around the block is always a great substitute and will help avoid weight gain.

If you smoke when stressed, **focus on new ways to relax.**

[Visualizations and breathing techniques](#) for relaxation can be very helpful.

3) Consider **finding a sponsor** (think AA). This can be someone who quit in the past, or someone who's just determined to help you. Call them when your cravings get bad, 24/7, and they'll help divert you.

4) If you're having a particularly hard time, consider using prescription aids like [Chantix](#) and Wellbutrin. Talk to your doctor.

5) If **getting mad** will help you stay strong, think about those rotten tobacco companies and how they've been **knowingly [profiting from people getting sick](#)** for years. Refuse to give them any more of your money!

6) Remember that both [tobacco plants](#) and cigarettes have been engineered for decades to maximize your addiction. It's actually harder to quit smoking than heroin! Understand that it's okay if you fall off the wagon. Most people need a few tries to quit for good. Just keep on trying! Identify why you slipped and build a better strategy. **Learn from your mistakes...** and pretty soon you'll be smoke-free and happy!

More Info on building your Quit Plan

1) [Determined to Quit](#)

2) [Anti-Smoking.org](#) (includes some fun advertising info)

Online Support Forums / Communities

1) [About.com](#)

2) [QuitNet](#)

3) [Web MD](#)