

ACUPUNCTURE CAN HELP YOU STOP SMOKING

Acupuncture has been proven very effective in relieving pain and curing diseases. It can also be used to help people stop smoking.

A heavy smoker, smoking a pack or more a day, is addicted to nicotine. Acupuncture can help the smoker to overcome the addiction, breaking the habit of smoking after an average of 3-5 treatments over 1-2 weeks, basically say every other day.

Addiction means that your system has adapted neurochemically to a regular level of response to nicotine. When the level drops, a process of adjustment takes place, involving biochemical changes which produce disagreeable signs and symptoms of withdrawal. Many smokers complain that quitting brings on excess mucus, sore throat, headache and chest pain, along with mood changes and restlessness. This withdrawal syndrome can last for weeks after the last cigarette.

Acupuncture works on the autonomic nervous system to prevent symptoms of withdrawal. It controls the physical reaction, calms restlessness, and alleviates the anxiety and sense of deprivation aroused by giving up smoking.

Acupuncture helps you accomplish you goal by reinforcing your willpower. Several very fine disposable needles are inserted on points of the ears, hands, arms and head. These points are control centers which stimulate the respiratory system to cleanse the lungs of nicotine, and thus the patient will have less desire to smoke after the treatment. A mild electrical stimulation is sent through the needles, which is also painless, and then the patient relaxes on the treatment table for about 20-30 minutes. Most people go to sleep during this time. After treatment, press pins are then placed on the ears for continued stimulation.

80% of people will have a greatly diminished desire for nicotine. Your sinuses will be clearer, and you will be able to breathe much deeper and with less effort. You will not experience many withdrawal symptoms.

Of course, the number of treatments required for optimum desired results depends on how heavily you smoke, but three to five treatments usually proves sufficient. While acupuncture therapy is usually very effective in aiding the quitting process, results vary according to individual factors and the patient must have a genuine commitment and desire to quit.

Yiming Wang received her education in acupuncture and Chinese medicine at the Beijing University of Traditional Chinese Medicine in Beijing, China. She has authored seven books & over 30 articles on acupuncture and traditional Chinese medicine and has taught a seminar on Acupuncture at North Texas University, University of Texas on Dallas and Richland College in Dallas. As a licensed acupuncturist she has been practicing acupuncture in her private clinic since 1992.

*number and/or duration of treatments needed, as well as results, will vary depending upon diagnosis and specific individual factors.

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