

Quit Smoking Success

Tobacco use is responsible for nearly 1 in 5 deaths in the United States. Because cigarette smoking and tobacco use are acquired behaviors -- activities that people choose to do -- smoking

Cigarette smoking accounts for at least 30% of all cancer deaths. It is a major cause of the following cancers:

- lung
- voice box (larynx)
- mouth (oral cavity)
- throat (pharynx)
- bladder
- the swallowing tube connected to the stomach (esophagus)

Smoking is also linked to the following cancers:

- pancreas
- cervix
- kidney
- stomach
- some leukemias

Only about half of the deaths related to smoking are from cancer. Smoking is also a major cause of heart disease, aneurysms, bronchitis, emphysema, and stroke, and it makes pneumonia and asthma worse.

Using tobacco can damage a woman's reproductive health and hurt babies. Tobacco use is linked with reduced fertility and a higher risk of miscarriage, early delivery (premature birth), stillbirth, infant death, and is a cause of low birth-weight in infants. It has also been linked to sudden infant death syndrome (SIDS).

Smoking has been linked to other health problems, too, including gum disease, cataracts, bone thinning, hip fractures, and peptic ulcers. It is also linked to macular degeneration, an eye disease that can cause blindness.

Cigarettes, cigars, and spit and pipe tobacco are made from dried tobacco leaves, as well as ingredients added for flavor and other reasons. More than 4,000 different chemicals have been found in tobacco and tobacco smoke. Among these are more than 60 chemicals that are known to cause cancer (carcinogens).

Although 70% of smokers say they want to quit and about 40% try to quit each year, only 4% to 7% succeed without help. This is because smokers not only become physically addicted to nicotine; there is a strong emotional (psychological) aspect and they often link smoking with many social activities. All of these factors

make smoking a hard habit to break. **THUS, THE NEED FOR THE KIND OF COMPREHENSIVE APPROACH YOU WILL FIND ONLY IN THIS SMOKING CESSATION PROGRAM. IT IS BASED UPON 20 YEARS OF WORKING WITH SMOKERS WHO WANT TO QUIT AND WHAT THEY HAVE TAUGHT ME.**

One more startling set of statistics. Get ready for this:

The rates of tobacco smoking among teenagers are still higher than those of adults. On top of that, about 1 in 7 high school boys use some form of spit or other type of smokeless tobacco. More than 2% of high school girls use spit or smokeless tobacco. Each day, more than 3,500 people under the age of 18 try their first cigarette and another 1,100 become regular, daily smokers. About one third of these kids will die from a smoking-related disease in the future.

NOW HOW WILL YOU QUIT...

There are many successful strategies to quit smoking.

Generally it takes more than one to overcome this addiction. Clearly the health benefits are well known and worth your consideration. Just as important is the peace of mind your success brings to your loved ones.

Medical research shows that certain medications can help you. Additionally, there is great evidence that acupuncture and behavioral techniques combine with medication to increase the probability of your long-term success. I have offered these treatments for years to help many, many men and women who really wanted to quit smoking successfully do so.

Please note that it is very dangerous to try and self-medicate. Do not do so.

As part of the process, changes in nutrition promote heart and lung and liver health. For years, the ingredients in tobacco have poisoned your body, damaged your cardiovascular and respiratory systems, overworked the resources of your liver to eliminate toxins, changed the chemistry of your brain, and threatened the survival of the brain's neuronal networks involved in vital functions.

My program offers:

- acupuncture
- clinical hypnotherapy
- cognitive and behavioral strategies
- establishment of necessary support
- exercise and lifestyle plans
- Neuroscience testing (helping to balance those chemicals responsible for cravings and moods - - see the "Neuroscience PDF")
- NET (see the "NET: Neuro Emotional Technique PDF")

- nutrition support
- referrals to physicians who will help you with appropriate medications

Generally, it takes most people about 30-40 days to eliminate an unhealthy habit. Sometimes it takes longer. During my program, I will share effective strategies to help you. Also, I will guide you to make nutritional choices that actually help your body to purge itself of toxins and enhance the health of your cells. Exercise also plays an important role, and I will make suggestions that are practical for you. Finally, there is much evidence that acupuncture is a well-researched strategy to aid those struggling with alcohol and substance abuse - - including cigarette smoking.

So, considering all these parts of the process, it may take you about 3-4 months. Some people need more time. This is not a quick fix. That promise seldom, if ever, works.

Please provide proof of medical clearance from your physician for you to exercise and begin a smoking cessation program. This can be a simple note on an official prescription pad or stationery. Also, you might find that your insurance company "might be more likely to reimburse" some of my fees if your physician writes you a note of medical necessity claiming that it is vital to your health to stop smoking.

Before our first session, ask your physician if there is any medication he/she would prescribe for you to help you begin the road to quitting.

My fees are out of pocket and are payable at each of our sessions. Each session will last between 30-60 minutes for which the fee is \$100. The acupuncture, however, is \$75 per session.

In most cases, the first session is spent taking a personal and family medical history. At that time, I make my initial lifestyle recommendations, nutritional recommendations, and behavioral recommendations. A week later, we will continue in the same manner. Then we will meet every two weeks for 3-5 sessions until you have acquired all the tools you need to establish the kinds of lifestyle, nutritional, and behavioral habits to draw closer to actually smoking your last cigarette. When you are ready to do so, we will begin the special protocol used throughout the country to help smokers quit. It will involve acupuncture twice per week for 1-5 weeks. It depends upon how your body responds. Some people need only 2 acupuncture treatments. Some need more.

You know that smoking threatens your life and the lives of those you love who continue to be poisoned by exposure to your smoking. In addition to the physical damage and awful physical degeneration smoking causes, consider for a moment the emotional pain your family and friends who care about you live with each day.

Are you ready to begin the process of overcoming this addiction? Though it may take a while, shorter for some and longer for others, my program offers you a very powerful combination of evidence-based treatment strategies.

Call my office at 516-608-2806 if you are ready to begin.