

## *How Does Acupuncture Help with Smoking, Weight Loss & Other Addictions?*

*Acupuncture is used in healing pain and illnesses of all kinds and is finally getting recognized in the Western world as a more traditional style of medicine. Acupuncture originated over 3,000 years ago in China and is currently the major component of traditional Chinese medicine and is widely used all over Asia. It has proved very effective in helping people with addiction.*

*Treatments take all of your symptoms into account and aim at balancing the energy within the body to optimize health. Acupuncture has been in use worldwide for years to help people to withdraw from addictive substances.*

### **SMOKING:**

*After several acupuncture treatments to selected points on the body and ears, the majority of smokers will find they are smoking much less and have a decreased desire to smoke. Acupuncture when used to quit smoking will also lower the blood levels for smoking related chemicals. Because of these positive results there should not be any excuse for anyone to be able stop smoking if their brain wants them to quit.*

### **WEIGHT LOSS:**

*The guiding principal is that acupuncture can power up any other weight control strategy by curbing appetite, quelling cravings, boosting metabolism, improving digestion, regulating obesity-related hormones and enhancing the way nutrients are used. It also strengthens the function of the liver, the organ that produces many chemicals critical for digestion, processing nutrients and breaking down of fats. Weight gain causes can be different for each person so*

*If you can utilize a weight loss program that can be individualized, your success may be greater. Traditional Chinese acupuncture looks at the individual and the specific reasons for your weight gain.*

### **Fighting Any Addiction**

**1. Most important: you have to want to quit. No one else is going to**

④ Patient:

Date:

make you quit.

2. Set up a plan.
3. Find someone who will positively support you.
4. Find an alternative to keep your mouth and hands occupied.
5. Don't put yourself into situations where you will fail. Change your routine.

Separate yourself from your triggers.

6. Reduce Stress & get some sleep.
7. Exercise (it keeps you busy, reduces stress, and drops pounds)
8. Drink Water—it is really the best thing for you. Stay hydrated.
9. Deep breathing (remember to breathe all the way out), stretching, yoga, etc

#### 10. DO THINGS THAT MAKE YOU HAPPY/TREAT YOURSELF

(hint: your addiction doesn't make you happy—that's why you are quitting!)

**!!Always check with you doctor before starting any program!!**

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*Special: Weight Loss: 6 treatments--\$270*

*Special: Smoking Cessation: \$65 initial treatment/\$50 return treatment*

*\*Weight loss & smoking cessation specials good until March 31, 2016.*

*\*\*Specials cannot be used with other promotions or insurance claims.*

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