

**Nawei's Acupuncture Clinic
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Quit Smoking Acupuncture Program

By Dr. Nawei Jiang

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Would you like to kick that nasty habit? You know, the one that costs you money, shortens your life, and gives you foul breath that turns off your friends and families. Most people that smoke actually want to give up the habit. They know deep down inside that they are not doing their bodies a favor by smoking. And their friends and families will be thankful for not having to breath their second hand smoke.

OK, so now you've made up your mind to quit smoking. Congratulations, that is the first step. How are you going to do it? Well, you could use the patch. But why put more nicotine back into your body? Isn't something wrong with that picture? I mean, isn't the whole idea to get the NICOTINE OUT of YOUR BODY?

How Does The Quit Smoking Acupuncture Program Work?

Our Quit Smoking Acupuncture program works first by DETOXIFYING your body of the nicotine. So, unlike the patch, it is taking nicotine out of your body instead of putting it back in.

Second, using acupuncture to stop smoking helps you to RELAX. It is interesting to note that when I asked patients why smoke and at each one I've asked participants why they smoke. All - and I mean *all* of them say "To relax." Well folks, this is a method that you can NATURALLY use to relax WITHOUT SMOKING.

How does this work? Acupuncture balances your nervous system. Too often with our fast paced lifestyles our bodies are keyed into our "fight or flight" response. This is where your adrenals are pumping, your breathing is more rapid and shallow, your heart is beating faster, and your digestion is more incomplete. Acupuncture helps your body naturally tune into your RELAXATION RESPONSE. This is where your heart is beating more slowly and evenly, your breathing is deeper, more full and relaxed, and your digestion is more complete. Obviously, this state of being is healthier and a lot more fun isn't it?

Thirdly, acupuncture ELIMINATES your CRAVINGS for tobacco. The Quit Smoking Acupuncture Program is a series of Acupuncture treatments and also utilizing special ear points for ADDICTION ELIMINATION. Chinese herbs are also prescribed to aid your

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transition into a healthier state. Now won't life be more fun when you desire exercise and healthy food instead of putting smoke inside your precious lungs? And think of the extra money that you will have by not smoking. Isn't it time that you decided to be healthier, live longer and enjoy life more? Pick up the phone now and schedule your Quit Smoking acupuncture treatments.