



# Center for Acupuncture and Herbal Medicine, P.A.

## ACUPUNCTURE FOR STOP SMOKING

In order to assist one in quitting cigarette smoking, your acupuncturist and herbalist will work on 8 essential simultaneous approaches. They are:

1. **Detoxification:** Detoxing the organs most affected by smoking, i.e., the Lungs, Heart, Kidneys, Liver and nervous system.
2. **Withdrawal symptoms:** Reducing, if not eliminating, the unpleasant side effects of withdrawal.
3. **Cravings:** Reducing, if not eliminating, the cravings for nicotine.
4. **Strengthening the willpower:** Allows one to tap into his/her inner strength to resist the temptation of smoking.
5. **Strengthening the Lungs:** Supplementing the Lung energies which have been damaged by smoking.
6. **Removing stagnation and heat from the Lungs:** These are byproducts of smoking and create a barrier to the Lungs healing if not addressed.
7. **Curbing food cravings:** So one doesn't replace eating for smoking and gain unnecessary weight.
8. **Emotions:** Helps one to deal with the emotional roots of his/her cigarette cravings.