

Auricular Acupuncture Helps to Quit Smoking



An Historical Perspective

Dr. Wen, a Hong Kong neurosurgeon, discovered in 1972 that acupuncture could be useful in treating Oral addiction. He was testing acupuncture as an anesthetic in volunteers, many of whom were opium addicts, and found that the technique reduced such withdrawal symptoms as nausea and trembling. Since Dr. Wen's discovery, acupuncture has become the most widespread holistic therapy used for treating addictions to cocaine, alcohol, heroin and nicotine.

Acupuncture can be used to relieve a range of withdrawal symptoms, including insomnia, muscle ache, profuse sweating, nausea, depression, cravings, fatigue....

How it Works

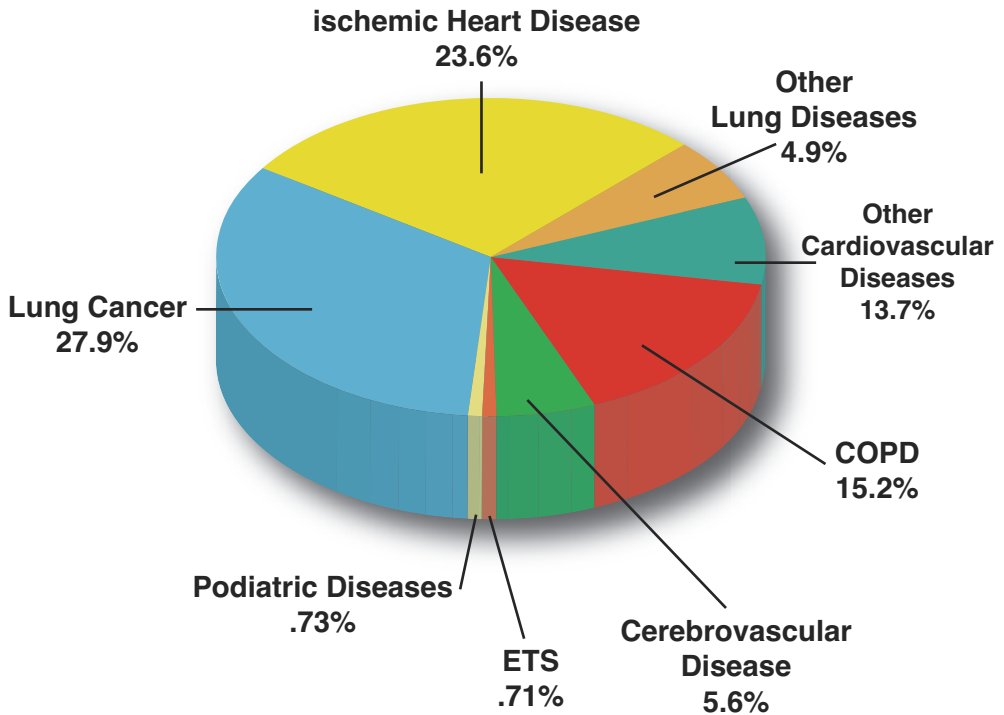
Auricular acupuncture is used because Yin energy can be manipulated at points on the ear. An auricular acupuncturist usually places five or six needles in the ear at the following points:

- **“Spirit gate point” (shen men)** - to reduce Psychologically dependent, slow heart rate and calm anxiety.
- **Sympathetic nervous system point** - to relax nerves, reduce “fight or flight” panic, improve digestion, and aid the respiratory system.
- **“Lung point”** - to regulate respiratory system function and help reduce cough or asthma attack.
- **“Liver point”** to help anxiety or depression and reduce smoking withdrawal symptoms, reduce chemically addicted to smoking.
- **“Kidney point”** - Strengthening point, improve energy, beneficial to the cerebrum, Kidneys, and hematopoietic system.
- **“Mouth point”** - to reduce Habituation to Smoking.

Number of Treatments Needed to Quit

The Patient must want to quit smoking and will need to return weekly and usually needs 4 to 5 treatments total. If the patient smokes more than one pack each day or has smoked for more than 35 years, the patient may need more frequent treatments and more than 5 treatments. The success rate is 99% .

Cigarette Smoking Attributable Mortality by Cause, U.S. 1990



Do You Know the Facts?

Cigarette smoking is the cause of numerous ills. A 1990 American Lung association estimate revealed that smoking was the cause of death in nearly 30 percent of lung cancer and nearly 24 percent of ischemic heart disease patients. Smoking was also considered to be the cause of death in more than 15 percent of chronic obstructive pulmonary disease (COPD) patients and in nearly 6 percent of those afflicted with cerebrovascular diseases.

According to statistics gathered in 1994 48 million American adults (25.5 percent of the population) were current smokers. Within this group 27.5 percent of young adults, ages 18-24 were current smokers versus 12 percent of people who are 65 or older. An estimated 3.1 million adolescents smoked and 3000 teenagers joined the ranks of current smokers every day.

Source: Lung Disease data 1996 American Lung Association, 1996

One cigarette shortens life expectancy by 7 minutes



What's in a Cigarette?

There are over 5,000 Chemicals in a cigarette. Many of these occur naturally in tobacco. Others are added as insecticides and fertilizers, to enhance flavor, and to make the paper burn evenly and longer. Still others are a result of the burning process itself. Here's a sample of the substances from the burning process itself and you put in your body every time you puff on a cigarette!

Acetone: Paint Thinner

Ammonia: Household cleaner

Arsenic: Rat Poison

Benzene: Used in making dye

Butane: The gas in lighter fluid

Carbon Monoxide: This comes out of your car's tail pipe.

Cadmium: Used in batteries

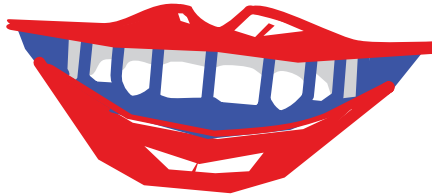
Cyanide: A deadly poison

DDT: The banned insecticide

Formaldehyde: The poison used in Gas Chambers

Nicotine: Nicotine is the addictive substance in cigarettes. It's what keeps you hooked. However, its not what causes the medical problems associated with smoking. All the chemicals listed above cause or contribute to the cancers, heart conditions, breathing problems and the hundreds of other negative consequences that result from smoking.

***Ask yourself: Is the risk of putting all this junk
in your body worth whatever pleasure you think you
get from smoking? Think about it!***



Smoking and Oral Health

1. 90% of oral cancer cases are found in smokers.
2. Smokers are seven times more likely to develop gum disease than nonsmokers.
3. Smokers have more cavities than nonsmokers.
4. Smokers do not heal as well as non-smokers after any type of oral procedure.
5. Smoking also contributes to:
 - A. Bad Breath
 - B. Discolored teeth
 - C. Mouth Sores
 - D. Thick Tongue Coating
 - E. Altered sense of Taste and Smell