

Stop Smoking

Quitting smoking can be a very difficult thing to do. It takes desire, commitment, and support . Acupuncture can help a person control cravings so that they can resist smoking until the habit is broken. It takes time to break a habit. Quitting is about changing a lifestyle, therefore preparation is key to long term success. Each person is different, below are some general recommendations for how to best use acupuncture as part of an overall plan to stop smoking for good.

Preparation (month or more before starting acupuncture)

- Get support: enlist friends, family and coworkers to support you in quitting. Ask them to be positive and supportive about your decision.
- Evaluate: Why do you smoke? When do you smoke? Which cigarettes do you like the most? What social, stress or lifestyle factors affect your smoking?

Change (month or more before starting acupuncture)

- Look at your evaluation, start changing the factors that most impact your smoking.
- Start eliminating the least desired cigarettes
- Replace a habit with a habit. Find healthier habits to replace smoking. Use this to set positive goals, -- “Now that I am going to quit smoking I am going to start working on _____ which is something I always wanted to do.”
- Change cigarette brands. “Organic” or chemical free cigarettes can provide a transitional step towards quitting.
- Make smoking inconvenient, keep cigarettes out of reach, find ways to give yourself time to let the desire to smoke pass before you reach for the cigarette.
- Work on decreasing your overall smoking. Smoke fewer cigarettes, you can even cut cigarettes in half to decrease the overall amount of smoking.

Quit

- On the day before your first acupuncture treatment, stop all smoking.
- Use whatever tools you can to avoid cigarettes. (Distraction, patches, gum, friends, exercise, etc.)

Acupuncture

Acupuncture treatments involve the placement of five very small needles into specific spots on each ear. The patient relaxes quietly in a chair for 30-40 minutes with the needles in place. How a patient reacts to the needles varies between individuals, most people find the experience to be relaxing and gives them a sense of calm. This process is repeated on a schedule to help the patient gain control of their desire to smoke. Ultimately treatment frequency is based on the needs of the patient, and treatment fees are kept low to encourage patients to use the treatments whenever they feel they need it.

Treatment Schedule (suggested)

Daily treatments for 2 weeks (M-F)

3 days per week treatments for 2 weeks (M W F)

2 days per week treatments for 2 weeks (T TH)

Follow up additional treatments can be arranged as needed, including walk ins.



Bock Acupuncture & Herbal Medicine

Ancient wisdom for our modern age

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