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# *Acupuncture & Smoking Cessation*

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## *Acupuncture History*

- Acupuncture is over thought to be over 8,000 years old
- Not just practiced in China, many societies make reference to, or used, acupuncture techniques.
- Used extensively by 1/4 of the world's population in Asia & is rapidly growing in popularity in the West.



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## ***How does it work? Theories:***

- Qi (electromagnetic energy) travels through meridians in the body.
- Endorphin Theory – Acupuncture stimulates secretion of endorphins
- Neurotransmitter Theory - Neurotransmitters affected by acupuncture
- Circulatory Theory – Dilates or constricts blood vessels
- Gate Control Theory – Closes “gates” (pain relief)
- Motor Gate Theory - Opens stuck “gates”(paralysis)



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## *Commonly Treated Conditions*

- Musculoskeletal pain / Arthritis
- Carpal Tunnel Syndrome
- Addiction
- Infertility
- Neurological pain / conditions
- ADD / ADHD
- Hypertension
- Emotional and Psychological Disorders
- Migraines
- Anxiety / Stress
- Many others



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## *Stop Smoking with Acupuncture*

- When conventional methods fail smokers often look outside mainstream approaches
- Patients are turning to acupuncture and complementary therapies more and more
- Often court mandated treatment for drug addicts



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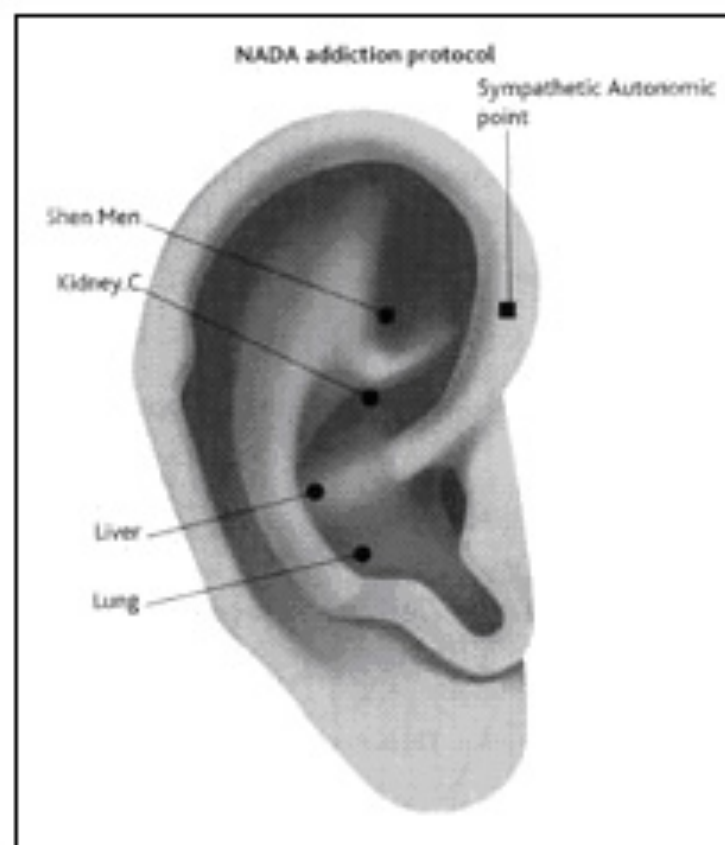
## *NADA Protocol*

- In 1972 Dr. Wen found that addicts receiving acupuncture analgesia for surgery had reduction in withdrawal symptoms
- In 1985 Dr. Michael Smith of Lincoln Hospital started the NADA (National Acupuncture Detoxification Association)
- Now over 400 treatment centers throughout US and Europe
- This protocol used for all addictions, including smoking cessation
- Surveys reveal promising statistics
- NADA protocol is used to help relax, reduce cravings and detoxify



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## *NADA Ear Acupuncture Points*





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## *Breaking the Cigarette Habit*

- Acupuncture helps release endorphins into the bloodstream, calms and relaxes the mind, reduces anxiety, and alleviates depression.
- Can help to regulate neurotransmitters and stabilize their release into the body.
- Treatments take all of your symptoms into account.
  - Jitters, Cravings, Irritability, Restlessness





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## *Course of Treatment*

- Typical treatments last about an hour, 2 times per week for 3 weeks or more.
- Maintenance at once per month or as needed.
- Each patient is treated according to specific diagnosis.
- A combination of ear & body points are used that are believed to influence the organs & energetic pathways associated with smoking.



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## *Studies*

- *Effects of acupuncture on smoking cessation or reduction for motivated smokers – 1996 He D, Berg JE, Hostmark AT Department of Preventive Medicine, University of Oslo, Norway.*
- *A single-blind, placebo-controlled trial of a simple acupuncture treatment in the cessation of smoking – Br J Gen Pract. 1998 Aug;48(433): 1487-90. Waite NR, Clough JB. Child Health, Southampton Hospital.*