



STOP SMOKING!

Smoking in America:

According to the Centers for Disease Control, the smoking rate for adults in the United States is 22.1%. Estimates are that 45.8 million US adults are smokers, and 41% said that they have tried quitting at least once.

Men are more likely to smoke than women. 25% of men and 20% of women admit to being smokers. 28.5% of 18-24 year olds admit smoking and 9.3% of those over age 65 admit to smoking.

The CDC states that “In the United States, on average, men and women who smoke have their lives cut short by 13.2 and 14.5 years, respectively.”

Smoking is the leading cause of death in the United States and is blamed for killing 430,000 people a year from heart disease, stroke, cancer and other causes. The CDC said the economic toll exceeds \$150 billion which is \$3,400 per smoker.

The CDC also states. “Each year, secondhand smoke is associated with thousands of new cases of asthma, bronchitis, and pneumonia among children and an increased risk for sudden infant death syndrome.”

Also, the personal cost is enormous: if a pack of cigarettes is \$3 at 1 pack per day, you are spending \$21 per week = \$90 per month (average) = \$1,080 per year on cigarettes. If you smoke for 25 years, that comes out to \$27,000!

Great American Smokeout ®

The third Thursday of November is the Great American Smokeout ® sponsored by the American Cancer Society (ACS). This day is set aside each year to encourage smokers to quit for one day -- hoping that they will quit forever!

Don't wait for November—STOP SMOKING TODAY!!



Acupuncture and Smoking Cessation

Acupuncture can be used to help you stop smoking effectively and easily. The principles behind acupuncture and smoking cessation are based on Qi, or the vital energy in each of us.

Tobacco smoke is energetically hot and puts heat into the body and lungs. For a short amount of time, smokers will feel relaxed. This relaxation is due to the heat of the smoke moving Qi (energy) around the body. This is only temporary, however. The body senses that the energy is "stuck" again and signals the smoker to smoke again to heat the body. This creates the vicious cycle of addiction. Additionally, the heat and tobacco damages the lungs and this increases the imbalance in the body.

Taking this approach to smoking, there are several reasons that smoking causes addiction:

- Tobacco has an herbal effect as a cough suppressant
- Tobacco seems to boost self esteem (to the smoker)
- The tars and nicotine are poisons and must be cleaned daily from the body by the liver
- The brain sets patterns of stress release through the smoking
- The pleasure centers in the body focus on this "rewarding" behavior

Acupuncture therapy uses specific points on the body (and the ears) that will calm the body, replacing the short-term calming effect of the tobacco smoke. Other points are used to clear the lungs, reduce the cravings, and settle the liver.

Reasons to Quit

Smoking is the leading cause of preventable death in the United States. Adverse health effects are:

- Increased risk of cancer of the lungs, lips, mouth, pharynx, esophagus, pancreas, larynx (voice box), cervix, bladder, and kidneys
- Increased risk of heart disease, stroke, peripheral vascular disease, COPD, and emphysema
- A woman smoking during pregnancy endangers her child. The chances of premature delivery, still birth, low birth weight, and SIDS all increase.
- Postmenopausal women are at increased risk for lower bone density - thus increasing risk for hip fractures and compression fractures

Information / Initial Expectations

During your initial consultation visit, Dr. Howard will discuss your smoking habit with you. She expects you to be honest about the amount you smoke and the length of time that you have smoked. She will also discuss your reasons for smoking and help you with alternative choices for those reasons. She will discuss the acupuncture process in detail and help you get started on your way to a smoke free life.

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Standard Plan Includes:

Consultation
Nutritional Guidelines / Information
Exercise Guidelines / Information
Weekly Acupuncture Therapy for 8 weeks

Fees:
\$50.00 per week
or
\$375 one time payment