



*But it's Worth the Effort*

# *Giving up Smoking*



*It's hard work and can be a long haul*

## ***Give up Smoking using Acupuncture***

***Well done for deciding to give up smoking! You have already passed the first major hurdle that people have when they decide to give up the weed. In this leaflet I will tell you how the acupuncture will help you in your bid to stop and also give you some other tips along the way to help.***

### ***Acupuncture***

*During the clinic you will have had a very small needle attached to a small plaster inserted into an acupuncture point on the inner surface of your ear. This point was chosen as it has been found to be very effective in helping with the withdraw symptoms that are experienced when nicotine is no longer available to the body. Auricular Acupuncture along with Traditional Acupuncture was not initially used for smoking but the story is as follows. When opiate addicts in China were undergoing Acupuncture for various other ailments it was noted that they had less withdrawal effect 'cold turkey' than those not having Acupuncture. As a result opiate addicts began to be treated with acupuncture in China, subsequently this was started in New York for their addicts. It was then that some therapists thought that the same benefit could be achieved for smokers and other such addictions. Hence Acupuncture for giving up smoking was born. Since that time some basic research has shown that Acupuncture is helpful for those wishing to give up smoking. Unfortunately modern research demands that all treatments should be assessed against placebo (pretend treatment) no one has yet devised a technique that involves pretending to stick a needle in someone! This is why some Doctors disbelieve the effects and benefits of Acupuncture for the treatment of conditions. Those Doctors who have seen the success of acupuncture (including those vets who treat animals) soon change their mind.*

### ***How to use Acupuncture to stop smoking***

*At any time that you feel the need to have a cigarette or are feeling some of the withdrawal effects that some smoker's experience, such as mood swings, cravings, then GENTLY press the needle in your ear. Pressing the needle harder does not make it work more it will just be sore! Remember the Acupuncture will help with nicotine withdrawal but will not work for habit or poor resolve.*

### ***Caring for your needle***

*Your needle will need to be changed after one week in order to decrease any chance of infection. Try to keep the needle dry. If at any time your ear becomes sore even though you have not pressed the needle too hard please check to see that your ear has not become irritated or infected.*

### ***Tips on giving up***

- Give up because YOU want to not because someone tells you to.
- Write the reason that YOU want to give up on a small card. At times of weakness look at this card to remind yourself why you are going through hell!
- Ask yourself why you smoke, is it habit?, is it for Relaxation?, is it for something to do with your hands when you are bored? Once you know why you smoke find alternatives i.e. plasticine to keep your hands busy, yoga or relaxation techniques, change your habits i.e. go to the non-smoking rest room at work.
- Use the money that you used to spend on smoking to save up for a Holiday or to treat yourself.
- Tell all your friends that you are giving up so that they can help by not offering you a cigarette. Those friends that are too weak to give up themselves will continue to offer you cigarettes in order to help you fail to make them feel better.
- Set a date for giving up in advance so that you can plan your new routines or alternatives to smoking.
- If you fail this time do not give up trying, have another go when the time is right.