

Acu News

"To get through the hardest journey we need take only one step at a time, but we must keep on stepping "- Chinese Proverb

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Acupuncture to Quit Smoking



Acupuncture has been used to treat addiction for many years. Curbing addiction, specifically when it comes to smoking, is not something that can be done overnight. There will be times when you think you won't be able to stay smoke-free and want to give up. Considering acupuncture treatment

when you are trying to quit can have great effects on helping you back on the road to better health. Acupuncture works by addressing the body as a whole. Illness arises when there is a blockage or stagnation in our natural energy flow. By using acupuncture points, this treatment helps to release these blockages and return the body back to its natural flow.

The acupuncture point specifically used to help curb smoking urges is called "Tim Mee" and is located on the inside of the arm. This point helps change the body's perception of nicotine. This point combined with others can help reduce cravings.

Not only can acupuncture help curb addiction, but aid in symptoms of withdrawal from nicotine once you quit. Symptoms like jitters, mood swings and restlessness are common when quitting smoking. When you feel anxious from these feelings, it is even easier to feel the need for a cigarette. Specific acupuncture points can help relax and detoxify the body to lower withdrawal symptoms.

A study done at the University of Oslo, Norway, found that those who were trying to quit smoking and received acupuncture treatment reported a reduced craving for smoking and a greater distaste for tobacco.

Acupuncture can not completely eliminate addiction, but it is a great aid in the recovery process after quitting. The first and hardest step is to decide to quit, there are many treatments including acupuncture that can help you on the way therein after.

Contact an acupuncturist and learn how acupuncture can help you stay smoke free for a healthier body, mind and spirit.

Alternative treatments to Quit Smoking

Cayenne Pepper



Cayenne pepper can lower cravings for cigarettes by lowering the respiratory response to tobacco and other chemicals found in cigarettes. Adding the pepper to a glass of water every day can help decrease your desire for a smoke.

Herbal cigarettes



Herbal cigarettes are often used as an aid to help smokers quit smoking. These cigarettes do not have any tobacco or other harmful chemicals that are found in normal cigarettes. They are not addictive and usually made with herbs such as cornsilk, mint, clover or lemongrass. When breaking the habit of the physical act of smoking is still hard, these can be a great short-term option.

Lime



Lime has been known to be a natural alternative to nicotine gum for quitting smoking. Squeeze lime into water throughout the day to help lower cravings. Lime also has an anti-infective agent to help the body's immune defense.

Fava beans



Because fava beans contain l-dopa, which your body converts dopamine, these beans have been known to reduce nicotine cravings. Nicotine has addictive properties because it also releases dopamine in the brain, by finding alternatives that have the same effects, your nicotine cravings will be reduced. There are many recipes that can be made with fava beans and are easily available at the grocery store.

Acupuncture



Research has shown that acupuncture not only reduces cravings, but can also reduce symptoms of withdrawal such as irritability and jitters. Acupuncture works by targeting specific acupuncture points on the body that help return the body back to its natural energy flow, resulting in better overall health.

Massage



Many people who are trying to quit smoking experience anxiety. For smokers who have smoked regularly for years, massage may be an effective option in reducing anxiety associating with quitting.



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