

Are you one of the many people struggling to quit smoking?

With each inhalation of a cigarette, you breath in over 4,000 chemicals, including but certainly not limited to arsenic, ammonia, acetone, ammonium bromide, benzene, carbon monoxide, cadmium, cyanide, DDT, formaldehyde, lead, mercury, nickel, hydrogen cyanide, and hydrogen sulfide, in addition to at least 50 cancer-causing agents.

According to the Centers for Disease Control, cigarette smoking causes nearly 443,000 deaths per year. This is more than HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides and murders combined.

Smoking increases the risk of coronary artery disease, stroke, lung cancer, chronic obstructive lung disease, abdominal aortic aneurysm, infertility, premature delivery, stillbirth, low birth weight, and sudden infant death syndrome.

Cigarettes cause cancer: acute myeloid leukemia, bladder, cervical, esophageal, kidney, larynx, lung, oral (mouth), and stomach cancers. Cigarette smoking is associated with lower bone density in postmenopausal women, and increases the risk of hip fractures in women.

If you are trying to quit smoking, acupuncture is a natural way to help you curb your craving for nicotine. Acupuncture, along with Chinese herbs and hypnotherapy, may not be as well-known as nicotine patches or gum. But they all can offer relief, especially in the acute phase of withdrawal when you're wrestling with fatigue, irritability and gnawing cravings.

Some people try acupuncture because they cannot tolerate the drugs used for tobacco cessation. Unlike prescription medications, acupuncture has no side effects. In fact, it is very common to notice side benefits like improvements in sleep or mood. Others use acupuncture as part of an overall strategy to quit.

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Smoking Cessation and Traditional Chinese Medicine



Go natural. Go simple. Go TCM.



Introduction to Traditional Chinese Medicine and Smoking Cessation

In recent years, acupuncture has had both media coverage and some scientific interest for its effects for those trying to quite the evil weed – smoking cessation to end cigarette smoking, rolling tobacco smoking and tobacco pipe smoking. Ear acupuncture uses acupuncture points on the skin of the ears rather than other parts of the body.

In most styles of ear acupuncture in Europe & North America, very fine needles are inserted to a very shallow depth, often using an insertion method known as the 'Flying Needle technique'. This involves the trained practitioner to perform a movement to make the needle spin on its insertion, thus minimising pain to the sensitive areas of the ear. Once in place, the needles simply stay put, usually for 20 to 30 minutes, and the patient is encouraged to relax. The needling sensation can be described as painless at best and a small pinch at worst.

TCM helps with:

- Body jitters
- Curbs cravings
- Lessens irritability and restlessness
- Increases relaxation
- Detoxifies the body

An initial visit is approximately 90 minutes with a complete intake performed, medical records and tests evaluated.

Course of Treatment

Smoking Cessation Program

The schedule consists of 3 consecutive days with acupuncture treatments two times a day (or once a day for 5 or 6 days), then one treatment per week for one month (total of 10 sessions).

- High success rate (based on years of experience)
- The benefits of the treatment includes:
 - Alleviation of withdrawal symptoms (i.e. less cravings, less stress)
 - Improving metabolism for those who fear gaining weight after quitting smoking
 - Detoxifies the body by improving circulation
 - Change in taste of nicotine when attempting to smoke again
 - Can easily complement other treatments without conflicts
 - No dependency on medications
 - No side effects
 - Improved quality of life
- Based on clinical experiences, this treatment has often been used as a prerequisite to treatment of other conditions such as asthma, anxiety, depression, weight loss etc.

Note: All treatment plans are customised for each patient, depending on diagnosis and the patient's needs.

How Effective is TCM in Treating Smoking Cessation?

New research suggests that acupuncture and hypnotherapy are effective methods in smoking cessation. Researchers from McGill University and the University of Montreal note that both acupuncture and hypnotherapy are commonly used as alternatives to drug therapy for the purposes of quitting smoking. They conducted a random analysis of controlled studies to evaluate the clinical efficacy of these treatment modalities. The research concludes, "acupuncture and hypnotherapy may help smokers quit."

Almost 6 million people smoke cigarettes in Canada. Often, an acupuncturist will combine acupuncture with herbal medicine to smooth the withdrawal process.

References:

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