

How Does Acupuncture Help Break the Cigarette Habit?



People, more now than ever, have been relying on acupuncture to reduce cravings and alleviate withdrawal symptoms such as irritability, anxiety and difficulty concentrating. Acupuncture has turned a growing number of cigarette smokers into permanent ex-smokers.

Among current U.S. adult smokers, 68.8% report that they want to quit smoking and millions try to quit every year. If you have attempted to quit smoking, you know how challenging it can be. Many attempt to quit and fall short with mainstream medicine and are now turning to alternative approaches.

The acupuncture treatments focus on each person's specific symptoms such as jitters, cravings, irritability and restlessness. It also aids in relaxation and detoxification of the body working to balance the energy within the body to optimize health.

For a typical treatment, the acupuncture needles are put into different points in your ears and body and are left there for about 20 minutes. For between treatments, small magnets are often taped to the acupuncture points on the ear. When you feel a cigarette craving coming on, gently press on the magnets which will stimulate the acupuncture points to calm the mind and eliminate the craving.

A stop smoking program will typically consist of 4-6 initial treatments in the first few weeks and then monthly treatments for up to 6 months. Acupuncture is not a magical cure, but is effective in making it easier to quit and remain smoke-free for good.

Information provided by Dr. Jessa Kane, CACCP.

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