

the guardian

WEEKEND 07.01.06

Seven ways to quit smoking

It's a perennial resolution, but modern methods could make 2006 the year you give up giving up, says Eva Gizowska.
Photograph: Anders Gramer

ACUPUNCTURE

Practitioners recommend three treatments over three weeks. Needles are inserted in points in the ear to reduce cravings, and in the body to stimulate organs to help improve overall health. "When the acupoints in the ears are stimulated, the brain produces

natural, opiate-like substances called endorphins," says Professor MF Mei, chairman of the Chinese Medical Institute and Register, and founder of Acumedic. "These have a mood-boosting effect and reduce the craving for nicotine." Acumedic has centres across Britain and its Anti-Smoking Programme costs £99 for three sessions. Call 020-7388 5783.



(An excerpt from: The Guardian Weekend Jan 7 2006)

ANTI-SMOKING PROGRAM

Special rate: £99.00

Includes: 3 sessions of



The process of giving up smoking can cause a great deal of stress and trauma. Acupuncture, according to independent research, has a beneficial effect in helping smokers to give up. Acupuncture can help people relieve and prevent the withdrawal symptoms cause by nicotine addiction, such as nervousness, insomnia, depression, restlessness and craving for excessive amounts of food, etc. After acupuncture, many smokers feel an unpleasant taste in the mouth if they smoke cigarettes, which will help them reduce desire to smoke. The program consists of 3 sessions which run for 3 weeks consecutively. (1 session per week)

We are confident that the program will help the majority of our patients, however, the length and effectiveness of the treatment really depends on the lifestyle and condition of the individual at the first visit, as all patients will have different situations, which require individual attention in their treatment.

101-105 Camden High Street
London NW1 7JN
Tel: 020 7388 6704
Fax: 020 7387 5766
www.acumedic.com

