

Can Acupuncture Help you Stop, and Eventually Quit Smoking?

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**Can Acupuncture Help you Stop, and Eventually Quit Smoking?**

**By Peter Vine**

Acupuncture is an ancient Chinese healing approach that is almost 3500 years old. It is based on the belief that chi, a vital energy force flows around 12 key channels around the body. Within these channels there are 365 acupuncture points, which can sometimes become 'blocked' preventing the smooth flow of the vital energy, resulting in degrading health.

Acupuncture is a highly effective method for treating all manner of addictions including nicotine. The application of acupuncture to help you stop and eventually quit altogether, involves the insertion of very fine needles into special points on the skin. The needles are generally left in the skin for up to 20mins. There is virtually no pain apart from the slight pricking sensation when the needle first goes in. The technique itself results in the release of special chemicals called endorphins which will provide a 'natural high' at the end of the treatment.

Following the first treatment, the patient is likely to cough up phlegm during the week after treatment as the body starts to adjust to life without smoking, and the tar and phlegm in the lungs starts to loosen. It is common to schedule a follow up session about 1 week after the first to assess progress, and decide whether further therapy is required. Many heavy smokers have reported success after only 1 or 2 acupuncture sessions.

Acupuncture as a method for quitting smoking is best for those individuals that are heavily addicted to the nicotine, but have clearly made the commitment to quit. This type of therapy will dramatically reduce the side effects of nicotine withdrawal, such as the cravings, depression and anxiety. The body will also start to repair itself, particularly in improving blood circulation and de-congesting the lungs, and the patient will generally feel very positive and optimistic as a result of the release of natural anti-depressants by the brain.

Combining acupuncture with more traditional approaches to quitting smoking can be an effective strategy, especially if you have tried and failed at simply using willpower to quit in the past. If you decide acupuncture to stop smoking is for you, make sure you see a qualified and reputable practitioners.

Peter Vine is a successful online publisher of

## Can Acupuncture Help you Stop, and Eventually Quit Smoking?

Stop-Smoking-Products.com

He provides practical advice and the latest information on all aspects of

stop smoking programs

, which

you can readily research on his website.

### **Instantly Quit Smoking With Acupuncture**

**By Oliver Turner**

Acupuncture is a highly effective quit smoking method for all, and specially for those people who had been unsuccessful with other methods to stop smoking. People who go for acupuncture treatments are usually keen on quit smoking beliefs. Although they have failed with all previous programs, this 3500 years old Chinese remedy promises quick relief from chronic smoking habits.

Acupuncture works most effectively on human body to reduce chronic smoking habits

Acupuncture is based on the belief that "chi", a vital energy force flows through 12 key channels around the body. Within these channels, there are at least 365 acupuncture points, which can sometimes get blocked preventing the smooth flow of vital energy, thereby leading to chronic habits. Acupuncture for stop quit smoking does not involve any "magic" acupuncture points. At least five needles are taken and inserted into the ear [particularly in the cartilage and not in the ear canal] and a few on the hands and wrists. With the needles pricked to your skin, you are left to relax for 30 to 45 minutes. These pricked needles provide significant effect on lessening cravings for smoking.

Treatments involved in acupuncture

To become a non-smoker, you have to follow a series of sessions. These sessions also focus on physical and emotional withdrawal symptoms occurring in the patient during the acupuncture treatments. While the needle-pricking treatments are going on you are also advised to undergo treatments with herbs. You can apply a mixture of oil of cloves and wintergreen, extracts of evodia fruits and Sichuan lovage rhizomes in the acupuncture points to get faster stop smoking results.

Other advantages of acupuncture – tips on stopping smoking

Acupuncture tips on stopping smoking not only relieve you from permanent smoking cessation but also works advantageous for you. After the acupuncture series is over, even cigarettes taste foul. It takes a nasty burnt taste and you can thus proudly redefine yourself as a "non-smoker". Acupuncture therapy for stop smoking also reduces side effects of nicotine withdrawals like depression, cravings and anxiety. While the body actually improves in blood circulation and de-congesting the lungs, you also start feeling truly optimistic.

## Can Acupuncture Help you Stop, and Eventually Quit Smoking?

Acupuncture is a definite method that helps you to quit smoking miraculously within a few days. Try it out to experience instant success even if you are a chronic nicotine-smoker.

We offer the best acupuncture source. Check it out only on

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. All about acupuncture on LeanderNet –

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