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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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

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start feeling truly optimistic.

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

<http://www.leandernet.com/Acupuncture/Acupuncture.php>

. All about acupuncture on LeanderNet –

<http://www.leandernet.com>

Use Free Stop Smoking Techniques To Your Max

By Ashish Jain

You need a budget to continue with your habit of smoking and you need a budget as well to quit smoking. Even if you find that the budget to quit smoking is higher than the one to continue with the habit, the former is the better option.

What if, in between your efforts to quit smoking you come across the program of free stop smoking techniques? Indeed, it is a blessing in disguise. Anything that restricts your budget to quit smoking is most welcome to you.

Many non–profit organizations conduct free quit–smoking programs in a routine manner. These organizations have the good of society at heart. American Cancer Society is one such organization. It has online programs, so that a large number of people all over the world are benefited by them. Their literature is authentic, motivating and contains many a quit–smoking tips. Negative effects of smoking are discussed in detail. They have a 24 hour hotline which means you can speak to them regarding any of your problems any time during the day.

As direct effect of nicotine is on your lungs, the American Heart and Lung Association also provides many free quit smoking sessions. Accomplished and knowledgeable counselors manage the hotline and render all possible help to you in your moments of crisis. You get free tips to quit smoking online. They have a listing of affordable quit smoking products.

With your will power to quit smoking, take the help of a variety of free quit smoking methods. Your cigarette craving is bound to beat the retreat, be sure. Chew a tooth pick, let your hands that introduce you to the cigarette smoking habit and remain busy. The mouth is busy in any case, dealing with the toothpick. In the meantime, continue with some nicotine replacement quit smoking products, so that your mind remains switched off. It doesn't think about smoking!

In your enthusiasm to quit smoking, don't buy all and sundry products, and cheap over the counter products. You need to have a well drawn out strategy and work according to a plan. Free stop smoking

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help techniques are meant to free you from the addiction. You are not following them simply for the sake of enumeration

Quit smoking cigarettes are another tool. You will have the psychological satisfaction that you are 'smoking'. The smokers are mostly depressed people. Some anti depressant medications are also doing good rounds to help you quit smoking.

The herbal cigarettes, herbal inhalers and acupuncture are some other tools that promise you freedom from smoking habit.

Your enemy nicotine is hiding in a deeply entrenched trench. You have to attack from all fronts to flush him out!

<http://www.stop-smoking-updates.com/quitsmoking/>

& Stop Smoking Techniques provides

detailed information on stop smoking, how to stop smoking, anti smoking, quit smoking and more.



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