

## Quit Smoking Patient Help Sheet

Here are some health tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

Rubbing acupuncture points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

Lung 7 (LU7) - Roughly 2 inches above the base of the thumb.

Lung 5 (LU5) - On the thumb side, at the elbow crease, just off the biceps brachii tendon.

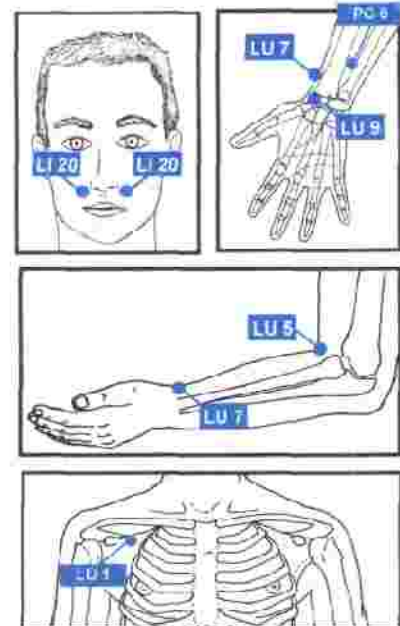
Lung 1 (LU1) - On the lateral aspect of the chest, in the first intercostal space, approximately 6 inches from the center of the chest.

Lung 9 (LU9) - On the wrist crease, just below your thumb.

Pericardium 6 (PC6) - In between the tendons, about 3 inches down from the wrist crease.

Large Intestine 20 (LI20): On the face, level with the bottom of your nostril, on the groove that is formed when you smile.

Stomach 36 (ST36) - On the outside of the leg, approximately one handwidth below the kneecap, just off the bone. (Not Shown)



### Helpful aromatherapy to quit smoking

Combination #1:  
thyme, ylang ylang,  
pine

Combination #2:  
lavender, sweet  
marjoram, geranium,  
cedarwood

Combine essential oils and jojoba oil into small glass jar. Rub on your chest through; or on the Lung 1 acupoint, or place a small amount on a handkerchief to sniff through the day and night as needed, especially before bedtime.

### Cleanse your nose.

Nasal cleansing is an ancient practice that has been used throughout India for thousands of years.

There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.

Check out the links below for more information:

[http://en.wikipedia.org/wiki/Nasal\\_irrigation](http://en.wikipedia.org/wiki/Nasal_irrigation)

[http://www2.oprah.com/health/oz/oz\\_20070426\\_350\\_106.jhtml](http://www2.oprah.com/health/oz/oz_20070426_350_106.jhtml)

<http://www.himalayaninstitute.org/Netipot/NetiPotGateway.aspx>

### Flying Twist

1) With your knees gently bent, stand with your legs hip-width apart. Bring your hands up behind your head and interlace your fingers.

2) Draw back your elbows to open your chest.

3) Twist your torso to the left as far as feels comfortable.

4) Gently press the back of your head into the palms of your hands, and inhale, expanding your chest and lungs.

5) As you exhale, raise the heel of the right foot so you can twist more deeply into the left side. Hold this position for a few breaths. Remember to keep your elbows back.

6) Return to the center and repeat steps 1-5 for the opposite side.



## Stop smoking program

First, let me say CONGRATULATIONS for making the choice to heal your body! The first step toward becoming smoke free is to identify when and where your smoking cravings occur, i.e. after eating, after a cup of coffee, during stressful situations, etc. When you become aware of the triggers that precede your cravings, it will become easier for you to begin to break the habit. As long as you refrain from grabbing a cigarette for at least 20-30 minutes after the craving trigger, you will have a much better chance of quitting. As time ticks by, it will become easier to remove yourself from the cravings, and you may even forget you wanted a cigarette in the first place.

Below, I have listed a few techniques that have been proven effective in helping to combat your cravings. As long as you employ one or more of these concepts, you take another step toward a healthier and happier smoke-free you!

**Aromatherapy** - Use aromatherapy when you feel a craving coming on. You can either wear it on your body, or place a drop or two under your nose or on a piece of cloth. When your craving comes on, take a whiff of the scent, inhaling it deeply into your chest.

**Ear seeds** - In your acupuncture treatment, you may receive ear seeds. These seeds (from the Vaccaria plant) are held in place on the ear with a small piece of adhesive tape, and are located on specific points in your ear which help reduce anxiety and stress, calm the mind, cleanse the lungs, open the chest, reduce the appetite, and strengthen will power. When a craving occurs, rub each of the ear seeds for approximately 15-30 seconds.† Rubbing them throughout the day will help fortify and support your acupuncture treatments.

**Support person** - The decision to quit smoking is an important one, and by taking the positive steps toward quitting, you may experience some unpleasant and uncomfortable emotions. Ask someone, whom you are close with, to act as a sounding board for you, and to provide you with encouragement.

**Affirmation** - An affirmation is a positive statement, which when spoken repeatedly, helps to bolster the positive and desired changes you are embarking upon. Repeating the affirmation helps to remind you of why you are no longer smoking, imprinting in your mind and body a positive image of a smoke-free existence. An example of an affirmation might be, "I am a non-smoker, and I make healthy choices in my life," or "I am strong, healthy, and vibrant, and choose healthy things in my life.†

**Setting boundaries** - Set up contracts with other smokers that you associate with. Let them know that you are choosing to kick the habit and that you want them to refrain from smoking around you. This includes friends, spouses, and family members. If you are in a public location and someone lights a cigarette, you can do one of two things: 1) ask them to put it out, or 2) leave the situation and socialize elsewhere. The desire to pick up a cigarette and smoke, when others are doing so, is strong. MAKE SURE YOU TAKE CARE OF YOURSELF. Do what is right to support your smoke-free journey.

**Drink water** - Sip water frequently throughout the day. It will help to curb your cravings and will cleanse and flush the body tissues.

**Refrain from drinking coffee** - Coffee can dehydrate your body and lead to cravings. Most people associate a cup of coffee with a cigarette. In order to be successful, you need to break the coffee and cigarette relationship.

**Breathe deeply** - Many of us do not take full, deep breaths. Take time out during the day to breathe deeply.† Begin by inhaling into your belly.† Then, allow the breath to move up into your chest, making it rise as full as you can. As you exhale, focus on completely expelling the air from your body. In your exhale, making the sound SSSSSSSSSSS, activates and opens the lungs and chest.

**Food choices** - Eat lots of carrots, celery and other vegetables. They will satiate your appetite, as well as provide your body with the nutrients it needs to regain health and vitality. Candy and other sweets will upset the sugar level in your body, which can aggravate any withdrawal symptoms that you may experience. Sugar substitutes, such as NutraSweet, are sweeter than sugar and can cause even more cravings.

**Manage your habit** - Cravings may feel like they last forever, but will most likely dissipate within 3-5 minutes. Invent your own ideas to bust the cravings or use the suggestions above to help you manage them when they occur. Plan ahead by writing down these suggestions in your day planner, on post it notes in your house, car, or at your desk, or even on your screen saver. † Remember to make these healing activities fun and enjoyable, as well as easily accessible!

**Acupuncture** - This ancient medicine has been used for the last 25 years to help with addictive disorders. Acupuncture helps to alleviate cravings, calm the mind, reduce anxiety and jumpstart the regeneration process back toward health and wellbeing. With a specific, 10 visit protocol, acupuncture along with other self-care routines can help you to easily, gently and effectively kick the habit.