

# Stop Trying to Quit and Start Living Smoke-Free!

No matter how long you've smoked; no matter how many times you've tried to quit; if patches, gum, inhalers, or hypnosis haven't worked for you; then why not try our laser and EA therapy. Quitting smoking can add years to your life! Your risk of cancer, lung and heart disease start to decline and your health increases when you stop smoking.

**As a bonus, your food tastes better!**



## A Dozen Reasons to crush the Habit

- ✓ Younger looking skin
- ✓ Fresher breath
- ✓ Improved breathing
- ✓ Higher immunity
- ✓ Whiter teeth
- ✓ Better sex
- ✓ Improved fertility
- ✓ Increased life-span
- ✓ Reduced stress
- ✓ Enhanced smell and taste
- ✓ Greater energy
- ✓ Healthier loved ones

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#SmokeFree

#TheGreatEscape

## Break the Habit for a Healthier



## SMOKING CESSATION

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London West Health Centre

Optimizing your Health & Wellness

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# What to Expect

Smoking cessation consists of a series of 8 treatments over a 4 week period. The treatment sessions are approximately 15 minutes in duration. They occur twice a week (one at the start of the week and one before the weekend). Each week the patient will cut in half the amount of cigarettes they smoke each day from the previous week.

Magnetic pellets will also be applied to ear points as well. Magnetic therapy is a safe, noninvasive method. The concept of using magnets for therapy goes back thousands of years.

The patient will also be advised on the use of a herbal tincture (Tabagix) that is used in western herbalism to support the withdrawal process, and/or homeopathic tobacco (Tabacum)



# How It Works

Using laser and low voltage electro-acupuncture (EA) on acupuncture points promotes the release of neurotransmitters such as endorphins, serotonin and dopamine. These neurotransmitters have a calming effect on the body and help smokers deal with their withdrawal symptoms as they quit smoking. You will experience a feel of euphoria and well-being that helps to dramatically reduce your withdrawal symptoms, irritability and cravings which come with quitting addictive tendencies such as smoking.

Should weight gain be a worry, we have programs (ChiroThin and Scheduled eating) at the London West Health Centre to keep the weight off.

What are you waiting for, let's get healthy!

"Humans are rather strange. We want it to change but we don't want to change.  
What changes your world is you changing"

*Dr. Robert Drougk*  
B.A.Sc., D.C., N.D.



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# Is it Safe?

Yes! Our laser and EA therapy is effective, safe and painless.



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