



Acupuncture to Help Quit Tobacco Use

Acupuncture may seem somewhat novel in this country, but in China it is a full-fledged system of medicine which has been around for nearly 3000 years and is often integrated in with Western medicine. Many people are familiar with it being used to treat aches and pains, which it does well, but it also is used for a host of other issues, including addictions. Its effectiveness to help people quit the use of tobacco is significant; most sources say that it is as high as 80%. In my personal experience, I would say this is about right, or maybe slightly higher.

The process is painless, simple and does not have any side effects or contraindications with medications. The reason it is effective has not been researched extensively, but it is thought that electrical stimulation to the ear points promotes the production of brain chemistry that is similar to that produced by smoking.



The basic protocol for smoking cessation involves inserting very small needles into specific points on the ears. To these points mild electrical stimulation is applied. Supplementary points on the hands and feet are also used for an added calming effect. This process takes about an hour and then is repeated the very next day. An herbal formulation that assists with ridding the body of toxins and with anxiousness is often used also.

It is that simple. Most people, who are at a place in their life where they are ready to quit, can do so successfully with acupuncture.