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Stop Smoking with Acupuncture

Among current U.S. adult smokers, 70% report that they want to quit smoking and millions try to quit every year. If you have attempted to quit smoking, you know how difficult it can be. Nicotine is a powerful addiction. In fact, research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.



It is estimated that most smokers will attempt to quit two or three times, or more, before finally kicking the habit. When conventional methods to quit smoking have failed, smokers often look outside mainstream approaches and turn to alternative medicine.

Acupuncture as an alternative approach to smoking cessation has a growing number of converts. In fact, acupuncture is often a court mandated treatment for drug addicts because of its ability to reduce cravings and alleviate withdrawal symptoms such as irritability, anxiety and difficulty concentrating.

A Formidable Addiction

More than 50 million Americans smoke. The numbers are even higher in other parts of the globe, with worldwide statistics showing that one out of three people over the age of 18 are smokers.

The reasons to quit smoking are endless. Cigarettes have 4,000 chemicals, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. These include nicotine, tar and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide, arsenic and DDT. According to the CDC, tobacco is the cause of 443,000 premature deaths each year, and is associated with emphysema, lung cancer, high blood pressure, shortness of breath, chronic cough and an increase in frequency of colds and flu.

Many people want to quit because of the enormous expense of a cigarette habit or are just plain tired of being dependant on a substance. There is also considerable social pressure not to smoke. Most smokers can recall a dirty look or rude comment from someone that was nearby when they lit up.

How Does Acupuncture Help Break the Cigarette Habit?

Acupuncture is successful with smoking cessation and has turned a growing number of cigarette smokers into permanent ex-smokers. Treatments take all of your symptoms into account and aim at balancing the energy within the body to optimize health.

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A Stop Smoking Acupuncture Point?



There is an acupuncture point located on the wrist that is used exclusively for smoking cessation. The acupuncture point is used to alter the way cigarettes taste.

The acupuncture point is called, *Tim Mee*. It is located approximately one fingers breadth above the transverse crease of the wrist on the inside of the arm.

Tim Mee is often used in conjunction with another

The acupuncture treatments focus on jitters, cravings, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification.

In one study conducted at the University of Oslo, Norway, acupuncture was found to significantly reduce the desire to smoke up to five years after the initial treatment. Subjects of the study also reported that cigarettes tasted worse than before treatment and that the treatments had effectively reduced their taste for tobacco.

The acupuncture needles used are hair-thin. They are superficially inserted into various points in the ears and body to assist with smoking cessation. In between treatments, small pellets are often taped to the acupuncture points on the ear. When a cigarette craving hits, gently pressing on the pellets stimulates the acupuncture points to calm the mind and eliminate the craving.

Acupuncture is not a panacea or a magic cure in the treatment of any addiction, including smoking. But, acupuncture is effective in making it easier to quit and remain smoke-free for good.

If you are ready to quit, call for a consultation to see how acupuncture can empower you to take control and begin a healthy and smoke-free life!

Source: Preventive Medicine. Volume 33, Issue 5, November 2001, Pages 364-372

Multivitamins, Folate, and Green Vegetables May Halt Gene Modification in Smokers

Green vegetables, multivitamins, and folate may protect current and former smokers against lung cancer, according to a study that appeared in the January 15 issue of *Cancer Research*. This study, supported by the National Cancer Institute, adds to the growing accumulation of research connecting high folate intake to decreased cancer rates.



In the study, researchers examined sputum samples of 1101 current and former smokers from the Lovelace Smokers Cohort in New Mexico. Detailed study of the cells and comparison of those cells with the Harvard Food Frequency profiles of the smokers' dietary intake of leafy green vegetables, multivitamins and folate revealed that the dietary substances could be used to predict the prevalence of cellular gene methylation - a chemical modification used by the cell to control gene expression. High methylation is a potential marker for the early detection of lung cancer.

The study also investigated the associations between 21 dietary variables and methylation. Both higher intake of leafy green vegetables and folate were significantly associated with a reduced probability of high methylation.

Source: Cancer Research 70, 568, January 15, 2010

acupuncture point, *Lung 7* that is located right above *Tim Mee*. *Lung 7* is one of the most powerful of the lung meridian points. It is a popular acupuncture point for stopping a persistent cough and relieving a sore throat. *Lung 7* is often used to treat conditions related to the head and neck. It is also used to improve circulation in the brain and stimulate memory.

Eight Tips to Quit Smoking

1. Exercise more. Getting moving is a great way to remind yourself why you shouldn't smoke. Exercise can reduce your stress and help you relax far better than cigarettes.
2. Get plenty of fresh fruit and vegetable juices to neutralize and clear the blood of nicotinic acid and to fortify blood sugar.
3. Carrots, Carrot juice, celery, leafy green salads and citrus fruits promote body alkalinity and decrease cravings.
4. Avoid junk food, sugar and coffee. They can upset blood sugar levels and increase blood acidity which can aggravate smoking withdrawal symptoms.
5. Lobelia Tea or Green Tea can be sipped daily during the detox period to keep tissues flooded with elements that discourage nicotine cravings. Lobelia is traditionally used to rid the body of a strong toxin such as a snake bite.
5. Drink water. Research shows that dryness causes cravings. Sip water frequently throughout the day.
6. Practice deep breathing exercises to increase body oxygen and keep calm.
8. Come in for your acupuncture treatment.

Heart Health

Hello Everyone,

This will be the first of many articles on Heart Health. Today I will discuss the connection between diet and heart disease. Heart Health is a complex, multi-faceted topic and so for the next 3 or more months I will cover dietary factors, including saturated fat and cholesterol, the role of insulin in sugar and fat metabolism and Syndrome X, and other dietary factors that play a role in heart health.

THE LIPID HYPOTHESIS

We are bombarded with so much, often paradoxical and confusing, information about food and heart health/disease that it's difficult to know what to believe. For the past 35 years Americans have been told we must eat less fat and cholesterol in order to lower the risk of heart disease. The grocery store aisles are filled with low-fat this and no- cholesterol that. But, has this low lipid mantra borne fruit? Are our American hearts healthier? Surprisingly, and sadly, the answer seems to be NO! Heresy, I know, but nonetheless the inescapable conclusion I've come to after poring over numerous books, research studies, and statistical analyses. Of course, it's also the conclusion I was hoping for because all those fat and cholesterol foods taste so good! Does that mean you should start gorging on fat and cholesterol? Not necessarily, but more on that later!

The Diet-Heart Hypothesis (aka Lipid Hypothesis) says that if you eat too much high cholesterol and saturated fat-rich foods, your level of blood cholesterol will rise. This excess cholesterol will then get deposited on artery walls, causing them to narrow. In time this narrowing blocks blood supply to the heart, and other places like the brain, causing a heart attack or stroke. Sounds right, yes? Except that there are so many exceptions to this hypothesis to make it unreliable, or perhaps just wrong, in connecting dietary fats with heart disease. For example, the French and Swiss eat more saturated fat (and cholesterol) than we do (40-45% of total calories from fat vs. 35% for Americans), yet have about one third as much heart disease and a fraction as much obesity! Blood cholesterol levels in France are the same as ours. If the Lipid Hypothesis is true, how is that possible? There are many other examples. The Masai tribe of Africa consume 80% of their diet as saturated fat and cholesterol from meat and cow's milk. Their average blood cholesterol levels are 125, which is considered very low. Heart disease is rare in the Masai.

So if dietary saturated fat and cholesterol consumption has less impact than we have previously thought on heart disease, why do Americans have more than our fair share of heart problems? The answer is complicated. But, one clear factor is the amount of processed and refined foods we eat compared to other countries. Along with decreasing our fat and cholesterol consumption over the past 35 years, we have dramatically increased the amount of refined carbohydrates we eat, in the form of sugars (high- fructose corn syrup, cane sugar, aspartame, etc.), and processed starches like refined white flour. Both of these raise total cholesterol as well triglycerides, LDL cholesterol (so-called 'bad' cholesterol), while lowering HDL ('good' cholesterol). Another culprit in our diets are the trans-fats and hydrogenated oils found in margarine and butter substitutes, and in processed vegetable oils. These seem particularly harmful. Research studies connect consumption of trans fats with higher cholesterol. Our low-fat, processed food regimen also seems to increase insulin resistance, which I will discuss in greater detail in another installment. Suffice to say for now that insulin resistance, or Syndrome X is a major factor in the development of obesity and diabetes, both of which have reached epidemic levels in the US. Having diabetes and being

overweight significantly increases the risk for developing heart disease, as well as many other chronic illnesses.

Not a pretty picture, eh? The moral of the story so far is stay away from processed foods. Anything that comes in a box is suspect. If the ingredient list reads like a chemistry experiment, your body won't know what to do with it. Use butter and cold-pressed extra virgin olive oil instead of margarine, butter substitutes, and trans fats. Honey, maple syrup, and agave nectar are better choices as sweeteners than refined sugars and 'sugarless' products.

In the April newsletter I will explain more about cholesterol and its many roles in maintaining health. Cholesterol is not the enemy! In the meantime, I hope you will be healthy and happy! Spring is coming, I promise!

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