

Health & Energy, P.C.

501 E. Columbia Ave.
(Inside the Oakridge Office Complex)
Battle Creek, MI 49014
269-441-1100

4230 S. Westnedge Ave.Suite1
(Inside the Park Place Building)
Kalamazoo, MI 49008
269-488-8888

healthandenergyacupuncture.com

Stop Smoking with Acupuncture!

"Acupuncture can help the craving while you help replace the habit!"

You have heard all the ways to stop smoking: Aversion techniques, group support sessions, scare tactics, or worse yet--cold turkey! They often fail because of withdrawal misery including nervousness, tension, and irritability. The symptoms seem worse than the smoking habit itself.

Now even the heaviest smoker can become a non-smoker in just two or three days without the withdrawal agony... **with acupuncture!**

HOW IT WORKS:

Habitual smoking is due to a nicotine addiction that results in a chemical imbalance in the brain. As long as that imbalance exists, so does the need to smoke.

Acupuncture is one of the only known approaches that can directly treat the addiction centers in the brain. It simply changes the chemical balance back to normal. The chemical imbalance can be corrected in as few as two acupuncture treatments within 18 hours of each other. This is accomplished under the care of a professionally trained, Board Certified practitioner, like those at our two locations.

PHONE CONSULTATIONS & INFO ON OUR WEBSITE ARE FREE-OF-CHARGE!

Most questions about this treatment can readily be answered over the phone, or by visiting our website at healthandenergyacupuncture.com. A simple call (or click!) can reassure you about the benefits of this ancient form of health care. There need not be any mystery. *Acupuncture works by balancing the body's physiological process.* This is a perfect marriage of ancient wisdom and modern technology. We use only disposable needles, which are now overseen and regulated by the F.D.A.

According to the American Lung Association there are over 4,000 chemicals in cigarette smoke, including 43 chemicals that are known to cause cancer which include:

Nitrosamines, Crysenes, Cadmium, Benzo(a)pyrene, Polonium 210, Nickel, P.A.H.'s, Dibenz Acidine, B-Naphthylamine, Urethane, N. Nitrosornicotine, Toluidine. Plus the following chemicals: Acetone (nail polish remover), Ammonia (floor/toilet cleaner), Arsenic (poison), Butane (cigarette lighter fluid), Carbon monoxide (car exhaust fumes), DDT/Dieldrin (insecticides), Ethanol (alcohol), Formaldehyde (preserver-body tissue & fabric). Hexamine (barbecue lighter), Hydrogen cyanide (gas chamber poison), Methane (swamp gas), Methanol (rocket fuel), Napthalene (mothballs), Nicotine (insecticide/addictive drug), Nitrobenzene (gasoline additive), Nitrous Oxide Phenols (disinfectant), Stearic acid (candle wax), Toluene (industrial solvent), Vinyl chloride (makes PVC).

During 1990, 15,639 Michigan residents died of smoking attributable illness. This is about one in five of all Michigan deaths. Immediate health benefits of stopping smoking (according to the American Cancer Society):

- Within the first 20 minutes: Blood pressure and pulse rate drop to normal and body temperature increases to normal.
- Within 8 hours: Carbon monoxide and oxygen levels in blood become normal.
- Within 24 hours: The risk of having a heart attack decreases significantly!

The longer one goes without smoking, the risk of smoking related death continues to decline! 10 years after you've stopped smoking that risk goes back down to almost zero.

Health & Energy, P.C.

501 E. Columbia Ave.
(Inside the Oakridge Office Complex)
Battle Creek, MI 49014
269-441-1100

4230 S. Westnedge Ave.Suite1
(Inside the Park Place Building)
Kalamazoo, MI 49008
269-488-8888

healthandenergyacupuncture.com

The World Health Organization has recognized acupuncture for the following conditions:

Upper Respiratory Tract

Acute rhinitis
Acute sinusitis
Acute tonsillitis
Common cold

Disorders of the Eye

Acute conjunctivitis
Cataract
Central retinitis
Myopia (in children)

Gastrointestinal Disorders

Spasms of esophagus & cardia
Hiccough
Gastroptosis
Acute and chronic gastritis
Gastric hyperacidity
Chronic duodenal ulcer (pain relief)
Acute duodenal ulcer
Acute and chronic colitis
Acute bacillary dysentery
Constipation
Diarrhea
Paralytic Ileus

Respiratory System

Acute bronchitis
Bronchial asthma

Disorders of the Mouth

Acute and chronic pharyngitis
Gingivitis
Post-extraction pain
Toothache

Neurological and Muscle-Skeletal Disorders

Headache

Migraine
Trigeminal neuralgia
Facial palsy (early stage w/in 3-6 mths.)
Pareses following a stroke
Peripheral neuropathies
Sequelae of poliomyelitis(early stages w/in 3 months)
Meniere's disease
Neurogenic bladder dysfunction
Nocturnal enuresis
Intercostal neuralgia
Cervicobrachial syndrome
"Frozen shoulder"
"Tennis Elbow"
Osteoarthritis
Sciatica

Additional Conditions

Commonly Treated With

Acupuncture:

Alcohol, smoking, substance abuse
Acute/Chronic pain
Acute/Chronic Pharyngitis (sore throat)
Allergies
Candida
Cervicobrachial syndrome'
Colitis
Constipation
Depression
Digestive problems
Fatigue
Flatulence (gas)
Functional Frigidity
Functional Impotence
Gingivitis
Hemorrhoids

High Blood Pressure
Insomnia
Intercostal Neuralgia
Mastitis
Menstrual Disorders (PMS)
Nocturnal Emission
Osteoarthritis
Osteoporosis
Paralytic Ileus
Prolapsed, Rectal or Uterine
Prostatitis
Sports injuries
Stress
Tinnitus
Trauma recovery
Vertigo