

Quitting Smoking with Belfast Community Acupuncture

Welcome to Belfast Community Acupuncture and congratulations on deciding to **quit smoking!** We're delighted that you have chosen acupuncture to help you through the difficult first few weeks. We have compiled this basic factsheet to explain some of the symptoms you can expect and how acupuncture can help.

Your first steps as a Non-Smoker

In the first few days of quitting smoking, please do not be surprised if you continue to experience cravings. This is normal and will lessen over time. Acupuncture is used to help manage your symptoms by reducing agitation, irritability etc. It will not immediately cure you of your cravings and you will always need a little determination. Many smokers 'trip up' more than once before they finally quit for good. If this happens to you, try not to see this as 'failure'. It is part of your journey of learning about how you are affected by addiction, what your particular triggers are, and the best way for you to personally manage the withdrawal period.

How Acupuncture May Help

Chinese Medicine has been used for over 2000 years in the treatment of disease. In recent years, it has become a popular choice in the treatment of addictions with the development and dissemination of straightforward protocols eg NADA which consists of treating 5 simple auricular (ear) points. Patients undergoing NADA protocol auricular acupuncture report feeling more optimistic about managing addictions, reduced cravings, improved sleep, reduced anxiety and reduced dependency on pharmaceuticals.

From a Western Medical point of view, stimulating certain ear acupuncture points may influence the autonomic nervous system (fight or flight) through the vagus nerve. Acupuncture has been shown to release endorphins (natural pain killers) reducing pain and induce a sense of wellbeing.

Quitting smoking is a challenging but rewarding journey. It requires a little perseverance and often some research and reflection into what works for you. We look forward to assisting you in your journey.

Best wishes
Emma and Mary

For more help and advice and to order a 'quit kit', you may also visit the Public Health Agency website: <http://www.want2stop.info>

References:

<http://www.want2stop.info/ready-stop-smoking/withdrawal-symptoms/withdrawal-symptoms>

<http://www.acupuncturetoday.com/abc/nadaprotocol.php>

www.yinyanghouse.com/theory/auricular/nada_detox_protocol

<http://www.curepoint.co.uk/acupuncture-stop-smoking.shtml>

<http://www.jcm.co.uk/jcm-article-archive/product/catalog/product/view/9067/modern-auricular-therapy-a-brief-history-and-the-discovery-of-the-vascular-autonomic-signal/>