

Stop Smoking Program

Congratulations on your decision to stop smoking!!

Facts:

- Cigarette smoking is the most important risk factor for cancer and heart disease. It is considered to be the number one cause of death in America.
- The more cigarettes smoked and the longer a person has smoked, the greater the risk of dying from cancer, a heart attack, or a stroke. Statistically, the sooner you stop smoking, the longer your life is extended.
- Tobacco smoke contains more than four thousand chemicals, of which more than fifty have been identified as carcinogens. This endangers both your life, as well as the lives of the friends and family members around you.

Studies show that most techniques provide some benefit in helping to stop smoking, but alone the benefits are not significant. This program incorporates several different techniques in order to help you have the most support and success in stopping smoking.

I suggest you incorporate as many of the following stop smoking tips as you can to help you in your process:

- 1) Pat yourself on the back for deciding to quit!
- 2) Think of quitting as you would running a marathon. It's not a sprint. It takes time and dedication and diligence to make it to the finish line.
- 3) Be patient with yourself and realize that you're going to be more sensitive over the next few weeks. Treat yourself kindly and ask others to do the same. You deserve it.
- 4) List all of the reasons why you want to quit smoking and review them daily.
- 5) If you are stopping 'cold turkey' (preferred method) throw away all cigarettes, butts, matches, and ashtrays. For reduction method, give all cigarettes and matches to a friend or family member who will give you your allotted number of cigarettes for the day.
- 6) Use substitutes: chew on raw vegetables, fruits, gum, or licorice sticks. If your fingers seem empty play with a pen or pencil.
- 7) Visualize yourself as a non-smoker with more available money, pleasant breath, and unstained teeth.
- 8) Join a support group or ask at least 2-3 friends or family members to support you in this process. Let them know you will call them when you are in need of someone to talk with around your decision to stop smoking, and let them know what you would like for them to say to you. And CALL THEM when you feel you need a cigarette.
- 9) When you need to relax, perform deep breathing exercises.
- 10) Exercise. Regular exercise helps decrease anxiety and tension, increase oxygen flow to the heart and lungs, and decrease weight and the chance of heart disease.

- 11) Try to break the habits in your life that cause you to pick up a cigarette. Avoid situations you associate with smoking. If you normally go outside for a cigarette break at work, take a walk around the block instead. Avoid the smoking areas at work, in restaurants and in bars. If you have a favorite place you go to smoke, try to avoid going anywhere near it. If you have a time of day that you love to smoke, set up appointments or dates with others during that time. If you have friends who you smoke with let them know you are quitting and that you can't hang out with them for the next few weeks unless they are willing not to smoke while they are with you.
- 12) Take one day at a time. You can do it!!

The following marked natural techniques have been chosen to best assist you in your stop smoking process:

- Acupuncture. For patients not on constitutional homeopathic remedies, frequent acupuncture sessions are a useful tool in eliminating cravings, decreasing stress, improving sleep, releasing toxins, and reducing symptoms of nicotine withdrawal. Session schedule: ___ times per week, for ___ weeks.
- Ear seeds. Ear seeds have similar effects as acupuncture, but can be used with homeopathy. Press on seeds four times per day, and as needed for cravings. Then drink 6-8 oz of water. Return to the clinic for new seeds once a week for ___ weeks. If you experience bleeding, burning, or discomfort in the area of the ear seeds or patch, remove the seed and patch, clean well, and contact your physician.
- Stop Smoking Flower Essence formula. Used to reduce cravings and decrease stress. Take 1 dropperful as needed for cravings.
- Cigarette holding. If you are cutting down on smoking gradually, making the smoking process less enjoyable or convenient is a useful technique.
 - Days _____ - hold cigarette between third and fourth fingers.
 - Days _____ - hold cigarette between fourth and fifth fingers.
 - Days _____ - hold cigarette in the webbing between the first and second finger.
- Coaching. Agreements between the patient and physician are a useful tool to help you stay on track with your stop smoking program.
- Take the Sulfonil: 2 first thing in the morning, 2 before bed and one capsule every 2-3 hours throughout the day. You may take up to 8 in a day.
- Use your Rescue Remedy as often as needed.

Agreement:

I, _____, agree to quit smoking all cigarettes by
_____.

Patient signature:

Plan:

Reward:

Consequences: