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Stop Smoking Acupuncture Detox

Acupuncture has been proven to help people recover from the craving of nicotine addiction. It has been used in clinics throughout the United States for more than 30 years. Acupuncture detox treatments reduce the physical symptoms of withdrawal such as craving, body aches, headaches, nausea, sweating and muscle cramping. It also can relieve depression, anxiety, and insomnia. We have had patients that have smoked 2-3 packs per day, for decades, be free of withdrawal symptoms in one to two weeks.

Before we start treatment, we ask the patient for an extensive history in order to determine the best protocol for successful treatment. One concern we have is whether there is another smoker in the house, as we get better results if the patient is the only one in the house that smokes. If there is another smoker in the house, we recommend they go through the acupuncture detox as well. We also need to determine the exact reason the patient smokes. Smokers usually fall into two separate categories, based on their reasons for smoking, the treatment is different for each group.

Our first type of smoker is the person who smokes because they have a physical craving for the nicotine. This type of smoker will usually say, I'd like to quit, but I just like the taste of cigarettes. These patients are the best candidates for acupuncture detox and the success rate is over 80% for patients that follow the regimen protocol. The normal protocol starts on Sunday. I ask the patient to get rid of all their cigarettes, lighters, and ashtrays. I ask that they smoke their last cigarette on Sunday and then begin treatment on Monday.

When the patient sees me on Monday, I hope that they are "climbing the wall" or in other words experiencing full force, the symptoms of withdrawal. The Acupuncture detox process starts with the placing of 5 acupuncture points in the ear. One of the ear points is for willpower, two other points are for detoxifying the lungs, and two more are for the calming of the cravings to the nervous system. The acupuncture works by stimulating the nervous and endocrine system in an effort to calm the nervous system and the addiction.

After I place the ear points, the patient lies on their back and rests for approximately 20 to 30 minutes the patient will feel very relaxed, rested, calm, and they are not craving cigarettes. When they go home we ask them to drink 4-6 glasses of water a day in order to flush the nicotine out of their system.

The patient will return Tuesday and again on Wednesday for the same treatment. If their cravings have reduced enough then we have them come back on Friday, to get them through the weekend. Usually we will treat them 1-2 times the next week. The average course of treatment, for all smokers at this time, is 6 visits. After the first 3-4 days of acupuncture detox we ask the patients to incorporate a walking program to help clean the

nicotine out of their system as well as stimulate the bodies endorphins which decrease the cravings.

Most patients come back in after a week and report that they have minimal withdrawal symptoms and can begin to taste food. Their sense of smell has also dramatically improved. At about the 2-3 week mark, the smell of tobacco makes the ex-smoker nauseated. They also report that food really tastes better.

Our second type of smoker is someone who smokes because they have a combination of anxiety and nicotine addiction. The patient will generally smoke because of stressors in their life. They may feel pulled in too many directions, and don't feel like they have enough time in their day. They often are unhappy with either work or personal situations. Smoking to this type of patient is a symptom of the other problems in their lives, and is usually used to crutch to cope with life's difficulties.

For this type of smoker we basically use a 3 prong approach to combat their problem. We ask their medical doctors to consider prescribing western medications (usually Wellbutrin) to help keep their anxiety level down. We then recommend that the patient seek counseling for stress management in order to find out "what's eating at them." Once the patient feels like they have gained more control of their situation and are less stressed, we will begin the acupuncture detox, using the same procedure as described above. Combining western medicine, counseling, and the acupuncture, to decrease the cravings, brings the patient to the point where they can become an ex-smoker.