

Free acupuncture treatments in support of the Great American Smokeout on November 19th.

Source: Lars Nielsen, L.Ac.

Dated: Nov 13, 2009

In support of the Great American Smokeout, local acupuncturists at Harmony Community Wellness Center are offering free smoking cessation treatment on November 19th. The American Cancer Society marks the 34th Great American Smokeout on November 19.

In support of the Great American Smokeout, local acupuncturists at Harmony Community Wellness Center are offering free smoking cessation treatment on November 19th. The American Cancer Society marks the 34th Great American Smokeout on November 19 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk and increasing life span.

“We want to show our support for the Smokeout by offering free treatments to anyone wishing to quit smoking”, says Lars Nielsen, L.Ac., co-founder of Harmony Community Wellness Center. “We believe that it’s important to be a part of grass roots movements in our community like this.”

For those who want to quit smoking, acupuncture directed to selected points in the body may help curb the desire to smoke, according to a report in the journal Preventive Medicine (Vol. 33: 364-372). Acupuncture treatments are included as one of the alternative therapies recommended by the American Cancer Society for helping people to kick the habit.

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times."

Why is quitting and staying quit hard for so many people? Several different factors can affect how long it takes the body to remove nicotine and its by-products. In general, a regular smoker will have nicotine or its by-products, such as cotinine, in the body for about 3 to 4 days after stopping. A wide range of withdrawal symptoms can occur following smoking cessation, usually lasting 3 to 7 days, but may linger for weeks.

“Acupuncture works best when treatments are frequent and regular”, says Lars Nielsen, L.Ac. “Treatment effects are cumulative and acupuncture for smoking cessation is no different. Daily treatments for the first few days following cessation are recommended to reduce cravings and manage withdrawal symptoms. Acupuncture may help reduce cravings for nicotine and reduce the associated withdrawal symptoms that occur during this period.”

Research shows that people who stop smoking before age 50 can cut their risk of dying in the next 15 years in half compared with those who continue to smoke. Smokers who quit also reduce their risk of lung cancer – ten years after quitting, the lung cancer death rate is about half that of a continuing smoker’s. Some of the health effects of quitting are almost instant, too – heart rate and blood pressure drop 20 minutes after quitting. 1

The Great American Smokeout Web site (www.cancer.org/GreatAmericans) contains user-friendly tips and tools towards a smoke-free life.

Important facts about tobacco use: 2

- Tobacco use remains the single largest preventable cause of disease and premature death in the U.S.
- Cigarette smoking accounts for about 443,000 premature deaths – including 49,400 in nonsmokers.

- Thirty percent of cancer deaths, including 87 percent of lung cancer deaths, can be attributed to tobacco.
- Smoking also accounts for \$193 billion in health care expenditures and productivity losses.
- Great progress is being made in reducing tobacco use in the U.S., with adult smoking rates in 2007 declining among all adults to 19.8 percent.

1Taylor DH et al., Benefits of smoking cessation for longevity. American Journal of Public Health 92:990-996 (2002)

2American Cancer Society -<http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>

About Harmony Community Wellness Center:

Harmony Community Wellness Center (HCWC) was founded by a husband and wife team, Lars Nielsen, L.Ac., Dipl O.M., and Maki Tanaka Nielsen, L.Ac., Dipl. Ac., with the mission to provide affordable care for the health of our community. We believe that acupuncture is a great, low cost alternative modality that can help many achieve wellness. HCWC also provides massage and a number of wellness classes, including yoga, tai chi and qigong. Additional information is found on our web site at <http://www.hcwcenter.com>.

About the American Cancer Society :

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.4 billion, we turn what we know about cancer into what we do. As a result, about 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2345 or visit cancer.org.

Additional links:

<http://nccam.nih.gov/health/acupuncture/introduction.htm>

<http://www.californiasmokershelpline.org/>

<http://www.californiasmokershelpline.org/CountyListings.aspx>

<http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>

http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Acupuncture.asp

Contact information:

Harmony Community Wellness Center

229 S Juniper Street
Escondido, CA 92025
760-294-1356
760-294-3159 Fax
<http://www.hcwcenter.com>
info@hcwcenter.com
for Lars Nielsen, email is lars@hcwcenter.com

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Harmony Community Wellness Center provides community style acupuncture on a sliding scale fee structure from \$20 to \$40 per treatment. We also offer massage and wellness classes in yoga, tai chi and qigong.

Category	Health, Fitness, Lifestyle
Tags	acupuncture, quit smoking, great american smokeout
Email	Click to contact author
Phone	760-294-1356
Fax	760-294-3159
Address	229 S. Juniper St Escondido, CA 92025
City/Town	Escondido
State/Province	California
Zip	92025
Country	United States
Link	http://prlog.org/10413184



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