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## Acupuncture and Smoking Cessation Evidence - Based Medical Treatment Protocol

Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience.

Acupuncture involves the insertion of fine needles into specific points along 14 meridians, or energy pathways traversing the body to stimulate a response in the body's natural healing and pain relieving mechanisms. These pathways cannot be seen by the naked eye but modern science has been able to measure and confirm such corresponding locations. This medical treatment is performed by a Doctor of Acupuncture and integrates the empirical knowledge and

clinical experience of traditional acupuncture and an evidence-based protocol that has proven to be beneficial by scientific research. Acupuncture needles are much smaller and relatively painless compared to hypodermic needles. Acupuncture needles are hair-thin and solid with a rounded tip unlike hypodermic needles, which are hollow with a cutting edge. These single-use, sterile needles are regulated by the FDA as a medical instrument. Acupuncture treatments often include the use of electrical stimulation devices (E-Stim) that induce a small current between needles. This modern method of stimulation produces a mild tapping, or tingling sensation that can be adjusted to accommodate the patient's comfort

**TREATMENT DETAILS:** 5 acupuncture points are used along one side of the body per the diagram pattern. Electric stimulation is applied between the two arm points.

**TREATMENT SESSION:** 1 Hour (includes preparation time plus 20 minutes of needle retention)

**THE PRACTICAL COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS:** 2 treatments per week over a 3 week period. The patient is instructed on how to apply acupressure to points on the ear 4 times per day throughout the treatment period. This protocol has shown to decrease the affinity for the taste of tobacco and in the desire to smoke with the effects lasting as long as 5 years.



*Note: A diagnosis in the practice of Acupuncture is traditionally based on pattern discrimination and is not disease specific; therefore a treatment is tailored to each patient as an individual with a unique pattern of signs and symptoms. Modifications and/or additional therapies may be considered for the best therapeutic results.*

All new patients, prior to treatment, should download and complete the PATIENT HISTORY FORM located at [www.NaturesHealing.info](http://www.NaturesHealing.info).

AN EVIDENCE-BASED TREATMENT PROTOCOL DERIVED FROM THE FOLLOWING STUDY:

Effect of Acupuncture on Smoking Cessation or Reduction: An 8-Month and 5-Year Follow-up Study:  
Dong et Al. Preventive Medicine 2001. 33,364-372

**RESULTS SUMMARY:** Altogether 46 healthy men and women who reported smoking  $20 \pm 6$  cigarettes per day volunteered in the study. Blood samples for measuring variables related to smoking, i.e., serum cotinine and serum thiocyanate, were taken. The test group reported that cigarettes tasted worse than before the treatments, and also the desire to smoke fell. For test group the serum concentration of cotinine fell, and the values correlated with the reported smoking.

**CONCLUSION:** This study confirms that adequate acupuncture treatment may help motivated smokers to reduce their smoking, or even quit smoking completely, and the effect may last for at least 5 years. Acupuncture may affect the subjects' smoking by reducing their taste of tobacco and their desire to smoke. Different acupoints have different effects on smoking cessation.