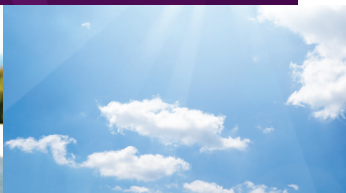


# smoking cessation & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



**The Women's Hospital**

**CENTER FOR HEALING ARTS**

JOINTLY PHYSICIAN OWNED

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**Deaconess**

Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **[www.deaconess.com/CHA](http://www.deaconess.com/CHA)**.

## Smoking Cessation and Acupuncture

According to a recent report, 70% of U.S. adult smokers want to quit smoking and many more try to quit every year. If you have tried in the past, you know how difficult it can be to quit smoking. Nicotine is a powerful addiction and research suggests that it is as addictive as heroin, cocaine or alcohol.

Acupuncture is highly successful as a holistic approach to smoking cessation. In fact, acupuncture treatment is now often mandated by court for drug addicts because it reduces cravings and alleviates withdrawal symptoms such as anxiety, sadness and irritability. It also helps you in detoxification and relaxes your mind and body.

During treatment for smoking cessation, the acupuncturist looks at all of your signs and symptoms and tries to balance the energetic system within your body to optimize your health and help with your journey to a smoke-free life.

One study performed in Norway, at the University of Oslo, concluded that acupuncture significantly reduces the desire for smoking up to five years after the initial treatments. Beyond that, the participants reported that cigarettes tasted worse than before treatment and that the treatment had effectively reduced their taste for tobacco.

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