

Quit smoking with auricular acupuncture

Up to our days, the organic damages that smoke provokes are well-known, as chronic and degenerative diseases; quit smoking is a difficult goal to accomplish, but absolutely necessary.



In 1986, the World Organization of Health declares that "the use of tobacco in all its shapes is incompatible with the achievement of the goal: "Health for everybody within 2000" (WHO, 1986); still, for not clear reasons, the addiction to tobacco has not been added to the other specific dependences, but in another separated section, incredibly entitled "Abuse not addicted to drugs" (Arnao, 1990).

Actually, nicotine gives a real dependence.

Nervousness, increase of sense of hunger, tremors, and perspiration, simply are some of the symptoms that hit the person who tries to abstain from smoking cigarettes.

Thirty years ago, psychiatrist Michael Smith realized that 5 determinant spots of auricular acupuncture helped some guys from the Bronx to quit taking drugs or, at least, to quit smoking. So, Doctor Smith adjusted a protocol, which was called **ACUDETTOX** (Acupuncture Detoxification) with whom he treats the addictions. We are talking about the discovery of 5 auricular spots that, without the help of any substances, help people to free themselves from dependence of substance.

Many studies have been taken place, then edit by magazine Cochrane, which demonstrate the efficiency of acupuncture in the treatment of addiction to nicotine. In particular, it has been demonstrated that with the **ACUDETTOX** treatment, **an efficiency of 40% in quitting smoking a year apart from the treatment, and a 53% of reduction of the number of smoked cigarettes** has been reached, compared to a 20% obtained a year apart from the treatment, through the help of the pharmacological therapy for addiction to nicotine. Studies conducted to verify the validity of this protocol, underlines the absolute lack of collateral effects linked to the treatment of auricular acupuncture.

The absence of contra-indications is fundamental in the care of people who need an absolute help to quit smoking because yet carriers of diseases, as cardio-circulatory and cerebrum-vascular affections, but that can not add the pharmacological therapy for addiction to nicotine to the already numerous drugs that they take on for the pathology to which they are affected to.

ACUDETTOX is a therapy that can be done even by pregnant women or women who nurse.

It is already consolidated the fact that nicotine, and many others harmful substances contained in a cigarette, are transmitted both through maternal and fetal blood, and from milk to the baby while nursing. Many women even desiring to quit smoking for their baby have to face many difficulties. The privation of cigarettes often makes the level of stress very high, absolutely harmful during the pregnancy. Beside this, pregnant women cannot take on too many pharmacological therapies for the privation of smoke, having even those contra-indications for the foetus.

ACUDETTOX is a valid help, with no collateral effects, painless and that helps to keep the level of stress low.

How does ACUDETTOX work?

Acudetox has a specific action for problems due to addiction to substance, whatever it is. Varying the substance varies the frequency of sessions, but not the therapeutic gesture. This fact is fundamentally important; it allows the doctor to act even on secondary dependences that often establish themselves on people who quit smoking. The obsessive desire for food and the necessity to always have something in our mouth are the most frequent problems. They come little by little, with the abstention from smoke and they are the reasons of unpleasant consequences, from putting on weight, to tooth decays and a worsening of mood.

ACUDETTOX acts re-balancing the level of neurotransmitters and stimulating the release of endorphin, that have a notable sedative action that allows the patient to relax, to reduce both the number of cigarettes and the amount of food and alimentary habits, as the uncontrolled assumption of sweets and chewing gum. Even the mood derives benefits and little by little, going ahead with the sessions, the number of smoked cigarettes significantly decreases till the complete abstention.

To investigate the clinical effects of the treatment with ACUDETTOX, a research took place. This research was done through an interview to people who underwent the therapy. Here I report the emerged results, from the less to the most frequent:

- **RELAXATION:** the majority of patients says that they have tried a pleasure sensation of relaxation even after 5 minutes of the therapy. Having a comparison immediately is very important, it induces people to come back and finish the care in a correct and precise way, fundamental element to obtain good results in quitting smoking for a very long time.
- **REDUCTION OF STRESS:** not only during the therapy, but even during the every day life. A level of anxiety, agitation or low stress, helps a lot to decrease the number of smoked cigarettes.
- **REDUCTION OF THE NEED OF NICOTINE,** treating symptoms of abstinence, in the person who however is motivated to quit smoking, ACUDETTOX allows feeling a little desire towards the substance.
- **BETTER SLEEP:** the greater smoker are often people who are a little bit anxious, with their mind "always active", they often suffer from insomnia. With the ACUDETTOX treatment, the sleep gets better, both for the number of hours and for the quality of it.

How does the therapy take place?

ACUDETTOX for the addiction to nicotine is composed of three weekly sessions for a continuative period of three weeks, for a total of twelve sessions.

The therapy is done in-group. This allows people, in the moments before and after the session, to compare themselves, to share their successes or doubts. The needles used by the doctor are really thin and disposable, they are positioned only after having disinfected the auricular skin with care. Being the auricular cartilage not much innervated, the therapy is absolutely painless.

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