Using Guided Imagery and Acupuncture to Help You STOP SMOKING

IF YOU WANT TO STOP SMOKING, but haven’t found an approach that works, you may want to try holistic or complementary methods such as:

**Acupuncture**: To address the physical addiction of smoking.
**Guided Imagery**: To address the behavior of smoking.

**ACUPUNCTURE**
Acupuncture has been used as a therapeutic treatment aid for smoking cessation for many years with positive outcomes. The procedure is performed by inserting fine needles into specific points on the ear and on the upper and lower extremities. The needle process is relatively painless and most people find the experience relaxing. Sterile, disposable needles are always used. Acupuncture works by stimulating the peripheral nervous system to send messages from the spinal cord to the brain. At which times, various chemical substances are released that aid in controlling the urge to smoke and help alleviate the physical withdrawal symptoms of nicotine.

**GUIDED IMAGERY CD (SELF-HYPNOSIS)**
As part of the treatment program you are given a Guided Imagery CD. By listening to “The Guided Imagery to Reduce Stress and Help You Stop Smoking”, you gain access to an unique and powerful method for addressing the emotional aspects of nicotine addiction and habitual smoking. By using this Guided Imagery CD, you may find you are able to:

- Release resistance to becoming a nonsmoker (even hidden or unknown resistance)
- Begin thinking as a nonsmoker
- Feel like a nonsmoker
- Begin to reverse the physical toll that smoking has taken on your body

It is important that you try to listen to the CD each day to help reinforce your brain chemistry of the new changes and help relieve any stress and anxiety you might be feeling. Guided Imagery helps you switch on your imagination as you follow along a scripted series of mental images that prepare your mind to solve behavior and addiction problems, discover insights and achieve the outcomes you want.

Just think…one year from now, you could be celebrating your 1st Anniversary as a healthy, happy nonsmoker.

ABOUT BEAUMONT’S GUIDED IMAGERY SERVICES
Beaumont’s Integrative Medicine offers a number of services, including one-on-one Guided Imagery treatments and/or Guided Imagery meditation CDs that help you switch on your imagination with a scripted series of mental images that prepare your mind to solve behavior and addiction problems, discover insights and achieve the outcomes you want!

Attending a session or listening to the Guided Imagery recordings can help you tap into using the power of your mind to aid in your health and reduce stress.

To schedule a private appointment or purchase one of the Guided Imagery CDs ($15), please call Royal Oak 248.551.9990, Troy 248.964.9100 or Rochester Hills 248.267.5660.

Beaumont Integrative Medicine services are not covered by BEHP.

**Integrative Medicine Services**: Clinical Massage Therapy • Massage Cupping • Energy Balancing w/Reiki • Guided Imagery • Naturopathy • Medical and TCM Acupuncture • Scar Therapy • Skin Care • Gentle Yoga • Meditation