



STOP SMOKING FOR LIFE! at FirstHealth of Andover pc

*6-week program that starts
when you're ready to quit!*

what it is: Stop Smoking For Life! begins when you are ready to quit and incorporates acupuncture, behavior modification, nutrition education, and mind-body techniques into one comprehensive program. The initial consult is FREE and lasts half an hour. During this time you will meet with an acupuncturist who will cover the components of the program with you and answer any questions you may have. You will leave with a comprehensive treatment plan and a path to get started.

why it works: Because acupuncture treatments are individually customized for each person, this smoking cessation program can often be successful even for people who have not had success with other methods. For the smoker who is ready to quit and make positive changes in their life this can be just the right combination of therapies to be successful. With the support of family and friends and the help of health professionals, this program can lead to permanent cessation.

- **acupuncture** – a gentle, relaxing and proven technique to help curb cravings and lessen withdrawal symptoms associated with quitting. Treatments will be given twice per week for the initial two weeks and once weekly for the remainder of the program.*
- **alpha-stim®** – a revolutionary technology, already adopted by the military, that treats the symptoms of anxiety, insomnia and depression through micro current stimulation. Treatments will be given along with acupuncture.*
- **dietary counseling** – Registered Dieticians on staff at FirstHealth are available for individual consultations on an as-needed basis. Weight gain is one of the biggest fears when quitting smoking and our staff can guide you through the process.**
- **nutritional supplementation** – Our Naturopathic Doctor at FirstHealth is available to advise you on specific herbal medicine and nutraceuticals which are available to support your body's physiological systems during the withdrawal period. **
- **cognitive behavioral therapy** – We have partnered with local psychologists specializing in behavior modification. Nicotine addiction has many habitual behaviors that need to be addressed if you are to be successful in quitting smoking. They have extensive experience creating individualized quit-smoking programs that can assist you to prepare for and choose a quit date, identify smoking triggers, and support you throughout the process.**

*Additional treatments are available at additional cost.

** Referrals will be made available on an individual basis. Many insurance plans may offer coverage for these referred services.

\$480 for 6 weeks

To schedule your free consult, please call 978-474-9994.

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“your passport to health”