



West Vancouver Wellness Centre

#103-565 17th Street,
West Vancouver, BC
V7V 3S9

Phone: 604 925 2560

Fax: 604 925 2567

www.healthydoc.com

West Vancouver Wellness Centre Smoking Cessation Package

Tobacco cigarettes contain thousands of toxic chemicals including formaldehyde, hydrogen cyanide, arsenic and a variety of others not to mention dangerous pesticides. Nicotine is the substance we hear about that causes the biggest obstacle to quitting...addiction. Is it a physical or mental addiction, or both? Most smokers who really want to quit need to address both aspects. The following steps will help guide one to becoming smoke-free naturally. The goal of Naturopathic Medicine is to restore the body to a natural healthy state utilizing: **Optimal Nutrition, vitamin and mineral supplements, herbal medicine, massage therapy, acupuncture, and homeopathic remedies:**

1. **Acupuncture** has become the most widespread natural therapy for treating addictions. Acupuncture works on the theory that networks of energy ("chi"), flow through the body along natural pathways, and disease grows when that energy is out of balance or blocked. By inserting needles at precise positions along these pathways, the body's natural flow of energy is stimulated.
2. **Nutrition and supplements** are beneficial in supporting the body during the natural detoxification when quitting smoking. From a nutritional standpoint, it is important to eat primarily a whole foods diet including fruits, vegetables, beans, nuts, seeds and increase fluids such as water, fresh juices, soups and herbal teas to aid in the detoxification process. **The additional circulating toxins in the body often require higher levels of nutrients such as vitamin C, vitamin A, Zinc, selenium, vitamin E and the B vitamins.**
3. **Herbal Medicine** has been used successfully with smokers, both as cigarette substitutes and to aid in the withdrawal and detoxification side effects.
4. **Homeopathic** medicines are safely prescribed to individuals with disease symptoms based on the principle of 'like cures like'. For instance the homeopathic remedy *Tabacuum* may be used to aid in reducing cravings of tobacco. Homeopathy may be used to treat a wide variety of physical and emotional ailments
5. **Massage therapy** using fascial, myofascial, and lymph drainage. Research has shown that patients who receive massage therapy have less stress and increase overall health and wellness.

It's important to decide on a plan of action and work with your Naturopathic Doctor to achieve success. It is only natural to experience good and bad days, but try to remember that a craving is like a wave that is strong at first but eventually loses its strength.