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SUPPLEMENTAL PROTOCOL FOR NICOTINE WITHDRAWAL

1. Prior to your first acupuncture treatment, gather all cigarettes, ashtrays and smoking paraphernalia from your home, workplace and automobile and place them in a garbage bag for disposal. Bring this bag with you at the time of your first treatment.
2. It can be very supportive to the process of nicotine withdrawal to be involved with a group of people who are also in the process of stopping smoking or who have already stopped smoking. If a group such as this does not exist in your area, try to identify a friend who has stopped smoking who would be willing to act as a “buddy.” This person should be someone you feel comfortable calling for support throughout this process. There are also some smoking cessation websites that have chat areas that are very helpful. Some of these are listed in this handout.
3. We have scheduled a minimum number of treatments. If you are feeling like you need an additional treatment at any time for support throughout the withdrawal period, please call the office and I will see you as soon as possible. If you do smoke between treatments, you need to call me and recommit to not smoking. It is important to keep your commitment alive. If during the course of treatment you come for an appointment and have smoked and have not called to reveal you’ve smoked, I will not treat you and you will be charged for the time reserved.
4. Nicotine can raise blood sugar. Once you have stopped smoking, it is fundamentally important that you do not raise your blood sugar with sweets and rich foods. This would lead to weight gain associated with smoking cessation. It is a good idea to have many small meals throughout the day and to emphasize good protein sources. A good breakfast can be very important as well as taking snacks to work for mid-morning and mid-afternoon. Your local health food store can be a source for quality, healthful snacks. Keep a bag of sunflower and pumpkin seeds with you at all times to eat as the urge arises.
5. Please drink your minimum ounces of pure, plain water every day. Your total water intake should be calculated by the following method: $1/2$ body weight in ounces of water per day. This means if you weigh 150 lbs. You should drink a minimum of 75 fl. ozs. of water a day. Other fluids you consume would be *in addition* to the water.

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6. Please walk 1/2 hour per day. If there are any medical concerns with walking, check with your physician. Walk at the pace appropriate for you. Even a casual “stroll” counts!
7. It is important to reflect on your smoking rituals and habits and intentionally alter them. For example, if you usually smoke directly after a meal, the new ritual could be to finish the meal, get right up from the table, brush your teeth and go for a walk.
8. It is important to become aware of your breathing and to breathe fully and deeply. This is especially helpful first thing in the morning upon rising. When walking, fill your lungs and cultivate a sense of gratitude. Focus your awareness particularly upon your exhalation, fully breathing out the old, stagnant air, thereby allowing space for the clean, fresh, new air.
9. There are a few supplements that will help support the acupuncture treatments and will assist your body with its nicotine withdrawal. These will also help to replenish some of the vitamins that are destroyed by smoking. Your local health food store can be a good source for these.

- Vitamin C: 1,000 mgs. per day
- Vitamin E: 400 IU per day
- Selenium + Chromium: 200 mcg. per day
- Beta-Carotene: 15,000 IU per day
- B-Complex with extra B-12 and Folic Acid
- Homeopathic Smoking Withdrawal Remedy: per Diane’s instructions