

# Quit Smoking Patient Help Sheet

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

## Helpful Acupuncture Points

You may have a variety of symptoms resulting from cessation of smoking. These acupressure points (see diagrams to the right) are used to support your health and well-being as you go through the process of quitting smoking. They can be used by themselves or in conjunction with other points.

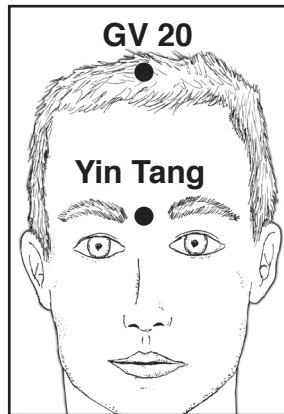
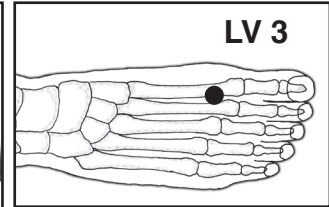
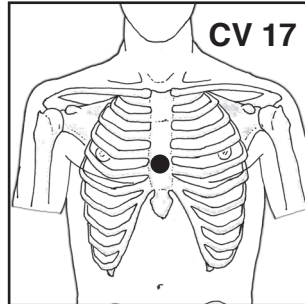
Rubbing acupuncture points with your finger for 30-60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

**Conception Vessel 17 (CV 17):** In the center of the sternum. Functions: Stress and anxiety relief, strengthens the lungs.

**Liver 3 (LV 3):** On the top of the foot, between where the first and second metatarsal bones meet. Functions: Combats dizziness, headaches, vertigo, and depression; facilitates headache relief.

**Governing Vessel 20 (GV 20):** Place your left thumb on the top of your left ear and your right thumb on the top of your right ear. Move your fingertips toward the top of your head and feel for a hollow area near the top center of your head. Functions: Relieves headaches, depression, vertigo, dizziness, and improves memory.

**Yin Tang:** In the center of the brow between the medial ends of the eyebrows. Functions: Relieves depression, calms and focuses the mind, balances glandular and emotional imbalances.



## Cleanse your nose

Nasal cleansing is an ancient practice that has been used throughout India for thousands of years. There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.

Check out the links below for more information:

- [http://en.wikipedia.org/wiki/Nasal\\_irrigation](http://en.wikipedia.org/wiki/Nasal_irrigation)
- [http://www2.oprah.com/health/oz/oz\\_20070426\\_350\\_106.jhtml](http://www2.oprah.com/health/oz/oz_20070426_350_106.jhtml)
- <http://www.himalayaninstitute.org/Netipot/NetiPotGateway.aspx>

## Helpful aromatherapy to quit smoking

Use aromatherapy when you feel a craving coming on. You can either wear it on your body, or place a drop or two under your nose or on a piece of cloth. When your craving comes on, take a whiff of the scent, inhaling it deeply into your chest. See the list below for different varieties of scents that may help you.

([www.possumsal.homestead.com/smoking.html](http://www.possumsal.homestead.com/smoking.html))

- Lemon
- Peppermint
- Cypress
- Cedar
- Lavender
- Orange
- Tea Tree

## Smoking Cessation Home Remedies

1. Place some mustard seeds on the chest over the lungs and tape down with plaster. Rub the area(s) regularly. ([www.grannymed.com](http://www.grannymed.com))
2. Every time the urge to smoke arises, place some salt on the tip of the tongue. Continue for 1-2 months. ([www.grannymed.com](http://www.grannymed.com))
3. Drink fresh celery and carrot juice daily. ([www.grannymed.com](http://www.grannymed.com))
4. Grate a fresh radish and mix with 2 teaspoons of honey. Drink often. ([www.possumsal.homestead.com/smoking.html](http://www.possumsal.homestead.com/smoking.html))
5. Chew licorice sticks. ([www.possumsal.homestead.com/smoking.html](http://www.possumsal.homestead.com/smoking.html))