

Butt Out!

Introducing our Medically Supervised Smoking Cessation Program



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The Goals of our Smoking Cessation Program are to:

- Eliminate smoking
 - Identify treatment obstacles
 - Improve nutritional status
 - Support and protect your body organs and emotional well being
 - Facilitate and support detoxification
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This package provides *you* with the necessary tools to quit smoking and stay smoke free for life:

1. **Individual Counseling** – Everyone is unique and has his or her own reasons for wanting to stop smoking!
2. **Acupuncture** – Much research has been done on the use of acupuncture for smoking cessation itself, as well as for the effects of smoking such as anxiety, digestive disorders, emotional distress and insomnia.
3. **Nutritional Recommendations & Supplementation** – A healthy diet, with balanced vitamins, minerals, antioxidants, fatty acids, fiber & amino acids – is an important tool for your body to manage stress, prevent, and recover from illness.
4. **Herbal support** – Herbs nourish your body and help your body release toxins that build up and help to alleviate some of the effects of smoking cessation, such as anxiety, emotional distress, and insomnia.

Our Medically Supervised Smoking Cessation Package Includes:

Treatments by our Naturopathic Doctor • Acupuncture
Herbal Support • Nutritional Recommendations
Nutritional Supplementation

Call the office today for more information or to book your first appointment

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