



## Bethune Oriental Medicine Center

**3220 – 99 St. (Parsons Rd.)**  
Edmonton, Alberta  
T6N 1M2

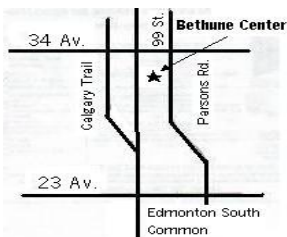


**Tel: (780) 461 6668**  
**(780) 461 6366**  
**Fax: (780) 461 6366**

**Website: [www.bethune68.com](http://www.bethune68.com)**

### **Business Hours:**

Mon., Wed. & Fri.	9 AM-6 PM
Tue. & Thu.	9 AM-7 PM
Saturday	10 AM-4 PM
Sunday/Holiday	1 PM-4 PM



Take Bus #70 and get off at 32<sup>nd</sup> Ave.

# Quit Smoking

If you are like many smokers, then you've tried to quit more than once. You want to leave cigarettes behind so you can be healthier and live longer. Smoking is partly addictive and partly habitual. The adverse impact of smoking depends on the amount and the number of years smoked, the type of cigarettes or tobacco, and the way of smoking.

### *How does smoking impact your body?*

Nicotine enters your lungs and blood stream and is metabolized by your liver. After years of smoking your liver goes into a panic when you decide to quit. The liver sends signals to your autonomic nervous system resulting in a nervous withdrawal reaction. Your heart beat speeds up, you're irritable and you may feel shaky. Wouldn't you like to get over these symptoms and move on to a healthier you?

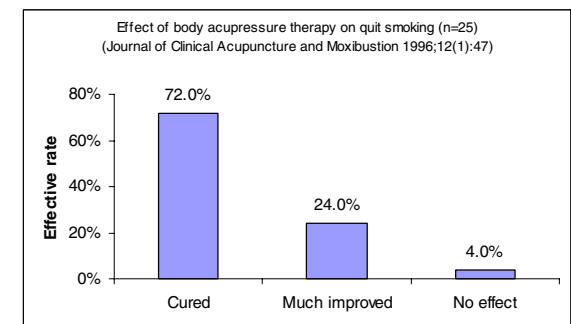
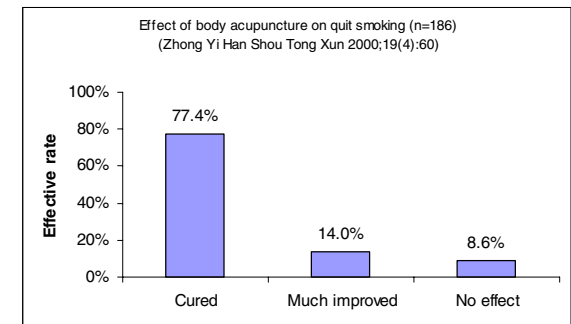


Our program is able to address these issues by overriding the subconscious "program" that makes it difficult to quit with willpower alone. Change does not have to be such a struggle. Allow yourself to make the changes you have always wanted to. Learn tools and techniques that will help you attain the peace and happiness that you desire.

## How Acupuncture Can Help

Acupuncture is an effective tool to enable one to quit smoking. It minimizes cravings, calms the nervous system and strengthens willpower. Acupuncture can only work if the person is ready to quit and willing to commit to the process.

Acupuncture intercepts messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. It can eliminate most cravings.



## Herbal Remedies

Herbal therapy is useful for many disorders. There are several brands of herb products available in North America market with variable effects (short or long term). We offer traditional Chinese herbs to help those with addictive syndrome or depression. It can be a raw herb mixture, or a herb product.

Contact our Quit Smoking Specialist for more information.

## Learn Qigong To Quit Smoking

Our Qigong Class is designed for those who want smoking cessation to be a long term. Qigong therapy reduces the desire for cigarettes. Withdrawal symptoms are reduced or eliminated.

Qigong allows you to feel relaxed immediately following practice. You also feel a peace of mind. It is a good exercise for reducing depression and anxiety as well as reducing body weight.

*Times:*

Wednesday: 7:30 pm to 9:30 pm

The class lasts for two months, and costs for \$160.

## Hypnosis

Hypnosis is about reprogramming the mind at the unconscious level to stop smoking by using visual imagery and metaphorical representations and can help stop smoking in several ways.

- Hypnotherapy can help you to identify the reasons and excuses for your smoking habit.
- By teaching simple relaxation skills.
- Hypnosis can remove the desire to smoke and replace it with feelings of calm, control etc.
- Hypnosis breaks both the habitual and psychological dependency of smoking and nicotine addiction.
- Hypnosis is safe and natural. It does not use drugs or other addictive substances.

### What we have learnt from the experience of Chinese doctors in helping patient to quit smoking:

1. After acupuncture, smokers usually feel a bitter or unpleasant taste in the mouth, so dislike the cigarettes.
2. Strong desire of a person to quit smoking is not necessarily needed for short term cessation of smoking, but for a long term effect.
3. Encourage from outside sources (family members, friends) is more important than the patient's will power.
4. The age, sex of a smoker and the daily amount of cigarettes consumed are not a dependent factor for the effect of cessation. The length of the smoking history is related inversely to the success.

## Get Started Today

To whom it may concern:

I started smoking when I was about 30 years of old. I have been wanting to quit smoking for this past several years, because I had no energy. My daughter told me about the Bethune Clinic, and a few days ago, I made an appointment with Dr. Martin at the Bethune Clinic. Today is my 6th treatment (from April 26 to May 3), four days ago I quit smoking, and have no desire to keep smoking. I can now get a good nights rest and I feel much better emotionally and physically.

If you really want to quit smoking, give the Bethune Clinic a call.

Yours Truly

Scot Steele, Edmonton, May 6, 2004

*To whom it may concern  
I Scot Steele, born Aug 24 1922 AT  
PROVOK ALBERTA  
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YEARS OLD. I HAVE BEEN WANTING TO QUIT  
SMOKING FOR THE PAST SEVERAL YEARS, BECAUSE IT  
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BETHUNE CLINIC, AND A FEW DAYS AGO I MADE AN  
APPOINTMENT WITH MARTIN AT THE BETHUNE CLINIC.  
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IF YOU REALLY WANT TO QUIT SMOKING, GIVE  
THE BETHUNE CLINIC A CALL  
Yours Truly  
Scot Steele*

