

STOP SMOKING PROGRAM *with Auricular Therapy*



Congratulations on taking the first step to **STOP smoking** by requesting more information on our Stop Smoking Program.

WHAT IS AURICULAR THERAPY?

Auricular Therapy is a proven effective painless tool to enable one to quit smoking by minimizing cravings, calming the nervous system and strengthening will power. It is a safe and **pain-free treatment of the ears** (auricles) at multiple acupuncture points with mild electrical stimulation.

Auricular Therapy can only work if the person is ready to **QUIT** and willing to commit to the process. This program has helped many people successfully quit smoking. ***Auricular Therapy*** is by far the most effective way to stop smoking today. We simply apply a very light stimulation to precise points on the external ear. It uses the same principles as acupuncture but without needles or pain. By stimulating these specific points we can intercept messages sent by the brain to the body that demand more nicotine, thereby disrupting

the addictive process. In most cases relief of cravings are noticed immediately after just **ONE treatment!** Generally the treatment reduces cravings from 20 plus to only 3-5 a day. This pain-free treatment takes approximately 30 minutes. There are no known side effects, the treatments are painless and remarkably effective for most people.

You know that you want to STOP smoking, but the addiction to nicotine is too strong. The experts tell us that nicotine is **FOUR times more addictive than heroin!** That's where ***Auricular Therapy*** will help. By stimulating or sedating precise nerve endings on your external ear, your craving for nicotine will be eliminated. In fact, with ***Auricular Therapy*** the majority of people experience little to no withdrawal symptoms when they stop smoking! And, eighty-five (85%) of our patients successfully stop smoking with just one treatment. While most of the "stop smoking" techniques focus on the psychological aspects of smoking, ***Auricular Therapy*** treats the nicotine craving head on! That's why you can stop smoking now, even though you've failed many times before. Occasionally a second treatment of ***Auricular Therapy*** is beneficial.

Stopping Smoking Doesn't Cost ... It Pays

Smoking ONE pack of cigarettes a day costs about **\$1,440 a year!** If you saved that money and put it in the bank, you'd have a **\$43,200 "nest egg" after thirty (30) years.**

Other Good Reasons to Stop Smoking Now

- Smokers have **15-25 times the cancer** rate of non-smokers
- Non-smoking spouses have a **35% higher risk of lung cancer** if their spouse smokes
- 85% of lung cancer in men and 75% in women is **caused directly by cigarette smoking 300,000 deaths per year** in the United States alone.
- A smoker at the age of 25, will **reduce their life expectancy by 25%**
- The reasons to **stop** are endless...

The treatment takes about **30 minutes**... **Occasionally**, a second treatment is beneficial and we offer free "boosters" for a period of 30 days post treatment if patient remains smoke free.

"The benefits will continue for ***the rest of your life***"



**Back On Track
Chiropractic, LLC**
James L. Boas, D.C.

Clinic Hours
Monday, Wednesday & Friday
9:00am - 1:00pm
3:00pm - 7:00pm
Saturday
9:00am - 1:00pm

(732)242-9541

Walk-ins welcome!
We appreciate your referral

Most insurances accepted

Main Office
479 Route 79 (suite #15)
Morganville, NJ, 07751

