



LONGEVITY

HEALTH CENTER

August 2019 Newsletter

From the Longevity Health Center Team

Stop Smoking with Acupuncture!

There are many ways to stop smoking, but so many of them fail because of the miserable withdrawal symptoms one has to endure along the way. Maybe you've tried cold turkey, group therapy, aversion techniques, scare tactics and the like. The problem is no one wants to feel the intense irritability, nervousness, tension, restlessness, sleep disturbances, and severe cravings that come with quitting on your own. Acupuncture can help, by reducing the cravings. It works by resetting the brain chemistry to diminish withdrawal symptoms. With acupuncture, even a two pack a day smoker can become a non-smoker in just two to three treatments.

Why Now?

Smoking is the number one cause of preventable disease, death and disability in the United States. Cigarette smoking is responsible for more than 480,000 deaths per year in the US, including more than 41,000 deaths resulting from second hand smoke. This is about one in five deaths annually, or 1,300 deaths every day. On average, smokers die ten years earlier than non-smokers. Sixteen million Americans are living with a disease caused by smoking. When a cigarette is burned, its 600 ingredients create more than 7,000 chemicals. Sixty nine of those chemicals are known to cause cancer, and many are poisonous, including arsenic (rat poison), ammonia (toilet bowl cleaner), acetone (nail polish remover), hydrogen cyanide (gas chamber poison), Methanol (rocket fuel), DDT (insecticide), formaldehyde and lead.

How does it work?

Habitual smoking is a result from an addiction to the powerful drug nicotine. Nicotine is a central nervous system stimulant that has an effect on your entire body and mind. When you smoke repeatedly, it creates a chemical imbalance in the brain. This biological imbalance can be temporarily fixed by more smoking. If you suddenly stop smoking, you feel it very quickly, because the brain is physiologically out of balance. This creates an addiction, where we start to believe that the only way we can feel normal is to smoke more. Acupuncture is one of the only known approaches that directly treats the addiction centers in our brain. This is accomplished with as few as two acupuncture treatments (\$85 each) spaced 18 hours apart. Now we can feel great without smoking! This quick and comfortable procedure is done by a professionally trained, board certified acupuncturist, using safe and effective techniques.

What are the results?

Stopping smoking has many immediate health benefits. According the American Cancer Society, within the first 20 minutes after your last cigarette, your blood pressure and pulse rate decrease to normal and body temperature increases to normal. Within 8 hours carbon monoxide and oxygen levels become normal. Within just 24 hours, your risk of heart attack decreases significantly! The longer a person goes without smoking, the risk of smoking related death continues to decline. Ten years after quitting smoking, your risk goes back to zero! It's not too late. Make an appointment today!

David Moats is a Licensed Acupuncturist at Longevity Health Center and can assist with smoking cessation.

LIFESTYLE EDUCATION SEASONAL RECIPES:

HUMMUS WITH CRUDITE & MINT TEA



INGREDIENTS:

- 2- 15-oz cans of chickpeas (garbanzo beans), drained, reserving liquid.
- 1-2 garlic cloves, roughly chopped
- 1/2 cup garbanzo bean liquid or water
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup of tahini (optional but delicious)
- 1/4 cup Italian parsley, roughly chopped
- 1/4 cup extra virgin olive oil (plus more for garnishing)
- 1/2 teaspoon of salt

METHOD:

Place garbanzo beans, garlic, bean liquid, lemon juice, tahini, Italian parsley and salt in food processor. Drizzle in olive oil slowly until mixture is smooth. Add more of any of the liquids to achieve a thinner viscosity, if desired.

Serve with assorted vegetables like carrots, celery, cucumber, your favorite pita bread or cracker.

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
August, 16th - Admissions Day

MOVEMENT CLASSES

SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.
Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.
Tuesday 3:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - 1:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.
Drop ins may be accepted, but appointments are encouraged.*