

## Preparing for Smoking Cessation

Auriculotherapy for smoking cessation consists of an unlimited number of visits within 45 days of your first treatment. The treatments will mediate the physiological symptoms of nicotine addiction - or what is generally referred to as withdrawal. However, you must break the habit of smoking. Forty-five days is plenty of time for your body to clear itself of nicotine, but the rest is up to you.

### *Things to do before beginning a treatment...*

1. Pick a day within the next two weeks that you want to quit and make your appointment accordingly. You might try a Friday, which will give you the weekend away from the office, or you might choose a Sunday or Monday if you're a social smoker.
2. Tell friends, family and co-workers exactly when and how you plan to quit. The more people you tell, the more support you'll get. If you have close family or friends that smoke, ask them to quit with you or be courteous enough to refrain from smoking in your presence.
3. In the week or two weeks before you begin treatment, identify the two or three places or situations that you ALWAYS have a cigarette, and don't smoke during these occasions. If it's in the car on the way to work, have a cigarette before you get in the car and in the parking lot at work, but not in the car. This will help prepare you for your quit day.
4. As your quit day approaches, get rid of things such as ashtrays and lighters that remind you of smoking. Clean out the ashtray and empty packs of cigarettes in your car. Maybe go to the dentist to get your teeth cleaned. All of these things will contribute to your success.
5. Have healthy alternatives to smoking, such as chewing on sunflower seeds in the car. Use the money you save from quitting to buy healthy snack foods such as raw vegetable packs or almonds to munch on around the office. Buy a squishy ball to squeeze... anything to occupy yourself and take your mind of smoking.
6. Finally, be aware and anticipate the challenge that awaits you. The majority of those that relapse do so within the first 3 months, so if you can make it that long the odds are in your favor.