



## The Integrative Medicine Clinics Smoking Cessation

Feel your best every day, at every age. At The Edward-Elmhurst Health Integrative Medicine Clinics we address your mind, body and spirit to assist you in living a better life now! We are currently offering Reiki, Mindfulness Therapy, Hypnosis, Biofeedback, Smoking Cessation, Guided Imagery, Therapeutic Massage, Acupuncture, Naturopathic Nutrition, and Be Activated® Therapy at location specific clinics.

### **Week 1 - Assessment, Counseling & Hypnosis (2 hour session)**

#### **Tobacco History**

- ▶ Tobacco Use Self-Assessment
- ▶ Motivation Assessment - Stages of Change Scale
- ▶ Triggers

#### **Cessation Information**

- ▶ Curbing your cravings
- ▶ Coping with triggers
- ▶ Nicotine replacement options
- ▶ Assess specific needs of the client

#### **Sources of Support - What Kind of Support**

- ▶ Works Best for You
- ▶ Family and/or friends
- ▶ Organizations
- ▶ Cessation Therapist available at 331-221-0451, Monday - Friday, 8:30am - 5pm
- ▶ Illinois Tobacco Quit Line, 1-866-784-8937
- ▶ Invite family to talk about support strategies

#### **Hypnosis Session (1 hour)**

- ▶ Deals with cravings, stress and stop date

**Follow up phone call** (within 2 days of week 1 session)

### **Week 2 - Hypnosis and Detox Support (1 hour session)**

#### **Hypnosis Session**

- ▶ Deals with cessation

#### **Detox support**

#### **2 Acupuncture Sessions** (optional)

- ▶ 1 hour session, initial consultation & treatment
- ▶ 30 minute session, treatment only

### **Week 3 - Hypnosis and Detox Support (1 hour session)**

#### **Hypnosis session**

- ▶ Breaks down any additional barriers

#### **2 Acupuncture Sessions** (optional)

- ▶ 30 minute session, treatment only
- ▶ 30 minute session, treatment only

### **Week 4 - Re-assessment & Counseling**

- ▶ What has worked
- ▶ What are the challenges

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[EEHealth.org/services/integrative-medicine](http://EEHealth.org/services/integrative-medicine)

## More Information:

Smoking is a strong, complicated addiction. If nicotine lozenges, patches, chewing gum, counseling, and other smoking cessation methods haven't helped you kick the habit, don't give up. Quitting the habit is no small task and you will need lots of support to be successful. You need the best tools to help with the physical and emotional symptoms, in which hypnosis and acupuncture are great resources to help you succeed.

**Acupuncture** helps with smoking addiction in many ways. It may help jitters, curb cravings, lessen irritability and restlessness, increase relaxation and help detoxify the body. It can also restore balance in your constitution and jumpstart the healing process.

**Hypnosis** is defined as an altered state of awareness in which you appear to be asleep or in a trance. Clinical hypnosis may be used to treat certain physical or psychological problems. For instance, it is frequently used to help patients control pain. It is also used in a wide range of other conditions such as weight issues, speech disorders, and other addiction problems.

There is debate about how hypnosis works. Some people believe that when you are hypnotized, you relax and concentrate more, and are more willing to listen to suggestions -- such as giving up smoking, for example.

Even though you appear to be in a trance during hypnosis, you are not unconscious. You are still aware of your surroundings, and -- despite what many stage performers may claim during an entertaining show -- you cannot be made do to anything against your will. In fact, brain tests performed on patients during hypnotism sessions have shown a high level of neurological activity.

### Hypnosis for Smokers

During hypnosis for smoking cessation, a patient is often asked to imagine unpleasant outcomes from smoking. For example, the hypnotherapist might suggest that cigarette smoke smells like truck exhaust, or that smoking will leave the patient's mouth feeling extremely parched. The hypnotherapist teaches the smoker self-hypnosis, and then asks him or her to repeat these affirmations anytime the desire to smoke occurs.

### Integrative Medicine Smoking Cessation Program Costs

3 Hypnosis sessions \$65 each = \$195  
2 Counseling sessions \$75 each = \$150  
4 Acupuncture sessions (optional)  
1 Acupuncture consultation and treatment session = \$75  
3 Acupuncture treatment sessions \$55 each = \$240

**Important!** If you are enrolled in an Edward-Elmhurst Health medical plan, call BCBSIL at 1-888-907-7872 to determine benefit coverage. Medicare and many insurance companies may cover smoking cessation.

### Also available, Naturopathic Nutrition Counseling

Naturopathic nutrition counseling can help safely eliminate stored and circulating toxins. Smoking inflicts hundreds of toxins into the body, in which the body stores. In order to efficiently remove the body of the inflicted toxins, following a detox protocol with our Naturopathic Nutritionist can help.

## How many treatments will I need?

Our approach to Smoking Cessation is completely individualized, so the length of treatment varies from person to person. Program is usually divided into a treatment or replenishing phase, followed by a maintenance phase.

## Where do I begin?

Please call the Integrative Medicine Clinic at **(331) 221-6135** to make an appointment.