

**Doreen Cott**  
**Acupuncture Physician,**  
**your guide to healing**



Doreen Cott, A.P., Lic.Ac., M.T. has practiced in the healing arts for over 20 years.

Her studies include Psychology, Anatomy and Physiology, and Physical Therapy. She graduated Summa Cum Laude in Oriental Medicine from Emperor's College of Oriental Medicine, Santa Monica, CA. She is licensed as an Acupuncture Physician, with practices in Massachusetts, Florida and Vermont.

Doreen has used her extensive background to design a unique program to facilitate the healing of addictions, and to remove the root causes. Her holistic approach relies on modern psychological and physiological concepts that incorporate mind-body techniques with the time-honored traditional medicine of China.

*Nicotine is one of the most addictive drugs on the planet, it is an alkaloid, similar to morphine and cocaine.*



**STOP  
SMOKING**



*the natural way!*

A cutting edge approach to Smoking Cessation using Acu-Detox Ear Acupuncture with behavior modification and relaxation techniques. This program boasts a 90% success rate!

Sessions are held in a relaxed, group setting- no high pressure tactics, no hard sell, no guilt.

**Call for Group Session info:**



617-328-6300 [www.wholebodiesolutions.org](http://www.wholebodiesolutions.org)



# Stop Smoking Now!

The National Acupuncture Detoxification Association (NADA) acupuncture protocols used during the sessions have been proven to be effective in reducing the cravings from nicotine withdrawal. The treatment uses fine needles, and is not painful. The side effects are nonexistent, compared with the continual infusion of nicotine from patches or gum, and the risk of seizures with Bupropion SR (Zyban).

This program boasts a 90% success rate and was developed by Medical Doctors at the Lincoln Memorial Hospital in NY. The success of this unique treatment program has become so evident that treatment facilities all across the US have incorporated the Acu-Detox program for chronic addiction and relapse prevention.

Auricular (ear) acupuncture has sedative properties and helps calm the spirit, decreasing anxiety and restlessness. These acupuncture points indirectly stimulate the release of the same neurotransmitters involved in addiction. They stimulate the body's own natural endorphins which replaces the stimulation sought out by the use of whatever substance the person is addicted to.

We are constantly evolving as people; physically, we are not the same person that we were when we were young. We can use this to break out of unwanted patterns and embrace our dynamic natures. By self-altering our brain functions, we can reset our operating systems to actualize our potentials. Acupuncture is the catalyst that helps to create and stimulate the reaction, but the ingredients must come from within the individual.

We seek to replace the comfort and relaxation derived from smoking with strengthening the innate ability we all have to achieve these states. Behavior modification, mental rehearsal and relaxation techniques are practiced during the group sessions.

The sessions encourage you to focus on your center (hara) instead of the smoking activity. We teach the use of movement exercises to break up the physical components of reaching for the pack, shaking out a cigarette, putting it in the mouth, etc. We encourage mindfulness of these habitual activities in order to phase them out.

The sessions are designed around the concept of relaxation, so they are pleasant and stress-free. There is hands-on work from the practitioner, as well as individual attention for each person attending. Positive visualization, breathing techniques,

mind-body exercises and self-massage will be presented during the series of six sessions. Each evening session is 75 minutes, easy to fit into a busy schedule!

*Cigarette smoking is the number one preventable cause of death in the US today.*

*According to the CDC, tobacco kills more people in the US each year than alcohol, cocaine, crack, heroin, AIDS, suicide, traffic accidents, and fires combined.*

For additional info, log on to:

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