



Mystic River Acupuncture
Acupuncture
Chinese Herbs
Therapeutic Massage

Become a Non-Smoker Today
Acupuncture Can Help!

*Acupuncture is well known for helping people with addictions. Addiction protocols have been adapted for smoking cessation.

*Acupuncture is often used in the treatment of anxiety. It can alleviate the jitters and nervousness you feel when you quit smoking.

*Acupuncture can help reduce cravings. With acupuncture you may not want that next cigarette.

*Acupuncture is often used to help people loose weight. If you tend to gain weight when quitting you may find acupuncture is helpful.

*Chinese Herbs can help, too. Herbs are a good support if you have withdrawal symptoms, and they can help your lungs to heal more quickly.

What To Expect When You Come

You will have four acupuncture sessions. On your first visit you will have a thorough evaluation and treatment. Your second session should be 1-2 days later. If you wish, you may supplement your treatments with herbs.

Become a Non-Smoker safely with Acupuncture
at

Mystic River Acupuncture
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Excellence In Chinese Medicine Since 1989