

*Dear Integrative Acupuncture,*

*I have been a smoker for over 27 years and really wanted to stop. I have tried several different avenues in order to accomplish this with no success. In thinking back, I have tried gums, lasers, classes, and patches and even tried going cold turkey. You can only imagine the mood swings I had gone through. I then decided to try Zyban thinking this would help reduce the mood swings and help me gain the freedom from smoking I was looking for. Unfortunately, this too was not a successful venture.*

*I thought all was lost and I was going to smoke for the rest of my life, not knowing when the end would be due to health problems incurred by smoking. Then I came across an article about utilizing acupuncture as a form of therapy to quit smoking.*

*One day, during the Delray Affair Festival, I ran into Danielle and Susan from Integrative Acupuncture. They were so excited in telling me about acupuncture that I decided it couldn't hurt to make an appointment. Two weeks later, I met with Kim. Kim was very caring, direct and informative in her approach. In listening to her, I decide to continue with the first week of acupuncture.*

*This is when I was introduced to Harmony. Harmony was caring and comforting in her approach with me. She explained the procedure and offered to check in on during the session. I was some comfortable and felt an inner peace come over me. After a few weeks, smoking was not even really entering my mind. I found myself not reaching for one and soon did not even think about it. I did slip once and had a cigarette but found the taste to be really dissatisfying.*

*It's been quite a while now and I am happy to say I am a non-smoker. I also am happy to say I did not gain a lot of weight. If anyone is even considering stopping smoking, I would definitely recommend this line of therapy and treatment. I cannot thank Kim, Harmony, Danielle and Susan enough for their unconditional support.*

*Ted S.*