

## **STOP SMOKING – NOW!**

WARNING: From 1st of July 2007 virtually all enclosed public places and workplaces in England will become smoke free.

### **Where Will Smoking Not Be Allowed?**

All pubs, clubs, including private clubs and nightclubs, restaurants and cafes will be affected, along with workplaces and company cars. A private club run by smokers for smokers will also be illegal. It will not be allowed in any building if more than one person uses it as a place of work. Smoking rooms will not be allowed in offices. Hotel foyers will also be covered. Every employer will have to put up signs informing workers that smoking in the workplace is illegal or face a fine.

Lighting up will be prohibited in airports, covered bus and railway stations, taxis and minicabs. Any vehicle used as a 'workplace' by more than one person is covered by the ban. Smokers driving company cars, vans, lorries and enclosed tractors could be fined £50 for lighting up at the wheel.

### **Can You Smoke Anywhere?**

Exceptions include private homes, residential care homes, some hospitals and prisons where people are resident for more than six months. Film and theatre stages will also be exempt. You can smoke on pavement cafes, in hotel rooms if you book a designated smoking room and on open-air train platforms. Some employers are increasingly banning people from lighting up outside offices or 'private spaces' e.g. hospital grounds.

### **How Will The Ban Be Enforced?**

The Health Bill contains wide-ranging powers, including warrants to give enforcement officers access to public places where they believe smoking may be taking place.

People who smoke in a non-smoking area will be fined £50, which could increase to £200 if they repeatedly ignore the ban. Businesses that ignore illegal smoking will be fined at least £200 rising up to £2,500. Employers who fail to put up no smoking signs will be fined £200, rising to £1,000 for repeat offences. The Government has also announced that a 'shop-a-smoker' hotline will be set up so the public can inform on citizens breaching the ban.

### **A Formidable Addiction**

The reasons to stop are endless. Cigarettes have 4,000 known poisons. One drop of pure nicotine can kill a man. Not to mention the chronic illnesses associated with smoking. Emphysema, lung cancer, high blood pressure, shortness of breath and chronic cough are but a few widely known risks.

In addition if you consider that the financial strain of a 20 a day habit costs at least £1,700 a year, it is easy to see why stopping is so important. Giving up smoking is no easy feat but for those with serious intentions acupuncture offers an effective, natural way to curb cravings and stop smoking in time for the ban this summer.

### **Time For Action .....**

A survey for the charity 'No Smoking Day' showed that 2.8 million people will definitely try to stop smoking on 1<sup>st</sup> July!

The new law will encourage the 72% of current smokers who want to give up but many may not be aware that acupuncture is a great way to help stop. Proven treatment techniques reduce the problematic withdrawal symptoms of the addiction, making it easier to kick the habit for good.

*"I had smoked for over 20 years and have tried so many times to stop smoking until I had acupuncture. The acupuncture treatments with Gisela were amazing. I only had two treatment sessions. I did not have any cravings, felt really calm and chilled out. Gisela used acupuncture, tiny magnets stuck in my ear for me to press in case I felt anxious, herbal remedies and some really good*

*suggestions to change my way of thinking. I feel so confident that I know I will never ever want to smoke again. My daughter is really proud of me now that I've stopped and I haven't even been ratty. I can already feel the benefits of not smoking – it's brilliant! "* Kath Robins, Devizes.

By alleviating energy blockages in the body, acupuncture works to detox nicotine, to relieve stress and reduce withdrawal symptoms such as cravings. It strengthens your energy and vitality, allowing your body to become more balanced, therefore giving your will power a chance to succeed.

### **Self-help Tips**

- Exercise and dietary changes are needed to rid the body of toxins and avoid relapses.
- Plenty of fresh fruit and vegetable juices. Drink miso soup (available as a paste from major supermarkets) to neutralize and clear the blood of nicotinic acid and fortify blood sugar.
- Carrots, carrot juice, celery, bananas, leafy green salads and citrus fruits promote body alkalinity and decrease cravings.
- Increase intake of vitamin C found in citrus fruits or available as a supplement. Take pantothenic acid (B5), which helps anxiety by boosting the production of anti-stress hormones.
- Take a tincture of oat extract (*avena sativa*). A study has shown that it significantly reduces the craving for cigarettes, possibly by affecting the brain chemicals responsible for addiction. Healers in India have used it for centuries to treat opium addiction.
- Reduce junk food, tea, coffee, sugar and fats. They upset blood sugar levels, which can aggravate cravings and other smoke withdrawal symptoms.
- Sip lobelia or green tea during the detox period to discourage nicotine cravings. Lobelia was used traditionally to rid the body of a strong toxin such as snake bite.
- It is essential to drink plenty of water as research shows that dryness causes cravings.
- Do deep, strong breathing exercises, particularly outside, to saturate the body with oxygen.
- Affirmations, which are positive statements repeated often, help create desired changes in your life. It imprints a new image of health for example "I am so glad I no longer smoke. Never again will I inhale that poison. I make healthy choices in my life."
- Set up close contacts who will give you support, who you can call on in case you feel wobbly and who will give you much encouragement.
- It is important to plan in advance a date to stop smoking. Organise what you will do during a craving e.g. chew gum, sing a song, repeat your affirmations, read, dance, go for a good walk or call your support person. Feel wired up? Literally go outside and take a breather.

Good luck! Deciding to stop smoking is one of the best life decisions you could ever make.

### **Are You Ready to Stop Smoking?**

**Call Gisela Norman, acupuncturist, for a free 15 minute consultation to help you prepare.**

**Park Lane Practice, Chippenham: 01249 655 088 or 07968 855 001**

NHS SMOKING HELPLINE: 0800 169 0 169

Smokefree England information line: 0800 169 1697