



Bethune Oriental Medicine Center

Main Clinic

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Sub-Clinic

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Business Hours

- Mon - Fri 9 AM- 7 PM
- Sat - Sun 10 AM-4 PM



You can take Bus 70, drop off at 32 Ave.

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Quit Smoking

If you are like many smokers, then you've tried to quit more than once. You want to leave cigarettes behind so you can be healthier and live longer. Smoking is partly addictive and partly habitual and the levels of each element vary from smoker to smoker.

How does smoking impact your body?

Nicotine enters your lungs and blood stream and is metabolized by your liver. After years of smoking your liver goes into a panic when you decide to quit. The liver sends messages to your autonomic nervous system resulting in a nervous withdrawal reaction. Your heart beat speeds up, you're irritable, and you may feel shaky. Wouldn't you like to get over these symptoms and move on to a healthier you without caving in to your liver's need for nicotine?

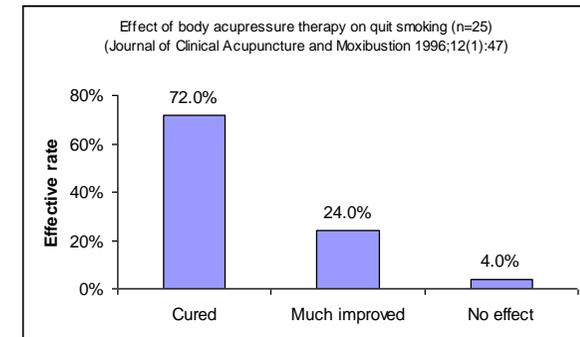
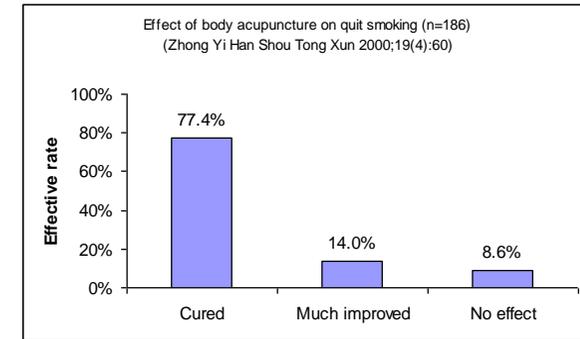


Our program is able to address these aspects by overriding the subconscious "program" that makes it difficult to quit with willpower alone. Change does not have to be such a struggle. Allow yourself to make the changes you have always wanted to. Learn tools and techniques that will help you attain the peace and happiness that you desire.

How Can Acupuncture Help

Acupuncture is an effective tool to enable one to quit smoking. It minimizes cravings, calms the nervous system and strengthens will power. Acupuncture can only work if the person is ready to quit and willing to commit to the process.

Acupuncture intercepts messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. It can eliminate most cravings.



Herbal Remedies

Herbal therapy is useful for many disorders. There are several brands of herb products available in North America market with variable effects (short term or long term). We offer Traditional Chinese herbs to help those with addictive syndrome or depression. It can be a raw herb mixture, or a herb product.

Contact our Quit Smoking specialist for more information.

Ear Acupressure

Ear acupressure is a very effective and easy way to reduce the craving.

Our Doctors :

•Ancient Healing+Modern Science=Best Care

- Dr. Frank Fulin Wang** (R.Ac., Herbalist, MD in China, PhD.)
- Dr. Jane Fan** (R.Ac. Herbalist, RMT, TCMD)
- Dr. Jiulin (Joe) Wang** (R.Ac., Herbalist, RMT, TCMD, MSc.)
- Dr. King Wong** (R.Ac., Herbalist, TCMD)
- Dr. Beth Lee** (R.Ac., RMT, Herbalist)
- Dr. Barkley Tan** (R.Ac., RMT, Herbalist)
- Dr. Annie Wu** (R. Ac, RMT)
- TCMD: MD in Traditional Chinese Medicine

Hypnosis

Hypnosis is about reprogramming the mind at the unconscious level to stop smoking by using visual imagery and metaphorical representations and can help stop smoking in several ways.

- Hypnotherapy can help you to identify the reasons and excuses for your smoking habit.
- By teaching simple relaxation skills.
- Hypnosis can remove the desire to smoke and replace it with feelings of calm, control etc.
- Hypnosis breaks both the habit and the psychological dependency of smoking and nicotine addiction.
- Hypnosis is safe, natural and does not use drugs or other addictive substances.

What we have learnt from the experience of Chinese doctors in helping patient to quit smoking:

1. After acupuncture, smokers usually feel bitter or not pleasure taste in mouth, so dislike cigarette.
2. Strong desire of a person to quit smoking is not necessarily needed for short term cessation of smoking, but for a long term effect.
3. Encourage from out side (family members, friends) is more important than the patient's own trying.
4. The age, sex of a smoker and the daily amount of cigarette consumed are not a dependent factor for the effect of cessation. The length of the smoking history is related inversely to the success.

Get Started Today

To whom it may concern:

I started smoking when I was about 30 years of old. I have been wanting to quit smoking for this past several years, because I had no energy. My daughter told me about the Bethune Clinic, so I made an appointment.

Today is my 6th treatment (from April 26 to May 3); 4 days ago I quit smoking, and have no desire to keep smoking. I can now get a good nights rest. And I feel much better emotionally and physically.

If you really want to quit smoking, give the Bethune Clinic a call.

Yours Truly

Scot Steele, Edmonton, May 6, 2004

*To whom it may concern
I Scot Steele, born Aug 24 1982 at
PROMPT ALBERTA.
I STARTED SMOKING WHEN I WAS ABOUT 30
YEARS OLD. I HAVE BEEN WANTING TO QUIT
SMOKING FOR THE PAST SEVERAL YEARS, BECAUSE IT
WAS STARTING TO AFFECT MY BREATHING, AND I HAD
NO ENERGY. MY DAUGHTER TOLD ME ABOUT THE
BETHUNE CLINIC, AND A FEW DAYS AGO I MADE AN
APPOINTMENT WITH MARTIN AT THE BETHUNE CLINIC.
TODAY IS MY 6 TREATMENT, 4 DAYS AGO
I QUIT SMOKING, AND HAVE NO DESIRE TO KEEP
SMOKING. I CAN NOW GET A GOOD NIGHTS REST
AND I FEEL MUCH BETTER EMOTIONALLY AND
PHYSICALLY.
IF YOU REALLY WANT TO QUIT SMOKING, GIVE
THE BETHUNE CLINIC A CALL
Yours truly,
Scot Steele*

