

## Press Release

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### **KALAMAZOO ACUPUNCTURIST HELPS SMOKERS QUIT**

*Website offers information about alternative approach to smoking cessation*

*Kalamazoo, MI, (July 27, 2009)* – The national debate on health care reform is prompting lawmakers to consider the question about personal responsibility for health related behaviors – what we eat; how and if we exercise; and whether or not we smoke cigarettes. With costs escalating and smoking bans being considered, local acupuncturist Charles R. Adams is finding that a growing number of smokers are seeking acupuncture as a means to quit.

“The reason why so many smokers fail to stop is because they are chemically addicted to the nicotine in tobacco” explains Adams. “When conventional methods to quit smoking, such as nicotine patches or gum, have failed, smokers often look outside the mainstream and turn to alternative medicine. Acupuncture isn’t magic,” he continues, “but in my practice I’ve seen that if an individual is highly motivated and ready to quit, acupuncture can help them begin a healthy and smoke-free life.”

According to the American Cancer Society, tobacco use remains the single largest preventable cause of disease and premature death in the United States. Each year, smoking accounts for an estimated 443,000 premature deaths.<sup>1</sup> The Michigan Surgeon General reports that cigarette smoking results in 15,000 deaths each year in Michigan.<sup>2</sup> Adams is using his website (<http://www.springwoodacupuncture.com>) and blog (<http://springwoodacupuncture.wordpress.com/>) to make smokers aware of another approach to the process of quitting.

<sup>1</sup> <http://www.cancer.org/docroot/subsite/greatamericans/content/Media.asp>

<sup>2</sup> [http://www.michigan.gov/surgeongeneral/0,1607,7-216-33088\\_39169-131448--,00.html](http://www.michigan.gov/surgeongeneral/0,1607,7-216-33088_39169-131448--,00.html)

Acupuncture is a complete medical system used to prevent disease, treat illness, and improve well-being. It primarily involves the insertion of very fine, sterile and disposable needles into specific points along well-defined pathways. The smoking protocol calls for two 1-hour sessions. "I've practiced in this area for over 8 years and I've seen results," said Adams. "Regardless of how long a person has smoked or how heavily he or she has smoked, the procedure is the same and is equally effective."

To learn more, go to <http://www.springwoodacupuncture.com/smokefree.htm>

#### *About Charles Adams*

Charles R. Adams has a Master's Degree in Traditional Chinese Medicine from the International Institute of Chinese Medicine in Santa Fe, New Mexico. He is board certified by the National Certification Commission for Acupuncture and Oriental Medicine. His practice focuses on overall balancing for health maintenance, including stress management; allergy and sinusitis relief; acute and chronic pain management; digestive disorders and smoking cessation.

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