

# New Acupuncture for Stop Smoking Research

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**Acupuncture Stops smoking**

New research suggests that acupuncture and hypnotherapy are effective methods in smoking cessation. Researchers from McGill University and the University of Montreal note that both acupuncture and hypnotherapy are commonly used as alternatives to drug therapy for the purposes of quitting smoking. They conducted a random analysis of controlled studies to evaluate the clinical efficacy of these treatment modalities. The research concludes, “acupuncture and hypnotherapy may help smokers quit.”

Over 50 million people smoke cigarettes in the USA. Acupuncture techniques for smoking cessation often include auricular (ear) acupuncture points and body style acupuncture points including Tian Wei (Tim Mee), LU7, LI5 and other acupuncture points. Often, an acupuncturist will combine acupuncture with herbal medicine to smooth the withdrawal process.

*Reference:*

*Alternative Smoking Cessation Aids: A Meta-analysis of Randomized Controlled Trials. Mehdi Tahiri, MD; Salvatore Mottillo, MD; Lawrence Joseph, PhD; Louise Pilote, MD, MPH, PhD; Mark J. Eisenberg, MD.*

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