

the body, in this case, the lungs and kidneys. The theory, according to Dr. Clement Wong, a family physician and vice-principal of the Ontario College of Acupuncture and Chinese Medicine, is that acupuncture brings on the production of endorphins, your body's feel-good drug, which seems to reduce the need for nicotine. Two or three weeks of treatments twice a week (about a half-hour each) ease the withdrawal from nicotine, says Dr. Wong. Few studies exist to prove its success.

**Don't enrol if** you're pregnant.

**Side-effects** Dr. Wong suggests no exercise for approximately two hours after treatment to prevent any bruising at the puncture sites.

### Homeopathic remedies

**Tuition** \$65 for a kit and visits to a naturopath

**Lesson plan** Available as pills or liquids, home-

## quit and win

**Feeling inspired? Enter our quit-smoking contest and you'll be eligible for prizes galore! (See page 41.)**

opathic remedies are said to work by alleviating your craving for nicotine, detoxifying your body and, with some, creating a distaste for tobacco. Some products include vitamins to replace the ones destroyed by nicotine, primarily vitamins B<sub>5</sub> and C. "When the body has all the nutrients it needs, you won't

need to smoke as much," says Patricia Wales, a naturopathic doctor in Calgary. Dr. Beth Abramson, director of the cardiac prevention centre at St. Michael's Hospital in Toronto, says that there are no studies on the effectiveness of homeopathic or other alternative therapies.

**Don't enrol if** you're uncomfortable with alternative remedies.

**Side-effects** None

### Hypnosis

**Tuition** \$80 to \$175 an hour

**Lesson plan** Hypnosis works by positive suggestion on a person who is in a receptive trance-like state, says Vinnette Mohan, a certified hypnotherapist and director of Positive Changes in Toronto. If, for example, smoking helps you relax and you love the taste, the hypnotherapist might repeat to you that smoking makes you jittery and tastes horrible. The idea is that these suggestions reprogram your thinking. Mohan fits some of her clients with a pair of small glasses that send flashing lights across the sightline and a headset that beeps at regular intervals. These devices help you focus on the therapist's voice and suggestions. The sessions last about 45 minutes; one or two sessions is usually enough to quit.

**Don't enrol if** you are schizophrenic or if you are being treated for psychotic conditions. If you are epileptic, do not submit to the treatment if it involves flashing lights, which could prompt seizures.

**Side-effects** None **C**

## Are you ready to quit?

Stopping smoking takes preparation – and the right frame of mind. That's why we asked Dr. Robert Nolan of the Heart and Stroke Foundation ([www.heartandstroke.ca](http://www.heartandstroke.ca)) to design this quiz especially to help women like you. Is this the right time to butt out?

1. I am thinking about becoming smoke-free and am now experimenting with change by going without the occasional cigarette. **Score 5 points**
2. I am thinking about becoming smoke-free in the next month. **Score 4 points**
3. I am thinking about becoming smoke-free in the next six months. **Score 3 points**
4. I never think about having a smoke-free life. **Score 0 points**

**If you scored a 5,** you have strong reasons to become smoke-free to improve the quality of your life. You need to speak to a health-care professional to review recommended strategies and medication options.

**If you scored a 4,** you feel that being a non-smoker outweighs your reasons for continuing to smoke. To be successful, try rehearsing being smoke-free for a few hours or even a day. Check in with your doctor soon for advice.

**If you scored a 3,** a smoke-free life is likely on your mind, but you also don't feel ready to change. Ask yourself this: what are the most negative impacts of smoking on you and the people close to you? Talk to your family and doctor about your feelings.

**If you scored a 0,** you may not feel able to change your smoking habit. Is it because you smoke to relieve stress? To keep busy? Try yoga, meditation and massage instead. Ask your family for support.

### get help online

Talk to others trying to kick the habit in our Butt out! forum at [www.chatelaine.com](http://www.chatelaine.com). Plus, get expert advice: on Dec. 10, dietitian Carole Dombrow answers your questions about keeping the weight off after quitting; on Dec. 11, cardiologist Beth Abramson shares heart-smart tips and more; and on Dec. 12, addiction therapist Kirsten Cleary discusses behaviour-breaking ideas and provides motivation and support.