



Dr. Dawn M. Robinson, is a Chiropractic Physician specializing in a whole body approach to health that includes chiropractic, acupuncture and auriculotherapy.

Dr. Robinson graduated from Logan College of Chiropractic in 1999. She has practiced at the same location since her graduation.

Auriculotherapy is a proven effective painless tool to enable one to quit smoking by minimizing cravings, calming the nervous system and strengthening willpower. This program has helped many people successfully quit smoking.

the treatment

Auriculotherapy consists of stimulating specific points located in the ear related to smoking with a small electrical current (which is safe, painless and needleless). By stimulating these specific points we can intercept messages sent by the brain to the body that demand more nicotine. Therefore, disrupting the addictive process. For the average smoker, the treatment eliminates most cravings.

Before the initial treatment you should try and refrain from smoking or having any cigarettes in your possession. If you make it through the next 72 hours smoke-free, you have a 90% chance of being successful.

Auriculotherapy is a therapeutic intervention in which electrical stimulation of specific points on the ear is utilized to treat various health conditions in other parts of the body. Although Auriculotherapy is based on the ancient art of acupuncture, the correlation of specific points on the ear corresponding to certain areas of the body was developed in France by Dr. Paul Nogier in the 1950s.

SINCE 1986 THIS METHODOLOGY HAS PROVEN SUCCESSFUL FOR OVER TENS OF THOUSANDS OF PEOPLE WORLDWIDE



Auriculotherapy is a clinically effective treatment method used to stop smoking. Acupuncture can also be used on the external ear to decrease desire to smoke and to relieve chronic pain. The patient will usually feel nothing or sometimes a slight tingle sensation as it stimulates the points of the ear.

located at

115 Lincoln Place Court, Suite 103
Belleville, Illinois 62220

for appointments

call 618.277.3575



WWW.BELLEVILLEAREACHIROPRACTIC.COM



Stop Smoking with Auriculotherapy

HELPING YOU GET BACK TO LIFE.



smoking cessation

with auriculotherapy

Smoking is the leading preventable cause of death.

It is common knowledge that the period following the elimination of nicotine intake is difficult to endure. For the average smoker, the treatment eliminates the extreme cravings and agonizing symptoms associated with withdrawal. The majority of the patients state, without hesitation, that they are amazed at how little they even want to use tobacco in any form... and how easy it is to stop. Even though the treatment will make quitting seem easier, there may still be times when you are either tempted to smoke or are just habitually drawn to thinking about smoking again. Eighty-five percent of patients will need only one treatment.

"I had smoked for 10 years, and was up to a pack a day. After trying several times to quit on my own, I was skeptical of this procedure. But after just one treatment, I never had the urge to smoke again, and it has been almost two years."

JULIE F, PATIENT



did you know...

You'll find that this is one of the most successful programs available with a 90% success rate for those who are: Self disciplined, ready to quit smoking, realize you're able to quit, and realize your health is the most important reason to quit. **TOP TEN REASONS FOR QUITTING:**

- It will reduce my chances of having a heart attack or stroke.
- It will reduce my chances of getting lung cancer, emphysema, and other lung diseases.
- I will have better smelling clothes, hair, breath, home, and car.
- I will climb stairs and walk without getting out of breath.
- I will have fewer wrinkles.
- I will be free of my morning cough.
- It will reduce the number of coughs, colds, and earaches my child will have.
- I will have more energy to pursue physical activities I enjoy.
- I will treat myself to new hobbies with the money I save from not buying cigarettes.
- I will have more control over my life!



SOME THINGS YOU MAY NOTICE FOLLOWING YOUR TREATMENT

- You may feel as if you have a cold, this is your body detoxifying-DRINK PLENTY OF WATER.
- Your taste buds may change.
- You may cough up lots of discolored phlegm and mucus
- You may experience headaches or nausea due to your body detoxifying.
- Some patients continue to experience cravings, if you have any cravings it is important that you return to our office for a booster.



If you experience any of the above symptoms, please contact our office for a booster.



20 MINUTES AFTER THAT LAST CIGARETTE YOUR BODY BEGINS A SERIES OF CHANGES

- 20 MINUTES: Blood pressure and pulse rate drop to normal
- 8 HOURS: Carbon monoxide level in the blood drops to normal and oxygen level increases to normal
- 24 HOURS: Chance of a heart attack decreases
- 48 HOURS: Nerve endings begin to regrow, and ability to taste and smell is enhanced.
- 2 WEEKS TO 3 MONTHS: Circulation improves, and lung function increases up to 30%.
- 1 TO 9 MONTHS: Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia begin to regrow in the lungs increasing the body's ability to handle mucus, clean the lungs and reduce infection. Your body's overall energy is increased.
- 1 YEAR: Excess risk of coronary heart disease is half that of a smoker.
- 5 YEARS: Lung cancer death rate for average former smokers decreases by almost half. Risk of stroke is reduced to that of a nonsmoker. The risk of cancer to the mouth, throat, and esophagus is half that of a smoker.