



# Stop smoking and weight loss

Following the excesses of the festive season, we often begin the New Year with good intentions of improving our health and well-being. Common resolutions include quitting smoking and trying to shed a few pounds.

## Stop Smoking

There are over 10,000,000 smokers in the UK and nearly 7,000,000 of them would like to give up.



If you would like to stop smoking then it is worth noting that a combination of acupuncture and auricular acupressure (the massaging of special points on the ear) has been shown to be effective in assisting the quitting process <sup>[1]</sup>.

Barbican Acupuncture offer courses of treatment that aim to bolster your resolve and reduce cravings, thereby assisting your attempt to stop smoking.

## Weight Loss

Over 60% of the British population is considered to be either overweight or clinically obese.



Around 12,000,000 people in the United Kingdom are on a diet at any given time.

Recent studies have shown that auricular acupressure and acupuncture may be able to help those people aiming to lose weight <sup>[2] [3]</sup>.

Barbican Acupuncture offer courses of treatment that aim to improve digestion, bolster your resolve and reduce cravings, thereby assisting your attempt to lose weight.

If you would like some support and assistance with your attempt to stop smoking, lose weight or any other New Year resolution then please do not hesitate to contact us.

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## References:

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