



**Happy New Year! Welcome to the first edition of Healthy News for 2012. We hope you enjoy our top stories for this month;**

- **Acupuncture and Quitting Smoking**
- **Keeping your New Year Resolution**
- **Recipe: Sweetcorn Relish**

## ACUPUNCTURE AND QUITTING SMOKING

Did you know that among current U.S. adult smokers, 70% report that they want to quit smoking and millions try to quit every year? If you have attempted to quit smoking, you know how difficult it can be. Many people want to quit because of the enormous expense of a cigarette habit or are just plain tired of being dependant on a substance. Nicotine is a powerful addiction! There is also considerable social pressure not to smoke. Most smokers can recall a dirty look or rude comment from someone that was nearby when they lit up. It is estimated that most smokers will attempt to quit two or three times, or more, before finally kicking the habit. When conventional methods to quit smoking have failed, smokers often look outside mainstream approaches and turn to alternative medicine. Acupuncture can be very effective in helping you to stop smoking. Acupuncture is successful with smoking cessation and has turned a growing number of cigarette smokers into permanent ex-smokers. Treatments take all of your symptoms into account and aim at balancing the energy within the body to optimize health.

**Acupuncture can help you relax, diverting stress that leads to smoking.**

**Acupuncture can balance your body, helping you detoxify after you quit.**

**Acupuncture can significantly reduce nicotine cravings, making it easy for you to stop smoking.**

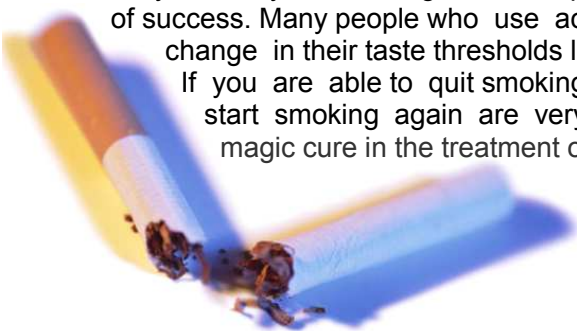
**An added benefit of acupuncture to quit smoking is that treatment can include points that help suppress your appetite and improve your mood, reducing the depression and weight gain that many people experience when they stop smoking.**

In one study conducted at the University of Oslo, Norway, acupuncture was found to significantly reduce the desire to smoke up to five years after the initial treatment. Subjects of the study also reported that cigarettes tasted worse than before treatment and that the treatments had effectively reduced their taste for tobacco. The acupuncture treatments focus on jitters, cravings, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification. It is important to be committed to quitting smoking when you start your smoking cessation program, as this will increase your chances of success. Many people who use acupuncture to stop smoking also report a change in their taste thresholds leading to a dislike of the taste of cigarettes. If you are able to quit smoking for six months, the chances that you will start smoking again are very low. Acupuncture is not a panacea or a magic cure in the treatment of any addiction, including smoking;

**Acupuncture is effective in making it easier to quit and remain smoke-free for good.**

### Eight Tips to Quit!

- Exercise more. Exercise can reduce your stress and help you relax far better than cigarettes.
- Get plenty of fresh fruit and vegetable juices to neutralize and clear the blood of nicotinic acid and to fortify blood sugar.
- Carrots, carrot juice, celery, leafy green salads and citrus fruits promote body alkalinity and decrease cravings.
- Avoid junk food, sugar and coffee. They can upset blood sugar levels and increase blood acidity which can aggravate smoking withdrawal symptoms.
- Lobelia Tea or Green Tea can be sipped daily during the detox period to keep tissues flooded with elements that discourage nicotine cravings.
- Drink water. Research shows that dryness causes cravings. Sip water frequently throughout the day.
- Practice deep breathing exercises to increase body oxygen and keep calm.
- Phone (07) 3808 8624 today to schedule your acupuncture treatment and quit smoking for good!



## KEEPING YOUR NEW YEAR RESOLUTION

What are the origins of New Year Resolutions? The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry. At watchnight services, many Christians prepare for the year ahead by praying and making these resolutions.



The New Year brings with it a chance for self-improvement, with the hope of fulfilling a goal and making a fresh start to the year. A New Year resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change, a resolve to improve one's health.

The key element to a New Year's Resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings.

However, the problem with the start of a new year is that most good intentions are often derailed within a few weeks. Make this year the year you make good on your resolutions! A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning. Whether your goal is to lose weight, exercise regularly or stop smoking, you can use the following tips to maintain your motivation and keep you on track.

**GOAL SETTING:** The 2007 study showed that men achieved their goal 22% more often when they engaged in goal setting. This is a system where small measurable goals are set. It is important to be realistic - set goals that are within your reach and determine a practical 'due date'. For example, instead of making a resolution to 'lose weight', set a goal to lose a pound a week - it is achievable and measurable. Also remember to reward yourself for good behaviour - you could reward yourself with dinner out or a new item of clothing once a month if you stick to your goal.

**SUPPORT:** Friends and family can provide support, encouragement and motivation to help us reach our goals. In the 2007 study, women succeeded 10% more when they made their goals public and got support from their friends. Let your loved ones know what your resolution is, and ask them to help you achieve it. Quoting Frank Ra (author of the new year's resolution book "A course in happiness"): "Resolutions are more sustainable when shared, both in terms of with whom you share the benefits of your resolution, and with whom you share the path of maintaining your resolution. Peer-support makes a difference in success rate with new year's resolutions".

## Top 10 New Year Resolutions

1. Make time for fitness
2. Tame the bulge
3. Quit smoking
4. Spend more time with family and friends
5. Learn something new
6. Enjoy life more
7. Quit drinking
8. Get out of debt
9. Help others
10. Get organised



### Sweetcorn Relish

This summery sweetcorn relish will make a great barbeque condiment. Try a big dollop on your burger! Makes approximately 1kg or 2 small preserving jars.

- 4 sweetcorn cobs
  - 2 medium peppers, green or red, deseeded and diced
  - 2 celery sticks, finely sliced
  - 1 red chilli, deseeded and sliced
  - 1 onion, peeled and sliced
  - 450ml white wine vinegar
  - 225g caster sugar
  - 2 tsp sea salt
  - 2 tsp mustard powder
  - ½ tsp ground turmeric
1. Strip the kernels from the cobs using a sharp knife. Blanch the kernels in a saucepan of boiling water for 2 minutes, then drain well.
  2. Put the sweetcorn and the other ingredients in a saucepan, bring to a boil and stir. Simmer gently, stirring frequently, for 15 to 20 minutes.
  3. Check the seasoning, then spoon into warm sterilised jars. The relish should be a spoonable consistency and wetter than a chutney.
  4. Seal with non-metallic or vinegar-proof lids, leave to cool, and label.
  5. The relish will keep for 3 months in a cool, dark place. Once opened, store in the fridge.

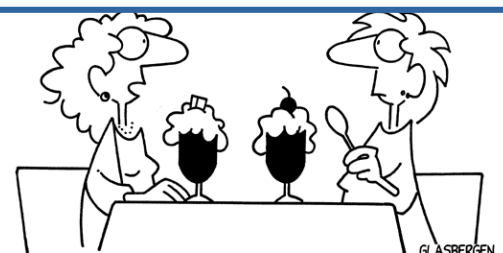
Samantha Foxcroft is now available every Saturday.  
Angela French is now available Tuesday afternoon / evening.

We look forward to welcoming you at the clinic again soon.

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Visit us on our website: [www.springwoodhealth.com.au](http://www.springwoodhealth.com.au)

Questions? Comments? Email [info@springwoodhealth.com.au](mailto:info@springwoodhealth.com.au)



"If you put a crouton on your sundae instead of a cherry, it counts as a salad."