

HOLISTIC SMOKING CESSATION

COMMIT TO QUIT

Right for your employees. Right for you.



COMMIT TO QUIT

**Signature Program:
Smoking Cessation**

RSVP: (630) 513-7770

**For Appointments Call
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www.stcharlespainandwellness.com/corporate-wellness



**ST. CHARLES
PAIN & WELLNESS CENTER**

St Charles Corporate Wellness Group is a division within the St Charles Pain And Wellness Center. We are a team of licensed and certified Holistic Health Practitioners who specialize in a whole body treatment to health that includes chiropractic, acupuncture, auriculotherapy, nutrition, supplementation, massage, fitness, exercise and coaching (business and lifestyle).

We serve mid-large sized corporations, small businesses, non-profit organizations, clubs / associations, and schools in the Greater St. Charles, IL area - on site and at our Wellness Center locations spanning St. Charles, Park Ridge, and Bloomingdale in IL.



COMMIT TO QUIT for good.

Helping you make the right choices.



Smoking is the leading preventable cause of death.

The St. Charles Corporate Wellness COMMIT TO QUIT Signature Program is one of the most successful smoking cessation programs used as part of Corporate Wellness Packages.

STANDARD PROGRAM

The Standard **COMMIT TO QUIT** Signature Program includes 3 private Acupuncture & Auriculotherapy treatments and consults with our licensed Acupuncturist in over 2 weeks. Monthly follow-ups for 3 - 6 months are advised.

PRO PROGRAM

The Pro **COMMIT TO QUIT** Signature Program includes 1 private consult with our licensed Chiropractor in week 2, in addition to the Acupuncture & Auriculotherapy treatment you receive in week 1. You may also have x-rays taken at our Center, which may be covered by your insurance policy.

PREMIUM PROGRAM

The Premium **COMMIT TO QUIT** Signature Program includes a Nutrition Consult with our board certified Nutritionist in week 3, in addition to the treatment and guidance you receive as part of the PRO Signature Program. This is to ensure that you do not gain weight during and after your smoking cessation program.

A Holistic Approach To Smoking Cessation.

What is Acupuncture?

Acupuncture is a method of helping the body promote natural healing and thus improve function. Sterilized fine needles (one time use) are used to stimulate specific points on the body to remove blockages in the flow of vital energy in the body (Qi).

What is Auriculotherapy?

Auriculotherapy is a therapeutic intervention which consists of stimulating specific points in the ear related to smoking. By stimulating these specific points we can intercept messages sent by the brain to the body that demand more nicotine, and hence interrupting addictive process. For the average smoker the treatment eliminates most cravings.

How can Chiropractic Help?

Most people normally do not associate breathing with spinal health. However, the link between chiropractic care and your lung volume cannot be overemphasized. In most adults, even those who do not have a pulmonary disease caused by smoking (first hand or second hand smoke) lung volumes do not improve over time. In fact lung volumes normally decline with age.

Lower than normal lung volumes are associated with shorter life spans. Depressed lung volumes have been associated with increased risk of stroke, heart attack, and other potentially life-shortening cardiovascular diseases. Good spinal health plays a critical role in keeping your lung capacity at an optimal level over time.

Will I Gain Weight While I Quit Smoking?

As you're going through the quitting process you may experience a slight weight gain. Smokers tend to weigh less because smoking depresses the appetite for certain foods, while quitters (whose appetites are not suppressed) tend to take in more calories.

Smokers may also have an altered metabolism and be able to burn more calories than quitters. It's important to keep any drastic changes in weight under control through a balanced meal plan during the **COMMIT TO QUIT** program. A diet rich in the USDA required 7 - 13 servings of fruits and vegetables, and selective avoidance of foods that trigger cravings can be designed by a skilled nutritionist.

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 & oxygen level increases to normal.

24 HOURS: Chance of a heart attack decreases.

48 HOURS: Nerve endings begin to regrow, and ability to taste & smell is enhanced.

2 WEEKS - 3 MONTHS: Circulation improves & lung function increases up to 30%.

1 - 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 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 non-smoker. The risk of cancer to the mouth, throat, and esophagus is half of that of a smoker.



Call us today for a **FREE** quote

(630) 513-7770