



**Dr. Erin O'Maley** is a chiropractic physician who uses a whole body approach to health which includes chiropractic, nutrition and auriculotherapy.

Dr. O'Maley is passionate about health, chiropractic, and helping others achieve their wellness goals. She uses her knowledge of biomechanics and physiology, as well as a soothing touch, to help her patients achieve the wellness and improved quality of life they are seeking. She is a believer in the body's inherent ability to heal when there is no interference present from physical, chemical, or emotional stress.

**Auriculotherapy is a proven effective painless method 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.**

**More Information:**

[wp.me/p3iYWA-2B](http://wp.me/p3iYWA-2B)

[www.torque-release.com/studies.php](http://www.torque-release.com/studies.php)

## TOP 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 types of cancer and lung disease.
- 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.
- My family will be healthier and my children will have fewer coughs, colds, and earaches.
- I will have more energy to pursue activities I enjoy.
- I will treat myself with the money I save from not buying cigarettes! (\$1921.50 per year if you smoke 10 butts daily, based on Parliament prices and MA tax, 2013.)
- I won't have to stand outside during harsh weather while I smoke.
- 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 due to your body detoxifying – drink lots of water.
- You may cough up discolored phlegm and mucus.
- Your senses of taste and smell may improve.
- You may experience headaches and nausea due to the detoxification process.
- For most cigarette smokers, cravings usually disappear following the initial treatment, but some may continue to experience cravings after the series. If this happens to you, it is important you contact us to schedule a booster treatment.



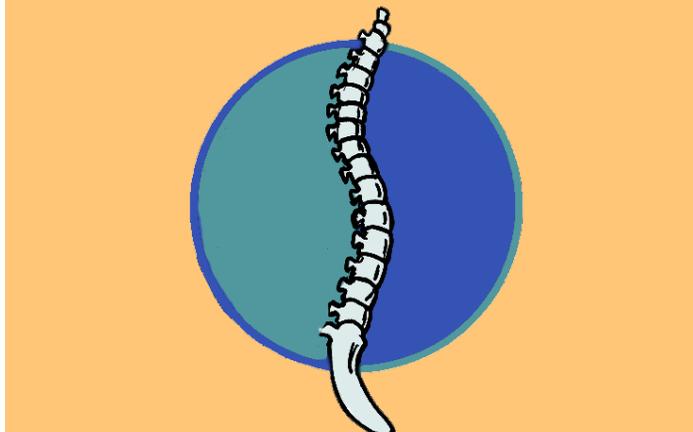
**O'Maley Mobile Wellness, LLC**

**(978) 381 - 3050**

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# STOP SMOKING WITH AURICULOTHERAPY





# QUIT SMOKING NATURALLY

## Auriculotherapy

Auriculotherapy is performed using a very light electrical current (safe and without needles) to stimulate specific reflex points located in the ear in order to affect nerve function to normalize brainwave activity and neurotransmitter balance which is found to be irregular in those with an addiction.

The auriculotherapy practitioner intends to stimulate and normalize the firing of cranial nerves, thereby regulating brain activity associated with cravings.

**By stimulating these specific points, we can intercept messages sent by the brain to the body to demand more nicotine, thereby disrupting the addictive process. For the average smoker, the first treatment eliminates most cravings.**

Before the initial treatment you should try and refrain from smoking or having any cigarettes in your possession. The treatment for smoking cessation is 3 short sessions over three consecutive days. **If you make it through those 72 hours smoke-free, you have a very high probability of remaining successful.**

**Evidence-based, natural and safe!**

## Chiropractic

Chiropractic is not just about “bad backs.”

Alcoholism, overeating, smoking, gambling, and drug abuse are often found in people who have spinal subluxations. Subluxations occur at specific levels of the spine where decreased structural integrity, or improper joint motion, is associated with a decrease or increase in nerve firing at the same level, leading to irritation of the body’s central regulatory center, the nervous system.

Research published in one of the most respected psychiatry journals showed dramatically increased success rates for drug detoxification, as well as reduced anxiety and depression levels, and less need for pain relieving and psychiatric drugs among patients receiving chiropractic care.

## Nutrition and Supplementation

Proper nutrition plays a critical role in successful reduction of cravings, as well as using specific supplements to help normalize the activity of neurotransmitters, the substances released by the body that control our cravings, mood, appetites, and overall sense of well-being.

You will receive a questionnaire to assess your neurotransmitter balance and need for supplementation, as well as specific nutritional guidelines to reduce cigarette cravings and give your body the necessary nutrients to naturally balance neurotransmitter function and aid the detoxification process.

## What Happens?

- The doctor will check your spinal column for areas where the nervous system’s communication may be compromised and will deliver chiropractic adjustment to restore the brain-body communication pathways. This will take about 10–15 minutes.
- You will receive an Auriculotherapy treatment. This will take 10–20 minutes and you will be lying on your side. The doctor will run a small micro-current device around your ear. You will hear a quiet, high-pitched noise. When a point is treated, it will feel like a tingle, pulse, or pin-prick for 30–60 seconds.
- Your neurotransmitter questionnaire will be assessed and if you are found to be out of balance, you will be recommended a course of supplementation suitable for your particular brain chemistry, as well as nutritional guidelines specific for withdrawal from cigarette smoking.

**Auriculotherapy treatments are \$75.00 per session. When you sign up for 3 consecutive sessions for smoking cessation, you pay \$175.00 (\$50.00 savings).**

**Chiropractic and nutritional supplementation are strongly recommended in addition to Auriculotherapy for moderate to heavy smokers.**



**Free your body from interference and finally quit with success!**