

Smoking Cessation

Similar to what I do above with appetite control, the smoking cessation treatment I find to be most helpful also targets the ear with a strategically placed surgical staple. I work with individuals giving a lot of helpful advice about triggers and learning some new positive habit forming behaviors. Often people fear that if they quit smoking they will gain weight which prevents them from having success with smoking cessation. Combining the two techniques, appetite control along with smoking cessation can serve as a helpful tool when considering the alternative. It takes 3 months to form a new habit. I'd like to help you make not smoking and not over eating your new healthy habits!