

# Stopping Smoking Using Holistic Therapies

## Reflexology

REFLEXOLOGY BALANCES THE BODY SYSTEMS, IT HELPS REDUCE THE AMOUNT OF NICOTINE RECEPTORS FOUND IN THE BRAIN WHICH IN TURN REDUCES ANY CRAVINGS THAT ARE FELT. IT HELPS THE BODY TO COMBAT ANY EFFECTS THAT ARE FELT FROM THE SMOKING, INCLUDING ANY COUGHS OR MUCUS BUILD UP.

## Massage

TOXINS FOUND IN THE BODY ARE REDUCED USING MASSAGE, BY ADDING FRICTION AND PRESSURE TO THE UNDERLYING TISSUES OF THE BODY, ANY TOXINS THAT ARE BUILT UP ARE EFFECTIVELY REMOVED INTO THE BLOODSTREAM. THESE ARE THEN FLUSHED OUT OF THE BODY THROUGH EXCRETORY CHANNELS. THE REMOVAL OF THE TOXINS REDUCES THE NICOTINE LEVELS IN THE BLOOD AND HELPS TO STOP ANY CRAVINGS THAT ARE FELT.



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