

# ALTERNATIVE SUPPORT SYSTEMS FOR TOBACCO CESSATION

1. Acupuncture- De-stress with acu-pressure seeds or acupuncture
  - HCIT, 303-651-5188
  - Randi Savage RN, 303-651-5080, c- 303-710-9849
  - Livia Ross, 303-443-0087
2. Hypnotherapy- Remind your subconscious mind that you feel healthy breathing clean air
  - Dr Stacey Arnett, 303-921-2475,  
[www.rockymountainhypnosis.com](http://www.rockymountainhypnosis.com)
  - Jocelyne Grzela, 720-470-3336
3. Hoodia Power Pops- Use a sucker instead of a cigarette to give you energy and suppress your appetite. Great handling tool.
  - Tara Pogoda, 303-638-6997, [www.power-pops.com/tara](http://www.power-pops.com/tara)
4. Chewers benefit from using gum in place of chew or tobacco free pouches from the Oregon Mint Snuff Company
  - [www.mintsnooff.com](http://www.mintsnooff.com)
5. Bravo Cigarettes- Lettuce cigarettes, meant to be for short term use, taste crappy, but so do other brands you are not used to smoking. These are for handling issues and have no nicotine. Be cautious of herbal cigarettes- they can also be addicting by giving you a "high".
  - [www.bravosmokes.com](http://www.bravosmokes.com)