

Helping Youth Quit Smoking and be Nicotine Free

Arizona Facts

High school students who smoke	19.7% (70,000)
Male high school students who use smokeless or spit tobacco	10.7% (females use much lower)
Kids (under 18) who become new daily smokers each year	5,600
Kids exposed to secondhand smoke at home	227,000
Packs of cigarettes bought or smoked by kids each year	16.5 million
Adults in Arizona who smoke	16.1% (771,600)

Deaths from smoking

Adults who die each year from their own smoking	6,800
Kids now under 18 and alive in Arizona who will ultimately die prematurely from smoking	105,000
Adult nonsmokers who die each year from exposure to secondhand smoke	990

The 2009 research survey indicates 10.6% of youth age 12-17 and 13.4% age 18-24 smoked cigarettes in Arizona. (source: Arizona Department of Education).

A young cigarette smoker can begin to feel powerful desires for nicotine within two days of first inhaling, according to a research study (source: Symptoms of Tobacco Dependence After Brief Intermittent Use (The Archives of Pediatrics and Adolescent Medicine), and about half of **children** who **become addicted** report symptoms of dependence **by the time they are smoking only seven cigarettes a month**.

Children 12-17 and youth 18-24 addicted to nicotine find it extremely hard to quit. Many have tried smoking cessation programs and counseling. Once hooked, it is extremely hard for them to quit. Pharmaceutical options like the NRT patches, gum, lozenges all have nicotine. Switching to this makes them smoke free but NOT nicotine free. As long the nicotine addiction is in their system they are not able to become fully smoke free and nicotine free.

Cigarettes have 1-3mg of nicotine. Nicotine gum is available in 2-mg or 4-mg doses, and nicotine patches in 7mg - 21mg. Nicotine lozenges are available in 2mg and 4 mg doses. The electronic cigarette (e-cigarette) has low and midrange doses (6–8 mg/ml and 10–14 mg/ml respectively), to high and extra-high doses (16–18 mg/ml and 20–54 mg/ml respectively).

Studies show that nicotine constricts arteries, making it harder for the heart to pump blood through the body. Repeated nicotine exposure contributes to accelerated coronary artery disease, acute cardiac ischemic events, and hypertension. Additionally, studies have shown that nicotine exposure contributes to stroke, peptic ulcer disease, and esophageal reflux.

Bio Laser smoking cessation treatments are drug free, nicotine free, pain-less and completely safe. In most cases one bio laser treatment is all it takes to become smoke and nicotine free. Bio laser treatments are now available in the Phoenix area at special price of \$98 (compared to a regular bio laser treatment price of \$389) to help the youth, and low income Americans kick the nicotine habit and live smoke free. Smoking a pack a day requires spending at least \$150 a month to support the nicotine addiction.

The process of using laser therapy to stop smoking and alcohol, drug addictions as well as enhance appetite suppression was pioneered by Ann Penman, who was able to quash her 60-cigarettes-a-day addiction through bio laser treatments and has been smoke and nicotine free for 18 years. She then made it her personal mission to help other addicts quit. There are now programs across the United States, Mexico, Scotland, and England; Biocare Laser Therapy Wellness Center is the only Anne Penman organization location in Phoenix, Arizona.

Most times, addiction is at the root of smoking, overeating, or drug and alcohol abuse. That's where bio laser therapy can help. By stimulating key neurochemical pathways in the body, the brain releases feel-good chemicals called endorphins. These brain chemicals eliminate most if not all of the physical cravings of the addiction. When smokers stop smoking, a sudden drop in endorphin levels leads to withdrawal symptoms of stress and tension. Smoking a cigarette raises the endorphin level. After a few hours endorphin level drops, irritation is felt with a desire to smoke. The bio laser procedure helps to promote the release of endorphins, natural chemicals in the body associated with the spontaneous relief of pain and stress.

Client Testimonials:

"I AM NOW A NON-SMOKER! I have smoked for 42 years. I've tried everything, patch, gum, lozenges, hypnosis, psychologist and Chantix. I've quit for short periods but never able to totally kick it. Thanks Anne Penman for your Laser Therapy, it really works!"

I feel so proud of myself and so healthy!! Your program is unbelievable, I was skeptical of the "Laser" and the testimonies but I can say they are true. As I experienced everything the other participants did!!! Sheila was very nice.

"Over the years I have tried the patch, nicotine gum and even hypnotism and none have been effective as the laser therapy. If this is the kind of results a two pack a day smoker like me has seen, I'm sure you have many other happy ex-smokers to count among your satisfied customers. I thank you, my fiancé thanks you and my lungs thank you!"

For additional information on Bio Laser treatment for smoking cessation please view the website: www.biocaretherapy.com or call BioCare Laser therapy in Phoenix AZ at (602) 492-9788.