



# SMOKING CESSATION

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((( ONDAMED )))  
a better way to make you better

# Smoking Cessation Protocol (revised edition 2010)

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While you apply the programs, charge 1 glass and 1 bottle of water with all the applications used during treatment, not including program 72. Remove the glass and bottle from the ONDAMED during administration of the program 72 and replace again on the ONDAMED, when you finish administering program 72.

When the water is fully charged with the necessary frequencies, ask the client to drink the water in the glass when the treatment is completed. The bottle of water is to be taken home with the client.

The client should drink the water from the bottle during the subsequent days after the treatment. More than 1 bottle may be charged and given to the client to take home. The bottle of water does not have to be refrigerated but, can if so chosen.

Inform your client that he/she will be thirsty after the treatment.

Due to the Detox program 72, the client must drink two liters of water every day for 14 days after treatment, this to aid the body with the elimination of toxins. A colonic will also aid this process.

## Step 1 Changed time to from 10 to 4 Minutes

Program #16 Revitalization

**NA:** On the neck.

**HA:** At the tip of the sternum.

## Step 2 Time: 4 Minutes

Program #47 Interference

**NA:** On the left foot so that the applicator is on the top and bottom of the foot under the big toe.

**HA:** At the tip of the sternum

## Step 3 Time: 9 Minutes

Program #123 Polyneuropathy

**NA:** On the neck.

**MA4:** On the left thigh.

## Step 4 Time: 9 Minutes

Program #94 Addiction

**NA:** Just above the ears.

**MA4:** On the left side of the upper body, directly under the left breast.

## Step 5 Time: 13 Minutes

Program #117 Oxygen exchange

**NA:** On the neck.

**MA4:** Horizontally on the back from the left shoulder to the right shoulder.

## Step 6 Time: 7 Minutes

Program #72 Detoxification

**NA:** On the neck.

**Do not charge water!**

**MA4:** Placed on the floor and the feet placed on top of MA4, so the feet are across the MA4.

## Step 7 Time: 4 Minutes

Program #47 Interference

**NA:** On the neck

**HA:** Start at the left buttock, move from left to right in figure eights up to the bottom of the neck. Then move down the spine. Start again at the left buttock and repeat.

# Smoking Cessation Protocol (08.06)

1. Tell your patients/clients with certainty, that they will be free from the addictive patterns of nicotine. This is essential so as to provide them with the assurance that this protocol is an effective method in their path to wellness.

As with any smoking cessation protocol, the practitioner must take steps to make sure that the patient/client is ready to be rid of his/her addiction.

2. **After a treatment the patient/client may not ingest:**

**Coffee, Tea, Spirits of any kind, caffeinated soda, over the counter or prescription diet pills or chocolate**, as these all are stimulants and must not enter the body, up to 12 hours after the completion of the treatment. If this rule is not heeded, an additional full treatment will be required. **Remember the key is to keep nicotine away from the body. This includes all nicotine products ie; gum, patches, or inhalers.**

3. There are a few that have the need for a follow up treatment. This is not something we can measure or detect in advance. That is why it is so very important that your patients/clients are made aware of the signals the body can send, letting them know that a follow up treatment is necessary:

- **Irritability**
- **Agitation**
- **Extreme mood swings**
- **Sadness**
- **Problems with sleeping**
- **Uneasiness**

These are the most common signals.... if they occur. It is not a given that they will.

If a patient/client experiences anything out of the ordinary and they are uneasy or experiencing discomfort because of it, they must be assured that we can help them with it.

That is why any **follow up treatment should be free of charge.**

Follow up treatments can only be administered as long as nicotine has not been re-introduced into the body. This does not include second hand smoke. Though second hand smoke is unhealthy, it cannot trigger the patient/client into smoking again.

Follow up treatments are patient-specific and should be administered with opening, revitalizing, and polyneuropathy programs.

**Only if the patient/client experiences the physical urge to smoke, should the addiction program be re-administered.**



## Questionnaire

Name: \_\_\_\_\_

Treatment date: \_\_\_\_/\_\_\_\_/\_\_\_\_ number of treatments \_\_\_\_\_

Telephone nr.: \_\_\_\_\_

How many cigarettes do you smoke daily? \_\_\_\_\_

Have you tried quitting before? Yes \_\_\_\_\_ No \_\_\_\_\_ if yes, how long \_\_\_\_\_

How did you quit? \_\_\_\_\_

Does anyone in your family smoke? \_\_\_\_\_

Why have you chosen Smoking Cessation with the use of ONDAMED pulsed electromagnetic frequency? \_\_\_\_\_

May we contact you by telephone for follow up information? Yes \_\_\_\_\_ No \_\_\_\_\_

Signature

\_\_\_\_\_

After the treatment:

Inform the client that any form of stimulant may not be ingested the first 12 hours after treatment:

- COFFEE
- COLA
- TEA
- SPIRITS
- CHOCOLATE
- ANY FORM OF DIET PILLS/MEDICINE

This is to maintain the state of relaxation, brought on by the ONDMAED.

12 hours after treatment (usually next day) the client may drink / eat normally.

Remember!

The client must not consume/ingest/inhale nicotine. This means all products with nicotine, such as:

- Nicotine Gum
- Nicotine Patch
- Nicotine inhaler

If the client does not adhere to this rule the treatment will not have an effect.

Second Hand smoke cannot cause a physiological urge to smoke, though can trigger a psychological urge. Make your client aware of this.

There are some clients who will need a follow up treatment.

Make your clients aware of the following most common signals that can be experienced and will make it necessary for a follow up treatment:

- Irritability
- Agitation
- mood swings
- Sadness/ Crying
- Insomnia
- uneasiness

The smoking cessation can be administered 2 days in a row; however there is no documentation for that this approach is more successful.

Remember desire to smoke and need to smoke, are two very different concepts.

## Follow-up treatment

Steps 1, 2, and 3 and if necessary, program 50 (anti-stress).

Address the problem that your client is experiencing.

Placement of the applicators is the same as stated above.

During the follow-up treatment, if the client has a physiological need/urge for nicotine (i.e. to smoke/abstinence) program 94 should be administered after step 2 during the follow-up treatment.

Remember desire to smoke and need to smoke, are two very different concepts.

It is very common for the client to cough quite a bit after the smoking cessation. Not all do, however this will dissipate during the course of 2 weeks. This is a positive bodily function, as the lungs are "cleaning house".