

**Important Note:**

**you will have thoughts  
you will not have cravings**

With laser therapy you **will** win the struggle to stop smoking. The acupuncture points involved with cravings, withdrawal, anxiety, and weight are stimulated giving the client control of urges.

**Technical Stuff:**

(right from the manufacturer)

Lasers have been used safely as a therapeutic tool for over 30 years. Laser Therapy (LT) differs from the use of lasers in surgery due to a lower output power and reduced energy density. Instead of cutting tissue, LT stimulates cellular activity by exciting the cells.

**Trigger Points:**

At Laser Aid we follow the American College of Addictionology and Compulsive Disorders (ACACD)

Protocol:

**Point Zero** - general homeostatic balance

**Shen Men** - stress, anxiety, excessive sensitivity

**Autonomic Point** - balance sympathetic and parasympathetic nervous systems, blood circulation

**C. Kidney** - kidney disorders, urination issues

**Brain** - pituitary gland, endocrine glands, addictions, sleep

**Limbic System** - aggressiveness, compulsive behavior

At Laser Aid we include:

**Lung 2** - addiction related lung issues

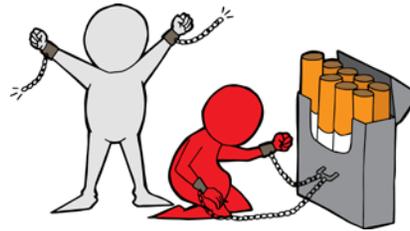
**Liver** - hepatitis, cirrhosis

\*Fun Fact: Laser is an acronym for  
L ight  
A mplification by  
S timulated  
E mission of  
R adiation

The term laser bio-stimulation refers to the use of low level laser to irradiate local acupoints on the skin. This procedure is used for the reduction of pain, acceleration of wound healing, non-surgical facelift and acupuncture.

Laser Aid  
540 10th Avenue  
Hanover ON, Canada, N4N 2P4  
519-364-0466  
1-877-868-8883  
www.stopsmokingnow.ca  
Div. of Break Free Coaching

# BREAK FREE



## Coaching

- Addiction
- Anxiety
- Depression
- Limiting Beliefs
- Phobias
- Weight Control

Think Big! Dream Bigger!

**Mission Statement:**

To use acquired skills and knowledge to empower and inspire others to live their fullest potential in strict alignment with honesty, integrity, and mutual benefit.

**Stop Smoking in 1 Treatment**  
Addiction, Anxiety, Depression, Weight Control



Certified Laser Therapist 1988  
Hanover  
519-364-0466  
1-877-868-8883

You **MUST** have the desire for change.

- Painless
- Drug-free
- One Treatment
- Group Rates
- No Hidden Fees

### Helping YOU Help YOURSELF

- latest in modern technology
- superior to any other method
- no extra charge
- addiction, anxiety, depression, weight-control points included**

Client comment: "I smoked for 40 years and was skeptical. Since completing this treatment I have never had the desire to smoke and it has been over 10 years! Thank you!"

Comment from Barrie Ontario: "If a company offers a 'booster' they are setting you up for failure. My thoughts were focused on 'if I smoke I can always go have a booster'. Needless to say I was unsuccessful and wish they never planted that seed in my mind."

## Before Treatment

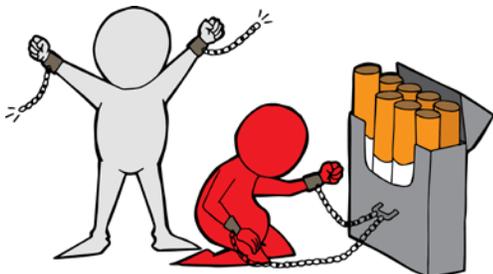
Allow approximately one hour.  
30-40 minutes of coaching  
20-25 minutes of laser

Don't Panic or go Cold Turkey.  
just go about your day as usual  
laser treatment is very relaxing

Wear loose fitting clothes.  
The laser tech needs to reach:  
above the knee  
above the elbow  
down the neckline to the chest bone

Go to the bank.  
paying with cash is more effective:  
you will take the treatment more seriously  
you can visualize how savings will add up

Why quit?  
I have a very good reason to quit!  
my health  
my time  
my money  
my kids  
my grandkids  
my dignity  
my control  
and much more...



Do the math.  
Add up!  
Smoking costs me \$\_\_\_\_\_ per day  
Smoking costs me \$\_\_\_\_\_ per month  
Smoking costs me \$\_\_\_\_\_ per year  
Smoking costs me \$\_\_\_\_\_ per 5 years

Goals  
I will have *money* to spend on\_\_\_\_\_.  
car  
home  
vacation  
recreation  
collage fund  
dental work  
and much more...

I will have *time* to spend on\_\_\_\_\_.  
family/friendships  
my hobby  
de-dutter  
recreation  
learn a new language  
and much more...

**BREAK FREE**  
**and become**  
**all that YOU can be!**

## After Treatment

Refer to your treatment guide for helpful tips  
and reminders as often as necessary.

Pick up the phone before you pick up a smoke.  
We know exactly what to say to you to get you  
right back on track should you need a reminder.  
No matter what is going on in your life, no matter what  
you are telling yourself, cigarettes are not the solution.

### **Your Success is Our Success**

- unlimited support
- we are here to help



by ANNE FINLAY

519-364-0466

www.stopsmokingnow.ca 877-868-8883

## Testimonials

*"At first I hesitated at the cost of your treatment  
but now I am very glad I did it. Look at the new  
car I bought! A brand new", red, convertible,  
right off the lot, just like I promised myself when  
I quit smoking." Margret C. Kelowna, BC*

*"I'm just calling to say that my husband and I are  
off to take our world cruise. When we quit  
smoking we took your advice and put \$20 a day  
under our mattress. It got so lumpy we took it  
out and had enough to take the cruise we had  
only dreamed of taking." Carol K. Stratford ON*

*"My wife and I wanted you to know that we just  
bought a house. Now that our children are  
getting bigger it's going to be great to have  
more space in a home of our own. You were  
right; it didn't take long to save up our down  
payment once we quit smoking!" Roger B.  
Hanover, ON*