

Acupuncture Healthcare Specialists
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Acupuncture Healthcare Specialists Joins the American Cancer Society's 30th Annual Great American Smoke Out. Free Acupuncture Treatments to Help Smokers Kick the Habit.

POWAY – To coincide with the American Cancer Society's 32nd annual Great American Smoke Out, Acupuncture Healthcare Specialists, with offices in Poway and Ramona, is offering free acupuncture treatments on Thursday, November 20, for people who want to quit smoking.

An acupuncture detox treatment consists of gently inserting hair-thin sterile disposable needles at specific points in the ear. This helps to decrease physical cravings for tobacco and also lessen withdrawal symptoms associated with efforts to quit smoking.

The Great American Smoke Out is an annual nationwide event that takes place on the third Thursday of November. This year the event is scheduled for Thursday, November 20. On that day, all smokers are encouraged to quit for at least one day, in hopes they will quit forever. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit smoking.

“Millions of people across the country try to quit smoking on the Great American Smoke Out so it's a perfect time for us to offer free acupuncture treatments”, says Kelly McConville, owner of Acupuncture Healthcare Specialists. “Our hope is that after undergoing a free treatment, participants will take the next step and join our Smoking Cessation Program, or any other program that best fits their needs. We want to motivate people to quit smoking, not just for the day, but for good.”

Smokers interested in receiving a free acupuncture treatment should call Acupuncture Healthcare Specialists at 858-254-4781 to reserve an appointment. Sessions will be held from 10am-2pm at the Poway office (13525 Midland Rd. #G) and 6:30pm-8:30pm at the Ramona office (23678 San Vicente Rd.). Treatments last approximately one hour. For more information visit www.kmacupuncture.com

Mr. McConville is a licensed acupuncturist with offices in Poway and Ramona, serving residents since 1996. He operates a family practice and treats a variety of disorders including: pain and gynecological syndromes, internal medicine, asthma/allergies and pediatrics. If you would like to learn more about acupuncture, please contact Kelly McConville at 858-254-4781.

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