



Br-eaze

Smoking Cessation Program

Br-eaze is a revolutionary program that utilizes innovative modalities, incorporating techniques and protocols from *Anne Penman*, a smoking cessation expert, as well as Dr. Douglas Nichols NMD, to free you from the bondage of tobacco dependency. It all starts with your sincere desire, and with that we are confident that we can help you obtain the **freedom** that you seek.



Br-eaze smoking cessation program is an advanced program for helping people to stop smoking cigarettes, cigars, and smokeless tobacco products. The program is designed to accommodate all individuals, where we know everyone reacts differently. This means no matter how long or how much an individual has been using tobacco, the program can help them become tobacco free.

The effective components that are used in this successful program are as follows:

1. Photobiomodulation Therapy
2. Essential Oil, Amino Acid, and Herbal Therapy
3. Far Infrared Sauna Therapy
4. Emotional Freedom Technique
5. Guidance and Education

Photobiomodulation Therapy is a well-established therapeutic technique with a wide range of medical applications. The **Br-eaze** smoking cessation method utilizes a cold, soft laser beam which is applied to specific energy points on the hands, ears, nose and, wrists. When a smoker stops smoking, a sudden drop in endorphin levels leads to withdrawal symptoms of stress and tension.

Our procedure helps to promote the release of endorphins, natural chemicals in the body associated with the spontaneous relief of pain and stress. When using the **Br-eaze** laser therapy method, clients experience a soothing feeling of well-being.

Laser treatment can help reduce cravings, stress, and restore balance. The laser acts as a calming agent so that when the smoker stops smoking, the withdrawal symptoms often associated with quitting are either greatly reduced or completely eliminated.

Essential Oil, Amino Acid, and herbal therapy utilizes essential oils which are naturally occurring compounds derived from the leaves, stems, flowers, bark, or roots of a plant which are usually extracted via steam distillation. Essential oils are literally the essence of the plant, and these oils are proven to have potent psychological and physiological effects. Amino Acids are components of protein that also have physiological effects on the body and mind. The **Br-eaze** smoking cessation program utilizes essential oil, amino acid, and herbal therapy to aid the client in working with symptoms associated with smoking cessation, especially aspects of craving and mood.

Far Infrared Sauna Therapy involves heat but at a specific wavelength that allows the heat to naturally penetrate the tissues at a deeper level than a traditional sauna, causing more toxins to be released with the sweat that the body generates in the process. This technology is

utilized in the [Br-eaze](#) program to aid the body in detoxifying the nicotine and chemicals that have accumulated in the body from the use of cigarettes.

Emotional Freedom Technique (EFT) is a technique where certain acupuncture points on the body are tapped in a certain order, aiding the body in dealing with cravings and other physical or emotional aspects that may be experienced in the smoking cessation process.

Guidance focuses on self-belief and positive thinking. We help clients to deal with the emotional, physical and psychological aspects of quitting smoking. We will discuss lifestyle, the role smoking plays in their life when and where they smoke, the factors that lead them to smoke and their dependency level.

The [Br-eaze](#) program consists of three sessions: The first session is one hour long and this is usually all that is required to get you well on the road of becoming smoke free. The driving force behind the program is the laser technology, with the other therapies aiding in addressing triggers that may contribute to smoking and to aid the body in detoxification. However we understand that the first 2 or 3 days of quitting smoking are crucial and to maximize the smoker's success we recommend a second session within that time period. Further sessions can also be arranged depending on individual need. These sessions are offered to help you remain smoke free.



We invite you to this journey! We have every bit of confidence in your success!

***Call 928-536-9608 to schedule an appointment today!**