Petrolia Foot Clinic & Laser Centre

WHAT IS LASER THERAPY?

Our laser therapy is entirely safe and pain free. A soft laser beam applied to specific energy points on your ears, nose and hands helps stimulate the body's production of endorphins. These are natural body chemicals that have a calming, relaxing effect. When you stop smoking, it is primarily the sudden drop in endorphin levels that leads to withdrawal symptoms and physical cravings. Our laser treatment will help relieve you of those cravings, reduce stress and detoxify the body. It only takes two or three short sessions, totaling an hour and a half of your time. Contact us for more details. We can help you "kick the habit".

IT'S NEVER TOO LATE.......

THE BENEFITS OF QUITTING*

20 minutes after quitting:
Your heart rate drops.

12 hours after quitting:
The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting:
Your circulation improves and your lung function increases.

1 to 9 months after quitting:
Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1 year after quitting:
The excess risk of coronary heart disease is half that of a smoker's.

10 years after quitting:
The lung cancer death rate is about half that of a continuing smoker's.

15 years after quitting:
The risk of coronary heart disease is that of a nonsmoker's.

* Provided by the American Cancer Society

UP IN SMOKE: THE COST OF SMOKING

How much do you smoke? How long have you been smoking? Find out how much cash you've puffed away. Use the calculation below to see how little laser therapy will cost you.

I smoke _____ packs per day

X_____(price per pack) X 365 days

= $_____(what I spend each year in cigarettes).

Our 3 treatment smoking cessation program costs $400

We realize weight gain is a major concern of many of our smokers. We are happy to add on appetite suppression for $50.