

## PHYSICAL BENEFITS WHEN YOU CRUSH THE HABIT

It all begins to happen within minutes...

- Within **20 minutes** the body returns to it's normal temperature

Pulse rate drops to normal rate

Blood pressure drops to normal

### **After 12 hours**

Pulse rates slows and skin temperature returns to normal

Oxygen level in blood increases to normal

Carbon monoxide in blood drops to normal

### **After 24 hours**

Improved cardiac function

Fine motor coordination improves

### **After 48 hours**

Nerve endings begin to regrow

Smell and taste begin to return to normal

### **After 72 hours**

Lung capacity begins to increase

Bronchial tubes relax, breathing becomes easier

### **Within 2 weeks to 3 months**

Lung function begins to increase

Circulation, stamina and physical ability return to normal

### **1 to 9 months**

Cilia regrow in lungs increasing ability to stave off sickness

Coughing, sinus congestion and shortness of breath decrease

Body's overall energy level increases

### **1 year**

Risk of heart disease down 90%

Heart returns to near normal

### **10 year plus**

Most symptoms and effects of smoking are gone and your body functions as it had never smoked

Breath smells better, as does clothes, auto and house

Eliminates premature aging

## Organization Sponsorship

Laser Methods, LLC. specializes in working with organizations to provide the employees and staff the convenience of a smoking cessation program at their work place. The security and credence of the organization together with the convenience provides the incentive for the employee to join the program

The organization benefits by having a healthier employee group resulting in more efficiency, productivity and better attendance. Health insurance rates typically decrease and employees are grateful for the concern and effort put forth by the employer. Employee loyalty increases. Their income increases due to reduced cigarette and health care costs. Most importantly you have provided the opportunity for the employee and their family to benefit from a healthier and smoke free life.



For more information regarding

### **LASER METHODS, LLC, PROTOCOL**

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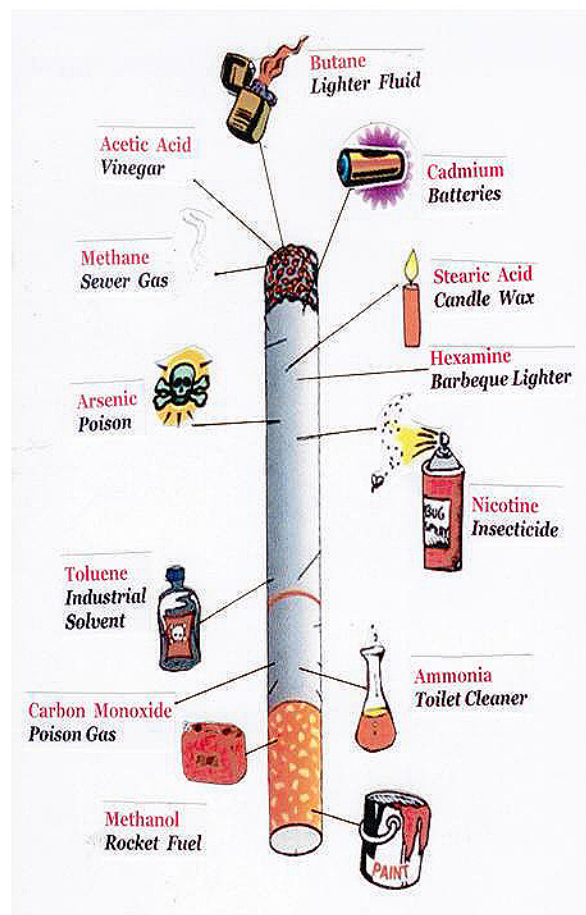
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# FINALLY YOU CAN CRUSH THE HABIT !





## Are you aware that these chemicals are in cigarettes



Would you put these  
poisons in your spaghetti?

## Quit smoking with LLLT— low level laser therapy—today!

### SECOND HAND SMOKE

Normal air filtration is ineffective in removing damaging effects of smoke

Second hand exposure puts people at 20-30% greater risk for developing lung cancer

Young children are more prone to childhood asthma, ear infections and respiratory infections. A reported 430 deaths each year in infants from SIDS (sudden infant death syndrome) are attributable to second hand smoke.

Estimated 50,000 deaths annually from second hand smoke

Even brief exposure to second hand smoke causes increased stickiness of blood platelets which damages the lining of the blood vessels, slows the blood flow and impairs the hearts ability to respond to the hearts demand for oxygen

Causes increased risk in infants and children acute respiratory infections, chronic conditions i.e., asthma, cystic fibrosis, bronchitis and pneumonia

126 million Americans are subjected to second hand smoke daily

### FREQUENTLY ASKED QUESTIONS

Q. Does the laser treatment hurt?

A. No, there is no heat or physical sensation from the low level laser.

Q. How long are the treatments?

A. The total treatment time is less than 40 minutes.

Q. What is the laser doing to me?

A. The laser stimulates your natural opioids, the feel good chemicals your body produces. You should have better sleep and an overall sense of well being after your treatment.

Q. How long will the effects last?

A. Everyone is different. It can be one treatment or several, but, it will stop your smoking habit.

### LOW LEVEL LASER THERAPY

LLLT or low level laser therapy is based on the use of a small low power laser beam. This beam of light stimulates meridian and trigger points, painlessly, using a very small amount of power, much less than a flashlight. As a result there is no heat or pain and absolutely no side effects. The lasers light only works on the meridians points associated with the habit of smoking.

### LASER METHODS, LLC.

#### PROTOCOL

Using the low power laser we target those acupuncture and meridian points associated with the desire to smoke. The beam is painless and is used on each point for approximately 45 seconds. There are 35 points on your hands and ears that are targeted. During your treatment Laser Methods, LLC. uses conceptual imagery to enhance the overall effect of the laser. This combination of physical, auditory and visual stimulation results in one of the most effective methods of assisting you in your desire to stop smoking. Whereas many treatments use only one method, lasers, patches, hypnosis, pills, gum or diet, Laser Methods, LLC. has developed a protocol that incorporates three of your own senses into a short one time treatment. Your achievement in stopping smoking will benefit you by giving your family and yourself the gift of a healthy smoke free life.