

Shang's Acupuncture & Laser Therapy

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Quitting Smoking

A Natural Wellness Program to Help You Become Smoke-Free

Quitting smoking can be challenging. Many people find that smoking becomes a long-term habit because of daily routines, nicotine cravings, and emotional triggers. Breaking this habit often requires both physical and mental support.

Our program is designed to support individuals who want to become smoke-free through a natural wellness approach. The goal is to help reduce nicotine cravings, encourage relaxation, and support healthier lifestyle choices.

Our comprehensive program focuses on three key areas:

- 1. Helping reduce nicotine cravings through natural therapy.**
- 2. Supporting positive lifestyle and behavior changes.**
- 3. Encouraging the body's natural recovery and wellness.**

Every person's experience is different. Our goal is to provide supportive care that complements your personal commitment to quitting smoking and living a healthier, smoke-free life.