

# The LCH Technique® **quit smoking quit nicotine**



With the **highest success rates in Western Canada**, the powerful **LCH Technique®** at *Laser Centers for Health* has helped more than 15,000 people end their addictions and improve their health.

The **LCH Technique®** uses advanced technology in non-invasive laser therapy to eliminate withdrawal and cravings, and includes in-depth counselling, an all-natural detox program, printed and audio materials, and long-term support.

**Quit smoking/nicotine easily, in only one hour, without the use of any medication or nicotine replacement products such as gums, patches, nasal sprays, inhalers or lozenges.**

If you are ready to quit, the **LCH Technique®** will make it faster and easier for you to finally end your addiction. We will support you every step of the way.

**Treatments are strictly confidential.**

We treat all drug addictions (street and prescription drugs), addictions to alcohol, smoking, gambling, internet and gaming, food, coffee, soft drinks, energy drinks, sugar and more. **The LCH Technique®** is also a highly effective treatment for depression, stress, anxiety, panic attacks, insomnia, chronic pain, weight loss, and nail biting.

## Healthy, happy, and in control...**for Life.**

You may have started with an occasional cigarette to relax, which soon led to smoking several cigarettes a day. Each puff triggered the release of endorphins that calmed your nerves and made you feel good. Coffee breaks during your work day or social occasions with friends helped to create the habit. Before you knew it, you were hooked. Now you're addicted, and you need help to quit. If you've already tried patches, gums, or medications, you know how hard the battle can be. You also suspect that it doesn't really make sense to use nicotine replacement products to overcome a nicotine addiction.

**You can stop your addiction to cigarettes and nicotine in only one hour, with the LCH Technique®.**

**One year after laser therapy, more than 90% of our clients remain free from their addiction to smoking and to nicotine.** All you need is a single, one-hour treatment to quit all nicotine...forever. The **LCH Technique®** addresses all three parts of the addiction (the physical, the psychological, and detoxification). It creates a massive endorphin rush, which mirrors the relaxing effects you feel when you smoke a cigarette, and lasts at a high level for the entire time your system is detoxifying.



[www.LaserCentersForHealth.com](http://www.LaserCentersForHealth.com)

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## Targets **all three parts** of the addiction

- 1 **THE PHYSICAL ADDICTION** During the laser treatment, a mild pulsating sensation on your ears, hands, legs and feet stimulates a powerful surge of endorphins to give you a natural high. The treatment elevates your body's serotonin and dopamine levels to give you an increased sense of wellbeing. **The LCH Technique<sup>®</sup> Quit Smoking/Nicotine treatment eliminates cravings, withdrawal, and the physical need for nicotine.**
- 2 **THE PSYCHOLOGICAL MIND GAMES** Private counselling during your treatment will teach you how to eliminate negative thoughts and cravings, to deal with triggers and patterns, and to cope with your life, **without nicotine**. Written and audio materials remind you how to stay in control. If you ever need more help, you can call our staff — even after hours — for ongoing support...long after you've completed laser therapy.
- 3 **THE DETOXIFICATION** Your detox package includes a 30-day supply of natural antioxidant capsules to help eliminate the addictive chemicals from your body. After your body is completely cleansed of toxins, **the physical part of the addiction is over.**

Developed with more than 35 years of clinical experience, and enhanced with constant research, the **LCH Technique<sup>®</sup>** achieves the highest possible success rates for our clients.

**THE LCH TECHNIQUE<sup>®</sup>** treatment to quit nicotine products takes only one hour; the effects last for an entire month, until your system has completely detoxified.

- » **QUIT SMOKING/NICOTINE PACKAGE** Includes one-hour laser treatment, private consultation, printed materials, detoxification supplements, free top-up within two weeks, and ongoing support. **\$289**

### Optional Add-on Treatments:

- » **APPETITE SUPPRESSION** Concerned with weight gain associated with quitting nicotine? This treatment helps to suppress your appetite and cravings for food. **\$29**
- » **RELAXATION & STRESS REDUCTION** Feeling anxious or stressed, or not sleeping well? This treatment helps you to feel even more relaxed. **\$29**
- » **BOOSTER TREATMENT** If you ever need a little extra help, the LCH Booster Treatment can help you to remain free of nicotine. **\$99**

TAX IS EXTRA. THE **LCH TECHNIQUE<sup>®</sup>** CAN BE CLAIMED AS AN INCOME TAX DEDUCTION. TERMS AND CONDITIONS APPLY AND MAY BE SUBJECT TO CHANGE WITHOUT NOTICE.

CORPORATE & GROUP RATES  
ARE ALSO AVAILABLE

LOCALLY OWNED AND  
OPERATED CLINICS IN  
VICTORIA & NANAIMO

CONTACT US TODAY!  
BOOK ONLINE, BY PHONE  
OR IN PERSON

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