

You Too Can





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Kick The Habit Now!

Are you ready to quit smoking?

You want to *breathe better*. You want to *smell better*. You want to *look better*. You want to *feel better*. You want to save money. Let's face it smoking tastes bad, smells bad, chokes the life out of you and could make you ill.

[Kick The Habit Now](#) can help you quit. Your desire and our technology are the winning combination.

Call [Kick The Habit Now](#)
for an appointment at: (212) 292-5660

Our Program

- [Kick The Habit Now](#) laser therapy works!
- It is quick, painless and effective.
- It reduces anxiety.
- It does not involve drugs.
- It does not involve patches or gums.
- It does not involve hypnosis.
- It does not involve needles.



You know deep down that you must stop smoking. By reading this you are admitting to yourself that you need help. [Kick The Habit Now](#) will help you. When you call to schedule your appointment our staff will briefly explain [Kick The Habit Now's](#) unique treatment.

During your appointment a [Kick The Habit Now](#) professional will take a brief medical history and explain the details of the laser treatment. It is a safe, painless treatment utilizing a low-power laser in which a cold, soft light is directed at specific points on the body. The points on the body are known to be useful in helping to control nicotine addiction. Stimulating these points will enhance relaxation and create a sense of well-being while combating nicotine cravings. Your office visit will be over in less than one hour. After your treatment we will review post therapy instructions and behavior modification techniques. In addition we will give you a package of items helpful in combating the mental stress associated with quitting smoking.

Call us for an appointment now.
You won't be sorry.

[Kick The Habit Now](#): (212) 292-5660



How it Works

Ancient Methods

In ancient times healers learned how to help people by using the body's own energy. They perceived the energy paths through the body; the rivers of life force that keep us alive and healthy. They understood that by stimulating points on the body certain streams could be stimulated or subdued to enhance the body's ability to resist disease and heal itself. They managed these meridians with the only tools they had small enough and precise enough to hit these points; they used needles. [Kick The Habit Now](#) brings this ancient knowledge to the present.

Modern Technology

Jump ahead to the 21st century. Modern science has given us the laser. This incredible device is able to focus a beam of light with incredible accuracy. The control is so fine and so sure that it can replace the needles used by the Ancient Masters. With this modern technology [Kick The Habit Now](#) can help you to manage the urges that keep bringing you back to smoking. [Kick The Habit Now](#) can reduce your anxiety. [Kick The Habit Now](#) can empower your success on the mission to be smoke free.

What Is Low-Level Laser Therapy?

The low-level (soft laser) used by [Kick The Habit Now](#) produces a beam of light of specific color and strength; when this light is properly focused and of the right color it penetrates the upper layers of skin to stimulate meridians that are useful in controlling addiction and promoting relaxation. The procedure is painless and highly effective.

Why Does It Work?

Some of the largest stumbling blocks to becoming smoke-free are stress, anxiety and the depression associated with quitting. [Kick The Habit Now's](#) laser, when applied to specific meridian and auricular points stimulate the production of endorphins. Endorphins are the body's natural chemical pain suppressors. The increased production of endorphins helps to suppresses your urge for nicotine and soothes the discomfort of withdrawal. [Kick The Habit Now](#) targets meridian points involved in cravings, withdrawal, and anxiety. In addition we target a number of appetite suppression points that minimize the transfer of the addiction to food helping to prevent overeating and weight gain.

[Kick The Habit Now's](#) laser therapy calms you, and relaxes the mind. It reduces anxiety and alleviates depressive feelings. This treatment makes it easier for you to cope with the symptoms and cravings that arise from letting go of nicotine.

Kick The Habit Now



Has This Been Recognized By The FDA?

Laser therapy has been used in Asia, Europe and Canada for more than 30 years. The U.S. Food and Drug Administration (FDA) have stated that low-level lasers are “a non-significant risk device” and have approved patient funded clinical trials. Kick The Habit Now is one of the few places in the world approved to participate in these clinical trials. These trials are run under the direction of medical doctors and are paving the future for smoking cessation. Call [Kick The Habit Now](#) to see if you qualify.

How Will You Feel?

Patients feel great within half an hour after the session has been completed. The desire to smoke is gone. Most people think that as soon as they go outside the urge to smoke will be back; this simply is not the case. You just need to follow the recommended post therapy steps and before long, weeks and months have gone by. You are smoke free!

Is The Treatment Guaranteed?

YES the procedure is guaranteed. All patients may come back for a second treatment free of charge. This happens in approximately 30% of our treatments. The top reasons patients come back are:

- They were forced to come and now really want to quit.
- A stressful event such as a tragedy or loss.
- Alcohol related. This is mostly due to the environment and not necessarily getting drunk.

You are a Phone Call Away from help!

[Kick The Habit Now](#) laser therapy has a long list of success stories. With our help, You Can Quit! Kicking the habit yields enormous health benefits. [Kick The Habit Now](#) will help you through the ordeal of quitting, with our help you can quit forever. The professionals at [Kick The Habit Now](#) will help you. You are ready to be smoke-free.

Call us for an appointment.

You won't be sorry.

[Kick The Habit Now](#): (212) 292-5660



About Us

As Founder and Co-Owner of [Kick The Habit Now](#), I want to welcome you to our clinic. I smoked 2 packs of cigarettes a day for 25 years. I needed to quit but couldn't find the way. I tried every available method but nothing worked. In January of 2005, a friend told me about smoking cessation through the use of Laser Therapy. This procedure was new to the United States, but had been available for years in Canada and Europe. I was skeptical; all I knew about Laser was that it was being used for vision correction, surgical procedures and pain management. I made an appointment and from the moment I completed the procedure I kept waiting for the craving to smoke again, but I had none.

I am now a non-smoker. I feel better, breathe better, smell and taste better than ever before. I run 3 miles a day and have more energy; I wish this feeling on everyone who smokes. I was held hostage by cigarettes for way too long. My passion and belief in Laser Therapy inspired me to conduct this clinical research trial in the metro NYC area.

Best Wishes,
Lori Brown,
Owner

Testimonials

Here are a few of the many success stories we are privileged to share. Click on each one to read the true feedback from the people we help. After you read a few call [Kick The Habit Now](#) @ (212) 292-5660 for help.

From: Mike F.
Subject: Stopping Smoking
Date: December 04, 2007 8:34am

I went to kick the habit on June 29, 2007 and have not smoked since. It was the best experience I have ever had. I have tried to quit at other times, and this procedure is 95% better than going cold turkey. I recommend this method to everyone, and am surprised that more people are not taking advantage of this. The people that work there are also very good, and they follow up repeatedly to make sure you are still OK. Thanks again, for making me smoke free.

Mike

From: Camille H.
Subject: None
Date: December 08, 2005 6:15PM

On November 8, 2005 I went into Kick the Habit, per a suggestion from my husband, who had come home from work with a flyer promoting this laser therapy to quit smoking. After reading the flyer and stating many, many times that after thirty years I cannot just stop smoking, it was

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way too hard – I thought I would give this a try. I have tried nicorette gum, nicotrol inhalers, welbutrin pills, cold turkey, etc, etc. – nothing worked.

I cannot tell you what a pleasure it is for me to write this testimonial. I am so proud of myself. I have not had a cigarette for one entire month and I have had little to no desire for a cigarette at all. My family and friends cannot believe that I am doing this so painlessly. I am recommending Kick the Habit to everyone I know. I am bringing a really close family friend to Kick the Habit next week.

This is definitely the way to quit smoking for good. There is no desire to smoke.

Thank you Kick the Habit.
Camille
East Northport, NY

From: Eileen S.
Subject: None
Date: January 4, 2008 3:30PM

Dear Kick the Habit,

First, let me start by saying that I never thought I would be writing this letter. This is true for a couple of reasons. First, I have never written a letter to any company no matter how satisfied or dissatisfied I have been with their product or service. Secondly, I never dreamed in million years that your service would actually work for me and that I would be smoke-free.

I smoked for over 25 years. I was one of those individuals who truly enjoyed smoking. Knowing all the dangers and risks however, I tried several times to quit. I had used the patch, gum, hypnosis, acupuncture and I even took Zyban to help me. Nothing worked. I was irritable, gained weight, and was downright miserable. I had actually convinced myself that the dangers of smoking were nothing compared to my misery. I figured I would be a lifelong smoker and just prayed that the cigarettes wouldn't kill me.

As I started nearing my 40th year, I realized that I needed to try again. Boy, 40 sure does sneak up on you, and I realized that I may be well past "middle-age" if I kept up this habit. I started thinking of my own children and how I would really love to be alive long enough to be a grandmother. It makes me sad to think that my children never met my father, their grandfather, because smoking killed him at age 61.

Miraculously, a flier was placed in my hand during a recent trip to NY. I figured I had nothing to lose by trying it out, but never really believed it would work for me. From the first time I walked into your office, I felt comfortable and at ease. You really listened to me and you reassured me that this was something I could do. I truly felt like you cared, and that meant a lot. The procedure was quick and painless and for the first time in a long time, I thought that maybe this could work for me. And it did! The first night was a little tough, and although I had cravings, they were nothing I couldn't deal with. When I woke up the next morning, I didn't

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even think about smoking until later in the morning. That was a shock! It was smooth sailing from there and I have been successful for almost three months now. Simply unbelievable.

There are no words to tell you how much I appreciate what you have done for me. I hope that every smoker who has struggled to quit smoking will be able to benefit from your treatment. You are truly, literally, a life-saver. My husband, my children and my unborn grandchildren thank you too!

Sincerely,
Eileen S.
Orlando, Florida

From: Bonnie M.
Subject: We're doing just fine
Date: February 6, 2007 6:54 PM

We've been missing your calls. One week has passed and neither one of us has had a cigarette. Of course, we don't talk about it but have gone about our regular lives cigarette free for a total of eight days now. That's quite an accomplishment after 40+ years of smoking.

Keep pulling for us.

Bonnie & Bill M.

From: JoAnne
Subject: 10 Weeks plus
Date: May 15, 2006 2:21PM

To everyone at Kick the Habit!

It's been 10 weeks and I'm still smoke-free. I feel like such a weight has been take off my shoulders! Now not only do I sleep better knowing I've probably added years to my life. I also go to sleep without that nagging little cough. The excuse me I'm a smoker cough is gone! And I'm amazed how easy it was. After that one session, I went home and haven't smoke since!

Thanks again,
JoAnne

From: Tim M.
Subject: My experience
Date: May 05, 2006 11:23AM

I was a pack-a-day smoker for 7 years. I was a skeptic. I was a guinea pig for about 10 other people that wanted to know how well this method works. The operative word here is "Was." Basically, the moment I stepped out of the office, the 5 hour nicotine craving I had was gone,

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and a day later I felt like I had never smoked. No cravings. No jumpiness. No weight gain. I didn't feel like I had to replace smoking with anything, So I wasn't snacking on stuff all day long. I have tried to quit 4 or 5 times in the past, and I always gained 10 pounds and went back to smoking within a month or two. I'm done. I feel great. Cool, calm, and collected. And I'm handing out Kick The Habit's business card to a lot of people.

Hope this helps!

Tim

From: Sue Y.
Subject: Testimonial
Date: May 19. 2007 3:51PM

Dear Kick the Habit,

After being a Cigarette smoker for 31 years and trying everything there was out there to quit, I am thrilled to say that "I haven't had a cigarette for over 6 weeks and I know I'll never go back." Thanks to your "Cold Laser Treatment" I was able to quit smoking with hardly any trouble at all. Because I never felt that I needed a cigarette. When I left your office, I was more relaxed, stress free and calm than I can ever remember feeling in my life. Now I feel great! I wish I would have found you years ago. But, I am certainly glad that I found you when I did. I tell everyone I know and meet about this wonderful, painless, and easy "Cold Laser Treatment" I had while on vacation in New York. I am definitely thrilled. If you had a Fan Club I could definitely be the President. Thank You. Thank You. Thank you.

Sincerely,
Sue Y.
Redding, Ca



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