



RegenLife

Take the First Step Today!

You're not just quitting smoking.
You're improving your entire well-being.

Ask your provider about our
Smoking Cessation Program or
call to schedule a consultation.

OH Office

RegenLife Center
3328 Westbourne Dr,
Cincinnati, OH 45248
513-506-9075

KY Office

RegenLife Center
162 Barnwood Drive,
Edgewood, KY 41017
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A Whole-Person Approach to Quitting Smoking

**Integrative & Lifestyle
Medicine for Smoking
Cessation**

Personalized Care Plan

**Your journey is unique. We create a
plan tailored to you, which may
include:**

- One-on-one counseling
- Motivational interviewing
- SMART goal setting
- Integrative therapy options
- Ongoing support and follow-up

Why This Approach Works

**Combining medical treatment +
lifestyle change + integrative
therapies:**

- Reduces cravings
- Improves stress management
- Increases quit success rates
- Supports long-term health

You Don't Have to Quit Alone!

Quitting smoking is one of the most powerful steps you can take for your health, and it's also one of the hardest. Our clinic combines **medical treatments, lifestyle changes, and integrative therapies** to support you every step of the way.

Traditional Medical Support

We use evidence-based treatments to reduce cravings and withdrawal:

- Nicotine Replacement Therapy (NRT)
- Patches, gum, lozenges, inhalers
- Prescription medications
- Wellbutrin or Chantix

These therapies help manage the physical side of addiction.

Lifestyle Medicine: Building Lasting Change

We focus on sustainable habits that support long-term success.

The Pillars of Lifestyle Medicine

- **Nutrition:** Fuel your body and reduce cravings
- **Physical Activity:** Boost mood and reduce withdrawal symptoms
- **Restorative Sleep:** Ensuring you're getting quality sleep
- **Stress Management:** Learn healthier coping strategies
- **Avoiding Risky Substances:** Break dependency cycles
- **Social Connection:** Strengthen relationships and accountability

Healthy habits make quitting easier and staying smoke-free possible.

Integrative Medicine: Supporting Mind & Body

We incorporate therapies to improve success and reduce stress.

We offer: **BrainTap, Exercise Therapy, and Behavioral Therapy.**

Braintap is a system that uses light pulses and sound frequencies to induce brainwave entrainment, which encourages the brain to relax and enter specific states like meditation or deep sleep. The primary benefits include stress reduction, better sleep, mental clarity & focus, and mood enhancement.

Other integrative medicine techniques used in smoking cessation include:

- **Mindfulness & Meditation**
- **Hypnotherapy**
- **Yoga & Movement**
- **Acupuncture**
- **Herbal & Natural Support**

These approaches address the emotional, mental, and behavioral aspects of quitting.