



**Bense Epsilon Laser Centre**

Suite 102, Lower Level, Elizabeth Towers  
100 Elizabeth Avenue, St. John's NL, A1B 1S1

Phone 709.722 6222 Fax 709. 579.3209

[www.studio100.ca](http://www.studio100.ca)

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## **BENSE EPSILON SMOKING CESSATION PROGRAM**

### **Commitment to Change Your Life for the Better**

Be ready to change the messages in your mind, which sabotage or unravel your good intentions to change and make an informed decision to commit to this comprehensive program.

### **Pre-Treatment Consultation**

Meet with studio professional to review all aspects of the chosen program. Understand that there are no quick fixes or miracle cures and that to change one's lifestyle takes a great deal of personal time, energy and resources.

### **'Exercise to live" (Available)**

Service available for private session with a certified personal trainer 1 week PRIOR to treatment to discuss the benefit and importance of starting an exercise program, including: implementing a 4 week walking program; and Attending minimum of 1 Pilates, 1 Yoga and 1 Strength Training group class/week

### **Laser Therapy with the THOR ® Laser**

The latest in laser therapy technology, this low-powered laser is totally safe, fast, needle-free and non-invasive. The *Non-Drug* therapy is considered to be a highly effective, modernistic form of acupuncture. The laser stimulates the central nervous system to release endorphins (the body's natural pain suppressors), allowing the client to stay relaxed and calm making it overwhelmingly easier to overcome withdrawal and cravings.

***This leaves only the habit to deal with.***

Client is recommended to take a 20-minute brisk walk immediately following the laser treatment. The effects of the laser will reach a peak within 12-24 hours post treatment. This brisk walk will help stimulate the production of anti-withdrawal endorphins and increase circulation and oxygen intake to facilitate the elimination of toxins.

### **Behavior Modification, Relaxation Techniques and Affirmations**

Reconditioning the mind and disassociating it from smoking are critical for lasting success. A take home package including the reading material and a behavior modification/relaxation technique CD will be given to help keep the client mentally motivated into making these healthy changes.

### **Detoxification**

Taking natural supplements is a personal choice. If so, client chooses to follow our detox formula, which is designed to quickly detoxify the body of harmful toxins, help control cravings and balance the body.

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**LASER TREATMENTS**

**SMOKING CESSATION TREATMENT**

(With appetite suppression add on \$100.00 value)

**\$195.00 plus HST**

**GROUP (3) SMOKING CESSATION**

**\$150.00 plus HST  
 (Per person)**

**WEIGHT MANAGEMENT TREATMENT  
 HST**

**\$150.00 plus**

**(Per person)**

**MODIFIED TAKE HOME CLIENT INFORMATION PACKAGE**  
 (When laser treatment is contraindicated)

**\$27.00 plus HST**

**DETOXIFICATION PROGRAM**

**Smoking Cessation**

**Vitamin C-1000mg daily** helps the body rid itself of toxins and helps strengthen immune system;  
free with initial treatment only.

**Magnesium-150mg daily** helps keep your CBS stable and prevents severe mood swings.  
**Pycnogenol-75mg daily** a powerful antioxidant that helps rid your body of cancer causing free radicals, helps repair damaged lung tissue and helps clear arteries of any plaque build up.  
**Cream of Tartar 1 tsp daily at bedtime** helps strip the nicotine from the body.  
**Water-8 glasses daily** helps quickly flush out toxins and poisons from the body.

**Weight Management**

**Chromium-400mcg daily** helps to regulate insulin levels & promotes fat loss.  
**CLA- 3000mg daily** to help metabolize fat.  
**Apple Pectin-500mg daily Fiber aids** in toxic elimination.

**SMOKING CESSATION BOOSTERS:**

**When no nicotine used since 1<sup>st</sup> treatment:**

Within 1<sup>st</sup> 8 weeks

**2 FREE boosters**

After 1<sup>st</sup> 8 weeks and indefinitely

**\$30.00 plus HST**

**When nicotine has been introduced:**

In 1<sup>st</sup> 8 weeks after 1<sup>st</sup> treatment

**\$125.00 plus HST**

After 8 weeks to 1 year

**\$175.00 plus HST**

After 1 year, if you need a full program

**\$195.00 plus HST**

**WEIGHT MANAGEMENT BOOSTER:**

**\$100.00 plus HST**

