

ACUONE®

AcuOne Stop Smoking



Medical report

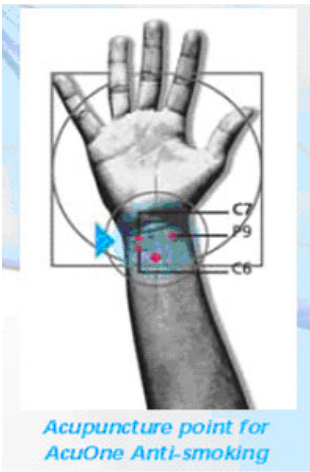
By Dr. Jean-François PIOL

Introduction - AcuOne

How can we find a way to stop smoking without causing stress and physical problems? We would all like to find a simple, effective, unrestricting answer to this question.

There is no shortage of potential solutions: patches, hypnosis and pharmacology are methods which are often difficult to apply in daily schedules filled with professional and family requirements. But our bodies are in need of fresh air, relaxation and freedom more than ever.

This realisation is what inspired French doctor and acupuncture professor to create the concept of anti-tobacco AcuOne. The concept was created after 4 years of research and makes use of the advantages of electroacupuncture adapted to the modern world.



AcuOne works on the same basis as acupuncture, according to which the inside of the wrist comprises 7 points which can be stimulated on a combinatory basis. The geometric positioning of the stimulation electrodes corresponds to the anatomic position of these points and must correspond to a therapeutic configuration adapted to the patient's complaint according to the points stimulated.

← The acupuncture points for stopping smoking that are stimulated by AcuOne can be seen here.

AcuOne comes in the form of a light, discreet bracelet watch which is easy to wear. Its case contains a chip and it is activated by pressing the arrow on the case which flashes for 2 minutes. In order to be effective, this process must be repeated once every hour and as soon as the desire to smoke returns. This bracelet watch can be used flexibly and autonomously. It reassures the user by its extremely high level of precision which is programmed and simulated by computer.

For customers who have tried everything in vain, AcuOne offers a new hope based on secular practices which are now scientifically proven and do not involve any risks or any other products.

AcuOne is presented as a new portable, autonomous acupuncture device.

AcuOne is a French product whose patent has been registered in France and abroad. It was awarded the bronze medal at the invention fair in Geneva, GMED certification, the CE label and FDA category I.

Stopping smoking

Over 3000 substances have been identified in tobacco smoke, many of which are extremely toxic.

- **Nicotine** - the main dependency factor in cigarettes, takes 7 seconds to reach the brain after being inhaled by smoking. It enters the bloodstream very quickly, encourages atherosclerosis, liberates stress hormones and accelerates the heartbeat.
- **Tar** - the real 'time bomb', increases the incidence of cancer among smokers due to the deposits forming in the lungs, mouth, pharynx, larynx etc.
- **Carbon monoxide** - partly prevents the haemoglobin from carrying out its function as an oxygen carrier.
- **Irritating agents** - cause inflammation and increase bronchial secretions.

Methodology

This study was conducted over a three month period between May and July 2002. In order to measure the effectiveness of anti-tobacco AcuOne.

50 male and 50 female patients aged 18-65 were selected to participate, all of whom smoked between 12 and 35 cigarettes a day.

Patients were asked to complete a dependency test (Fagerström test) and a questionnaire to measure the reduction in consumption, if applicable and the level of anxiety felt as a result of stopping smoking.

Patients were fully briefed on how to use the device. Whenever they feel like smoking, they should activate the device by pressing the button. The AcuOne will then issue miniature electric impulses on the inside of their right wrist stimulating the acupuncture points used to control the desire to smoke and thereby reduce the nervous tension caused by stopping smoking. This stimulation lasts for 2 minutes, which is sufficient for effective stimulation.

The patient can activate the device as often as necessary during the day without any side effects.

Results

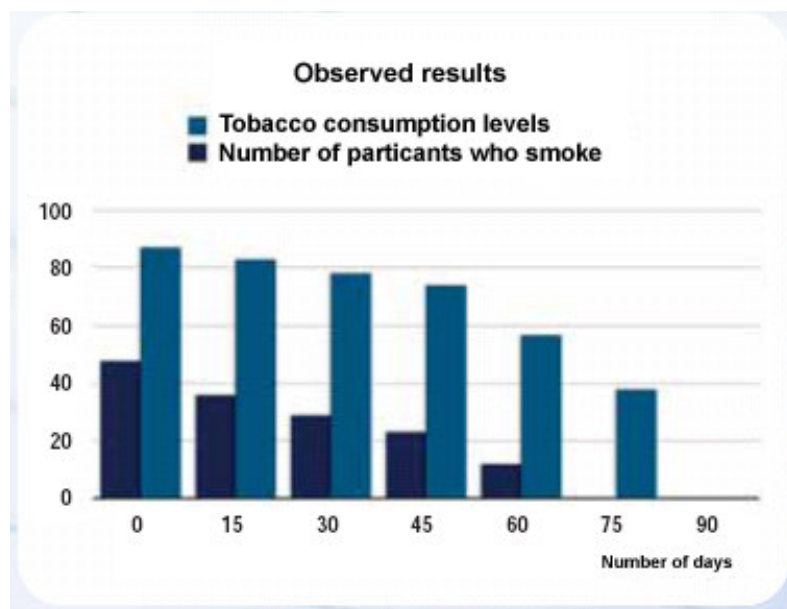
The first thing to be noted was the exceptionally high level of motivation amongst patients to complete the experiment. Out of 100 patients, only 8 stopped after using anti-tobacco AcuOne for a few days. Therefore 92% of patients were noted to be truly motivated and remained so throughout the three month period.

The reduction in consumption was stable and intensified every day rising from 38.5% for the first 15 days to 87.5% after three months.

The aim was to monitor the behaviour of this group over a three month period and to observe objectively the decrease or increase in cigarette consumption week after week. Fears were soon alleviated when it was noted that the reduction in consumption was extensive and widespread by the second week.

It was therefore noted that, thanks to AcuOne, the patients not only had the desire to stop smoking but they also significantly reduced their consumption during the first month.

Between the first and second half of the second month, a slight slowdown in the reduction and an increased stability was noted. Between the second and third fortnights, the reduction rate was even higher. After 30 days 12 patients had stopped smoking and after 45 days 23 patients had stopped smoking. In the last month, 36 patients had completely ceased smoking and overall tobacco consumption for the group had reduced by 83%. At the end of the trial 48 of the patients had quit smoking entirely.



Conclusions

It can be concluded that not only does anti-tobacco AcuOne stop or significantly reduce cigarette consumption, but it also prevents patients from 'giving in' in 95% of cases.