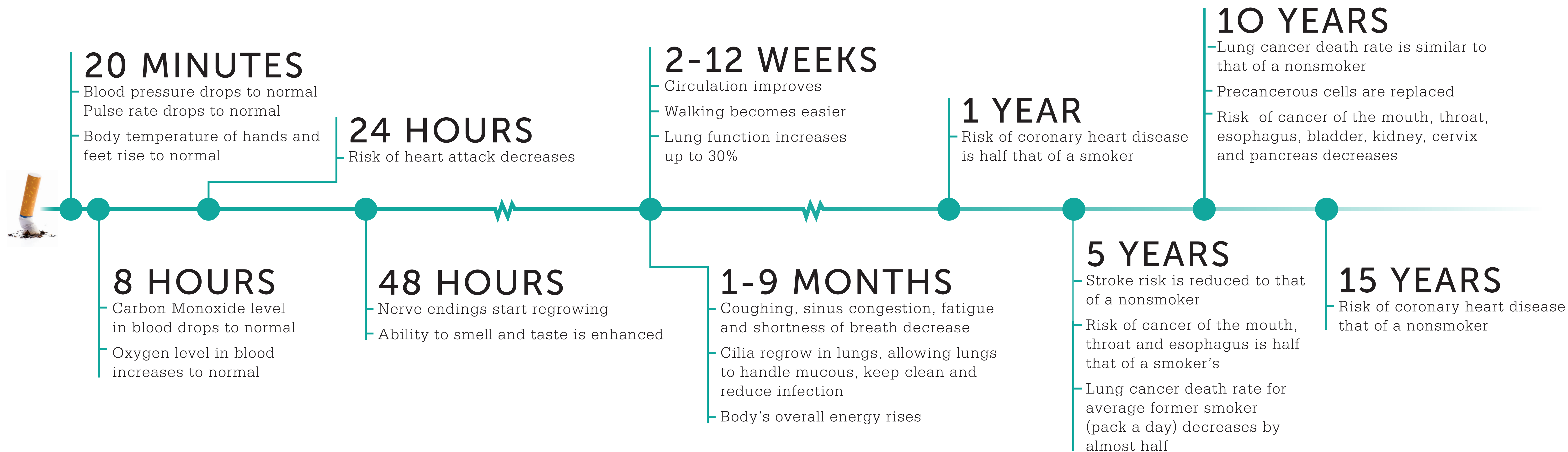


WHAT HAPPENS AFTER YOU QUIT SMOKING?

Within 20 minutes of your last cigarette your body begins a series of changes that continue for years. All benefits are lost by smoking just one cigarette a day according to the American Cancer Society.



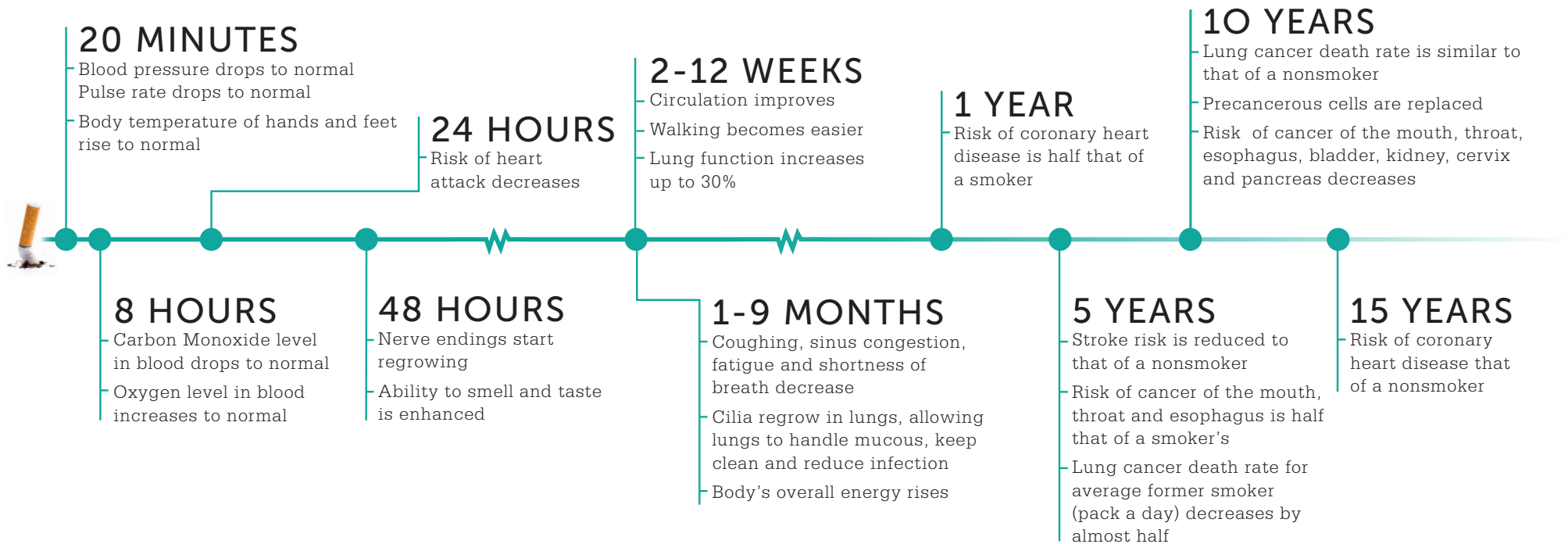
AURICULOTHERAPY: *helping thousands kick the habit*

The Healing Corner

Dr. Nancy Nitsch, D.C., M.T.A.A. • 10726 Bus. Hwy. 21, Hillsboro, MO. 63050 • 636-789-2202 • www.myhealingcorner.com

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