



QUIT SMOKING CARE PROGRAM

Quitting smoking is a significant step towards improving your health, and this program and resources available to help you succeed.

Key Components of Quit Smoking

Programs

Counseling and Behavioral Therapy

- This helps you identify triggers, develop coping strategies, and build motivation.
- It can be done individually, in group sessions, or through telephone quitlines.

Nicotine Replacement Therapy (NRT)

- NRT products, such as patches, gum, lozenges, inhalers, and nasal sprays, provide controlled doses of nicotine to reduce withdrawal symptoms.
- These are available over-the-counter or by prescription.

Prescription Medications

- Certain medications, such as varenicline and bupropion, can help reduce cravings and withdrawal symptoms.
- These require a prescription from a doctor.

Educational Materials

- Programs often provide information about the health risks of smoking, the benefits of quitting, and strategies for staying smoke-free.

Key Considerations

- Combining counseling with medication is often the most effective approach.
- It's important to find a program that fits your individual needs and preferences.
- Don't get discouraged if you don't succeed on your first attempt. Many people try multiple times before quitting successfully.

By utilizing the available resources and support, you can significantly increase your chances of quitting smoking and improving your health.

PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching (Mindful eating- Emotional Eating – Food Choices)
- Assesment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterreanean- Flexiterian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Pshyco Therapy Session	1	1	1
Cleansing Body Wrap	2	4	5
Ozone Sauna Therapy	3	5	7
Individualised Iv Infusion	1	2	3
Relaxing Cupping Therapy	2	4	6
TCM Acupuncture Therapy	4	6	8
Sultan Hammam Therapy	1	1	1
Anti Stress Massage Therapy	3	4	5
Breath Therapy	3	5	7
Anti Stress Frequency Therapy	4	6	8
Body&Mind Sessions	4	6	8
Oxygen Therapy	5	8	12
Pulmonary Detox Nebulasation	3	5	7

Special Privileges For Medworld Guests

- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga & Exercise Sessions





+90 536 774 71 07

www.medworldclinic.com