

AURICULAR ACUPUNCTURE FOR STRESS AND CRAVING REDUCTION

Acupuncture is a method of treatment that has been used in China for over three thousand years for a variety of ailments. Auricular acupuncture for the treatment of stress and addiction is a relatively recent development in the history of this ancient art. In 1972 a neurosurgeon discovered that acupuncture alleviated withdrawal symptoms in opiate dependent patients who were undergoing surgical analgesia for other disorders. Over the next twenty-five years this treatment was extensively studied, expanded and improved. It is now used successfully in the treatment of all types of drug addictions, as well as other behavioral health issues including stress and trauma.

NADA is an acronym for “**National Acupuncture Detoxification Association.**” It is an internationally recognized treatment protocol using ear acupuncture that effectively helps to reduce stress levels and cravings associated with addictive behaviors such as nicotine addiction. NADA helps detoxify the body and has a calming & balancing effect on the body’s energies.

The NADA protocol consists of the placement of 5 very thin sterile acupuncture needles in each ear. It is virtually painless. The needles will remain in place approximately 30 minutes while you relax. Additional points may be added on the face or scalp to further support the individual.

Benefits include:

- Increased calmness and reduced agitation
- Improves energy levels
- Elevates mood and feelings of well being
- Relief from stress and emotional trauma
- Reduced cravings for alcohol and drugs (including nicotine)
- Can help reduce PTSD symptoms
- Improves sleep and digestion
- Discovery of inner quiet and strength
- Easier connection with counseling and an improved intention for recovery

*** There is no intake or discussion required as part of this treatment so people who are seeking quiet support or who are feeling easily over-whelmed tend to find this approach a more comfortable one.

Note:

As with any addiction or trauma, your commitment to your own health and well-being is critical for success. In some cases, additional professional counseling may be needed. For best results while trying to address a major addiction or stressor, 2-3 treatments a week are recommended – especially in the first several weeks.