

Addiction Treatments Using Ear Acupuncture

Both ears of the patient are needled at the same time, usually for 30 - 45 minutes with fine gauge, sterilized, one-time use stainless steel needles just under the skin. Unlike many forms of acupuncture, the NADA protocol is delivered in a group setting to help build support among those being treated, and to break down factors of isolation. Patients are often allowed to remove the needles themselves when the treatment session is over.

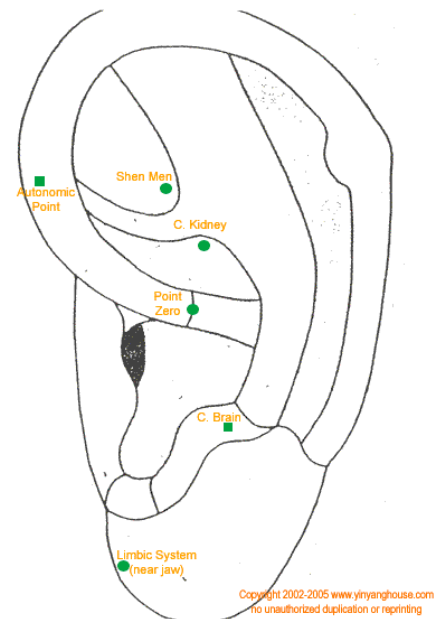
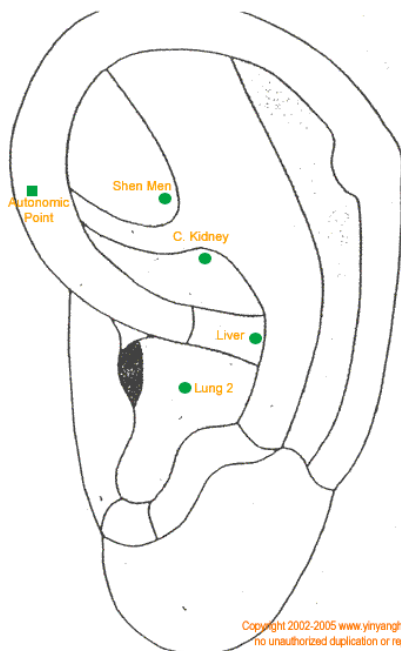
Among the benefits reported by patients and clinicians are improved addiction program retention, a more optimistic and cooperative attitude toward the process of recovery, as well as reductions in cravings, anxiety, sleep disturbance and need for pharmaceuticals."

American College of Addictionology and Compulsive Disorders (ACACD) Treatment Protocol

NADA Protocol

- **Lung 2** - addiction related lung issues
- **Shen Men / Spirit Gate**- stress, anxiety, excessive sensitivity
- **Autonomic Point (Sympathetic)** - balance symphathetic and parasymphathetic nervous systems, blood circulation
- **Liver** - hepatitis, cirrhosis
- **C. Kidney** - kidney disorders, urination issues

- **Zero Point** - homeostatic balance, diaphragm release
- **Shen Men**
- **Autonomic Point (Sympathetic)** -
- **Brain** - pituitary gland, endocrine glands, addictions, sleep
- **Limbic System** - aggressiveness, compulsive behavior
- **C. Kidney**



<http://acupuncturetoday.com/abc/nadaprotocol.php>

http://www.yinyanghouse.com/theory/auricular/nada_detox_protocol