

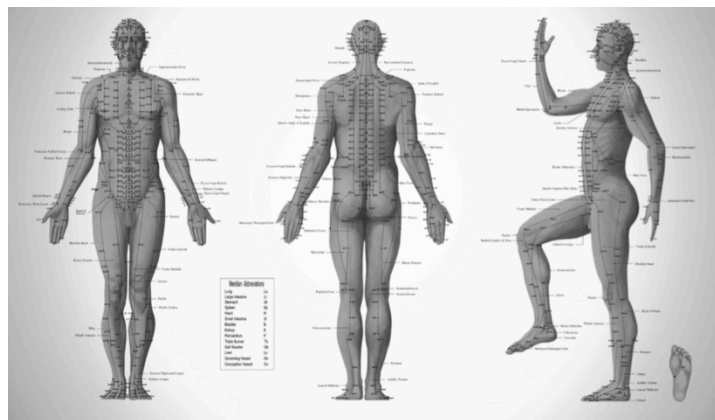
## Acupuncture

## What is Acupuncture?

- Acupuncture is a form of Chinese medicine that has been practiced for centuries. It's based on the theory that energy, called chi (pronounced "chee"), flows through and around your body along pathways called meridians. Acupuncture is done by putting very thin needles into your skin at certain points on your body. Sometimes heat, pressure, or mild electrical current is used along with needles.

## Points

## Acupuncture points of Traditional Chinese Medicine



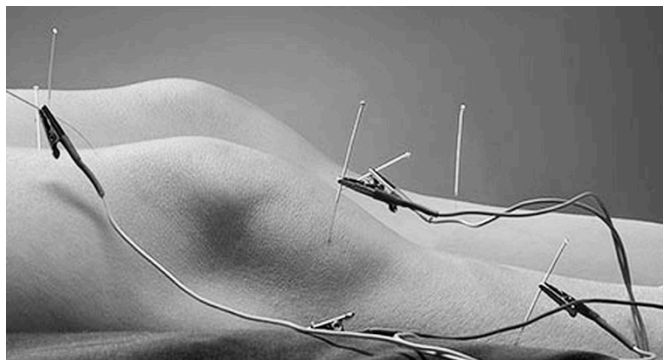
Needles

## Thin acupuncture needles



Overview

## Electric Stimulation on needles



## Auricular

## Auricular Therapy



Auricular acupuncture is the stimulation of acupuncture points on the external ear surface

## NADA

## NADA

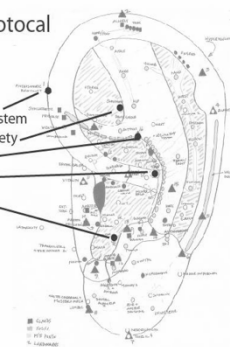
National Acupuncture Detoxification Association

The 5 point NADA Protocol

- Needles, staples, or electric stimulators are placed on targeted points in the ear.

Points:

Autonomic- Balances nervous system  
 Shen Men- Calms stress and anxiety  
 Kidney- Strengthens Kidneys  
 Liver- Strengthens Liver  
 Lung 2- Strengthens Lungs



In the mid-1970s, Michael Smith, a medical doctor at Lincoln Hospital in the South Bronx area of New York, modified an existing system of auricular acupuncture into a simple technique for the treatment of many common drug addictions as an alternative to methadone. This selection of ear points proved to be extremely effective in the treatment of addictions, and became what is now referred to as the "NADA protocol."

## Stapling

## Ear Stapling



Acupuncture staples are medical staples made of a tiny surgical, stainless steel that is placed into the inner portion of the ear at specific acupuncture points of the ear. The staple causes a constant stimulation to the acupuncture points. The staples can be used for the treatment of weight control, smoking control, and drug addiction.

## Addiction

## Acupuncture for Addiction

Did you ever think that heroin addiction could be treated with acupuncture? Few of us have. Acupuncture has been used for 3,000 years for everything from allergies to chronic pain, but since 1973 there has been an increase in using acupuncture as a treatment for addictions.

Acupuncture works on the concept of yin and yang- two complementary and opposing dynamics found in nature. When we are healthy, our yin and yang is said to be in balance. Addicts are found to be lacking in yin, and since yin is like water and yang is like fire, a shortage of yin means the fire of yang can grow out of control.

As a treatment or therapy, acupuncture needles stimulate certain locations in the body to improve the corresponding problem area. Research has shown that acupuncture raises endorphin levels, which are natural painkillers, found in and produced by the body. It was noted that addicts were better able to curb cravings and withdrawal symptoms when endorphin levels were kept high.



## Success

## Success Rates

- 52% success rate for acupuncture combined treatment – after one year
- 28% success rate for treatment without acupuncture – after one year
- Acupuncture combined with substance abuse counseling and group therapy programs is effective for treating drug and alcohol users. It produces a calm, yet alert feeling, reduces withdrawal symptoms, and decreases future cravings.

In 1985 research at the University of Minnesota and the Downstate Medical Centre in the United States confirmed that acupuncture substantially reduced withdrawal symptoms and the craving for drugs. A subsequent study at the Lincoln Hospital in 1988 provided further evidence of the successful use of acupuncture for the treatment of opiate dependency.



## Expectations

## What to expect during a visit

You will meet with the Doctor to discuss your overall health and treatment plan.

A treatment plan using acupuncture will be tailored for each patient.

Visit time can vary from 15 to 45 minutes.

On average you should expect to have 10 treatments, with follow up as needed.

Supplements may be included as part of your plan.



Our Office

## Where can I receive treatment?

- Edmystone Acupuncture and Chiropractic has 3 locations located in O'Fallon IL, and Belleville IL.
- You can visit our web site at [www.edmystone.com](http://www.edmystone.com) for information.
- Business cards will be available outside after the presentation.



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