

# DETOX ACUPUNCTURE

The Center for Integrative Health is excited to offer the NADA protocol to our patients as a part of your comprehensive care.

## What is NADA

NADA stands for National Association of Detox Acupuncture. It is a simple, yet effective, acupuncture protocol to help people deal with and recover from substance abuse. In the 1970s, a medical doctor in the South Bronx created this simple acupuncture technique for the treatment of many common drug addictions as an alternative to methadone. The protocol proved to be extremely effective in the treatment of addictions, and became what is now referred to as the "NADA" protocol.

## The Treatment

The NADA method involves the insertion of five small, sterilized disposable needles into points on each ear. The recipients sit quietly in a group setting for 30-45 minutes. There is often a calming, almost meditative energy in these settings. The group helps build support among those being treated and is overwhelmingly regarded as a pleasant, relaxing experience. Ideally the treatment is repeated every few days as needed, according to the individual and severity of the addiction.

## Benefits

Among the benefits reported by patients and health care providers are:

- Reduced cravings for alcohol and drugs, including nicotine and reduced need for pharmaceuticals
- Minimized withdrawal symptoms
- Longer periods of abstinence and shorter relapses
- Increased calmness, better sleep, and less agitation
- Relief from stress and emotional trauma, an improved sense of well-being
- A discovery of inner quiet and strength
- An intention for recovery

## Cost

\$25 per treatment

## When

Group sessions will be offered on Mondays at 1pm and Wednesdays at 4pm. Additional times will be added as needed. Groups will begin the week of March 21.

**Please see the front desk to express interest or for more information.**



JENA LESAR, L.Ac.

Licensed Acupuncturist

In addition to facilitating the NADA group treatments, Jena is also available for individual acupuncture sessions. One-on-one treatments allow for more personalized attention to other concerns you may have, as well as offering you continued detox support. Discounted first visit for existing office patients.

Acupuncture is a safe, effective and drug-free therapy that can be very effective in the treatment of pain. Additionally, it can help address a wide variety of conditions including:

Allergies	Back pain	Detox	IBS	<b>Pain</b>
Anxiety	Cancer care	Fertility	Insomnia	PMS
Arthritis	Carpal tunnel	Fibromyalgia	Menopause	Pregnancy symptoms
Asthma	Colds & flus	Headache/migraines	Multiple sclerosis	Smoking cessation
Autoimmune disease	Depression	Hypertension	Neck pain	Weight loss