

# NADA Acudetox Acupuncture

2705 Virginia Ave, Kalamazoo

[copenetwork.org](http://copenetwork.org)

## Acupuncture Schedule January 2019

### Group Drop In Times

**Plan on 45 min—1 hour/session.**

(Treatment will be in order of arrival unless prior arrangements have been made.)

**Cost—donation, all donations are welcome** (suggested \$15-30)

Monday January 7<sup>th</sup> 4:30 – 7:30pm

Saturday January 19<sup>th</sup> 12:00-2:00pm

Thursday January 31<sup>st</sup> 4:30-7:30pm

### What is the NADA Model?

A non-verbal approach to healing that involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. The recipients sit quietly in a group setting for 35-45 minutes.

Chinese medicine believes that there is an extensive and complex energy system that flows throughout the human body. When this system flows freely, the body is in balance and healthy but interruptions and blockage in this energy system cause stagnation, disease, chronic illness and discomfort. Simply stated, acupuncture is a technique that allows free-flowing energy and restores balance to the body. In terms of modern Western medicine, acupuncture creates healing exchanges in the various functional systems of the body.

Acudetox auricular (ear) acupuncture is based on the fact that there are points for the entire body wrapped on the ear's surface. The National Acupuncture Detoxification Association (NADA) has developed a protocol using 5 points on the ear:

### Benefits show:

- ⇒ Increased calmness, better sleep, and less agitation
- ⇒ Relief from stress and emotional trauma
- ⇒ A discovery of inner quiet and strength
- ⇒ Reduced cravings for alcohol, drugs, food, cigarettes
- ⇒ Minimized withdrawal symptoms
- ⇒ Has a calming effect
- ⇒ Increases energy
- ⇒ Increases mental clarity
- ⇒ Helps with sadness and letting go

