

# NADA

What it is? How does it work? Why the ears?

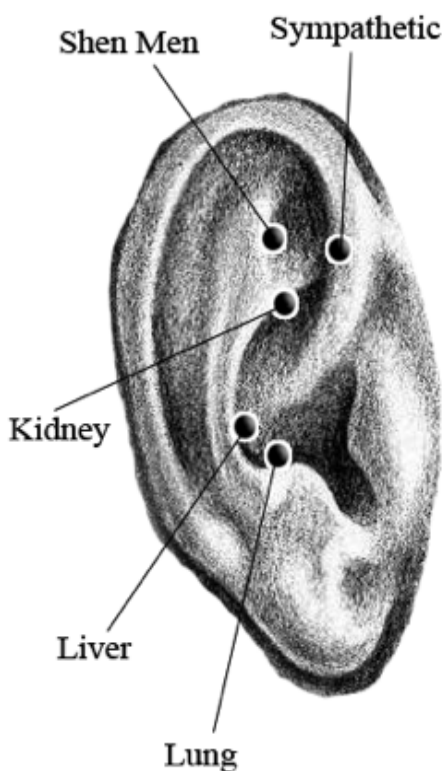
*Acupuncture is the world's oldest medical science.  
It has been around for over 3,000 years.*

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 the following 5 points on the ear:

**Sympathetic** – helps relieve tension by calming the “flight or fight” response of the nervous system and helps promote pain relief.



**Shen Men or Spirit Gate** – helps relieve anxiety and nervousness and produces a calm, relaxing effect.

**Kidney** – helps release unwanted toxins, purify the blood, strengthen the immune system, calm fears and remove insecurities. As the source of yin and yang energy, it is related to growth and development and the life force.

**Liver** - helps to detoxify as well as promote relaxation and provide relief against anger and frustration. Helps emotional balance and confidence.

**Lung** – helps respiration and detoxification. Helps promote relaxation, physical balance and expression of feelings, especially sadness and letting go.