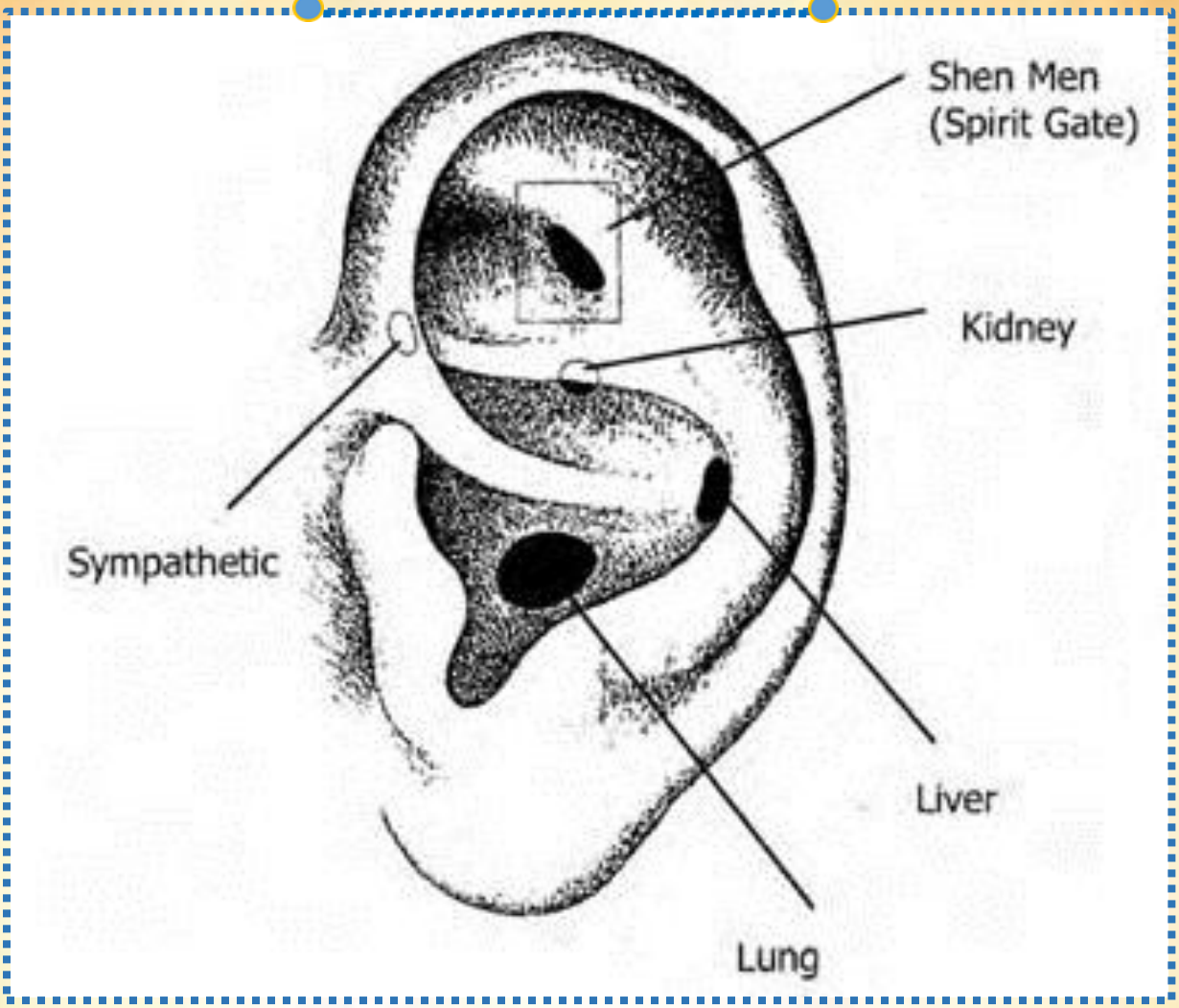
The Five Points



Sympathetic: Relieves tension

Shen Men: Calming/Relaxation

Kidney: Willpower, releases toxins

Liver: Detoxify, relieves anger/frustration

Lung: Respiration, detoxify

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The Five Points

Sympathetic Point	**Body** → Balances sympathetic nervous system → Has strong analgesic and relaxant effect on internal organs and dilates blood vessels **Mind** → Reduces epinephrine/norepinephrine levels to relax **Spirit** → Calms the spirit → Provides serenity
Shen Men Point	**Body** → Alleviates pain, tension, excessive sensitivity → Reduces hypertension **Mind** → Calms the mind and relieves anxiety, depression, insomnia, and restlessness **Spirit** → Opens connection to spirit (opens one's heart) and ability to love self and others
Kidney Point	**Body** → Stimulates physiologic and hormonal functions **Mind** → Influences mental state and happiness **Spirit** → Reminds one of their will and intention to overcome → Allows one to hear the positive
Liver Point	**Body** → Stimulates physiologic and hormonal functions → Relieves muscle cramps **Mind** → Aids in clear thinking and decision-making → Relieves frustration, depression, and anger **Spirit** → Helps one connect with the internal self and find direction in life
Lung Point	**Body** → Aids in detoxification → Regulate pores **Mind** → Aids in regulation of grief/sadness → Improves sense of connection, self-respect, and integrity **Spirit** → Reminds one of connection with heaven → Provides inspiration

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Auricular (Ear) Acupuncture: The National Association Detoxification Association (NADA) Protocol

ACUPUNCTURE

Acupuncture is the world's oldest medical science. Chinese medical science holds that there is an extensive and complex energy system that flows throughout the human body. When this stream flows freely, the body is in balance and healthy. Interruptions and blockages in this normally free-flowing energy stream cause stagnation, illness, disease, and discomfort. Simply stated, acupuncture is a technique that helps get the energy flowing freely and restore balance to the body. In terms of modern medicine, acupuncture creates healing changes in the various function systems of the body.

AURICULAR (EAR) ACUPUNCTURE: The NADA Protocol

Auricular acupuncture is based on the theory that there are points for the entire body mapped out on the ear's surface. NADA, an educational not-for-profit corporation, developed a standardized ear-needling technique to enhance behavioral health and wellness; this protocol uses five points on each ear:

Sympathetic	Shen Men (Spirit Gate)	Kidney	Liver	Lung

The five points used in Acudetox treatment were chosen based upon Oriental medical theory and clinician indication, as well as lower electrical resistance and pain sensitivity. All of the five points serve to balance the body's energy and assist the body's healing processes. Together, the combined effect of the five-point protocol is, as referred to in Oriental medicine, a yin "tonification" (preventative), restoring the calm inner qualities akin to serenity.

In general, needling the *Sympathetic* and *Shen Men* points produces calming, relaxing and centering effects. The other three points, *Kidney, Liver* and *Lung*, correspond to yin organ systems in Oriental medicine. The yin organs are seen as internal, nourishing, nurturing, restorative, and supportive. They store the vital substances such as energy and essence. In modern Western Medicine, the kidney, liver, and lungs (organs of elimination) are related to detoxification and cleansing.

http://www.e-acuwell.com/services/nada-national-acupuncture-detoxification-association/

Benefits of Ear Acupuncture

- Promotes Relaxation
- Decreases Anxiety
- Enhances Stress Management
- Enhances Sense of Purpose & Well-being
- Promotes Mental Clarity
- Reduces Cravings & Withdrawal Symptoms
- Improves Sleep
- Increases Energy

An acudetox session allows for participants to:

Utilize a *natural* detoxification method

Notice immediate results

Relax quietly for 30-40 minutes

(talking/meditation is not necessary)

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