Treating the Pain of Addiction with Acupuncture

Presented by:

Bruce Hinkley MAcOM, L.Ac.
bruce.hinkley@summitstonehealth.org

And

Jen Stephenson, LPC, CACII, ADS
jennifer.stephenson@summitstonehealth.org

SUMMITSTONE HEALTH PARTNERS
Your community partner for mental health and addiction services

Introduction

- 25 years in the Mental Health field
- 12 years as a Acupuncturist in private practice
- Currently a Case Manager with CDDT at Summitstone Health Partners

Acupuncture is…

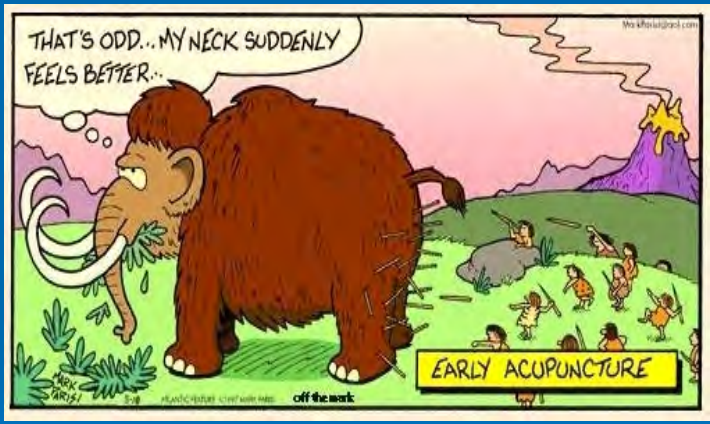
- Acupuncture (assessment, diagnosis, treatment)
- What can you treat with Acupuncture?
- How many treatments will I need?
- Cost
- Acupuncture and Integrative Care

Acupuncture/ Traditional Chinese Medicine (TCM) Paradigm of Health

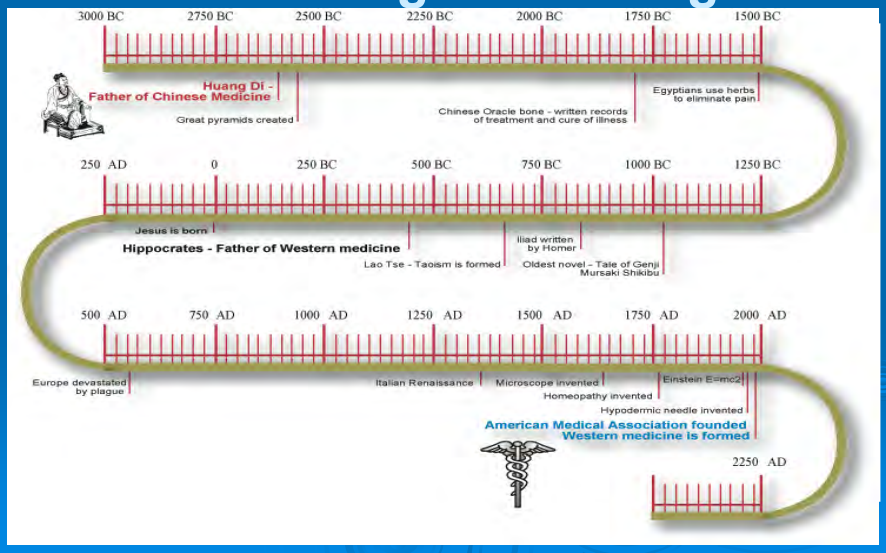
- Everything is interconnected
- Support the person as a whole
- Innate capacity for healing

OBJECTIVE OF CARE

- Eliminates obvious signs and symptoms
- Relieves pain and discomfort
- Supports Immune Health
- Prevents Illness
- Maintains and optimize health



5,000 Years of Wisdom, Knowledge & Healing



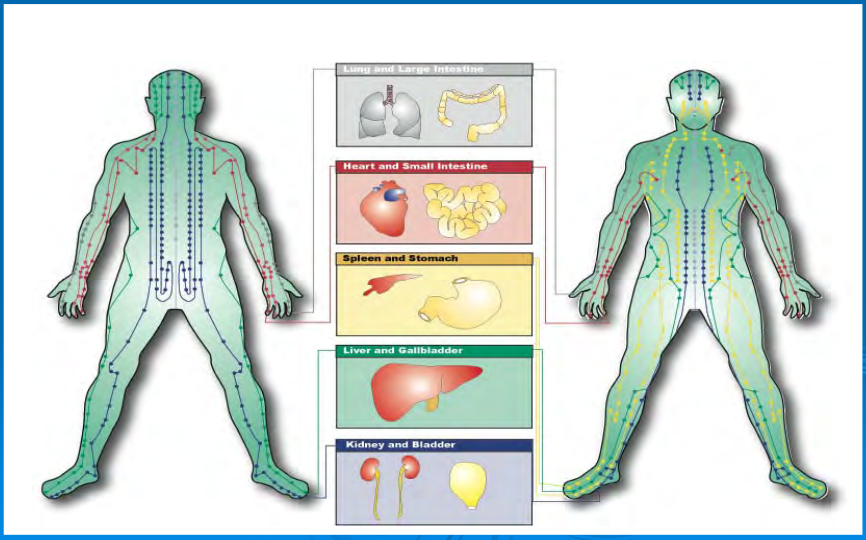
Chinese Medical Language

- Qi
- Yin and Yang

What is Qi

- The energy that animates and enlivens
- Provides nourishment for every cell, tissue, muscle, organ, and glands
- A sufficient, balanced, and continuous flow of Qi = good health

Organ and Meridian connections



Qi's various physiological functions

- Activates and Animates the Heart/Joy vs Anxiety
- The Spleen Transform's and Transports/ Digestion
- The Kidneys warms the body/Sexual function
- The Lung's Defends and Protects/ Cold and Flu
- The Liver Contains and Retains/Violent impulses

Blockage of Qi in the Meridians

- Inherited Constitution
- Trauma
- Habits
- Diet
- Emotions
- Lifestyle

Tai Ji (Yin Yang)

Yin and Yang

YIN	YANG
FRONT	BACK
INTERIOR	EXTERIOR
ABDOMEN/CHEST	SKIN/MUSCLES
STRUCTURE	FUNCTION
CHRONIC ILLNESS	ACUTE ILLNESS
GRADUAL ONSET	QUICK ONSET
COLD	HEAT
FATIGUE	ENERGIZED/RESTLESS
WEAK VOICE	LOUD VOICE
LONG TREATMENT	SHORT TREATMENT
HERBS	ACUPUNCTURE/MOXA
MORE NEEDLES	LESS NEEDLES
DISPERSE	TONIFY
DARK	LIGHT
WATER	FIRE
PASSIVE	ACTIVE
INSIDE	OUTSIDE
SLOW	FAST
RIGHT	LEFT
DOWNWARD	UPWARD
MATTER	ENERGY

Chinese Medicine's Environmental Pathologies

- Wind-----> Moves, Changes, Rapid, Quick
- Heat-----> Hot, Red and Swollen
- Dry-----> Cracked, Withered, Frail
- Cold-----> Aches, Stiff, Chills
- Damp-----> Heavy, Sluggish, Soft

An Acupuncturist Diagnostic Evaluation

- Looking
- Asking
- Pulse/ Tongue
- Physical Exam
- Quality
- Quantity
- Balance

The Tongue is a primary diagnostic tool…

Color

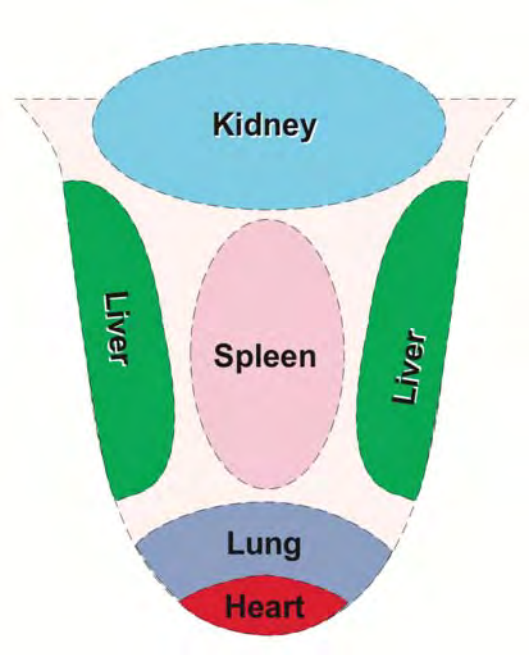
Shape

Cracks

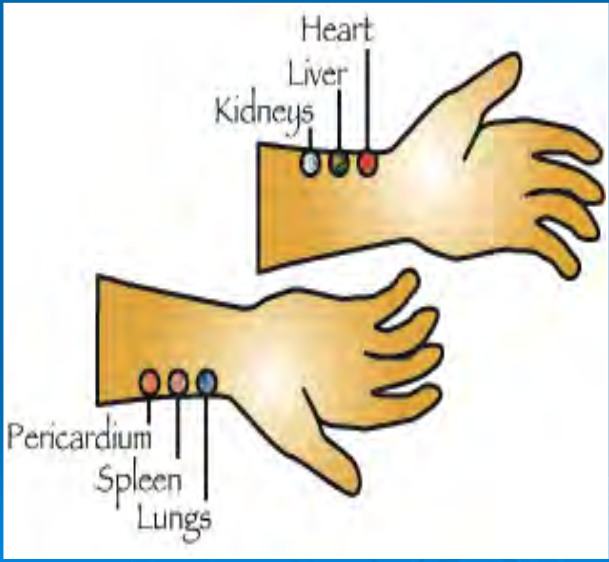
Coating

Different parts of the tongue

Correspond to the various organs in our bodies



Pulse Diagnosis



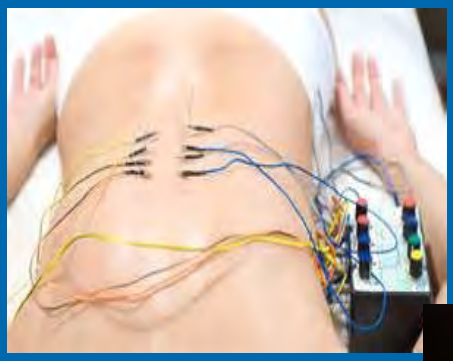
Why See an Acupuncturist?

- Acupuncturist's education
- Dry Needling vs Licensed Acupuncturist
- What to expect:
  - How many treatments?
  - Length of time?
  - Group vs Individual
  - Is it painful?

Acupuncturists Treatment Methods

- Acupuncture
- Herbs
- Nutrition
- Tuina, Acupressure, Shiatsu Massage
- Electro Acupuncture
- Moxibustion, "Moxa"
- Gwa Sha
- Cupping

Electro Acupuncture



Moxibustion “Moxa”

Cupping

Gua Sha

Acupuncture Needles

- Tiny
- Flexible
- Hair thin
- Painless
- Single Use
- Disposable

Acupuncture is Safe

- Billions of people over thousands of years
- Virtually No Side Effects
- Effective and Drug free

Case Study:

Ginger is a 36 year old female. She came in with complaints of carpal tunnel, GAD, stomach pain, neck pain, insomnia. She had a traumatic work situation out of state and recently moved back to CO and is living with her family. She is now unemployed and financially stressed. Her family is helping her with finances, yet emotionally this is difficult for my patient. Ginger previously was obese and recently lost a significant amount of weight. She is hoping to gain weight but is also worried about gaining too much weight and becoming obese again.

Ginger's Diagnosis

- Tongue- Purple- Qi and Blood stagnation
- Pulse- weak in spleen and wiry in liver
- History of weight loss indicates- stress on stomach, spleen and heart
- 40 advil per day for stomach pain- toxic liver which increased anxiety and digestive issues.

Ginger's Treatment

- Acupuncture focusing on creating balance for the liver, spleen and heart organs and meridians.
- Herbs
- Cupping and Tuina for neck pain
- Tuina Massage and Acupuncture for carpal tunnel and neck pain with herbal ointments
- Referring out for therapy, and Meditation

Ginger's Results

I have been working with Ginger for the past 4-5 months.

- The pain, numbness and tingling for the carpal tunnel is resolved.
- No more stomach pain.
- Sleeping through the night
- Reduced Anxiety
- Slowly gaining weight and eating better.
- Increased mobility and decreased pain in her neck.

Addiction and Acupuncture

- Smoking tobacco scatters the Qi, damages Yin fluids, creates heat, and eventually damages both yin and yang
- Drugs of abuse acridly and warmly scatter the Qi, creates heat, and damage Yin, eventually damages Yin and Yang
- Moves Qi for Liver Depression

Addiction and Acupuncture Comfort Food

- Overeating sugary sweets damages the spleen and leads to qi deficiency and accumulation of phlegm
- Over consuming Acrid, hot, peppery foods, fats and oils, and alcohol create internal heat
- Sweets relax the liver when depressed

Addiction to Pain Medication

Narcotics unintended consequences:

- Opiates- overdose
- Heroin use increase
- Overuse of hospitalization/ ED
- Crime increase

Acupuncture for Addiction to Opiates

- Acupuncture is a safe, non addictive alternative to decrease cravings and increasing balance in the body, mind , and spirit.
- Acupuncture decreases withdrawal symptoms.
- Decreases anxiety/depression and creates a general state of relaxation to help patients be more successful in coping with symptoms.

Acupuncture for Pain Management

- A. Release of endorphins
- B. Increases electromagnetic signals to cells
- C. Increases blood flow
- D. Emotional Well Being and Immune Health

Acupuncture for Mental-Emotional, Addiction Disorders

- Close Spacing of Treatments
- Lot's of treatments
- Strong Stimulation

Paying for Acupuncture

- Some Insurance Plans Cover Acupuncture
- Health Savings account (Tax exempt trust)
- Community Acupuncture Clinics
- Grants (Pain Study)
- Affordable Care Act (Section 2706) Self Implementing, (Insurers shall not discriminate)
- Nada/ adjunct to Substance Abuse group

Acupuncture research

- Cancer
- Pain
- Headaches
- Depression
- Asthma
- Nausea
- Arthritis

1 Wang, R., Integration of Chinese medicine into supportive cancer care: a modern role for an ancient tradition, *Cancer Treatment Review*, (4): 235-46.

2 Coan, R., Wong, G., et. al., The acupuncture treatment of low back pain: a randomized controlled study, *American Journal of Chinese Medicine*, (8): 181-189.

3 Loh, L., Nathan, P., et. al., Acupuncture versus medical treatment for migraine & muscle tension headaches, *Journal of Neurology, Neurosurgery, and Psychiatry*, (47): 333-337.

4 Yang, X., Luo, H., and Jia, Y., Clinical observation on needling extra channel points in treating mental depression, *Journal of Traditional Chinese Medicine*, (14): 14-18.

5 Fung, KP., et. al., Attenuation of exercise-induced asthma by acupuncture, *Lancet*, (2): 1419-1422.

6 Hyde, E., Acupressure therapy for morning sickness: A controlled clinical trial, *Journal of Nurse-Midwifery*, (34): 171-178.

7 Berman, BM, et. al., effectiveness of acupuncture as adjunctive therapy in osteoarthritis of the knee: a randomized, controlled trial. *Annals of Internal Medicine*, DEC 21, 2004; 141(12)901-910

Integrative Medicine

- Bringing conventional and complementary approaches together in a coordinated way
- Pain management
- Symptom relief for cancer patients and survivors
- Programs to promote healthy behaviors
- Relief from Addiction and Mental Health symptoms

Reason to try acupuncture

Acupuncture Works!

NADA

National Acupuncture Detox Association

NADA

- NADA - Spanish for "nothing“
- NADA - a no-nonsense, non-verbal, no-drug pharmaceutical free, and barrier-free approach to behavioral health
- NADA - Acu Detox, a five point ear acupuncture protocol for recovery
- NADA - A not-for-profit training and advocacy organization

Acupuncture Detoxification Specialist

- Qualifications for training

Mission Statement: The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster & emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with other Western behavioral health modalities.

Acudetox is Not a Stand Alone Treatment

- Adjunct intervention
  - Originally discovered and developed as an adjunct intervention for acute opiate withdrawal.
  - The NADA protocol has since proven an effective tool across various addictions.
- Harm reduction
  - NADA programs typically offer acudetox as a support within harm reduction settings that focus on health/safety rather than on getting and staying sober.

NADA Protocol with Specific Addictions

- Opiate
- Methadone Maintenance
- Alcohol
- Cocaine
- Methamphetamine
- Marijuana

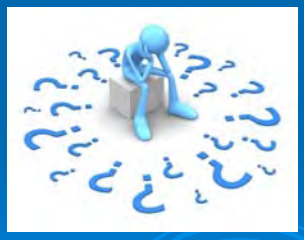
Acupuncture as "Inner-vention"

In the NADA view of recover, we always assume the motivation is present, regardless of the level of denial.

"There is always a deeper, wiser part of the person to which the intervention speaks."

Recommended treatment for detoxification period…

- DAILY according to the NADA Protocol
  - The transition phase is a period of RADICAL center-seeking.



Recommended treatment time:
20-45 minutes per session

Oriental Medical Concepts

- Qi
- Health and dis-ease
- Yin and Yang
- Empty fire

Physiological Mechanisms of Actions

Certain medications such as;

Methadone

Corticosteroids

and

benzodiazepines

***Seem to suppress parts of acupuncture effect**

NADA Treatment on Specifically Defined Populations

- Adolescents
- Elderly
- Women
- Culturally defined populations
- Gay, Lesbian, Bisexual, Transgender clients
- Criminal Justice-involved clients
- Homeless and/or Job-less
- Veterans and clients with Co-existing disorders including;
  - HIV/AIDS
  - Hepatitis
  - Mental Health Concerns
  - Chronic Pain
  - Domestic or other violence
    And
  - Trauma Survivors

NADA 5-Point Acupuncture

- Sympathetic
- Shen Men
- Kidney
- Liver
- Lung

Oriental Medicine in the Context of Addictions and Behavioral Health Treatment

- "The Web has no Weaver," Ted Kaptchuk
- "Between Heaven and Earth," Harriet Beinfield and Enfrem Korngold
- "Voices of Qi-An Introductory Guide to Traditional Medicine" Alex Holland

QUESTIONS??

Comments???

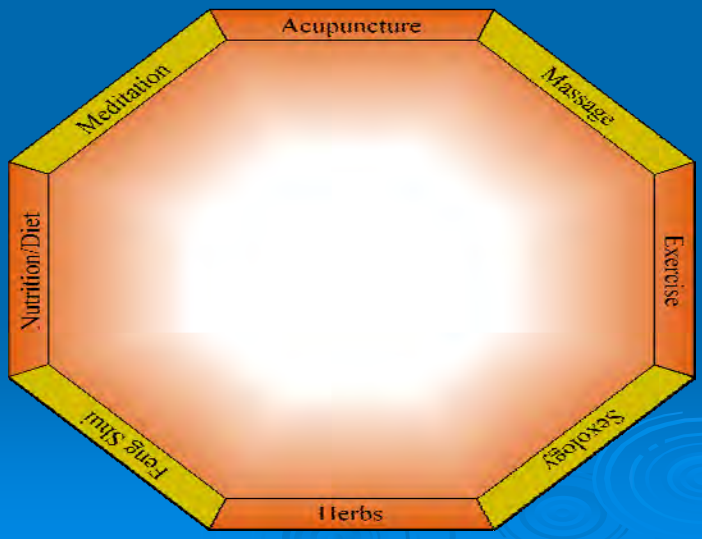
References

- Treating Mental - Emotional Diseases with Chinese Medicine with Bob Flaws presentation
- Giovanni Maciocia (1997). The Foundations of Chinese Medicine by The Practice of Chinese Medicine.
- Acupuncture Today Newsletter (2014). A new day for TCM by Christine Nix
- Acupuncture Today Newsletter (2014). A Closer look at the Affordable Care Act by Bill Ready
- Acupuncture Media Works (2014, PowerPoint). Ultimate acupuncture number 17.
- Acupuncture Media Works (2013). Handout. Your Body is your Garden
- Acupuncture Media Works (2013). Handout. Modern Research and Acupuncture
- Acupuncture Media Works (2013). Handout. Acupuncture questions and answers
- WebMD (2015). Acupuncture for Chronic Pain, http://www.webmd.com/pain-management/features/acupuncture-pain-killer
- Denver Acupuncture and Chiropractic (n.d.). Dry needling, http://www.denveracupunctureandchiro.com/dry-needling-denver/
- New York Times (2010). *Acupuncture Is Popular, but You'll Need to Pay, http://www.nytimes.com/2010/05/08/health/08patient.html?_r=0*
- List
- Evidence Based Complement Alternative Med (20102). Acupuncture for the Treatment of Opiate Addiction, http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3296192/
- Google images (2015). https://www.google.com/search?q=national+acupuncture+detoxification+association&biw=1344&bih=766&source=lnms&tbm=isch&sa=X&ved=0CAcQ_AUoAmoVChMIrq-epsaIxwIVyRuSCh2SdQ_e&dpr=1.25#imgrc=3TXE6gKUwe97pM%3A
- NADA (2015). http://www.acudetox.com/
- Acupuncture Detoxification Specialist Training Resource Manual (2011).

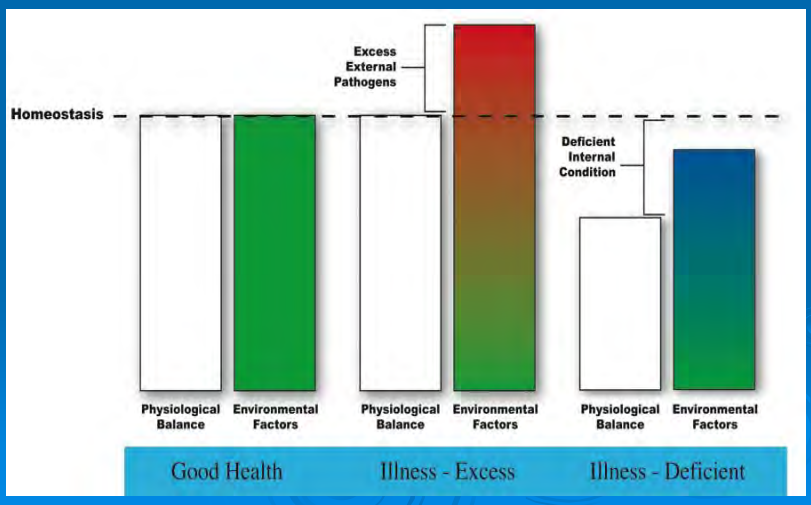
End of Presentation

- Extra slides are provided for continuing education, discussion, and application of Acupuncture and Traditional Chinese Medicine.

The Eight Treasures

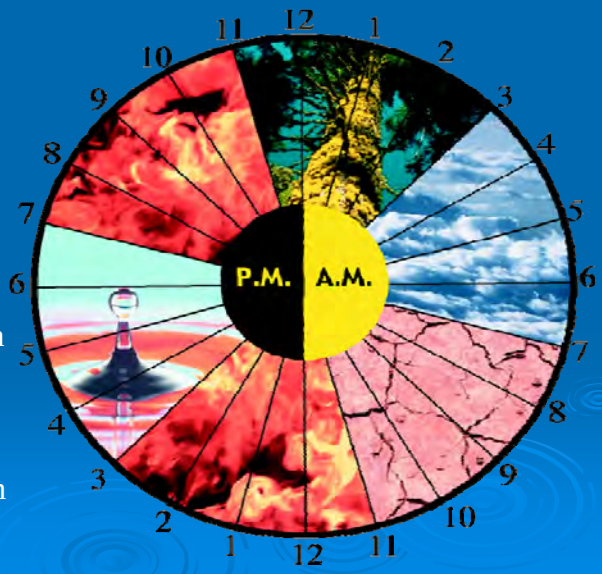


An Acupuncturists view of health

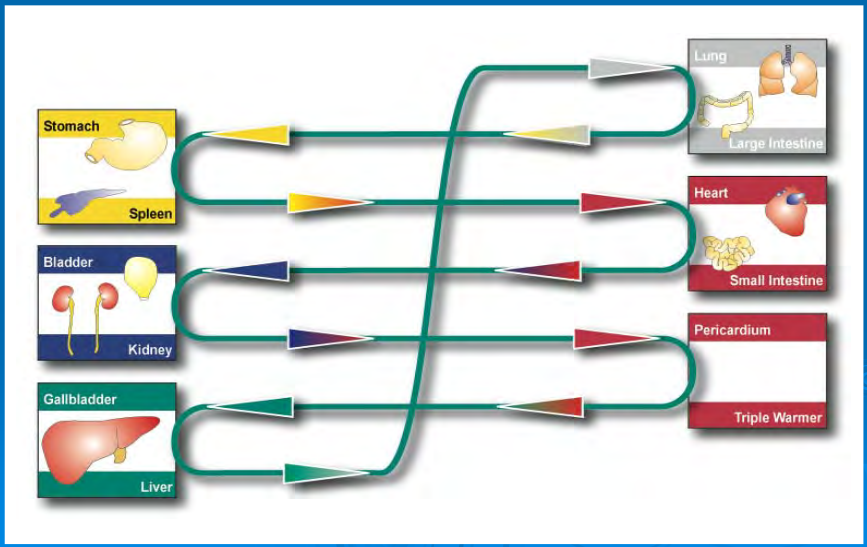


The Cycle of the Elements

Stomach 7-9am
Spleen 9-11am
Heart 11-1pm
Sm Intestine 1-3pm
Bladder 3-5pm
Kidney 5-7pm
Pericardiam7-9pm
Triple Burner 9-11pm
Gall Bladder 11-1am
Liver 1-3am
Lung 3-5am
Large Intestine 5-7am



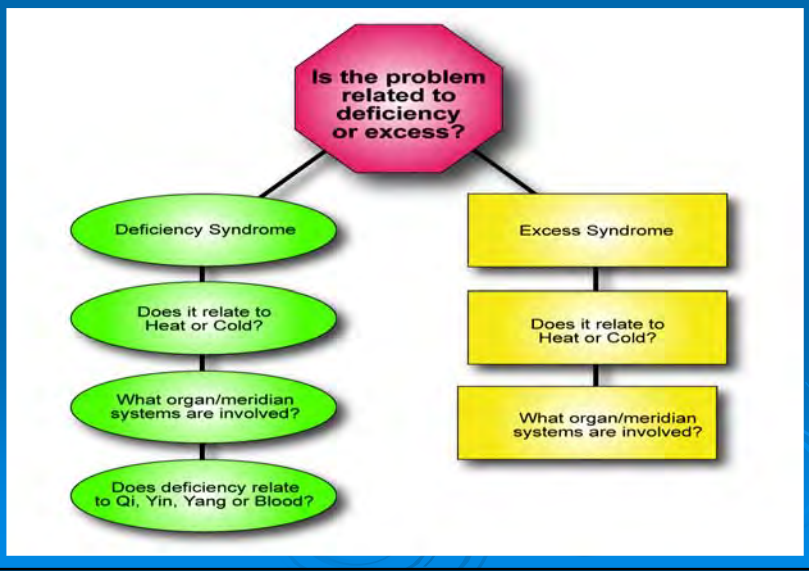
Qi traveling through the body



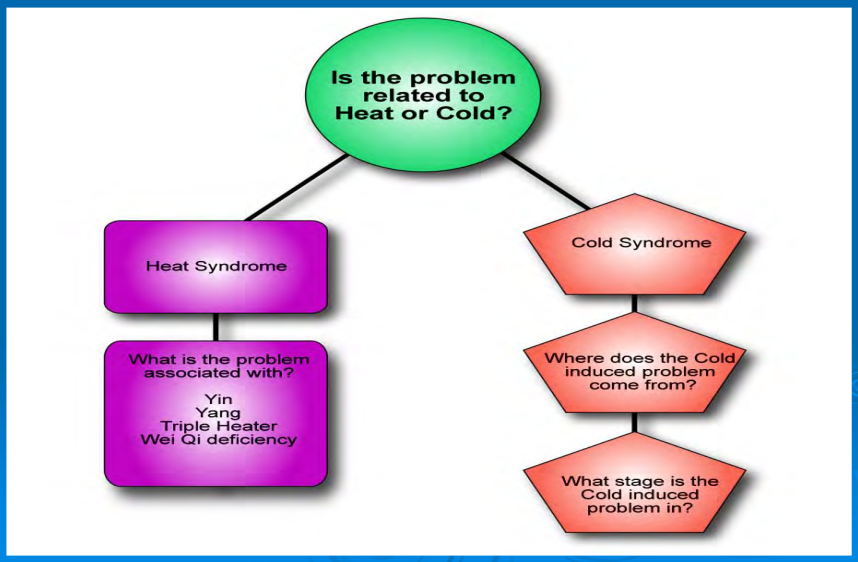
The Elements and their Associations

Element	WOOD	FIRE	EARTH	METAL	WATER
DIRECTION	EAST	SOUTH	CENTER	WEST	NORTH
COLOR	GREEN	RED	YELLOW	WHITE	BLACK
SEASON	SPRING	SUMMER	LATE SUMMER	FALL	WINTER
CLIMATE	WIND	HOT	DAMPNESS	DRYNESS	COLD
ZHANG ORGAN (Solid)	LIVER	HEART	SPLEEN	LUNG	KIDNEY
FU ORGAN (Hollow)	GALLBLADDER	SMALL INTESTINE	STOMACH	Lg. INTESTINE	BLADDER
SENSE ORGANS/OPENINGS	EYES/SIGHT	TONGUE/SPEECH	MOUTH/TASTE	NOSE/SMELL	EARS/HEARING
EMOTION	ANGER	JOY/FRIGHT	WORRY	SADNESS/GRIEF	FEAR
TASTE	SOUR	BITTER	SWEET	PUNGENT/ACRID	SALTY
TISSUES	TENDON	BLOOD VESSELS	MUSCLES	SKIN	BONE
	NAILS	COMPLEXION	LIPS	BODY HAIR	HEAD HAIR
SOUND	SHOUTING	LAUGHING	SINGING	WEEPING	GROANING
SMELL	RANCID	BURNED	FRAGRANT	ROTTEN	PUTRID
BODY FLUID	TEARS	SWEAT	SALIVA	MUCOUS	URINE
MEAT	CHICKEN	MUTTON	BEEF	HORSE	PORK
CEREAL	WHEAT	MILLET	MILLET	RICE	BEANS

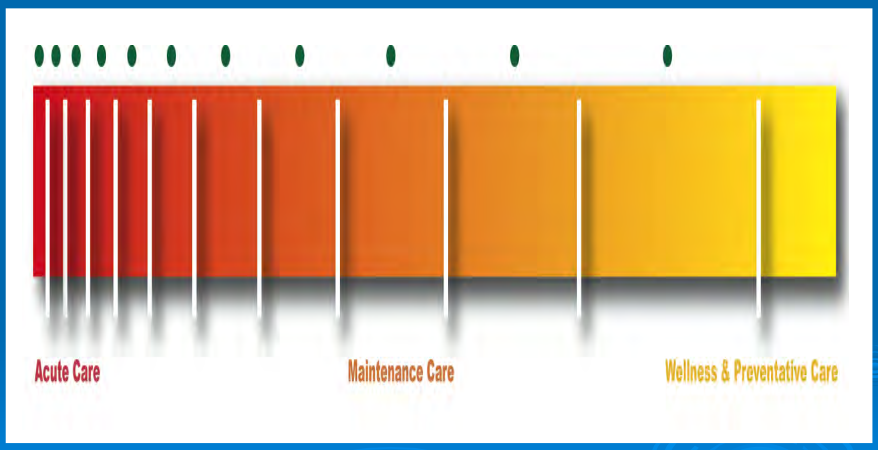
Exterior and Interior



Heat and Cold



Acupuncture steps of care



Qi, Jing, and Shen are like a Candle

- Jing- Body = Wax
- Qi- Flame
- Shen- Illumination

Patterns of Disharmony

- Signs and symptoms appear when there is a imbalance or disharmony
- Yin and Yang
- Interior and Exterior
- Cold and Hot
- Excess and deficiency

Diagnosis

- Treatment is based on Pattern Discrimination
- Therefore you can treat any Western Psychiatric Disease if you know their Chinese Diagnosis and Treatment Based on Pattern Discrimination

Treating Pain with Acupuncture (A Chinese Medical Perspective)

Pain, Soreness and Numbness caused by:
Cold
Wind
Dampness

Causes of Essence Spirit Disease(Before Birth)

Former Heaven Causes

- 1) Parents Constitutions
- 2) Mothers diet
- 3)Mothers emotions
- 4) Mothers disease

Latter heaven causes

- 1) Six environmental excesses
- 2) Internal damage by the seven affects.
- 3) Neither internal nor external causes
- A. Unregulated diet
- B. Unregulated activity and rest
- C. Unregulated Sex
- D Traumatic Injury
- E. Poisoning
- F. Worms

Chinese Medical Psychiatry

- No seperation between the body and mind in Chinese Medicine
- The body is the material basis for the mind which is seen as the natural expression of the functioning of the body.

When treating any psychiatric complaint, Always look for…

- Lack of construction and nourishment
- Heat
- Obstruction by blood stasis and/or phlegm
- And the underlying causes of these
- And treat whatever combination of these are presenting

Emotions in excess

- Emotions are harmful to health when they are excessive and prolonged
- When Excessive all emotions transforms into fire

Affects Effects on our Qi

- Anger = Liver Wood -----> Ascends
- Joy = Heart Fire -----> Relaxes
- Thinking = Spleen Earth -----> Binds
- Sorrow = Lungs Metal -----> Scatters
- Fear = Kidney's Water -----> Descends
- Fright = Heart Fire -----> Chaos

Six Depressions

- Qi----------->Qi stagnation
- Dampness---------->Damp accumulation
- Phlegm---------->Phlegm obstruction
- Blood---------->Blood stasis
- Food---------->Food damage
- Fire---------->Depressive heat

Spirit

- Spirit is nothing other than the accumulation of Qi in the heart which is nourished by Blood and Essence.
- If the essence is insufficient and has no way to engender Qi, vacuous Qi cannot engender the spirit.

Three Main Mechanisms of Spirit Disturbance

- Malnourished and non-construction
- A. Qi
- B. Blood
- C. Essence
- 2)Harassment by heat
- 3)Blockage and Obstruction
- A. Phlegm
- B. Blood Stasis

Excessive Sex

- Leads to stirring of ministerial fire.
- Qi from the Kidney rises to the Heart.
- Creates Pathological Heat.

Head Trauma

- Creates Blood Stasis
- Lack of Qi and Blood movement to the Brain
- And consequent non-filling of the Sea of Marrow

Susceptibility to fear

- Phobias
- Generalized Anxiety
- Agoraphobia
- Psychosis with Anxiety
- Adjustment Disorder
- O.C.D

Obsessive -Compulsive D.O

- Heart- Gallbladder Qi vacuity
- Liver- Gallbladder stasis and stagnation

Anxiety and Thinking

- Liver- Spleen disharmony
- Heart- Spleen dual vacuity
- Lung- Spleen Qi vacuity

Anxiety Disorders

- Heart Qi vacuity and blood stasis
- Liver depression- phlegm fire
- Heart Qi stagnation and blood stasis
- Heart -Spleen dual vacuity
- Yin vacuity- fire effulgence

Anxiety and Mania

- Heart Qi deficiency leads to the spirit not having anything to depend on.
- Heart fire effulgence leads to restlessness of the spirit.

Bipolar Affective D.O

Manic State

- Liver Depression- Blood Heat
- Liver Depression- Phlegm Fire
- Qi Stagnation and Blood Stasis
- Fire exuberance damaging yin

Depressive State

- Liver Qi Depression and Binding
- Liver Blood Stasis and Stagnation
- Heart- Spleen Dual Vacuity
- Spleen- Kidney Yang Vacuity

Deranged Speech

- Heart- Spleen dual vacuity
- Yin vacuity- Blood dryness
- Liver depression Qi stagnation
- Phlegm dampness confounding the orifices
- Phlegm fire harassing above
- Blood stasis obstructing internally

Visceral Agitation

- Heart Spirit- lack of Nourishment
- Heart- Liver fire effulgence
- Liver - Kidney insufficiency

Attention Deficit Hyperactivity Disorder

- Spleen vacuity- Liver Hyperactivity
- Heart- Spleen dual vacuity
- Spleen- Kidney yang vacuity
- Yin vacuity- yang hyperactivity
- Phlegm heat harassing internally
- Static blood obstructing internally

Frequent Sorrow

- Heart lung Qi vacuity
- Liver fire invading the lungs
- Heart vacuity- lung heat

Postpartum Depression

- Liver Depression Qi Stagnation
- Liver- Spleen Disharmony
- Heart Qi Vacuity Weakness
- Blood Stasis penetrating the Heart
- Yin Vacuity- Fire Effulgence
- Righteous Qi vacuity with contraction of evils

Premenstrual Dysphoric Disorder

- Liver depression Qi stagnation
- Liver- Spleen disharmony
- Liver depression- fire effulgence
- Phlegm Qi depression and binding
- Qi stagnation and blood stasis
- Yin vacuity with ascendant liver yang hyperactivity
- Yin vacuity- fire effulgence
- Heart- Spleen dual vacuity
- Spleen- Kidney yang vacuity

The three free Therapies

- Adequate exercise
- Deep relaxation
- Good diet

Acupuncture!!

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

Effective for treating addiction!

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

...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 causes 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 functional systems of the body.

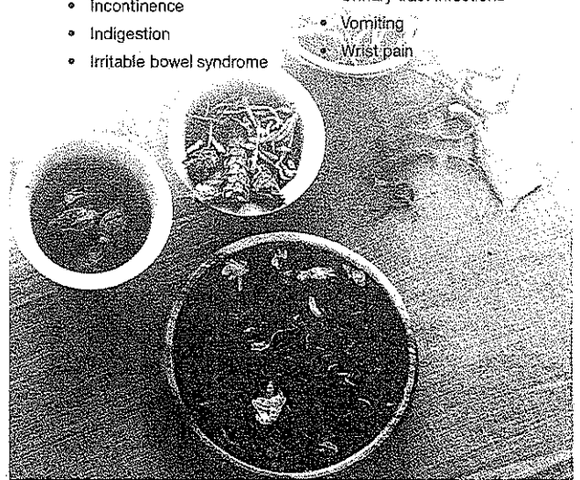
...Acudetox auricular (ear) acupuncture is based on the fact that there are points for the entire body mapped out on the ear's surface.

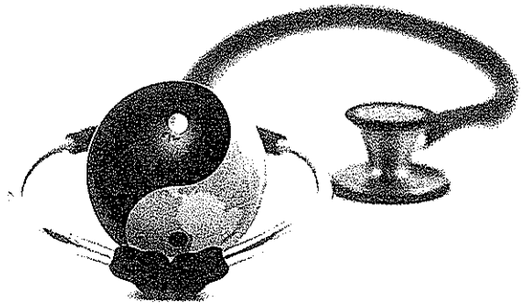
...the National Acupuncture Detoxification Association (NADA) has developed a protocol to treat addiction using five points on each ear:

- *Shenmen or Spirit Gate – used for calming and relaxing*
- *Sympathetic – used for relieving tension*
- *Liver – used to detoxify, as well as to relax and relieve anger and frustration*
- *Kidney – used to strengthen the willpower and release unwanted toxins*
- *Lung – used to help respiration, as well as for detoxification.*

Acupuncture is recognized by well-known and leading national and international health organizations to be effective in the treatment of a wide variety of medical problems.[13] Below are some of the health concerns that acupuncture can effectively treat:

- Addiction
- Anxiety
- Arthritis
- Asthma
- Bronchitis
- Carpal tunnel syndrome
- Chronic fatigue
- Colitis
- Common cold
- Constipation
- Dental pain
- Depression
- Diarrhea
- Digestive trouble
- Dizziness
- Dysentery
- Emotional problems
- Eye problems
- Facial palsy
- Fatigue
- Fertility
- Fibromyalgia
- Gingivitis
- Headache
- Hiccough
- Incontinence
- Indigestion
- Irritable bowel syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive problems
- Rhinitis
- Sciatica
- Seasonal affective disorder (SAD)
- Shoulder pain
- Sinusitis
- Sleep disturbances
- Smoking cessation
- Sore throat
- Stress
- Tennis elbow
- Tonsillitis
- Tooth pain
- Trigeminal neuralgia
- Urinary tract Infections
- Vomiting
- Wrist pain





Current theories on the mechanism of acupuncture:

1. Neurotransmitter Theory: Acupuncture affects higher brain areas, stimulating the secretion of beta-endorphins and enkephalins in the brain and spinal cord. The release of neurotransmitters influences the immune system and the antinociceptive system.[7,8,9]
2. Autonomic Nervous System Theory: Acupuncture stimulates the release of norepinephrine, acetylcholine and several types of opioids, affecting changes in their turnover rate, normalizing the autonomic nervous system, and reducing pain.[10,11]
3. Vascular-interstitial Theory: Acupuncture effects the electrical system of the body by creating or enhancing closed-circuit transport in tissues. This facilitates healing by allowing the transfer of material and electrical energy between normal and injured tissues.[9]
4. Blood Chemistry Theory: Acupuncture affects the blood concentrations of triglycerides, cholesterol, and phospholipids, suggesting that acupuncture can both raise and diminish peripheral blood components, thereby regulating the body toward homeostasis.[9]
5. Gate Control Theory: Acupuncture activates non-nociceptive receptors that inhibit the transmission of nociceptive signals in the dorsal horn, "gating out" painful stimuli.[12]

This ancient health care system is proving itself as an effective modality for a wide variety of problems. So much so that the National Center for Complementary and Alternative Medicine (NCCAM) awarded 8 grants that directly relate to acupuncture, Chinese herbal medicine and traditional Chinese medical research, totaling more than $9.5 million dollars.

Resources

1. "A review of the incorporation of complementary and alternative medicine by mainstream physicians", Astin, JA., et. al., Arch Intern Med., 1998; (158).
2. The Institute for Work & Health, "Massage for Lower Back Pain", Spine, 2009, July 15: 34 (16).
3. "German Acupuncture Trials (GERAC) for Chronic Lower Back Pain", Archives of Internal Medicine, 2007; 167(17).
4. Department of Medicine and Health Sciences, "Acupuncture Just as Effective Without Needle Puncture", Science Daily, December 1, 2008, study conducted by the at Linköping University and the Vardal Institute in Sweden.
5. "Effects of Acupuncture of Pregnancy and Live Births Among Women Undergoing In Vitro Fertilization: Systematic Review and Meta-Analysis", British Medical Journal, 2008: 336: 545, published February 7, 2008.
6. "Immunomodulatory Effects of Acupuncture in the Treatment of Allergic Asthma: A Randomized Controlled Study", The Journal of Alternative and Complementary Medicine, Vol 6, Issue 6, 2007.
7. Neuro-acupuncture, "Scientific evidence of acupuncture revealed", Cho, ZH., et al., 2001.
8. Acupuncture - A scientific appraisal, Ernst, E., White, A., 1999, p. 74.
9. Acupuncture Energetics, "A Clinical Approach for Physicians", Helms, Dr. J., 1997, pgs 41-42, 66.
10. Anatomy of Neuro-Anatomical Acupuncture, Volume 1, Wong, Dr. J., 1999, p. 34.
11. National Institute of Health Consensus Conference on Acupuncture, "Acupuncture Activates Endogenous Systems of Analgesia.", Han, J.S., 1997 (Bethesda, MD).
12. Neuro-acupuncture, "Scientific Evidence of Acupuncture Revealed", Cho, ZH., et al., p.116.
13. National Institutes of Health (NIH), World Health Organization (WHO), National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), American Association of Acupuncture and Oriental Medicine (AAAOM).

Modern Research & Acupuncture

Acupuncture and modern medicine, when used together, have the potential to support, strengthen and nurture the body towards health and well-being. Practitioners of this ancient medical practice have experienced clinical success with a variety of health issues.

Modern Research & Acupuncture

Acupuncture has been employed as a health care modality for over 3,000 years. Modern science has begun to understand the secrets of this ancient medicine with the support of new studies conducted by leading scientists, hospitals, and medical research facilities from all over the world. Today, acupuncture is receiving wide acceptance as a respected, valid and effective form of health care.

According to a study published in the *Archives of Internal Medicine*, 51% of medical doctors understand the efficacy and value of acupuncture, and medical doctors refer patients to acupuncturists more than any other alternative care provider.[1]

In Canada, a 2008 study conducted by the Institute for Work & Health concluded that low back pain, the most common musculoskeletal problem, can be relieved by acupuncture massage, called tui na, more effectively than any other treatment.[2]

A German study published in *Archives of Internal Medicine* in 2007 covered the largest and most rigorous trial ever undertaken to investigate the analgesic effects of acupuncture versus traditional medical approaches to relieve lower back pain. This study involved 1,802 patients and 13,475 treatments and concluded that acupuncture "constituted a strong treatment alternative to multimodal conventional therapy, giving physicians a promising and effective treatment option for chronic lower back pain."[3]

In addition to its effectiveness in pain control, acupuncture has a proven track record of treating a variety of endocrine, circulatory and systemic conditions.

The British Medical Journal in 2008 reported that acupuncture can increase the success rate of in-vitro fertilization and increase the number of viable pregnancies. The additional benefits were listed as reduction in nausea and muscle pain associated with both IVF and pregnancy in general without the use of drugs that might harm the growing fetus.[5]

In Sweden, a 2008 study involving 215 cancer patients proved that acupuncture can eliminate the need for additional drugs and reduce nausea suffered during radiation treatments.[4]

A 2007 study from the University of Heidelberg in Germany concluded that acupuncture treatments can not only relieve the pain associated with bronchial asthma but also help to control outbreaks of allergic asthma as well. It became clearly evident that "acupuncture performed in accordance with the principles of traditional Chinese medicine showed significant immune-modulating effects."[6]

"There is sufficient evidence of acupuncture's value to expand its use into conventional medicine."

~ National Institute of Health, 1997 Consensus on Acupuncture

Current research relating to acupuncture

Acupuncture & IVF

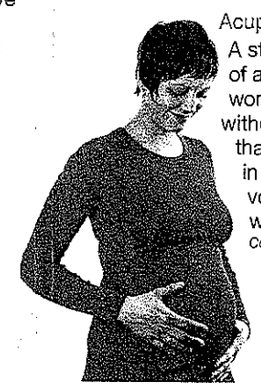
A systematic review and meta-analysis suggested that women undergoing IVF were 65 percent more likely to become pregnant when they integrated acupuncture into their normal IVF treatments. *BMJ, 2008 February.*

Acupuncture & Insomnia

In the treatment of insomnia, acupuncture yields significant results with a total effectiveness rate of 90.44%. It also improves the quality of sleep and overcomes complications induced by sleep medication. *Sok, SR, et. al., The effects of acupuncture therapy on insomnia. J. Adv Nurs., 2003 Nov; 44 (4): 375-384. J. Traditional Chinese Medicine, 2002 Dec.; 22 (4): 276-277.*

Acupuncture Cupping (AC) & Chronic Fatigue Syndrome (CFS)

A study was conducted using AC in subjects suffering from CFS. After six weeks of receiving AC, subjects showed improvement in fatigue levels, sleep, memory and digestion. *Flaws, B., et al., Chronic Fatigue Syndrome and Cupping. 2001; 70-71.*



Acupressure & Morning Sickness

A study was set up to determine the efficacy of acupressure in the treatment of pregnant women suffering from nausea, with or without vomiting. The study concluded that acupressure was extremely effective in controlling symptoms of nausea and vomiting, without adverse side effects, when compared to the placebo group. *Comp. Therapy Clin. Practice, 2008 Feb; 14 (1): 46-52.*

Acupuncture & Gastritis

A study from the Guangxi College of Traditional Chinese Medicine concluded that acupuncture was effective in the treatment of chronic gastritis, resulting in a 95% effectiveness rate. *J. Traditional Chinese Medicine, 2003 Dec.; 23 (4): 278-279.*

Acupuncture & Depression

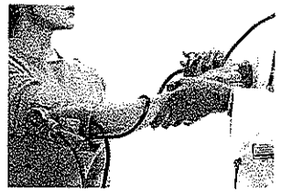
All subjects receiving acupuncture for major depression significantly improved by a greater margin than those not receiving treatment. Another study suggests that electro-acupuncture can produce the same therapeutic results as tetracyclic drugs, but with fewer side effects and better symptomatic improvement. *Acupuncture Treatment for Major Depression, the Tenth Annual Symposium of the Society for Acupuncture Research, 2003. J. Traditional Chinese Medicine, 2004 Sep.; 24 (3): 172-176.*

Acupuncture & Shoulder Pain

Acupuncture is effective in the treatment of shoulder periarthritis. Of the 210 subjects studied, 158 were cured, 40 improved and 12 showed no significant improvement. *J. Traditional Chinese Medicine, 2003 Sept.; 23 (3): 201-202.*

Acupuncture & Blood Pressure

A German study concluded that acupuncture can create a significant reduction in both systolic and diastolic blood pressure. At the end of six weeks, subjects who received acupuncture achieved a reduction in both systolic and diastolic readings from their base-line. Researchers noted no noticeable change in subjects who received sham acupuncture. *J. Traditional Chinese Medicina, 2003 Mar.; 23(1): 49-50.*



Electro-Acupuncture & Immune Function During Chemotherapy

Electro-acupuncture can strengthen immune function, hematopoietic function and improve appetite, sleep, alleviate pain and digestive distress. Another study suggests acupuncture is able to normalize the pattern of leukocytes. *J. Traditional Chinese Medicine, 2002 Mar.; 22 (1): 21-23. Mori, H., et. al., Unique Modulation by Electro-acupuncture in Humans Possibly via Stimulation of the Autonomic Nervous System. Circulation J., 2007 June.*

Acupuncture & Migraines

Researchers concluded that acupuncture can significantly reduce migraines better than medication alone. Subjects who received traditional acupuncture showed lasting improvement in migraines when compared to participants who received mock acupuncture plus Rizatriptan. *J. Headache, 2008 Mar.*

Acupuncture & Fibromyalgia

A study showed that acupuncture, when added to traditional fibromyalgia treatments, reduces pain and improves the quality of life for up to three months following treatment. *J. Rehab. Med., 2008 Jul.; 40 (7): 582-588.*

Acupuncture & Asthma

Symptoms of bronchial asthma were markedly improved after acupuncture treatments, and the dosage of patient's medication was gradually reduced. Another study suggests improvement of the quality of life for patients with clinically stable, chronic obstructive asthma when conventional care is combined with acupuncture. *J. Traditional Chinese Medicine, 1998 Mar.; 18 (1): 27-30. J. Altern. Comp. Med., 2003 Oct.; 9 (5): 659-660.*

Acupuncture & Carpal Tunnel Syndrome (CTS)

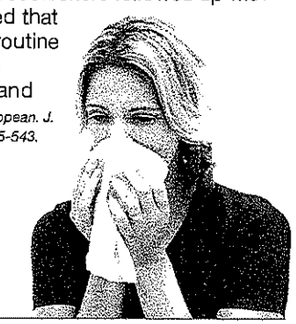
A randomized, controlled study compared the efficacy of acupuncture with steroid treatment in patients with mild to moderate CTS. Researchers concluded that acupuncture is a safe and effective treatment option for patients who have CTS, but experience side effects to oral steroids or those who opt out of surgery. *Clinical J. of Pain, 2009 May; 25 (4): 327-333.*

Acupuncture & Osteoarthritis (OA)

A randomized, controlled study showed that acupuncture can provide improvement in function and pain relief as an adjunctive therapy for OA when compared to sham acupuncture. *Berman, BM., et al., Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: a randomized, controlled trial. Annals of Internal Medicine, Dec. 21, 2004; 141 (12) 901-910.*

Acupuncture & Allergic Rhinitis

In a German study, researchers noted improvements in patients who suffered from allergic rhinitis. After three and six months, researchers followed up with subjects and concluded that subjects who were in routine care with acupuncture had clinically relevant and persistent benefits. *European. J. of Int. Med., 2008 Nov.; 10 (5): 535-543.*



Acupuncture works as an effective alternative and adjunct treatment modality. It is a safe, effective and natural approach to help regain and maintain health and well being.

Acupuncture Questions & Answers

What is Acupuncture?

Acupuncture is an effective form of health care that has evolved into a complete and holistic medical system. Practitioners of acupuncture and Chinese medicine have used this noninvasive medical system to diagnose and help millions of people get well and stay healthy. An acupuncturist will place fine, sterile needles at specific acupoints on the body. This activates the body's Qi *(pronounced "chee")* and promotes natural healing by enhancing recuperative power, immunity and physical and emotional health. It can also improve overall function and well-being. It is a safe, painless and effective way to treat a wide variety of medical problems.

What will my acupuncturist do?

During the initial exam a full health history will be taken. Questions will be asked regarding symptoms, health and lifestyle. Your acupuncturist also may check your pulse and tongue and may conduct a physical exam. This information is then organized to create a complete, accurate and comprehensive diagnosis of where Qi has become blocked or imbalanced. After the interview process, you may receive an acupuncture treatment. Visits with your acupuncturist may last from thirty to ninety minutes.

Why do they want to feel my pulse?

There are twelve pulse positions on each wrist that your acupuncturist will palpate. Each position corresponds to a specific meridian and organ. Your acupuncturist will be looking for twenty-seven individual qualities that reflect overall health. If there are any problems, they may appear in the pulse.

Why do they want to look at my tongue?

The tongue is a map of the body. It reflects the general health of the organs and meridians. Your acupuncturist will look at the color, shape, cracks and coating on your tongue.

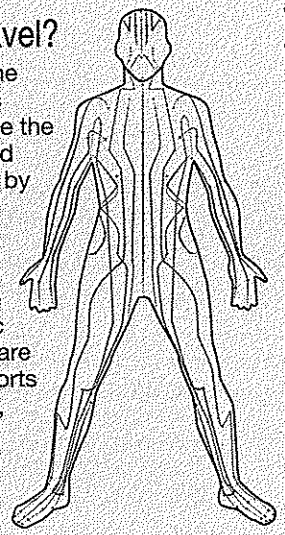
How much does it cost?

Rates vary and depend upon what procedures are performed. It is best to consult with your acupuncturist about costs.

What is Qi and how does it travel?

At the core of this ancient medicine is the philosophy that Qi, or vital energy, flows throughout the body. Qi helps to animate the body and protect it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi.

Qi circulates through specific pathways called meridians. There are fourteen main meridian pathways throughout the body. Each one is connected to specific organs and glands. Meridian pathways are like rivers. Where a river flows, it transports life-giving water that nourishes the land, plants and people. In the same way, meridian pathways transport life-giving Qi to nourish and energize every cell, organ, gland, tissue and muscle.



When Qi flows freely throughout the body, one enjoys good physical, mental and emotional well-being. An obstruction of Qi anywhere in the body is like a dam, backing up the flow in one area and restricting it in others. This blockage can hinder the distribution of nourishment the body requires to function optimally.

What can affect Qi?

Many things influence the quality, quantity and balance of Qi. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, accidents or excessive activity can lead to a blockage or imbalance of Qi. Normally, when this imbalance occurs, the body naturally bounces back, returning to a balanced state of health and well-being. When the disruption to Qi is prolonged or is excessive, or if the body is in a weakened state, then illness, pain or disease can set in.

Is acupuncture safe for children?

Yes. In some instances children actually respond more quickly than adults. If your child has an aversion to needles, your acupuncturist may massage the acupuncture points. This is called acupressure or tui na.

How many treatments will I need?

Treatment frequency and number of treatments needed depend on a variety of factors: your constitution, the severity and duration of the problem and the quality and quantity of your Qi. Some people experience immediate relief; others may take months or even years to achieve results. Chronic conditions usually take longer to resolve than acute ones. Plan on a minimum of a month to see significant changes. An acupuncturist may suggest one or two treatments per week, or monthly visits for health maintenance and seasonal "tune ups".

Will my insurance cover acupuncture?

Insurance coverage varies from state to state. Contact your insurance provider to learn what kind of care is covered. Here are a few questions to ask:

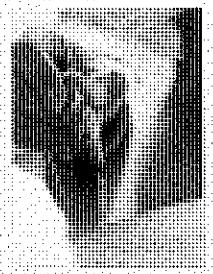
- Will my plan cover acupuncture?
- How many visits per calendar year?
- Do I need a referral?
- Do I have a co-pay?
- Do I have a deductible? If yes, has it been met?

Different Treatment Modalities in Traditional Chinese Medicine

Cupping is a therapy designed to stimulate the flow of blood and Qi within the superficial muscle layers. It is used for many ailments including sore muscles, tension, neck pain and the common cold. In this therapy, your acupuncturist will place small glass or plastic "cups" over specific areas on your body. A vacuum is created under the cup using heat or suction. They may be moved over an affected area or left in place. You may leave the office looking as though a large octopus gave you a big hug. There is no need for alarm. The slight redness will quickly dissipate.

Tui Na translates as "push grasp". It is a massage technique that moves Qi in various parts of the body. It is used to relieve muscle pain, tension and inflammation and to heal injuries.

Gua Sha is another technique used to release muscle tension, tightness and constriction. A specialized tool is used to gently scrape or rub the skin over a problem area. Gua Sha feels a bit like deep massage. This too may leave some slight redness that will quickly dissipate.



Moxibustion is a treatment that uses an herb called mugwort. It may be burned on the handle of the needle, above the skin, on salt or on a slice of ginger. This is used to "warm" acupuncture points or areas in order to quicken the healing process.

How should I prepare?

- Write down and bring any questions you have. We are here to help you.
- Wear loose, comfortable clothing for easy access to acupuncture points.
- Do not eat large meals just before or after your visit.
- Refrain from overexertion, working out, drugs or alcohol for up to six hours after the visit.
- Avoid stressful situations. Make time to relax, and be sure to get plenty of rest.
- Between visits, make note of any changes that may have occurred, such as the alleviation of pain, pain moving to other areas, or changes in the frequency and type of symptoms.

How safe is acupuncture?

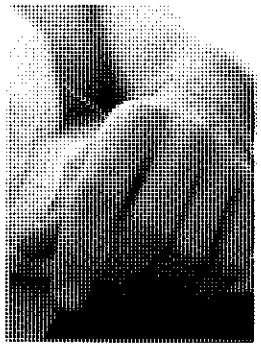
Acupuncture is extremely safe. It is an all-natural, drug-free therapy, yielding no negative side effects, just feelings of relaxation and well-being. There is little danger of infection from acupuncture needles because they are sterile, used once and then discarded.

How are acupuncturists educated?

Today, acupuncturists undertake three to four years of extensive and comprehensive graduate training at nationally certified schools. All acupuncturists must pass a national exam and meet strict guidelines to practice in every state.

What to Expect

The needles are approximately the size of a cat's whisker. The sensation caused by an acupuncture needle varies. You may experience a vague numbness, heaviness, tingling or dull ache where the acupuncture needle has been inserted. Sometimes people experience a little pain as the needles are inserted, or a sensation of energy spreading and moving around the needle. This is called the "Qi sensation". All these reactions are good and a sign that the treatment is working. The depth of insertion varies from person to person. After treatment, you may feel energized or may experience a deep sense of relaxation and well-being.



Why did my acupuncturist recommend herbs?

Herbs can be a powerful adjunct to acupuncture care. They are used to strengthen, build and support the body or to clear it of excess problems like a cold, fever or acute pain. Your practitioner may suggest starting with herbs and then adding acupuncture to your treatment in the future. This is suggested to build up your internal strength so you can receive the full benefits acupuncture has to offer.

What can acupuncture treat?

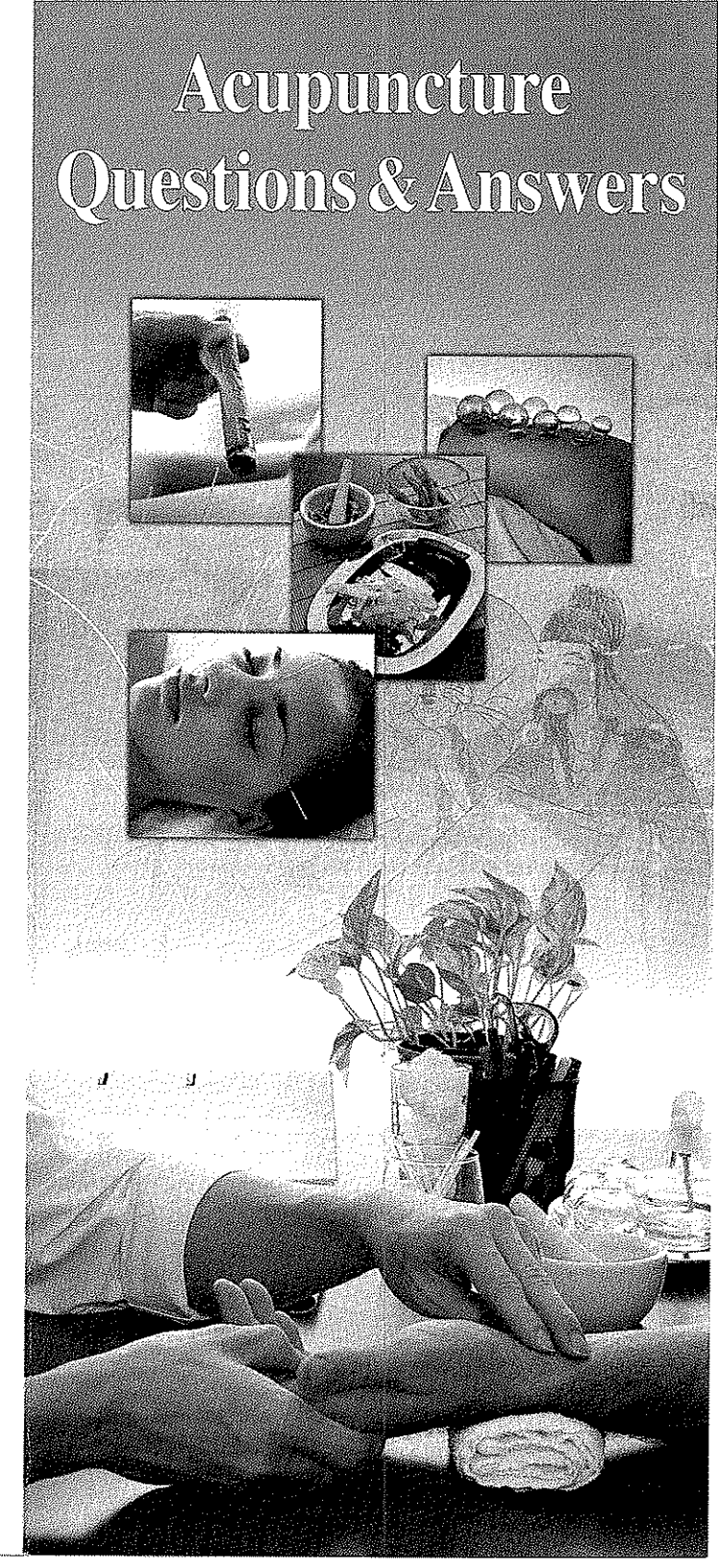
Acupuncture is recognized by leading national and international health organizations to be effective in the treatment of a wide variety of medical problems. Below are some of the health concerns that acupuncture can help with:

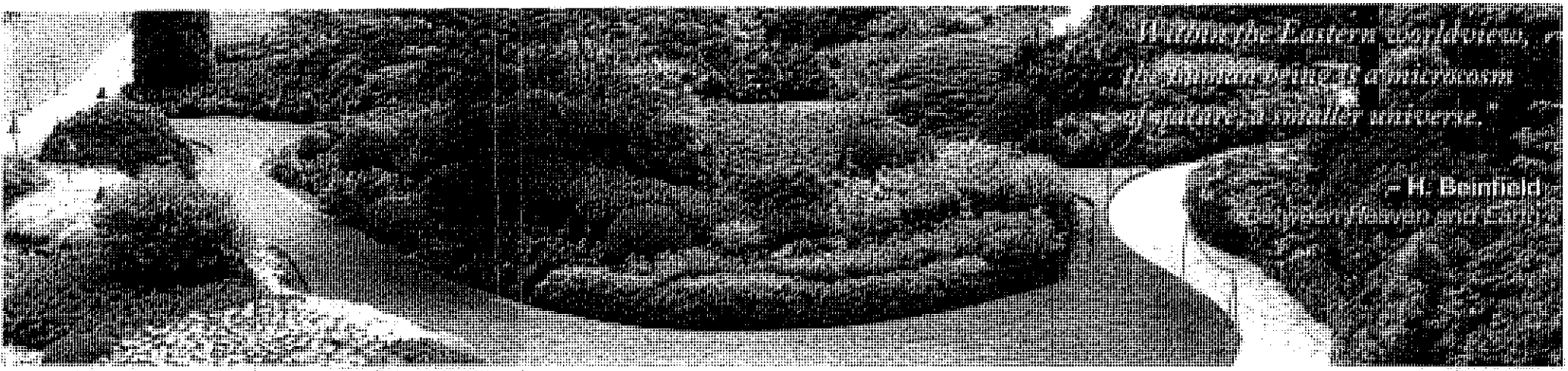
- Adverse reactions to radiotherapy and/or chemotherapy
- Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)
- Allergic rhinitis (including hay fever)
- Bell's palsy
- Cancer pain
- Chronic gastritis
- Morning sickness
- Diabetes mellitus, non-insulin-dependent
- Dysmenorrhoea
- Earache
- Epistaxis
- Facial pain
- Facial spasm
- Female infertility
- Fibromyalgia and fasciitis
- Headache
- Hepatitis B virus carrier status
- Herpes zoster
- Hypertension
- Induction of labor
- Insomnia
- Knee pain
- Leukopenia
- Low back pain
- Male sexual dysfunction, non-organic
- Malposition of fetus
- Nausea and vomiting
- Neck pain
- Obesity
- Osteoarthritis
- Pain in dentistry
- Peptic ulcer
- Periarthritis of shoulder
- Polycystic ovary syndrome
- Postoperative pain
- Premenstrual syndrome
- Prostatitis
- Raynaud syndrome
- Renal colic
- Retention of urine, traumatic
- Rheumatoid arthritis
- Schizophrenia
- Sciatica
- Sore throat (including tonsillitis)
- Spine pain, acute
- Sprain
- Stiff neck
- Stroke
- TMJ dysfunction
- Tennis elbow
- Tobacco dependence
- Ulcerative colitis, chronic
- Whooping cough (pertussis)

©2015 Acupuncture Media Works. All rights reserved. 0115
866-696-7577 • www.acupuncturemediaworks.com

Photo Credits: [Stockbyte]/Thinkstock. [Jupiterimages]/[Goodshoot]/Thinkstock. [BananaStock]/Thinkstock. [Keith Brofsky]/[Digital Vision]/Thinkstock. [Photos.com]/Thinkstock.

Acupuncture Questions & Answers





The concept of holistic, or whole-body health, is not a new one. In fact, holistic health care systems, such as Traditional Chinese Medicine (TCM), have been used for thousands of years. The Holistic model is one that treats the whole person – body, mind and spirit – concentrating on ongoing wellness, versus simply treating symptoms.

One of the philosophies underlying Chinese medicine is that we are not separate from nature. Nature's constant motion – its flowing seasons and cycles - matches the inner ecosystems of our own bodies. When we engage in gardening, we strive to be in harmony with nature's rhythms. This allows us to reap a bountiful harvest. Life flourishes when the elements of air, water, light and earth are balanced.

Your body as a garden

The concept of gardening offers us an excellent illustration of the holistic theories behind TCM and acupuncture, and how you can use them to achieve health and wellness.

Imagine you are a gardener whose job it is to help a garden thrive. To nurture your garden, you must provide necessities such as fertilizer and water, you must make sure plants receive the right amount of sun, and you must till the soil and weed out any undesirable elements.

Your garden is a dynamic and self-regulating system, which takes these necessities and transforms them into living plants, flowers, fruits and vegetables. This takes time and effort, but the reward is a beautiful, healthy garden.

When you consider your body to be like a garden, your acupuncturist becomes one of the gardeners, whose role and goal it is to help cultivate life. He or she will work with you to support and rebalance your natural energies. By taking your entire self into account, your practitioner can help identify – and weed out – any imbalances that may be contributing to your health problems. Your acupuncturist's goal is to nurture your inner ecosystem so that you can reap health and harmony.

Nurturing your garden

Acupuncture isn't a "quick fix." Instead, it provides you with the tools and knowledge you need to nourish the garden of your body.

Your participation in the process is essential. After all, you wouldn't simply plant seeds in the ground and expect them to bloom untended. It's the same with your health. Working with your acupuncturist and committing to long-term care can create positive changes now and into the future.

There are five basic principles of gardening that you can apply to facilitate your health and expidite your healing efforts:

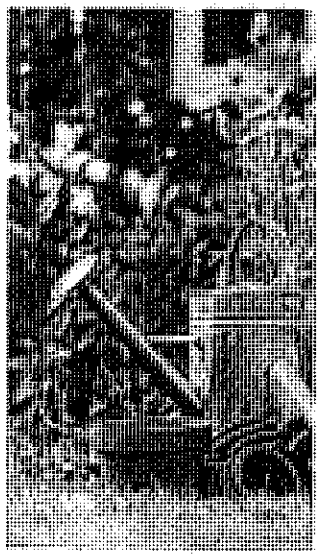
Fertilize Just like a plant needs fertilizer, we need food in order to revitalize and reenergize our bodies. In general, a healthy, balanced diet is made up of unprocessed, organic foods, including a wide variety of whole grains and vegetables. Your acupuncturist may be able to provide you with nutritional guidance based on what your garden requires.

Water Every living organism needs water to survive. Our bodies are made up of 70% water. We need its life giving forces to cleanse our bodies of toxins, to regulate our body temperature, and to properly mitigate digestion and circulation. Irrigate your garden by drinking 6-8 8oz. glasses of water per day.

Sunshine Plants need the sun's energy in order to grow and thrive. We need the sun to provide our bodies with vitamin D, which promotes strong bones, supple muscles and a healthy immune system, and also improves our mood.

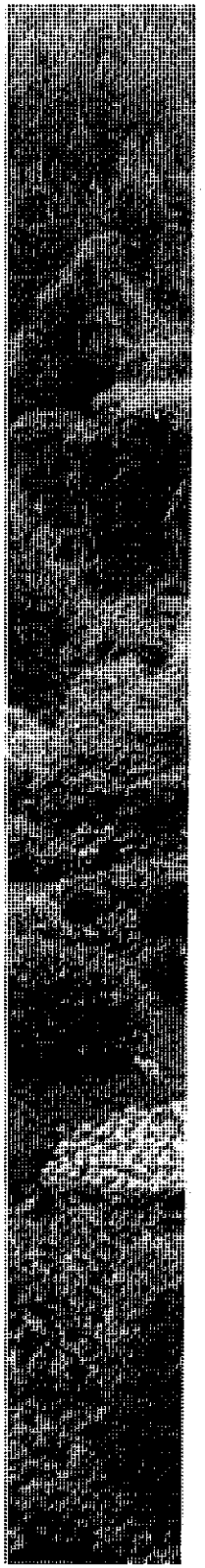
Till the Soil When planting a garden we need to till the soil, loosening up the rocks and dirt. This oxygenates the soil. Exercise is our way of pumping oxygen through our bodies. Adding aerobic exercise, Tai Chi, Chi Gong, yoga, or other types of exercise to your daily routine will strengthen your body, and improve your general health. A nice walk keeps the body limber and the spirit calm.

Weed Weeding your garden is vital to keeping the soil clean and making space for your vegetables and flowers to grow freely. Your body also needs cleansing. One of the easiest ways to keep toxins moving out of your body is to sweat. Exercise and visits to the sauna can be beneficial. Drinking water also helps to flush out unwanted materials. Ask your practitioner about other safe ways to cleanse and detox.



Daily integration of these suggestions may require some lifestyle changes. Your acupuncturist is here to support these changes, and assist you in making easy, stress-free choices.

Most of all, your acupuncturist is here to help cultivate your internal garden so that you can reap the bountiful harvest of health!



If you stop to think about it, your body and the garden are reflections of nature. Nature's seasons can be observed in witnessing the cycles of a flourishing garden - sprouting, growing, maturing, ripening, harvesting and returning back to the earth. This is a continuous process, an endless and eternal cycle.

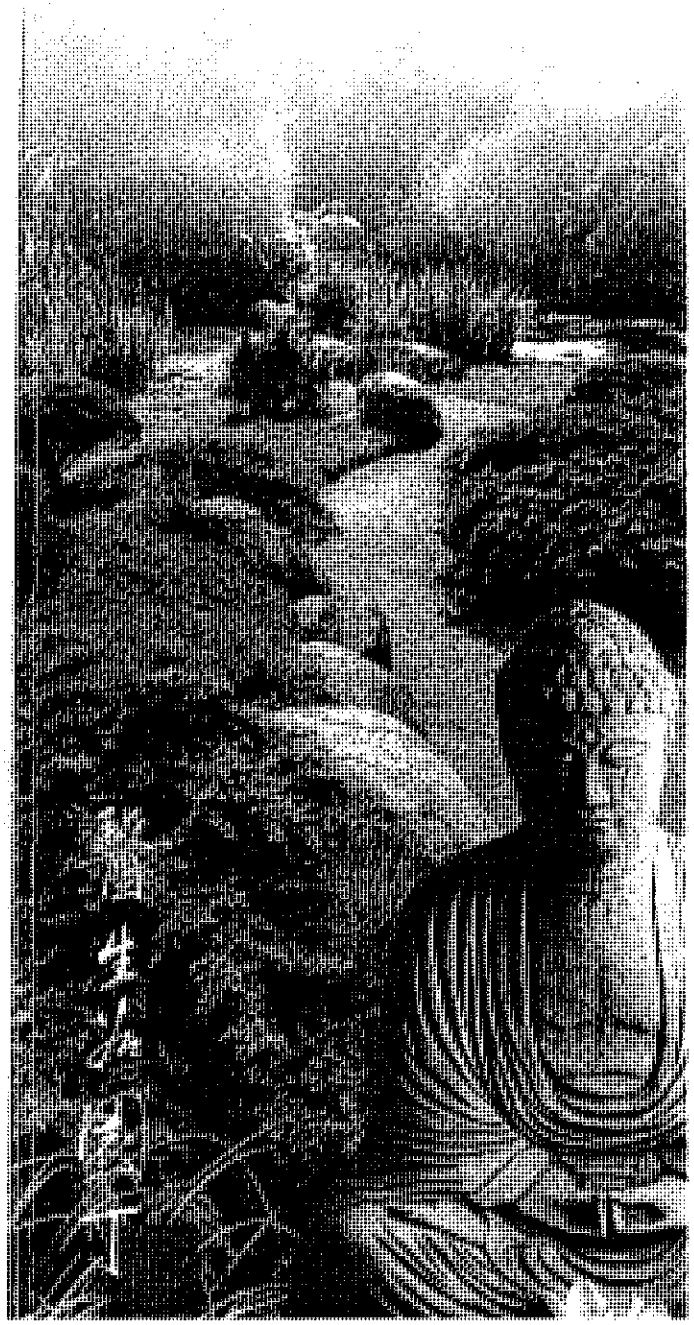
Similarly, we have our own seasons: birth, growth, maturity, ageing, and dying. Our cycles fluctuate daily, monthly, annually, and seasonally for the rest of our lives. When an acupuncturist attempts to understand these fluctuations, he or she takes into consideration the complex relationships of the body's inner eco-system. With this understanding and knowledge, your acupuncturist gardener can help you to cultivate a bountiful and fruitful harvest of health.

Shen = Life 身
Ti = Body 體
Jian = Healthy 健
Kang = Healthy 康

©2013 Acupuncture Media Works. All rights reserved.
866-696-7577 • www.acupuncturemediaworks.com • 030713

Photo Credits: [iStockphoto]/Thinkstock.com, [iStockphoto]/Thinkstock.com, [iStockphoto]/Thinkstock.com, [Jupiterimages]/[Brand X Pictures]/Thinkstock.com, [iStockphoto]/Thinkstock.com, [iStockphoto]/Thinkstock.com

Your Body is a Garden



How Does It Work?

Chinese medicine understands human beings as having no separation between body, mind and spirit. They are perceived as a whole and empowered by the energy or life force, Qi (pronounced "chee"). Qi circulates in the body through pathways, channels, or meridians, each of which has an internal branch to the organs, and connects to external points or locations on the surface of the body.

There are two aspects to keeping Qi balanced—keeping it full and keeping it moving smoothly. Qi is kept full by nurturing. Nurturing is accomplished by the "Yin" aspect while the "Yang" aspect is responsible for the movement, transformation part of Qi. Yin deficient symptoms in general include lack of inner calm, night sweats, disturbed sleep and agitation.

Acupuncture helps to restore patient's inner calm and control. The lungs, liver and kidneys are considered Yin organs. They are also major organs involved in the elimination of toxins from the body and are very susceptible to damage by drugs of abuse.

Scientific Evidence

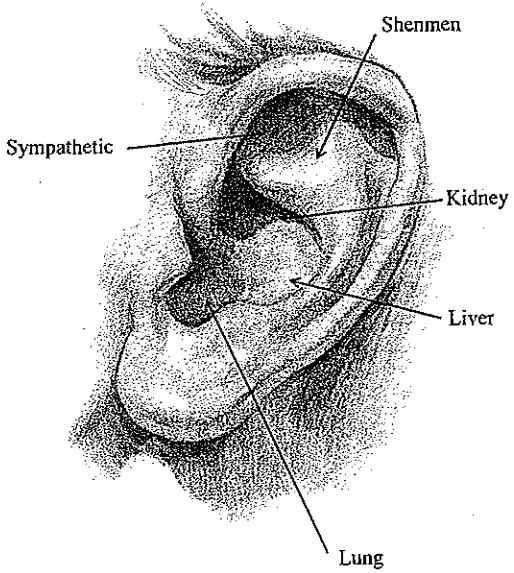
Western science has confirmed that acupuncture treatments change levels of chemicals in the body and act on the nervous system. The treatment triggers that release of natural body chemicals, including endorphins, which reduce cravings for drugs, ease withdrawal symptoms, and increase relaxation.

Persons with chemical dependency are...

often the least nourished segment of society, physically as well as spiritually. Western culture in general is external and aggressive—very Yang oriented. Add to this stimulants, competition, caffeine, tension, violence, abuse, etc.—Yin is consumed without introspection, nurturing, and spiritual / life values. The mind, body and spirit are depleted by this way of life and Qi is out of balance. Acupuncture needles placed in points corresponding to the Yin organs open up the flow of Qi and allows nurturing of these organs, thus reestablishing a balance.

SummitStone Health Partners
1250 N. Wilson Avenue
Loveland, CO 80537
(970) 494-4200
www.summitstonehealth.org

Auricular Acupuncture In Dual Diagnosis Treatment



Patient Information Pamphlet

Acupuncture & Addiction

Acupuncture has been used in China for over three thousand years for a variety of ailments. Auricular acupuncture for the treatment of addiction is a relatively recent development. In 1972 a neurosurgeon in Hong Kong discovered that acupuncture alleviated withdrawal symptoms in opiate dependent patients who were undergoing surgical analgesia for other disorders. Over the next twenty-five years this treatment was extensively studied, expanded and improved and is used successfully as an aid in the treatment of all types of drug addictions.

Acupuncture helps people recover from drug and alcohol dependence at all stages of treatment. During the *detoxification stage* it has been shown to relieve the physical symptoms of withdrawal. During the *rehabilitation stage*, acupuncture is used to reduce depression and induce a general state of relaxation. For *relapse prevention*, acupuncture has been used to encourage relaxation and to relieve or prevent symptoms of drug cravings for substances such as alcohol, cocaine, heroin and nicotine.

Five new, sterile, disposable needles are inserted just under the skin at specific points on the external ear. Needles remain in the ear for approximately 30 minutes. Inserting the extremely fine needles in the ear causes minimal discomfort. Treatment time should be used to sit quietly, relax and reflect or meditate.

Acupuncture is not a quick fix, but it will relieve a lot of the discomfort of "kicking the habit" while it restores the body's energy and internal functions to normal. Used along with other treatments offered in the program, it is a strong aid to recovery. Acupuncture is most effective with a series of treatments over a period of time.

Acupuncture will help to keep you on track and to remain focused. Behaviors which respond well to acupuncture include the use/abuse of drugs/alcohol/tobacco as well as gambling and overeating.

The Empowerment Program has been offering Auricular Acupuncture for participants to use on a purely voluntary basis since 2003.

Acupuncture's Effects

Physical:

- Relaxes and reduces stress
- Decreases headaches and muscle discomfort
- Increases energy
- Helps withdrawal symptoms
- Improves sleep

Mental / Emotional:

- Decreases cravings
- Helps you feel clearer headed, calmer, more alert and focused.

Other Considerations

- Slight Discomfort as Site of Insertion
- Needle Shock—Mild Headache, Fainting Sensation, Perspiration
- Avoid Coffee and Cigarettes 30 minutes prior to and after treatment
- EAT something BEFORE treatment
- Sit comfortably with extremities uncrossed and feet flat on the floor
- Tie back long hair
- Don't pick up needles, especially someone else's needles. A staff member will remove needles and dispose of them.