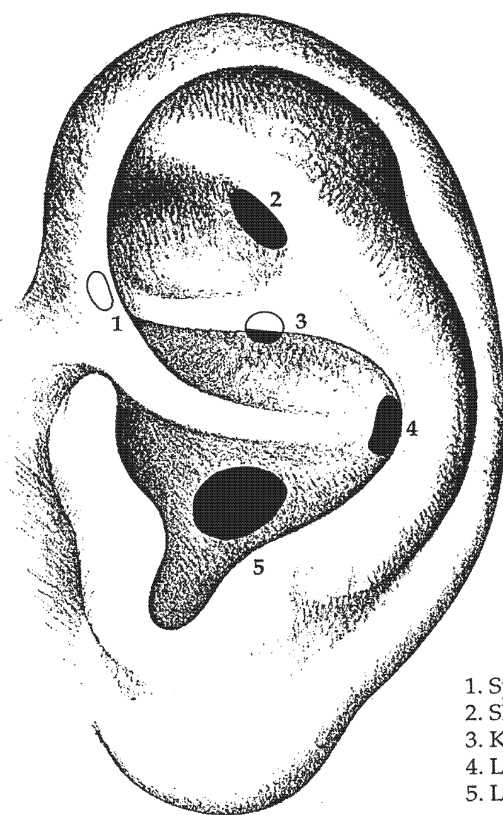


Acudetox – NADA Protocol

**The NADA ear protocol focuses on five points within the ear.
All five points serve to balance the body's energy and assist the body's healing process.**



1. Sympathetic
2. Shen Men
3. Kidney
4. Liver
5. Lung

National Acupuncture Detoxification Association
Auricular Protocol

Sympathetic

Balances sympathetic nervous system, has a strong analgesic and relaxant effect upon internal organs and dilates blood vessels. Reduces epinephrine/norepinephrine levels for relaxation. Calms the spirit, provides for serenity.

Shen Men

Alleviates pain, tension, excessive sensitivity; reduces hypertension. Calms the mind and relieves anxiety, depression, insomnia and restlessness. Opens connection to spirit (opens one's heart); ability to love self and others.

Kidney Point

Stimulates physiologic and hormonal functions. Influences mental state and happiness, relieves fear. Reminds client of their will and intention to overcome addictions/obstacles; allows person to hear the positive.

Liver Point

Stimulates physiologic and hormonal functions; relieves muscle cramps. Aids in clear thinking and decision making; relieves frustration, depression, and anger. Helps the person to connect with the internal self and find direction in life.

Lung Point

Lung is an important organ for detoxification and regulates pores. Aids in regulation of grief/sadness; improves sense of connection and self-respect and integrity. Reminds the person of connection with a calm safe place and provides inspiration.