



# AcuDetoX

## for Wellness, Trauma and Addiction

....a chance to communicate

*"NADA Ear acupuncture teaches the person to relax from the inside out." This increased sense of calm and the quieting of symptoms that occurs as a result of the acupuncture treatment stimulate patients' own "Qi" (one's inner energy) and bring them back into a more balanced state. As the person become calmer inside, they become much more aware of themselves and others. From this quieter, inner place the person can then make more careful choices in his/her reactions to life situations.....*

Dr. Michael O. Smith, psychiatrist & acupuncturist  
and founder of NADA International



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## Barrier free services

In the present day society, people find it hard to talk help and issues related to addiction, trauma, domestic violence, mental health etc. We believe that talking about feelings, trauma, asking for help is still a taboo and highly stigmatized This is the biggest barrier in effective service delivery at grass root level.

There is often a yawning gap between the streets or 'natural settings' associated with drug use or the outreach worker and the threshold of the drug treatment program where the drug user is expected to arrive committed, ready or interested in quitting drugs or dealing with his or her crisis effectively.

The idea of forming **Indian Association of Acupuncture Detoxification Specialists** was mooted by Nada India to achieve the objectives of promoting barrier free services among marginalized sections of the society. IAADS was registered as a trust on 11th Jan. 2011 in New Delhi with a focus on development of quality services available by NADA, Acupuncture Detoxification Specialists (ADS) in India by

- Promoting and advocating the understanding of the problems and issues faced by health professionals, Counselors, peer counselors who acquired training as Acupuncture Detoxification Specialist (ADS) as per the NADA protocol.
- The IAADS will undertake initiatives in the areas of ethics, regulatory system, govt. policy vis a vis ADS, accreditation and CME programs, treatment guidelines & data bank related to ADS and their training..... for details please visit [www.acudetoxindia.com](http://www.acudetoxindia.com)

## The Commitment

Nada India has been committed to work for barrier free services in the field of addiction treatment and rehabilitation, trauma, domestic violence and HIV prevention especially among young people. In order to achieve these objectives, Nada India promotes two basic approaches, namely, one the use of ear acupuncture at all stages of addiction treatment & rehabilitation and peer based interventions.



## NADA Protocol (Three point Ear Acupuncture)

Acupuncture and all Qi-flow therapies ,help the body to help itself says Dr. .Smith Some of us have come to appreciate the body's spontaneous healing potential.

NADA acudetox is a balancing and relaxing experience. It helps person access inner resources in the manner of meditation and yoga. This ear acupuncture protocol is known as the NADA protocol after the U.S. organization, National Acupuncture Detoxification Association, which began at Lincoln Hospital (Bronx, NY) in 1974, There are now independent NADA organizations in more than 20 different countries.

## Acudetox Training

NADA Acudetox keeps growing world wide and thriving because its members are committed to using Acudetox for wellness, healing pain and suffering of people living with addiction, trauma, or other behavioral health issues. Join us and gain all the benefits of training that can support you personally and professionally. Acupuncturists, physicians, nurses, counselors, social workers and other chemical dependency professionals working under general supervision of a physician/ acupuncturist in a recognized wellness ,mental health facility ,drug treatment, rehabilitation center are eligible for training.

Nada India & IAADS training follows the format of the successfully accredited NADA three point protocol 70 hours training developed by NADA US at the Lincoln Memorial Hospital. The training is both experiential and didactic and includes input on the basic theory of Chinese medicine and its relevance to substance misuse. Wellness, trauma and stress management, Health & Safety issues, exposure control, clean needle technique and needle management practice is a vital aspect of the training with clinical supervision under the guidance of qualified trainers. Only single use, disposable needles are used. Upon successful completion of the course, trainees are recommended for membership by the trainer to Indian Association of Acupuncture Detoxification Specialist.

## Consultation and Technical Assistance

- Support for the creation of new programs domestically and regionally
- Opportunities to observe local programs.
- Consultation for treatment of diverse populations.
- Consultation for integrating the NADA ear acupuncture component with existing services.

## Frequently Asked Questions

What is acupuncture?

Auricular (Ear) Acupuncture was developed by the ancient Chinese. It consists of stimulating designated points on the skin by the insertion of sterilized needles at specific points related to internal body function. Energy or Qi (pronounced 'Chi') moves through out the body and can become blocked, too weak or stagnant. Auricular acupuncture balances this energy.

What are the benefits?

Physically auricular acupuncture relaxes and reduces stress, decreases pain and increases energy and immunity and normalizes sleep. Mentally and emotionally it helps you feel clear, alert, calm and focused.

Does these needles hurt?

Most people barely feel the needles go in. Sometimes a point will be sensitive but this small sting or pinch only lasts for a second. Acupuncture needles are very different from hypodermic needles. They are not hollow and are much thinner.

Any danger or infection?

Virtually none. The needles are sterilized and are used only once.

How long does it take for the treatment?

Initially, you need to have daily 3 point acupuncture (NADA protocol) for forty five minutes for a week. Next two weeks on alternate days and then on once in a week. It is a balancing process of the body. Treatment is offered "on demand" which reduces conflict and facilitates counseling.

Ear acupuncture is a stand-alone therapy or an adjunct to other ones?

Acu-wellness by itself will not get or keep someone clean. It is an adjunctive therapy not stand alone intervention. Acu-wellness has to be integrated within a comprehensive treatment framework.



Addiction treatment



Wellness



Prison

Uninformed Services

Community