



## Acupuncture and the Mind-Body Approach to Addiction




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### Disclosures

- Co-owner and practitioner at 22nd Avenue Acupuncture

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### Mind-Body Effects of Addiction (Psychological-Physical, Biopsychosocial)

<u>Mind</u>	<u>Body</u>
Wild <i>mood swings</i> , <i>depression</i> , <i>anxiety</i> , paranoia, violence	Heart rate irregularities, heart attack
Decrease in pleasure in everyday life	Respiratory problems
<i>Complication of mental illness</i>	<i>Abdominal pain</i> , <i>vomiting</i> , <i>constipation</i> , <i>diarrhea</i>
Hallucinations	Kidney and liver damage
Confusion	Seizures, <i>stroke</i> , brain damage
Psychological tolerance	<i>Changes in appetite</i> , body temperature and <i>sleeping patterns</i>
Desire to engage in risky behavior	

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Mind -> Body or Body -> Mind?



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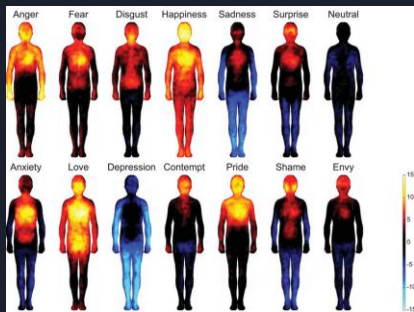
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### Benefits of Acupuncture for Addiction

- Diminishes cravings
- Enhances effect of other therapies
- Prevents relapse
- Treats addiction recovery side-effects
- Affordable
- Safe for pregnant women

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## NADA - National Acupuncture Detoxification Association

1974 - Staff and health professionals at South Bronx's Lincoln Recovery Center spent 10 years developing the basic five ear-points NADA protocol for the treatment of addiction, using the diagnostic tools of experience and trial and error.

Studies published in peer-reviewed journals support the adjunctive use of the NADA protocol for heroin, alcohol and cocaine addictions treatment, as well as nicotine addictions.

Recent studies by Chang, Sommers, & Hertz (2010), and Carter, Olshan-Perlmutter, Norton, & Smith (2011) demonstrate that the NADA protocol in addition to standard care is significantly better than standard addictions care alone.

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Mind, Body, Spirit



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**For More Information**

NADA Program - [www.acudetox.com](http://www.acudetox.com)  
NCCAOM (National Acupuncture Council) - [www.nccaom.org](http://www.nccaom.org)

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