Acupuncture and the Mind-Body Approach to Addiction

Disclosures

- Co-owner and practitioner at 22nd Avenue Acupuncture

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

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

Benefits of Acupuncture for Addiction

- Diminishes cravings
- Enhances effect of other therapies
- Prevents relapse
- Treats addiction recovery side-effects
- Affordable
- Safe for pregnant women
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, Oheb-Perlmutter, Norton, & Smith (2011) demonstrate that the NADA protocol in addition to standard care is significantly better than standard addictions care alone.

Mind, Body, Spirit
For More Information

NADA Program - www.acudetox.com
NCCAOM (National Acupuncture Council) - www.nccaom.org

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