

ACUDETOX:

Acupuncture Treatment for Substance Abuse

During Acudetox treatment, five small, sterilized, disposable needles are placed into specific sites on each ear. Recipients sit quietly in a group setting for about 45 minutes, relaxing or meditating.

Understanding the principles of both Chinese medicine and substance abuse is basic to this treatment philosophy. The combined application of acupuncture with counseling and self-help groups such as AA and NA enhances the clients' opportunities for success.

Acupuncture treatment for addictions is clinically effective, cost-efficient, drug-free, and compatible cross-culturally. A clinic can be established with minimal difficulty within almost any treatment setting for chemical dependency.

Benefits

The National Acupuncture Detoxification Association's (NADA) acupuncture-based treatment process has been shown to significantly decrease:

- Cravings for alcohol and drugs
- Withdrawal symptoms
- Relapses
- Inpatient detoxification admissions
- Anxiety, insomnia, and agitation

Clients are usually surprised to discover that daily acupuncture provides consistent relief of cravings and withdrawal symptoms. Treatment is offered "on demand," which reduces conflict and facilitates counseling. Clients prone to anger or violence enjoy opportunity for inner peace.

How will I feel during the treatment?

Once the needles have been placed, your ear may tingle or feel warm. Some people even fall asleep. These are normal responses. Some people say they feel relaxed when they are having a treatment; others don't feel much at all. Even if you don't feel much, you are getting the benefits of treatment. Acupuncture is most effective after a series of treatments over a period of time.

The detoxification process

During detoxification, your body filters out the toxin that you have been storing up. Blood circulation begins to improve. Sometimes during the detoxification period you may feel achy, not sleep well, be cranky, or even have drug dreams. These are all part of the detoxification process and actually indicate your body is healing. Please let the acupuncturist know if you have any of these symptoms.

How to receive maximum benefit from treatment

- Treatment time should be used to sit quietly, relax, and reflect or meditate.
- Do not smoke cigarettes or drink coffee in the half hour before and after treatment.
- Let the acupuncturist know if you have any health problems.
- Drink plenty of water and avoid sugar prior to treatment.

Get daily acupuncture treatments for the first few weeks, then three or four treatments a week for several weeks, then two treatments per week for several additional weeks; final treatments will be once a week and may include additional points on your body. If relapse occurs or something stressful happens in your life, then additional treatments are recommended.



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