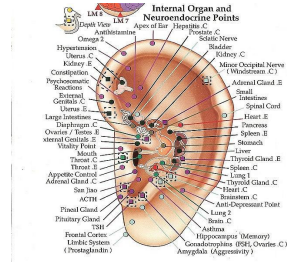


AcuDetoX/AcuWellness



AcuDetoX/AcuWellness, Auricular Acupuncture Detoxification, is a specific acupuncture protocol used to address symptoms of stress, anxiety, depression, sleep problems, cravings, PTSD, trauma and to support general well-being and resilience. The NADA (National Acupuncture Detoxification Association) protocol involves the placement of 5 sterile needles in each ear, which are retained for approximately 20-40 minutes. Originally developed to help with cravings and withdrawal from substance use, AcuDetoX/AcuWellness is used as an adjunct modality in treatment programs around the United States and for crisis intervention in order to reduce trauma.

- AcuDetoX makes most people feel calmer, more relaxed, and able to think more clearly.
- AcuDetoX can help shift a person from the sympathetic (“fight or flight” response state) into the parasympathetic (homeostasis, “rest and digest”) nervous system, therefore supporting stress management.
- AcuDetoX is used as a crisis intervention treatment following disasters world-wide to prevent PTSD and to support resilience.
- AcuDetoX can help reduce withdrawal and cravings for drugs, alcohol and other addictive behaviors.
- AcuDetoX is regarded as a useful addition to drug treatment programs by the Federal Center for Substance Abuse Treatment.
- AcuDetoX is safe for pregnant women.

For more info & research on AcuDetoX/AcuWellness: www.acudetox.com

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