

Only a certified Acupuncture Detoxification Specialist (ADS) who has completed over 70 hours of training and is under the supervision of a physician or acupuncturist can perform Acudetox.

## Why do I offer Acudetox?

Acudetox is an evidence-based technique that has many benefits, including assisting in the management of behavioral health symptoms. Due to its effectiveness, Acudetox is integrated in treatment centers all over the world. Among other things, Acudetox has been proven to help reduce the following: pain, anxiety, insomnia, withdrawal from substances, substance use and cravings (including nicotine), and agitation.

**Luckily, Acudetox is safe for all types of people, including those with Diabetes and Hemophilia. So, everyone can enjoy the benefits of this technique!**

## Curious about Acudetox?

Contact *Ashley Carter Youngblood, LMSW, LMFT, CADC, ADS*, a certified and insured Acupuncture Detoxification Specialist, to schedule an individual or group Acudetox session.



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Find more information at:  
[Kalamazoo-counseling.com](http://Kalamazoo-counseling.com)

Information for this brochure  
was borrowed from the 2008  
NADA Training Manual

# ACUDETOX



**Available at:**

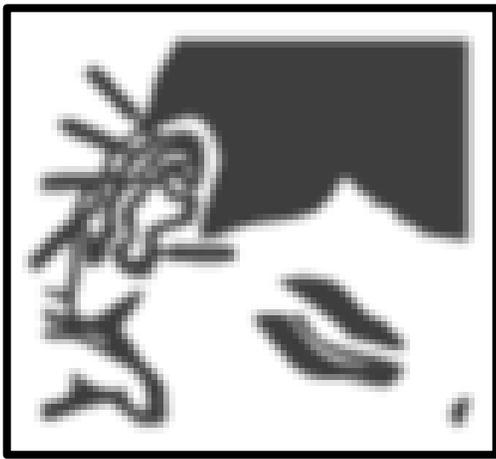


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## What is Acudetox?

### Acudetox is Acupuncture.

Acupuncture is the world's oldest medical science and has been used as such for over 3,000 years. First used in Chinese medicine, acupuncture is based on the understanding in Chinese medical science that there is an energy ("Chi") that flows through the human body as "meridians" or channels. Any interruptions in this free-flowing energy system can cause illness and discomfort.

Therefore, since the entire human body is mapped on the surface of the ear, acupuncture is used to naturally harmonize the body's system by placing tiny needles at certain point of the ear in order to restore the body's flow of "Chi".

## How is Acudetox different than Acupuncture?

### Acudetox is performed on the ears.

The Acudetox protocol was developed by the National Acupuncture Detoxification Association (NADA) in 1985 for managing behavioral health symptoms, including addiction. The NADA protocol of Acudetox is simply the name for the protocol of the series of 5 tiny needles that are placed at specific points in the ear.

Although for both acupuncture and Acudetox, the needles are left in place between 30-45 minutes, the major difference between acupuncture and Acudetox is that general acupuncture is performed by a licensed acupuncturist at certain points all over the body, whereas Acudetox is more discreet since we only need to access the ears. It is important to note, however, that even though Acudetox is performed only on the ears, it is just as effective as full-body acupuncture for gaining relief from symptoms since the whole human body is mapped in the ear. Therefore, similar to acupressure or reflexology, we can address issues in various systems of the body simply by using the ear as a "gateway" to these systems.

## The 5 points placed in the ear are the following:

- **Sympathetic-** used for calming tension and pain relief
- **Shenmen ("Spirit gate" or "calm spirit")-** used for calming and relaxing, particularly with anxiety, and encourages "going within" to support the internal process of recovery
- **Kidney-** used to release toxins, strengthen willpower, reduce fear, and encourage rejuvenation
- **Liver-** used to detoxify and relieve anger and aggression, allowing the body's systems to move more smoothly
- **Lung-** helps with respiration, detoxification, building immunity, and letting go

