

\$10 Recovery Treatments with Acupuncture NADA Protocol

Fort Collins CommUnity Acupuncture & Massage now offers specialized acupuncture for people dealing with or in recovery from addictions and related problems. As a service to our community we are making these effective and calming treatments available two days a week for only \$10.

These treatments are the same five-ear-point **NADA Protocol** now delivered in over 40 countries, as well as used or endorsed by the US Department of Defense and Veterans Affairs, the US Center for Substance Abuse Treatment, the US National Institutes of Health, and the United Nations.

NADA stands for the **National Acupuncture Detoxification Association**. The NADA Protocol treatment system was created in 1974 by psychiatrist Michael Smith in the South Bronx Lincoln Recovery Center, modifying a protocol used in China for pain relief and opiate withdrawal. The NADA protocol has demonstrated its ability to help people with addictions, smoking cessation, weight loss, PTSD, and generalized stress and anxiety.



BENEFITS

Around the world the NADA Protocol has been shown to reliably complement whatever treatment support patients may be receiving by:

- Decreasing cravings for various substances and prescription drugs
- Reducing withdrawal symptoms
- Decreasing incidences of relapse
- Increasing calmness, mental and emotional clarity, improving sleep, and lessening agitation
- Reducing stress and emotional trauma
- Helping counseling be more successful (be more present, calmer, more attentive and adaptable)
- Experiencing more inner quiet and calming resolve
- Decreasing the need for pharmaceuticals
- Reducing health problems which often accompany substance abuse patterns

THE FIVE EAR POINTS & WHAT THEY DO

1. **Shen Men:** Is known as the ‘spirit gate’ point in Chinese medicine. It is the central grounding point, reduces anxiety and nervousness, and centers the core of the person.
2. **Kidney:** Encourages trust, self-worth, inner confidence, will power, and calming of fears.

3. **Lung:** Balances and encourages healthy lung function, as well as helps with feelings of grief and letting go.
4. **Liver:** Regulates and harmonizes adequate Qi (life energy) and blood flow for detoxification. It also aids in promoting acceptance, smooth energy flow, depression, and feelings of frustration or aggression.
5. **Sympathetic System:** Balances the autonomic nervous system and calms fight or flight reactions.

NADA TREATMENT TIMES & DETAILS

We plan to expand these times in the future, but for now (beginning Tuesday, March 6th):

- **Treatment Dates:** **Tuesdays & Wednesdays between noon and 2:00 pm**
Walk-in appointments only (no scheduling ahead)
- **Time Involved:** **Appointments vary between 15 to 30 minutes**
- **Location:** **In our clinic, 149 W. Harvard St., Ste. 401 in Fort Collins**
- **Fee:** **\$10**

LET US KNOW HOW WE CAN HELP!

Let us know if you would like us to send you postcards or flyers you can hand out about our \$10 NADA Protocol treatments.

We are available to do presentations and demonstrations about the NADA Protocol. With the right circumstances we can even pack up our treatment resources and offer NADA Protocol treatments out in the community.

Please let us know if you are interested in learning more about our services or would like to introduce us to an organization we can support. Contact: Robert Evans at 970-689-7281 or Robert@communityacu.org.



Pay only what you can afford! Acupuncture & Massage as low as \$25!

149 W. Harvard St., Suite 401, Fort Collins, CO 80525 - 970.282.8300 - www.communityacu.org