

The Chi Farm Acupuncture Clinic

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Acudetox Fact Sheet

- The National Acupuncture Detoxification Association's (NADA) Acudetox protocol involves the gentle placement of five small, sterilized, disposable stainless steel needles in specific sites on each ear of a patient undergoing treatment.
- The Acudetox treatment is a non-verbal process that does not require the patient to begin treatment through extended interviews or disclosure of personal information.
- Approximately 1,500 centers on every continent utilize this protocol daily. About 1/3 of all drug court programs in the United States utilize some form of acupuncture for addictions.
- The treatment service is immediate, tangible and visible to the person who has entered the treatment center for the first time, and can be provided as an initial treatment program before this person has to establish a bonding relationship of confidence and trust with the counseling staff.
- The treatment offers each patient an experience of help before an extended process of assessment and diagnosis is required or initiated.
- The Acudetox treatment helps participants become relaxed and more comfortable with his or her own thoughts, enabling patients to experience a sense of "letting go" of tensions and apprehensions, and supporting quiet participation in a group setting with others who are involved in the process of recovery.
- The client is able to become comfortable in relationships with others and his or her self, the treatment is effective regardless of the client's level of motivation and at the same time opens doors so that other program components can be more effective.
- The acupuncture pins remind the client of what he or she already has
- As a holistic method, each of the needles open up possibilities on the body, mind and spirit levels.
- Persons receiving the treatment often report that Acudetox helps their lives become more livable.
- Clients in early recovery often still have the desire to get high and have much angst over it. Both of these phenomena may prevent the individual from hearing what is being said to him or her in therapy sessions or 12-step meetings. The Acudetox protocol assists the person in gaining serenity and acceptance in the recovery process.
- In 1997, The National Institutes of Health concluded that acupuncture for addictions, "may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program" (*Acupuncture. NIH Consensus Statement 1997* Nov 3-5; 15(5): 1-34).
- For further information please call or email Dave Wurzel at The Chi Farm.