



Acupuncture for Southern Living

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Auricular Acupuncture

Why Acupuncture for Detox...

- ❖ Reduces the physical symptoms of withdrawal
- ❖ Relieves depression, anxiety, and insomnia and help people relax.
- ❖ Profoundly relieves withdrawal symptoms including cravings, body aches, headache, etc.
- ❖ Patients become comfortable with their own physical processes
- ❖ Patients learn to 'let go' of tension and preoccupations.

The calm stability in the acupuncture setting creates a relatively timeless process. There is much less pressure to improve according to guilt-related standards. Acupuncture treatments, taken enough times, clear the mind, build energy, and give a sense of well being. The acupuncture detoxification is an ideal partner with other programs and creates a calming response to life's troubles.

Pioneering Work in the U.S.: Lincoln Hospital, New York . . .

has been helping alcoholics and addicts at Lincoln Hospital in New York since 1975. This is a simple, drug-free modality, patients feel comfort and focus, and are better able to participate in the other phases of their treatment. Acupuncture can be especially useful for cocaine abusers, since there are no medications to treat this addiction. The exact biological mechanisms are not well understood, and maybe not so important, but in some way, acupuncture has a peaceful, calming, and empowering effect.

For Acupuncture Treatment for Chemical Dependency - An Overview & Success Rates please [click here](#) to see that website.

How does this acupuncture for addictions actually work, i.e. what's involved?

Acupuncture Treatment for addictions is called 'Auricular Acupuncture.' Five up to ten tiny needles are placed in each ear, and then the clients rest quietly for 45 minutes. This is a good time to relax, meditate or think about changes to be made in your life. In detoxification treatment, points in the ear correspond to specific organs including the lungs, liver, kidneys and nervous system. One of the points is for relaxation. The treatment triggers the release of natural body chemicals, including endorphins, which help reduce cravings for drugs, ease withdrawal symptoms, and increase relaxation.

How Will I feel During the Treatment?

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

What are the unique benefits of acupuncture for addiction?

- ❖ Can be used safely with any other health condition
- ❖ Does not utilize other abusable, addictive drugs for treatment
- ❖ Can be effectively done on an outpatient basis
- ❖ Is successfully used as a drug detoxification method at over 100 different drug treatment clinics in the United States for example and is also successfully used for this purpose in at least 25 other countries.
- ❖ It is paradoxically even more effective with the clients who are 'hardest to treat.'
- ❖ It is balancing and not-symptom, syndrome dependent.

The acupuncture Detoxification Process...

During detoxification, your body filters out the toxins that you have been storing up. Blood circulation begins to improve...

How does ear acupuncture diminish the power of the mental obsession?

From a Chinese Medicine standpoint, the ear points are calming, and regulate the Liver, Lung, and Kidney. It is thought that stimulation to these nerve terminals in the ear, generate a neural chain of events responsible for the feeling of relaxation experienced by the patient. Indeed, research has demonstrated that acupuncture can influence the neurochemical pathways of the brain. In particular, those of the mesolimbic system. This area is involved in the mechanism responsible for reward and pleasure.

Other benefits using Auricular Acupuncture are:

It is possible to provide kind, soothing, attention without the risk of enabling the addictive process.

Patients become comfortable with their own thoughts

Patients develop their own spatial comfort zone, to remain comfortable while focused on present time activities.

Patients learn that their private, internal process can be a source of strength and renewal.

How Acupuncture Treatment for Substance Abuse Began . . .

One day in the early 1970's, H.L. Wen, M.D., then the only neurosurgeon in all of South China and Hong Kong, was preparing to use electro-acupuncture as surgical analgesia and the patient, who happened to be experiencing withdrawal symptoms from opium at the time, reported his symptoms had disappeared. Wen canceled the surgery and scouted the hospital for other patients in withdrawal. He gave his pre-op procedure to them and their symptoms also ceased. Acupuncture for substance abuse was born.

Regaining balance and control

Despite skepticism that there is something in those needles, acupuncture does not add anything to the body; it simply helps to guide a person's physiology toward a more optimal state. "We have a lot of potential in our bodies, but at times, it can be misguided," Acupuncture helps us achieve balance and control, patients feel comfort and focus, and are better able to participate in the other phases of their treatment.

What About the Needles - Do They Hurt and is it safe

First of all, the needles used to stimulate acupuncture points have no resemblance to hypodermic syringes. Acupuncture needles are very slender, about the thickness of two human hairs, is carried out with sterile and disposable needles i.e. used once and then discarded and approved by the FDA, most insertions are just beneath the skin's surface, which enable the skilled acupuncture practitioner to place a needle with little or no sensation.

However, if you have a real fear of needles, discuss it with your acupuncturist. An appropriate treatment strategy can always be agreed upon.

How many sessions do I need for treatment?

Since each person is unique, the number of treatments needed will vary. Among the determining factors are the type of condition, whether the condition is chronic or acute, and the vitality of the individual. Again, you should discuss your treatment program with your acupuncturist.

The acupuncture is performed in a therapeutic setting with comfortable seating and relaxing music... Patients have trouble believing that the five or ten needles, inserted so carefully into specific spots in their ears, are providing such relief without releasing any chemicals into their bodies. When patients opt for the acupuncture treatment offered by the team at Acupuncture for Southern Living, they are often amazed by the immediate feelings of well-being, relaxation, and focus that accompany their sessions. Please feel free to contact us to see how we can help you NOW...

Fees for Auricular Acupuncture

Charges*:

Initial Consultation \$95 with treatment

1 Session per week \$75

2 Sessions per week \$125

Ask about our referral rewards and frequency discounts!