

The NADA (AcuDetox) Protocol has been made affordably available to community members for \$9.00.

The NADA Acudetox Treatment

Acudetox involves a simple, standardized five-point auricular (ear) acupuncture modality. NADA style treatment incorporates frequent Acudetox sessions, an herbal tea blend and the use of ear seeds and/or magnetic beads all within the context of addictions and behavioral health treatment and prevention programs and mutual support fellowships. Acudetox supports the treatment and recovery process by making the client stronger from the inside.

- Acudetox involves the gentle placement of five small, sterilized, disposable, stainless-steel needles in specific sites on each ear of a client undergoing treatment
- The recipients sit quietly in a group setting for 30 - 45 minutes
- Treatment is offered frequently, even daily if possible. Healing Ministers United, PLLC offers the NADA protocol on Friday and Saturday afternoons beginning at 4:30pm. We begin needle placement promptly at 5pm so please arrive early to sign in or pre-pay through early registration online at <https://healingministersunited.com/services/ola/services/free-nada-collective-compassion-support-groups>
- We recommend that you eat and drink something before attending a NADA group. Sign-in when you arrive and find a comfortable place to sit. Your time spent with acupuncture needles will be about 45 minutes. Our time frame is intentional and based on the 5-Elements Circadian Clock – the detox hours between 4pm (Bladder time) and 6pm (Kidney time)
- The treatment is a non-verbal process with minimal interaction between client and provider
- The treatment benefit is immediate, tangible, and apparent even to someone participating in a NADA group for the first time and can be provided as an initial treatment intervention before clients have developed a relationship with counseling staff.
- Acudetox can be offered prior to an extended process of assessment and diagnosis
- Acudetox has been shown to significantly decrease cravings for alcohol and drugs, withdrawal symptoms, relapse episodes, anxiety, insomnia, and agitation
- Acudetox often helps participants become relaxed and more comfortable with their own thoughts, enabling them 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
- Acudetox facilitates relationships with self and others
- Acudetox is effective regardless of the client’s level of motivation and tends to increase the client’s readiness and willingness to participate in treatment
- Acudetox improves the effectiveness of other program components
- Acupuncture needles don’t put anything into the client; rather they remind the client of what he or she already has by stimulating neurological connections to various body and chakra systems
- Acudetox opens possibilities at the body, mind, and spirit levels

****** If for any reason, the needles are intolerable, please notify us immediately and we will remove them promptly. We also have ear seeds or low-voltage electrical stimulation (using the Point-O-Select) for use as an alternative treatment.

Healing Ministers United, PLLC
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Office: (720) 328-4074



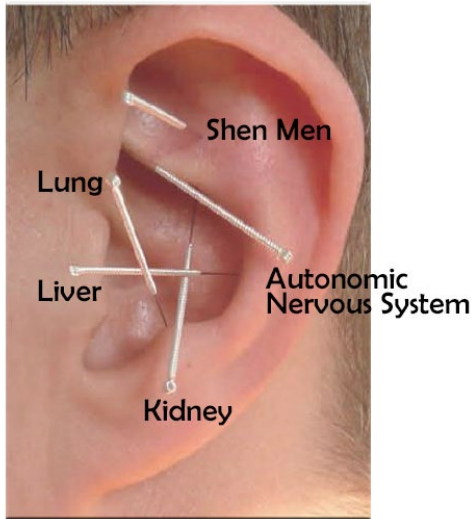
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Healing Ministers United, PLLC also integrates any (or all) of the following as part of the AcuDetox treatment:

- Aromatherapy using Lavender, Roman Chamomile, Ylang Ylang, Clary Sage, and/or Blue Tansy
- Tuning Forks
- Sound Therapy, soft meditative Music, or binaural beats
- Meditation recitals
- Prayers
- Forehead (third eye) anointments using Olive oil, Rosemary, Rose of Sharon, and Frankincense – We always ask for your permission before anointing

The (5) Points



Shen Men – Tranquilizes the mind and allows a connection to one’s spirit. This Master Point alleviates stress, pain, tension, anxiety, depression, insomnia, restlessness, and excessive sensitivity. Shen Men is used to reduce coughs, fever, inflammatory diseases, epilepsy, and high blood pressure. Shen Men is also used to support all other auricular reflex points.

Kidney – The Kidney point relieves kidney disorders, urination problems, nephritis, and pyelitis. The Kidney point can be used for bone fractures, low back pain, ear disorders, deafness, tinnitus, bleeding gums, hair loss, stress, headaches, and kidney stones.

Liver – The Liver point relieves hepatitis, cirrhosis of the liver, jaundice, alcoholism, gall bladder problems, regulates blood

disorders, anemia, and helps to improve eyesight. The Liver point also improves blood circulation, digestive disorders, eyesight, and relieves fainting convulsions, and paralysis due to a stroke.

Sympathetic Nervous System – This Master Point balances activation by the sympathetic nervous system with parasympathetic sedation, reducing neuro-vegetative disequilibrium. It improves blood circulation by producing vasodilation and corrects irregular or rapid heartbeats.

Lung Point – The Lung point relieves smoking withdrawal, asthma, pneumonia, emphysema, coughs, flu, tuberculosis, sore throat, edema, and night sweats. The lungs are a source of detoxification with the exchange of oxygen and carbon dioxide; thus, the auricular Lung point can assist detoxification from narcotic drugs and alcohol.

Complimentary NADA Gift Bags include:

- 3-Day supply of SleepMix Tea bags (total of 9 tea bags)
- 1 pair magnetic ear seeds (if not used during NADA group) - For placement on the back of ear, just behind the Shen Men point – Can leave on for up to 5 days
- 1 day foot detox pads = 1 pair
- 1oz. Anointing Oil (EFL Heart, Detox, and Serenity Formula)

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