

Acupuncture Research Update

"A smile will gain you ten more years of life"- Chinese Proverb

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NADA Protocol



Auricular acupuncture, which involves acupuncture points on the ear and is part of the NADA protocol, has been shown to be effective in treating addiction. Researchers at Yale University School of Medicine and Veterans Affairs Connecticut Healthcare Center led a study involving 82 patients who were addicted to cocaine. The patients who received auricular acupuncture were given treatment for 8 weeks. The study found that the patients who received the acupuncture treatment were significantly less likely to relapse compared to the control groups. Researchers concluded that auricular acupuncture showed promise for the

treatment of cocaine addiction. According to the National Acupuncture Detoxification Association, the NADA protocol has been reported to improve addiction recovery program retention, better outlook on life, lower cravings, anxiety, sleep problems and need for pharmaceuticals. If you or someone you know is battling addiction, ask an acupuncturist how they can help.

Sources:

<http://bit.ly/1S0IUgX>

<http://bit.ly/1P8SNn2>