

Only a Certified Auricular Detoxification Specialist (CADS) who is recognized by the State of NM (NMRLD) can perform Acudetox.

### Why do we offer ACUDETTOX?

Acudetox is a statistically safe, scientifically proven method assisting in the management of symptoms related to substance use disorders and addiction. Due to its effectiveness, Acudetox is integrated in treatment centers all over the world.

### How does ACUDETTOX help?

Acudetox has been proven to help reduce symptoms of withdrawal, cravings, stress, anxiety, depression, fatigue, insomnia, digestive problems, pain and trauma related to addiction prevention, treatment, and recovery.

### Everyone is welcome!

You do not need a medical referral or diagnosis to receive Acudetox. It is done in a group setting, and all are welcome. Tell your friends if you think they might benefit from this treatment as well!

## Curious about Acudetox?

Contact the *Amador Recovery Project* for our Certified Auricular Detoxification Specialists (CADS) to schedule a session or verify walk-in options. Call ahead for instructions about days/hours of service.



999 W. Amador Ave.  
Amador Health Center  
Annex, Suite D  
Las Cruces, NM 88005  
Mobile: (575) 395-6953

Information for this brochure  
was borrowed from the  
NADA Training Manual

## ACUDETTOX



SAFE & EFFECTIVE  
AFFORDABLE  
CONVENIENT  
COMFORTABLE & RELAXING

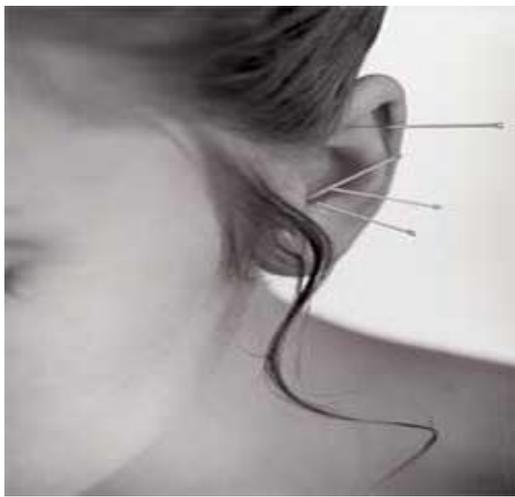
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*Together Everyone  
Achieves More*



## What is Acudetox?

### Why ear acupuncture?

Ear acupuncture (Acudetox) is a successful method to help reduce symptoms of withdrawal, cravings, stress, anxiety, depression, fatigue, insomnia, digestive problems, pain and trauma related to addiction prevention, treatment and recovery. We use pre-sterilized, hair-thin, disposable needles, and follow national standards for Clean Needle Technique.

### Why the ears?

Ear points are extremely relaxing acupuncture points. You might even take a short nap while you are resting with the needles. Most of all, you don't have to disrobe, and can get a treatment in your street clothes.

### What points are used?

Acudetox is a 3-5 point protocol, using points designed for recovery support.

## How is Acudetox different than Acupuncture?

Acudetox is performed on the ears.

The Acudetox protocol was developed by the National Acupuncture Detoxification Association (NADA) in 1985 for managing behavioral health symptoms, including addiction. The NADA protocol of Acudetox is simply the name for the protocol of 5 tiny needles that are placed at specific points in the ear. It is most effectively used as an adjunctive therapy for substance use addiction when combined with medication, counseling, and support.

Although for both acupuncture and Acudetox, the needles are left in place between 30-45 minutes, the major difference between acupuncture and Acudetox is that general acupuncture is performed by an acupuncturist at certain points all over the body, whereas Acudetox is more discreet since we only need to access the ears.

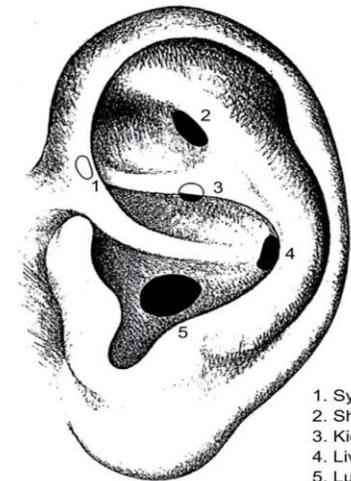
At Amador we offer Acudetox in a supportive, secure, community-oriented space. Even if you are not ready to stop using alcohol or drugs, you can receive Acudetox.

### Offered for free!

We offer Acudetox at no charge; staffing and supply costs are covered by grants.

## The 5 points placed in the ear are the following:

1. **Sympathetic**- used for calming tension and pain relief
2. **Shenmen** (“Spirit Gate” or “calm spirit”)- used for calming and relaxing, particularly with anxiety, and encourages “going within” to support the internal process of recovery
3. **Kidney**- used to release toxins, strengthen willpower, reduce fear, and encourage rejuvenation
4. **Liver**- used to detoxify and relieve anger and aggression, allowing the body’s systems to move more smoothly
5. **Lung**- helps with respiration, detoxification, building immunity, and letting go



1. Sympathetic
2. Shen Men
3. Kidney
4. Liver
5. Lung