

## AURICULAR ACUPUNCTURE & TREATMENT OF ADDICTIONS

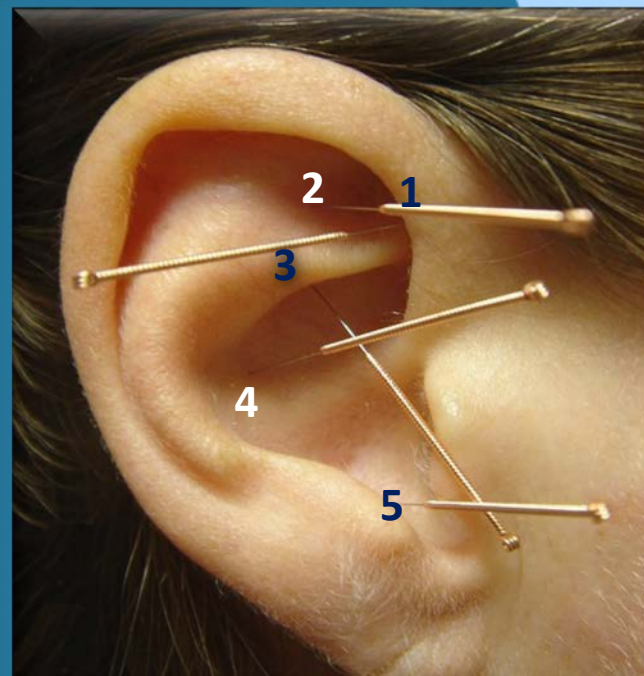
### National Acupuncture Detoxification Association (NADA) 5-Point Protocol



Community  
Family Services  
of Ontario 家和

#### 2. Shen Men Point (spirit gate)

- alleviates anxiety & controls nervousness
- has a general relaxing effect
- relieves anxiety, depression, insomnia & restlessness
- alleviates pain, tension
- reduce hypertension
- opens connections to Shen (open heart to possibilities & acceptance)



#### 1. Sympathetic Point (Autonomic nervous system)

- alleviates stress in autonomic nervous system—responsible for fight & flight responses
- strong analgesic & relaxing effect
- helps reduce stress & calm the spirit

#### 3. Kidney Point (essential energy – Yin & Yang)

- alleviates toxicity & chemicals in kidneys
- purifies the blood
- strengthens the nervous system
- calms fears and removes insecurities
- source of Yin and Yang energy

#### 4. Liver (Emotional balance – Rules the flow of chi)

- alleviates toxicity in the blood in conjunction with the kidney point
- balance live energy
- increase emotional balance for relaxation & confidence

#### 5. Lung (Life force balance – Rules chi)

- alleviates toxicity in immune system
- promotes physical balance & expression of feelings, especially sadness & depression