



MOONGATE

ACUPUNCTURE & HERBAL MEDICINE

Recovery Project

ACUPUNCTURE FOR SUBSTANCE USE DISORDER

One of the primary approaches to acupuncture in treating recovery is auricular acupuncture. Ear acupuncture has been well studied for its close connection with the brain & nervous system and its ability to mitigate the symptoms of many mental health disorders. In addition to addiction, auricular acupuncture is commonly used for other conditions such as anxiety, depression, PTSD, insomnia, & chronic pain.

The most well-known auricular acupuncture treatment for addiction is called the NADA protocol. This is the National Acupuncture Detox Association's 5-point protocol of points in the ear. This protocol in particular is especially good at curbing cravings, calming the sympathetic nervous system, relieving anxiety & depression, managing withdrawal symptoms, and decreasing pain.

THE 5-POINT PROTOCOL

Shenmen (Spirit Gate) – addiction recovery, calm the mind, alleviate stress, pain, anxiety, depression, restlessness & excessive sensitivity.

Sympathetic/Autonomic – balance the nervous system, improve blood circulation, correct irregular or rapid heartbeat

Kidney – support the health of the kidney, relieve stress & headache, support willpower

Liver – support the health of the Liver, recovery from alcoholism, relieve stress & irritability

Lung – smoking withdrawal, recovery from opiates, cocaine, alcohol, amphetamine, & sedatives.



BEYOND THE NADA PROTOCOL

There are a vast number of acupuncture points, both in the ears as well as throughout the body, which can be used to create unique treatment protocols for each individual client. Treatments can focus further on unique challenges such as PAWS symptoms and co-occurring mental health disorders.

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