Colorado Pioneers a New Way to Respond to Disasters With the Medical Reserve Corps by Rachelle Lambert

The Colorado Acupuncture Medical Reserve Corps (CAMRC) is the first acupuncture-specific Medical Reserve Corps in the United States. It was developed in 2014 after the course of several forest fires and the 2013 Aurora movie theater shooting. During these events many acupuncturists and NADA-trained acu detox specialists (ADSes) wanted to volunteer their services, but were often turned away as they were not officially registered volunteers with their local MRC.

The Boulder County flood in 2013 was the pivotal event that emphasized the benefits of NADA acupuncture as a disaster response treatment to the state of Colorado. The first exposure was with the Boulder County Office of Emergency Management (OEM), a local organization which coordinates emergency response efforts on a county level, and later with the MRC for the entire state.

Randi Savage, an acupuncturist and now the CAMRC unit coordinator, had developed a relationship with the Boulder County OEM just before the flood. Once the flood hit, the OEM contacted Savage to request the NADA protocol for their staff.

With her colleague, Valerie Hobbs, a fellow acupuncturist and campus director of Southwest Acupuncture College in Boulder, Savage treated the OEM staff from 11 pm to 3 am. The next day, the OEM requested continued access to the NADA treatments for their search and rescue teams, for the National Guard helicopter pilots, and other first responders.

In response, Savage and Hobbs set up clinics at the CAMRC continues on p. 2
FEMA recovery sites, and over 1,500 people were treated during this event. In order to get more hands on deck, outreach to acupuncturists and ADSes was done through the NADA office, Acupuncturists Without Borders, a Facebook group, and an online Google scheduling tool where volunteers could sign up for shifts.

There were approximately 40 volunteers who participated in the response effort, with 15 to 20 serving on a regular basis. This was the first time in Colorado that acupuncturists and NADA-trained ADSes worked side by side with the disaster response teams.

After the event, Savage was contacted by the Boulder County MRC unit coordinator and the state of Colorado volunteer coordinator, Koral O’Brien. “I spoke with Randi regarding working toward getting this dedicated acupuncture group to the MRC level. It had a great service to add to the community and the state,” said O’Brien, who learned of the benefits of the NADA protocol after the flood.

The final approval for adding an acupuncture-specific MRC unit came from Captain Robert Tosatto, the principal advisor to the Assistant Secretary for Preparedness and Response and the MRC’s national director.

The CAMRC, which is now a team of volunteer acupuncturists and NADA practitioners licensed to practice in the state of Colorado, is currently providing support to both Texas and Idaho in the development of the next acupuncture-specific MRCs. In Colorado, the team offers disaster relief treatments to heal anyone involved with a disaster, both natural and man-made. Recipients include evacuees, first responders and healthcare workers.

As a disaster response treatment, the NADA protocol is offered in a community setting to support those affected with psycho-emotional trauma. The NADA protocol was chosen due to its effectiveness and large amounts of research available to support its use. It is easy to use in a community setting, maximizing the number of people we can treat. NADA clinics were offered to those who continued to be affected by the Boulder County flood up to a year later.

The CAMRC offers educational presentations and treatments to various agencies and organizations that work with disaster relief/planning. Our mission is to spread the word about how effective NADA can be. Presentations include a history of NADA, how the protocol works, what it treats, and why the CAMRC uses NADA acupuncture. They also offer needle demonstrations, and usually get 50 to 80 percent of the attendees involved.

“We have maintained a very solid relationship with the Boulder OEM, the Office of Public Health, local hospitals in the county and the Sheriff’s office,” says Savage. “We are now working on recruiting regional coordinators so the model we have established in Boulder County can be replicated throughout the state of Colorado.” The CAMRC is also developing a grant proposal to research the effectiveness of NADA in a disaster setting.

Anyone who has a NADA certificate of training and lives in Colorado is invited to CAMRC’s weekend course required to become an active member. The next training is in Boulder County at Southwest Acupuncture College, October 17-18. If interested in attending, please contact Steve Shomo at zenmedic9@gmail.com. He is also organizing a statewide disaster response drill between the three Colorado acupuncture schools on October 4th. If interested in participating, please contact Steve.

Would you like to become a member of the CAMRC? Contact Rachelle Lambert, the volunteer coordinator, at Rachellelac@gmail.com or call (512) 773-3764.
Laramie Stress Relief Clinics
A Testimonial by Patti Flores

First, I want to express my total appreciation for this program that is being offered here in Laramie. It has been a lifesaving program for me, literally. I was in a very dark, depressive state of mind earlier this year. I firmly believe that this is another tool that has been a healing factor.

I discovered this program from the local paper, the Laramie Boomerang. Initially, I thought it was a workshop to teach how to handle stress, depression, and work through your mental state. To my surprise it was ear acupuncture. I had been researching acupuncture on the web and was considering this option. I am also doing yoga, visits to a therapist, line dancing, reaching out to friends, relatives, etc., to get through this dark stage.

I believe everyone goes through rough times. Since 2012, I have had personal, medical and financial factors that have hit me hard. So with all these factors, I needed to reach out for everything and anything to dig myself out, because I still know who I am and what I am capable of doing. I want to live and I have a lot to live for. I have four lovely grandchildren. I am 62 years old, and I want to live to the fullest until my last breath.

This program, besides being free, which is a huge bonus, has totally made a difference for me. I am able to function in the home again, watch my grandkids, continue working my part-time job, my appetite has improved, and I enjoy living again. I am not completely out of the woods, but every day I am getting better. I am able to cope with the family crises even though it is a difficult time for us.

I am a faithful participant of this program that is offered here in Laramie three times a week. If it was offered more days, I would find a way to do it as often as I could. I am a firm believer. I am so grateful for all the facilitators. They are wonderful. They are always so welcoming, compassionate, so accommodating, and very professional.

I hope this program continues. I have seen participation increase since I started in late March 2015. Life is complicated and cruel sometimes. We need tools to cope with the everyday stress, let alone when extra negative factors befall us.

The Free Stress Relief Clinics in Laramie started in April of 2014, after a NADA training which Michael Smith attended. As part of the training we set up practice clinics which were very well attended. Smith suggested keeping the clinics going after the training. For a year and a half now, they have continued, always free and open to the public. The clinics are staffed by volunteer acu detox specialists and supplies are funded by NADA trainings. There are three locations: an outpatient treatment program, a counseling center and a fire station community room. For more information, contact Sara Bursac at nadaoffice@acudetox.com or by phone at (307) 460-2771.

School Prayer
by Diane Ackerman

In the name of daybreak and the eyelids of morning
and the wayfaring moon and the night when it departs,

I swear I will not dishonor my soul with hatred,
but offer myself humbly as a guardian of nature,
as a healer of misery,
as a messenger of wonder,
as an architect of peace.

In the name of the sun and its mirrors and the day that embraces it
and the cloud veils drawn over it and the uttermost night
and the male and the female and the plants bursting with seed and the crowning seasons of the firefly and the apple,

I will honor all life -wherever and in whatever form it may dwell-on Earth my home, and in the mansions of the stars.
And the Bead Goes On: The What, Where and How of Applying Acupressure Beads

by Jo Ann Lenney

The beads are easy and simple to use. If you can get the help of an 8-year-old so much the better. I once told NADA’s founder, Michael Smith, that it might be interesting to give some children a little bit of instruction and then see where they would place the beads – he thought it would be more interesting to give them no instruction and see where they would place the beads.

When I first started volunteering at Lincoln Recovery Center, it was open on Saturdays so the clients often brought their children. They would sit at the front desk reading, coloring, and playing with magnetic toys that I brought for them. I also showed them the magnetic beads and they watched as I put them on clients’ ears. They started putting the beads on each other, and asked if they could bring beads home to use on a nervous uncle, an angry cousin, a depressed friend. They always returned the next week with positive results to share with us.

The children took their “work” very seriously and shared ideas with other children and with the trainees. As a result, clients generally requested the beads from the children rather than from the workers. The only assistance they needed was in getting the tape to lie flat on the ear. This was also one of the few problems the trainees had – taking the time to make sure the tape adhered well to the ear. The clients use to call me The Bead Lady, not because of any special talent I had with the beads, but because, when I put them on, they stayed on.

Examples of the simplicity of learning to use the beads are many. There is Marissa, a client who was so impressed with how they made her feel, she asked if she could learn to use them – she wanted treat her son who had been diagnosed with ADHD. She did not have much time because she had to return to class, so I quickly showed her where the reverse Shen Men was on another client and gave her some beads to go.

When Marissa returned the following week, she told me she had given the beads to her son. He had calmed down so much that her mother thought she had placed him on medication. She also gave the beads to her husband who is a supervisor at a city agency – his workers said they were wondering why he had stopped yelling at them. He told them that he didn’t understand it, but his wife had put these things on his ears and he was feeling much calmer.

Then there is Jean. Her local acupuncturist gave her a NADA treatment, and when Jean’s response was so positive, she showed her how to use the beads and gave her some to go. Jean was at a family reunion for several days, and started using the beads there. She treated several family members – her husband noted that his cravings for sugar had stopped, and her aunt commented how much better she slept.

Jean now has plans to share the beads at a local woman’s recovery program, a nearby college, the Knights of Columbus, and more. She contacted NADA to see about getting formal training in the beads. Michael Smith said she didn’t need any more training, maybe some encouragement. He said, “How many people go to a family reunion and make people better!”

Perhaps most illustrative of the simplicity of using the beads is Trish Cathcart’s story (see page 8) of the inmate who took the beads off his own ears and placed them on a friend’s ears – “and did it correctly!”

THE HOW TO ON APPLYING BEADS:

For those of us without easy access to a young child, here are some guidelines. The magnetic bead is placed on the reverse Shen Men on the back of the ear – a single bead on each ear. One can frequently see distended veins, moderate erythemia or poor skin tone at this location suggesting the need for tonification. The beads merely rest in place – they should not be pressed or manipulated. For more information, please refer to the article on beads published in the March/April 2015 issue.

At Lincoln, we replaced the beads every week. Some clients would not remove them until they knew they would be getting a replacement. We never put the bead on the same spot as we had the previous week, because we did not want to make the skin tender. This further shows us that there is no exact point to place the beads. It is simple so – once again in the words of the founder – Keep It Simple. 

“The bead goes on” - Guidepoints News from NADA July/August 2015
Two self-portraits by Andrea, a 16-year-old girl who lives with her family and attends a special-education public high school in Manhattan. She was diagnosed with Down Syndrome, ADHD and nystagmus (rapid eye movement). The portrait on the left was drawn by Andrea before magnetic beads, and the portrait on the right was done approximately 6 months later.
I first learned about the magnetic beads in 1998 when NADA founder, Michael Smith, showed us how to use them, emphasizing how simple it was. He encouraged us to use the beads on our family and friends and to share our observations, because “we need more research from the heart.”

Recently after giving a presentation on the beads, I heard from NADA trainer Beth Cole, who said, “Amazing how we can still keep learning with such a simple procedure.”

The procedure is indeed simple. The day after I learned the technique, my director, Pat, was in a rage because the copy machine wasn’t working. I placed a bead on the back of each ear, and she came over to me a few minutes later to ask what I had done to her – she had had a pounding headache, which was now gone, and she felt like she had taken a tranquilizer.

Pat asked me to give the beads to other workers in the office. I used the bead on the same point – the reverse Shen Men – but got many different responses. Blood pressure stabilized, depression lifted, nicotine cravings decreased, and PMS symptoms eased. My co-workers started asking me to help with other family members.

These were mostly children at first. Three-year-old Kaela had been diagnosed with ADHD and autism. She did not speak but was responsive and communicated with a unique set of movements. We first met at her home where I showed her the beads and had her put them on me and her mother, Theresa, and then I put the beads on her. Theresa was amazed that Kaela let me pick her up and put her in for her nap. When I returned two weeks later, Kaela was obviously happy to see me. Theresa told me that the change in Kaela had been “remarkable.” Her therapist also noticed a difference, in particular that Kaela had become less aggressive with her playmates. Her grandmother noted the change Kaela’s positive response to the family in the way of physical affection. Theresa called this “fantastic.” When I was leaving that day, Kaela let me hold her – she had a big smile on her face and she looked happy.

Theresa and Kaela moved shortly after this but they stayed in touch. Theresa told me that Kaela was doing “phenomenally” well. I had shown Theresa how to use the beads and she was also using them for herself. She said she was now sleeping well at night and feeling better herself. Kaela told me she likes when her mother is wearing the beads because she doesn’t “nag as much.”

I heard from Theresa recently saying Kaela is a “happy, smart active girl.” She has not used the beads in over a year but the effects are still evident.

Although I consistently use the one bead on the same point, I get many different responses – emotional and physical. One woman told me it had helped her headaches, but it also eased her sciatic pain. Another said that when she started treating people with the beads, she found herself surrounded by people with back pain: “One client was crying in his room with severe back pain. I talked him into trying the NADA acupuncture and the beads. He’s been first in line every day. Now a true convert, he can’t stop raving about the beads to all the new clients, and, more importantly, he is coping with his pain management.”

A frequent response to the beads is a reduction in hot flashes. Recently a woman who had been treating herself with sage extract took the beads. The following week she...
told me the hot flashes had been reduced by about 80 percent – and without the use of the sage extract. A week later she said the hot flashes were now a “non-issue.”

One woman’s blood pressure stabilized, another found she was sleeping better, and a man claimed he was able to stop himself before going into a rage. References to rage came up repeatedly with many different people.

One of the men at Lincoln Recovery Center said, “Sometimes these beads are the only thing between me and me killing someone. You know when you hear that voice saying, ‘get the knife, get the knife.’” A woman nearby said, “Yeah, I know what you mean – they do take the edge off. Even my kids know when I don’t have them on.”

Another client, Julio, couldn’t wait to see me the week after he first got the beads. He told me the most amazing thing for him was his reactions while driving. He had always had trouble controlling his road rage, but with the beads, his responses had totally changed. He became aware of the craziness around him on the road, but he stopped reacting with fury. He asked me to show him how to use the beads so he could take them home and share them with his wife.

When Peter, a worker at Lincoln, started using the beads, he said they make him calmer and less angry. When he started to feel anger, he’d tell himself: “Hey, you have the beads on, you don’t have to get angry.” After a few weeks, there was an occasion when someone was “pushing his buttons,” and he started to repeat his mantra when he realized that he didn’t have the beads on. So this time he told himself that if he could control his anger with the beads, then he should be able to do so without them – and it worked. He explained that it was as if something had been planted in his brain that he could use when he needed to.

A social worker who trained at Lincoln used the beads with her son and daughter. Her 11-year-old daughter had been afraid to go to sleep unless her mother was in the room with her. Almost as soon as the girl started using the beads, she said she felt alright about going to bed by herself. Her 9-year-old brother liked the beads because they improved his basketball game. (I treated a man at an acu-detox clinic in Manhattan who took acupuncture twice a week and wore the beads continuously. He firmly believed that the beads were responsible for a major improvement in his golf game.)

A friend, Michael, was visiting from Florida and told me his 16-year-old son, Timmy, was having trouble in school and that the staff there was pressuring the family to have him take Ritalin. I told Michael about the beads and showed him how to use them. He called me the following week after he got home. Timmy was resistant at first but did agree to try the beads. He came home from school that day and was very excited. He said, “Dad, these things really work.”

Timmy had been very careful about wearing the beads in the beginning – checking them often and asking to have them replaced every couple of days. He wore them for several weeks and then started to forget about them. He doesn’t wear them any longer but has maintained what he, his parents, and his teachers call “a dramatic improvement.”

Timmy’s story is another indication of the lasting effect of the beads. When Dr. Smith first started working with magnetic beads, it was thought that treatment would have to be continuous – now it seems that this is not
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- No more lost needles
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<th>Gauge or Diameter</th>
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- 5 needles enclosed per guide tube
- Extended medical sealing paper for easy peeling
- Non-tarnishing aluminium alloy spring handle
- Low cost per needle
- Easy-to-detach perforations
- 5 blister packs per flat
- 20 flats per box

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FREE NEEDLE SAMPLES AVAILABLE ON REQUEST

AU5 Series from $15.95 per box of 500 needles

All measurements are approximate
### Carbo Ear Seeds
These processed Vaccaria Seeds are adhered to skin tone Hypoallergenic 3M surgical tape.
- Easy to peel and apply

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<tr>
<th>Code</th>
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<tr>
<td>4CES01</td>
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### Magnetic Ear Pellets
Gold-plated 100 gauss magnetic pellets with random magnetic pole orientation. 0.07” (1.7mm) in diameter with clear surgical tape.
- 10 pellets on a plastic carrier

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<tr>
<td>4ES05</td>
<td>$5.00 per box of 100 pellets</td>
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### Sakamura Ion Pellets
Available in 24k gold or silver plated 0.05” (1.2mm) alloy pellets. Each Sakamura ion pellet comes affixed to a clear, round 0.28” (7mm) hypo-allergenic band aid tape.

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<td>4ES04</td>
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<tr>
<td>4ES03</td>
<td>$12.50 per pack of 300 pellets</td>
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### Angled, Straight & Dual Head Probes
Made of stainless steel. 6” long octagonal shaped handle with 0.12” (3mm) diameter ball shaped tip for inducing sensation and pressing treatment points.

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<td>4TDP01</td>
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<td>4TDP02</td>
<td>$7.99  - Angled tip</td>
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<tr>
<td>4TDP10</td>
<td>$9.99  - Dual head</td>
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### Magnetic Needle Pickup
If you have ever dropped needles in awkward dark places this may be for you. It is a telescopic portable device with a magnetic tip. Detox organizations now use them routinely for collecting needles from inaccessible places.

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### Jing Traditional Medicine Chart
This chart is specifically designed for use when treating or training with auricular acupuncture.
- A4 size – 8¼” x 11¾” (21 x 29.7cms)

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<th>Code</th>
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### Auricular Points Chart
This chart folds into a 12”x15” jacket. Included on the chart is a reference table detailing the points.
- Poster opens to 24” x 28”

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### Aacurea Ear Model
Ideal for acudetox ear training, this large ACUREA ear model is made of high-quality silicone.

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<td>$24.00</td>
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so. Particularly with children. They are generally more responsive in learning to use the beads and in accepting the benefits of the beads. Their response is both quicker and easier than an adult’s. The bead initiates a healing process that does not necessarily need prolonged stimulation to be effective. It’s as though a blockage has been removed – a veil has been lifted. The beads start the process of the kids making themselves better – they may be in trouble but they can now learn how to help themselves.

Michael Smith notes that it is important to get to the children right away – they’re nervous and worried, and they don’t have the time to wait to see what we’ll be able to do for them. When they walk in, they have symptoms – we give them the beads and the symptoms get better. The children are growing and coping – they’re operating in the present so we have to go where they are.

Prison Staff and Mentors Widely Use the Beads in Northern Ireland

We recently heard from Trish Cathcart who has introduced the NADA protocol into all the prisons in N. Ireland (see May/June 2014 issue of Guidepoints). She writes: “One of my clients came to the session with the beads on his ears. I asked who had put them on for him, and he informed me that another prisoner had been at the acupuncture clinic and had got them put on there. My client told me that he had been stressed and his friend knew the beads would help, so he took them off his own ears and put them on my client – and put them on correctly! I was totally inspired that one prisoner would do this to help another, and that they both knew and believed the beads would help.”

Trish went to her manager, Clare Connelly, told her the whole story, and asked if it would be possible to train the mentors (prisoners in recovery) to use the beads on their fellow prisoners. Clare was completely in support of the suggestion, and Trish was given the go ahead. She has already finished training the mentors, and they “are away back to their own landings able to help other prisoners and full of enthusiasm.”

Since the results were positive and there were no security problems, they are now able to go to other landings and accommodation blocks to treat the people there. According to Trish, the mentors have been inundated by requests for the beads.

She also had a question from the mentors about whether sex offenders would be offered the beads. She told them that if they were going to provide the beads, they would have to make it available to everyone.

Trish shared: “So they agreed, and have been treating everyone and administering the beads to all prisoners. This as you know is a big deal as sex offenders are not liked by other prisoners. And this is an especially big deal for one of our mentors who is in prison for life for murdering a man who sexually assaulted him. I am very proud of them, and they are growing in confidence all the while.”

“They informed me today they have in the last month administered beads to the following numbers of prisoners: Glen total 30 prisoners • Fergal total 20 prisoners • Sean total 150 prisoners (Sean is located in a low security, resettlement unit where prisoners are nearing the end of their sentence) • Robert total 50 prisoners (Robert was also permitted home on two days parole and took the beads with him and administered them to his family).”

Trish Cathcart is presenting at the 2015 NADA conference in Cleveland, Ohio. She works as a drug and alcohol counselor for Start 360, an organization which provides addiction treatment services for all of the prisons in Northern Ireland. To contact: patricia.cathcart@dojni.x.gsi.gov.uk

Michael Smith comments on Trish’s work:
He calls it a “remarkable and creative effort on the use of beads by inmates,” and adds that it shows “concrete measures of improvement in a typical prison setting, clear evidence of social and moral improvement that would be apparent to anyone who knows prisons.” He said we have a need for specific bead research and is encouraging people to come up with ideas that we can discuss at the conference in Cleveland, September 28 to October 3.
We let the dogs out!

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NADA's Mission
“The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster and emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with (other) Western behavioral health modalities.”

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一切如你所愿
Brad Anderson, an acu detox specialist in New York, sent the following letter to NADA’s founder, Michael Smith. Brad references the training program at the Lincoln Recovery Center, NADA’s first and longest-standing training program.

“I graduated from your acupuncture program in April of 2002 and have been treating the chemical- and alcohol-dependent addicts since then. I’m planning to retire from my position as Senior Recreation Therapist at Richard C. Ward in Middletown, New York, the 25th of November of this year.

“As I look back on my career in Recreation and my skill in acupuncture, I wanted to write you and let you know how grateful I am to you and the education that was offered me by your program at Lincoln.

“I have treated on average 30 men in a 3-day period for 13 years – that comes to about 18,000 men I have touched with the healing power of acupuncture. One of the benefits of this program for me was the ‘trust’ that I was able to achieve with my treatments.

“I feel that my work is enhanced because I have the skill that no other clinician has in my ability to give acupuncture treatments. Thank you, Dr. Smith, for helping me as a clinician and friend to the Addict who suffers.”

Brad Anderson worked the 2 pm to 10 pm shift and gave acupuncture in the evenings. There are now plans for two or more staff to be trained so that the acupuncture component will not only continue after Brad retires, but expand to the afternoons. Mary Johnson, the program director, expressed her gratefulness that Brad took the initiative to continue their longstanding acudetox program.

Brad, thank you for your extraordinary and steadfast service!