

On the Edge of the Kilauea Volcano

by Megan Yarberry

On May 3, 2018, the ground opened in the Leilani Estates subdivision of Hawai'i Island and began spewing lava, glass, rock and noxious gases. For the next three months, dozens of fissures in the area started and stopped, destroying neighborhoods, causing the evacuation of thousands of residents, and reshaping the southeast corner of the island.



Military personnel receive treatment at Tropic Care.

The entire island mourned the loss of iconic spots like Green Lake and Ahalanui Park. Evacuee stories were harrowing. Many had moved to this (relatively) low-cost area after health or financial crises, which were now exacerbated by the loss of their homes. Stress was compounded by the uncertainty of how long the flow would last and where it would go next. Besides symptoms of stress, many also had respiratory issues caused by vog, a

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Words From the Founder

This is the first excerpt from a talk Michael Smith gave at a conference in Dusseldorf, Germany in 2003, titled Praxis.

As a doctor, part of my responsibility is not just to treat people but to set up a treatment system for a lot of people. So you set up a treatment system that is very teachable and very reproducible. We use ear acupuncture in ways that are convenient and then ways that are necessary in terms of treatment. For instance, I run an AIDS clinic every week – I have an assistant to treat ear points before I do body points, because I want to settle people down and reduce fear and improve their focus. Then the rest of the treatment will go better.

We used to think that we were using ear points just for convenience, and, if we only knew the right body points, it would work a lot better. It took me several years to understand that this is not the case. If I had to use body points for addiction, I would do less well than if I had used ear points. I started out thinking just the opposite – I even wrote several articles about it, saying it was just the opposite.

I remember sitting in the clinic watching the clients. A couple of hundred patients a day for 20 years gives you a lot of information. Addicts are very convenient patients because they'll honestly refuse to come back, they'll honestly tell you you don't know what you're doing, and you can tell when something's happening. And I began watching to see which of the patients would show improvement. We had staff that were very good at body point treatment and would give extra points, more points, but we didn't see any improvement. You saw staff's desire for improvement but you didn't see any improvement. We take urines every day, and you could see who was doing well.

WORDS FROM THE FOUNDER, continues on p. 7
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form of volcanic air pollution.

When the eruption began, I was part of a group of local acupuncturists who began offering free weekly NADA treatments in the town of Pahoa. We set up near the road closures a two miles from the most active fissure, which we could sometimes see fountaining up to 250 feet in the air.

We provided ear needles, beads, and frequently homemade vog tea. Individuals who came for treatment were often displaced and disoriented. Due to our affiliation with the Hawaii Island Disaster Assistance and Recovery Team our group was able to share updates with people who we treated.

During this time our team of acupuncturists began calling itself Hawai'i Acupuncture Response Team (HART). In July, we volunteered at a nine-day free medical event called Tropic Care which was coordinated by the Department of Health, County of Hawai'i and the U.S. military. Reservists came from across the country and were joined by local service providers to offer free services ranging from health screenings, physicals, dental exams, tooth extractions, eye exams, hearing screenings, nutritional services and more.

People from around the island attended the event, with more than 1,500 people receiving services. HART provided 343 NADA treatments during this time to island residents and service providers alike, including visiting military personnel. For many, it was their first experience with acupuncture, and it generated interest in both ear and full-body acupuncture.

Participation in this event opened a lot of doors for HART. By creating awareness, we have become a recognized public-health resource. The coordinators of Maku'u Farmers' Market, one of the largest island outdoor markets near the town of Pahoa, happened by to receive treatment at Tropic Care. They were so impressed with the results that they invited us to provide our weekly NADA treatments on their site, which we did through the end of September.

Since then we have been fielding requests to provide NADA to local groups as a tool for stress relief. One of these was at Ladies' Night Out, a women's health awareness event that attracts 500 attendees. We were invited to join mobile health clinics, and provide NADA as an adjunct to support groups addressing diabetes, hypertension and other medical conditions.

What has become clear through these experiences is that by creating opportunities for the community to access NADA, we are creating a bridge that has been missing in how acupuncture is delivered on the island. Here,

acupuncture is provided almost exclusively in the form of individual, private-clinic settings. There is limited insurance coverage for this service, and out-of-pocket cost can be prohibitive. If a person doesn't know what acupuncture can do, they are unlikely to spend time and money on it, making it an under-utilized tool in the medical toolkit.

My objectives in providing free NADA treatments on the island are to improve patient conditions; spread awareness of NADA and acupuncture as a resource; and create a more robust, tiered menu of acupuncture options for local residents. ☺

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The Old Man, a Boy and a Truck: The EDA System

by Thomas Atwood, MSW

Join Tom and his nephew, Zach, as they manage social and emotional dilemmas typical in the life of a practitioner of the healing arts. The author escapes the dry academics of textbooks by weaving theory into "marvelous and often hysterically funny stories" of real patients.

Chapter 17, "Smokers," describes how Acudetox was first used with the mentally ill in the state of Texas.

It can be purchased on Amazon.com, in paperback, and on Kindle Books.

A Road to Recovery With NADA at Arresthus Slagelse

by Mary Walle and Sara Bursac

In the days leading up to the NADA international conference in Denmark, a small group of out-of-country NADA guests visited Arresthus Slagelse, a Danish jail in the West Zealand part of the country. Morten Lauritsen, a NADA-trained guard who has worked at the facility for over two decades, organized the tour.

Each person in the group had experiences with jails and prisons in other contexts, and had different moments of feeling surprise, and sometimes awe, at some aspect of the jail. Morten was trained in the NADA protocol five years ago, after learning about it from friends who work in the mental health field. “Now three more of my colleagues have been trained, and we use NADA every day. When the police come with prisoners, we talk to them about the possibility of getting NADA and also we give them a booklet that tells about NADA,” said Morten.

In addition to the booklet about the uses and benefits of the treatment, the person is given paper, a pen, toothbrush, toothpaste, soap and a handout that describes other resources available at the jail. They can, if they would like, receive a treatment immediately during the booking process. Often unfamiliar with the protocol, people do not necessarily take a guard up on this first offer. But after reading the materials, or perhaps talking with a fellow inmate about their experience, they will ask for a treatment.

NADA is seamlessly part of the environment at Arresthus Slagelse – much like the jail unobtrusively integrates into the neighborhood. The outside of the building looks unassuming, like an old schoolhouse – brick with white windows. The only indicator this is a jail is bars over the first floor windows.

You enter the building through large wooden doors into a simple security room that includes an x-ray belt and a metal detector that inmates and visitors walk through. No weapons are allowed in this facility which confines people from across Denmark – even law enforcement must leave their guns here.

The jail is monitored by two to four guards at any given time, who are unarmed but for pepper spray they have in an outer pocket on their pants. Those who are NADA-trained carry acupuncture needles in another pocket, ready to give an inmate a NADA treatment upon request.

As we walked throughout the building, there was a sense of quiet and calm. We observed respectful communication

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with inmates, and experienced this facility as humane and mature, unlike any other jail environment we were familiar with.

The jail has a capacity of 29 inmates. They each stay in a private room and have the freedom to wear their own clothes. Rooms have a television, a desk and chair, a storage cabinet, and a tall, vertical window. Other rooms in the jail include: the room for visits; a library with two reclining padded chairs where inmates can receive a NADA treatment; a classroom; and an exercise room which connects to an additional space full of stationary bicycles for the popular spinning class led by a guard.

A virtual courtroom represents the pragmatism of Arresthus Slagelse: the space had a table facing a large, mounted flat-screen television where an inmate can meet with their judge, alone or with a lawyer, eliminating the need for costly transports of inmates for in-person court appearances.

The day at Arresthus Slagelse starts at 7 am and ends with lights out at 9 pm. Everyone at the facility has the opportunity to go outside three times a day: 15 minutes in the morning, 15 minutes in the evening, and up to an hour and a half in the middle of the day.

“While I’m on a shift” – guards have six 24-hour shifts per month – “I can give someone a treatment two or even three times. I always have my needles with me,” Morten told us.

When Nick, arrested for a violent offense, came to the jail he had been consistently smoking marijuana. As with all who come to this jail, officers spoke to Nick about the possibility of receiving a NADA treatment. Morten explained that “after the first time Nick received NADA, he said it was the first time he ever could find a little peace” without the use of marijuana. While Nick remained at the jail he received NADA 4 to 5 times a week. He also received ongoing counseling from an “advisor” who comes to the jail every day, and is available to the person for support after they leave the jail. Nick’s release plan covered re-entry challenges, including how to get a job, how to continue to receive NADA treatments, and if he encounters trouble, whom to call.

Morten reflected that “Nick could, after six months in our jail, leave as a young man to a life with peace in his head and the possibility to stay out of trouble. We have heard that he’s on the right way and still receiving NADA.”

To contact Morten Lauritsen:
morten.lauritsen@kriminalforsorgen.dk.

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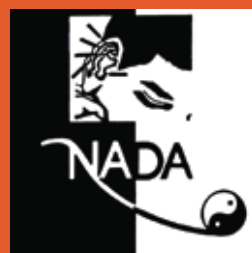




Image of Bian Que, sometimes referred to as the bird doctor. He was considered a celebrated physician for his approach to preventive medicine (lived during the Zhon Dynasty).

Michael O. Smith, the Bird Doctor

by Ajándok Eőry and Jo Ann Lenney

NADA in Hungary is the first NADA organization in Europe, and it continues to pioneer the practice of ear acupuncture. It serves not only the most vulnerable segments of the population, but anyone else who requests treatment. Ajándok Eory, founder and director of the organization, wrote to us recently with more remembrances of Mike Smith.

Eőry was at the international conference in Denmark this September and noted how this meeting was a testament to the fact that “Mike left NADA trainings and internships on all continents of the world.” Eory said: “It is amazing that I met representatives of NADA organizations from many countries on the occasion of this Euro-NADA in Denmark, which started – just like us – with Mike’s visit.”

When speaking about Eőry, Mike Smith said: “Sven and Ajandok were my original home of NADA Europe. Ajandok was a physicist who came into official healthcare as a doctor in his 50s. He was wonderfully creative and not at all linked to clinical foibles. When he finally learned what healthcare as a daily job was about, his reaction was bemusement. He worked mainly for the homeless in street clinic outreach – not in step with other doctors.”

Eőry reminded us how it started in Hungary: “In 1984, I invited Dr. Smith to visit us and he accepted my invitation – probably because at that time it was interesting for him to look behind the Iron Curtain to see what the real situation was and what help he could offer for us. After a few months, he arrived by train, stopping his Western European trip for several days.

“We organized a visit for him into a prison-like institution for alcohol-dependent patients called Nagyfa, which was the biggest institution in whole central Europe at that time (it was situated more than 200 km from Budapest). It was surrounded by wired walls, and military staff served to make escape impossible. Several hundred

patients were jailed for several months in this institution. Our welcome was very friendly. Apart from the medical director, there were five or six MDs, who were young and showed a lot of interest.

“First they had selected one patient who wanted to try ear acupuncture. The procedure was quite unusual; he showed intense emotion after the insertion of the needles. Later he calmed down and sat with the growing number of other patients. The patients were sitting in a circle, and the doctors and other staff members, members of the state police, and a special film crew were standing and watching. Most of the patients reported about the relaxing effect of acupuncture; some of them fell asleep.

“After this experiment, Dr. Smith was willing to teach the protocol to the staff of medical doctors. It was completed within two hours! It was successful anyway, because the ear acupuncture treatment was continued in this institution for at least one year. Namely in 1985, one year later, a lecture was held at an international conference on alcoholism in Budapest, where Dr. Smith and Dr. Banka of Nagyfa gave a joint presentation. This was the first prison-program of the NADA protocol in the world, as Mike used to remember it.”

In July of 2014, Ajándok Eőry received an award from the Minister of Human Resources for his 20-year commitment to healing suffering caused by alcoholism and drug addiction using ear acupuncture. Eory’s contribution to Hungarian society with the NADA protocol is immeasurable.

Mike Smith also noted that Eőry is a “very humble person.” This is evident in his generous but unassertive willingness to support neighboring countries in setting up their own NADA services. Some of the countries that could benefit from the mentorship include Bosnia, Croatia and Serbia, just to the south of Hungary – they are still struggling to establish social, economic and political

stability after the war in the early 1990s.

True to Mike's description of him being "wonderfully creative," Eöry further wrote to us saying, "Memories give interesting attributes to those we remember. Perhaps Mike was not just a man, but a bird-man embodiment.

In the history of Traditional Chinese Medicine, the Chinese attribute the bird-man to the first distributor of needle punching."



Ajándok Eöry



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Second bit of evidence: we used to have a protocol where we had Baihui [GV20] and He Gu [LI4], and we did that on everybody in addition to ear points. And when you have a protocol, it's hard to know what is necessary and what just makes you feel good. And so one time I said, we're not going to do these points on the hand. Make up a reason and we're just not going to do them for a month and see what happens. First of all, none of the patients asked for it – which tells you a lot – and there didn't seem to be any change. We did the same thing with He Gu. These are very useful acupuncture points, but it doesn't mean I have to give you two kind of noodles when I already gave you one kind of noodle. That should be enough. We eliminated the Baihui point and nobody asked for it.

We used to have general medicine and drug abuse treatment all in the same room. And drug abuse patients are historically considered to be very needy, self-centered, demanding. Drug abuse patients almost never asked for body points. The only time they did was when they were high and they wanted attention. But the people who wanted to get better – and, if you walked four miles to the clinic and your life depends on it, you want to get better – you don't want to have a second-rate treatment.

Based on all these things, it became increasingly clear that these ear points have a value that is quite different than other treatments. It doesn't mean I couldn't do almost the same with other points – I don't see any indication that I could do better. That throws you into an angry thing of Why? What is going on? An irritating discovery. Let me help you through some of that.

We have in the Bronx people coming from all parts of the world, and we have people coming from Puerto Rico. Women who've worked on farms all her life. Her toes spread out because she walked barefoot all her life. Very grounded, very yin, earth energy. Well in our program, we give everyone ear points while they're waiting to get arthritis treatments and so on. About a third of Americans who were not addicts would fall asleep and show very obvious reactions to the points. Very often so much so that you didn't even worry about their other problems until they got stable. But these women from Puerto Rico never reacted to ear points at all. They would often say, Well when does the treatment start? Americans never say that because even though they may not be falling out, they knew something was happening. *It taught me, I think, that what we are doing with these people is that we are grounding the person. We're not just developing the yin energy but the whole energy that makes the body sort of stay in one place.* These women didn't need that. They lived all their life walking on the earth, and grounding was something they were good at. People in China and Asia over the centuries didn't need that. So if you don't need that you're not going to discover treatment for something that is not your problem.

We look at these machines that go back and forth, and drink plastic and so on like that all the time, after a while you do need these things. And you especially need these things if you've been frightened or traumatized or chemically deranged so that you're not in your own process anymore.



Michael Smith, Germany, 2003

The ear is something that doesn't change very much from birth. It doesn't do a lot, it doesn't have a lot of jobs. So this is a way of interacting with the baby in all of us so to speak. This interacts with issues that are issues for a baby as well, and so these ear points are helping a person develop and grow and center again. ☞

This talk was transcribed by Jo Ann Lenney. You can also watch this talk as video recordings on www.acudetox.com, accessible from the home page.

How Acupuncture Continues to Help Survivors of the Grenfell Fire

by Rachel Peckham

Rachel Peckham is one of several involved in giving NADA acupuncture as an aid in trauma relief to survivors of the Grenfell Tower fire in London and the surrounding community. NADA is a non-dominant process that helps with sleep, anxiety and grief and brings a sense of calm and relaxation to help the body heal itself. Peckham talks about her experience of treating Grenfell victims at a special clinic set up at Al Manaar mosque in North Kensington.

The unimaginable event that was the Grenfell Tower block fire happened on June 14, 2017. Nearly 80 people are known to have lost their lives. More than a year later, the block stands as a crime scene now completely covered by scaffolding and white sheeting. Mental health experts say the haunting image of Grenfell against the skyline is affecting both survivors and the community. Reports say that 11,000 people will experience mental health problems as a result of this tragedy.

The huge volume of help that arrived from the next day onwards was extraordinary. I live and work five miles from the area and have patients and NADA contacts who were involved with that very early support. They reported how the distress was unbearable and that the chaos was very difficult to deal with. Understandably there was and still is a lot of anger.

I connected with World Medicine about the possibility of setting up a volunteer service to deliver NADA treatments in collaboration with NADA Great Britain (GB). World Medicine is an acupuncture charity that sends volunteer acupuncturists to provide acupuncture treatment for people in countries that have experienced catastrophic situations and/or poverty.

I also spoke to Gisela Norman and Sheira Kahn who were among the first responders following the fire and founded Emergency Acupuncture. They had been given a room at the Al Manaar Mosque to deliver acupuncture treatments, and the mosque wanted to continue the service as they had seen how it benefited the survivors

and the Grenfell community.

This was clearly something NADA GB could offer, so early in August last year, we agreed to start a weekly NADA clinic there and committed to running clinics for a year provided the service was taken up.



Rachel Peckham

World Medicine held a NADA training day for members of the British Acupuncture Council, who wished to volunteer. I ran the training, which was free of charge, and the clinics eventually started on 3rd October. They have been running weekly since.

So what is it about NADA acupuncture which makes it so suitable for helping in this situation? The obvious reason is a practical one. One or two practitioners can give between 20 and 30 treatments in a two-hour session. It is low cost and easy to administer with minimal consultation required. Furthermore, people don't have to remove any clothing to receive NADA acupuncture. This aspect is entirely relevant in this situation as a proportion of people receiving treatment at the mosque are Muslim women who can simply tuck their headscarf behind their ears.

Common feedback from people receiving NADA acupuncture is that: if they have a disrupted sleep pattern, they find that this improves; they feel less anxious; they experience improvement in mood; and their tension, which often manifests in aches and pains in the body, decreases. The NADA treatment generally induces a state of relaxation and better energy—it has a balancing and homeostatic effect enhanced by the unique group setting, people sitting together for a common cause.

A very important advantage of this group treatment is that it is non-verbal. Many of those we treat do not speak English. It is also known that following a trauma, people often choose acupuncture rather than verbal therapy. Counseling, a service available by referral at the mosque, becomes more valuable when the shock from the event has subsided. As Dr. Smith, founder of the NADA technique, says: "There are times when verbal interaction is like trampling on the flowers."

There is a group of people that comes in very regularly and sets the mood by sitting in a meditative state for 40 minutes, helping the quiet yin environment to evolve.

This makes a strong statement for newcomers, setting an inviting, welcoming energy so that people feel they can be part of the group without having to do or say anything.

World Medicine is providing all the equipment for the clinics, and Phoenix Medical matches free of charge the acupuncture needles purchased for use at the clinic. Out of a pool of 17 volunteers, two practitioners run the Tuesday morning session. Currently numbers vary from 10 to 25 people in each session. Mosque doors are open to everyone, but it is generally mosque users who come for treatment as their community has been the most affected by the fire. The clinics seem to have become an established provision of help for mental health and well-being at the mosque.

We are looking to set up another NADA clinic in the wider community because, even though Al Manaar Mosque welcomes anybody through their doors, the people we are treating are mostly mosque users. The mosque is unusual in that it has welcomed and hosted an acupuncture service within the premises at no cost. I believe this happened largely because they witnessed the benefits of the acupuncture given in the early stages immediately after the fire, as they opened their doors to host all kinds of support for the survivors of the fire and the community. ☺



Al Manaar mosque in North Kensington.

Rachel Peckham is a co-director of NADA Great Britain and a member of the British Acupuncture Council, the leading professional body in England for acupuncturists. She recently received a Fellowship from the council, an acknowledgment of her contribution to the acupuncture profession, particularly through her work with NADA. To contact: rachel.peckham@zen.co.uk

Editorial comment: Mike Smith has always acknowledged this contribution. He often noted that NADA in England wouldn't have survived without Peckham's persistent dedication. And, with his constant support, she nurtured the seed that he planted there so many years ago until it finally emerged like grass growing in sidewalk cracks – and hopefully it will continue to grow.

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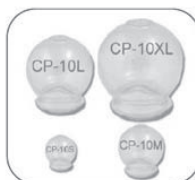
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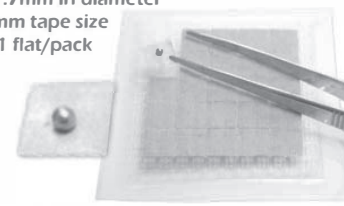


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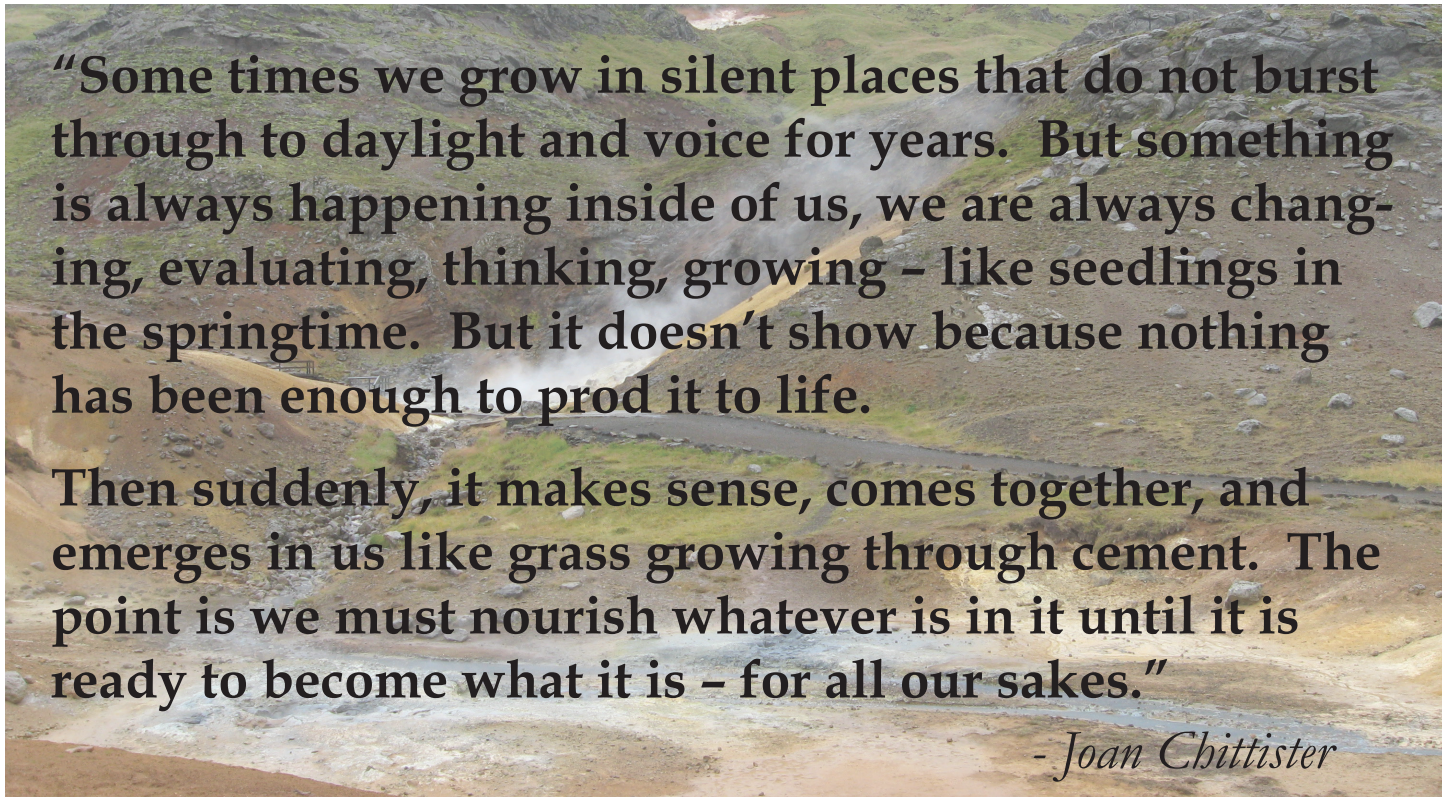


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"Some times we grow in silent places that do not burst through to daylight and voice for years. But something is always happening inside of us, we are always changing, evaluating, thinking, growing – like seedlings in the springtime. But it doesn't show because nothing has been enough to prod it to life.

Then suddenly, it makes sense, comes together, and emerges in us like grass growing through cement. The point is we must nourish whatever is in it until it is ready to become what it is – for all our sakes."

- Joan Chittister