

Magnetic Ear Beads on the Big Island

by Megan Yarberry

After reporting about her work, On the Edge of the Volcano, in the Summer 2018 issue of Guidepoints, Megan Yarberry sent us this follow-up report.

For all my foot dragging on ear beads, they are starting to catch fire here on the Big Island. Because of our free clinics during the eruptions, word got out with the island schools that I did this type of work. I started getting invited to provide ear acupuncture to the Department of Education complex area staff and at a couple of schools – and of course the ear beads were a part of what was offered.

The complex area staff was the first to get an actual training in the beads after observing some pretty amazing effects. One woman reported that the sciatica that had been nagging her for months disappeared. Another said that her reliance on ‘happy’ and ‘sleepy-time’ pills taken as needed had decreased from three and two down to zero. Others reported feeling more relaxed, and reduction of minor aches and pains.

The complex area staff has started providing treatments to friends, school staff and family, and are enthusiastic ambassadors. The District Educational Specialist who works primarily on mental health supports caught wind of this, and, after attending her first ear bead presentation and experience at a local school, has decided to purchase their own supply of ear beads and to otherwise dedicate resources to promote this tool among island schools.

I have several upcoming “downshift clinics” (providing school staff tools to de-stress) that include an introduction to the ear beads. It’s been really fun. ☺

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Mychal Johnson, co-founder of South Bronx Unite, shows visitors from Germany the prototype for H.E.A.R.T.S - a renovated Lincoln Recovery Center. *Photo courtesy of Jo Ann Lenney.*

Words From the Founder

This is the second and last excerpt from a talk Michael Smith gave at a conference in Düsseldorf, Germany in 2003 titled Praxis.

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.

And so if you have a person come in for instance who has lupus, and the person is very frightened and very disturbed and very panicked and very embarrassed, you might try the ear points for a week or two to settle that person down, to prepare them for your general treatment. Many people are too frightened to lay down on the bed, they’re confused, not sure if you’re important or they’re important, basic things. And ear acupuncture is a preparation for basic things. A lot of times that’s all a


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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.



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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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The Avenging Acupuncturist

a short story

Once upon a time, not so far away, there lived a woman who led a seemingly normal life. She worked as an editor, visited with friends and family, loved to garden, and had what appeared to be an unassuming life.

However, she had a secret ...

Late at night, she would roam the streets and search out unsavory and repulsive people and put an end to their evil ways.

How you ask?

Well it all started back in 1998 when she was innocently roaming a farmers' market and saw a man stealing fresh organic strawberries!! She called the authorities and started following him to let them know where he was. He ran down a dark alley and, as she chased after him, he abruptly turned and faced her. She froze in terror as he reached out for her saying, "You shouldn't have followed me." She quickly searched in her backpack for something to defend herself with when her hand curled around her acupuncture needles. Helplessly she grasped them and stuck one in his

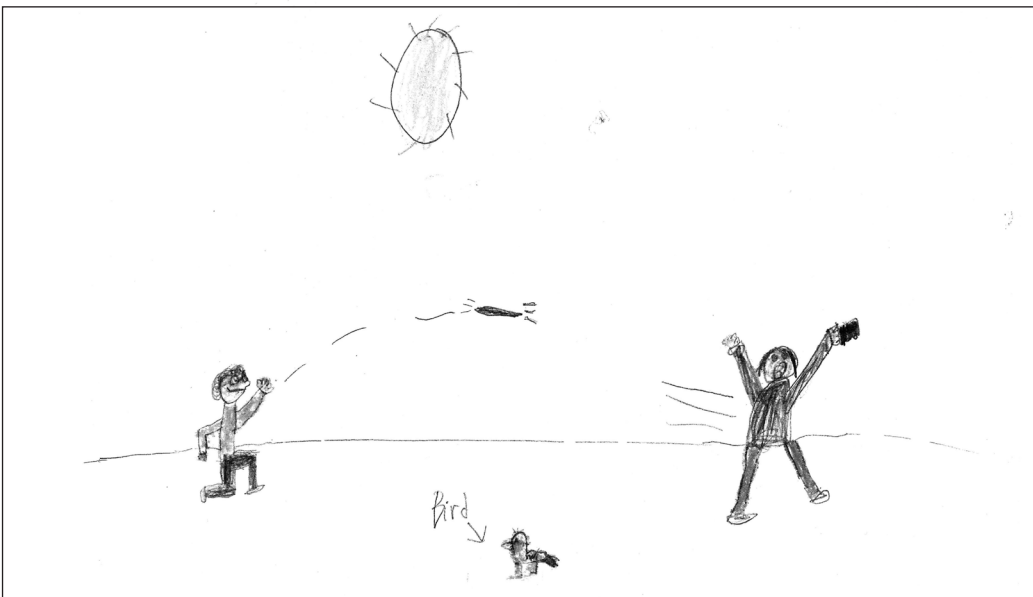
chest. He stopped and fell backwards. She scuttled back away from him and watched as he moaned in terror. "Help me," he cried, "I don't like this feeling ... I'm feeling ... at peace." His face took on a look of pleasure. "What did you do to me?" he cried as she took off running.

A week later, she was watching the news and saw a special about a man who turned his life around and was helping those less fortunate than him by giving away fresh organic strawberries. She realized it was the man from the farmers' market.

A few months later, she was walking down main street and saw a woman stealing a wallet from an elderly man. She felt for her needles in her backpack and started chasing down the woman. The woman was very fast and she knew that she wouldn't be able to catch her. She took out a needle and kissed it and said "needle be true this day" and tossed it with all her might. The needle was true and landed in the back of the woman's head. She cautiously approached the thieving woman and looked over her slumped body. The woman slowly arose – "Wow, I feel so alive and energetic! I think I will go and clean up that empty lot and transform it for the children of this town to play in." The woman was astounded!

That night while having a cup of tea and some biscotti, she thought over everything that had happened. She knew she had a gift, and that is how her plan was formed. Every evening, she would go out and search for the lowest of life and *center them*.

That is how the acupuncture avenger came to be!



Stay tuned for the next episode of the Acupuncture Avenger. [editorial note: all sterile precautions were adhered to during the above treatments.]

Annabel Savarese

Leah Savarese

Joseph Savarese

Michael Savarese

☞ *NADA Tour Wraps Up: Reflection on the Local Meetings*

Shortly after Michael Smith retired in 2011, we had a conversation about NADA's annual conference. I had been thinking about what it might be like to have more local, smaller get-togethers and floated the idea by him. He agreed with his usual directive – Yes, do it. Go where the need is.

It took seven years to bring this idea into a reality, but as you'll see, the idea worked out even better than anticipated. In the summer of 2017, we sketched out a plan for four smaller meetings in: Manchester, New Hampshire (November 4, 2017); Lansing, Michigan (April 21, 2018); Portland, Oregon (June 3, 2018); and Amherst, Nova Scotia, Canada (October 27, 2018).



Left to right: Elizabeth Ropp (NH legislative advocate for NADA), Sara Bursac (NADA Executive Director), Representative Peter Hansen (co-sponsor of New Hampshire ADS legislation) and Laura Cooley (NADA trainer). Photo courtesy of Eric Zulaski.

New Hampshire had just passed an ADS law that summer, and it felt appropriate to have a meeting there to help bring attention and energy to this new law. It was a grassroots organizing effort with only two months for planning, outreach and program development. Over 30 people showed up, and we held a half-day meeting in an event center followed by a pizza dinner at a community acupuncture clinic in Manchester. A NADA training had taken place the weekend prior, and those trainees provided treatments in the community, both at the meeting and at an event the day after. It was an excellent start to the NADA Tour.

Michigan was next on the Tour. It was a good counterbalance to New Hampshire, a brand new ADS state, because Michigan has the largest numbers of active ADSes. And the energy was palpable in that Lansing Community College meeting room. The meeting opened with an overview of treatment programs across the state

"It was wonderful to finally be able to attend a conference, because it was close to home. It would be nice to be able to attend more."

of Michigan that receive SAMHSA state block funding to administer acudetox services – the number of participating programs was sizeable and in virtually every region of the state. This was followed by a presentation from a former state acupuncture association president who shared how the NADA community can positively collaborate with full-body acupuncturists, particularly in the backdrop of proposed legislation that would create a practice act for acupuncturists and also an exemption for NADA providers.

We decided to keep Portland, Oregon, as a meeting location. Portland has a rich NADA history, and, although Oregon is not an ADS state yet, that possibility is within reach. The meeting welcomed nearly 60 people at the Quest Center for Integrative Health.

We all got to learn about Quest's [WISH Program](#). WISH is an integrated medical and behavioral health program designed to treat chronic pain effectively and compassionately, predominantly through the use of non-opioid interventions (see their website for more info). The dynamic team running this program was indeed impressive and had a great impact at the meeting – the questions about their program kept coming.

Michael Smith's sister, Judy Asbury, attended and shared her memories growing up with Mike – this was additionally moving since she had not been able to attend his memorial service in New York.

Another thing we wanted to accomplish by having

"Exceptional! One of the best NADA get-togethers I have ever attended. I love the intimacy of the smaller group – thank you so, so much!"

pragmatic solutions in mind: 1) What new avenues can we create for members to find each other and be aware of NADA outreach efforts, sometimes literally around the corner? 2) And how can we stay better connected with each other and our NADA efforts? We are developing an infrastructure that can put your ideas into action – please share your suggestions. ☺

“This was the most incredible experience I could ever imagine. I am new to NADA and look forward to many years of opportunities to learn and share and grow.”

A note from Sara Bursac, executive director:

On my trip to Nova Scotia, I picked up a copy of *Emergent Strategy: Shaping Change, Changing Worlds* (2017) by adrienne maree brown. Its message resonated for me as a beautiful way to understand our NADA work, particularly in these local meetings. The following are the principles of emergent strategy as summarized by brown:

“Small is good, small is all. (The large is a reflection of the small.)

Change is constant. (Be like water).

There is always enough time for the right work.

There is a conversation in a room that only these people at this moment can have. Find it.

Never a failure, always a lesson.

Trust the People. (When you trust the people, they become trustworthy.)

Move at the speed of trust. Focus on critical connections more than critical mass – build the resiliency by building the relationships.

Less prep, more presence.

What you pay attention to grows.”



Henry Buchtel, member of the Michigan Acupuncture and Oriental Medicine Association, shares his legislative advocacy experience, during his presentation at the Lansing regional meeting.

smaller, more local meetings was to strengthen our already established ties with NADA members in Canada. So our next meeting was in Nova Scotia. About 25 of us gathered in a public library meeting space. Trainees opened the day by sharing their experience from the NADA training that was held in conjunction with the meeting. In the afternoon, we expanded the participants by adding an interactive webinar that NADA members from across

“After this meeting I feel better equipped and supported to try to organize NADA outreach in my community.”

Canada joined. In Nova Scotia, NADA has been dormant for a number of years due to a shift in clinical priorities by the regional healthcare authority governing addiction treatment services. This meeting helped to rekindle the connection to the NADA protocol among local members and inspired a sense of mission to reactivate its presence in the province.

Although we often hear about the feeling of connection and a family-like environment at our national gatherings, these smaller meetings took that to a different level. The cozier presentation space allowed for an opportunity to connect more personally and directly. It seemed that all, presenters and attendees, were involved and invested – they were creating community with their NADA peers, a precious occurrence. We look forward to hearing from some of them at our upcoming national meeting in Austin. This NADA Tour led us to look at some questions with

This year we are holding our national meeting in Austin, Texas, March 22-23, 2019. But we will come back to these local meetings in 2020, because the experiment worked. Have an idea of where a meeting should happen? Send us an email at nadaoffice@acudetox.com.

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person needs.

But just because I know how to do a technique doesn't mean the person is in the right position to receive that treatment. You have to prepare for these things and this is a simple system. You don't want to take pulses when people are afraid of you, when people are nervous. And very often when you talk to a person in a private office the main thing you get is that they're afraid and nervous about being there with you. Nervous with themselves in all sorts of situations.

People come in who are very upset and distracted, and you'll see the difference this treatment makes. Because if you don't have these kinds of information, it doesn't necessarily make sense what we're doing. This is a treatment that is valuable because it's practical.

Let me talk a little bit about how this treatment helps the treatment system in general, the counseling system in general. First of all, I have to say that drug treatment in Europe is not very good, not very extensive, not very successful. It's not successful primarily because the expectation of how well people can do is very low. And the people expect that this person who is a junkie and an addict really isn't going to change very much, isn't going to do very much. So we have to provide minimum treatment, minimum methadone, and not really a lot of other services and just be cautious and so on. I think a lot of that has to do with the image of what treatment is all about. And when you learn about acupuncture, hopefully we can sort of adjust that image.

When I got into the field as a medical doctor, treatment was about treating withdrawal symptoms and crisis of detox, and if I did that well, then you sort of made a referral somewhere and you did what you were supposed to do. In the beginning we made treating withdrawal symptoms very complicated, and we used short-acting barbiturates with alcoholics – it was just ridiculous – but after a while we learned you could use benzodiazepines for alcohol and methadone for narcotics, and you can treat withdrawal symptoms very easily. Acupuncture will also do that treatment about as easily, but all these treatments are convenient.

And the doctor will say, Well this person has behavioral disorders going on for 10 years – we treat withdrawal symptoms in a week – it's okay. Well that doesn't make any sense the more you think about it, and it doesn't work very well.

So what happens if I'm a doctor and I treat withdrawal symptoms. I'm doing the best I can. I'm doing a protocol I know. I'm using medications I know about. Yet the patients start out good and they keep turning bad again all

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the time. So I get discouraged. I say what is it that can help?

Now some programs, if you have a lot of money, the programs provide all sorts of social services. There's a program I remember visiting where they find you an apartment, they get you lunch. They help with this, they help with that, they help with something else. Well as soon as I heard all this, I knew that they weren't having any success either.

Because the definition of addiction – one of the best definitions of addiction – is “You cannot give an addict anything in a useful way.” I give them something – Oh, I'll sell it for more drugs. I give them something else – Oh, I'll hustle it for more drugs. I give them something else – Oh, we can trade that for something else. Oh, I need this letter that says I have cancer – then I can get more methadone because I have cancer. Oh, I'd like to have this, I'd like to have that.

And somebody says this person sells drugs that they are dangerous, all their customers start to die. Well what happens is that dealer gets more customers. People come and buy drugs because they want to buy something that is harmful. That is the whole point – they are trying to harm themselves. The pretense is, Oh, I'm just doing it to feel good, I want to feel better. That just isn't the case and isn't the case almost any time.

So a person will turn every nice thing you do into something harmful. So what can I do? I treat this person nicely – I listen to them, I talk with them, and then they go out and seek a boyfriend or girlfriend who treats them really terribly. And I say you deserve more – then they go out and seek someone else that treats them badly.

To give you a New York example. You have a person standing in a window getting ready to jump, and you say you're a good person, don't jump – they jump. You say you're a bad person, they turn around because now we have something to talk about. This is not only true for addicts, it's true for depressive people, it's true for paranoid people. They cannot tolerate anybody who gives them good news, and they don't respect anybody who gives them good news.

Suicide rates go up in the springtime and go up when the sun rises. Because that is good news, and good news is so different than their own world. If the springtime bothers you, what kind of doctor can I be? I'm trying to give you something that gives you more light and more relaxation, and yet springtime frightens you. Everything frightens you. And so it's a situation where people say, Well, what can I do? There's nothing I can do on the outside. That's totally correct, there is nothing you can do on the outside.

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Fall/Winter Issue, 2018

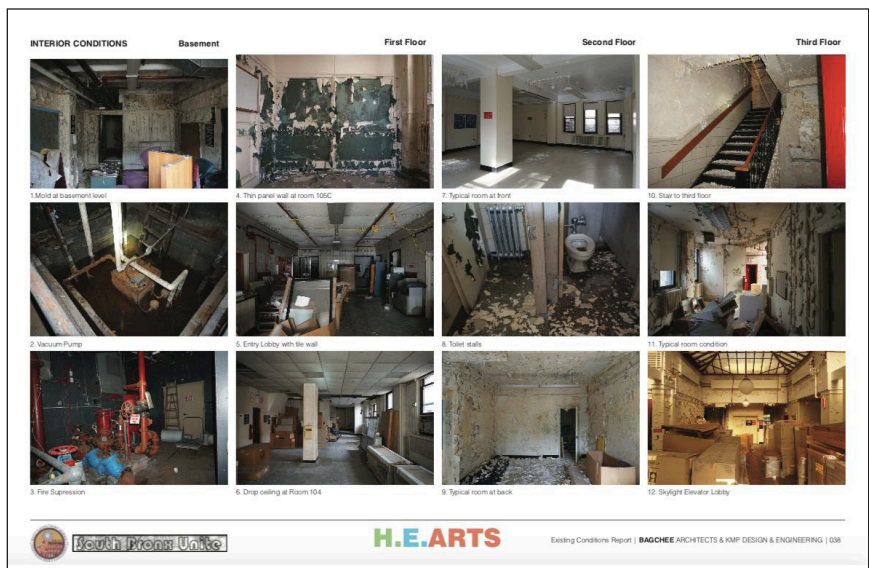
South Bronx Unite

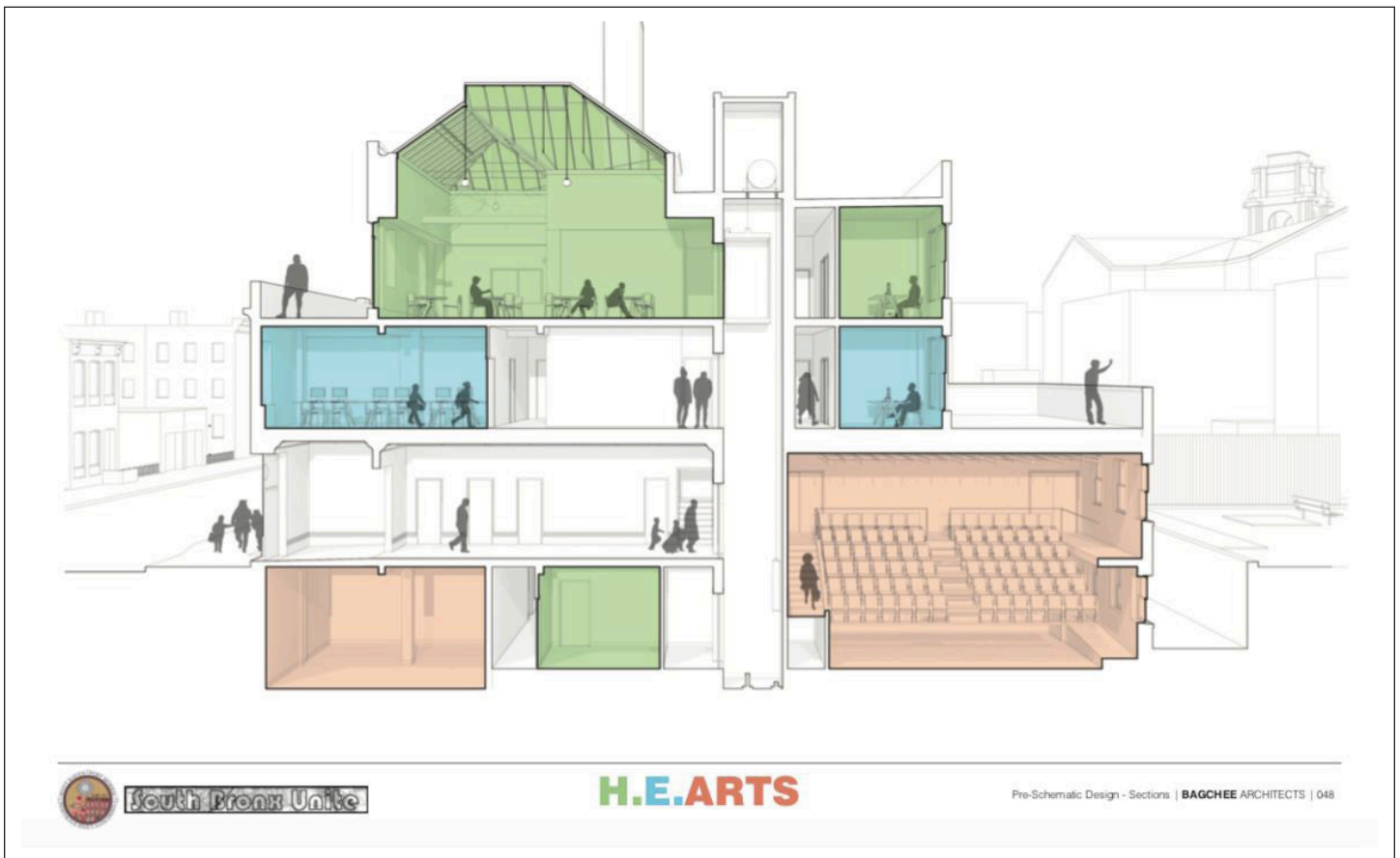
Reprinted with permission from South Bronx Unite (from their annual activity update)

As a community sponsor of the Mott Haven-Port Morris Community Land Stewards community land trust, we completed a Feasibility Report for the adaptive re-use and transformation of the vacant Lincoln Detox Center building into a health (H), education (E) and the arts (ARTS) center - known as H.E.ARTS. The Feasibility Report details several important aspects of the community land trust's plans. It documents the rich history of the building and its existing state of deterioration. The report also reveals our economically sustainable plan to transform this city-owned 22,750 square-foot building into a community-owned asset. The building will contain offices, meeting areas, a culinary arts kitchen, classrooms and performance spaces which will house local organizations facing displacement that have been doing critical work in the South Bronx for decades.

The report is the outcome of an ongoing process of community engagement, which has included several large scale envisioning sessions, report backs and festivals. Baretto Bay Strategies conducted an extensive space allocation and economic projection analysis. Bagchee Architects did historical and architectural research and afterwards created the pre-schematic design proposal. KMP Design & Engineering did the MEPS recommendations and preliminary cost estimating. The H.E.ARTS Feasibility Report combines the metrics of zoning, site, building and economic analysis into the conceptual mission and design framework for the H.E.ARTS Community Center. The project has already received letters of support from Congressman Jose Serrano and Councilwoman Diana Ayala.

To learn more about South Bronx Unite, go to: www.southbronxunite.org.





Draft of the plan to transform this city-owned 22,750 square-foot building – formerly Lincoln Recovery Center, birthplace of NADA – into a community-owned asset. South Bronx Unite, a community sponsor of the Mott Haven-Port Morris Community Land Stewards community land trust, is spearheading the effort. Learn more from their annual activity report on page 7.



Photo courtesy of Jo Ann Lenney.

A mock-up of the H.E.A.R.T.S. building sits on Mychal Johnson’s kitchen counter, on display for visitors from Leipzig, Germany: Evmorfia Fromme, a specialist in child and adolescent psychiatry and psychotherapy, and Marion Oehme, a psychologist and psychotherapist. Johnson is the co-founder of South Bronx Unite, a local advocacy group mobilized to restore and revitalize what has now become of Lincoln Recovery Center (see pictures on page 7).

Evmorfia and Marion came for their first visit to New York in late October. Jo Ann Lenney, NADA trainer and longtime volunteer at Lincoln, took them to see Lincoln Recovery Center. And they got a special

viewing of what might come of this building. This used to be a common and normal part of the Lincoln Training Center – visits from international guests eager to see NADA in action in its original home. Evmorfia told us that after returning home she did a NADA training at a large clinic, and “meanwhile, I have seen the Lincoln Center where it all started. I am very happy about that. I always wanted that.”

Jo Ann & Evmorfia at the international NADA meeting in Denmark, September 2018. Photo courtesy of Matthias Fromme.



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Threats won't work, promises won't work. All this stuff won't work. And then you say, Well, what is this? What is going on? And they have a saying in Alcoholics Anonymous, and the term is an inside job, and what it says is that the primary way this person will get better is through their own process and growth and change – internally through their spirit, through their self.

And first you say well that's an alright theory but this person is terribly destructive, this person doesn't do anything right, this person has no promise of anything like that. How can they possibly have this inside job? Only good people should be able to grow like this. And that's where the mistake comes in. Number one, we can all grow like this, but growing like this is difficult, and so you grow like this when you're desperate.

And you talk about spiritual change. Well spiritual change isn't what I pay \$100 to go to the ashram because it would be good to have spiritual change. Spiritual change is when you're walking on the desert and you don't know what's going on and you're lost. And then something comes in. Spiritual change comes best to people who are desperate, people who hit bottom.

And we're using acupuncture in a context to support this process. And how does acupuncture even relate to this process? Remember I said before that you couldn't give anything to an addict? Most of the time we can't even touch them. They're not interested in being touched. They're frightened.

And so acupuncture first of all gives you a way of touching people that is okay. "Oh I'm not sure – I don't like that." Then you touch the right spot, and you touch it in a way so the person responds. And if you're in the field, this is a very striking thing that now you have a way to touch the person and be in a natural nurturing process rather than not have that.

The second thing that acupuncture does – remember I said you couldn't give anything to the person because they wouldn't want it, they would be bothered by it? This allows you to give a person quietness, to give them privacy, to give them solitude – and they take it.

I went to a drop-in needle-exchange place, and they had what was called junkie art. All these pictures on the wall that were very jagged and wild and strange and so on. And they said this is done by all the junkies, all the addicts. I said no it wasn't, it was done by the people before they got the drugs, that's people who need drugs.

If you want a picture that was done by a person on drugs, they don't draw these jagged lines. They sort of schmush up some yellow and white and lay back. Drug

addicts do not want to be noisy and nasty and wild and all that. They are paying money to shut up and be quiet, to be polite, to be silent. That's what they're paying for – peace at any price.

And so I'm going to give you peace at a good price, peace at a constructive price. And I'm going to give it to you in a way that you can tolerate it. If I sit there and say, Oh I'm going to give you this treatment and it's going to help your body improve and all that, the person doesn't like that. So – we're just going to put these pins in. Now the person's going to observe that their body is improving, they'll observe that there's calmness and settled behavior.

So acupuncture is not only doing a treatment, it's teaching the person what is possible in their own system. That is very important for a drug addict who feels that nothing good is possible and that their whole system is broken. And it is good for the whole society who certainly agrees that nothing is possible, that the whole system is broken. Everyone needs to see that in 15 minutes I can take someone that yesterday put a screwdriver in her eye and missed, and today they're going to be calm and be able to work in this program. And I expect that happens, I don't know many times that doesn't happen.

That doesn't mean their whole life is better. That means I can show them the possibility that they can be calm and easy and the possibility that something like an inside job – that is, their own development – might actually occur instead of just being a cruel joke.

To treat drug abuse, the first thing you have to do is make the person feel safe. The second thing you have to do is indicate that the whole thing still works, that improvement is possible. That's very different from most health care.

The third thing you have to do is give the person possession of something, because what you're doing is taking away something from them. Most times when I do health care, the first thing that happens is I give you something. With addiction, what's the first thing? You're going to lose a love object, you're going to lose this heroin that's been your life. You rented your kids out to have a little more heroin. And suddenly right in the beginning: Oh yeh, you can't have anymore, you can't do that anymore. Well that's very shocking.

And so the first thing that happens in health care with addiction is that you take something away that's very valuable. Why would I want to do that? If I have something that I like, that's valuable, and all of a sudden you're going to say you can't have it. What day would I want to volunteer not to have this? It may be harmful but it has a value, and they're too weak and frightened to go



Michael Smith, Germany, 2003

for anything else.

I'm in the ocean and somebody threw over a little string – I hold on to the string. It may not hold me up but, what, I should hold on to nothing? I'm going to hold on to the string. And somebody else throws a little bigger rope over there, but you gotta let go of this one to go over

there and get that one. Well I'm not sure I can get there. How many of us want to throw away something that we're holding on to out of desperation? – not very many.

So the drug abuse treatment right from the first day has to be safe. It has to provide some relief so that the person sees that improvement's possible. And it also has to replace the loss that took place – replace the loss right away, not a week later or a month later.

Well psychotherapy and group therapy has none of these three characteristics at all. It may be very valuable in the future. It may help you change your behavior. That's what I learned in school, but it has none of these characteristics. I see this stranger and Oh good, you can trust them and admit all your weaknesses and they'll help you. Well I'm an addict because I don't trust other people, I don't even trust myself. Now I'm supposed to do all these other things. I'm just going to be more of a victim, there's going to be more of a problem. I don't want to do that.

And so acupuncture puts the treatment program in a point of interaction that is possible. And that's why clients come back. Because it's safe, it's possible. And I'm not just believing something. You're not just putting something over on me. We're working with this whole thing. This is very important with trauma survivors, this is very important with refugees.

Refugees – what happened? They lost all their love objects. They don't know what they have. They don't know what's going on. They don't know what's happening tomorrow. And we say, Oh yeh, you should go and try for that. Well I just lost everything I got yesterday – I don't feel very adventurous today. I don't want to try a lot of stuff. Well you could try school. Yeh I could fail from that school – I don't want to do that. I failed yesterday, I lost

my home. I'm going to lose everything else now? I don't want to lose.

So you have to have a treatment that helps a person that's in that state of affairs. Because all of us, if we were made refugees, and if we were damaged when we were young, we'd all be in that state of affairs. And it's a question of how can I come out of that and the only tool I have is me. That can seem the weakest tool, the most useless tool. How dare you say the only thing that can help me is me when I'm already beaten and I'm already ruined and stuff like that. How could you say that? And frankly none of the other tools are working. You can see that as well.

Acupuncture is a gateway to the spirit and the growing process – the living process within. And short of me teaching you yoga for six months and tai chi for six months, I can do this in two minutes and we're in a better space.

Treatment needs to work as fast as cocaine to retain anybody who uses cocaine. That doesn't mean it does everything. It means it opens the door. It means it sets the table. It means it's part of a cooperative thing. And these are very difficult things to do in a private office. They are very useful things to do in the public sector. ☞

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.

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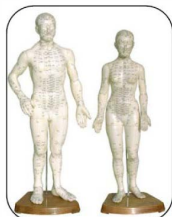
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NADA Tour *in* Pictures



Sara Marino (left) receives a certificate of appreciation from Ret. Judge Sheila Murphy for her presentation about NADA services at the sexual assault survivors program at Michigan State University. Marino will be speaking about this program at the 2019 national NADA meeting in Austin, Texas.

“ALL OF US ARE MADE OF DIFFERENT SEEDS.

Some things sprout quickly, but others that are hidden might take a longer time to blossom...

One of the very few, if not only, methods of nurturing a hidden seed is through acupuncture, because you can nurture and relate to something that is private.

SO BE A GOOD FARMER.

**Know in which season to rest and know in which to work.
Know what part of a person can be given guidance and what part is private.”**

Michael O'Smith



Mary Renaud, NADA trainer in Vancouver, Washington.



Kayleigh Traverso and Marla Lucero, NADA providers with the counseling department at Colorado State University - Pueblo. At the Austin meeting, we will hear about NADA services at CSU Pueblo and other college campuses.



Staff of Quest Center's WISH Program (left to right): Randi Triplett, Amitai Schwartz, Shelby Godla and Ery Chambers.



Sara Bursac and Judy Smith Asbury, Michael Smith's sister.



Members of NADA and POCA (People's Organization of Community Acupuncture) enjoy a group dinner the evening before the NADA meeting.

Photos from the Portland, OR meeting courtesy of Ginger Mehaffey.

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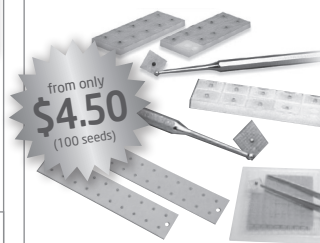
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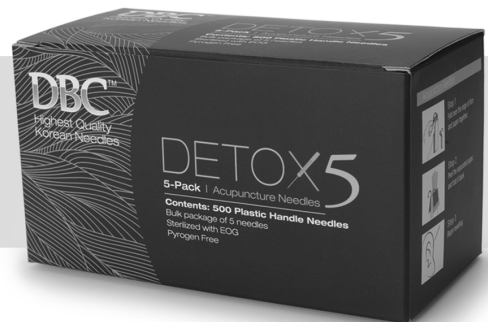
Photo courtesy of Acupuncturists Without Borders

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We love them!” Diana Fried, M.Ac., L.Ac., M.A and AWB founder/executive director

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SIX ADSEs REFLECT on THEIR NADA TRAINING

by Tonya Rehder-Zarlengo

What happened to six acupuncture students who travelled to New Mexico in 2016 to get trained as NADA acudetox specialists (ADSEs)? They became changed forever – personally and professionally – in the most positive of ways.

Was it the soft Albuquerque beauty that brought on this growth? Or, was it the gentle and encouraging instruction from the NADA trainers and team? No doubt, it was the inspiring and motivating talks given by the founder, Dr. Michael Smith. Perhaps it was the awesome stories we heard from those that had served at Lincoln Recovery Center, such as Carlos Alvarez, Nancy Smalls and Jo Ann Lenney – or from others that had practiced NADA for a long time.

And what about all those healing NADA treatments we gave one another? Did the calm energy that filled the room during each NADA session creep into our very DNA? What about the passionate conference speakers and friendly attendees who sat at our table and all around us? Had we attended a love fest? Yes, yes, and most definitely yes!

Six of us women were in our senior years of acupuncture training at the Institute of Taoist Education and Acupuncture in Louisville, Colorado, when we learned of the upcoming pre-conference ADS training. We had already been introduced to NADA and were offering it in community settings such as our school's weekly veterans' NADA clinic. However, we all felt the desire to dive deeper into this incredible protocol that could offer so much with just 1 to 5 needles and no lengthy intake. So, we registered and eagerly drove down to the national conference.

During the entire training and conference, and on the drive home, as well as upon our return to school, we couldn't stop talking about what we had experienced. We

were so excited to share what we had learned. While we each had our own experiences, we all agreed that NADA was at its essence a deep level of loving care and an effective treatment for anyone. We were blown away by the community spirit of NADA and have remained so ever since. Please meet us.

Jennifer Nuncio, a licensed professional counselor in Colorado, and now a licensed acupuncturist shared: “the heart-touching and heart-opening spirit of NADA came through loud and clear, and it resonated within me the exact reason why I chose a helping profession and why I continuously cultivate myself as a healer. I left the training realizing that NADA would be a way for me to reach individuals in the power of groups. In most cases after using NADA, people told me they were able to find hope again and make it through their challenges. NADA emanates all the beauty that is possible when we meet people with humility, respect and love. It also supports my personal philosophy in the significance of simplicity. Something about the use of so few needles or beads on such a small area of the body seems to draw people to a space of simplicity within themselves – allowing for a real genuine heart to heart interaction and where they leave feeling seen. In my estimate, these are some of the greatest healing moments of all.”

Wendy Dutton, a certified surgical first assistant in Colorado, is in the process of taking her national acupuncture board exams. She offers NADA under her license as a registered psychotherapist: “I offer on-the-spot NADA treatments to clients, people I'm close to in my home community, as well as to nurses and other personnel working 12-hour shifts. I work in labor and delivery, and NADA has helped people get through a difficult day – especially when breakfast or lunch isn't agreeable or someone has had very little sleep before coming in to work.” On reflecting about her NADA training, Wendy was touched by “the inspiration of Dr. Smith and all who accompanied him on his mission to teach us to embody the Spirit of NADA.” She continues to be encouraged by the knowledge that “in just a few minutes, the NADA protocol can make a tremendous difference in a person's energy and outlook.”

Laurenne Burger, who is now a licensed acupuncturist in Colorado shared that, “NADA is one of the most important tools I use with my patients. Most of them ask for it as part of their treatments as they notice they feel calmer and more relaxed after receiving it.”

Laurenne and I took advantage of attending the regional meeting in New Hampshire in 2017. We felt the same sense of community spirit at this NADA meeting that we had experienced in New Mexico, and this made us feel really special to be NADA members. We found it interesting to hear about the complex process of how New Hampshire had recently obtained its NADA licensing law.

We were also surprised to learn at this meeting, however, that often our own acupuncture profession has been a vocal opponent to anyone other than acupuncturists being allowed to offer the NADA protocol. When we shared these stories with our other ADS student colleagues upon our return, we all agreed that the simplicity and inclusivity of NADA worked best when a variety of trained ADSes could administer it.

One of our classmates, also trained in New Mexico, is grateful that she can practice NADA in Colorado as a registered psychotherapist. **Judy Terry** shared that soon after attending the NADA conference and becoming a trained ADS, she made an abrupt but healthy life change: “I had been in my clinic phase of my acupuncture training which I loved. But considering my age and facing some pretty serious health issues, going through the acupuncture exams to become a licensed acupuncturist wasn’t realistic. Knowing my limitations, and having NADA, made it much easier to walk away from my acupuncture studies.”

These days Judy gives her clients NADA treatments with heart-warming results, “I can touch people’s body, mind and soul with the NADA protocol. The world is in desperate need of calming, healing energy and a quickly accessible path to personal peace. I know I’m not doing the healing, but helping to open the doors for people to do their own healing. I see NADA simply as a path to help people come home to themselves. I feel blessed that I can offer this to people.”

Both Judy and **Anna Welty**, who also became an ADS in New Mexico, gave hundreds of NADA sessions at several Denver Pride Festivals. They were both honored to serve the LGBTQ community with NADA after the Orlando shooting in 2016, with so many who had suffered as a result from that recent trauma. Anna has recently returned to Montana to start her acupuncture and NADA practice.

Judy and I were fortunate to have been able to attend the international NADA conference in Denmark this past September. There were 450 attendees from numerous countries including Denmark. We were both excited to hear of the multitude of projects in a wide variety of

settings that presenters shared where NADA was helping so many people.

It was also quite amazing to see that in Denmark anyone who is a trained ADS can give NADA. We heard of mothers’ giving NADA to their children with learning challenges, people who offered it to immigrants in their neighborhood, and cafes where NADA was regularly offered to anyone who came in for a treatment. Both Judy and I were grateful to meet so many creative and positive-minded people dedicated to NADA, in their own countries and internationally, as well as to the community spirit that Michael Smith personified.

For me, I love and connect with the *soul of service* that I feel from everyone involved in the NADA community. Despite my decades of volunteer work, my 14 years working as a massage therapist and recently receiving my Masters of Acupuncture, I can honestly say that I didn’t know what service was until I felt it while being trained as an ADS at the national conference. I saw in action the cooperation, respect, gentleness and the dedication to service mirrored by Michael Smith, all the trainers and the many members who believe deeply in this very special type of healing.

As I study for my acupuncture exams so I can become a licensed acupuncturist, I carry my beads in my purse and I pull them out often and offer them to people. I am guided by Michael Smith’s words: “Find a need and give NADA. It’s that simple!”

To contact *Tonya Rehder-Zarlengo*:
luckyhappydog@gmail.com.

Tonya (left) and Laurenne (right) visited the NADA office in November 2018, inquiring how they can get more involved in service to their communities with NADA.



☞ *We Give Thanks to Dr. Smith*

Laramie Free Stress Relief Clinics

A year ago we celebrated the move of our Tuesday clinic to the local public library. After the treatment session, we stayed around to socialize and talk. One of the participants started to thank the clinic's coordinator, Sara Bursac, saying, "If it weren't for you" Sara stopped him and said that while she appreciated the comment, the fact was that "if it weren't for Michael Smith, we wouldn't be having this conversation."

Mike Smith came to the first training in Laramie in 2014 and was so impressed by how many people came out to the training clinics that he told Sara to stand up in front of everyone and tell them where the next week's clinic was going to be. This took Sara a bit by surprise because she hadn't known that there was going to be a next week's clinic – or any other clinic for that matter until the next training. But now thanks to his vision and encouragement, there are five clinics a week, all run by volunteers.

The clinics in Laramie have cultivated a kinship between the regular participants. Every week, people who do not appear to share anything in common find a communal space to share something very important together – peace.

The encouragement that Mike imparted has spread throughout the city as well. There have been clinics organized by and for students at the University of Wyoming to promote mental health and stress relief.

Just recently, NADA has been introduced to the Albany County Detention Center in a 3-month pilot project. Through collaboration between volunteer providers and law enforcement, male and female inmates can now attend a twice weekly NADA group.

People love the whole experience – and the community that has grown out of it. One woman said, "You're not sharing anything verbally, you can just come and be. It's a very safe space." Another added, "It's a very safe and welcoming community. There is a feeling that we are all here for the same thing."

[Editorial note: Each of the last two comments contain the word "safe." Michael Smith taught that our first responsibility is to make the patient safe – and be perceived as safe.]

Thank you, Dr. Smith, for your simple suggestion that has affected so many lives in this community.

Guidepoints News from NADA

Creative Outreach Efforts With Magnetic Beads

"I carry the beads wherever I go. I have offered them to people sitting next to me on an airplane; people I have met in recovery; a food-truck owner who had trouble sleeping; co-workers; family members of co-workers – wherever the opportunity arises. I want NADA to be known." --Jean Guyette, NADA member, Maine

Jean offers the magnetic beads weekly at Edie's Place, a recovery home for women. And she taught some of the women there how to give the beads to others. She also taught women at Hill's House, a program for women in recovery living with their children under five, how to use the beads. Because of her positive experience using beads, a volunteer now offers them to people attending the local needle-exchange program.

Jean gave free classes on NADA and the beads at a local adult-education program. The community college has since offered to have her present at a lunch-and-learn event. She has also offered the class to counselors at the local Open Door Recovery Center. The counselors now want to schedule bead classes for their clients.

In December 2018, the Recovery Center hosted their first Saturday Night Coffee House. Jean shared: "We had a nice turn out – parents brought their kids. We had pie, ice cream, music, games – and the beads. My goal is to involve *families* in the recovery effort. It was very cold here but such a loving atmosphere in the community."

Jean said that she wishes she could walk around town with a large sign saying, "Ask Me About the BEADS!!!" As she says, "It's not just a tool for recovery. But it's really a tool for life. A tool for all people of all ages. And I think that's why I'm driven. I'm driven because it's one bead, reverse shen men, Keep It Simple. Always have them in your pocket – they go anywhere. And just please, please, please keep that in mind."

And, as always, it comes back to Mike Smith: Jean tells us, "I remember speaking with Mike at the conference in Albuquerque, especially when he advised me that I NEED TO FOCUS ON THOSE MOST IN NEED. His words are always in my head – it is such a gift to have met him and hear him speak." ☞

✎ *Letters to Michael Smith*

To Dr. Michael O. Smith,

Thank you for sharing your time and some of your life stories. There are not many times in one's life when you actually have the opportunity to meet an incredible human being. I am deeply touched by knowing you and witnessing your accomplishments. I can only imagine the many lives you have touched along the way. You have not only established a highly successful worldwide program but I know you must have fought the good fight many times to maintain the program.

You have many gifts but the two that stuck out to me are: an understanding of the human spirit and your open heart. I have never met anyone with such a deep understanding of a human being. I am not just speaking of your unique understanding of the physiological and psychological perspectives of a person or of your astute observation skills and knowledge of behavior. I have never observed a person in my lifetime that could capture the essence of a person quite like you are able to do. I am intrigued by you. Your autobiography would be a revelation to most people on how to live a life.

Life is about being in the moment. I have to admit the "moments" with you did not sink in until I began to process our conversation on my way home. Our conversation touched on segments of both of our lives, our careers and our accomplishments. Those tiny segments painted a picture that transcended the words which passed between us. It was a rare opportunity to connect and quite unexpected but all things of value tend to show up unexpectedly. Suffice it to say, our conversation impacted my life in ways that I believe will only become apparent to me at some future time.

Thank you for sharing the gift of you, your program, your insights, your experience, your wonderful staff and also your patients.

Jackie O'Meara
North Palm Beach, Florida

Shalom,

If I recall, Michael's yahrtzeit, his date of passing, is coming up. Bathed in G-D's LIGHT, he is at peace. Showing the Angels the wonderful work which he birthed to the world! Amen!

Shavua Tov, a good week,
Meyer Gordet
Tel Aviv, Israel

Mike was really a great man who inspired people to help others and a lot of people followed him in this work – I was one of those. For a certain period of time, we were quite close: I arranged a couple of Mike's visits to Russia in the '90s, and he invited me to New York. These were really good times.

I have to say I have learned from Mike a lot in both terms as from man and as from doctor. I do keep use some of his approaches and protocols in acupuncture treatment of drug addicts which Mike invented. These NADA approaches are widely spread in the United States and many other countries – so Mike's impact on this field is difficult to overestimate.

Yuri Usenko
St. Petersburg, Russia

We in Germany are grateful to receive Guidepoints – I share it with our trainers and our about 12,000 ADSes in diverse fields. I am especially grateful for Words of the Founder and for the transcription of Michael's presentation in Düsseldorf in 2003. That is our roots of NADA.

When I saw his video of that presentation, my heart was glad – answers so full of respect for patients, so experienced of QI-medicine and so honest. Now a year later after Michael's death, I will share it once more with my colleagues.

Ralph Raben
Hamburg, Germany

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∞ *The Ear Is Very Neutral - it is the unborn part of the body, not the lived-a-hard-life part*

We don't want a picture of where to place the beads. Isn't the point that pictorial images aren't relevant? Rather the energetic image is relevant. A picture is for people to read, for schools – it's not intuitive. We should use imagination and intuition.

Michael O. Smith

When Reubs was still in utero, his grandmother, Rachel Peckham, was having trouble sleeping. Dr. Smith's advice was to have her daughter, Hannah, give her a bead treatment – and he said not to tell Hannah where to place the bead, but to let her unborn son guide her. It worked then, and apparently Reubs is still following Dr. Smith's advice and trying to show us the way.



Reuben "Reubs" Arlo Jackson