

# GUIDEPOINTS:

News from NADA



Summer 2019

## Sharing the NADA Spirit in a Time of War

by Johanna Marie Astrid Sister

*Each week, Johanna Marie Astrid Sister and other acudetox volunteers give the NADA protocol to the relatives of victims of extrajudicial killings in the Philippines. These treatments started on July 6, 2019 and will continue every Saturday through October. They are being administered in tandem with grief counseling by counselors from the Center for Family Ministries, a long-time partner of NADA Philippines.*

*The following reflection provides personal insights on how the NADA protocol and the community spirit can help people cope and live in this time of vulnerability and uncertainty.*

Official counts from the Philippine National Police put the death toll of drug-related killings at 4,814 as of August 2018. However, human rights groups have argued that the number of killings can be anywhere from 5,000 to 20,000. The number is not just a mere statistic – it is someone's spouse, a sibling or a relative.

PHILIPPINES continues on p. 8

## Possibilities for NADA Training at Bowie State University

by Jo Ann Lenney

Ken Carter, NADA's former president, attended the first annual Jordan Peer Recovery (JPRT) conference in June 2019 at Bowie State University in Maryland. He had been invited by Warren Leggett, one of the conference organizers, who is now working to have the NADA protocol and the Addictions Counseling Program become part of the standardized curriculum at Bowie.



Leggett met Carter and Michael O. Smith, NADA's founder, in 1992 at a conference in Atlanta, and later went on to be trained by Carter as an acudetox specialist. They have stayed in touch since that time, and so it was natural that Leggett would ask Carter to present at the conference and to demonstrate the NADA protocol.

Carter told us that the acudetox demonstrations and

BOWIE continues on p. 3

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# NADA Goes on Tour

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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.

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"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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## Words From the Founder

*Excerpt from an email written in 2013*

**“The peer-support recovery model shows us the advantage of learning through commitment and practical life experience.” –**

*Michael Smith*

conversations at the conference went over very well. “It all was well-received at the top because of Dr. Leggett’s reputation as an instructor, board member, community liaison, justice system liaison, etc.”

Leggett is an adjunct professor at Bowie State University, as well as a member of the advisory board for JPRT’s Peer Recovery Support Counseling and Specialist training



Ken Carter (left) with Warren Leggett at the 1st annual Jordan Peer Recovery conference. *Photo courtesy of Warren Leggett.*

programs. Bowie was founded in 1865 and is the oldest Historically Black College and University in Maryland, and one of the 10 oldest in the country.

According to Carter, “The constellation of auspicious energies currently centered at Bowie holds an opportunity of great potential for acudetox. Truly, I have not personally felt such understanding, cohesion, determination and organization around acudetox since my early experiences at Lincoln Recovery Center. I now lovingly recall this time as The Golden Age of the broadly inclusive, community-based, and peer-support recovery model of Lincoln Acudetox.” As Mike Smith always said, “Everything we do is about the ‘Next Step’.” This sounds like a great Next Step.

*Ken Carter is a psychiatrist and medical acupuncturist at a Veterans’ Administration hospital in Florida. He just recently published a [new research article](#) on NADA with magnetic beads.*

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*To contact Leggett: [legg819@yahoo.com](mailto:legg819@yahoo.com).*

A well-meaning NADA group received funding for a jail-based program. The program never expanded and eventually was closed. The acupuncturists always asked for the patient’s physical complaints and searched for symptoms that would respond to acupuncture formulas. They wanted to have office-like discussions about health issues and demonstrate good outcomes – effectively they were trivializing the acupuncture results.

I saw the same problem in the non-NADA post-9/11 treatments. People who are depressed, fearful and ashamed do not disclose these problems to a stranger. Often they are not able to disclose these problems to themselves. The guilt and spiritual weakness seems unavoidable and all too linked to past personal weakness.

Fancy acupuncture training seems to make this problem worse. The subject is alluring partly because spiritual terms are laced through the TCM terminology – however, in practice, spiritual problems are never mentioned in the textbooks. The impression is that even those people who are open to the ideas of “spirit gates” and heart-imbalance, only use the shenmen for treatment of headache or breathing difficulties rather than for discouragement.

NADA doesn’t rely on what the patient says, it meets people where they are, where they really live. The gate of the spirit, the shenmen, is a part of everyone’s life. However problems of the spirit are not included in discussions of the present illness or in symptom surveys – so outcomes are always mechanical and polite, and of little real value. NADA helps you nurture your soul. ☞



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how to participate



# Oncology Centre Celebrates Milestone

by Beverley de Valois

We are delighted to announce that the NADA ear acupuncture service for women at the [Lynda Jackson Macmillan Centre](#) (LJMC) recruited its 500<sup>th</sup> patient this spring. Located on the outskirts of London, the LJMC is a support and information center of Mount Vernon Cancer Centre (MVCC is part of the East and North Hertfordshire NHS Trust).

This milestone was celebrated at MVCC on June 18,



2019 with a special ear-shaped cake with silver candles representing NADA needles. It was a great opportunity to have a reunion of all the therapists who were trained as NADA providers and who delivered this service over the years.

Beverley de Valois, Research Acupuncturist in the Supportive Oncology Research Team, spoke of how this service demonstrated the vision and spirit that were so much a part of the ethos of Michael Smith. She shared: “This team must be commended for their perseverance in initiating, establishing and continuing a service in spite of the many challenges faced over the last 14 years. As well as helping people with cancer to live more comfortably, this NADA work – both the research and service aspects – has led the way internationally as an example of applying NADA in the oncology setting. So the impact is more than local.”

The service began after de Valois completed an observational [research study](#) at MVCC in 2003-04 that showed how the NADA protocol helps relieve hot flushes and night sweats, a frequent consequence of hormonal therapies taken to prevent breast cancer recurrence. The study and its results were published in 2012 in the journal, *Medical Acupuncture*.

NADA group services, which have been running

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since 2005, are for women with early breast cancer who experience the side effects of these hormonal therapies. LJMC now also offers NADA to patients with prostate cancer. Acudetox specialists provided this service, funded by donations to the East and North Hertfordshire Hospitals' Charity.

In addition to reducing hot flushes and night sweats, de Valois' research reported improvements in sleep, memory and concentration, as well as reductions in anxiety and depressed mood. These benefits continue to be observed in clinical practice, as MVCC staff follow up with patients for 18 weeks post treatment.

Treatment takes place in small groups of 4 to 5 women for 8 weekly sessions. For many women, it is a vital support in helping them complete their ongoing hormone-therapy treatment for breast cancer.

Sara Bursac, NADA's executive director, added a congratulatory note shared at the celebration – “I hope your clinic serves at least 500 more in the coming years. NADA commends this accomplishment and we hope that others can learn from your experience and help many more around the world who are struggling with the same issue. Have a great party – you and your team deserve it!”



From left to right – Rachel Peckham (NADA trainer), Raten Davies, Beverley de Valois, Tarsem Degun, Pam Thorpe, Cherry Mackie. Photo courtesy of Beverley de Valois.

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# Report From the NADA Japan Conference in Tokyo, August 4, 2019

by Sachiko Nakano



It was a day of nearly 100° Fahrenheit with 65 percent humidity, and NADA Japan's 1<sup>st</sup> annual conference started on time at 10 am sharp. It was their first major meeting and celebrated the 3rd anniversary of the founding of the organization.

The turnout surpassed expectations – there were about 50 people in a small room, the majority of them acupuncturists, and only 40 of them had been expected. The room felt very little with so many people packed in. They also had a table to sell NADA Japan merchandise in the back of the room.

Nine new NADA members offered attendees an acudetox treatment. Trainees had to demonstrate giving the protocol on at least two attendees in order to receive a NADA Japan certification. With these nine new NADA members, now they have a total of 36.

Chinatsu Uehara, the founder of NADA Japan, opened the meeting and then invited guest speakers to present. One was an acupuncturist who specializes in mental-health care, and another was a chemical-addiction expert. Also present was a rock 'n roll priest who has earned a reputation as an out-of-the-box Christian. Sara Bursac from the NADA office sent a video to congratulate NADA Japan. Lastly, we had a Q & A section with the speakers followed by certification time for the new NADA members. With only 45 minutes for a lunch break, the day went by very quickly.

That evening, we attended a dinner party during which we experienced a magnitude three earthquake. Nobody seemed too concerned with the shake but checked its status on their mobile phones. We immediately went back to our enjoyment.

The content of the conference was informative, and

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perhaps the first well-organized event ever offered for acupuncturists and the general public to come together and learn about the social situation of a world unknown to them – a world where people are suffering from this illness of addiction.



Presenters at the NADA Japan first conference. Photo courtesy of NADA Japan.

Attendees were eager to learn about the NADA protocol, and how to adopt this knowledge to their daily life and their everyday private practice.

I believe that NADA Japan is a key to change the culture of acupuncture in Japan. It will educate acupuncturists in the social field and various referral systems with other therapists. This may help to close the gap between acupuncturists and auricular seed specialists, and may even forge a closer relationship with other medical professions – that would be nice!

There was a time that they had to cancel workshops because of zero attendees. They have come a long way to where they are now. And their goal is to keep growing – as Dr. Smith has said, “The time is now.” Thank you for all your support!

*Sachiko Nakano is a Seattle-based acupuncturist and NADA trainer. To contact Sachiko: [onehearthe@icloud.com](mailto:onehearthe@icloud.com), Chinatsu: [nada.jp@gmail.com](mailto:nada.jp@gmail.com)*

Summer Issue, 2019

## Using Seeds and Beads Fits Perfectly With My Philosophy

by Nobi Pyle

I started using Vaccaria seeds in 2000, but I did not use the reverse shenmen. What I did use was shenmen on the ear and pericardium 6 on the hand for nausea. Chinese medicine practitioners know of Vaccaria seeds as Wang Bu Liu Xing, blood activating herb. You can get them for less than \$10 a pound – a pound of seeds goes a long long way. Those early years I told them to press on the seed to activate the point. I also used seeds to teach acupuncture patients about acupressure points they can do on their own. And, when dealing with small children, I used seeds rather than needles.

Now after taking the NADA training, I learned about magnetic beads and the reverse Shen Men. I found that reverse Shen Men gives less discomfort in sleeping in the side-lying position. I have to admit that I only recently started to use magnetic beads when somebody very special gave them to me.

I have a NADA room in my office where people can come without appointments. They are mostly my regular acupuncture clients or their relatives who for whatever reason they need this art. When I changed to magnets from the seeds, my patients told me that the magnets stayed on longer and that the effects are stronger. I did not have anybody telling me to go back to the seeds. I no longer tell them to press the point.

At a prison halfway house, I do NADA in groups of men and women. One of the women in the group wanted to become an acupuncturist. I explained the process, but I gave her a lot of seeds and beads so she could start doing treatments right away.

This immediacy fits perfectly with my philosophy of doing NADA either with needles or seeds and beads – and it is expressed perfectly by the words from Vietnamese peace activist, Thich Nhat Hanh: “Whether you give your presence, your stability, your freshness, or your understanding, your gift can work a miracle.”

Go out there and give your presence and understanding with seeds and beads. 🐾

To contact Nobi Pyle:  
[nobipyle@tucsonacubherbs.com](mailto:nobipyle@tucsonacubherbs.com)

## A note from Nobi –

*If we had a serendipity column – the occurrence and development of events by chance in a happy or beneficial way – this would be in it. Nobi Pyle and her husband Chuck were getting ready for a trip to Japan when Guidepoints landed on their doorstep. On the front page was an article about NADA Japan. They were able to connect with Chinatsu on their visit – Sachiko would already be back in Seattle, but they arranged to meet her there when they visit their daughters who live there. On returning home, Nobi wrote us saying,*

“We had a great time in Japan and what an exciting visit with Chinatsu in Osaka. The conference success is largely due to Chinatsu working tirelessly. I was really impressed with her commitment and hard work.”



Chuck and Nobi Pyle with Chinatsu Uehara and Keiko Saito.  
*Photo courtesy of Nobi Pyle.*

On Chuck and Nobi's first day back in Arizona, they went to a prison halfway house where they do the NADA protocol (*read full story in Spring 2019 Guidepoints*). The next day they went to a federal prison to work with the prison staff who are so stressed and where the suicide rate is very high.

“I received Guidepoints via email like always. I started to read it. Lots of good NADA work. I feel like Guidepoints takes me in to the different places and people without flying tickets. I enjoy it.”

– Daksha Patel, NADA  
trainer in Ottawa, Canada

“Go to those  
most in need.”

# *We must live by the love of what we will never see:*

## *Mike's Tribute in Austin, TX*

### **- March 21, 2019 -**

*At the most recent national conference we organized a tribute for Michael Smith on Thursday morning, the day when he would lead his Directors' and Administrator's workshop, which he did for so many years. Jo Ann Lenney shared opened the event and then seven speakers followed with their own reflections and stories on Michael Smith and his legacy.*

As we were trying to decide what to do with the time allotted for Dr. Smith's workshop, we kept on getting emails from people telling us their thoughts about him. As you know, people are still writing to us about Mike. We try to put that into Guidepoints, but since some of those people writing were coming to the conference, we asked them to say their words out loud here today.

The tone for us was set by **SaraBeth Dukes** who wrote saying how she is in "such a deep bow of gratitude to Dr. Smith and to his protocol."

**Sheila Murphy** is always talking about Mike and even though she's here now, I'm still going to quote some of her words. She told us that Dr. Smith is not only "Michael the Archangel" – teaching us that we are all human beings, that we are all sacred – but Dr. Smith is also the Johnny Appleseed of human rights to the traumatized of the world. And Sheila reminds us that the mark of a great person is that their work is never completed in their lifetime. And so it is with Dr. Smith.

For us who are now struggling with how best to honor what he has given us, we should remember his lesson that life is about sowing seeds and waiting for them to grow. Many of you will remember him telling us to be good farmers. This is both a gift and a struggle. We are now the ones who are not only reaping what he has sown but we must also be sowing seeds – making change possible for the next generation.

Rubem Alves said, "Let us plant dates even though those who plant them will never eat them. We must live by the love of what we will never see."

Mike was blessed in that he was able to see a lot of what his work as a good farmer grew into. At his memorial service last March, a woman just mentioned that "if it wasn't for Dr. Smith, I wouldn't be alive today." The



*Michael Smith with Sheila Murphy at the NADA conference in Nashville, Tennessee in 2014.*

simplicity of the statement was stunning at the time – she was sitting there with her mother who Dr. Smith had helped into recovery.

But so much of his work has not yet come to fruition. He tells us that we must not remain stagnant. NADA is not the protocol – NADA is a living organism. Mike developed NADA by paying attention to the people he was treating. He kept changing the protocol until he was told by the powers-that-be that he needed a formula so it could be regulated. But he never stopped listening and learning – and changing. He told us we should never think we had the answers – because if we did think that, we could lose our curiosity and, without our curiosity, we would stop learning.

Mike traveled many miles and taught the protocol to thousands of people. He often noted that anyone who thinks that those students hadn't changed what he taught them would be incorrect. And if anyone thought that there was anything wrong with this change, they would also be incorrect in that assumption. His words: "NADA is developing very differently in different locations and with different populations. We should welcome this diversity. It is a reflection of many various crises, different histories, different skills, and different needs." The NADA protocol is a living organism, and it must adapt to its changing surroundings or it will not be able to grow.



At the conference in Delaware, we listened to his words again telling us that “We’ve done a great deal to have gotten to this point where we are today. But now we must hand off our knowledge and this is not always easy. But we must begin to plan how it can be done. Yes, I really appreciate what we’ve done so far, but I appreciate even more what we might do.”

*In addition to the two speakers mentioned in the opening remarks, here is a brief description of each of the additional five speakers and their connection to Michael Smith:*

**Jean Guyette** had been working with Dr. Smith even before she met him at the conference in Albuquerque. While she was in training to be an ADS, she went to a family reunion and beaded a number of people, including her grandmother, with great results. When I told this to Mike, he said “Jean doesn’t need any more training – maybe just some encouragement. How many people go to a family reunion and make people feel better!”

We first met **Eva Hurst** in New Orleans in 2010 and then again when she came to Lincoln to complete her RT training with Dr. Smith. She and Mike became friends and she always kept in touch with him. Even when he was so hard to understand on the phone she would still call and tell him what was going on in New Orleans. And when he couldn’t answer his phone she would still call and someone would hold the phone to his ear and he would have a kind of conversation with her.

**Daksha Patel** would list her friendship with Dr. Smith as one of the highlights of her bio. He always made it a point to visit her when he was in Canada, and he was not only fond of Daksha but also of her husband and other family members.

**Taneha Watts** is the latest addition to the NADA office. Today is my first time meeting her but I have spoken with her numerous times on the phone. These conversations have left me with feelings of her competence, sense of humor and, mainly, a wonderful grace. All three attributes that Mike respected and enjoyed tremendously.

When **Brad Anderson** retired, he wrote to Dr. Smith, thanking him for the education he received at Lincoln Recovery Center which enabled him to treat over 18,000 people. He wrote, “Thank you Dr. Smith for helping me as a clinician and friend to the Addict who suffers.” Mike was so impressed with the letter that he forwarded it, writing -- Partners, Here is yet another genuine grass roots accolade MIKE

When we first arrived at the Holy Angels Parish in Plaridel, Bulacan, we were greeted by women who have lost a loved one.

There was little time for introductions and discussion – we immediately gave them an ear acudetox treatment to help them be more at ease before the start of the counseling sessions.

As I watched a few small children running to and from their mothers during the ear acudetox and counseling sessions, it made me think about the future they will inherit. For me, there is still that small sliver of hope that what we do to assist in the healing process will help their mothers and grandmothers support them – as future adults – where every human life matters.

After the NADA treatments, many patients and counselors reported feeling more relaxed – our intention to help worked. Two of my patients said they felt lighter after the session, with one even saying, “Magaan ang feeling, di ko maramdaman ang bigat sa kabila ng maraming problema – The feeling is light, I don’t feel the heaviness despite having many problems.”

Her words illustrate Michael Smith’s insight that ear points assist with centering and hence with self-help growth – the client’s essential problem is the need for self-renewal and with coping with crises of personal development. Her words also show us that we don’t have to know what a person’s worry is today – acupuncture eliminates the problem of having the client try to explain this.

As Dr. Smith has told us so often, “We need to accept our subordinate role in our relationship to the people we are working with. We must be comfortable with the vast and complex character of bodily Qi.” ☯

*To learn more about the work of NADA Philippines, visit [www.nadaphilippines.com](http://www.nadaphilippines.com).*



Helping People Help Themselves

# NADA Committees at a Glance

by Mary Walle

NADA's committees are at work on a wide variety of projects across North America – from members supporting each other in state-based advocacy efforts to sharing grassroots stories and strategies. Committees are a demonstration of the way the NADA community is growing and developing member-to-member connections around specific NADA-related work.

Over the course of the past two years, each committee has developed its own sort of culture while working together toward the common goal of supporting members and making the NADA protocol more accessible.

A grassroots committee member shared how these groups are about “undoing the aloneness” of the work. With a little over 2,000 current NADA members spanning the United States and Canada, members have often reported feeling isolated, sometimes being the only provider of the NADA protocol in their setting or region.

Who makes up the committees? NADA members – members like Shoshana Osofsky from Bridgeton, New Jersey, who wants to change the law there but is focused on providing services first.

**Shoshana shares:** “I’ve felt very isolated over the last several years because I’m the only one in New Jersey actively advocating for NADA-enabling legislation here. I can’t say it’s cause and effect, but I since I began participating in the calls I have presented at the state-wide meeting of county addiction treatment directors. And from that I was invited to present to a county meeting of treatment providers.

“These are the kinds of folks I’ve been trying unsuccessfully to connect with for years. At a minimum, joining the calls moves the energy for me, I don’t feel so lonely and maybe that has helped move stagnation in the wider NADA NJ world. **I have been astounded to find that every month I have had some positive news to share. Sometimes things look promising and don’t pan out, but there’s almost always movement.**”

Committees usually meet monthly for its members to share updates; each has its own life and is on a different journey of growth and work. There are currently two open committees (advocacy and grassroots outreach), and several project-based committees (training manual revision committee, Florida advocacy work group and Arizona

advocacy work group). The public relations committee is in a strategy development phase and not yet open. There are an additional two committees, research and fundraising & sustainability, which do not have any non-board members, and as such do not hold regular meetings. Please fill out the committee sign-up sheet (link below) if interested in joining any one of the listed committees.

As the program development coordinator, I support the committees by helping to keep them and their projects moving forward. Though I physically sit and work from Berlin, Germany, my virtual seat on each of these committees has been a unique vantage point to hear, see and support the work of members across wide geographies and projects.

*Interested in joining a committee?* Fill out this committee [Sign-Up Form](#) or email Mary Walle at [maryewalle@gmail.com](mailto:maryewalle@gmail.com).



Mary Walle gives a NADA treatment during her training as an ADS with NADA Germany.

## NADA BOOK CLUB 2019

*emergent strategy: shaping change, changing worlds*  
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*Diana Fried, M.Ac., L.Ac., M.A and AWB founder/executive director*



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*Toni Morrison from The Future of Time,  
a speech delivered on March 25, 1996  
in Washington, D.C.*

“Our everyday lives may be laced with tragedy, glazed with frustration and want, but they are also capable of the fierce resistance to the dehumanization and trivialization that politico-cultural punditry and profit-driven media depend upon.”

*In various ways throughout the speech she calls on us: “To lessen suffering, to know the truth and tell it, to raise the bar of humane expectation.”*

