

# Welcome to Freedom Center's Free Community Acupuncture Clinic

Mondays Northampton, 4:30-5:30pm

43 Center St., Northampton

Wednesdays Holyoke, 3:00-4:00pm

187 High St. #303 Holyoke (with RLC)

Wednesdays Greenfield, 12:00-1:00pm

55 Federal St Greenfield (with Recover Project)



## What Happens in the Treatment?

- \* Sit together in a circle as our acupuncturist moves to each person. The group healing energy begins to flow as soon as the first person receives treatment, so remain quiet and still.
- \* Please do not read, move about, or talk during treatment, to help create a peaceful environment for all.
- \* Turn off cell phones.
- \* If you have long hair, please move it away from your ears.
- \* You may lie down carefully if there is space.
- \* After about half an hour the needles will be removed and disposed of.
- \* If you need the acupuncturist's attention, raise your hand.
- \* If you any questions, feel free to contact us.

## What Does Acupuncture Help With?

This 10-needle ear protocol was originally developed for drug addiction, cravings, and withdrawal. Since then it has gone beyond that to treat a wide range of issues, including:

- \* insomnia
- \* anxiety and any kind of stress
- \* detoxification and withdrawal from any drug, including psychiatric drugs and quitting smoking
- \* depression and emotional trauma
- \* chronic physical pain, migraines, menstrual cramps
- \* general wellness and preventive health care

## What Will I Feel?

You may feel a small pinching sensation as the sterile and disposable needles are inserted just a millimeter or two into the skin of the ears. Any discomfort should quickly ease.

If you continue to feel discomfort or are uncomfortable in any way, raise your hand and the needles can be removed.

Once the needles are in, you may experience a relaxing and refreshing effect, warmth, throbbing, or other energy flowing sensations.

You may become sleepy and even take a short nap, which is fine. After the treatment you may feel rejuvenated, nourished, and relaxed. Note: repeat treatments often have a cumulative and more lasting effect.

## About Acupuncture

Acupuncture has been used for thousands of years in traditional Chinese and Japanese medicine. Illnesses or problems of body, mind, and spirit all reflect blocks in the flow of chi, or life energy. Thin sterile needles of pure metal are used to stimulate and open up the energy at points in the body where the chi flows. Because pathways in the ears correspond in miniature to the pathways in the whole body, acupuncture points in the ears stimulate and smooth out the flow of chi in the rest of the body.

There are no side effects, and anyone with any health condition can safely receive this treatment. Acupuncture does not add anything, but instead supports your own body's ability to heal itself. Acupuncture helps restore health, promote a healthy immune system, and prevent future problems.

## Is This Clinic Really Free?

This is a free community clinic open to all, run on an extremely low budget on volunteer inspiration and donated time. Freedom Center receives donations from individuals, some small foundations and a city grant.

We still do have costs -- rent and other expenses -- that are not completely covered by our other grants and funding. So if you can, please make a donation to keep the clinic going.

100% of proceeds go directly to Freedom Center program costs: we are all volunteer and have no paid staff. If you can donate, even 2 or 5 dollars, it is appreciated, however, this is a free clinic and you are not obligated in any way.

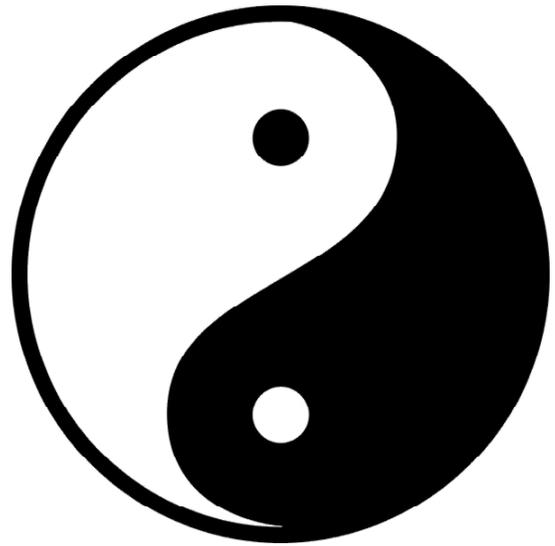
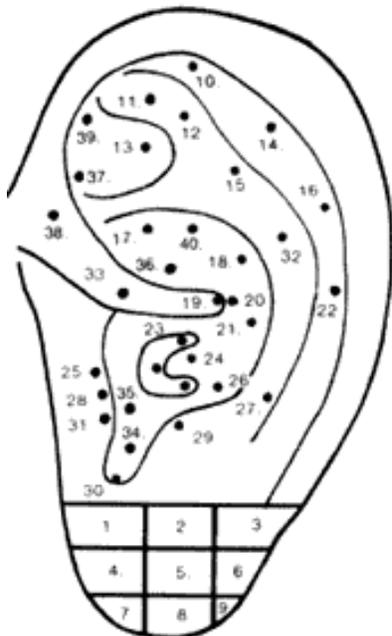
## Is Acupuncture For Everyone?

While most people feel benefitted by the ear acupuncture treatment, everyone is different. Your experience is uniquely your own, and we encourage you to trust your own response and intuition about what is the health care that works for you. If you are uncomfortable and the discomfort does not pass, please raise your hand and the needles will be removed.

## About the NADA Ear Treatment Protocol

Our clinic uses the NADA ear acupuncture protocol. NADA, or the National Acupuncture Detoxification Association, is a specific form of acupuncture treatment especially designed to be highly effective for community treatment. 5 specific points in the ears -- the Shen Men or spirit gate, the sympathetic nervous system, the kidney, liver and lung -- target anxiety, insomnia, cravings, detoxification, and withdrawal from drugs, alcohol, tobacco and psychiatric medications. The points are also excellent for general wellness and improving overall health, including migraine headaches, allergies and other issues.

Numerous studies have shown the effectiveness of the NADA protocol. NADA has helped tens of thousands of people world-wide, including drug treatment, trauma recovery, and even disaster relief including hurricane Katrina and Tsunami survivors. The NADA protocol is approved for use by Acu-Detox Specialists with a 70-hour clinical training in more than 20 states in the US. and also around the world.



## The Origins of NADA

NADA originated 30 years ago in a South Bronx community clinic, Lincoln Recovery, which continues to treat community members and lead training programs. Lincoln was started by community activists including Black Panthers and Young Lords, who demanded effective health programs and alternatives to methadone and other mainstream treatments. The innovative health activists created a new approach of accessible, community based care that promotes empowerment, not dependence.

## About Community Acupuncture

Group treatments create a shared energy or chi field that strengthens and deepens the experience. By combining many treatments in one session, costs can be kept low and more people can access acupuncture. A drop-in setting allows people to remain completely anonymous about what brings them to the clinic, lowering stigma that drug users and mental health clients often experience. The process of healing is demystified when people can see the needles being applied. People learn that alternatives to highly-paid professionals can be effective, and the 70-hour clinical certification encourages more people to learn how to give acupuncture.

Thanks to the volunteers and acupuncturists who make this free community resource possible!

This clinic was organized by Freedom Center, a group run by and for people diagnosed with severe mental illnesses, such as schizophrenia & bipolar, who want alternatives to mainstream treatments. Check out [www.freedom-center.org](http://www.freedom-center.org). Co-sponsored by: Recovery Learning Community, ARISE for Social Justice, and the Recover Project.