

GUIDEPOINTS:

News from NADA

July 2013

SPECIAL COMMEMORATIVE ISSUE

Alex Brumbaugh

Author, Teacher, Philosopher and NADA Visionary



Alex Brumbaugh at the 2003 NADA conference in Washington D.C.

Just as the May issue of Guidepoints went to print, NADA learned that Alex Brumbaugh passed away. We have decided to devote this issue to Alex and publish reflections and memories from eight members of the NADA community who have worked with him and have been inspired by his teaching and writing.

The first news of his passing came from his daughter, Heidi Kent. She wrote:

“It is with a heaviness of heart that we inform you of the passing of Alex Brumbaugh. Alex died peacefully in his sleep on May 29, 2013 at 9:25 PM. His last few days were spent at home, in his own bed, surrounded by loving family and friends.

“Alex has been living with lung cancer for the past ten months. Through numerous rounds of treatments and despite setbacks and bouts of discouraging news, he continued to spend his time doing things he was passionate about pouring his heart into his work at New House, his latest book *The Praxis of Recovery*, hosting movie nights for friends, and spending quality time with his loved ones. Even a few weeks ago he was wistfully planning to write another book, quoting Frank Lloyd Wright who, when asked which was his favorite project, answered, “The next one.”

NADA founder, Michael Smith, reflects on Alex’s contribution to the fields of acupuncture and addiction treatment: “Alex was a pioneer of recovery for many endangered people. At NADA we are grateful and honored that he extended his love and energy to our work. He wrote books for the acupuncture community and

Read reflections on the life and work of Alex Brumbaugh submitted by Ruth Ackerman, Lianne Audette, Selah Chamberlain, Muin Daly, Cally Haber, Jay Renaud, Michael Smith, and Carol Taub.

spread his divine umbrella over us as part of his recovery 12 step work.”

☞ *Reflections from Ruth Ackerman*

I first met Alex when he applied for a position as assistant director at project recovery in 1988. We were just beginning the project and it was quickly apparent that this humble, soft-spoken man was going to be a tremendous asset to the program.

He quickly became the director of Project Recovery and served in that position for many, many years building it into a comprehensive resource for the community of Santa Barbara, California.

There is a video that we made at Project Recovery probably in 1989 or 1990 where he interviews my daughter, Dara, who is playing the part of a potential client. There is a voice over so you don't hear him speaking, but you can see his genuine interest and compassion, even in that short little film.



Ruth Ackerman

Alex was a uniquely thoughtful person. Shortly after we started a program in the Santa Barbara jail he began tracking the data coming in and out of that program and was able to demonstrate that the recidivism rate dropped dramatically and significantly through the use of acu detox in the program.

When he became the director, Alex had had plenty of experience both personally and professionally with recovery. However acupuncture detox was relatively new to him. He had been recommended to us by Joann Hickey (now Joann Tall) who was the president of the Santa Barbara College of Oriental Medicine. Alex was quite skeptical in the very beginning about acupuncture as a detox treatment. However, he quickly saw that rather than provide a “softer and easier way” through recovery, it opened a window to a spiritual experience essential for the best chance of recovery. He wrote many thoughtful articles including an excellent one in the *Journal of Substance Abuse Treatment*.

I think the pinnacle of his work was the book, *Transformation and Recovery* (1994) which beautifully describes the interweaving of 12-step recovery with

2

acupuncture for chemical dependency treatment and personal growth.

Alex was a leader in the field of community recovery and in Santa Barbara led the establishment of a community presence of people and families in recovery to have a voice. He himself had weathered the personal tragedy of losing a dear one to chemical dependency.

He was a gifted writer, a country western singer and songwriter, a cab driver, a teacher, a long distance trucker and I don't know the half of what else. He was the executive director of New House, providing housing to men in early recovery. He was a researcher (early jail studies for Project Recovery) and a theoretician, a philosopher and devoted practitioner of recovery at the deepest level.

Having been with him through some really hard times and some really fabulous times, I believe that his most joyous were the last few years. The love of his family and Susan in his life were the pinnacle for him.

Not to state the obvious, he brought recovery to so many. I don't have much to say about his work at New House except that he was always bugging me to get on the board and sadly I never was able to take him up on that request. But his dedication on that level was certainly matched by the intellectual gifts he gave so generously.

Particularly creating *Transformation and Recovery* which I think is a brilliant work. His cogent and deeply moving description of the intertwining of 12-step philosophy and acupuncture have been of tremendous benefit in the field. I look forward to the release of his book, *The Praxis of Recovery* (see ad on p.3), because I think his assessment of what's lacking in research in the recovery field is absolutely on target.

I sure am going to miss his sometimes too quiet voice, dry wit, and optimism that he brought to his work and shared with all of us. I am very glad we were on the planet at the same time.

Ruth Ackerman is the founder of Project Recovery - Santa Barbara, California. She is a past president of NADA, a Registered Trainer and did many NADA trainings with Alex.

Ruth wrote several chapters in the appendix of his book, Transformation and Recovery. She is currently in private psychotherapy practice in Santa Barbara, California. To contact: dr.ruth1232@gmail.com

Reflections from Lianne Audette

My initial NADA acu-detox training was with Mike Smith, Rosa Reyes, Carlos Alvarez, Jesse Morgan, Jose Aponte and Nancy Smalls at Lincoln Recovery Center in the Bronx.

The next NADA training I had the good fortune to attend was in 1990 in Santa Barbara with Alex and Ruth Ackerman as the principal trainers. In those days, both Alex and Ruth were pioneering Project Recovery, a treatment facility that was to become the greatest demonstration model of acupuncture-centered treatment with on demand acupuncture for the homeless, mentally ill and the generally underserved and low income population.

Typical of Alex, knowing a Lincoln Hospital NADA training with Mike Smith and the original trainers would be a hard act to follow, he graciously invited me to become his mentee and learn about addiction and treatment from his extra-ordinary point of view.

Around that same time, down in my hood, Santa Monica, there grew a tiny nucleus of acupuncturists who were also starting an acupuncture-based treatment center for homeless, mentally ill addicts. Because I trained at Lincoln, it seemed natural to take the helm of the project.

As good fortune would have it, Alex stepped up to the plate and took me under his wing with guidance and support every step of the way in the development of another “first of its kind” totally free drop-in acupuncture-based clinic with no appointment necessary, no questions asked, and no fee requested. We named our free clinic Turnabout.

From there on, Alex and I had a great mentor/mentee collaboration which eventually resulted in several very productive (for the community) and educational (for me) outcomes. One was the successful design, development and implementation of policies and procedures necessary to keep Turnabout (or any clinic) afloat, growing and solvent. Another was Alex’s finesse in fine tuning grant proposals; giving them the flow and cohesiveness which nearly always resulted in a grant of some worth. Yet another gem in Alex’s bag of teaching treasures was his ability to speak spontaneously and truthfully to those who wanted to know more about acu-detox, how it worked and how to utilize it in a treatment program.

Moreover, Alex really loved to teach and explain the deep networks of rhyme and reason, of root and branch



Lianne Audette

room, was also his gift to me.

As it turned out however, his mentoring and guidance over the next twenty years as well as his influence and insight in addictive disorders, treatment, program design and teaching has had an indelible effect on my role as a clinician, a trainer, and importantly, as a compassionate and insightful human.

To this day, when I am discussing addictive disorders (of any kind: process, substance or temporal) I hear Alex's kind and deliberate way of teaching come out of my mouth and I feel the patience and interest in my head and heart that he always had for people he was working with in any capacity.

Thank you, Alex, for the gift that has kept on giving.

Lianne Audette is a licensed acupuncturist and NADA trainer in New Haven, Connecticut. To contact: lianneaudette@gmail.com

of addiction, and had as many metaphors as necessary to touch each and every one of his students. I was so incredibly fortunate to be Alex's cohort by this time and to be co-teaching (NADA trainings) with Alex, all over California. All of that good stuff that Alex brought to those in the learner's circle, or those in the conference

judges, and even occasionally the local chief of police—were delighted to be working on something that wasn't just about “catching crooks” or beating people down, but allowed us to be part of a process to rebuild lives that had gone, “Splat!”

I never heard anybody but Alex emphasize the need to be part of the whole process. Without that emphasis, I don't think the 8th District would still be using NADA, or would be nearly as successful as it has been.

His recent articles in *Guidepoints* on what addiction is and why “research” has failed to come up with useful results have been the most constructive comments I have seen over the last decade. They have given the first cogent reasoning I've seen to explain what we all have experienced and why standard “research” can't see it.

Again: I can't claim I knew Alex. I can only claim that what he has said and what he has done have been central to my own work with addictions and other compulsive behaviors, and have provided a vital sense of awareness of what we do and why we continue to do it. I, for one, will miss him.



Selah Chamberlain

Selah Chamberlain is a licensed acupuncturist since 1981, practicing in Taos and Albuquerque; acupuncturist and now supervisor with New Mexico 8th District Drug Court since 1999. To contact: selah@taosnet.com

☞ Reflections from Selah Chamberlain

I can't claim that I knew Alex. I read his book when I came back from 15 years in the UK, and as I was getting myself oriented to whatever I was going to do in the US. Kate Black, then working in the San Francisco County Jail program, convinced me to do NADA work, taught me how, and said, “Read This.” So I did. It was educational and useful.

In one of the first NADA conferences I attended, Alex gave a talk. He said, “if you work in a program, make sure you attend their staff meetings. Then they'll know who you are and what you're doing, and why they need you.” I did that in the New Mexico 8th District Drug Court, found myself part of a dedicated team, and discovered that we all—therapists, POs, PDs, DAs, administrators,

Guidepoints News from NADA

☞ Reflections from Muin Daly

I was honored to first meet Alex at an early NADA conference, held in Santa Barbara in the early 90s. I remember commenting to him and Ruth Ackerman that I had finally “come home” to my newly chosen profession of Licensed Acupuncturist. How ironic it was, that the first folks who made me feel that way were NOT practitioners of Chinese Medicine. They were much larger than that.

They were informed citizens of the World, who completely got the global medical impact of this amazing body of work. Alex went on to become a confidant to the small non-profit that I helped found. Our work was and still is primarily within the criminal justice system.

July 2013



Muin Daly

Alex's work has not only informed us all of the links between Chinese Medicine and Recovery. He actually took the painstaking steps to lay out the operational details of how to build a start-up clinic in our communities.

From the knocking on doors and endless

meetings and presentations all the way up to engaging and maintaining a steady stream of folks who would finally walk through those doors. Of course he was highly utilized by all of us early "start ups"--he was a recognized professional in addiction medicine and he was a 100% behind this thing called the "NADA Protocol".

He had the reams of published research, the lingo needed to present and the commitment and wisdom of a survivor of his own demons. His eloquence and gentle nature

endeared him to us all but what I appreciated about him the most was his critical thinking. He was able to critique my initially romanticized image of NADA and its leaders without a drop of self righteousness. He recognized human frailties, institutionalized mistakes, and blind spots that the human ego invariably carries without ever stooping to office gossip critiques.

He was my hero, to whom I could complain and then come back to work on solutions. He taught me that consistency and patience is as an important lesson to practice and learn as the compassion and humility that is so necessary in our work. He had a personal and professional authenticity that will shine a Light for all of us to follow ...my Prayer is that we pick up a little of his wisdom and study and then restudy his works so that we may follow in his Path. He will be cherished by many every single day. Simply put, my heart is full of gratitude for having known him.

Muin Daly is a licensed acupuncturist and holds a Master's in Divinity. She is the co-founder of Acupuncture Recovery Treatment Services and Program Director of Religious Services for the San Francisco Sheriff's Department. To contact: muindear@aol.com

☞ *Reflections from Cally Haber*



Cally Haber

I am so deeply saddened to hear of Alex's passing. I have been back east visiting my dad who has congestive heart failure, spending some really precious last time with him. I am sorry to not get to do that with Alex. He was always so special to me. Much beloved and so respected. He was so brilliant, had such a vision, and such a wonderful way of making

deep connections between culture, society and human behavior... I always loved teaching the NADA trainings with him.

He was a good friend too. A funny story: I reminded him of this when I saw him at the 2012 NADA conference in New Haven: many years ago we formed a NADA California. People from both northern and southern Cal came together to plan and collaborate. One of our goals was to introduce legislation to create opportunity for other medical professionals, such as chemical dependency counselors, to be able to legally do the ear acupuncture. Alex had a far sighted view of things, even then! He said we really should all stay in touch more often. We could exchange ideas from our respective homes with this new thing called "email"! Most of us didn't even have computers! We said nah, probably won't catch on.

I cannot be there in person on Sunday, but will be thinking of him. Today at the adult program I do acupuncture at, the Camp Recovery Center, I spent about 20 minutes of our session as they relaxed with the needles telling them about Alex and who he was and the work that he did. I wanted to honor him with people who could really appreciate his story and what he contributed to others' recovery. They asked if I would bring his book and writing in, so I will do that next week.

I am so glad to hear that he died peacefully and surrounded by friends and family. I send my love to you and the rest of your family. Your loss is really a loss to the world, to the recovery community. You of course know this, but you had a really fine good man for a father!

Cally Haber is a California-based licensed acupuncturist, NADA trainer, and immediate past NADA vice president. To contact: callyh@cruzio.com

Guidepoints News from NADA

☞ *Reflections from Jay Renaud*

Like many recovering people in his age cohort, Alex Brumbaugh started sobriety young enough to notice passage of the federal alcoholism prevention, treatment and rehabilitation act in 1970. He witnessed how that historic measure led to the birth and initial promise of a public health system for treatment of addiction. He lived long enough to see that system succumb to infection by the cultural pathogens of the mainstream medical industry. As a front line counselor and administrator, Alex personally experienced how the original vision became confused, shambling and finally poverty-stricken.

Alex documented this sordid process over the years in his various writings, statements and conversations. Yet he never lost his personal concern for those who still suffered nor gave up doing his best to do something practical, within that fraying system, towards helping them find the recovery that he himself had been granted.

Trying to do sensible treatment within a dysfunctional system offered few rewards. Still, Alex saw that something good had been brought to life and that it was a duty to carry out whatever incremental salvage and preservation projects that could be done.

Alex was a warm-hearted clinician, an open-minded administrator, a faithful friend. But most of all, he was a writer and a thinker. Many people gain worthwhile wisdom in the course of their lives and work, but few succeed in transmitting what they know to others who can carry on and build higher. Alex was one of the few.

Early on in the history of NADA, Alex saw how proper use of this then-new modality could do much to support the spiritual heart of addiction treatment. He offered his capacity for observation and analysis to create a body of written work to guide others in how to make NADA work for them in their particular environment. This had much to do with the rapid growth of NADA in the Nineties.



Jay Renaud

In 2010, Jay Renaud retired from positions as NADA Office Manager, founding editor of Guidepoints, and thirty years as an addictions counselor and addictions program administrator. To contact: jayrenaud84@gmail.com

July 2013



www.euro-nada-conference2013.at

Please disseminate this letter to the members of your national NADA association!

Dear Friends of NADA,

NADA Austria, one of Europe's newest NADA organizations, will host this year's Euro-NADA Conference on September 20. and 21. 2013, in Graz, the Styrian capital. We look forward to having you here to share with us lectures, panel discussions, video presentations – an exchange of ideas with NADA activists from all of Europe.

The conference, featuring 20 speakers from ten different countries (USA, Philippines, England, Norway, Denmark, Sweden, Germany, Switzerland, Hungary, Austria), will cover a wide range of NADA-topics: social psychiatry, detox programs, children with ADHD, the treatment of PTSD, addiction during pregnancy, a study on the sensitivity of the ears in newborns of addicted mothers –to mention a few.

Innovations

In two panels we will discuss changes, amendments and innovations of the NADA-protocol:

1. What will be our strategy in countries in which non-medical professionals are not allowed to penetrate the skin, even if they received a thorough NADA training? This is the case in Austria. Can beads (magnetic pearls) be an alternative?
2. Is it feasible to add music to the protocol, or to use moxibustion (like in Hungary)? There is one Austrian NADA group that complimented the protocol with background music. Michael Smith commented: „...any patients' choice in a popular acupuncture facility is worth listening to and perhaps contains special wisdom...“ We will discuss different kinds of music and will present a study, whether music may aid the process of empowerment.

Special guest

Michael Smith, founder of NADA, will deliver the keynote address.

Register now

At the same time as our conference, Graz is hosting a huge cultural festival – *Styrian autumn* – with more than 600 activities, which attracted 52,000 visitors last year. This is another reason to stay a day or so longer in Graz, and a serious reason to register early and book a hotel now. Late comers might have difficulties finding a hotel close to the conference activities.

Don't forget: There is an early-bird discount of 20 € until June 30!

Information and registration:

www.euro-nada-conference2013.at

*Next NADA U.S.
conference:*

MAY 29-31, 2014

NASHVILLE, TN

*at the
Scarritt
Bennett
Center*



*more info in the
September issue*

☞ *Reflections from Carol Taub*

I had the privilege of meeting Alex Brumbaugh when he and Ruth Ackerman were working to launch Project Recovery in Santa Barbara—I think it was the latter part of the 1980's. David Eisen and I went to Santa Barbara to train those planning to work in the program. David was always great at scoping out the trainees to determine who amongst them was “the real thing”. There was no question about Alex!



Carol Taub

When Alex spoke about recovery and transformation, it was with the intense focus and deep understanding of one who has been there. Later, Alex and I led trainings together. I recall one in Santa Fe, New Mexico—with only acupuncturists and acupuncture students in attendance. Acupuncturists tended to look for complex treatment approaches/needle protocols/techniques. The challenge was helping them to understand addiction and recovery. I could not have done this; I relied on Alex and watched as those being trained opened their hearts to connect with the 12 steps, with the Serenity prayer, and with the struggle of those recovering from addiction.

A completely unconnected anecdote—Alex was a great early adopter of technology. I was visiting him with my seven year old son and he said, “Want to see something cool?” He turned on his computer and said, “Let me show you the ‘world wide web!’” He was so excited about the possibilities of “connectivity”.

A great intellect, big heart, and humble spirit—I will miss him.

Carol Taub is a licensed acupuncturist and holds a Master's of Art in Teaching. She is the Dean of Academic and Student Affairs at the Oregon College of Oriental Medicine and past NADA president. To contact: ctaub@ocom.edu

Thank you to all who submitted reflections in honor of the life and work of Alex Brumbaugh. We will print a notification when Alex's new book, The Praxis of Recovery, is available in print.

CHANGES ON THE NADA BOARD

At every annual conference some board members reach the end of their term and yet others choose to step down. These endings create new beginnings for other NADA members to serve the organization.

This year in Denver, vice president, Cally Haber from Santa Cruz, CA, stepped down after serving a full term of 6 years. Three of those were in the position of vice president, and she also headed the nominating committee and participated on the training committee. Thank you for your service, Cally!

The former treasurer, Katurah Bryant of New Haven, CT, is the new vice president. Mary Renaud of Vancouver, WA, who also wears the hat of Registered Trainer (RT) representative to the board, is the new treasurer.

Other departures include Susana Mendez who has been NADA's training chair since 2010. Susana came on the board in 2008, elected as the RT representative by trainers. Thank you for your service, Susana! As of yet, this position has not been filled and NADA president Libby Stuyt is serving as the interim training chair. Don Himmelman and Esly Caldwell also left the board this spring. Himmelman led the by-laws committee and spearheaded an updating of the by-laws. Caldwell served as the secretary. The new secretary is Nityamo Lian of Albuquerque, NM, previously a member at large.

If you would like to serve on the board, please contact the NADA office at (888) 765-6232 or by email at nadaoffice@acudetox.com.

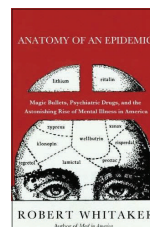
Interested in getting involved on a committee? The first meeting of the outreach committee is on July 17. Please contact the NADA office if you would like to join future meetings.

**Next NADA book club:
Sunday, September 29, 2013**

We will be discussing the book by 2011 NADA conference keynote speaker, Robert Whitaker:

Anatomy of an Epidemic

We are grateful that Robert Whitaker has agreed to join this call. We hope you do, too!



Contact the NADA office to
join the next book club:
nadaoffice@acudetox.com
(888) 765-6232

New Resource. A SUMMARY OF RESEARCH ON THE NADA PROTOCOL

Many of you have asked for a nicely designed and comprehensive summary of research of the NADA protocol which you can use in outreach efforts, to demonstrate that this treatment has a body of research substantiating it.

Acupuncturist, writer, and NADA trainer Ryan Bemis created just such a resource for NADA members and the public. It is beautifully designed (thank you to Igor Valdman of Brookline, MA), and available as a free download from our Resources page on our website (<http://www.acudetox.net/nada-resources/15-online-resources>).

The 11-page document has three sections - (1) a review of literature divided by themes: addiction, behavioral health, and cancer/blood disorders, (2) a diagram of the components of the NADA model, and (3) a robust reference section of literature cited in the earlier part of the document. If you would like to order a print version of this document, please contact the NADA office at nadaoffice@acudetox.com or by phone: (888) 765-6232.

In the public eye. STEVE REIMANN



Steve Reimann

I attended a St. Louis area Probation and Parole sponsored resource fair on June 4th. I offered to do some demonstrations and the person in charge was quite excited. I provided demos to 19 people (3 Missouri State Probation & Parole officers, 2 correction officers from a half way house, and the rest were from various community agencies, such as the Girl Scouts). The feedback was very good. I provided a lot of articles on the NADA protocol and some *Guidepoints* newsletters. I was exhausted (in a good way) after the day. I am looking forward to attending the Missouri Public Health Preparedness Conference on June 19th and 20th.

Steve Reimann is a member in St. Louis, MO who works as a certified substance abuse counselor and most recently started a NADA-based smoking cessation program. He can be reached at stevereimann@yahoo.com.

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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Dec 1 for January publication Feb 1 for March publication

Apr 1 for May publication Jun 1 for July publication

Aug 1 for Sept publication Oct 1 for Nov publication

Member advertising for all 6 issues (discounted rates):

Business card size: \$180

1/4 page: \$300

1/2 page (horizontal and vertical): \$750

Full page: \$1,350

We welcome letters to the editor in response to any story that we print. Please keep your response under 400 words and email it to nadaoffice@acudetox.com.



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In This Issue Jul/13:

Special Commemorative Issue:	
8 Reflections on the Work of Alex Brumbaugh	1-6, 8
2013 Euro-NADA conference ad	7
Changes on the NADA board	8
New Resource: Summary of Research	9
In the Public Eye: Steve Reimann	9
Clinical Corner: Are NADA Treatments Safe for Pregnant Women?	12

Clinical Corner: Are NADA Treatments Safe for Pregnant Women?

We are often asked this question at the NADA office. We recently asked a group of clinicians to weigh in on the topic and have two responses to share. The first is from physician and long-time NADA trainer in Germany, Ralph Raben. The second is from NADA founder, Michael Smith.

From Ralph Raben:

Dear colleagues, in the past we heard and read many times about suggested contraindications for different ear-points during pregnancy. I am a gynecologist and obstetrician and NADA-Trainer. I have practiced OB/GYN for 35 years, complementary medicine and acupuncture for 30 years, and have used the NADA protocol for about 20 years. The focus of our clinic is the treatment of drug addicted pregnant women.

The experience of our team: doctors, nurses and midwives, and the experience of other teams who also give acupuncture treatments to pregnant women every day is that there are no contraindications for the 5 points of the NADA-Protocol.

Pregnant women very often don't need 10 needles in a treatment, very often 6 (2 x 3) are enough. But there are no contraindications to give them 2 x 5 points (Shen Men, Sympathetic, Kidney, Liver and Lung).

From Michael Smith:

Friends, in addition to the answers already sent, there are other levels. There is no 'medical' contraindication. Since western medicine does not recognize acupuncture point identity, there is no logic to a contraindication.

That would mean any needling or ear piercing would not be allowed. From an acupuncture point of view, points near other points in ear acupuncture are not forbidden. It is only when you mix the two subjects together do the fantasies begin. The idea of contraindication belongs to western medicine and some westernized books which added phrases to sound modern and professional (and not minding, the anti-feminism).

Lincoln was given an award by the American Hospital Association in 1991 for our innovative pregnancy program (i.e., using acupuncture for cocaine). The AHA is quite cautious and conservative---I am sure lots of skeptics checked us out.