

GUIDEPOINTS:

News from NADA

May/June 2015

26TH ANNUAL CONFERENCE: Registration Materials Inside (pages 5 and 6)

Spirit of NADA **We Are Enough. I Am Enough.**

NADA founder, Michael Smith, stays in touch with many people he has met over the years in his work as “midwife to the soul.” One of them recently wrote him about her experiences with NADA. She wishes to remain anonymous.

Being with NADA has been a wonderful learning experience. I had a really rough time back in 2010, struggling with things like my self-worth, the resurfacing of past issues and the overwhelming hatred I had toward myself. The NADA protocol has been instrumental in helping me get out of that cesspit – that and my friends who had stood by me. Eventually I learned not to give in to the pain and the darkness that seemed to haunt me. A few months later, the opportunity to learn the protocol came up, and I’ve been with NADA ever since.

I admit back then that I wasn’t very much aware of how the protocol had affected me. I’ve had a hard time comprehending things, feeling and understanding them as they were. When I learned the NADA protocol, I discovered a new way – a new tool – to be able to help people, and, as I found out later, a way to also help myself – in the here and now.

It took me a long time before I understood that giving ear acu treatments was also a form of education, and a way to also help myself.

In every place that we went to, there was so much to learn from the people there. Like in this community that had experienced the destructive force of a typhoon, I learned about the strength of the human spirit in the face of adversity. People who could still laugh and be kind even though they had lost their homes, their families, the life

SPIRIT OF NADA continues on p. 7

Family Midwives in Germany Use NADA With Refugees *by Natascha Neben*

My name is Natascha and I am part of a family team with a social worker, two midwives and a nurse in Hamburg, Germany. We often work with refugees from around the world who are living in an environment which is overcrowded, and where addiction, mental health problems, poverty and violence are overwhelming. Our focus is on pregnant woman and families with children from newborns to 3-year-olds.



Ralph Raben and Natascha Neben at the NADA conference in Norway. Natascha will be a speaker at the upcoming conference in Cleveland.

Ralph Raben, the leader of NADA Germany and our trainer, gave us the safety to give beads to infants and needles or beads to the women even when they are pregnant. (See his story in November 2014 Guidepoints.)

We use magnetic beads on the baby from the first time we see them. Often in the first week of the child’s life, we can see that they are more relaxed and have less symptoms like screaming, sweating, fever and shivering because of the beads. The parents can handle them easier, and this is a wonderful base for building the parent-child relationship. To give the beginning of life a good start – and to offer young moms and dads the feeling that they can become wonderful parents – is great.

We used the beads with one young boy of 22 months who now comes to us each week and asks for the beads. His mother said that she can see the difference in his face and in how he acts with her.

In the work with refugees, we have noticed more
MIDWIVES continues on p. 10



26th Annual Conference **October 1-3**

Pre-conference Acu Detox Specialist Training **Sep 27 – Oct 3**

2015 Conference Schedule

| | |
|------------------------------------|--|
| Sun-Wed 9/27-9/30 | Acu Detox Specialist Training 30 CEUs applied for |
| Th 10/1 9 am-3 pm | Directors' and Administrators' Workshop with Michael Smith 5 CEUs applied for |
| Th 10/1 9 am-5 pm | Registered Trainers' Professional Day 5 CEUs applied for |
| Th 10/1 6-8 pm | Opening Reception |
| Fri 10/2 8:30 am | Registration |
| 9 am-6 pm | Plenary Sessions |
| 12:30-2 pm | Banquet Luncheon Video Contest Screening Lunch Keynote: Libby Stuyt |
| Sat 10/3 7:30-8:30 am | All Member Meeting Continental Breakfast Provided |
| 8:30 am – 4pm | Plenary Sessions |
| 12:30-2 pm | Lunch with Attendees From Your Region |
| 2-4 pm | Closing Plenary and Conferring of ADS Certificates of Training Completion 14 CEUs applied for |

Conference Keynote: Robert Whitaker

With his new book, *Psychiatry Under the Influence: Institutional Corruption, Social Injury, and Prescriptions for Reform*, Robert Whitaker continues to expand his investigation of the impact of American psychiatry on our society. His first appearance as a keynote speaker for NADA was in Kansas City in 2011, when he discussed *Anatomy of an Epidemic*, a book which won the best investigative journalism book award of 2010, given by the nonprofit, Investigative Reporters and Editors. He was also a finalist for the 1999 Pulitzer Prize for Public Service for a series of articles on psychiatric research published in the Boston Globe.

Both of his books will be available for sale at the conference.

3rd Annual Video Contest

On Friday, we will screen short films submitted for the video contest. See ad on p. 8 for more information about how to enter your film in the contest. The person with a winning submission will receive a free conference registration, \$300 toward travel expenses and two free nights at the InterContinental Hotel Cleveland.

Expanding Integrative Health – Bringing the Spirit of NADA to Ohio

In the last 13 years, Ohio has seen an increase of almost 1,000% in prescribed opiate doses per capita, and heroin deaths are on the rise. The NADA protocol is a well established, cost-effective and non-pharmaceutical intervention ideally poised to be implemented widely in hospital and community settings in Ohio and beyond.

Conference Highlights:

Budging State Laws: Mobilizing Our Voices for Change

Acupressure Beads and Seeds: Research Findings

Moms, Kids and Babies: Use of Acupuncture for Drug-Dependent Mothers

Reaching Out to the Underserved: The Rise of Free NADA Clinics

From British Columbia to New Brunswick: The *Spirit of NADA* Thrives in Canada

Integrative Health in Hospitals: NADA Ear Needling an Ideal Adjunct to Care

Conference Accommodations

InterContinental Hotel Cleveland, 9801 Carnegie Ave: \$139/night.

Single and double room rate available until August 27, 2015.

Call to make a reservation: (216) 707-4100.

Parking: \$18/day per car for valet, \$10/day per car for self-park.



Pre-conference Training

30 CEUs applied for – nurses, social workers, acupuncturists (including CA and FL) and addictions counselors

Directors' and Administrators' Workshop

*Facilitated by
Michael Smith*

*founding Chairperson of NADA and
retired medical director of Lincoln
Recovery Center*

*Thursday 10/1/2015
9 am-3 pm*

Workshop Purpose: to learn how to integrate acudetox into an addictions or behavioral health treatment program and maximize its benefits with a variety of client populations

Workshop discussion will focus on issues brought forth by group participants. Frequently asked questions include:

- What are common challenges programs face when introducing acudetox in their setting?
- What are the costs to running an acudetox program? Can it save our program money?
- How does acudetox help clients better engage and participate in treatment?

Earn an Acu Detox Specialist (ADS) Certificate of Training

Attend this pre-conference session as well as the 2-day conference (you must attend both to complete the training) and earn a certificate of completion in 7 days. This cost-effective and time-efficient ADS training and conference combination comes only once a year. Learn the simple ear needling technique and how to integrate it into addiction, behavioral health, and disaster response treatment settings. You will gain practical clinical experience at one or more local programs. **Register early – this event always sells out.**

Who can be trained?

Addiction and Behavioral Health Professionals: If you work in the addiction treatment, behavioral health or disaster response fields as a counselor, social worker, nurse, corrections officer, psychologist, medical doctor, case manager, mentor, etc., you may be able to add acudetox to your skill base. Many states have specialized exemptions that allow non-acupuncture professionals to learn and utilize the ear acupuncture protocol. NADA has documented the following states and Canadian provinces as allowing some type of ADS practice: Arizona, Arkansas, Colorado, Connecticut, Delaware, Georgia, Indiana, Louisiana, Maryland, Michigan, Missouri, New Mexico, New York, Ohio, South Carolina, Tennessee, Texas, Vermont, Virginia, Washington, Native American reservations, Nova Scotia, Ontario and Prince Edward Island. Check your state laws and regulations for more specific information as each state and province is different.

Ohio: Only registered nurses, physicians and acupuncturists are eligible to practice the NADA protocol.

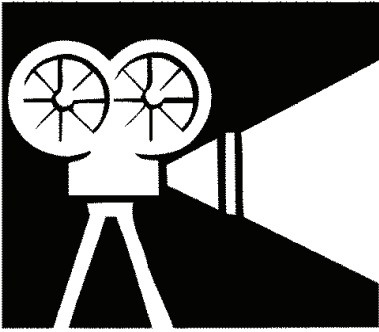
Licensed Acupuncturists: Join in the exciting integration of Chinese medicine within a traditional Western addiction and behavioral health setting. Become an advocate for the NADA protocol in the treatment of addiction, mental health and trauma.

Training Schedule

Trainees participate in a 5-day intensive training that begins on Sunday 9/27 and ends on Thursday 10/1, followed by the 2-day conference. The training interweaves the theory and application of acudetox along with a clinical practicum. Hands-on experience is available by providing acudetox treatments to each other as well as to clients served by local programs. Trainees are required to participate in both days of the conference to earn a certificate of completion at the end of the 2nd day of the conference (Saturday, October 3).

Travel and Accommodations

Accommodations will be available at the InterContinental Cleveland for \$139/night, or at a hotel of your own choosing. Trainees are responsible for transportation, lodging and food throughout the training period, although there may be organized carpooling to and from the training site each day. The NADA office can also assist in pairing up trainees for room sharing at the hotel. Please contact the office at (888) 765-6232 to request this service.



3rd Annual Video Contest !!

Enter to win a **free conference registration, hotel accommodations and \$300 toward travel expenses** for the 2015 NADA Conference in Cleveland, Ohio.

How to enter: Create a short film (up to 3 minutes) sharing your story or perspective on the use of NADA in integrative health. We welcome films that include work with needles and/or acupressure beads and seeds. We hope to see many different populations and contexts that experience the NADA protocol featured in your submissions.

Upload your film to YouTube. The title should contain your name and the words "NADA 2015 Video Contest." You are welcome to customize the rest of the title with the subject matter of your film. Submit your YouTube link with the subject line "NADA 2015 Video Contest" to nadaoffice@acudetox.com. The winning film will be featured at the conference luncheon and available for viewing on the NADA website thereafter.

Guidelines: Original content, not copied in whole or part from another work. Do not submit a film that has been used elsewhere. Your film must contain no profanity, hate speech or other offensive material. Avoid violating copyright laws or using brand names other than NADA in your film.

Selection Criteria: The conference planning committee will select the winning film based on inspiration, creativity and demonstration of the conference theme.

The deadline to submit a film is Aug 28, 2015.



Ear Seeds



Ear Press Tacks



Cupping Sets



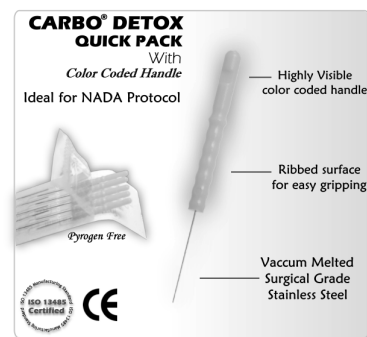
Cluster Pack



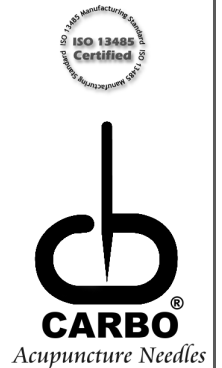
Easy 5 Pack



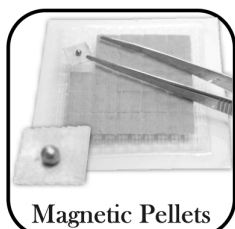
Detox Pack



- Hi Tensile Surgical Grade U.S. Stainless Steel
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- Detox Pack - Ideal for NADA protocol



Models



Magnetic Pellets



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26TH ANNUAL CONFERENCE IN CLEVELAND, OHIO

Oct 1-3, 2015

REGISTRATION FORM

Early registration closes: 8/28/2015

| Pre-registration (before 5 pm Aug 28, 2015) | 2-day conference Oct 1-3, 2015 | NADA Full ADS Training + 2-day conference Sep 27-Oct 3, 2015 | Directors' and Administrators' Workshop Oct 1, 2015 |
|--|-----------------------------------|--|---|
| Current Member* | \$265 | \$650 | \$150 (\$50 if Conf Registrant) |
| Non-member | \$330 | \$715 | \$150 (\$50 if Conf Registrant) |
| Student (<i>must provide student ID</i>) | \$200 | \$500 | \$150 (\$50 if Conf Registrant) |
| After 8/28/2015 and at-door prices | | | |
| Current Member | \$300 | Pre-register only | \$200 (\$75 if Conf Registrant) |
| Non-member | \$365 | Pre-register only | \$200 (\$75 if Conf Registrant) |
| Student | \$230 | Pre-register only | \$200 (\$75 if Conf Registrant) |

* Member rate available to persons who are current with their NADA dues or who renew their membership on this form.

PLEASE MAKE YOUR REGISTRATION SELECTIONS HERE:

NADA Annual Conference :: Oct 1-3 \$ _____

 ADS Training + 2-day conference :: Sep 27- Oct 3
 (includes the Directors' and Administrators' Workshop) \$ _____

 Directors' and Administrators' Workshop :: Oct 1
 (included in cost of ADS Training) \$ _____

 Renewal member dues
 (\$65 or \$40 with proof of student status) \$ _____

Advertising/Exhibiting total (total on reverse side) \$ _____

Donate to our pre-conference scholarship fund \$ _____

**We will publish your name in the program
as a conference patron**

TOTAL DUE (in U.S. funds only) \$ _____

to be paid by ☐ Visa ☐ MC ☐ Disc ☐ Check/Money Order

International Registrant?

[Register online](#) and receive 20% off of your registration fee (does not include the advertising options on reverse side).

Cancellation Policy:

Cancellations received before 5pm on 8/28/2015 are eligible for a refund less a \$50 processing fee. No refunds issued after 8/28/2015.

Mail form and payment to:

NADA, PO Box 1066, Laramie WY 82073
Fax: (573) 777-9956

Questions?

(888) 765-6232
nadaoffice@acudetox.com

| | | | | |
|---|----------------|--|------------------------------------|-----------------------|
| First Name | | M.I. | Last Name | |
| Organization (If applicable) | | | Title/Job Position (if applicable) | |
| Street Address or P. O. Box (please circle: Home/Work) | | | | |
| City | State/Province | | Zip/Postal Code | Country |
| Day Phone | Cell Phone | | Email | |
| Credit Card (Visa, MC, Discover) | | | Exp. Date | 3-digit security code |
| Name on card (if different) | | Credit Card Billing Address (if different) | | |
| I confirm my registration as indicated above - Signature required | | | | |

EXPANDING INTEGRATIVE HEALTH – BRINGING THE SPIRIT OF NADA TO OHIO

2015 Member Advertising Rates October 2-3, 2015

At each year's conference we create opportunities for exhibitors, advertisers and sponsors to support the mission of NADA by advertising their products, programs and services at the 2-day conference. Below are the discounted rates for NADA members for exhibiting and advertising. We have also listed the sponsorship opportunities which are the same price for members and non-members. The deadline to sign up as an exhibitor, advertiser or sponsor is August 28, 2015.

Make your selection below

Exhibitors: One unit of exhibit space (6' table) ☐ **\$465**
Includes one 2-day conference registration and CEU credit eligibility

Advertising in the Conference Program (all ads are printed b/w)

Inside full page ad: 7.25" x 9.75" ☐ **\$350**
Inside ½ page ad: horizontal 7.25" x 4.75" ☐ **\$180**
Inside ½ page ad: vertical 3.5" x 9.75" ☐ **\$180**
Inside ¼ page ad: 3.75" x 4.75" ☐ **\$100**
Business card size ad: 3.5" x 2" ☐ **\$65**
Literature/brochure insert in registration packet ☐ **\$150**

Sponsorship Opportunities

Banquet Dinner on Friday, Oct 2 ☐ **\$1,500**

This event usually draws 200 conference registrants. We will screen the finalists and winner of the 3rd annual video contest and give out our annual NADA awards. This will also provide an invaluable opportunity for networking and connecting. For the banquet sponsor, we prominently place the name of the sponsor on the speaker's podium. We can include a brochure or lit insert into the registration packet.

Refreshment Breaks ☐ **\$500**

There are three breaks throughout the 2-day conference. We will prominently display the name of the break sponsor during the break. If you have promotional items like pens, bags or other merchandise, we can distribute it during the break. We can include a brochure or lit insert in the registration packet.

Scholarship for the Acu Detox Specialist Training ☐ **\$715**

As a training scholarship sponsor, your support will be announced during the ceremony when NADA trainers confer the certificates of training completion on Saturday, Oct 3. You will be listed in the conference program, and we can include a brochure or lit insert into the registration packet.

ENTER TOTAL ON REGISTRATION FORM \$ _____
(reverse side)

SPIRIT OF NADA continued from p. 1

they had known before. And in a rehab facility, I learned more about openness and trust that were apparent in the way it was run, in the way the boys and girls related with each other and with us. They seemed to share their experiences with no attempts to deceive or to lie, just saying things as they were.

In settings like the prison or detention camp or in the areas set aside for community clinics, the lessons are just as varied and just as strong. The people don't have to talk about these things; it shows in their actions during or after – especially after – the treatment.

And always, always, I'm humbled by the strength of their spirit, and by the bits of wisdom they share with us. One of the things that had stuck with me during the NADA training was how we are enough, just as we are, and that the needles don't make us better, but that they assist us in regaining our potential that may have been lost due to a disaster, illness or trauma. This I saw in every place I went to. We are enough. I am enough.

I learned along the way the importance of listening and of mutual trust. Listening to the peoples' words, yes, but also being attentive to their nonverbal cues, to how they responded, how they reacted. I think that's one of the surest ways to earn a person's trust. I believe that only when one is open to the possibilities can one fully enjoy the benefits of the treatment.

This goes both ways (and yes, I am ashamed that it had taken me a while to learn this) because the person must trust you and you must trust them as well. The most wonderful things can come out of this open bridge that you have set up between yourself and the patient.

I also realized how important it is to let nature run its course. It's an extension of the trust, I think. You don't try to pre-empt the effects, you just advise them to listen to their bodies. The body knows what it needs. It's a form of letting go, as was mentioned in Dr. Michael Smith's article, Spirituality and the Serenity Prayer. [*This essay is published in Nature of Qi, 2nd ed.*]

This article appeared to me just when I needed it. When I got to the part where it said that your body forgives you and it has been forgiving you for 20 years, I cried. It still makes me cry thinking about it. I used to cut myself because I had all this pain inside me and I wanted to see it manifest physically. But one day, I realized that my body hadn't done anything wrong to me. That it was trying its best to keep me alive, and so there was no reason that I should hurt it, no reason that I should punish it. So I

stopped cutting myself.

The other night, a friend asked me if I could give her an acu treatment that night. She just had a terrible day. This is the same friend who I have been giving treatments to on and off for the past two years, and the one who I had been worried about because there were times when she seemed to be teetering over the edge. It used to be that when we had problems, we would resort to drinking to blur the pain, and it was a pleasant surprise that now she chose instead to have a treatment.

I am so grateful that I have learned NADA because I can be of some help to the people I care about. I can see it for myself how this was helping her, and I guess the very fact that she asks for it again and again says a lot. And the morning after, she told me that she felt good upon waking up, and, to my surprise so did I, even if I didn't get the treatment myself. It was like in giving her ear acupuncture, its effect also extended to me, and it kind of summarizes what NADA has been to me.

I have learned – and I am continuing to learn – a lot about people, about life because of NADA. And seeing the way that people live their lives in service to others, helping them help themselves, it's already a magnificent lesson in itself.

Sublime, I daresay. ☺

Michael Smith wrote the following to the letter's

author: *A gifted writer creates an article for herself, true to private feelings and spirit. Every writer is challenged to write, to create, another version(s) to communicate to a wider audience. You do this easily – and with confidence and grace. Few people do this well. I am pleased to have my article mentioned in this exemplary version which speaks to my insight in a wiser and better context.*

To order your copy of Nature of Qi, 2nd edition:

Visit the Bookstore page on the NADA website or place an order over the phone with the NADA office by calling (888) 765-6232.

GUIDEQUOTE

“There are many things that can only be seen through eyes that have cried.”

-- Archbishop Oscar Romero of El Salvador, who was martyred March 24, 1980

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- High visibility orange plastic handle



| BODY LENGTH ▶ COLOR CODE ▼ | Gauge or Diameter | x0.28" (7mm) | x0.5" (13mm) |
|-------------------------------|------------------------|-----------------|-----------------|
| Blue | #36 0.008" (0.20mm) | ACD 36025 | ACD 36050 |

D Series \$21.50 per box of 500 needles



Aculux AU5 Series Classic Cluster Pack

CE 0123

- 5 needles enclosed per
guide tube
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paper for easy peeling
- Non-tarnishing aluminium
alloy spring handle
- Low cost per needle
- Easy-to-detach
perforations
- 5 blister packs per flat
- 20 flats per box



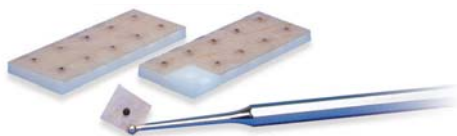
| BODY LENGTH ▶ COLOR CODE ▼ | Gauge or Diameter | 0.5" (13mm) | 1.0" (25mm) |
|-------------------------------|------------------------|----------------|----------------|
| Ivory | #38 0.007" (0.18mm) | AU 1813 | AU 1825 |
| Blue | #36 0.008" (0.20mm) | AU 2013 | AU 2025 |
| Pink | #34 0.009" (0.22mm) | AU 2213 | AU 2225 |
| Purple | #32 0.01" (0.25mm) | AU 2513 | AU 2525 |

AU5 Series from \$15.95 per box of 500 needles



All measurements are approximate

Carbo Ear Seeds



These processed Vaccaria Seeds are adhered to skin tone Hypoallergenic 3M surgical tape.

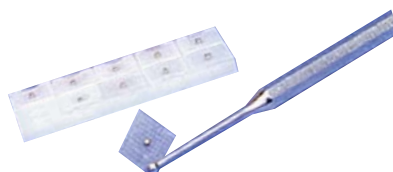
- Easy to peel and apply

4CES01 \$4.50 per box of 100 seeds

Magnetic Ear Pellets

Gold-plated 100 gauss magnetic pellets with random magnetic pole orientation. 0.07" (1.7mm) in diameter with clear surgical tape.

- 10 pellets on a plastic carrier



4ES05 \$5.00 per box of 100 pellets

Sakamura Ion Pellets



Available in 24k gold or silver plated 0.05" (1.2mm) alloy pellets. Each Sakamura ion pellet comes affixed to a clear, round 0.28" (7mm) hypo-allergenic band aid tape.

Silver Sedate

4ES03 \$12.50 per pack of 300 pellets

Gold Tonify

4ES04 \$13.50 per pack of 300 pellets

Angled, Straight & Dual Head Probes

Made of stainless steel. 6" long octagonal shaped handle with 0.12" (3mm) diameter ball shaped tip for inducing sensation and pressuring treatment points.

Angled tip
4TDP02

4TDP01 \$7.99 - Straight tip

4TDP02 \$7.99 - Angled tip

Straight tip
4TDP01

The dual head probe is an amalgamation of our highly popular straight & angled tip probes with both an angled and straight head combined in one instrument. 6½" long.

Dual head
4TDP10

4TDP10 \$9.99 - Dual head

Magnetic Needle Pickup

If you have ever dropped needles in awkward dark places this may be for you. It is a telescopic portable device with a magnetic tip. Detox organizations now use them routinely for collecting needles from inaccessible places.

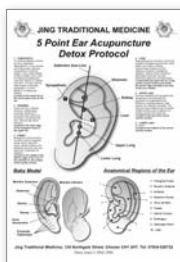


4EA325 \$6.50

Jing Traditional Medicine Chart

This chart is specifically designed for use when treating or training with auricular acupuncture.

- A4 size – 8¼" x 11¾" (21 x 29.7cms)



4BC115

4BC115 \$5.00 A4

Auricular Points Chart

This chart folds into a 12"x15" jacket. Included on the chart is a reference table detailing the points.

- Poster opens to 24" x 28"

4BC107



4BC107 \$15.00

Acurea Ear Model

Ideal for acudetox ear training, this large ACUREA ear model is made of high-quality silicone.



AEM01 \$24.00

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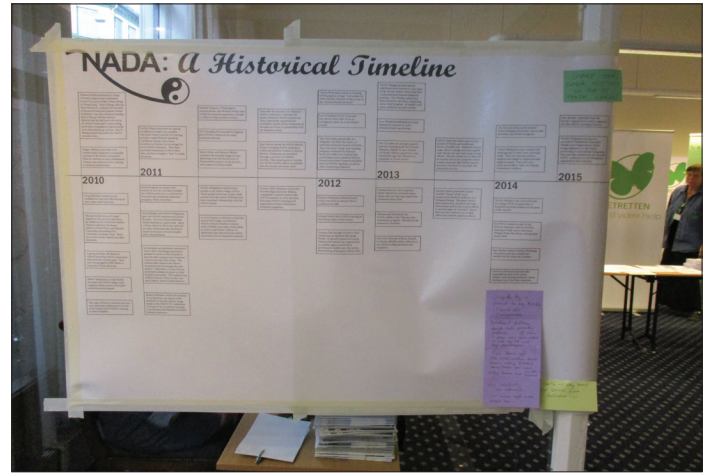
tel: 1-408-440-1855 or 1-800-937-9614 email: monika@acureausa.com web: www.acureausa.com

Orders will be processed and shipped on the same day if order is placed before 3pm Pacific Standard Time.

TOOLS FOR HOPE

Pictures from the 2015 NADA Euro Conference in Oslo, Norway May 30-31, 2015

Photos by Sara Bursac



NADA's founder, Michael Smith, wrote a year-by-year historical timeline of the development of NADA, from the early 1970s to present day. In photo on left, Egil from Retretten and Sara Bursac from NADA U.S. hang the timeline in a corridor at Retretten, the acclaimed Norwegian day treatment program founded by Rita Nilsen, leader of NADA Norway. The timeline was a gift to NADA Norway and will remain on the wall for all clients, staff and visitors to see. The timeline was also at the conference venue (photo on right) and attendees added their own NADA historical events.



Rita Nilsen honors Michael Smith as the founder of NADA and as being responsible for its spread worldwide. *Photo by Knut Vadseth.*



Michael Smith and NADA U.S. president, Libby Stuyt, connect on a lunch break.



Trish Cathcart from Northern Ireland presents about her work bringing NADA to all of the prisons in N. Ireland. Cathcart will be presenting at the annual conference in Cleveland. (Lars Wiinblad of NADA Denmark in the background.)



Sara Bursac, NADA's executive director, with Moncef Aloui, founder of NADA Tunisia, the newest NADA organization. He was a last-minute addition as a speaker on the conference program. Aloui shared about the importance of NADA for Tunisia's youth. He gave NADA U.S. a beautiful tapestry which we will bring to Cleveland. See more about NADA Tunisia on our Facebook page.

***Next NADA Euro Conference: September 2016
Budapest, Hungary!***

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www.acupuncturecouncil.com



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Coverage underwritten by Allied Professionals Insurance Company, a Risk Retention Group, Inc.

0712 NADA

MIDWIVES continued from p. 1

cooperation due to the NADA protocol. This is great because we work with women from all over who are victims of trauma. Before we had NADA acupuncture, there was more fear and nervousness among the mothers every Monday morning. Now we have a nice breakfast meeting, and anyone who would like to have needles or beads gets them. People sit in the group with or without needles. Sometimes husbands are with them and, of course, their children are there.

Patients mostly say that after the acupuncture they are more relaxed and they sleep better. There is less circling of thoughts and less feeling distressed. One woman who suffers from depression told us that she is sleeping better and is more friendly with her baby.

I'm really glad that I can use this wonderful easy practice of the NADA acupuncture each week with my family team and also when we visit the families in their homes. I wish that more midwives can use it for their clients.

I had seen so many people with huge problems, and I thought: What can I do? And then I used the NADA protocol – it works! We all have this one world in common, and we can use NADA to make it a better place. Thank you, Ralph, and thank you, Mike Smith, and all others who have shared this practice with us.

To contact: nataschaneben@arcor.de ☞

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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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Contact:

NADA, PO Box 1066, Laramie, WY 82073.

Phone: (888) 765-NADA.

Office email: NADAOoffice@acudetox.com.

Membership questions: membership@acudetox.com.

President: Elizabeth "Libby" Stuyt: libbystuyt@msn.com.

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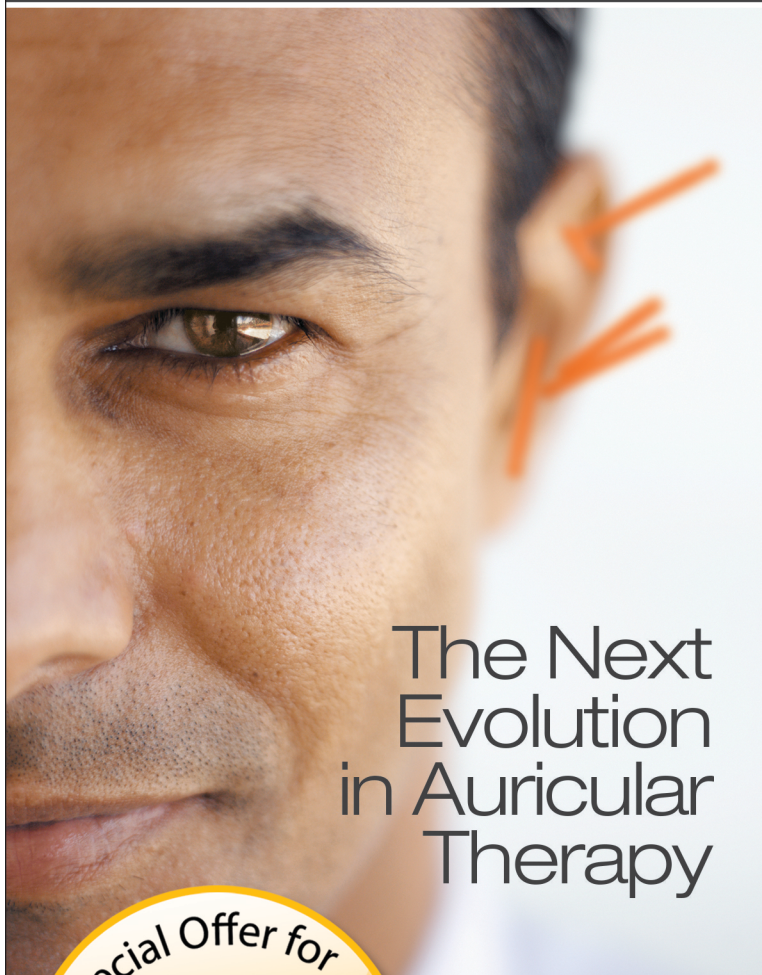
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Remembering Robert “Bob” Olander: *“A Public Health Genius” by Pat Culliton*

Bob Olander, a leading participant in the research and clinical implementation of acupuncture for addictions and mental health, has passed away. He was the former director of adult services for Hennepin County, Minnesota. He died in early April after a short battle with cancer. He left behind his wife and daughter – and thousands of people he touched with his daring and innovative programming in addiction treatment.

“Bob is the person who made the famous ‘Bullock studies’ of the ‘80s come to fruition,” said Pat Culliton, a co-author of those studies. Culliton remembers: “After months of being told, no thanks, by almost every addiction program in Minnesota, Bob said ‘let me get this straight, you insert needles in peoples’ ears and it lessens their detox symptoms and potentially affects relapse? Well, I don’t care if you put peppermint sticks in their ears. If it is safe and it alleviates suffering, let’s give this a try.”

He went on to fund and co-author several studies on the use of acupuncture in the treatment of chronic alcoholism and cocaine use and implemented acudetox services in over 50 treatment programs in Minnesota. In 1983, the Hennepin Medical Society tried to discontinue the research on the ear acupuncture. It was Bob’s strength and commitment that overcame that attempt allowing the

research to continue. After the first of the studies was published, many acupuncture adherents across the country were able to use that data to establish clinical programs.

“I knew Bob at Pilot City when he was on the other side of service delivery. He made an amazing accomplishment to move himself forward, and he never forgot to be client-centered. He is greatly missed for his focus and courage,” wrote Sy Gross, senior clinical psychologist at Hennepin County Mental Health Center.

Bob did not limit his innovative spirit to NADA. He developed some of the first gender- and ethnic-specific addiction treatment programming in the United States which has been used nationally and internationally.

When Bob retired, the Governor of Minnesota declared “Bob Olander Day” and hundreds of people turned out to celebrate the impact he had on their lives. Ellen Benavides, former assistant commissioner for the Minnesota Department of Health, wrote in his obituary’s guestbook: “He made space for so many people in so many sectors to use common sense and ‘magic’ to make the world a better place. Our world just lost a brightly burning light and beacon for social justice!” 🌟