

ICAOM EAR ACUPUNCTURE CLINIC

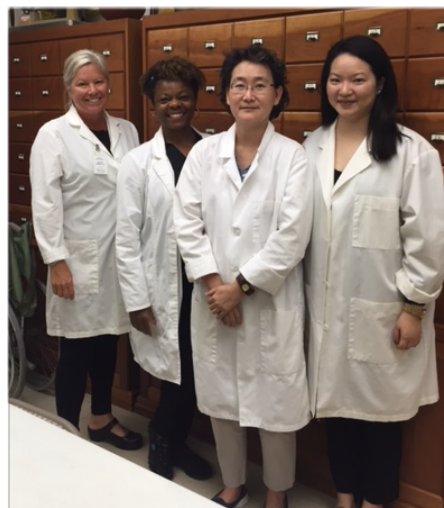
PATIENT INSTRUCTIONS

Ear Acupuncture

The ear is widely used and effective microcosm of the entire body. The nerves in the skin underlying specific areas of the external ear correspond to specific parts of the brain, which has reflex connections to the body. And so, treating the ear with acupuncture stimulates the brain, and in turn, the corresponding physical, physiological and psycho-emotional problems of the body. When an ear acupuncture point is “active” it expresses as increased tenderness on stimulation and a higher electrical conductivity. This indicates pathology in the corresponding body tissue or function, and makes ear acupuncture a useful form of assessing and dealing with ailments. There are no side-effects and anyone with any health conditions can receive the treatment. However, there might be points which are contraindicated. PLEASE LET US KNOW IF YOU ARE PREGNANT OR TAKING ANY BLOOD THINNER, OR OTHER MEDICATIONS.

What Will I Feel?

You may feel a slight prickly sensation as the sterile and disposable needles are inserted just a millimeter or two into the surface of the ear. Any discomfort should disappear immediately. If you continue to feel any sort of discomfort, raise your hand or notify the practitioner, and the needles can be removed or adjusted. After the needles are inserted you may feel a relaxing and refreshing effect, warmth, throbbing or electrical sensations from the needles. All of these sensations are normal. You may feel sleepy and may even take a nap. After your treatment you may feel rejuvenated, refreshed and relaxed. Note that repeated treatments often have a cumulative and more lasting effect.



The Team

What Happens in the Treatment?

- Treatment is provided on a first-come, first-serve basis
- Turn off your cell phone
- Try to eat before your treatment. When possible have no coffee, cigarettes, or heavy meals about 1 hour before and after treatment.
- Please use the restroom before treatment. You will not be allowed to leave the room with needles in your ears or any part of your body. If you need to go, we will terminate your treatment.
- Before the needles are inserted the practitioner will use alcohol to clean the outside of your ear.
- If you have long hair, please move it away from your ears.
- Please enjoy a cup of our relaxation tea during your treatment.
- If any needles should fall out during the treatment, please notify the practitioner. DO NOT TOUCH ANY NEEDLES.
- You will receive between a 30 to 40 minute treatment. Please plan accordingly.
- Occasionally, a point will bleed when the needle is removed. The practitioner will press a dry cotton ball to the site for thirty seconds.

- Treatment may also stimulate the release of emotions for some people. It is important to acknowledge these feelings as part of the healing and recovery process.
- If you need the practitioner's attention, raise your hand.
- Please respect the quiet of the room.
- After your needles are removed, should you wish, ask your practitioners for ears seeds.

The NADA Points

Common to all of the protocols used in our clinic to treat stress to concentration loss to addiction is the NADA protocol. The NADA 5 points were chosen based on clinical indications as well as lower electrical resistance and pain sensitivity. All 5 points balances the body's energy and assist the body's healing process. These 5 points are 1) the sympathetic nervous system, 2) Shen Men, 3) Kidney, 4) Liver, and 5) the Lung point.

Here's more information on each point:

Sympathetic: This point balances the sympathetic (fight or flight) and parasympathetic (rest and digest) nervous systems. It has strong pain relieving effects upon internal organs and it dilates blood vessels.

Shen Men: Shen Men in Chinese means "spirit gate". This point helps to alleviate anxiety and nervousness, and produces a calming effect.

Kidney: The Kidney in Chinese medicine is associated with growth, development, reproduction and the aging process. It is believed to store the source of energy and essence or "Jing". It is associated with fear, will power and rebirth.

Liver: In Chinese medicine, the Liver is associated with resolving anger and aggression, and with keeping both emotions and the body's systems moving smoothly.

Lung: In addition to respiration, the Lung is also involved in immunity and protecting the body from disease. The Lung is associated with the grieving process and letting go.



The Relaxation Tea

See how 5 little needles in each ear can help reduce stress in the *Acupuncturists Without Borders* video from the 2014 Hawaii lava flow relief effort in Pahoehoe. <https://www.youtube.com/watch?v=5dqhzVgVbEQ>

Is This Clinic Really Free?

This is the only donation-based community ear acupuncture clinic in town. It is run on an extremely low budget and is funded by student tuition and donations. By combining many treatments in one session, costs are kept low and more people can enjoy the power of acupuncture. Please help us to continue to offer our free service by making a donation of \$10 for each treatment. However, this is a free clinic and you will not be turned away for lack of funds.

ICAOM Ear Acupuncture Clinic

- Treating stress, anxiety, concentration and memory loss, fatigue, depression, difficulty sleeping, addiction (drug, alcohol, nicotine).
- No appointment needed
- Suggested donation \$10
- Come enjoy a cup of herbal tea!

CHINATOWN CULTURAL PLAZA
INSTITUTE OF CLINICAL ACUPUNCTURE & ORIENTAL MEDICINE
100 N. BERETANIA STREET, SUITE 203B
P: 808.521.2288
www.orientalmedicine.edu/ear-clinic