

What is Acudetox?

by Southeast Health Group

Southeast Health Group recently trained several of its clinical staff in a procedure called “acudetox,” a technique using hair-thin acupuncture needles to stimulate five points around the ear. The technique has been used in a variety of settings, including addictions treatment, psychiatric/mental health centers, prisons, disaster relief, refugee settings, and in pastoral care.

“We have seen a lot of positive results from the use of Acudetox,” said Laura DiPrince, Deputy Chief of Clinical Operations. “Most people find it very calming and relaxing. It has been shown to help reduce cravings for people who are trying to quit smoking, and those in recovery from drug and alcohol addictions.”

According to the National Acupuncture Detoxification Association (NADA), the practice of acudetox was developed in New York State in the 1970’s. The technique has several different names: acupuncture detoxification, acudetox, the five-point protocol, five-needle protocol,



and auriculotherapy. The NADA US organization, established in 1985 to provide training and education in the



technique, estimates that over 25,000 providers worldwide have been trained in the procedure.

“It takes about 2 minutes to set the acupuncture needles, and then people can sit and relax in a quiet room for 20 or 30 minutes,” said DiPrince. “People like the fact that it is a non-verbal, medication-free addition to treatment.” The research behind the method shows significant benefit to people experiencing stress, pain, substance addiction, insomnia and depression. Southeast Health Group charges \$20 for each session, and an appointment is necessary.

For more information about acudetox, call Southeast Health Group at 1-800-511-5446.