

# HEALTH REPORT

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## **DOCTOR'S FORTUNATE ACUPUNCTURE DISCOVERY AIDS SUBSTANCE ABUSE PATIENTS TODAY!**

An accidental discovery regarding the effectiveness of Acupuncture can have a profound effect today on persons who are working to beat addictions to any number of harmful substances.

It happened one day in early 1970 in China. H.L Wen, MD, at that time the only neurosurgeon in all of South China and Hong Kong, was preparing a patient for surgery. He was in the process of using Electro-Acupuncture as a surgical analgesia. The patient, who had been experiencing withdrawal symptoms from opium at the time, reported that his symptoms had disappeared.

Dr. Wen immediately cancelled the surgery and went scouting around the hospital for other patients on substance withdrawal. He found some and duplicated his pre-op procedures on them. Their symptoms also ceased, and the use of Acupuncture as a tool in treating modern substance abuse was born.

According to Chinese tradition, placing Acupuncture needles in the ear affects specific organs such as the liver and kidneys. Western science has confirmed that Acupuncture treatments change levels of chemicals in the body and act on the nervous system. Acupuncture itself is not a substitute for therapy but is used in addition to counseling and self-help programs.

What Acupuncture does for detoxification is this: (1) it reduces the physical symptoms of withdrawal, (2) it relieves anxiety, insomnia and depression, and (3) it profoundly relieves withdrawal symptoms including cravings, body aches, headache, nausea, sweating and muscle cramps.

Five tiny needles are usually placed in each ear corresponding to specific organs including the lungs, liver, kidneys and nervous system. Relaxation often occurs with the triggering of natural body chemicals including endorphins, which help reduce cravings for drugs and ease withdrawal symptoms.

Treatment usually involves daily Acupuncture for the first two weeks, followed by three treatments per week for several weeks and then cut down to two per week for several weeks to follow. Final treatments are received one time per week. If a relapse occurs or something stressful happens, more treatments are recommended.

Many fortunate victims in a variety of programs have Dr. Wen to thank for his observational skills which led to an expanded use of Acupuncture to help them through substance abuse withdrawal.

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## ACUPUNCTURE HELPS ADDICTS STICK TO RECOVERY

People trying to move away from addictions to drugs and alcohol face a very difficult task. However, by adding Acupuncture to detoxification treatment, many are learning that it is easier to stick with their program and find the successful road out.

One such success came out of a one-year study conducted in Portland, Oregon, where individuals received Acupuncture as part of their recovery. In that program, people who received Acupuncture detoxification treatment were two times more likely to continue their rehabilitation therapy than those not getting it.

In this same study, more than 70% of people treated with Acupuncture successfully completed detoxification, compared with only 50% of those who did not receive the treatment. For those detoxifying from alcohol only, the success rate was 90%. Recidivism (tendency to relapse) was reduced to only 5%.

A similar blind study of chronic alcoholics in Hennepin County, Minnesota had far better results among the Acupuncture group. Here, 37% of the treatment group receiving Acupuncture completed the program while only 7.4% of the control group made it.

One person who received Acupuncture as part of his recovery program had this to report: "I have enjoyed what I believe to be reasonable success after 21 sessions within a four-week period with a weekly follow-up of one session per week ever since. My alcoholic compulsion is markedly reduced with the side benefit of elevated vigor and more energy from day to day.

"I literally do not have the compulsion or craving. An occasional thought of drinking passes by with no pangs or lingering thoughts. I've read about a doctor who said that the only necessary proof of Acupuncture's worth was the very fact that it worked. Period. It just works."