

Acupuncture

Many people have found relief from addictions, cravings, and urges through the use of acupuncture (TCM or Traditional Chinese Medicine). It can be used to treat addictions to alcohol, substances, gambling, porn, food, smoking, etc. It can be used to overcome the withdrawal symptoms you will be faced with during your recovery journey.

Acupuncture for addictions typically involves inserting very thin needles shallowly into the ear. Most find very little discomfort because the needle is so thin. Acupuncture is based on ancient Chinese medicine which taps into our meridians. It is intended to realign our meridians.

TCM takes a holistic approach to treating addictions, meaning, it focuses on not only the physical symptoms of withdrawal, but also on the emotional, mental, and spiritual problems associated with addictions.

Most people develop an unhealthy behaviour because they are already experiencing some form of emotional struggle or mental health issue. When the unhealthy behaviour is taken away, those feelings come up to the surface again, demanding our attention. For many, the anxiety and depression they face when they quit their unhealthy behaviour can become overwhelming.

Many avoid recovery programs because they are not ready to talk about their trauma that is causing the unhealthy behaviour. Acupuncture treatment can be very helpful for anxiety and depression, without having to delve into the conversations about your trauma.

TCM treatment works on many levels:

1. **Detox** – acupuncture can help remove toxic substances from the body to improve mental and physical health.
2. **Cravings** – the use of auricular acupuncture and applying pressure to acupressure points on the head and ears can be very effective in dealing with cravings (EFT Tapping Exercise).
3. **Withdrawal** – acupuncture has been clinically proven to help with withdrawal symptoms especially with opioids, heroin, and it can help prevent relapses.
4. **Mental Health** – people who were treated with acupuncture reported that they were more confident in their ability to quit. Acupuncture helps relieve anxiety and the negative effects of stress.
5. **Sleep** – when people quit their addiction, most report that they have difficulty with sleeping and that they suffer from insomnia and restlessness. Acupuncture is an excellent modality for helping people to relax and experience deeper, higher quality sleep.

The image to the right displays the various acupuncture points of the ear that are used to treat different issues. Acupuncture has also been proven to be beneficial in the treatment of mental disorders like bi-polar II, BPD, ADHD, etc. Consult with your local acupuncture specialist to find out more. Acupuncture is typically very inexpensive and many insurance/health plans will recognize the benefits and offer coverage.

