Acupuncture and Other Integrative Therapies for Acute and Sustained Recovery

Brief Substance Misuse Presentations: National Health Care for the Homeless
May, 2019 Washington, D.C.

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Zevin, MD : NHCHC 2013- Neurobiology of Pain Treatments

- Topical Therapy
- Physical activity and Exercise
- Acupuncture
- Psychotherapy
- Placebo
- Nocebo

- Pain Education
- Mindfulness
- Homeopathy
- Depression Treatment
- Spiritual Approaches
- Refugee Recovery
Pain Management via Acupuncture

This may be one of the most significant public health, prevention tools.

Global Views

Acupuncture’s Role in Solving the Opioid Epidemic: Evidence, Cost-Effectiveness, and Care Availability for Acupuncture as a Primary, Non-Pharmacologic Method for Pain Relief and Management—White Paper 2017

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ABSTRACT

The United States U.S.) is facing a national opioid epidemic and medical systems are in need of nonpharmacological strategies that can be employed to decrease the public’s rapid dependence. Acupuncture has emerged as a powerful, evidence-based, cost-effective, and available treatment modality suitable to meeting this need. Acupuncture has been shown to be effective for the management of numerous types of pain conditions, and mechanisms of action for acupuncture have been described and are understandable from a medical, physiologic perspectives. Further, acupuncture’s cost-effectiveness can dramatically...
3-5 Point Acupuncture System for Detoxification & Rehabilitation

Founded in the Bronx in the 1970s
Acupuncture Techs
Developed by a Psychiatrist / Acupuncturist.
NADA Protocol

• Often in a Community Setting
• Para–professional Providers
• Either Adjunctive Treatment or Main Rehab. Tool
• Boston 1980s study – compared 3 Acu program retrospectively: those who participated in optional, adjunctive, ACU Detoxes stayed in rehab treatment twice as long as those not in ACU treatment during an 18 month period.
• Benefits of community support; Described as a non verbal–centered therapeutic
NADA Protocol and Dr. Michael Smith

Non-Verbal Group Activity

Global
Trainers and Acupuncture Technicians

Acupuncturists w/o Borders
Post Disaster Relief
No methadone or Suboxone: Adjunctive Sobriety Option
Battlefield Acupuncture:

• Started in the US Air Force; now all the service use some form of acupuncture

• Auricular Acu 5–6 pts developed by Niemtzow, MD to decrease fatigue, jet lag and replace addictive and sedating meds

• Multidisciplinary (Joint Services) PTSD programs– may serve dual diagnosis patients with Tai Chi, Massage, Acupuncture, & Counseling– intensive multi-week program
Acupuncture Circles for Homeless Women

- Rosie’s: a sanctuary for poor and homeless women
- Access to wellness site not based on self ID or means testing
- Drop In – acupuncture circle. Many women are Acu experienced from previous Acu detoxes
- Allopathic and Nursing drop in consults
- Weekly Reiki and Chiropractic Care
PAWS = Post acute withdrawal symptoms

• Responding to PAWS
• Consciousness
• Acupuncture
• Homeopathy
• Imagery
• Yoga
• Tai CHI
Homeopathy - may represent a new approach to detoxification

- Psychologist and Homeopath - Dr Loretta Butehorn
- She talks of her protocol for women - post detox
- 30c Nux Vomica daily for 3 days
- Homeopathy can also be used in conjunction with Medication Assisted Treatment (MAT)
Questions? and Pearls

• Check out IM4US.ORG wiki and conference presentations (Integrative Medicine for the underserved)

Thanks for your attention.

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