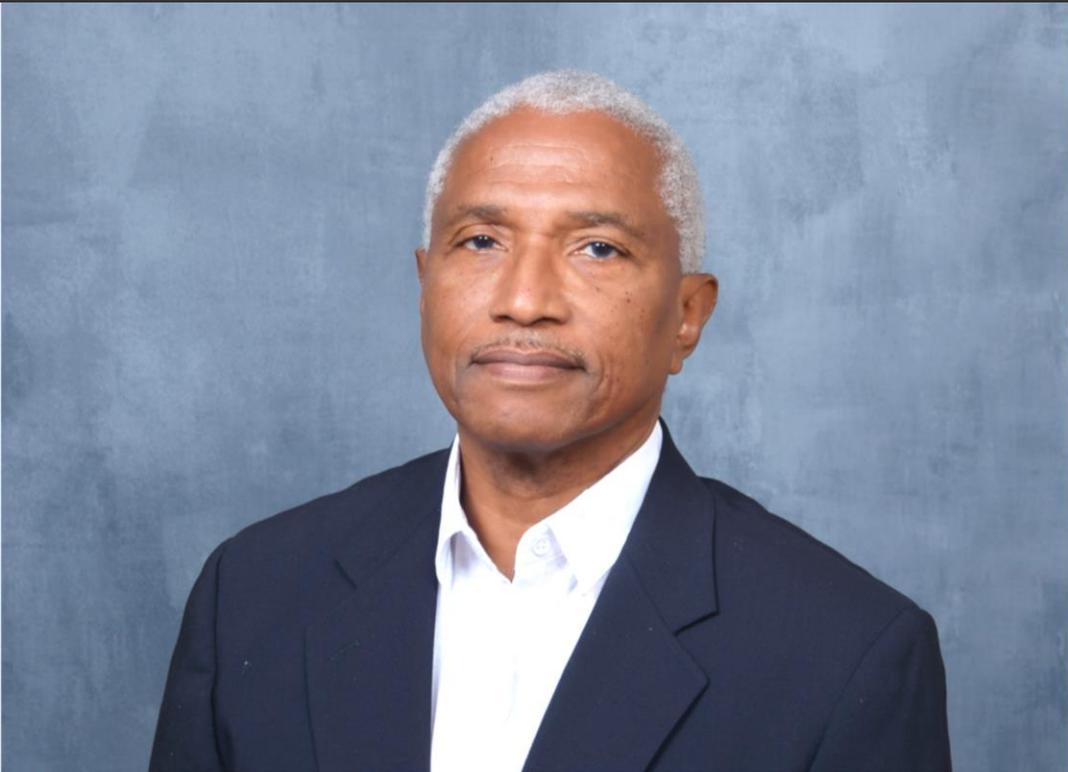




NADA

NATIONAL ACUPUNCTURE
DETOXIFICATION ASSOCIATION



NADA President

Kenny “Khensu” Carter

M.D., M.P.H., L.Ac., Dipl. Ac.

The Spirit of NADA:

Adjuvant Auricular Acupuncture
(**NADA 1-5 ear acupoint protocol**)

Outperforms Other Outcomes
(**SUD-MH-BH-Trauma-PC-Pain**)

acudetox.com

Clinton, Maryland, USA

The Spirit of NADA...

...a Spirit of

LOVE

LEGACY

& BUSINESS

acudetox.com

Clinton, Maryland, USA

Disclosures

There are no financial conflicts of interest related to this presentation or the material presented.

All statements & opinions are my own.

Veterans Healthcare System (VHS) retiree since 8/27/25:

Lead Psychiatrist in Primary Care-Mental Health Integration

Whole Health Educator in Primary Care and Mental Health

Foot Soldier of “the VHS Revolution in U.S. Healthcare”

**The Spirit of NADA:
Is**

“E-A-S-Y”

The “E” stands for:

Economical: 1provider/15pts/hr
Early Effects: 30min max
Efficient Empathic Engagement
Enduring Effects

Empowered selfcare
Empowered wellness care
Effective (stand alone)
Efficacious (comparative)

acudetox.com

Clinton, Maryland, USA

**The Spirit of NADA:
is**

“E-A-S-Y”

The “A” stands for:

Accessible

group format, portable

Affordable

supplies = \$1 per treatment

Adjunctive

con't treatment-as-usual

Adaptable

clothes on/staff can offer

acudetox.com

Clinton, Maryland, USA

**The Spirit of NADA:
is**

“E-A-S-Y”

The “S” stands for:

Simple

lunchbox provider supply kit
open-back folding chairs

Safe

closed group or open group settings
peer groups self-regulate calm

Stigma Free

crisis to wellness, inpt to outpt
transdiagnostic, pansymptomatic
ANY program, patient, provider

acudetox.com

Clinton, Maryland, USA

**The Spirit of NADA:
is
“E-A-S-Y”**

The “Y” stands for:

Traditional East Asian Medicine
associates color Yellow with:

earth
point of balance
stillness
grounding
meditation

acudetox.com

Clinton, Maryland, USA

Bowie State University (HBCU)



Finance

2020

**HBCU faculty guide
NADA Org to financial
independence &
stability**



Digital

2023

**NADA Board
launches digital
platform**

-subscriber (ADS, RT &
Associate) operations



Training

2025

**Nationwide
Train-the-Trainer
collaboration
initiative**

FUNDAMENTAL

**NADA Protocol Operationalizes
the
Bio-Psycho-Social Model
for
EVERYONE**

NADA Protocol

Auricular Acupoints for

Magnets, beads,
seeds, needling,
massage

1- Sympathetic



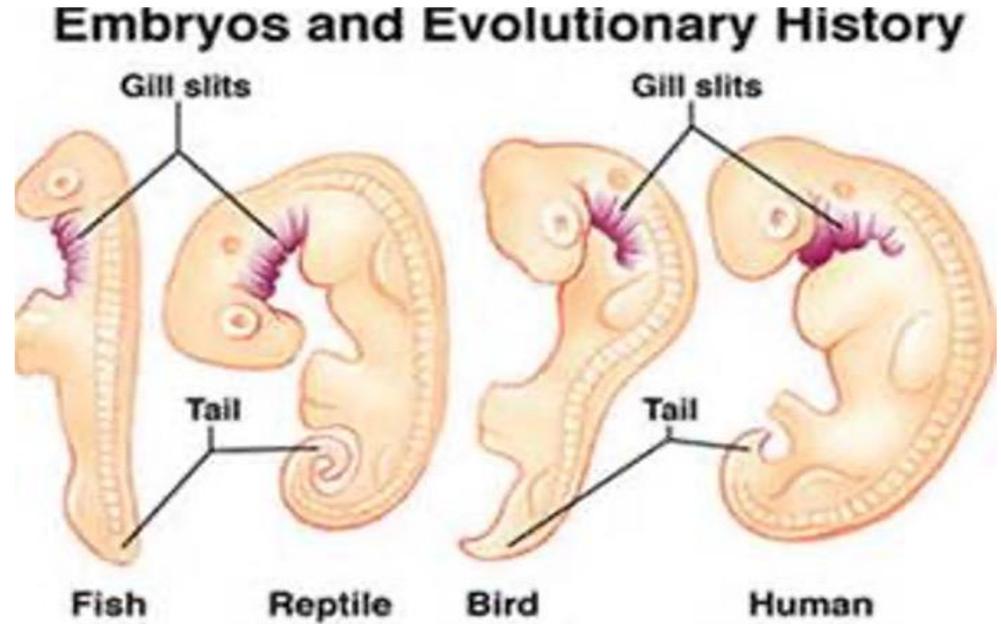
2- Shen Men

3- Kidney

4- Liver

5- Lung

Embryonic Ear Ancestors



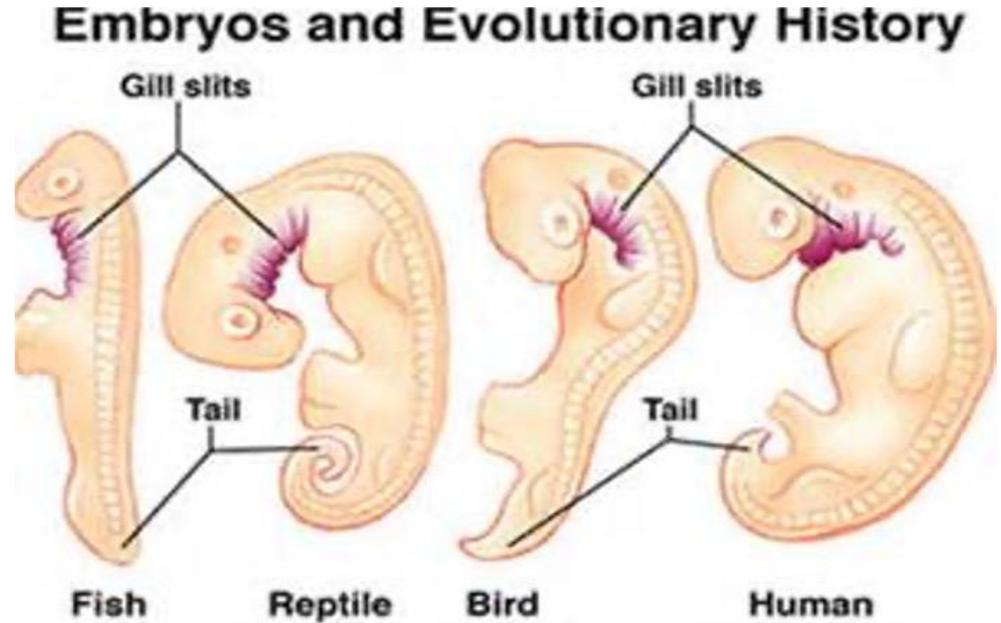
NP Somatotopic/ Energetic Correspondences

Gill plates → **External Ear**,
the only anatomical body part
containing all 3 embryonic layers

Ectoderm – nervous system

Mesoderm – muscles, vessels

Endoderm – internal organs



Traditional Chinese Medicine Texts, Su Wen & Ling Shu, Agree

“All **Yang**
meridian
channels
pass through
the ear”



“All **Yin**
meridian
channels
converge on
the ear”

Dis-ease

is not an individual, isolated, psycho-physiologic malfunction

Dis-ease

is a personal and social opportunity for transformation of attitude and lifestyle

Clearly, the Whole Health person-centered model is an aspirational ideal

“Revolutionary” Whole Health Models

Khemet

Ten Souls of
Amon Ra

*Imhotep,
pre-dynastic
Egypt (Khemet)
Master Physician*

China

The Yellow
Emperor’s
Classic

Huang Di Nei Jing

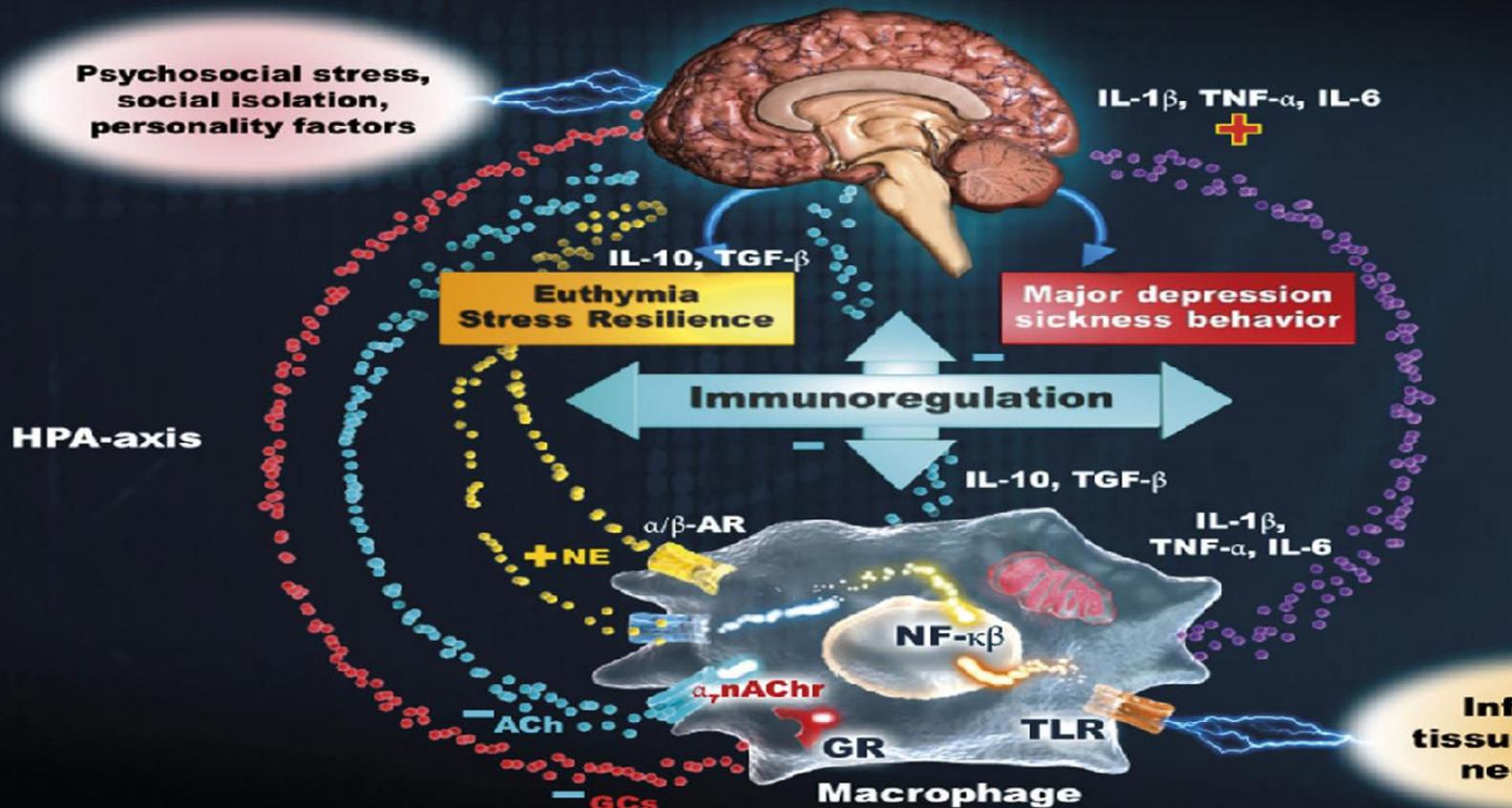
East India

Ayurveda

Bio- Psycho- Social Model

*Past 50+ yrs of US
Psychiatry*

Stress and Inflammation In MDD

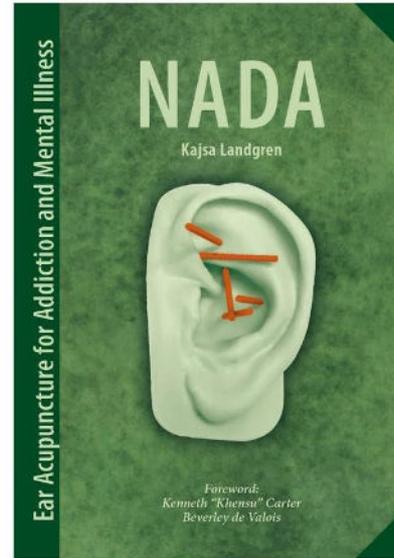


Supporting Whole Health, Clinical Care & Population-Based Care

“The NADA protocol is more
than a needle.”

*Michael Smith, Lincoln Detox Medical Director & Founder
National Acupuncture Detoxification Association (NADA)*

NADA Textbook



“NADA – Ear Acupuncture for Addiction and Mental Illness”

Foreword by NADA president Kenneth “Kenshu” Carter and NADA researcher Beverley de Valois.

This is a book for anyone interested in acupuncture and non-pharmacological treatment of anxiety, sleep difficulties and withdrawal.

NADA is a simple form of standardized ear acupuncture used in more than 70 countries in conjunction with standard psychiatric care and addiction treatment, in treatment centers and prisons, and as crisis intervention after natural disasters and acts of terrorism.

This book ...

- describes how the NADA method was formed out of a revolutionary movement in the USA in the 1970s and gives many examples of how NADA is used worldwide.
- gives a voice to patients and therapists who describe their perceived effects of NADA as an aid in recovery from mental illness and drug addiction.
- is a textbook for those taking the NADA training. The book describes the points and the craft with clear pictures.
- provides a scientifically based explanatory model for how ear acupuncture works and a detailed picture of the research support for NADA.

Required reading for Trainees

Lincoln Detox

Bio-Psycho-Social Outcome Summaries

Co-Authors: **Dr. Mutulu Shakur** (acupuncturist)
Dr. Michael Smith (psychiatrist)

The Use of Acupuncture in the Treatment of Drug Addiction.

Lincoln Detox Program, 349 E. 140th Street, Bronx, NY

American Journal of Acupuncture, vol 7, NO.3, July-September 1979

NP-USA Legacies of “Lincoln Firsts”:

- First “Patient Healthcare Bill of Rights”
- First acupuncture based drug/MH program implementation
- First group acupuncture format as preferred treatment format for ALL acupuncture application
- Evidence of universal adjunctive benefit

Voyles C., Carter K., Cooley L. Back to the Future: NADA Persists as an Agent of Social Change and Community Healing by the People and for the People. Open Access Journal of Alternative and Complementary Medicine. June 23, 2020.

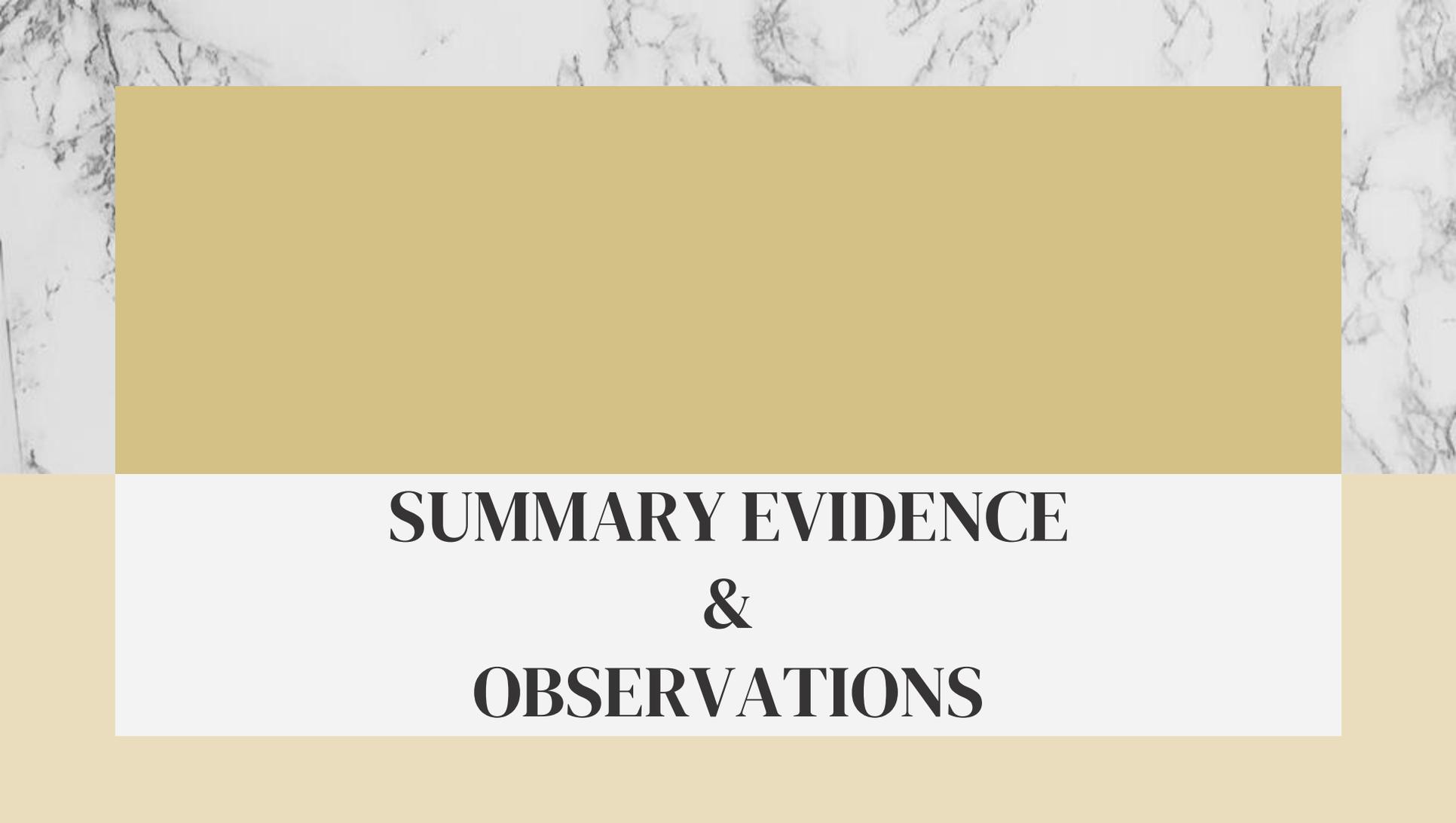
Carter K, Olshan-Perlmutter M. Impulsivity and Stillness: NADA, Pharmaceuticals, and Psychotherapy in Substance Use and other DSM 5 Disorders. Behavioral Sciences, 2015, 5, 537-546

NP helps Providers, Patients & Programs

- Use effectively when no diagnosis, “wrong” diagnosis, waiting list, avoidance due to stigmatization.
- “More is not always better”
- “First Do No Harm” in least restrictive setting easy to achieve with permissive NP policies for programs & scope for practitioners

Academy of Integrative Health & Medicine (AIHM)
Implementation Honors 2023

**NADA Organization
Visionary Award**



**SUMMARY EVIDENCE
&
OBSERVATIONS**

2006: U.S. Govt. Endorses NP as Best Practice!

- Adjuvant to TAU (treatment-as-usual): e.g. MMTP, detox
- Reduces craving for a variety of substances of abuse
- Improved engagement & retention
- Effective in opiate, alcohol, and cocaine use disorders
- Ritualistic – reliable, stable, consistent & therapeutically safe environment

NP Outcomes

Carter KO, Olshan-Perlmutter M, Norton H.J.
**NADA Acupuncture Prospective Trial in
Patients with Substance Use Disorders
and Seven Common Health Symptoms,**

Medical Acupuncture Journal,
volume 23, #3; Sept 2011





**In addition to drugs and alcohol,
NP significantly improves ($p = .001$)**

- Depression
- Anger
- Anxiety
- Body aches, Headaches
- Concentration
- Low Energy

American Psychiatric Association ***Textbook of Substance Use Disorder Treatment (2021): A 2017 study*** [Carter KO, Olshan-Perlmutter et.al.] employed the **NADA protocol as an adjunct to traditional treatment** for 100 participants at a substance abuse service center

- 100 participants, 50 were randomly assigned to TAU (treatment-as-usual) with the addition of the NADA protocol, and the other 50 were randomly assigned to the TAU-only group.
- In comparison with individuals participating in the TAU-only condition, those participating in the TAU-plus-NADA group showed significantly higher QOL scores and significantly decreased alcohol use at 3-month and 6-month follow-ups.

*Carter K, Olshan-Perlmutter M, Marx J, Martini J, Cairns S. NADA Ear Acupuncture: An Adjunctive Treatment to Improve and Maintain Positive Outcomes in Substance Abuse Treatment. *Behavioral Sciences*, 2017, 7(2), 1-13

Importance of Impulsivity...

- Impulsivity negatively impacts the illness course of most DSM5 disorders including substance misuse/abuse, borderline personality, antisocial personality, intermittent explosive, gambling, kleptomania, compulsive buying, internet addiction, cluster B personality, bipolar and attention disorders.
- Disinhibition, poor self-control, lack of deliberation or fore-thought, thrill seeking, risk-taking are representative of underlying impulsivity.
- Sense of stillness, centering and well-being is reported by patients, providers, and programs utilizing NP. A sense of stillness is suggestive of a pathway to mitigating impulsivity.

Importance of Impulsivity...

- Impulsivity is a predictor of treatment failure in substance misuse/abuse disorders
- High trait impulsivity in bipolar d/o predicts higher prevalence of suicide attempts, more frequent episodes, more severe episodes.
- Impulsivity is highest in patients with the most medically severe suicide attempts
- NP advances cognitive & emotional capacity for new learning & behavioral activation

In situations

where death by suicide is a major global issue and effective prevention and management approaches are lacking, acupuncture improves some risk factors for suicide, including depression...

One notable feature of the studies on acupuncture for suicidal behavior is the frequent use of the NADA protocol.



NADA may reduce the risk of suicidal behavior in clinical AND non-clinical populations.

Kwon, Chan-Young & Lee, Boram. *The Effectiveness and Safety of Acupuncture on Suicidal Behavior: A Systematic Review.*

Healthcare 2023. Academic Editor: John Foster.

Aging, Pain & QOL Older

NADA ear acu vs. medical acu for chronic low back pain

- The MA group received treatment with medical acupuncture (MA), while the NADA group received NADA ear acupuncture once a day for 20 min, for a total of 10 sessions.
- Neither method was superior in reducing pain scores and improving QOL.
- The incorporation of MA and NADA ear acupuncture has the potential to reduce pain intensity and improve the overall quality of life for affected individuals.
- Future studies should consider cost-efficacy

Veterans HSC VA 2025

NADA Protocol Guidance

- NP has broad indications useful for Veterans including but **not limited to pain, anxiety, depression, PTSD, sleep problems, substance use disorders** and other mental health conditions, and also well-being.
- NP may be used by a variety of healthcare professionals as defined by their state scope of practice or National Standard of Practice (NSP).
- NP can be easily integrated within the continuum of care and can help the VHA expand the availability of acupuncture to Veterans.
- NP, with acupressure only, can also support Employee Whole Health well-being.

A Social History of Acupuncture Video by Harvard University's Asia Center Research Talk Series

<https://www.ofpartandparcel.com/blog-2/video-series-in-the-hands-of-revolutionaries-and-communities-a-social-history-of-acupuncture>



Questions???