

Common Questions?

What will I be expected to do?

The lovely thing about this treatment is that it can be done anywhere - only requiring a quiet place to relax. You remain fully clothed whilst the treatment is performed and just take advantage of a little "time out for your self".

The acupuncture will take 30 - 40 minutes. During the first appointment you will need to allow an extra 15 minutes for a consultation to take place. You will be asked a number of questions about your general health and past medical history.

Aftercare advice will follow treatment which will be tailored to your needs and responses to the treatment.

Is Auricular Acupuncture safe for every body?

Auricular Acupuncture is generally very safe & there are no side effects.

Certain health circumstances will be treated with caution. Please contact us for further information or seek advice from your doctor.

Examples of conditions we cannot treat are if you're:

A haemophiliac

Can I just turn up any time?

An appointment is needed for Auricular Acupuncture and you can book this through any Edge worker.

For further information on Auricular Acupuncture or to find out about the other services we offer, Please contact us



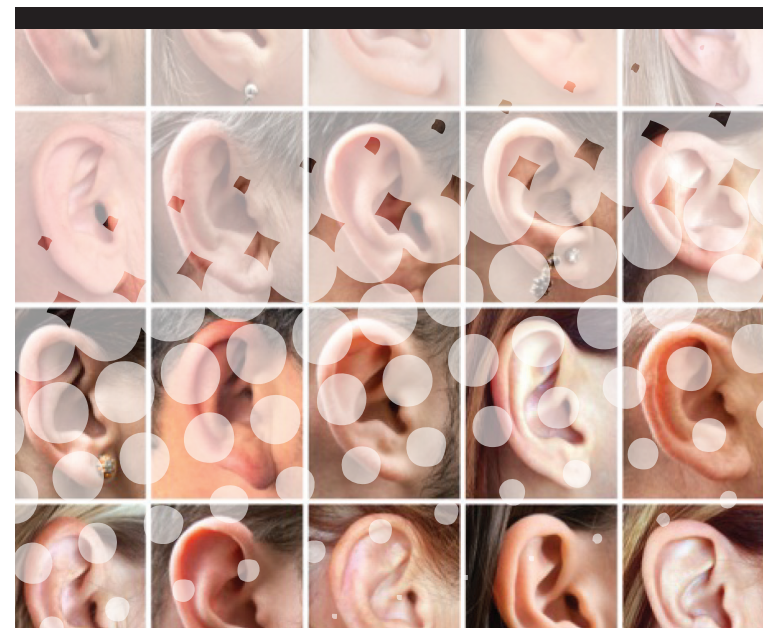
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Young People's Drug & Alcohol
Service for West Berkshire



Auricular Acupuncture

History of Auricular Acupuncture

The benefits of the treatment were first identified in the 1970's in Hong Kong and it was then subsequently pioneered in the Lincoln Memorial Hospital, The Bronx. The impact on this inner city facility was immense, with something in the region of 300 patients being treated daily. Since those days SMART UK (The Edge's trainers and supervisors) has made vast improvements in the understanding and teaching of this protocol and the treatment has been incorporated into thousands of recognized treatment settings here in the UK, spearheaded by the work done by SMART UK. Its simplicity allows it to be duplicated in a variety of settings including prisons, hospitals, out-patient departments, day care centres, community drug and alcohol services, rehabilitation centres and more recently in community outreach.

The vast amount of anecdotal evidence to support this treatment as an extremely valid support to any organisations tackling substance misuse continues to prompt clinical based research into its efficacy with SMART UK being at the forefront of the first UK research programme.



Benefits of Auricular Acupuncture

The benefits of the treatment are Well-researched and documented; it is now widely accepted as a powerful adjunctive treatment for substance misuse, regardless of the substance presenting.

- It's Free!
- Greatly reduces cravings
- Stimulates the release of serotonin
- Alleviates withdrawal symptoms
- Lessens hostility and denial
- Releases stress, encouraging deep relaxation & Improve length and quality of sleep
- Alleviates discomfort during pregnancy
- Improves the immune system
- Relief of depression, low mood and irritation & Improves concentration
- Reduces pain
- Stimulates the release of endorphins (the bodies natural pain killers)
- Improves appetite



How Does Auricular Acupuncture Work?

Auricular Acupuncture is a formula treatment that has been used successfully for many years in the treatment of addiction, to help with detoxification and to improve general well-being. This particular auricular acupuncture practice is specifically effective in the treatment of substance misuse.

It involves inserting five very small needles or beads into each ear after which the patient relaxes for 40 minutes.