



# Community Acu-detox

## WHEN

**10:00am - 4:00pm**  
**November 14th**

## WHERE

**Tewa Roots Society  
Yurts**

(Behind Early Childhood  
Development Center)

**FREE event!**

Tewa Roots Society invites all community members to learn more about acu-therapy by viewing the information included on the following pages.



# What is acu-therapy & how does it help ?

Decrease restlessness



Restore vitality



Balance emotions



TRS is beginning to provide ear acupuncture as a gentle way of encouraging the body to rest and tap into its own healing intelligence. Acu-detox is a calming form of pressing the re-set button on our nervous systems. It helps to diminish stress, uplift the spirit and bring balance to our mind-body connection.

Our certified auricular detoxification specialists needle points in the ear, and afterwards folks sit back while the treatment works quietly over the next 45 minutes.

Ear seeds are also available for those who are open to experiencing the benefits of the treatment with acupressure only. Our practitioners apply a small bandaid strip with a mustard-sized vaccaria seed to the inside of the ear, and it can be easily removed when desired.

# National acupuncture detoxification association

## 5 point protocol



1. Balances the Sympathetic Nervous System responses. Minimizes excessive pain, tension, adrenaline. Boosts serenity.
2. Translated as the "spirit gate." Alleviates anxiety, depression, cravings and insomnia. Restores joy and opens healthy connection.
3. In Chinese Medicine the kidney is believed to house one's essence. Associated with growth or wisdom. Reminds us of our willpower and ability to identify positive resources in our lives.
4. The liver point aids in resolving anger and re-establishing clear decision making. Stimulates hormonal functioning. Allows insight to come into focus.
5. The lungs are related to our Immune System. Supports our sense of integrity, letting go and self respect. Provides inspiration during the process of grieving.