

Free Acupuncture

*For: Active Duty Military, Reservist,
Veterans and their Families*

*Every Monday Evening
6:00pm - 8:00pm*

Last treatment begins no later than 7pm

*Except the 3rd Monday
5:30pm – 7:00pm*

Last treatment begins no later than 6pm

*VFW POST #521
214 Tollgate Road
Owings Mills, MD 21117
410-356-6578*

During the weekly treatment, people sit fully clothed in a circle of chairs, and the licensed acupuncturist places 5 tiny needles on each ear. These points in the ear are helpful in providing relaxation and relief from stress. The recipients are invited to close their eyes and rest quietly for 45 minutes as the acupuncture does its work.

All acupuncturists offering treatments are experienced and licensed in Maryland and have had training in the National Acupuncture Detox Association (NADA) ear protocol. Their time and the supplies are donated.

*THE NADA PROTOCOL EAR POINTS LISTED BELOW WILL
BE USED IN YOUR TREATMENT;*

Shen Men – *Function: The essential function of Shen Men is to tranquilize the mind and allow a connection to one's spirit. This master point alleviates stress, pain, tension, anxiety, depression, insomnia, restlessness and excessive sensitivity. Shen Men is used to support all other auricular points.*

Lung – *Function: This ear point relieves respiratory disorders like asthma, pneumonia, emphysema and drug addiction problems like smoking withdrawal, opiate withdrawal, cocaine addiction, amphetamine addiction, sedative addiction and alcoholism.*

Autonomic Point – *Function: This master point balances activation by the sympathetic nervous system with parasympathetic sedation, reducing neuro-vegetative disequilibrium. It improves blood circulation by producing vasodilatation and corrects irregular or rapid heart beats.*

Kidney Point – *Function: Used in auricular detoxification, relieves kidney disorders, supportive in the treatment of stress and headaches.*

Liver Point – *Function: Used in auricular detoxification, relieves hepatitis, cirrhosis, alcoholism problems, regulates blood disorders and circulation, anemia, improves eye sight, digestive disorder and relieves fainting, convulsions and paralysis due to stroke.*

Regular Ear Acupuncture Treatments May:

Help with insomnia

Increase your energy level so you generally feel better

Increase your coping ability to manage stress

Promote your ability to find balance, inner peace and healing

*For more information please e-mail ;
AcupunctureForVeterans@gmail.com*