

Introducing Acupuncture Treatments at New Dimensions Acupuncture



What does this treatment look like?

In a group setting, thin needles are inserted by a licensed acupuncturist at a shallow depth in the ear cartilage. Sometimes there is a pinching sensation at first, and sometimes not. A sense of relief and deep relaxation from the inside together with soothing music and drinking an herbal cleansing tea makes this a very positive experience.

I would like you to take the opportunity to explore for yourself to feel better and just see what happens. The benefits of this modality begin to accrue at twenty minutes and are completed after forty minutes. Many participants see this as a personal and sacred space, a time to be inward and undistracted of outside activity and the pressure to perform.

The US Center for Substance Abuse Treatment (CSAT) has formally endorsed acupuncture by developing a treatment protocol for pain, withdrawal symptoms including insomnia, reducing cravings, helping to relax and detoxify the body.

Acupuncture works by releasing blockages of energy and correcting the nervous system and brain chemistry (neurotransmitters)!!! This treatment protocol consists of five needles in each ear, several times a week. It has been developed in the Lincoln Hospital in New York, it's being used there consistently and successfully in many recovery programs all over the United States.

Cost: \$20.00 per session
Saturdays, 12 - 1 PM
Balance Health of Ben Lomond
Ben Lomond

Practitioner: Ahuti F. Ferid,
MS, L.Ac., Dipl.Ac.

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