



Introducing Acupuncture Detox treatment ...at the Camp

A pilot program

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

Acupuncture works by releasing blockages of energy and correcting imbalances of energy flow. The positive physiologic effects involve the nervous system and brain chemistry.

This treatment protocol regardless of the particular drug abuse, consists of (5) 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 now successfully in many programs all over the United States.

What does this treatment look like?

In a group setting, the 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 detox 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.

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| Cost: \$20.00 per session | Duration: 1hour (Thurs/Saturdays) |
| Place: Cabin #1 - Lucas & Lon's | Start Time: 1:00pm |
| Practitioner: Ahuti Ferid MS,LAc, Dipl.Ac - serving the Santa Cruz area for 15 years! | |