



Auricular Acupuncture (Acupuncture performed on the ears)

What Is Acupuncture?

- Acupuncture is a form of traditional Chinese medicine
- Fine needles are inserted into specific points that match up with functions of internal organs and Qi processes
- Acupuncture is used to treat health concerns by balancing Qi, or Chi, (pronounced “Chee”), which is our internal life energy

Why the ears?

- Acupuncture points on the body can also be found on the ears
- It is safe to perform acupuncture on the ears, without risk of damaging the body or the ears

Who can use Auricular Acupuncture?

- Anyone dealing with withdrawal from painkillers, crack, alcohol, tobacco, or other drugs (it is ok to be using methadone)
- Anyone wanting to detoxify their body
- Trauma survivors
- People living with anxiety and/or depression

What are some benefits of Auricular Acupuncture?

- Reduces withdrawal symptoms (aches, headaches, nausea, sweats, cramping, restlessness & cravings)
- Helps you make & maintain changes regarding your drug use
- Relaxation
- Physical and emotional balance (stability)
- Reduces anxiety and/or depression
- Helps you sleep better
- Decreases anger and stress
- Encourages the body and mind to heal itself from the inside out

What are the risks?

- Short term discomfort at the insertion site for some
- Possible site infection (alcohol swabs are provided to reduce this risk)
- Lightheadedness

What can I expect?

- Clean your ears with an alcohol swab
- Up to 5 new needles will be inserted into your ears
- Needles stay in for 45 minutes, while you relax

How do I get the most out of Acupuncture?

- Get it done as often as you can. It works best when treatments are frequent and ongoing
- Avoid coffee, cigarettes, and other drugs directly before a treatment
- Have a light snack before treatment (let us know if you are really hungry)
- Sit quietly during the treatment with your arms and legs uncrossed

Please call Bo Yih at 416-234.1942 x 228 or 416-953-2227 for more information or to register.