

Information on Ear Acupuncture and Informed Consent

In this facility, we perform auricular acupuncture according to the NADA protocol*

One purpose of this treatment is for people who are in a crisis and/or have gone through difficult times. Ear acupuncture can be used in anyone. There are no known medical contraindications.

Acupuncture has a relaxing effect (e.g. in people who are tense or anxious), it boosts alertness and concentration (e.g. in people suffering from exhaustion and persistent fatigue) and improves sleep (e.g. in people with sleep disorders).

NADA acupuncture makes you stronger so that you are better able to deal with stress, anxiety and worries.

Treatment generally takes place within a group. You are seated and clean your ear muscles with a swab. **Three to five fine needles are then pierced into each ear**, to a depth of approximately 2 mm. The puncture may cause brief discomfort. It is helpful to breathe in as the needle enters. The person performing the treatment will prompt you to do so. If possible, the needles should remain in your ear for 30-45 minutes: during this time, please do not eat, drink, read or move about. Sometimes, a needle will fall out on its own. You don't need to worry about this.

At the end of the treatment, you remove the needles and dispose of them in the container provided. You then dab at the puncture site with a tissue swab. Sometimes there is momentary bleeding. This too is normal.

Instead of needles, you ears can also be treated using gold-plated magnetic beads. These "beads" are attached to your skin using tiny plasters and can remain in place for about a week. They should be replaced after that.

NADA acupuncture is straightforward and complications are rare. Very rarely, there may inflammation at the acupuncture site. This must be treated by a doctor. In rare cases, a patient may have a cardiovascular response or headache. If you notice these symptoms, the needles will be removed. Some patients experience emotional reactions but these are generally felt to be relieving.

I understand the information and agree to the ear acupuncture.

Date

Name

Signature

* NADA stands for "National Acupuncture Detoxification Association"