


THE WONDERS OF **ACUPUNCTURE**

A female acupuncturist with long brown hair, wearing a white lab coat, is performing an ear acupuncture treatment on a male patient. The patient is sitting and smiling, wearing a dark blue traditional Chinese garment. The background is a bright, clinical setting with white walls and a window.

EVERY THING YOU NEED TO
KNOW ABOUT A CAREER IN

**ACUPUNCTURE
DETOXIFICATION**

THE WONDERS OF ACUPUNCTURE

*EVERYTHING YOU NEED TO KNOW
ABOUT A CAREER IN ACUPUNCTURE
DETOXIFICATION*



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Where To Register: www.SparkOfLife.co.za

Introduction: What Can You Expect From This Book?

If you're sitting here reading this eBook then chances are that you're already interested in discovering more about the magic that is acupuncture – that's fantastic!

In this book you'll find a detailed, comprehensive guide that explains the mechanisms behind acupuncture, its incredible benefits, and how you can make a fulfilling career out of it. You'll also learn exactly what is required of you to become a practitioner, as well as which courses you'll need. In addition to this, this book will help you decipher whether acupuncture is, in fact, a good career fit for you – we don't want anyone to waste their precious time!

Essentially, this eBook will leave you with no questions remaining when it comes to acupuncture and how you can make it a career. You will be absolutely amazed by how acupuncture can detox the body and heal aches, pains, and other chronic conditions that can be debilitating. Acupuncture also has a fascinating history that many people are unaware of, and there are also a few misconceptions that you may have about this practice which will also be cleared up later in the book.

That said, if you're ready to dive into the wonder that is acupuncture then let's get started!

Section One: First Things First, What is Acupuncture?

Before we dive into the nitty-gritty of things, let's start with the very basics. What exactly is acupuncture and what differentiates it from simply visiting your doctor? Essentially, acupuncture is an ancient Chinese practice originating from the ancestral science of Chinese medicine. This is traditionally performed by an Acupuncture detoxification practitioner and is executed by inserting tiny metal needles into the outer ear area.

It is believed that the body contains an astonishing 2000 acupuncture points that are all connected by specific pathways. These pathways create an energy flow which is also known as your "Qi". This flow of energy is absolutely crucial for health and well-being. Disease and pain are signs that this energy flow has been disrupted and needs to be restored – which is where acupuncture comes in!

The primary objective of this is to assist in balancing the person's energy throughout the body and release any negative ones that are causing pain and imbalance. Acupuncture helps to stimulate the central nervous system and this releases energy into crucial areas of the body, namely the spinal cord, muscles, and the brain. By applying slight pressure to acupuncture points, this energy is released in the form of biochemicals which promote general well-being and healing within. Incredible, right?

If you're wondering whether this is too good to be true, you'll be pleased to know that various scientific studies have been conducted on this and have conclusively found that acupuncture is highly effective at improving pain and promoting well-being. In fact, the National Institute of Health have found acupuncture to be successful at treating a variety of ailments, including many forms of chronic pain and even addiction (We'll dive deeper into the benefits of acupuncture later in this book).

Is Acupuncture Painful?

One of the most common questions that I get asked by first-timers is whether or not acupuncture is painful. One of the most important things you need to remember is that the needles used for acupuncture are about as thin as a human hair, meaning that pain is very minimal. In fact, the most frequently reported sensations are increased energy levels and even relaxation! That said, the needles are targeted at areas that elicit pressure or pain, so the primary goal is relief of said pain.

The only time you may feel pain is if you are particularly sensitive or as a result of improper insertion. Another cause of pain may be due to needles that are too large (remember, they should not be thicker than a strand of hair). This is why it is incredibly important that you go to a certified practitioner who knows what they are doing (and this could be *you!*). Most importantly, it is imperative that the needles used are new and sterile to prevent infection or other complications, so always ensure this has been done.

If any of this leaves you feeling overwhelmed, don't be! There is nothing intimidating or difficult about Acudetox – in fact, it's incredibly simple and anyone can do it if they have the motivation. With our comprehensive Acudetox NADA protocol course you'll be more than equipped to execute what is required as a practitioner, and this eBook will also provide you with everything you need to know to feel confident, including any FAQ's that you may want to know.

So, now that you have a general idea of what acupuncture is all about, let's dive into the magic that is acupuncture detoxification!

Section Two: What is Acupuncture Detoxification &

How Does it Work?

Acupuncture detoxification is classified as a National Acupuncture Detoxification Association protocol (otherwise known as NADA protocol) which is one of the fully-accredited courses that certified NADA SA Acudetox trainers offer. This type of acupuncture is commonly used to treat trauma, insomnia, stress, pain, and addiction and the results are truly astounding. As someone who has personally endured many of these afflictions, I can testify that this method truly does work!

Addiction is an incredibly complex disease that needs an equally complex treatment method, and the NADA protocol is an excellent method to assist in the process of detoxification. One of the most challenging aspects of recovery from addiction is the cravings and of course, the withdrawals. That said, acupuncture detoxification helps to manage withdrawals and cravings for alcohol and drugs by improving feelings of calmness and reducing agitation and anxiety.

Acudetox differs from regular detox in that it focuses on only five particular areas of the outer ear associated with addiction, making it a more affordable and effective way to target particular afflictions associated with addiction. Essentially, the ears are used as an entry point to target these specific areas and this has been found to be highly effective. The end game here is to completely harmonize the body's composition to restore balance and well-being.

The main points that Acudetox focuses on are the liver, kidney, and lungs as these are typically the major organs that are affected as a result of addiction and stress. The needles are carefully inserted into the corresponding ear acupuncture points and left there for approximately 30 to 45 minutes. All you need to do is sit down and let the needles work their magic!

Acudetox has also been found to be effective at treating symptoms of PTSD as well as ADHD, and this is partly due to its ability to produce feelings of calmness and peace. The needles also help to stimulate the release of endorphins, otherwise known as your happy chemicals. The combination of these effects make the process of recovery easier to endure, and is why many 12-step programs incorporate Acudetox into the process.

If you, or anyone you know, has suffered from stress, anxiety, addiction, PTSD, or any other of the above conditions, you may feel motivated to get involved in making a

difference. If this is the case, then Acudetox could be your career calling! If this is something that resonates with you, then a course in Acudetox is your next step to becoming a healing practitioner. That said, keep reading to discover more about the requirements for becoming a NADA SA Certified Acudetox Practitioner and whether or not this is something for you!

Section Three: The History Behind Acudetox

Acudetox has been around since 1974 and was initially studied and formalized by Dr, Michael Smith. Thereafter, Acudetox was further developed into a formal procedure that we know today as the NADA protocol. That said, Acudetox truly blossomed into a widespread treatment option for addiction in the South Bronx, New York. Acudetox had a strong following of black activists during the 1970s, as heroin and crack abuse was rampant in the community and this was eventually seen as one of the best treatment options.

Reason being, there was a strong belief that the state was actually smuggling in hard drugs so that the youth had easy access and could be indoctrinated into the system. In other words, the more drugged up they were the more malleable they could be and the less chance they would rise against the many injustices they were exposed to. The black community did not have access to the same quality of healthcare as the rest of society (among other things).

Once activists became aware of what was going on, the youth were highly encouraged by the well known Black Panther freedom fighters to beat their drug habits and recover, which is always easier said than done!

The most common treatment for heroin addiction was initially methadone which was administered by the Lincoln Detox facility. While it is true that methadone is an FDA-approved treatment for Heroin addiction, there is a problem with this. Methadone is essentially a synthetic opioid, meaning that it is addictive in itself. While still a superior option to heroin use, the staff at the detox centre realized that this was only creating another problem and form of control for the masses used by Big Pharma. Aware of this growing issue, the staff at Lincoln detox realized they needed to find a treatment alternative that was effective, affordable, safe, and allowed for greater autonomy – *hello, acupuncture!*

Acupuncture was then discovered to be a viable treatment alternative that represented a cognitive shift among the youth towards a brighter future and self-determination. In 1970, the Lincoln Detox centre made the decision to take on a young activist by the name of Mutulu Shakur as a director of political education. He was affiliated with the Revolutionary Action Movement and the Republic of New Afrika, both of which advocated for an independent Black nation in the South of America.

Shakur was fascinated by the success of doctors in Hong Kong who were using acupuncture to successfully manage substance abuse withdrawals, and at a very reasonable cost. While this treatment method was widely used by Chinese doctors, this

practice was almost unknown to Westerners, and those who did not know about it had their doubts.

Communist China initially used acupuncture as a way to provide preventative care to poor communities that did not have access to proper healthcare nor did they have the resources to administer proper training. Post-revolution, migrants left China to start a new life in the US, bringing with them this new approach to healthcare. Lincoln Hospital's Peoples' Program then became a large part of this history, as acupuncture became a revolutionary means to essentially democratize medical care.

Realizing that acupuncture was the way forward, Shakur went on to become a certified acupuncture practitioner in the State of California. Thereafter, he returned to New York and created the Lincoln Detox's acupuncture training program. This was the first of its kind in the country, making it not only exciting but also controversial. Despite this, acupuncture went on to become the forefront of addiction treatment and Shakur played an integral role in this.

Unfortunately, there was so much controversy surrounding the People's Program that the clinic was accused of millions of dollars in suspicious payroll expenditures and costs, and patients were charged almost four times as much as those in other clinics. Shockingly, a white doctor in the clinic was even found deceased in the closet in 1974, and many believed that this was an assassination rather than the overdose that it was claimed to be.

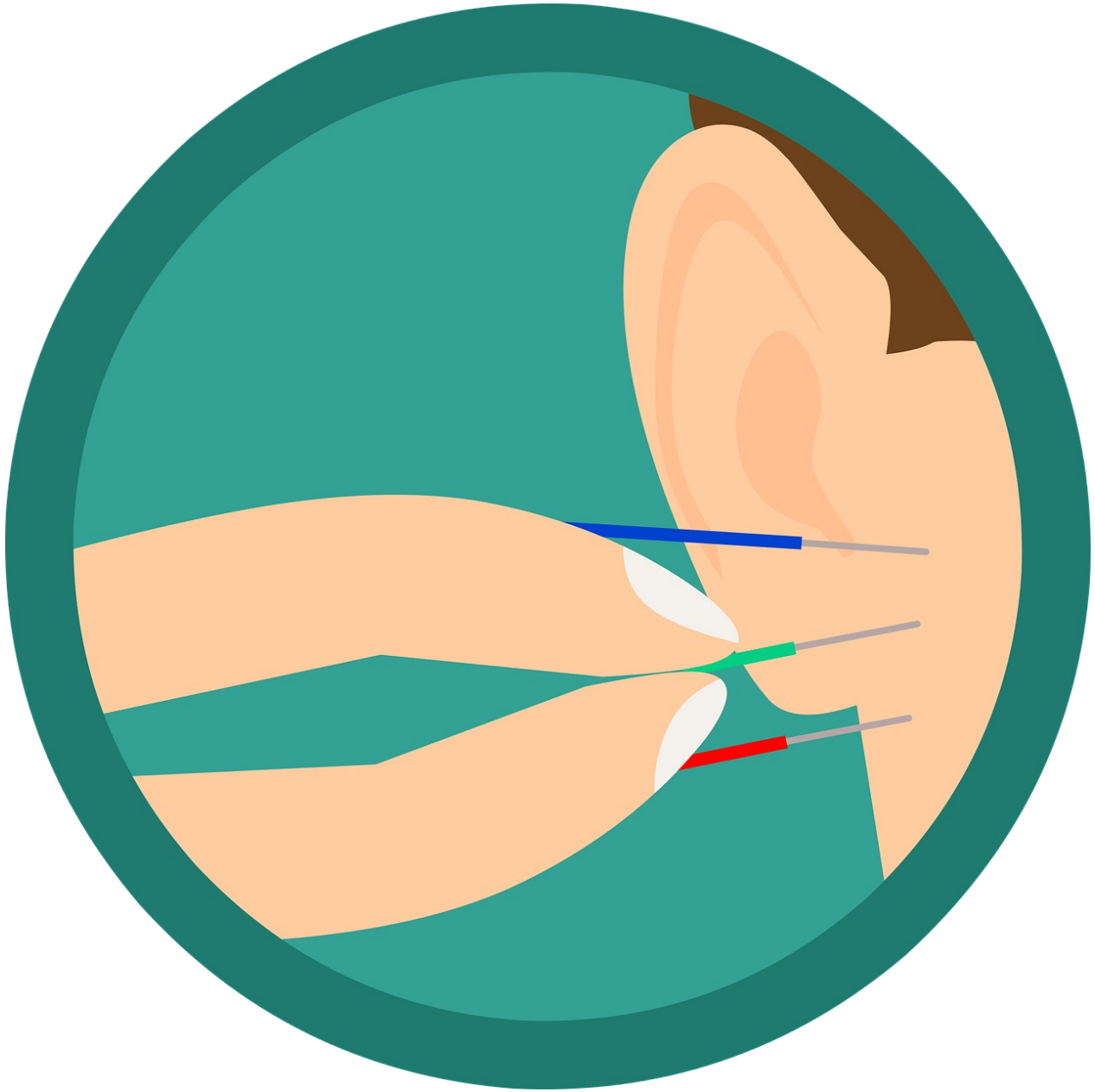
As a result of these unfortunate events, the Lincoln hospital was forced by the NYPD and the mayor to remove the People's Program from the facility on the grounds that it was harbouring an unprofessional drug treatment program that focused on treating "thugs". Fortunately, the People's Program did not give up hope and ended up relocating to East 140th Street, where the five-point method was established and improved upon. Since this, it has been standardized as the highly successful NADA protocol that is used worldwide today.

With over 600 programs in the US alone, this is now widely used as an effective treatment method for trauma, stress, and addiction with more than 10,000 trained health professionals in North America alone. While acupuncture and Acudetox are widely practised and treat people of all ethnicity, this treatment is especially representative of change for people of colour. By this I mean it represents independence and community-based alternative medicine that allows an affordable way for anyone to receive the treatment they need to overcome their health struggles.

That said, this is so incredibly important, as most adults experience a huge amount of stress in their daily lives that they don't know how to manage. Unlike antidepressants and other Western treatment options, Acudetox is a natural option with minimal

side effects and effective results, and can really help people with lifestyle complications that desperately need to be addressed. Whether it's addiction, stress, trauma, or anxiety, Acudetox has quickly become a truly remarkable way to manage these complications in an affordable and safe way.

Section Four: What is Required To Become an Acudetox Practitioner?



If Acudetox is something that piques your interest then you'll need to know exactly what it takes to make this dream a reality. That said, let's dive into the requirements for becoming a qualified Acudetox practitioner!

In order to become a qualified Acudetox practitioner you need to do both a theory test and a practical test. You need to do approximately 30 hours of theory and 40 hours of

practical work (equivalent to 50 treatments) that is monitored by what is known as general supervision. In other words, you can send images of the patients as you proceed, detailing exactly where you have inserted the needle and the depth of the insertion. You can then be guided if there are any corrections necessary and resend photos with the correct directions.

General supervision is widely accepted across the globe for this type of practical work. You don't need to worry about making a mistake as the process of the needle insertion is extremely safe, with over 30,000 people worldwide practising without any safety issues experienced. In fact, there has never been a malpractice lawsuit against NADA in 40 years in over 40 countries and it will remain that way!

The great thing about studying acupuncture is that you don't need any prior experience to get started and you can work through the course in your own time, completing the test only when you're ready. In other words, you have lifetime access to our Acudetox course. Once you have completed your practicals you should feel confident in your ability to place the needles in the correct location and you will now be ready to take your examination.

You can choose to do the exam either online or in-person depending on your schedule and any assistance that you may require will be available to you whenever you need.. You can submit a video via Whatsapp of the volunteers after you have completed the procedure. You will also need to insert the needles accurately into 5 people over the period of an hour, but this should take you no longer than 20 minutes (you'll be a pro by then, don't worry!) after which photos of the exam also need to be submitted.

You will also need to pay a registration fee with NADA SA of R650 per year which will be required only after you complete your final examination and sign an ethics pledge. You'll also need to ensure you have the right equipment, which brings me to my next point!

What Equipment Will You Need To Get Started?

In order to complete your practicals you will need 5 boxes of needles (100 per box), alcohol swabs (200 per box), and magnet (100 per box). These will be shipped to you anywhere in the world for approximately R850 (excluding shipping), or you are welcome to source and buy them locally wherever you are. Once you have completed your examination and paid your R650 registration fee you will be sent your NADA practitioner annual registration form, ethics pledge, as well as your practitioner certificate and you'll have all the equipment you need to start your exciting career in Acudetox!

Section Five: Is Acudetox Right For You?

When it comes to Acudetox you can choose to practice it as a career or as a side hobby, the choice is entirely up to you! That said, you also need to decide before you purchase this course whether or not Acudetox is something that is right for you, as you don't want to waste your time or money (and neither do we). So, this chapter will give you the tools you need to decide whether Acudetox is right for you so that you can make an informed decision. Let's dive in!

Do You Know Why You Want a Career in Acudetox?

First things first, you need to ask yourself why you want to pursue a career in Acudetox. Does it resonate personally with your past obstacles? People who have battled with substance abuse problems and addiction may feel drawn to helping others overcome the same issues, or you may simply want to make a difference in someone else's life. Alternatively, you may seek the job flexibility and income security of completing an Acudetox practitioner course.

Ideally, both of these aspects should be your driving force behind this decision! So, if you have a passion for holistic medicine, helping others, and learning more about yourself, then completing this course will be extremely rewarding.

Which Type of Working Environment Do You Prefer?

Are you tired of spending 8 hours in an office all day and reporting to your grumpy boss? People who are craving a change in their working environment will greatly benefit from a career in acupuncture due to the flexible working hours and opportunity to be your very own boss! Acudetox allows you to become self employed and build your own loyal client base, giving you the time and ability to spread healing throughout the community.

That said, if you don't want to run your own practice you also have the option to work for a clinic as many treatment centres require practitioners. The choice is really up to you!

Are You a People Person?

Acupuncture requires the ability to interact with many different types of people on a daily basis, and you'll want to demonstrate a calm, nurturing, and supportive demeanour for your clients. This is especially true for those who are nervous about trying Acudetox for the first time! You'll also be working a lot with people in pain, so you'll need to express empathy and patience with them both before, during, and after the procedure.

That said, if you do enjoy working with people then Acudetox can be a very fulfilling and rewarding option for you. Nothing beats the feeling of knowing that you've made a positive change in somebody's life, all while earning a living!

If you fit most of or all of the above traits then Acudetox may be the perfect option for you!

Section Six: What Are The Benefits of Acudetox?



Acudetox has some incredible benefits for the mind, body, and soul! While I have already touched on what Acudetox can do for you, this section will give a more detailed summary of the incredible benefits that Acudetox has to offer.

As we now know, the ear is considered to be a micro-system similar to the feet and hands, and these correspond with various parts of the body. That said, I am going to break down the 5 different pressure points located in the ear and how they benefit each part of the body – let's get started!

Firstly, all 5 points of the ear work to balance the body's energy and healing process and this is the main focus of Acudetox. As mentioned previously, the lungs, kidneys, and liver are the main primary organs that facilitate healing, restoration, and detoxification in the body and these are known as your YIN organs. So, your 5 main points are your Sympathetic, Shen Men, Liver, Kidney, and Lungs. When these are out of kilter you'll likely find that you feel drained and generally unwell, which is where Acudetox comes in. Let's take a closer look at these 5 pressure points:

Sympathetic

This area of the ear promotes serenity and calm by dilating the blood vessels and even alleviating stomach cramps and discomfort.

Shen Men

If you're feeling extremely tense and closed up then this section of the ear alleviates hypertension, depression, insomnia, sensitivity, and anxiety. It essentially unblocks you and opens you up to connection and love with others.

Liver

The liver is connected strongly with balancing your hormones and this is connected with clearer thinking and improved decision making, as well as helping with managing anger and depression. Acudetox in this area of the ear may also assist with stomach cramps.

Lung

Your lungs are connected with cleansing and detoxification, so Acudetox in this area of the ear helps to cleanse skin, regulate breathing, and help you to release any tension in the mind and spirit.

Kidneys

Your kidneys are associated with willpower and detoxification and can also help to promote feelings of well being and happiness. Acudetox in this area of the ear also helps with digestion, letting go of fear, and even backache.

So, in a nutshell, you can expect the following key benefits from Acudetox:

- Improved concentration
- Reduction in anxiety
- Reduction in cravings for alcohol and drugs
- Improved sleep quality
- Reduction in withdrawal symptoms from drugs and alcohol
- Reduction in panic attacks and fearfulness
- Reduction in hyperactivity which assists with ADHD
- Reduction in mood swings
- Reduction in over-active sweat glands (nobody likes sweaty palms or pits!)

The great thing about Acudetox is that it helps with such a large variety of complications that every single person can benefit from it regardless of their lifestyle or pre-existing health conditions. Acudetox is an excellent practice for those who simply want to feel calmer and more at peace with their body and mind, and this is something everyone should strive towards.

Section Seven: Acudetox FAQs, Your Burning Questions Answered!

While I have hopefully covered every aspect of the Acudetox and what it has to offer, I thought I'd throw in this section at the end to clear up some additional questions that are frequently asked by patients and prospective students.

What if I'm not satisfied with the course?

If, despite everything, you've changed your mind about the course and do not wish to continue, you can simply let me know and you will receive a full refund. Provided that you advise me within 30 days of purchasing the course, I will be more than happy to reimburse you.

How long do I have access to the course?

As mentioned previously, you have lifetime access to the material in this course.

Where do I get my acupuncture needles from?

As soon as you enrol in the course you will be provided with the contact details of a recommended supplier who is based in Johannesburg. Thereafter they will ship your supplies to wherever you are based in the world.

How do I complete my theory?

Once you enrol in the course you will gain full access to all of the content. After you have fully studied the material this constitutes as your theory, and thereafter you can proceed with your practicals.

When do I receive my practitioner certificate?

As soon as you pass your examination you can register with NADA SA. Once you have passed you will be forward you the form you need to fill in to register. You will also receive the ethics pledge form and an invoice from NADA SA for the R650 registration fee. Once you have completed these forms and forwarded them on along with your payment for the registration fee, NADA SA will then send you your practitioner certificate with your registration number.

Can anyone receive acupuncture treatment / are there any contradictions?

Acupuncture is generally safe for everyone. The only people who should avoid it are pregnant women in their final trimester as this can potentially induce labour.

How long will in-person training take to complete?

The in-person practical training will require no more than 2 days to complete. Although it normally takes one day to complete.

The in-person theory with practical training requires 30 hours, so is completed over 4 days.

When can I complete my in-person training?

You can book your training session (not included in the online course price) whenever you're ready to get started. There is no time limit so you can take your time! There is an addition fee of R1999 (ZAR) to do in-person training, but this can be purchased later if you decided that you would also like to include that. This is not a requirement to complete the online course and become a certified practitioner. However some people prefer to add this option although it really isn't that necessary as the online course is comprehensive and easy to understand and follow. In person training can be provided in Johannesburg, Durban & Cape Town. This normally takes place on the last Saturday of every month.

What options are there to complete my exam?

You can opt to do your examination in-person by arrangement, or you can choose to do it via WhatsApp video call. An appointment for the video call exam is made beforehand after which you send the pictures of the inserted needles and from which you will receive feedback. As mentioned earlier in this book, you will be required to treat 5 volunteers in no more than one hour. That said, this usually takes no longer than 20 minutes!

What if I have any questions while I study the course?

You will have full access to me from Monday to Friday between hours of 8am and 5 pm via telephone, email and WhatsApp. Questions asked after hours will be responded to during these times.

Let's Wrap it Up...

Acudetox is something that resonates personally with my core beliefs and past experiences, and helping others heal and become the best version of themselves is something I am deeply passionate about. Acudetox is both a rewarding and exciting way to not only help others but discover more about yourself.

The NADA Acudetox 5 point protocol course provides you with the skills and knowledge to be the best practitioner you can be, and you have access to full support when you need it. If you feel this isn't for you, you have access to a full refund within 30 days, meaning you can confidently purchase this course with nothing to lose and everything to gain.

Even if you don't purchase this course I hope you have learnt some valuable information from this eBook and feel free to tell your friends about it!

Where To Register

Visit: www.SparkOfLife.co.za



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If you have any questions and to enquire for training dates email Colin at
colin@sparkoflife.co.za



Colin is a registered trainer of NADA SA located in the Southern Suburbs of Cape Town offering in-person training.

Message me on 074-6990671



***AcuDetoX helps people prepare for the future,
not merely cope with the past.***