



# INTEGRATIVE APPROACHES TO RECOVERY:

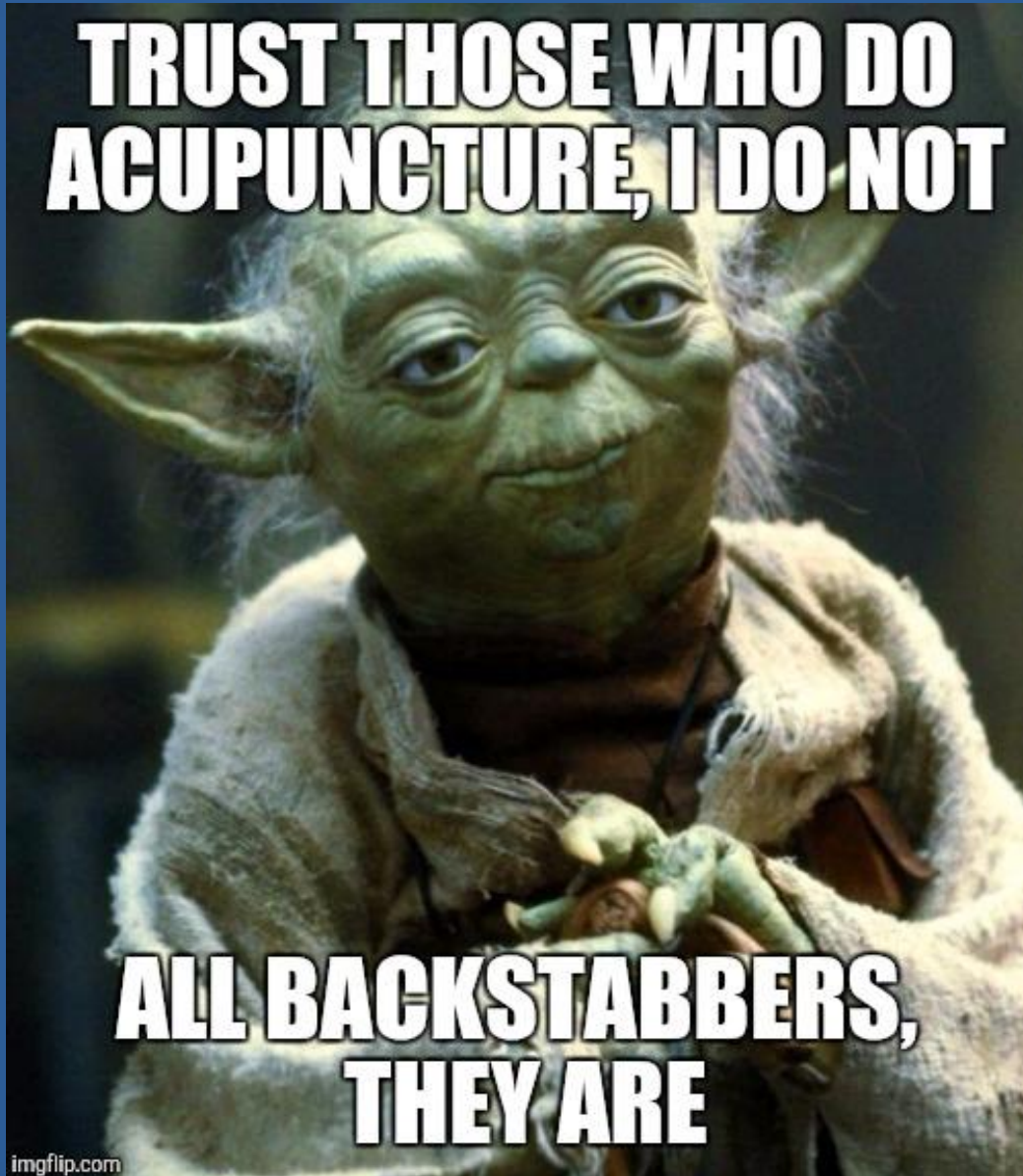
## ACUPUNCTURE FOR SUBSTANCE USE DISORDERS

Presented by:

Mandi Schupbach MS, LAc, DiplAc NCCAOM



*Wellspring*  
ACUPUNCTURE



# FINANCIAL DISCLOSURE

**Presenter:**

Mandi Schupbach, MS, LAc, DiplAc  
NCCAOM

**Disclosure:**

**Mandi Schupbach has no relevant financial relationships** with ineligible companies to disclose.

All relevant financial relationships have been identified and mitigated in accordance with the standards of the Western Michigan University Homer Stryker M.D. School of Medicine Office of Continuing Education.

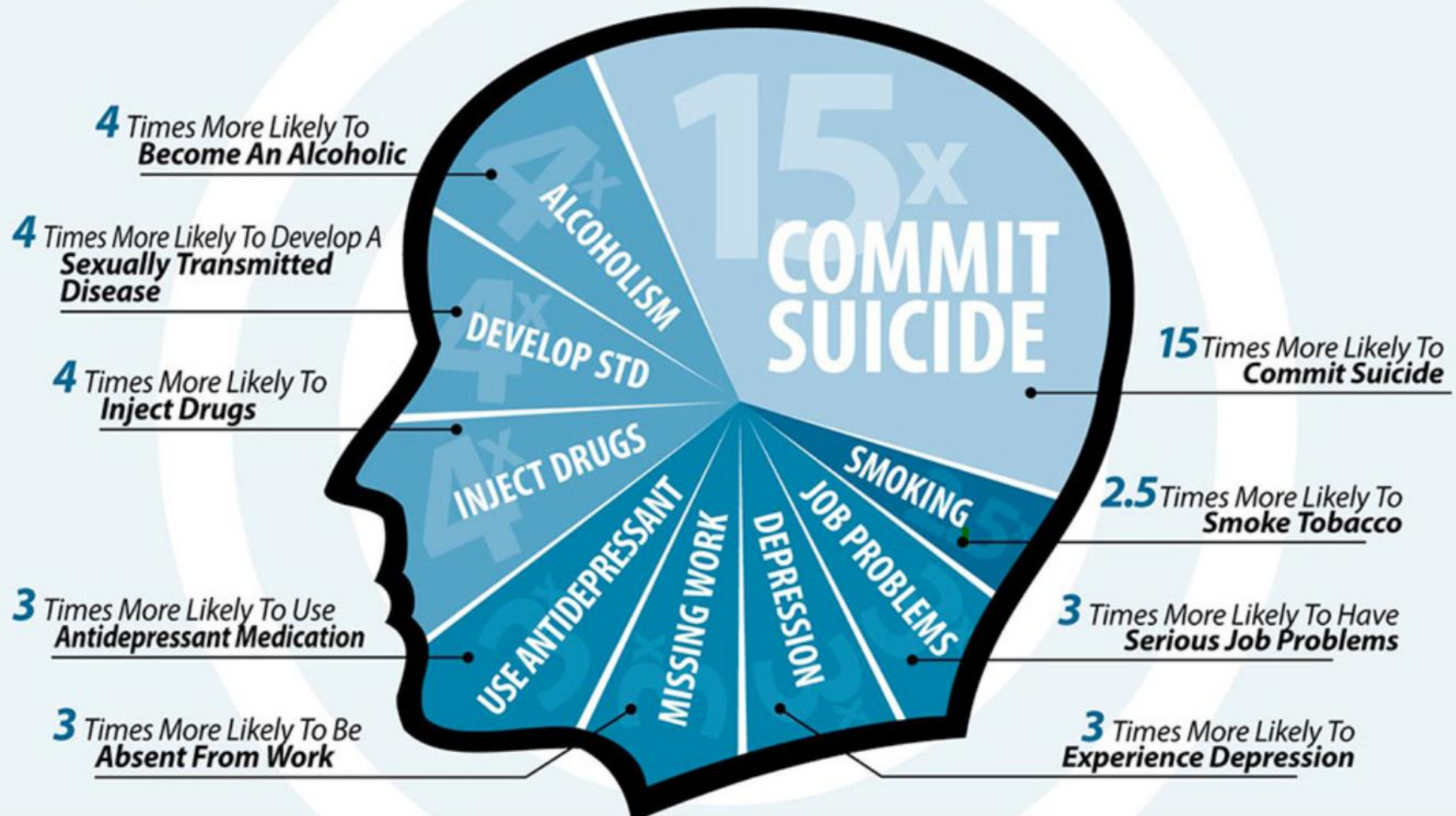


- Background
- My “Why”
- Education

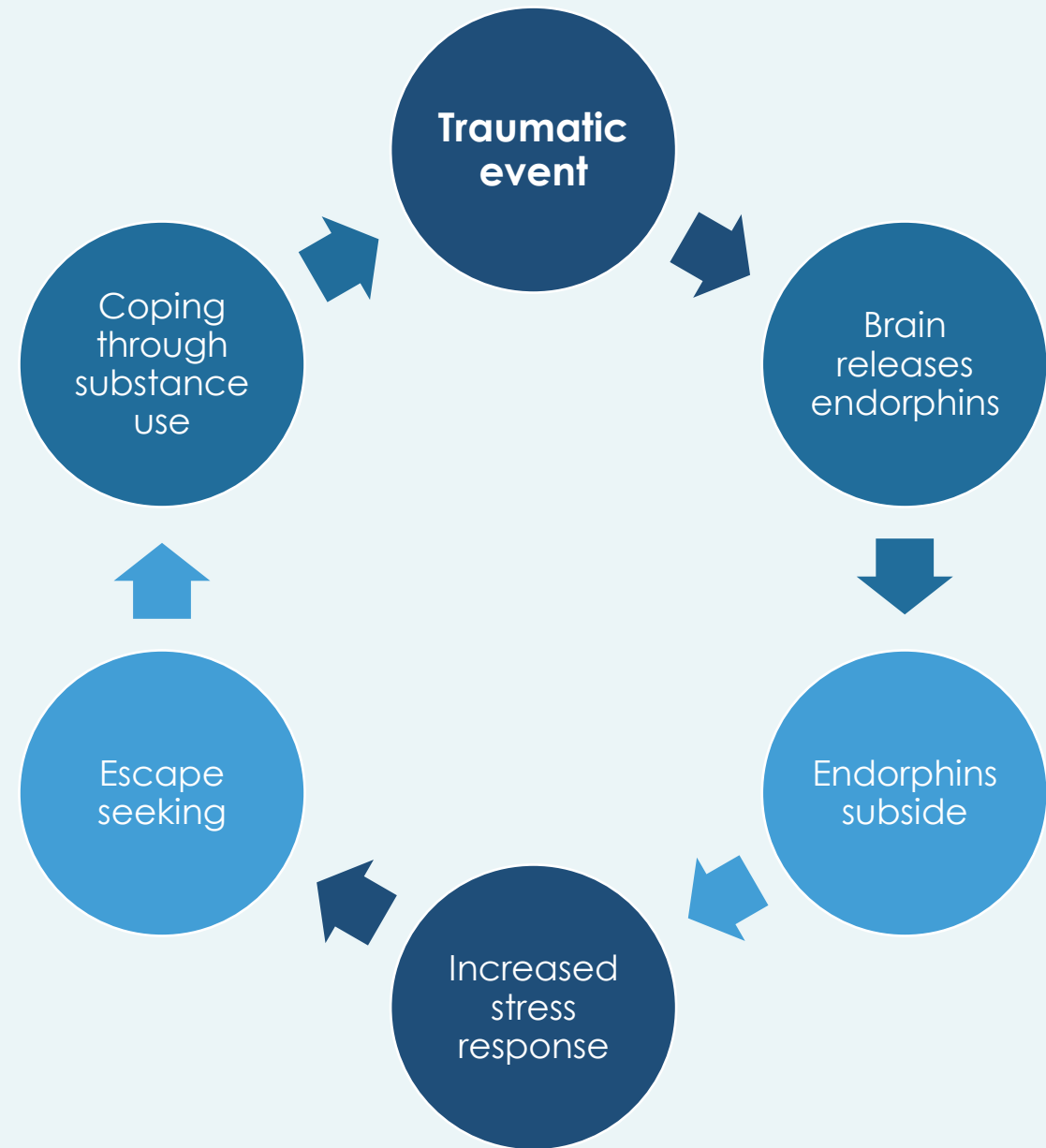
About Me



# PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



# Trauma and the Addiction Cycle





# How Does It Work?

Acupuncture involves the insertion of thin, sterile needles into specific points to:

- Regulate the nervous system
- Reduce inflammation, improve circulation, and promote deep relaxation.
- Support physiological and biochemical balance

Modern Understanding:

- Scientific studies show acupuncture can influence neurotransmitters, reduce cortisol, and promote the release of endorphins and neurotransmitters.
- Imaging and labs show measurable effects



Matchstick  
4.22mm



Medical Syringe  
2.9mm



Sewing Needle  
1mm

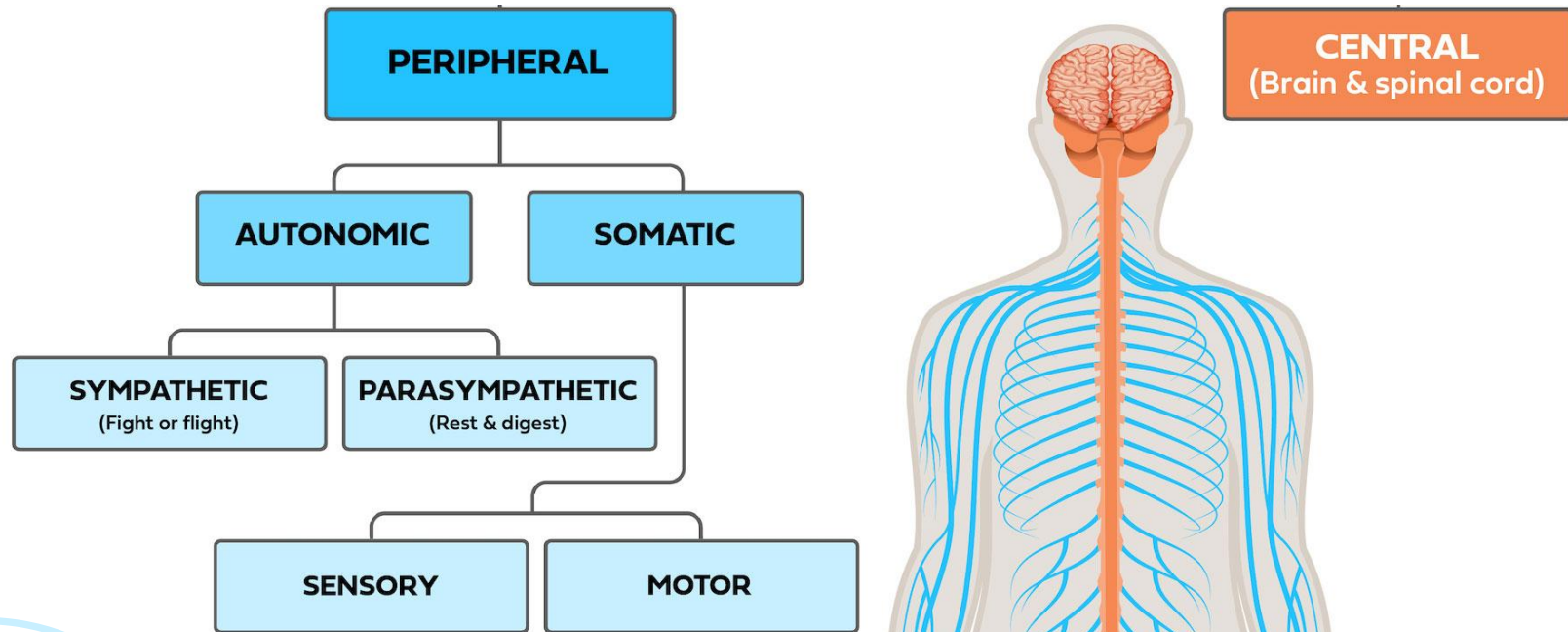


Acupuncture Needle  
0.13-0.30mm



Human Hair  
0.13mm

# Nervous System

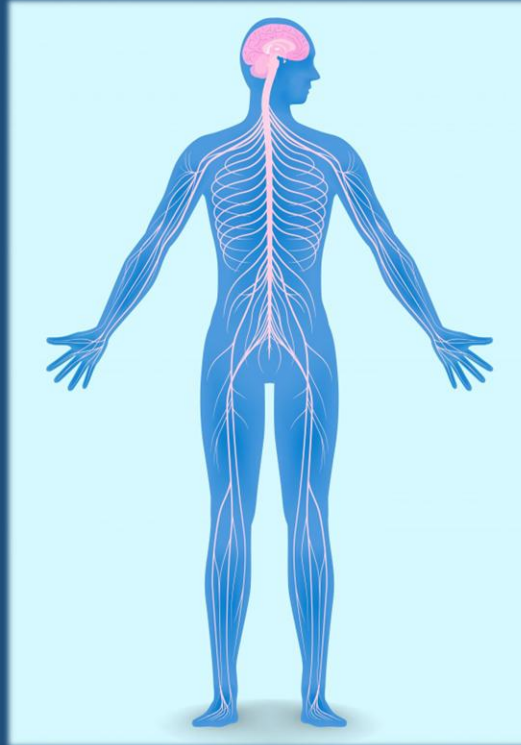


Review

# Autonomic Nervous System

## Sympathetic

- The four Fs - Fight, flight, freeze or fawn
- Prepares body for stress
- Cortisol and adrenaline
- Increases heart rate and blood pressure
- Decreases digestion



## Parasympathetic

- Rest and digest
- Returns body to a calm state
- Serotonin, Oxytocin, Endorphins, ACH, Insulin, Melatonin
- Decreased heart rate and blood pressure
- Repairs the body

Acupuncture stimulates the release of important neurotransmitters that are **essential** for regulating mood, reducing cravings, and restoring balance to brain pathways disrupted by addiction.

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# Research on the Impact of Acupuncture in Recovery

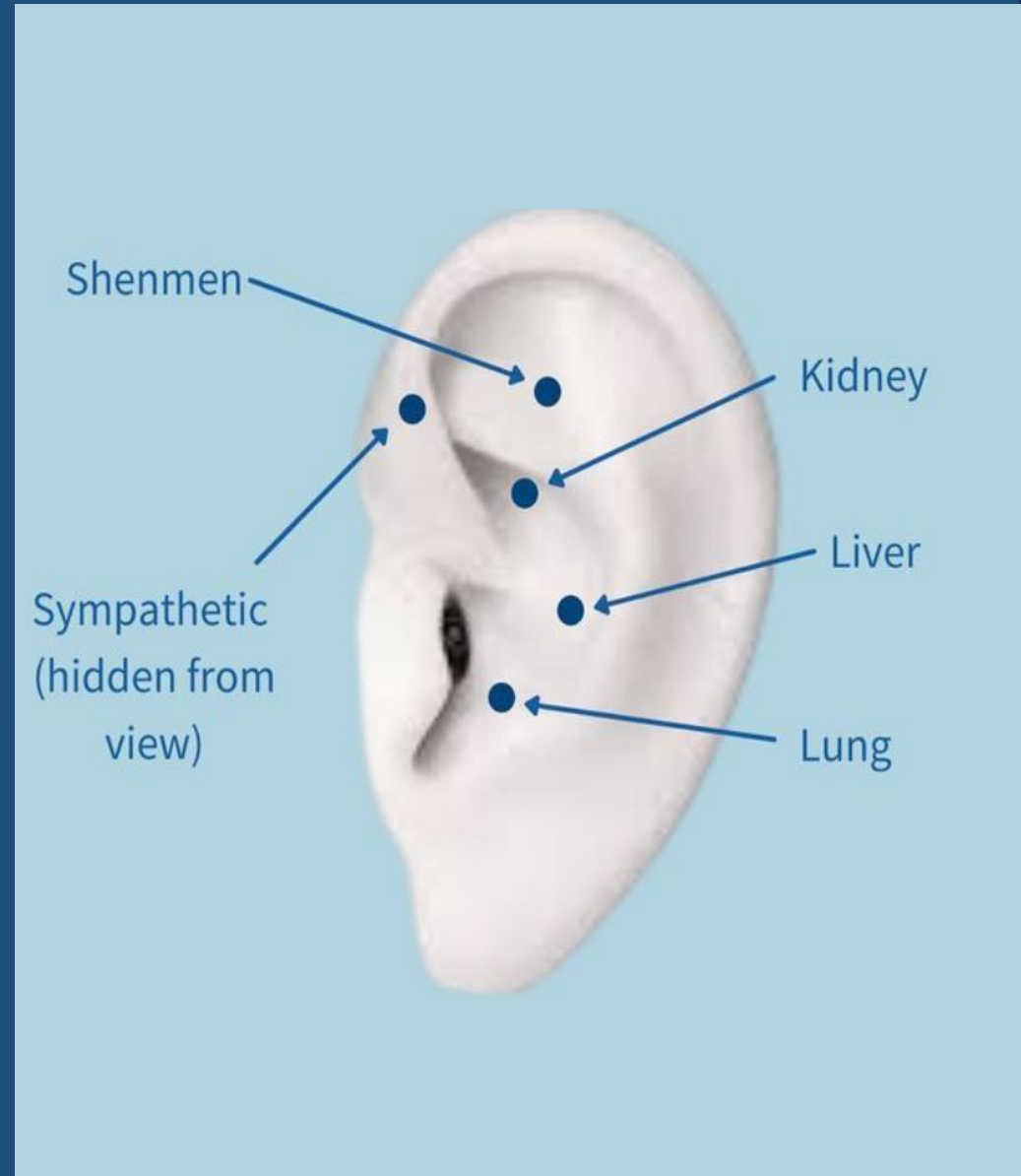
Outcome	Key Finding	Study
<b>Withdrawal / Craving Symptoms</b>	Meta-analysis of 41 studies found a <b>significant reduction</b> in withdrawal and craving symptoms among acupuncture recipients vs. controls (SMD = -0.57).	Lee et al., <i>Substance Abuse Rehabilitation</i> , 2016
<b>Anxiety Symptoms in Withdrawal</b>	Same analysis showed <b>significant reductions in anxiety</b> among participants receiving acupuncture (SMD = -0.74).	Lee et al., <i>Substance Abuse Rehabilitation</i> , 2016
<b>Alcohol &amp; Tobacco Use Reduction</b>	Combining NADA with standard treatment led to <b>reduced alcohol use</b> at 3 months and <b>tobacco use</b> at 6 months ( $p < 0.05$ ).	Carter et al., <i>Journal of Alternative &amp; Complementary Medicine</i> , 2017
<b>Autonomic Regulation in Alcohol Dependence</b>	Participants receiving NADA showed <b>improved heart rate variability</b> and reduced craving intensity vs. controls.	D'Alberto et al., <i>Complementary Therapies in Clinical Practice</i> , 2020
<b>Overall Effectiveness of Auriculotherapy</b>	Systematic review: <b>64% of studies</b> reported positive outcomes for auriculotherapy (including NADA) in addiction recovery.	La Cour et al., <i>Medical Acupuncture</i> , 2022

# NADA

*National Acupuncture Detoxification Association*

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- Protocol developed in the 1970s at Lincoln Hospital (NYC) for addiction recovery
- Uses five standardized ear points to calm the nervous system and reduce cravings
- Regulates neurotransmitters and stress hormones to ease withdrawal and promote balance
- Widely used in behavioral health, trauma, and community wellness settings



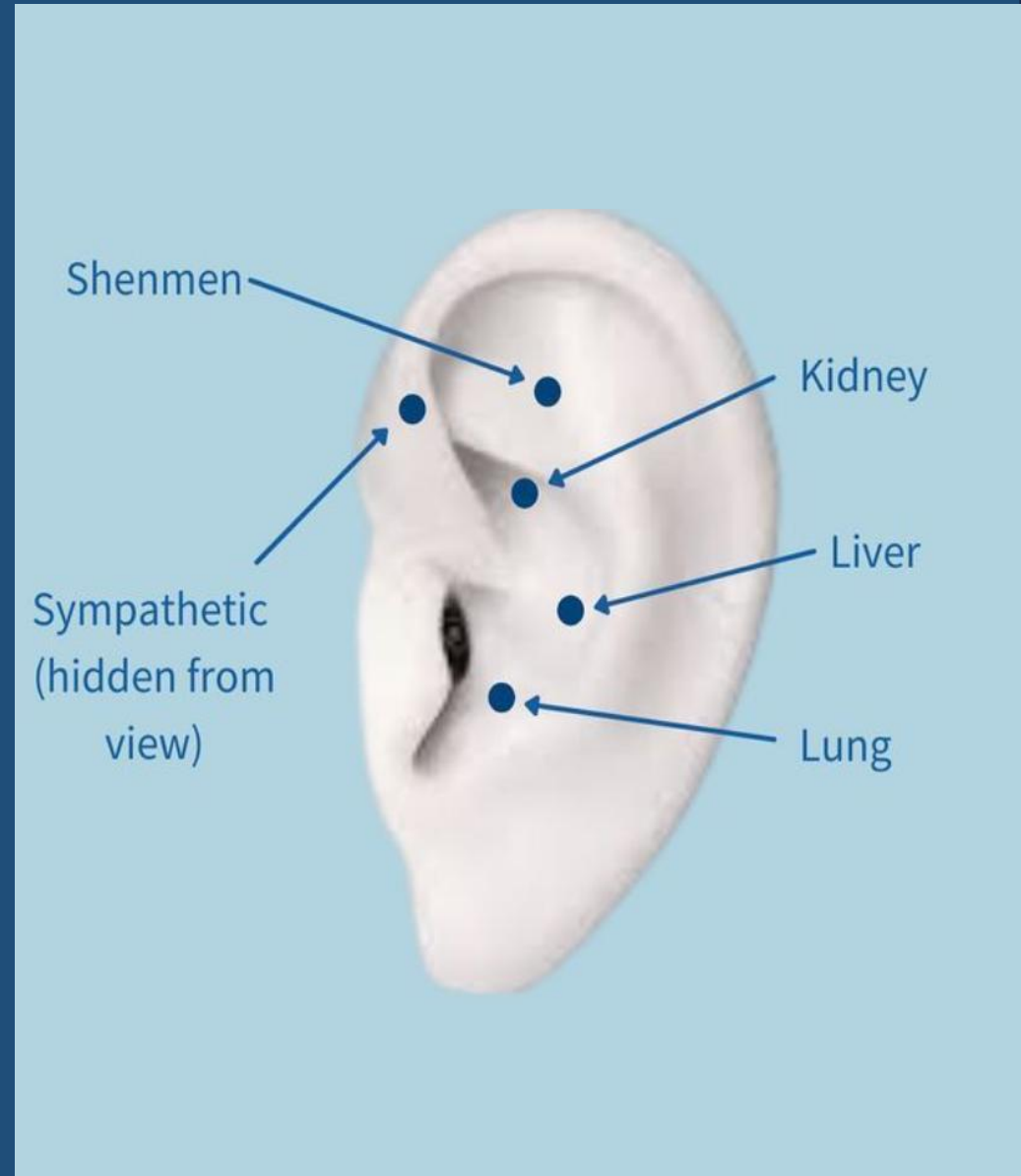
# NADA demonstration

*National Acupuncture Detoxification Association*

## Five Points:

- **Sympathetic** – Balances the autonomic nervous system; reduces stress and anxiety
- **Shen Men** – “Spirit Gate”; quiets the mind, calms emotions, eases cravings
- **Kidney** – Strengthens willpower, supports adrenal and stress recovery
- **Liver** – Aids detoxification; releases anger, frustration, and tension
- **Lung** – Supports grief processing and emotional release; promotes relaxation

This 30-45 minute treatment promotes calm, reduces cravings, and supports nervous system regulation



# Partners in Holistic Healing and Recovery



- Build partnerships that bridge acupuncture, counseling, and medical care to enhance outcomes in addiction recovery.
- Work to reduce relapse risk, regulate the nervous system, and promote long-term emotional resilience.
- Together, we can foster deeper recovery by addressing the physical, emotional, and spiritual aspects of healing

# Questions?

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*Thank You!*



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ACUPUNCTURE

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