

LIVERPOOL ACU-DETOX



WEEKLY WEDNESDAY GROUP SESSIONS

TIME: 6.30pm - 7.30pm

COST: £10

**FOLLOWING THE NADA 5 point Protocol
(National Acupuncture Detoxification Association)**

THE TREATMENT

Up to five pre-packed, sterile, disposable needles will be placed in specific points of the outer area of each ear.

You will sit quietly for up to 45 minutes. Arms and legs uncrossed, eyes open or closed.

After this time, the practitioner will take out the needles and dispose of them.

You may then have one or two 'ear seeds' i.e. small gold or silver balls stuck onto specific points. These can remain on for up to 2 weeks to give continuing benefit

BENEFITS OF THE 5 POINT EAR ACUPUNCTURE

The Five Point Acudetox works best when treatments are frequent and ongoing. The effects are cumulative, so persevere and come as often as you can.

Some of the benefits you might expect:

- **Marked relaxation and a feeling of wellbeing**
 - **Improved sleep patterns**
 - **A clearer mind**
 - **Decreased feelings of anger**
 - **Reduction of cravings**
- **Stimulation and strengthening of particular organ systems, especially the liver, kidney and lungs**
 - **Can help relieve headaches and body pain**
 - **Enhances the benefits of other treatments**

**VENUE: Ullet Road ECO OFFICES, 125A Ullet Road, Liverpool L17 7AB Room 1 (*please only use buzzer 1 when arriving*) GROUP LIMIT IS 10
Book first by calling or texting Ruth on 077028 22200 or
e mail: rshaw01@btinternet.com**