

Auricular Acupuncture & Meditation Session



Saywhaat??? Ear acupuncture is an effective and accessible

way to treat a variety of conditions in a variety of settings. The National Acupuncture Detoxification Association (NADA) developed a special protocol of ear points to treat addictions and emotional trauma. The NADA protocol is used in many addiction and recovery centers around the world. Chronic and acute pain conditions respond well to ear acupuncture. Stress, insomnia, and anxiety are also treated effectively. In 2009 the U.S. Air Force, Navy, and Army began sponsoring their physicians to train in ear acupuncture to more effectively treat soldiers and veterans for chronic pain and acute and chronic stress disorders, like P.T.S.D.



So... Our process involves a brief introduction to the group while in a sitting position. Then an accredited Acupuncturist applies the needles. Soothing meditation music is turned on, candles are lit, and the lights dimmed. Twenty to forty minutes later the session is over!

So for anyone interested in this relaxing and helpful treatment please come on over to...

The Cornerstone Club



570-B Steven Court, Newmarket, On. 905 503 1551

Wed. and Fridays @ 11:00 AM

Admission is Free

The session will be held by our Program Director Peter Brewitt, RCS, CACII, Acupuncture Detoxification Specialist and other Certified Acupuncturists.