

**Understanding chemical dependence  
from an Acupuncture and  
Traditional Chinese Medicine perspective**

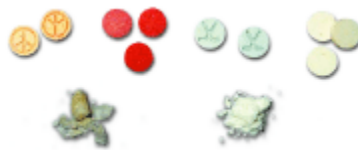
**Abhängigkeit aus Sicht der Akupunktur/TCM**

**EuroNADA Conference  
Euro-NADA Konferenz**

**Katherine Berry 2009**

# Presentation overview

- Overview
- Why do people take drugs?
- Chemical dependence and TCM
- Yin Yang theory
- Drug class and effect
- Five element theory
- NADA Ear acupuncture protocol
- Drugs and the five elements



# Alcohol & other drugs

- Leading cause of preventable deaths
- Pharmacologically diverse range of substances
  - effects
  - likeability
  - abuse liability
  - dependence potential
- Combination 'poly drug use'
- Legal substances prescriptions → illicitly

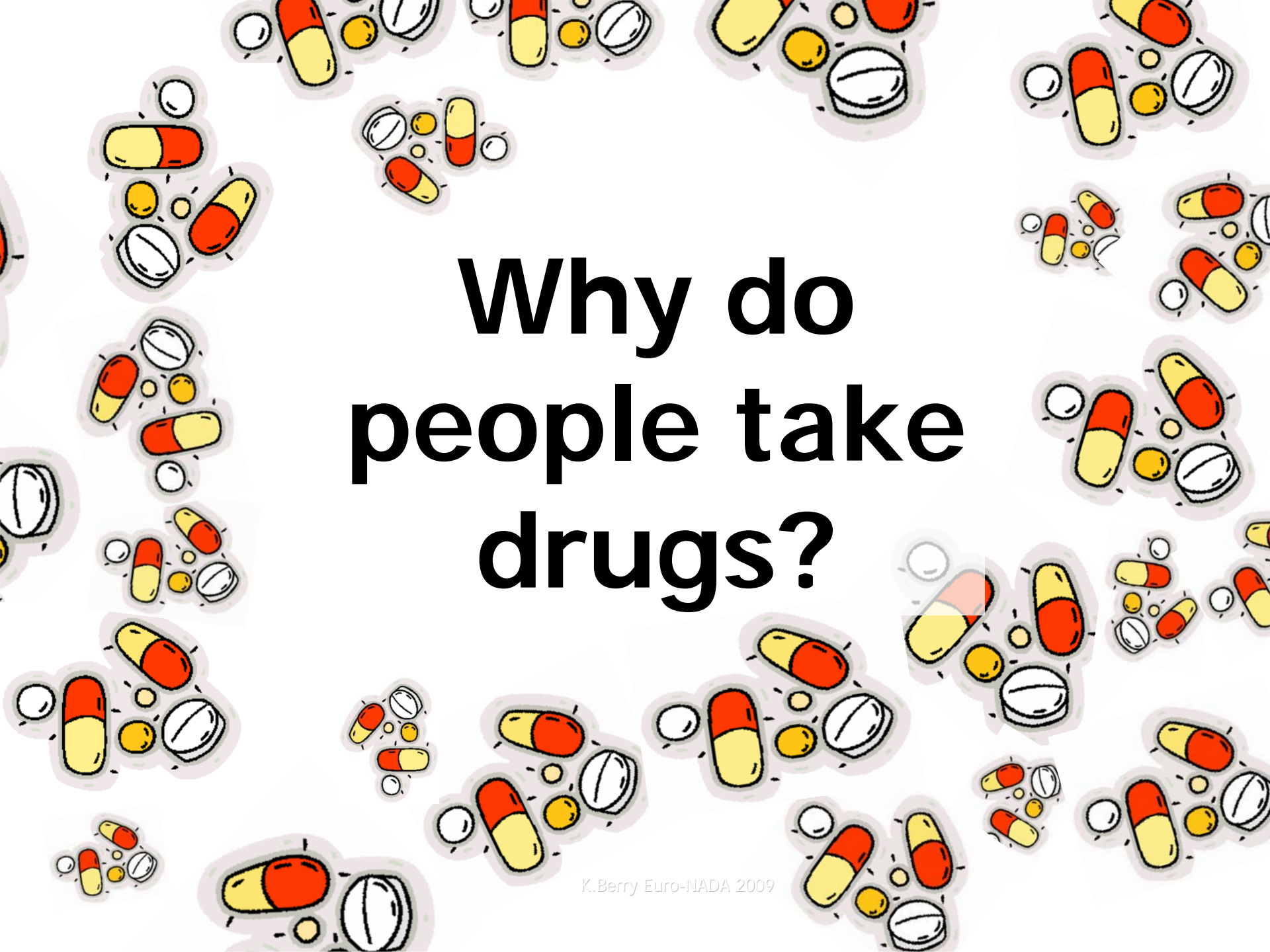


COCAINE



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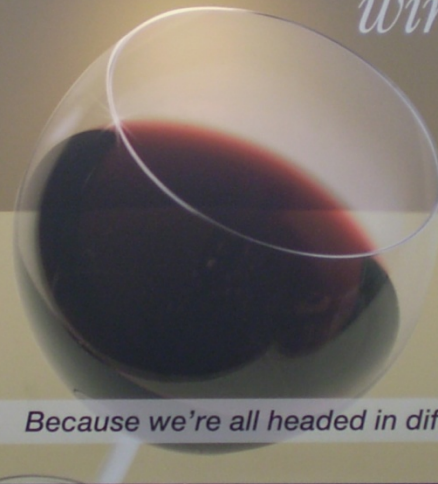


# Why do people take drugs?

*pick-up*



*wind down*



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*Because we're all headed in different directions.*

- Café Ritazza Arrivals
- Hudson News Euro Café Arrivals
- Starbucks Arrivals, Corridor
- The Grove Arrivals, Corridor
- Anheuser Busch Brew House C73
- Jake's Coffeehouse C75, C109
- Garden State Diner C82
- Out Of Bounds Sports Bar C84
- Dunkin Donuts C90
- Rio Douro Café C90
- Miller Brewhouse C102
- Samuel Adams Brewhouse C112
- Borders Café/Seattle's Best C120
- Gallagher's Steakhouse C120
- Brooklyn Brewery Jazz Bar C124
- Famous Famiglia C134

**Shop Terminal**

# *pick-up* **Pick up...** *wind down* **Wind down...**

- Internal climate/ external environment
- Mornings → caffeine = stimulate
- Evenings → unwind (alcohol) = CNS Depressant
- Quick fix: creating inner & outer **balance...**
- Prevalence = **disadvantaged communities**
- Chaotic the environment = **balance**



Generational issue- effecting whole communities and not just individuals...

*Perhaps we all came from  
different places too...*



# TCM & Chemical Dependence



Yin-Yang



(Yin)



(Yang)

**Original  
Meaning**

north side of a hill  
(away from the sun)

south side of a hill  
(facing the sun)

**Nature**

feminine  
rest  
contracting  
cool  
dark  
shade

masculine  
activity  
expanding  
hot  
light  
brightness

**Symbols**

moon  
earth  
west (sunset)  
north  
right

sun  
heaven  
east (sunrise)  
south  
left

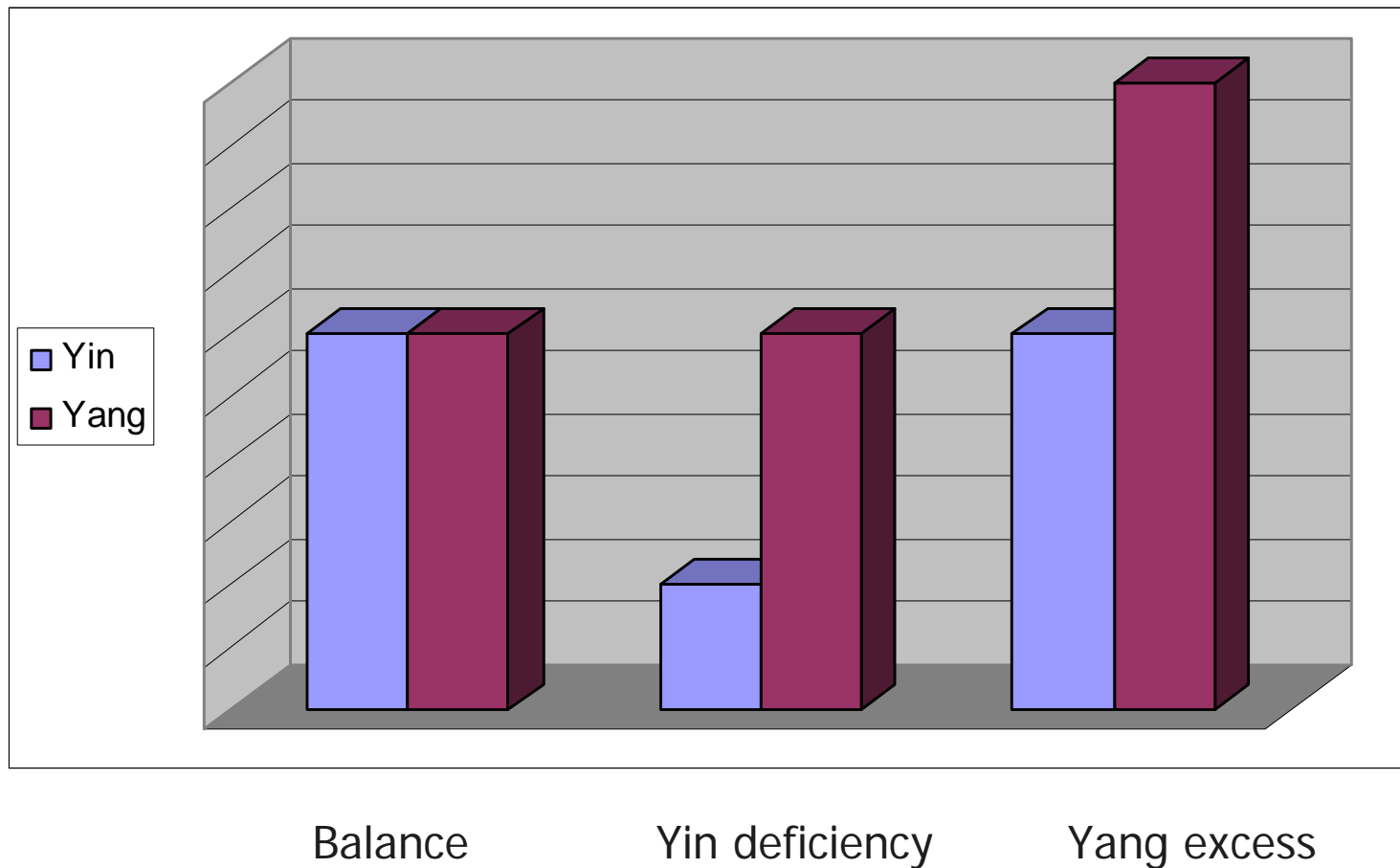
**Chinese  
Character**

陰

陽



Health = balance: yin  $\leftrightarrow$  yang



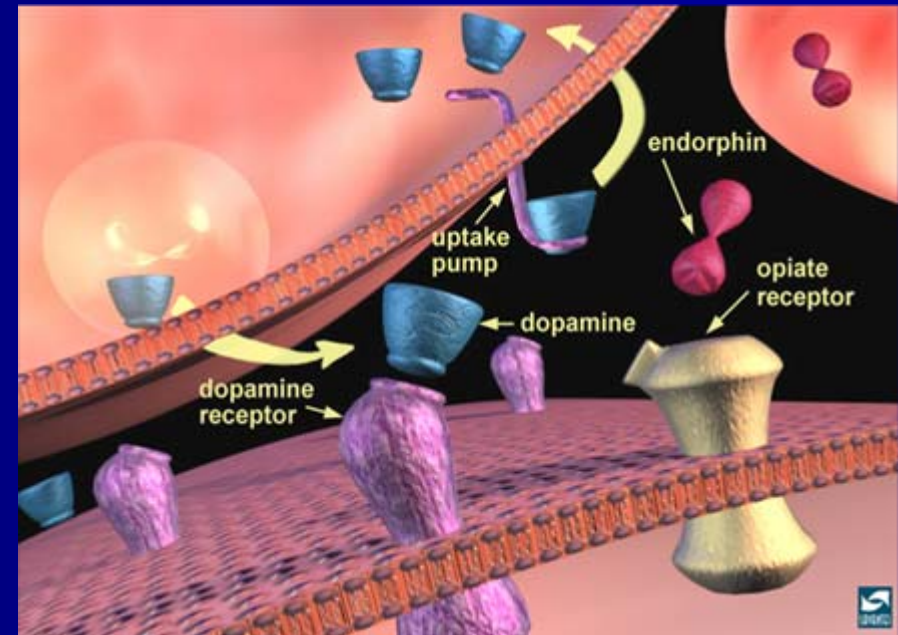
# Drug class and effects

Psychoactive drugs effect:

- perception
- cognition
- mood

Neurotransmitters:

- Excitatory: CNS Stimulants
- Inhibitory: CNS Depressants



# CNS Stimulants

- Release dopamine into the NE system
- Excitatory neurotransmitter
- CNS Stimulants hijack the brain's pleasure/reward pathway
- Considered YANG in nature
- Examples: caffeine, cocaine, amphetamines (speed) & club drugs eg MDMA or ecstasy



# CNS Stimulants



Sympathetic nervous system → 'fight & flight'

- increase arousal
- concentration
- energy

} Speeds you up

- Rapid onset (within seconds) when smoked (crack), snorted (cocaine) or injected (speed)
- Elevate mood, induce euphoria and feelings of well-being:
  - Increase alertness, energy & self-confidence & motor activity
  - Reduce inhibitions, fatigue & appetite

## Physical effects:

- Elevated pulse, BP & body temperature
- Increased respiratory rate, sweating & dehydration
- Dilated pupils (sign of intoxication)
- Tremor, shakiness
- Dry mouth

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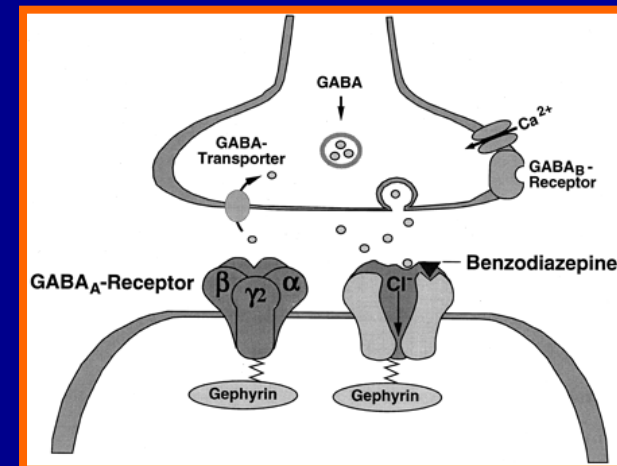
# CNS Depressants

- Slow down normal brain function
- Considered YIN in nature
- Examples:
  - Alcohol
  - Cannabis (also belongs to hallucinogen drug class)
  - Opioids (opium, pethadine, methadone, heroin)
  - Prescribed medications:
    - Benzodiazepines (eg valium)
    - Sleeping pills
    - Anti-anxiety tranquilizers
    - Barbiturates
    - Anti-convulsants

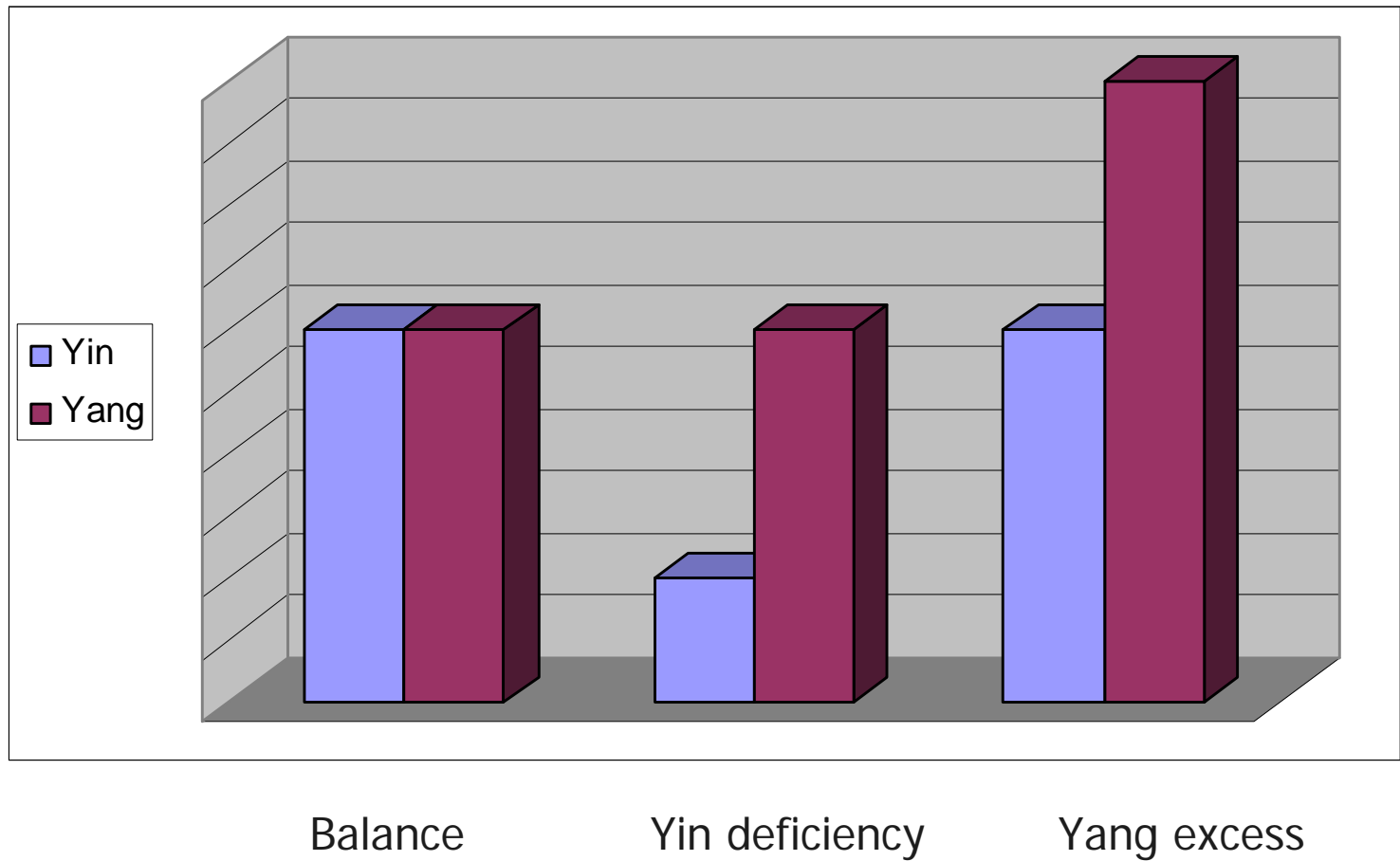


# CNS Depressants

- By promoting the **inhibitory** physiological systems, depressants:
  - lowers the rate of arousal
  - reduction in motor and cognitive activity
  - depression of cardio respiratory centers } **'slows you down'**
- Neurotransmitter: gamma-aminobutyric acid or "GABA"
- Different types of CNS depressants work in their own way
- Increase GABA activity = relaxing effect
- Inability to produce GABA:
  - anxiety
  - tension
  - insomnia } **GABA deficiency/  
yin deficiency**



# Balance: yin $\leftarrow$ $\rightarrow$ yang



# The five elements 'Wu Xing'





# NADA ear points



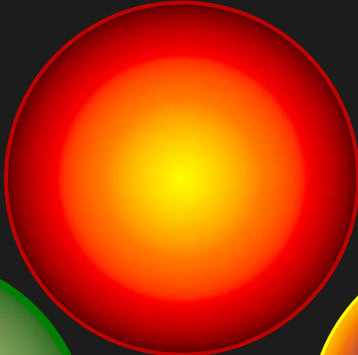
Shen Men

Kidney

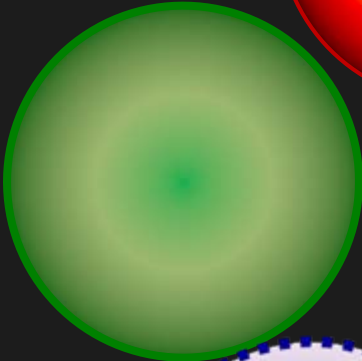
Liver

Upper Lung (R)

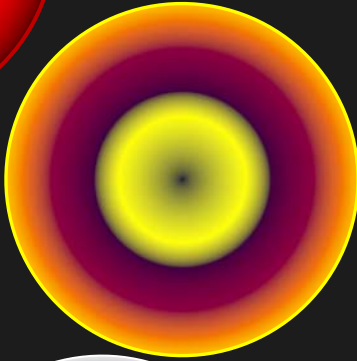
Lower Lung (L)



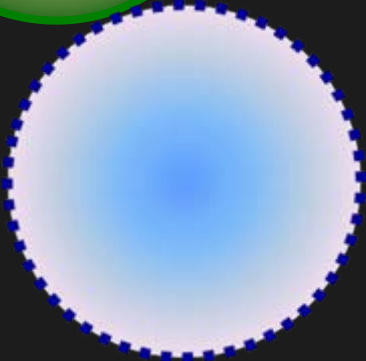
Shen Men



Liver



Sympathetic



Kidneys



Lungs  
(upper R)  
(lower L)

# Drugs and the five elements

Cannabis?

Ecstasy?

Alcohol?

Heroin?

Tobacco?

Heart – intellect,  
spirit 'shen'



Rising heat/ body temp

Joy

Damp →  
coughing phlegm



Digestion

Worry, paranoid



Anger

Liver

Expansive/ explosive



Cold, slow, sinking

Fear

Bones, head hair



Dry, contracting

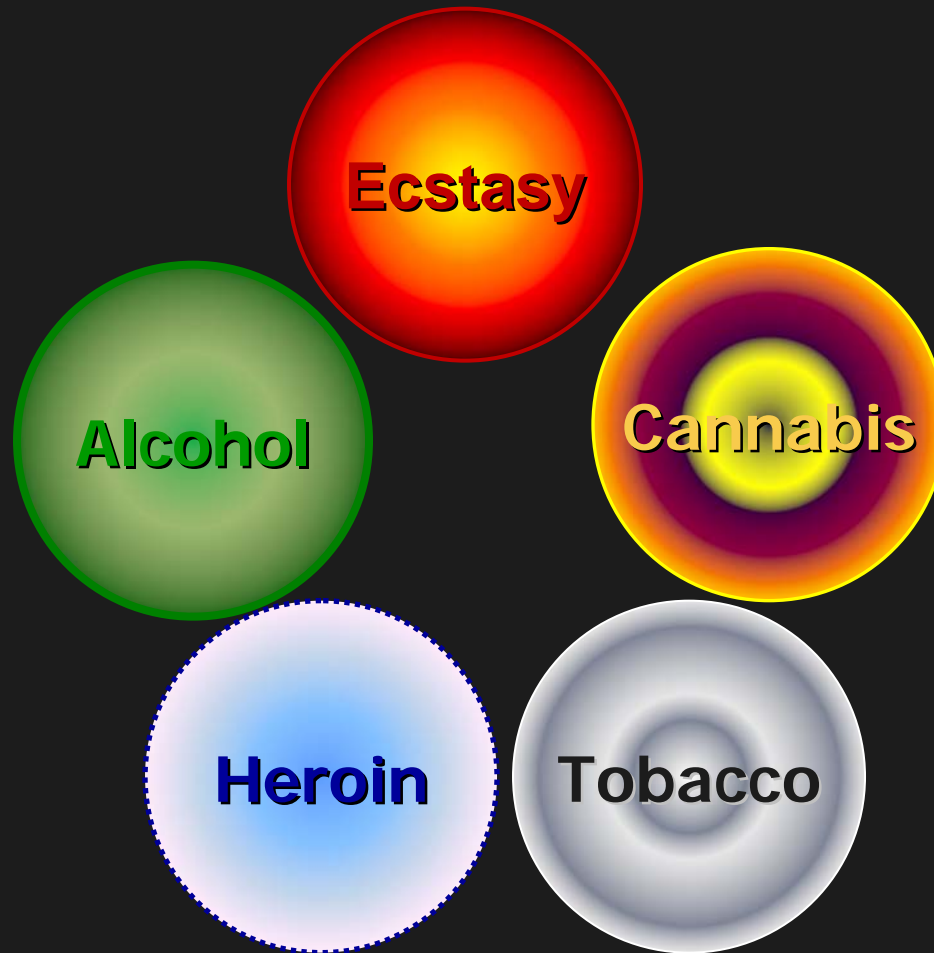
Lungs

Grief & sadness

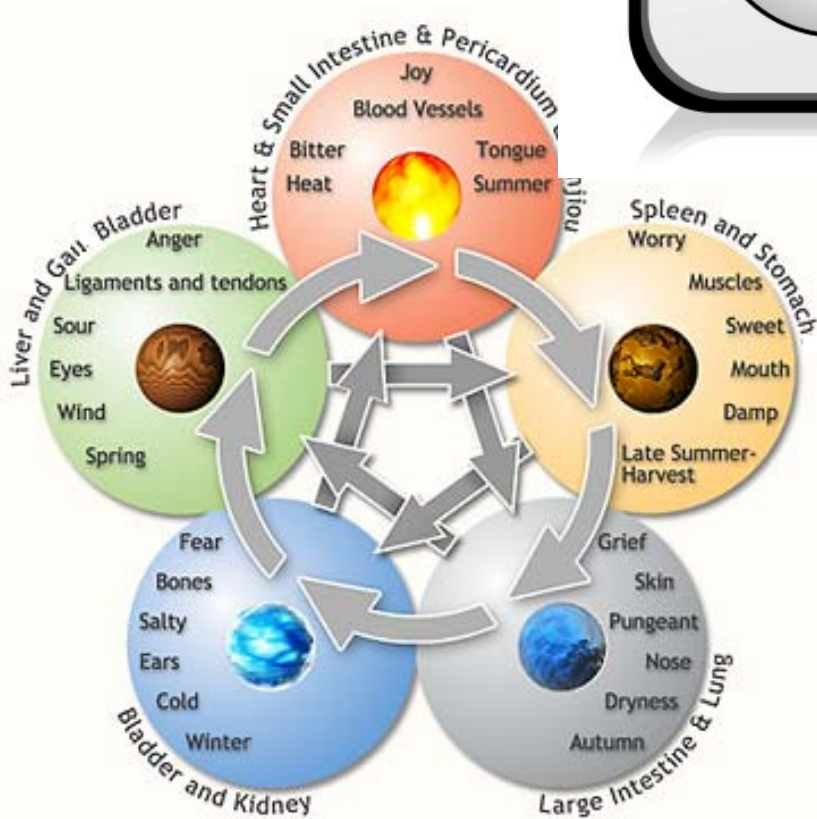
Skin, body hair

# Drugs and the five elements

Cannabis?  
Ecstasy?  
Alcohol?  
Heroin?  
Tobacco?



# Balance



# Health



And happiness...

# Contact

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