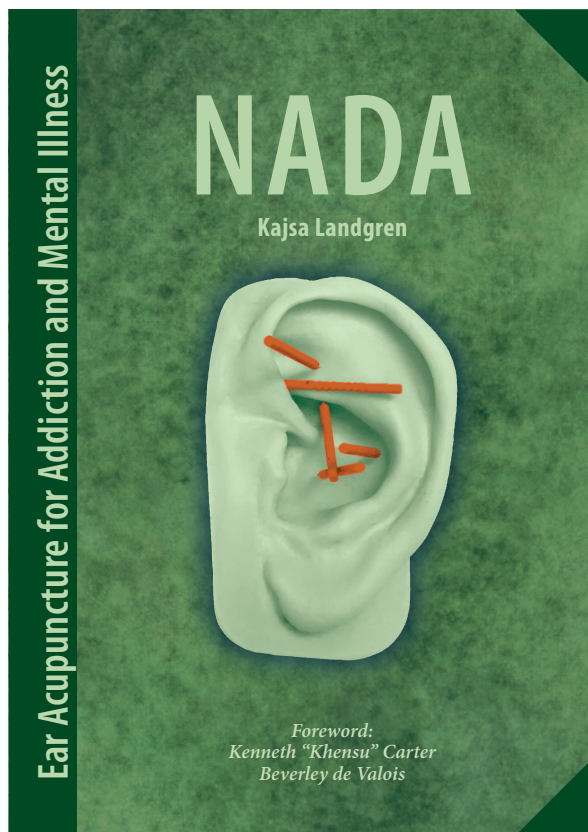




“NADA – Ear Acupuncture for Addiction and Mental Illness”

Foreword by NADA president Kenneth “Kenshu” Carter and NADA researcher Beverley de Valois.

This is a book for anyone interested in acupuncture and non-pharmacological treatment of anxiety, sleep difficulties and withdrawal.

NADA is a simple form of standardized ear acupuncture used in more than 70 countries in conjunction with standard psychiatric care and addiction treatment, in treatment centers and prisons, and as crisis intervention after natural disasters and acts of terrorism.

This book ...

- describes how the NADA method was formed out of a revolutionary movement in the USA in the 1970s and gives many examples of how NADA is used worldwide.
- gives a voice to patients and therapists who describe their perceived effects of NADA as an aid in recovery from mental illness and drug addiction.
- is a textbook for those taking the NADA training. The book describes the points and the craft with clear pictures.
- provides a scientifically based explanatory model for how ear acupuncture works and a detailed picture of the research support for NADA.



Kajsa Landgren is a psychiatric nurse and Assistant Professor at Lund University, Sweden. She has a diploma in traditional Chinese acupuncture and specializes in ear acupuncture. She has been using and teaching NADA since 1995, mentoring NADA acupuncturists and researching NADA from various perspectives. Kajsa has previously written the book Ear acupuncture – a practical guide (2008).

The book is available in a printed version (ISBN 978-91-527-4371-3) and as an ebook (ISBN 978-91-527-4372-0).

Both can be ordered here: <http://kajsalandgren.com/Hem/nada-book.html>