

VETERANS COMMUNITY ACUPUNCTURE CLINIC

The *Aloha Annex Veterans Project* provides free and donation-based acupuncture treatments for veterans and their families in Boulder County. Treatments are based on the *Community-Style Acupuncture* model, where multiple patients can be treated simultaneously in a comfortable group setting, such as veterans centers, support group venues, and health clinics offering *Community Acupuncture*. The long-term impact of war takes a tremendous toll for decades. Acupuncture treatments for veterans and their families are a safe and effective way of treating these psychological and physical wounds.

How acupuncture helps veterans and their families:

Veterans at clinics throughout the country are experiencing benefits such as:

- 👍 reduced anxiety 👍 less frequent flashbacks 👍 improved sleep with ↓ bad dreams.
- 👍 improved mental clarity 👍 increased energy 👍 elevated mood 👍 reduced stress.
- 👉 Community acupuncture clinics are also available to the children, parents, and spouses of veterans.

Veterans Acupuncture Programs in the U.S.

The Veterans Project began in 2006 with a pilot clinic in Albuquerque, New Mexico. Other locally run clinics are now operating nationwide in locations such as:

- ☑ Boston, MA ☑ Chicago, IL ☑ Portland, OR ☑ Portland, ME ☑ Austin, TX
- ☑ Washington, D.C. ☑ Charlottesville, VA, and ☑ San Francisco, CA.

The *U.S. Military* and *Department of Defense* have funded research on using acupuncture to treat ☑ PTSD ☑ Traumatic Brain Injury ☑ Gulf War Syndrome and ☑ Chronic Pain.

Veteran's hospitals are employing acupuncturists to treat post-deployment veterans at
🌀 Fort Myers 🌀 Fort Hood 🌀 Fort Bliss 🌀 Walter Reed Medical Center
🌀 Seattle VA Hospital 🌀 Salt Lake City VA hospital.

Furthermore, the military has started training physicians and medics to use acupuncture on the battlefield to treat acute injuries and pain.

What to expect from our clinic and treatments:

Acupuncture is a simple, low-cost modality offering immediate, effective, and accessible treatment for large numbers of people. Acupuncture is a tool that can work synergistically with more conventional treatments, such as counseling and medication.

Treatments through the *Aloha Annex Veterans Project* are based on the National Acupuncture Detoxification Association (NADA) ear protocol, which has proven effective in alleviating symptoms of stress and trauma.

During treatment, patients sit or lie fully clothed in chairs and/or cots, massage tables and floor mats. Our licensed acupuncturist volunteers place 5 small needles in specific "points" on each ear. The recipients are invited to rest quietly and "cook" for 30-45 minutes, to allow the treatments to balance the body and integrate the nervous system.

If you would like to host, sponsor, or join a *Veterans Community Acupuncture Clinic* in Boulder or surrounding counties, please contact **Jennika Wildau**, the *Aloha Annex Veterans Clinic Director*.

