

## Hours of Operation

Since the clinic is staffed by volunteer Acupuncture Detoxification Specialist, the hours of operation may change, depending on volunteer availability.

*Tuesday: 2pm—3pm*

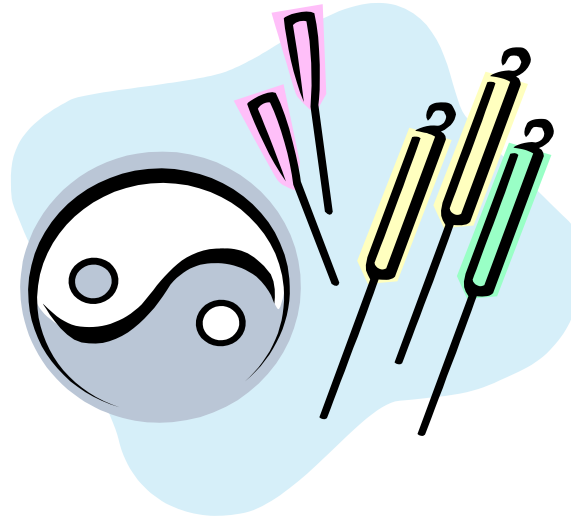
*Wednesday: 2p-3p*

*Thursday: 2pm—3pm*

*Note: We have the capacity to*



If you would like more information, please call us at (212) 367-1100.



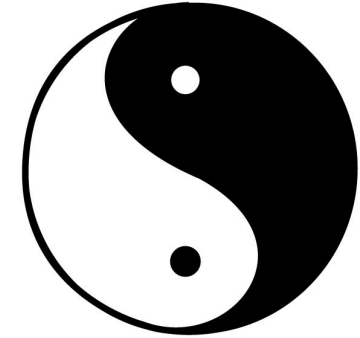
GMHC fights to end the AIDS epidemic and uplift the lives of all affected.

446 W. 33rd Street  
New York, NY 10001  
(212) 367-1100

Hotline: (800) 243-7692  
Hotline email: [hotline@gmhc.org](mailto:hotline@gmhc.org)  
Website: [www.gmhc.org](http://www.gmhc.org)

# GMHC

FIGHT AIDS. LOVE LIFE.



**The  
Acupuncture  
Corner**

**Room 7524**

▶ **The David Geffen  
Center for HIV  
Prevention & Health  
Education**

Ear Point Acupuncture Services

## ► What is Acupuncture?

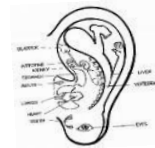
Acupuncture was developed by the ancient Chinese. It consists of stimulating designated points on the skin by insertion of needles at specific points related to internal body function. Energy or Qi (pronounced chee) moves throughout the body and can become blocked, too weak, or stagnant. Problems with Qi are believed to be the cause of illness. Acupuncture balances the Qi and supports overall well-being.

Auricular acupuncture focuses on points in the ear. Auricular acupuncture helps with headaches, body aches, sweats, sleep problems, tremors, anxiety, mental clarity, and depression. It can also help with detoxification of drugs from the body and reduces cravings for alcohol and other drugs. Acupuncture is also believed to help people quit smoking by decreasing cravings for nicotine.

## How does Auricular Acupuncture Work?

The Acupuncture Detoxification Specialist inserts up to five needles in each ear. The needles are inserted in five points, which corresponds to specific organs or systems in the body. These include:

1. Shen Men Point- Strong for relaxation. Helps with anxiety, sleep problems, and pain.
2. Sympathetic Point- Alleviates stress via the nervous system and helps with stress related digestive and circulation problems.
3. Kidney Point - Assists with the detoxification of toxins by the kidneys. Also helps the kidneys purify blood.
4. Liver Point - Assists with the detoxification of toxins and chemicals by the liver. Also helps stabilize emotional balance.
5. Lung—Assists with the detoxification of toxins through the lungs. Also helps strengthen the immune and respiratory systems.



Ear Points

## Frequently Asked Questions...

**Does it Hurt?** Most often, people barely feel the needle in. However, sometimes a point will be sensitive and you may feel a small sting or pinch that only lasts for a second. Acupuncture needles are different from hypodermic needles, in that they are not hollow and are much thinner. It usually does not hurt, especially when you concentrate on your breathing. If you experience pain or discomfort, notify staff.

**Is there a danger of infection?** Virtually none. The needles are sterile and single-use needles.

**Are there side effects from the treatment?** Occasionally people report having a headache or soreness in the ears after treatment. This usually is due to initial sensitivity at the points. Massaging your ears after treatments can help alleviate these symptoms. If the symptoms persist, please notify an ADS.

**Does the treatment cause bleeding?** Very little bleeding occurs, however sometimes when a point is sore, you may experience some spotting when the needle is removed. Applying gauze to the area will stop the spotting.

**Are there times when I should not have treatment?** Yes. If you have not eaten on the day of the treatment, you will need to have a snack before treatment is administered.



*The more you know!*