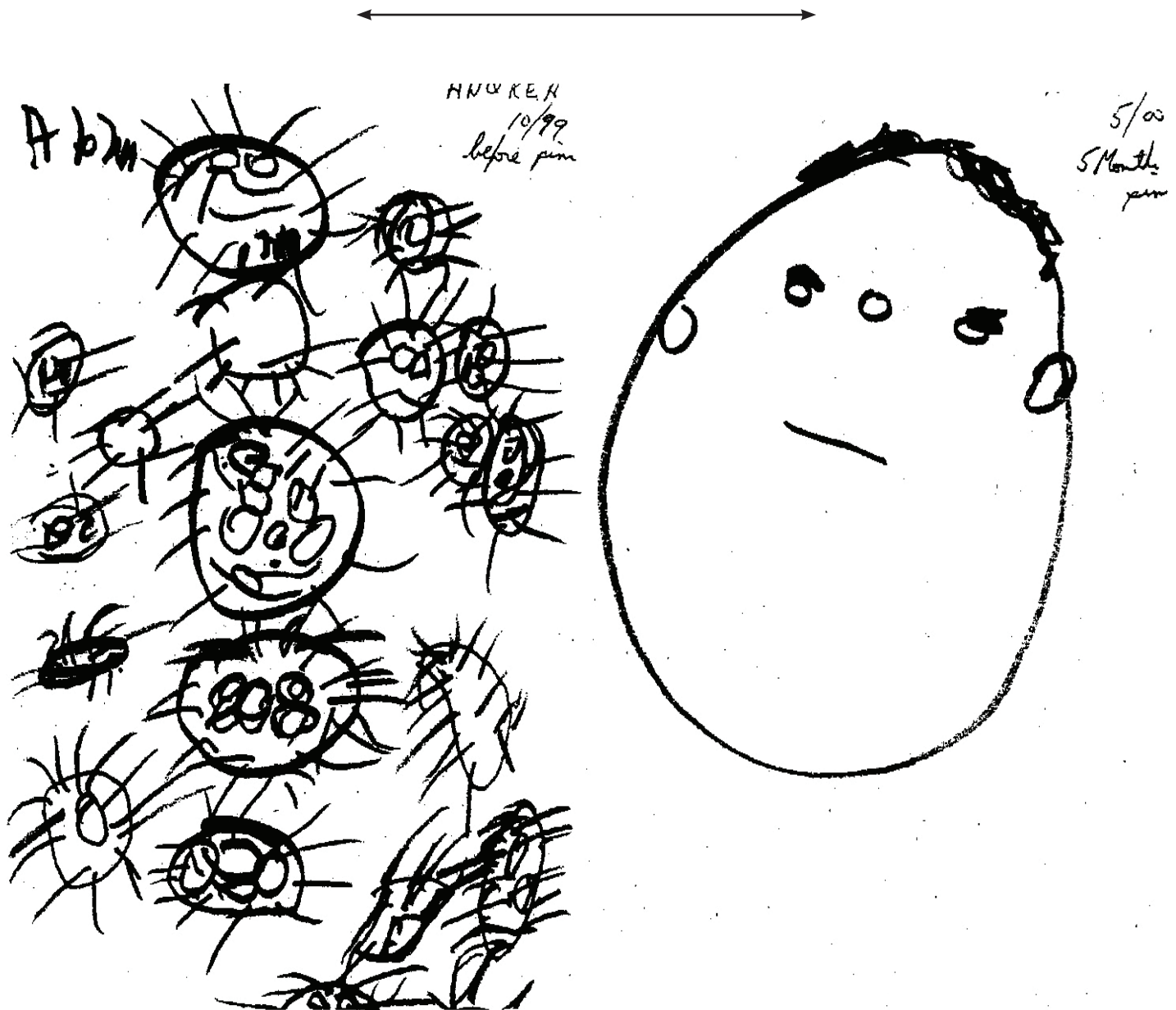


Ear Magnets for Trauma Recovery and Healing

Story Excerpts from Guidepoints: News from NADA



Two self-portraits by Andrea, a 16-year-old girl who lives with her family and attends a special-education public high school in Manhattan. She was diagnosed with Down Syndrome, ADHD and nystagmus (rapid eye movement). The portrait on the left was drawn by Andrea before magnetic beads, and the portrait on the right was done approximately 6 months later.

Photos on right: Jo Ann Lenney demonstrates how to apply beads at the 2015 Euro NADA conference in Oslo, Norway.

I first learned about the magnetic beads in 1998 when NADA founder, Michael Smith, showed us how to use them, emphasizing how simple it was. He encouraged us to use the beads on our family and friends and to share our observations, because “we need more research from the heart.”

Recently after giving a presentation on the beads, I heard from NADA trainer Beth Cole, who said, “Amazing how we can still keep learning with such a simple procedure.”

The procedure is indeed simple. The day after I learned the technique, my director, Pat, was in a rage because the copy machine wasn’t working. I placed a bead on the back of each ear, and she came over to me a few minutes later to ask what I had done to her – she had had a pounding headache, which was now gone, and she felt like she had taken a tranquilizer.

Pat asked me to give the beads to other workers in the office. I used the bead on the same point – the reverse Shen Men – but got many different responses. Blood pressure stabilized, depression lifted, nicotine cravings decreased, and PMS symptoms eased. My co-workers started asking me to help with other family members.

These were mostly children at first. Three-year-old Kaela had been diagnosed with ADHD and autism. She did not speak but was responsive and communicated with a unique set of movements. We first met at her home where I showed her the beads and had her put them on me and her mother, Theresa, and then I put the beads on her. Theresa was amazed that Kaela let me pick her up and put her in for her nap. When I returned two weeks later, Kaela was obviously happy to see me. Theresa told me that the change in Kaela had been “remarkable.” Her therapist also noticed a difference, in particular that Kaela had become less aggressive with her playmates. Her grandmother noted the change Kaela’s positive response to the family in the way of physical affection. Theresa called this “fantastic.” When I was leaving that day, Kaela let me hold her – she had a big smile on her face and she looked happy.

Theresa and Kaela moved shortly after this but they
Guidepoints News from NADA



The Magnetic B

stayed in touch. Theresa told me that Kaela was doing “phenomenally” well. I had shown Theresa how to use the beads and she was also using them for herself. She said she was now sleeping well at night and feeling better herself. Kaela told me she likes when her mother is wearing the beads because she doesn’t “nag as much.”

I heard from Theresa recently saying Kaela is a “happy, smart active girl.” She has not used the beads in over a year but the effects are still evident.

Although I consistently use the one bead on the same point, I get many different responses – emotional and physical. One woman told me it had helped her headaches, but it also eased her sciatic pain. Another said that when she started treating people with the beads, she found herself surrounded by people with back pain: “One client was crying in his room with severe back pain. I talked him into trying the NADA acupuncture and the beads. He’s been first in line every day. Now a true convert, he can’t stop raving about the beads to all the new clients, and, more importantly, he is coping with his pain management.”

A frequent response to the beads is a reduction in hot flashes. Recently a woman who had been treating herself with sage extract took the beads. The following week she

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eads in Practice

by Jo Ann Lenney

told me the hot flashes had been reduced by about 80 percent – and without the use of the sage extract. A week later she said the hot flashes were now a “non-issue.”

One woman’s blood pressure stabilized, another found she was sleeping better, and a man claimed he was able to stop himself before going into a rage. References to rage came up repeatedly with many different people.

One of the men at Lincoln Recovery Center said, “Sometimes these beads are the only thing between me and me killing someone. You know when you hear that voice saying, ‘get the knife, get the knife.’” A woman nearby said, “Yeah, I know what you mean – they do take the edge off. Even my kids know when I don’t have them on.”

Another client, Julio, couldn’t wait to see me the week after he first got the beads. He told me the most amazing thing for him was his reactions while driving. He had always had trouble controlling his road rage, but with the beads, his responses had totally changed. He became aware of the craziness around him on the road, but he stopped reacting with fury. He asked me to show him how to use the beads so he could take them home and share them with his wife. When Peter, a worker at Lincoln, started using the beads,

he said they make him calmer and less angry. When he started to feel anger, he’d tell himself: “Hey, you have the beads on, you don’t have to get angry.” After a few weeks, there was an occasion when someone was “pushing his buttons,” and he started to repeat his mantra when he realized that he didn’t have the beads on. So this time he told himself that if he could control his anger with the beads, then he should be able to do so without them – and it worked. He explained that it was as if something had been planted in his brain that he could use when he needed to.

A social worker who trained at Lincoln used the beads with her son and daughter. Her 11-year-old daughter had been afraid to go to sleep unless her mother was in the room with her. Almost as soon as the girl started using the beads, she said she felt alright

about going to bed by herself. Her 9-year-old brother liked the beads because they improved his basketball game. (I treated a man at an acu-detox clinic in Manhattan who took acupuncture twice a week and wore the beads continuously. He firmly believed that the beads were responsible for a major improvement in his golf game.)

A friend, Michael, was visiting from Florida and told me his 16-year-old son, Timmy, was having trouble in school and that the staff there was pressuring the family to have him take Ritalin. I told Michael about the beads and showed him how to use them. He called me the following week after he got home. Timmy was resistant at first but did agree to try the beads. He came home from school that day and was very excited. He said, “Dad, these things really work.”

Timmy had been very careful about wearing the beads in the beginning – checking them often and asking to have them replaced every couple of days. He wore them for several weeks and then started to forget about them. He doesn’t wear them any longer but has maintained what he, his parents, and his teachers call “a dramatic improvement.”

Timmy’s story is another indication of the lasting effect of the beads. When Dr. Smith first started working with magnetic beads, it was thought that treatment would have to be continuous – now it seems that this is not

so. Particularly with children. They are generally more responsive in learning to use the beads and in accepting the benefits of the

beads. Their response is both quicker and easier than an adult's. The bead initiates a healing process that does not necessarily need prolonged stimulation to be effective. It's as though a blockage has been removed – a veil has been lifted. The beads start the process of the kids making themselves better – they may be in trouble but they can now learn how to help themselves.

Michael Smith notes that it is important to get to the children right away – they're nervous and worried, and they don't have the time to wait to see what we'll be able to do for them. When they walk in, they have symptoms – we give them the beads and the symptoms get better. The children are growing and coping – they're operating in the present so we have to go where they are. ♡

Prison Staff and Mentors Widely Use the Beads in Northern Ireland

We recently heard from Trish Cathcart who has introduced the NADA protocol into all the prisons in N. Ireland (see May/June 2014 issue of Guidepoints). She writes: "One of my clients came to the session with the beads on his ears. I asked who had put them on for him, and he informed me that another prisoner had been at the acupuncture clinic and had got them put on there. My client told me that he had been stressed and his friend knew the beads would help, so he took them off his own ears and put them on my client – and put them on correctly! I was totally inspired that one prisoner would do this to help another, and that they both knew and believed the beads would help."

Trish went to her manager, Clare Connelly, told her the whole story, and asked if it would be possible to train the mentors (prisoners in recovery) to use the beads on their fellow prisoners. Clare was completely in support of the suggestion, and Trish was given the go ahead. She has already finished training the mentors, and they "are away back to their own landings able to help other prisoners and full of enthusiasm."

Since the results were positive and there were no security problems, they are now able to go to other landings and accommodation blocks to treat the people there.

Guidepoints News from NADA

“Acupuncture is the key that opens the door. And when the door is open that leads to all sorts of possibilities.”

-Michael Smith

mentors about whether sex offenders would be offered the beads. She told them that if they were going to provide the beads, they would have to make it available to everyone.

Trish shared: "So they agreed, and have been treating everyone and administering the beads to all prisoners. This as you know is a big deal as sex offenders are not liked by other prisoners. And this is an especially big deal for one of our mentors who is in prison for life for murdering a man who sexually assaulted him. I am very proud of them, and they are growing in confidence all the while."

"They informed me today they have in the last month administered beads to the following numbers of prisoners: Glen total 30 prisoners • Fergal total 20 prisoners • Sean total 150 prisoners (Sean is located in a low security, resettlement unit where prisoners are nearing the end of their sentence) • Robert total 50 prisoners (Robert was also permitted home on two days parole and took the beads with him and administered them to his family)."



Trish Cathcart

According to Trish, the mentors have been inundated by requests for the beads.

She also had a question from the

Trish Cathcart is presenting at the 2015 NADA conference in Cleveland, Ohio. She works as a drug and alcohol counselor for Start 360, an organization which provides addiction treatment services for all of the prisons in Northern Ireland. To contact: patricia.cathcart@dojni.x.gsi.gov.uk

Michael Smith comments on Trish's work:

He calls it a "remarkable and creative effort on the use of beads by inmates," and adds that it shows "concrete measures of improvement in a typical prison setting, clear evidence of social and moral improvement that would be apparent to anyone who knows prisons." He said we have a need for specific bead research and is encouraging people to come up with ideas that we can discuss at the conference in Cleveland, September 28 to October 3. ♡

July/August 2015

And the Bead Goes On: The What, Where and How of Applying Acupressure Beads

by Jo Ann Lenney

The beads are easy and simple to use. If you can get the help of an 8-year-old so much the better. I once told NADA's founder, Michael Smith, that it might be interesting to give some children a little bit of instruction and then see where they would place the beads – he thought it would be more interesting to give them no instruction and see where they would place the beads.

When I first started volunteering at Lincoln Recovery Center, it was open on Saturdays so the clients often brought their children. They would sit at the front desk reading, coloring, and playing with magnetic toys that I brought for them. I also showed them the magnetic beads and they watched as I put them on clients' ears.

They started putting the beads on each other, and asked if they could bring beads home to use on a nervous uncle, an angry cousin, a depressed friend. They always returned the next week with positive results to share with us.

The children took their “work” very seriously and shared ideas with other children and with the trainees. As a result, clients generally requested the beads from the children rather than from the workers. The only assistance they needed was in getting the tape to lie flat on the ear.

This was also one of the few problems the trainees had – taking the time to make sure the tape adhered well to the ear. The clients use to call me The Bead Lady, not because of any special talent I had with the beads, but because, when I put them on, they stayed on.

Examples of the simplicity of learning to use the beads are many. There is Marissa, a client who was so impressed with how they made her feel, she asked if she could learn to use them – she wanted treat her son who had been diagnosed with ADHD. She did not have much time because she had to return to class, so I quickly showed her where the reverse Shen Men was on another client and gave her some beads to go.

When Marissa returned the following week, she told me she had given the beads to her son. He had calmed down so much that her mother thought she had placed him on medication. She also gave the beads to her husband who is a supervisor at a city agency – his workers said they were wondering why he had stopped yelling at them. He told

them that he didn't understand it, but his wife had put these things on his ears and he was feeling much calmer. Then there is Jean. Her local acupuncturist gave her a NADA treatment, and when Jean's response was so positive, she showed her how to use the beads and gave her some to go. Jean was at a family reunion for several days, and started using the beads there.

She treated several family members – her husband noted that his cravings for sugar had stopped, and her aunt commented how much better she slept.

Jean now has plans to share the beads at a local woman's recovery program, a nearby college, the Knights of Columbus, and more. She contacted NADA to see about getting formal training in the beads. Michael Smith said she didn't need any more training, maybe some encouragement. He said, “How many people go to a family reunion and make people better!”

Perhaps most illustrative of the simplicity of using the beads is Trish Cathcart's story (see page 8) of the inmate who took the beads off his own ears and placed them on a friend's ears – “and did it correctly!” ☞

Reciprocity Brings Acudetox to Homeless Youth in New York City

by Taz Tagore

“Such a gift
Radical effect
Off the charts”

These are phrases Taz Tagore used when describing the effects of the magnetic beads. Taz is cofounder with Adam Bucko of the Reciprocity Foundation, an award-winning contemplative nonprofit that offers transformative programming for homeless and foster youth in New York City. Among other holistic programs, they have offered yoga and meditation, and recently Taz, Adam and eight staff members took the NADA training.

On any given night, there are nearly 20,000 young people without adequate shelter. Many of these youth are

“invisible” homeless – couch-surfing, trading sex for shelter or just living in parks and subways rather than seeking out a city-run shelter. Roughly 40 percent of homeless youth suffer from addiction and the majority refuse outpatient treatment.

It is within this context that the Reciprocity Foundation reached out to Jo Ann Lenney, asking to be trained to offer acudetox treatments at their holistic center near Penn Station. The organization serves hundreds of homeless youth each year and had already been offering acupuncture, yoga and meditation for over a decade.

The Reciprocity team has brought acudetox to six different programming for homeless youth across the five boroughs each Wednesday and Thursday. As cofounder Taz Tagore said, “Finding volunteers to offer a one-off acudetox treatment is different from having our team of caring staff available to give treatments on an as-needed basis, year-round.”

Rich Overton, Reciprocity’s program director said, “The acudetox treatments are such an added benefit to our youth, as well as staff. The treatments help us achieve our mission of *‘Transforming Youth from Within’* because acupuncture works from the inside out.”

The Reciprocity team told Jo Ann that the beads are *friendly* and that it is easy to introduce them to the people they are working with. In a recent visit to a supportive living facility, they found the atmosphere chaotic – some people more out of control than others. They administered the beads, and things began to calm down. One of the young men who had been acting out excused himself so that he could go and “make amends.” Another young woman went looking for her counselor, saying she wanted to talk. The counselor approached the team asking, “What did you do? I’ve been working with her for six months and haven’t been able to get her to talk to me.”

Nearly 100 homeless youth have received treatments this fall with outstanding results. Some have said that they have “more energy for life,” while others insist that they have “never felt so rested,” or that they “feel ready to tackle their addictions” after receiving a treatment.

The transformations that have occurred when homeless youth encounter acudetox are remarkable and continue to surprise us. Female foster youth who are living in a group home have spoken about how they’ve been able to diminish their emotional addictions with the help of beads. Homeless youth struggling with mental illness and addiction have found the beads helpful in helping

them sleep. Other homeless youth find their voice as a result of acudetox – they develop the courage and clarity to advocate for better mental health care after acudetox sessions.

While the Reciprocity staff is amazed by the power of acudetox, the youth respond consistently with surprise and awe! They say, “These little beads are amazing,” and “How long can I leave them on?”

Chelsea Hoagland, a social worker at Reciprocity, said, “The kinds of conversations I’m able to have with our students after a treatment are wildly different from the conversations I would have had without them. The youth are more open, less afraid and more ready to embrace change.”

There is one student whom I’ll call Willa. Willa had been working with the Reciprocity Foundation for nearly a year. When the Reciprocity team started working with her, she was very resistant to any wellness treatments such as acupuncture and massage. But the beads felt safer to her – she liked that they were non-invasive. Her treatment lasted about 35 minutes. Her response initially was “Wow – what are these little beads?!”

After the treatment, Willa sat down with Rich for a conversation. Rather than speaking from a place of anger and frustration, Willa talked about her life with a sense of deep groundedness. The Reciprocity staff was thrilled to receive a text from her within 24 hours of the session. Rather than quitting her job or initiating a conflict, she had a mature discussion with her work supervisor. She spoke about wanting more hours and shared the reasons why. Within minutes, she was scheduled for more shifts!

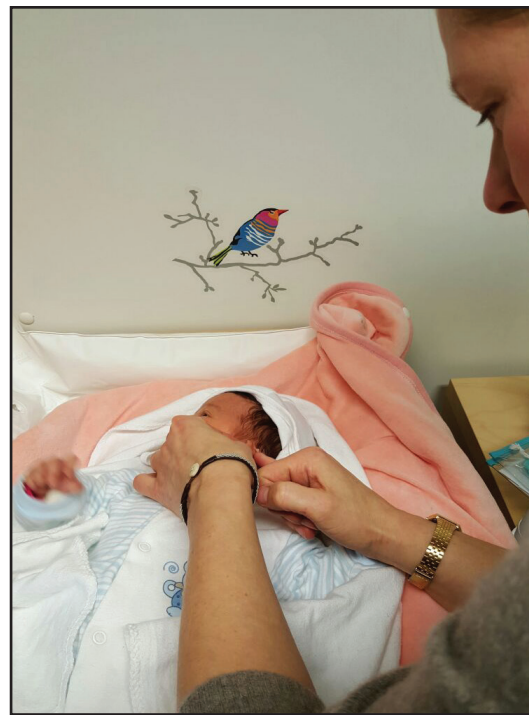
To sum up the success of acudetox at Reciprocity, Adam Bucko said, “For so many youth who are struggling with addiction, I can now offer them more than coaching and referrals. The beads give them the confidence to help them cope with addiction, moment by moment.”



To contact: Taz Tagore at taz@reciprocityfoundation.org or Jo Ann Lenney at joannlenney@yahoo.com, 914-576-5795.



Natascha Neben, a midwife from Hamburg, Germany, received an award at the recent NADA annual conference for her work using the NADA protocol with mothers, babies and children (see May/June 2015 issue). She left Cleveland with a box of magnetic beads to return home and continue her work – this time with more emphasis on using beads. She wrote Jo Ann Lenney with an update.



Stories of Change With the Beads

For me it was really a pleasure to meet you all, and I want to thank you for your support. Every week I have a little story with the beads. One day a woman from the refugee center who comes to my weekly consultation hour brought her husband with her. I didn't speak her language, so she just showed me his ear to give him the beads like she got them one week before. She must have had a good benefit from them since she brought him to me.

Yesterday, one of the women I see every week in the fitness program I do with the women after they deliver came and said that she has the beads now for four weeks – amazing and they are still placed perfectly. When she started with the beads she had horrible skin on the face – red and itchy. Now the skin is perfect. So she liked to have new beads. I put them near the reverse Shen Men point where I put the others before.

One of my colleagues got the beads now for three weeks and she feels so relaxed. She smokes a lot and has just received a pre-cancer diagnosis – so she wants to change her life, but it is hard for her. Yesterday she said: "I don't like the cigarette smell anymore." And we talk about changing habits.

And also my husband gets the beads now nearly every week. He frequently has to be away from home overnight because of his job. He doesn't like this, so he often drinks too much to be relaxed, and with the beads he feels much more comfortable and so he drinks less ... perfect!!

These are only some little stories. Every week I give the beads from 10 to 20 times, and I am glad to have them for my clients. I have an evaluation paper for the clients to fill out, so I can have a look in the future to see what it shows.

Greetings from Germany, Natascha

To contact: Natascha Neben at nataschaneben@arcor.de or Jo Ann Lenney, joannlenney@yahoo.com.

Jo Ann Lenney is the co-editor of Guidepoints and is in active correspondence with many who use acupuncture beads, both in clinical and outreach efforts. If you would like to share your own experience with beads, send her your story.

And the Bead Goes Where?

When asked this question, Dr. Michael Smith told us first of all that point selection with the bead seems to work best when simplest or most animal-like. He said that the Chinese never indicated how they developed point selection – “perhaps they copied the mammalian animals who choose where to lie to give their pulse energy to another needy friend.”

He said that we can tell trainees what *not* to do with the bead, but that we should not tell them what to do with it. Rather we should ask them what they think is a good bead placement on the ear – they should use their own creativity and initiative.

One trainee said to put it where it feels good. Another said to follow the bead in. Tara, the head nurse at an in-patient rehab facility, put the beads on herself. Within a few minutes, her sinuses cleared up. She sent me an e-mail the next day saying, “I love the beads! My nose is still clear.” I asked her to describe where to put the beads and she said, “Just put them where you think they should go.”

I told Dr. Smith this story and he said was not surprised – “we’re talking about the body wanting to heal itself. This comes from life, not from school, so you are choosing your own healing. Working with Qi is what we are intended to do.” Or to put it more simply, “Nature wants us to get it right.”

If you need to give some instruction, you can tell people to put their thumb on the front of the ear and the forefinger on the back – near the top of the ear. That will pretty much give them an idea of where the reverse Shen Men is. After that, they can follow their instincts. Dr. Smith says that pictorial images are not relevant – rather the imaginary or energetic image is what’s relevant.

At Lincoln, the clients’ children were in charge of bead placement on Saturdays. My role was to lift them up so they could reach the adults’ ears. At first, I concentrated mainly on watching their placement, but eventually I learned more by looking at their faces. They showed curiosity and confidence and focus in what they were doing. I try to replicate that now when I do a bead treatment.

Dr. Smith said that the children liked giving the bead treatment because they understood it, and they liked doing it because I wasn’t telling them what to do – they were using their own imagination and initiative.

As teachers, we need to accept our subordinate role in our relationship to the people we are working with. We must be comfortable with the vast and complex character of bodily Qi.

Jo Ann Leary

Stillness:

We ask some people to try and sit quietly for a little while – from about 12 to 45 minutes, whatever seems appropriate – to show them that they can experience stillness.

Acupuncture is a message, and we can hear it better if we are quiet.

NADA is a non-verbal treatment, and the quiet allows for the effects of the treatment to be noticed.

A teacher who uses beads with adolescents said that, ‘having them sit quietly for a short time was amazing. They learned stillness.’

Sharing:

I don’t always ask people how they feel after a treatment, but will give them an opportunity to share if they want to.