



*Portland
Bangor
Augusta
Brunswick*

Maine veterans are currently served by four, free acupuncture clinics in the cities of Portland, Bangor, Augusta and Brunswick. The volunteer acupuncturists at these independent clinics have provided more than 10,300 free acupuncture treatments to this deserving population of service men and women and their families.

People come to the clinics to address physical issues, such as back and shoulder pain, headaches and migraines, fibromyalgia, knee pain, and even digestive problems. Just as importantly, they come to find relief from psycho-spiritual issues like depression, anxiety, sleeplessness, nightmares, flashbacks and other post traumatic stress (PTS) symptomology. Veterans with alcohol and substance abuse issues and co-occurring disorders have found support to their recovery process in this acupuncture program.

The Maine veterans acupuncture programs use the National Acupuncture Detoxification Association (NADA) auricular acupuncture protocol as the treatment basis for these community-style clinics. This acupuncture treatment method was developed in the 1970's to treat heroin addiction in New York City. After 9/11, local acupuncturists used the NADA method to treat rescue workers at Ground Zero and found that it effectively supported their resilience against PTS. After that, in 2006, the group Acupuncturists Without Borders (AWB) began a pilot program, the Military Stress Relief Program, to treat veterans for PTS and substance abuse. The Maine clinics are outgrowths of that AWB pilot program.

The clinics are set up as follows: participants are greeted at the door by a host/hostess volunteer and invited into the clinic; they find seats in a circle of chairs around the perimeter of a quiet and comfortable treatment room; our volunteer acupuncturists go around the room placing five thin, sterile needles in each ear; participants rest quietly for 20 minutes to an hour (many people fall asleep at this point in the process); needles are removed and our clients leave, almost always reporting improvements to their symptomology and sense of well-being.

Portland Clinic: **Congregation Bet Ha'am Synagogue** 81 Westbrook Street, South Portland
800-871-9012 X 90895; www.PortlndVetsAcuClinic.org

Bangor Clinic: **Grace United Methodist Church** 193 Union Street, Bangor
207-479-2944; www.BangorVetsAcuClinic.org

Augusta Clinic: **Former CMP Building** 9 Green Street, Augusta
207-215-5817; www.AugustaVetsAcuClinic.org

Brunswick Clinic: **Brunswick Landing** 62 Pegasus Street, Suite 101, Brunswick
207-443-6111; www.maineima.com/veterans-clinic-free.html

Please see the reverse side of this flyer to read some comments from our veterans.

Feedback and Responses From Our Veteran Participants

“Since I’ve been doing this I feel more relaxed and sleep better than I have in a very long time. Thank you very much.”

“After 8 visits the intensity of the effect has truly multiplied. The depth of calm has increased to my amazement. Very good results.”

“Since I have been coming I have had terrific results in taking the pain from my neck and my mobility has improved.”

“The acupuncture has promoted a sense of well being within me which contributes to my physical body feeling better and less painful!”

“Suffer from PTS. Much better. Not dreaming so much and also panic attacks are much better.”

“This is a kind, compassionate service that the acupuncturists are performing for us vets and I sincerely appreciate it. The sessions leave me feeling relaxed and yet energized. Thank you.”

“As a repeat client and a combat flight medic from three tours, I’m beginning to feel more relaxed at home and work. Thank you.”

“One of the most helpful treatments for PTSD.”

“I came to the treatment with a significant headache and I am leaving without a headache and very relaxed. I plan to attend more sessions to help with post combat stress-related symptoms. Your staff is incredibly friendly, polite, informative and calming. As an advocate for veterans and a veteran, myself, I highly recommend this treatment and therapy. Thank you.”

“After repeated treatments, I have noticed considerable improvement in my sleep habits. The individuals conducting the clinic are courteous, helpful and appreciative of those of us who have served our country. Very satisfied with the clinic.”

“Has helped me become more relaxed during the day, decreased anxiety, more energy, increased focus in my thinking. My ability to enjoy more things has increased. Thank you for this program and the volunteers.”

“I’ve noticed my pain level is improving. I sleep better at night. Not as many nightmares from PTSD. Also notice less anxiety and irritability.”

“Great treatment - I love how friendly the volunteers are. I always feel great afterwards. I love the community style approach to acupuncture. Thank you for doing this - it is much appreciated!”