



# Acupuncturists Without Borders

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## FOR IMMEDIATE RELEASE

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### Shelter, Food and Water Not Enough: Survivors of Superstorm Sandy need Trauma Healing

#### Acupuncturists Without Borders' Volunteers providing services to heal trauma

November 3, 2012 – Acupuncturists Without Borders (AWB), based in Albuquerque, New Mexico, with volunteers all over the country and world, is providing a unique and desperately needed kind of relief to the survivors of Superstorm Sandy.

Acupuncturists Without Borders provides trauma recovery services nationally and internationally using ear acupuncture as well as other protocols. These services have helped more than 60,000 people recover after Hurricane Katrina, the Iowa floods, the California wildfires, the Boulder wildfires, and with traumatized populations in Nepal, Ecuador, Mongolia, and Haiti. Many have said the treatment helped save their lives.

"The people are distraught. Our healing clinics will surely bring hope and comfort in the tough rebuilding times ahead." - Daryl Thuroff, NYC Licensed Acupuncturist and AWB Volunteer

Thousands of testimonials from people who received acupuncture after disasters attest to its power to help heal. Here is one from Ali Hussein who was Special Projects Director for Habitat For Humanity in New Orleans following Hurricane Katrina:

Our work has been and continues to sap the energy out of our staff. The task we face is daunting, and every day we make one giant stride in our rebuilding efforts. Acupuncture's all natural healing method is great. Majority of our staff have never experienced it before and were greatly thrilled and relaxed at the end of the session. They experienced a pleasant feeling of relaxation, increased energy levels, better appetite and sleep as well as an enhanced feeling of overall wellbeing. Thanks for your work and the continued joy you bring to devastated communities and aid workers in New Orleans!

When people are traumatized they often can't sleep, digest food properly, think, and sometimes even speak. Their nervous systems become stuck in a state of fight or flight. Symptoms of mental health problems may become more pronounced, such as uncontrollable rage, catatonic depression, and psychosis. Because of this, it's virtually impossible for a person to begin rebuilding a life or a country when their immediate experience is one of profound trauma. Although counseling and talk therapy

are important, they cannot address the need alone since severe trauma is a physiological response which becomes locked in the body, and requires a physical intervention to unlock. The community-style acupuncture treatments provided by Acupuncturists Without Borders serve this function in a way that is low-tech, low-cost, and easy to teach, as well as highly effective.

AWB is in need of funds to support the work in New York, Long Island and New Jersey. PLEASE consider a donation to AWB to allow us to continue to support these trauma relief efforts. To donate go to <http://acuwithoutborders.org/donations.php>

We have a growing list of acupuncturists ready to treat and currently securing venues in New York City, Long Island and New Jersey. As clinics open, they will be posted on AWB's website.

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