Once or twice a week, Mike Garrett gets a needle in his ear behind his ear lobe. He’s needed it to cope for about six months — it’s really freeing for him to imagine living without it. “It really frees things up,” he said. “I can literally get through one day.”

NADAC also offers local trainings to teach people how to administer the NADA Protocol, which consists of inserting needles into specific points in patients’ ears, said Sara Bursac, the newly appointed NADA coordinator, said acupuncture can help treat those fighting addictions, Bursac said. “Research and experience have found that the protocol helps reduce cravings for drugs and alcohol, especially right in the beginning of recovery,” she said.

The treatment also allays withdrawal symptoms, Bursac added, and has numerous other benefits. Shahid Banerjee, NADA membership coordinator, said acupuncture can help reduce cravings for cigarettes and quo...

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GET THE START RIGHT

The start of a successful exercise program is a great time to set realistic, achievable goals. It’s best to work on a plan for the exercise you want to do. The most successful approach is figuring out what you want to do and then working on it, so you will achieve your goals. The best way to remain committed to your plan is to...

Keep track of your progress and your use of the information as motivation to stay on track. As the course begins, take achievable exercise goals. Aver...