

Reports from NADA Users

NADA at the Red Cross in Friedberg (Austria)

NADA ear acupuncture and ear acupressure have shown impressive and moving results in our work—especially in cases where people have often already endured a long period of suffering.

We've seen significant improvements in headaches and migraines: no more retreating to darkened rooms for days on end, no more vomiting, and the aura can be actively reduced or even completely eliminated. Those affected report a better quality of life and a new sense of control over their bodies.

We've also observed significant progress with tinnitus. After about ten treatments, one client's tinnitus had completely disappeared—not least due to the noticeably reduced stress and inner calm.

The results for smoking cessation are particularly impressive: one client, who actually didn't want to quit, didn't smoke a single cigarette after just one treatment with magnetic patches.

The method's strength is particularly evident in the areas of anxiety, panic, and trauma. Panic attacks, agoraphobia, and fears associated with shopping or riding the bus noticeably subside. People report feeling more secure again and being able to process traumatic experiences—even after stays in the intensive care unit—much more effectively. Stress levels drop, the body relaxes, diagnoses can be accepted more clearly, and a new sense of inner stability emerges.

Many clients describe how they've regained a better sense of their bodies and are learning to actively calm themselves—they can deliberately push stress aside, and their concentration and inner clarity increase.

Children and adolescents also benefit greatly: Students complete schoolwork with the same ease as they do worksheets. They appear more motivated and focused, and develop greater self-confidence and trust in their own abilities.

We also observe profound changes in cases of chronic pain. A client with multiple herniated discs, who had required prescription pain medication three times a day for years, was able to stop taking it entirely after ten treatments. In addition to pain reduction, accompanying issues such as constipation improved—his quality of life has increased significantly.

Positive effects are even evident in competitive sports: At our tennis club, athletes report significantly greater endurance and strength. At the same time, they remain mentally clear, motivated, and focused.

These experiences demonstrate how powerfully NADA ear acupuncture and acupressure can support the body and mind—gently, effectively, and sustainably.

Anna Pötz