



# NADA ACUPUNCTURE AT THE SAINT ROMERO MIGRANT SHELTER

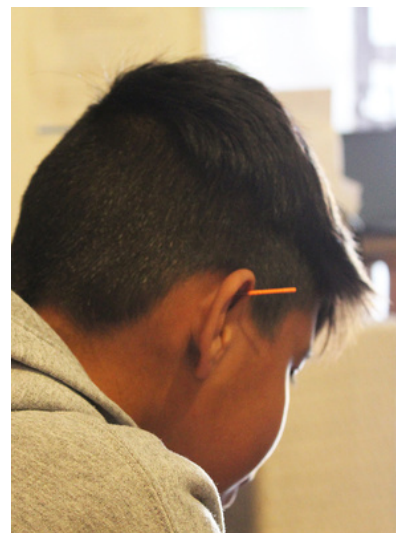
*"This is the fundamental thought of my preaching:  
nothing matters to me as much as human life." Monsignor Oscar Romero*



## WALKING WITH... ANGELINA AND PATRICIA

On Friday, February 18, acupuncture therapies continued at the San Romero de America migrant care center in Ciudad Juarez, Chihuahua, where Angelina and Patricia, two of our volunteer Barefoot Health Promoters, have provided their services for more than three years applying the NADA ear acupuncture protocol (National Acupuncture Association of Detoxification).

BAREFOOT CLINICS FOR REFUGEES  
CIUDAD JUAREZ, MEXICO.





They learned this technique at Barefoot Health Promoters, a Community Acupuncture School offering free education for volunteers in basic acupuncture techniques. The NADA protocol is specifically used for addiction recovery within community health settings and consists of five points on the ear. When stimulated by the needle, generate an effect of balance in the body. Since the 1990s it has been integrated as a component of humanitarian relief efforts after natural disasters, war, post-war and in refugee contexts.

One of the participants at the shelter today is Mrs. Maria Luisa, originally from the state of Oaxaca who arrived with her family eight months ago in Ciudad Juarez. She has been to other migrant shelters, as well, but for the past seven months she has been living at the San Romero shelter, where she first received an alternative therapy like acupuncture.

Sometimes she is afraid of the needles, but she attends regularly because they help her with stress and headaches. Her family is one of the thousands of Mexicans who have been displaced by violence from their places of origin, they were threatened *with death in a way that I would not wish on anyone*. Now they are waiting for the opportunity to cross the border, seek asylum in the US, and find a better future for their children. She is sure that they can no longer return to their town in Southern Mexico.



**Barefoot Health Promoters is a Community Acupuncture School in Ciudad Juarez, Mexico offering free education for volunteers in basic acupuncture techniques like the NADA protocol.**







Nine families currently live in the center of different states of the republic and some of Central America, who come to receive treatment to relieve stress, headache, anxiety. Sometimes, as Angelina says, they just to listen to them, to vent the negative experiences they had to live through with organized crime in their community.

They remember that at the beginning when they began to offer acupuncture. At that time, only a few migrants came to receive the service, because as they did not understand the benefits. However after trying it out, those who got the needles started sharing about how it helped with stress, anxiety, and insomnia. They hear stories of persecution and they are often still afraid even while living at the shelter.

Angelina and Patricia began in 2016 serving at the Casa del Migrante, another migrant shelter located in Juarez. They would start volunteering at five in the morning with Father Carlos Quebedo, who is supportive of the use of acupuncture at the shelters. They make breakfast for 270 or even 300 migrants at a time. There have been times since 2018 in which the shelter had 600 immigrants when a wave of Cubans came to the border to seek asylum in the US. They finish the meal between ten and eleven in the morning, and after they use the library to offer acupuncture.



**those who got the needles started sharing about how it helped with stress, anxiety, and insomnia.**





Father Carlos also set up a migrant's shelter in the Tierra Nueva neighborhood in the Corazon de Maria chapel where they also offer acupuncture. They say that helping at these places gives them satisfaction, *even with the little pieces of grain that we offer, because they come with a lot of sadness, a lot of pain more than anything.*

2021 AND 2022 HAS WITNESSED A SHARP INCREASE OF REFUGEES AND IMMIGRANTS, HALF OF WHOM ARE CHILDREN. THEY ARE HOMELESS IN MEXICO, LIVING IN SHELTERS, SANCTUARIES IN CHURCHES, AND 'TENT CITIES.' FORCED MIGRATION PATTERNS STRAIN LOCAL HEALTH SYSTEMS. IN RESPONSE, THE BAREFOOT ACUPUNCTURE MOVEMENT PARTNERS WITH LOCAL COMMUNITY HEALTH WORKERS IN LATIN AMERICA WHO ARE A LIFELINE TO THOSE IN NEED.

**LEARN MORE OR MAKE A DONATION: [BAREFOOTACUPUNCTUREMOVMENT.COM](https://barefootacupuncturemovement.com)**



**BAREFOOT**  
ACUPUNCTURE  
MOVEMENT