

■ 5NP Auricular (Ear) Acupuncture

By Amanda Deanna, RN

Registered Nurse | Certified Auricular Acupuncture Technician

Everyday Medicinals, LLC

Formally “5NP Auricular Acupuncture” — also known as “Ear Acupuncture”

This therapeutic modality focuses on the stimulation of specific points on the outer ear to promote healing, balance, and relaxation throughout the body. The 5NP (Five Needle Protocol) is a standardized form of auricular acupuncture known for its calming, detoxifying, and restorative benefits.

Credentials & Overall Description of Service

Performed by **Registered Nurse** and **Certified Auricular Acupuncture Technician**, Amanda Deanna provides this specialized acupuncture treatment both in corporate and community settings.

Corporate Wellness Programs:

Offered for local corporations hosting Employee Wellness Programs, this is the ultimate workplace relaxation experience. Employees can enjoy a stress-melting session performed on-site, promoting camaraderie and well-being. Each session includes access to a **Complimentary Hydration Lounge** — a relaxing post-treatment space for refreshment and connection.

Community Sessions:

For individuals seeking natural solutions for *sleep, anxiety, PTSD, pain, migraines*, and more, sessions are offered in a warm, boutique-style setting. Group sessions foster connection while maintaining individual experiences — each client relaxes in a recliner and enjoys a post-session refresh in the Hydration Lounge at Everyday Medicinals, LLC.

Pricing

Corporate Packages	\$1555 (with VIP Upgrades)	https://bookemllc.as.me/Corporate
Individual Packages	\$555 (with VIP Upgrades)	https://bookemllc.as.me/B2C-Community

Process and Benefits

5NP auricular acupuncture (also known as the **5 Needle Protocol**, **NADA protocol**, or **acudetox**) involves inserting five fine, sterile needles into specific points on each ear. It's used worldwide for holistic healing, trauma recovery, stress management, and emotional

regulation.

Ear Point	Function
Sympathetic	Calms the nervous system and balances fight-or-flight response.
Shen Men	Spirit Gate; supports relaxation and emotional balance.
Kidney	Reduces fear and strengthens adrenal energy.
Liver	Supports detoxification and emotional regulation.
Lung	Assists grief processing, immunity, and release of tension.

How It Works: Brain and Body Connection

The ear contains a dense network of cranial and peripheral nerves linked to the autonomic and limbic systems — which influence stress, emotion, and body balance. Needle stimulation sends signals to the brainstem and hypothalamus, helping regulate neurotransmitters like **endorphins, serotonin, and dopamine**, reduce cortisol, and restore nervous system balance.

■ Key Benefits

Stress & Anxiety Relief	Calms the mind and reduces physiological stress markers.
Addiction & Detox Support	Eases cravings and withdrawal symptoms during recovery.
Trauma & PTSD Recovery	Regulates the nervous system and promotes resilience.
Sleep & Emotional Balance	Encourages deep, restorative rest and mental clarity.
Pain & Inflammation Management	Relieves chronic tension, migraines, and improves circulation.
Support for General Wellness	Enhances immune response and overall vitality.

In Summary

The **5NP Auricular Acupuncture** protocol works by stimulating nerve-rich points in the ear that influence the brain's emotional, endocrine, and autonomic systems. This creates a powerful mind-body reset, reducing stress, improving mood, supporting detoxification, and restoring body balance — all through five tiny points in the ear.

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