

■ 5NP Auricular (Ear) Acupuncture Guide

by Vitality Suite, LLC

“5NP Acupuncture” — also known as “Ear Acupuncture or formally Acudetox”

This therapeutic modality focuses on the stimulation of specific points on the external points of the ear to promote balance, and relaxation throughout the body.

The 5NP (Five Needle Protocol) is a standardized form of auricular (ear) acupuncture known for its calming, detoxifying, and restorative benefits.

Credentials & Overall Description of Service

Performed by **Registered Nurse** and **Certified Auricular Acupuncture Technician**, This modality is offered in places where high stress exists and can be offered in either agency or community settings, where overall wellbeing is being focused on.

Corporate Wellness Program:

Available for local organizations who host Employee Wellness Programs and events, this is the ultimate workplace experience that promotes a moment of stillness perfect for destressing during the work day as well as re-energizing through nervous system rebalancing. Employees enjoy a session performed on-site, that also promotes camaraderie and well-being, when performed in a group. Each session includes access to a **Complimentary Hydration Lounge** — a relaxing post-treatment space for refreshment and connection.

Individual Sessions:

For individuals seeking natural nervous system regulation and a modality that can lessen symptoms of a variety of conditions, that facilitates restful sleep, decreased anxiety or PTSD exacerbation, improves pain tolerance, reduces migraine frequency and more. Sessions are offered in a welcoming and low-stimulating space, for the ultimate pause from a busy lifestyle. Group sessions foster connection while maintaining individual experiences — each client receives 5NP in a recliner and enjoys a post-session refreshment in the Hydration Lounge space at Vitality Suite.

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, the system responsible for making you feel calm or anxious, in which we access the part of the nervous system that is responsible for triggering calm, by sending a signal to your mind-body through 5NP, which tells your system all is well and can decrease pain perception.

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 mind-body balance — all through five tiny points in the ear.

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