

5NP EAR ACUPUNCTURE



Are you experiencing burnout?
**Executive Burnout &
5NP Acupuncture:
Reset for Nervous
System Recovery**



Why High Performers Need Deep Recovery

Truly successful people also make time
to recover.

Not collapse.

Not burn out.

Not a once-a-year vacation.

But regular, deep recovery for the
nervous system.



Burnout Is the Cost of Constant Output

High performers rarely burn out overnight. Instead, their performance slowly drops over time. You feel:

- Brain fog
- Irritability
- Increased resting heart rate
- Lighter sleep

Ignoring these warning signs doesn't make you stronger. It only adds more stress to your body.



How 5NP Acupuncture (Acudetox) Supports Performance

Ear acupuncture, especially the 5NP method (Acudetox), works directly on your nervous system. It supports:

- Improved focus
- Mood stability
- Deeper sleep
- Nervous system resilience

It's about protecting your ability to lead.



Schedule a Signature Stress-Relief Package

When you choose deep recovery, you're not stepping away from success. You're making it stronger.

If you want to calm your nervous system, sharpen your focus and get your energy back, **the next step is simple.**

Book your session.



www.amanda-deanna.com

