

5NP EAR ACUPUNCTURE



What Is 5NP Auricular
Acupuncture?

**Stuck in flight or fight?
PTSD?**

5NP Ear Acupuncture helps!

Feeling tired but unable to relax? It's often a sign your nervous system is stuck in stress mode. 5NP ear acupuncture works as a gentle reset, helping your body shift out of fight-or-flight and back into balance. If this sounds familiar, learn how 5NP ear acupuncture supports the nervous system to shift back to balanced regulation.

Burnout Relief & Nervous System Regulation

Do you ever feel tired but still restless, as if your body is on edge even when nothing seems wrong? You're not imagining it, and it doesn't mean there's something wrong with you. Your nervous system might just be letting you know it needs some pressure release and support.

The Hidden Burnout Epidemic

Many adults seem “fine” on the outside, but underneath all that activity, there’s often something else: feeling tired and irritable, and having sleep troubles, digestive issues, brain fog and constant tension. This is sometimes called the silent burnout epidemic.

Acute stress is a normal part of life. It helps you meet deadlines or respond to danger. Your body gets alert, cortisol rises, your heart beats faster — and once the stress is over, things go back to normal.

Chronic Stress is Different

With chronic stress, your body doesn't fully relax. Over time, prolonged stress begins to interfere with healthy nervous system function, shifting the body into a near-constant fight-or-flight response that can affect:

- Sleep quality
- Digestion and gut function
- Mood stability
- Blood pressure
- Hormonal balance

The Science of Nervous System Dysregulation

Your nervous system has two primary modes:

- Fight-or-flight (sympathetic activation)
- Rest-and-digest (parasympathetic regulation)

When your nervous system is healthy, you move easily between these states, allowing your body to recover. During burnout, your body can stay stuck in fight-or-flight mode.

5NP EAR ACUPUNCTURE

What Is 5NP (Auricular) Acupuncture?

Think of 5NP (5-Point Protocol) acupuncture as a specialized “reset button” for your nervous system. It involves the gentle placement of five small needles in specific sites on each ear to stimulate the parasympathetic nervous system.

When these acupuncture points are gently stimulated, they send signals to your brain to stop the “fight-or-flight” alarm and switch over to “rest-and-digest” mode.

Who Can Benefit From *sNP Ear Acupuncture?*

- Executives & Entrepreneurs
- Caregivers and Parents
- Burned-out Professionals (Healthcare workers, teachers, first responders, etc.)
- Individuals Tapering Medications

If you feel like you're just getting by but always tired, this approach could help.

What To Expect at Your First *sNP Ear Acupuncture Visit*

Sessions are held in small groups, but each person's experience is private and personal. You'll sit comfortably, relax quietly, and let your body reset.

After your session, it's a good idea to drink water and take some time to recover so your body can adjust.

Your body isn't broken; it's just adapting.

Ready to rebalance your nervous system?

Restore. Reset. Thrive

Book appointment at amanda-deanna.com