

The Corpsman's PTSD TECHNIQUE

By John Howard, L.Ac, Dipl Ac.

Post-Traumatic Stress Disorder (PTSD) can be one of the toughest conditions to treat successfully. The United States Military is now using Acupuncture including Auricular Therapy to address pain and PTSD. As an acupuncturist and a disabled vet myself, this has opened my eyes to some of the incredible results of using Auricular Therapy to treat Wounded Warriors with PTSD.

Over the years I have found four auricular (ear) points that work well to treat PTSD, mild depression and anxiety. I will show you these point and the needles you can use to treat your patients.

It's important to do this technique in your clinic and then send them home with ear needles. In my clinic when the patient is lying on the table I use Seirin No. 3 or No. 5 (see below). When they leave I can send them home with one of three different types of needles. Most of you who know me, know I love to use gold ASP® ear needles. The advantages of ASPs® are they can stay in for a few days without falling out. They also come in gold which is a big plus. The other types of needles that you can use are Pyonex or Spinex needles by Seirin (shown below).



Seirin No.3 and No. 5

Pyonex

Spinex

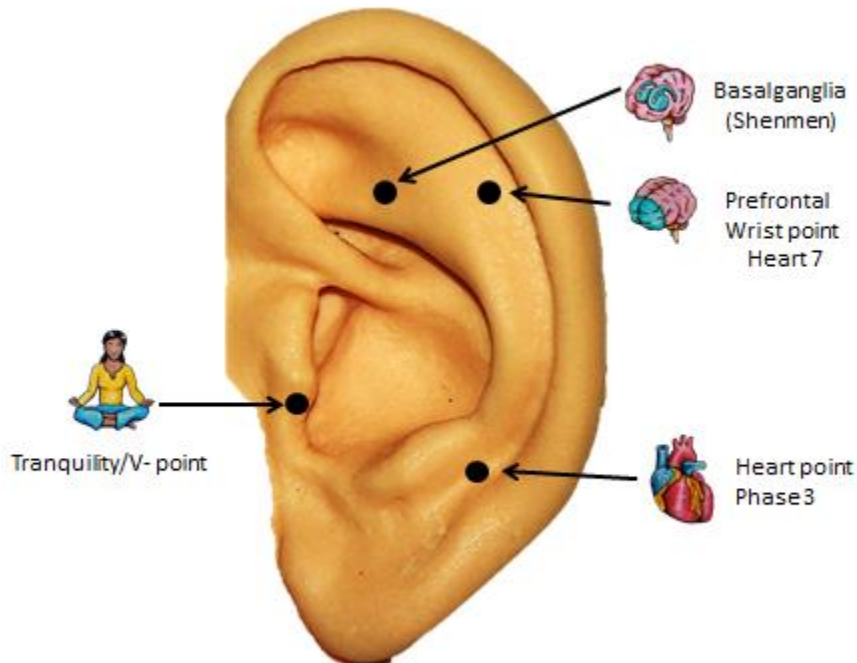
My favorite needle, the ASP ear needles



CLINICAL APPLICATION AND POINTS

Before needling each point I first stimulate each of the points with the proper Nogier frequency for 60 seconds. The points and Hz are as follows:

1. Nogier's Heart point Phase 3, 80 Hz
2. Tranquility/Valium- point, 20 Hz
3. Shenmen (Basal ganglia), 10 Hz
4. Nogier's Wrist point, Phase 1, 20 Hz



If you decide to use the ASP® needles it's best to keep them in for 3 to 4 days. You can leave the Pyonex needles in for 4 to 5 days and the Spinex's can stay in for up to 2 weeks.

In my Boston Seminar on June 8th – 9th 2013, I'll be teaching this technique along with the Battlefield Acupuncture protocol.