

John Howard's Biography

John Howard completed his degree in acupuncture from the Maryland Institute of Traditional Medicine in Bethesda, Maryland in 2004. Upon completion of his acupuncture degree Prof Howard entered into a five-year fellowship with the US military under the direction of Dr. Richard Niemtow, MD, PHD. Prof Howard is both a Clinician and an Academician.

John's fellowship gave him the opportunity to review and extrapolate from clinical observations and provide patient consultations at Andrews Air Force Base/ Walter Reed Army Hospital. His fellowship included working with Wounded Warriors only days removed from the battlefield theater. The fellowship also prepared John for his private practice that he started in 2004 by providing him with structure for doing clinical observations and private consultations. His clinical observations serve as guideposts that lead him to improved protocols for longer lasting results.

John also holds two types of professorships; one in Western Medicine from George Washington University (GWU) and the other in Traditional Chinese Medicine (TCM). Prior to becoming an acupuncturist, Professor (Prof) Howard lectured on suturing and minor trauma management to 4th year medical students at GWU. In 2011 John began the first of several professorships in TCM covering Auriculotherapy and Acupuncture Techniques.

John has continuously maintained a private practice from 2004 to the present time. During this period, he has enriched his experience through various extracurricular activities:

- In 2006 John was invited to the National Certification Commission on Acupuncture and Oriental Medicine (NCCAOM) academy for an Item writing session. The purpose of this session was to create new questions to be used for the National Acupuncture Board Exam taken by all acupuncturist that want to be certified nationally.
- John is the Acupuncture Advisor to the Healthy Back Institute. He has consulted in the position since 2006.
- From 2006 – 2012 John was a board member for the Maryland Acupuncture Society. He served as the Secretary/Newsletter Editor.
- In 2007 John's clinical observations led him to invent Auriculotherapy protocols for those suffering from stress/anxiety and PTSD. Today his protocols are being used in clinics and hospitals worldwide.

- In the beginning of 2013, Prof Howard agreed to serve as the Vice President for the 8th International Symposium of Auriculotherapy being held in the United States in May 2014. He worked in the position for over a year and did everything from marketing to room rentals and set-up, scheduling speakers, disseminating information to participants, handling catering, and coordinating classes and hand-outs.
- July 2013 brought big changes for John with the birth of his premature son. John created a protocol to increase lactation in nursing mothers with the use of Piezo electricity. The lactation protocol was so successful that the Lactation Consultants at the local hospital learned the technique and taught it to mothers that could not produce the normal amount of breast milk naturally.
- Prof Howard participated in a big project in 2014. He became a consultant for ZeroMed (a holistic medical goods company) to design auriculotherapy protocols and products. He invented eight different protocols for a variety of medical conditions and authored a companion book for them.
- In 2016 John accepted the post of Clinical Director for Acupuncture Services for the Rural Institute of Veterans Education and Research (RIVER) in Missoula, MT. Today John serves as a consultant for both the RIVER educational center and medical clinic and he also mentors past graduates from the program.

John as an academician travels nationally and internationally bringing his teachings to eager acupuncturists and physician acupuncturists. His career as a solo lecturer began in 2009. His teachings include Acupuncture and Auriculotherapy. John teaches the Battlefield Acupuncture protocol, other Auriculotherapy, Acupuncture techniques/protocols and Clinical Pearls. He is a protégé of Dr. Niemtzw, the inventor of the Battlefield Acupuncture protocol. John Howard and Dr. Niemtzw, have treated a combined total of over 50,000 patients with an overall success rate of 80 – 90% in the reduction and elimination of pain!

John has also authored nine books and over 25 articles on two different medical fields – Acupuncture and Auriculotherapy. He is dedicated to the promotion of knowledge and has been awarded the dissemination of seminal works of Dr. Raphael Nogier, the son of Paul Nogier MD, the inventor of auriculotherapy (*The RAFT (Radial Artery Food Test)*) and of Dr. René Bourdiol (*Elements of Auriculotherapy*).

John is currently conducting studies on the use of Auriculotherapy for distance runners to enhance performance. Some of the men on the 2011 Team USA who won the World

100k Gold Medal in the Nederland's used his runners protocol before the race. This is the first time that Team USA ever won the team Gold Medal.

John currently holds acupuncture license in Maryland and Montana. He is also nationally certified by NCCAOM.