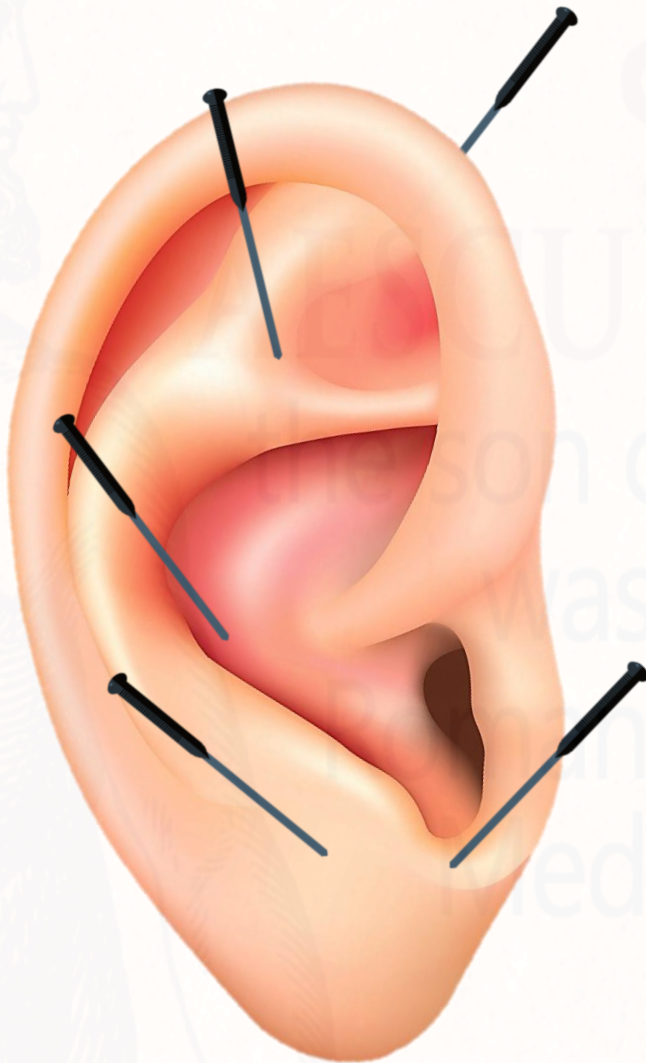
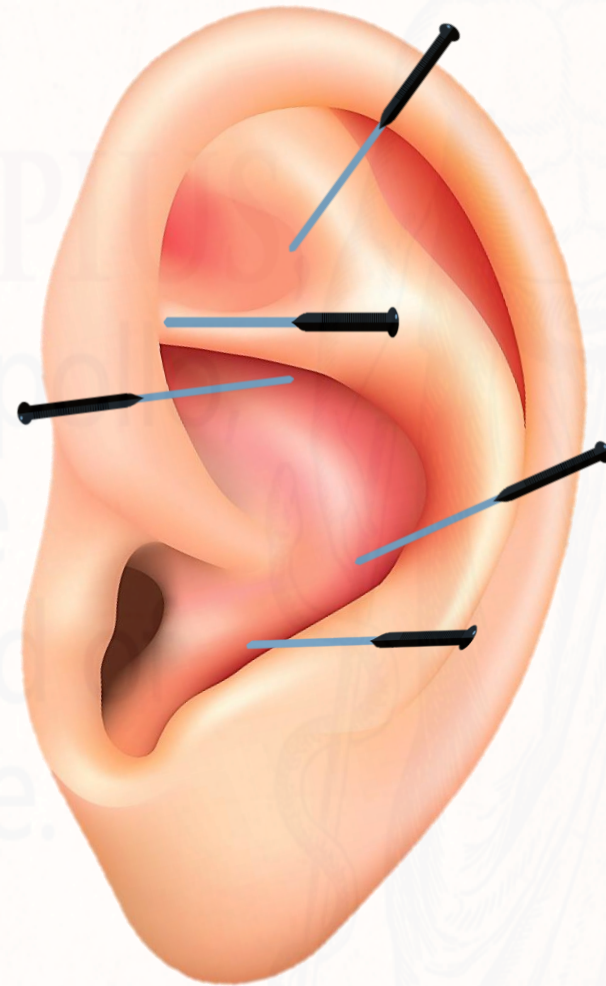


BFA and NADA Treatment Combination



BFA Points



NADA Points

RIVER - Rural Institute for Veterans Education and Research



RIVER, Missoula, MT 2016

Creating this combination of protocols to help those who have served their country

National Acupuncture Detoxification Association (NADA)

The NADA Protocol is a non-verbal approach to healing. NADA involves the gentle placement of five small, sterilized disposable needles into specific sites on each ear.

The recipients sit quietly in a group setting for 30-45 minutes allowing the treatment to take effect.

NADA ear acupuncture is an adjunct therapy which is clinically effective, cost-efficient, drug-free and compatible cross-culturally. It can easily be established within behavioral health, addictions or disaster relief settings or in any location that a group of people can sit together.

The combined application of acupuncture with counseling, education, medical support and self-help groups such as AA and NA enhances opportunities for success.

Source <https://acudetox.com/nada-protocol/>

Battlefield Acupuncture (BFA)

Battlefield Acupuncture (BFA) is an Auricular Therapy (Ear acupuncture) protocol invented by Dr. Richard Niemtow MD. He came up with the name Battlefield Acupuncture for the simple reason that it could be used on the battlefield when it was not advisable to use Western pain medications.

The BFA Protocol uses French auriculotherapy needles called ASP (Semi-Permanent Needle, “A” is for Aiguille, meaning needle in French) ® needles. ASP needles come in three kinds of metal: gold, stainless steel (also known as classic, they were the first ASP needles made) and titanium. Around 95% of the time the gold ASP’s are the only needle used for the BFA protocol.

The ASP’s are single needles that can stay in the ear for a few days. BFA can provide relief after your patients leave your clinic for many days afterwards. ASP needles are inserted into the BFA points/zones. These points/zones when used in a pattern can not only relieve the pain you are treating but many other pathologies as well.

A question that is often asked is, “Can I use acupuncture needles instead of ASP’s ?” You can, but your results may be limited at best. The true reason why these needles and points work is still open for debate. The fact that BFA works is not even debatable!

Why and When Use Both Protocols at Once?

The idea for this treatment came about while I was treating veterans with PTSD. These veterans also had pain, their pain was well controlled with BFA, but it seemed that the ASP needles increased hyper vigilance. Some vets reported that the treatment gave them a “high” that would last 30 to 60 minutes. After that, these vets would report that their pain level would drop down to a pain level between 1 to 3 out of 10 or in some cases down to zero.

This clinical anomaly in these patients got me to think of ways to address this issue. We know that BFA worked to reduce or eliminate their pain but was it possible to bypass this increase in hyper vigilance? When I use NADA I had very little success in reduction in the pain level with these patients, though they did tell me they felt more relaxed. When I started to use NADA and BFA in tandem (with regular acupuncture needles) this eliminated the hyper vigilance when I apply the ASP needles in these patients.

How to Combined BFA & NADA?

BFA needles inserted into Dominate ear

NADA needles inserted into the Non-Dominate ear

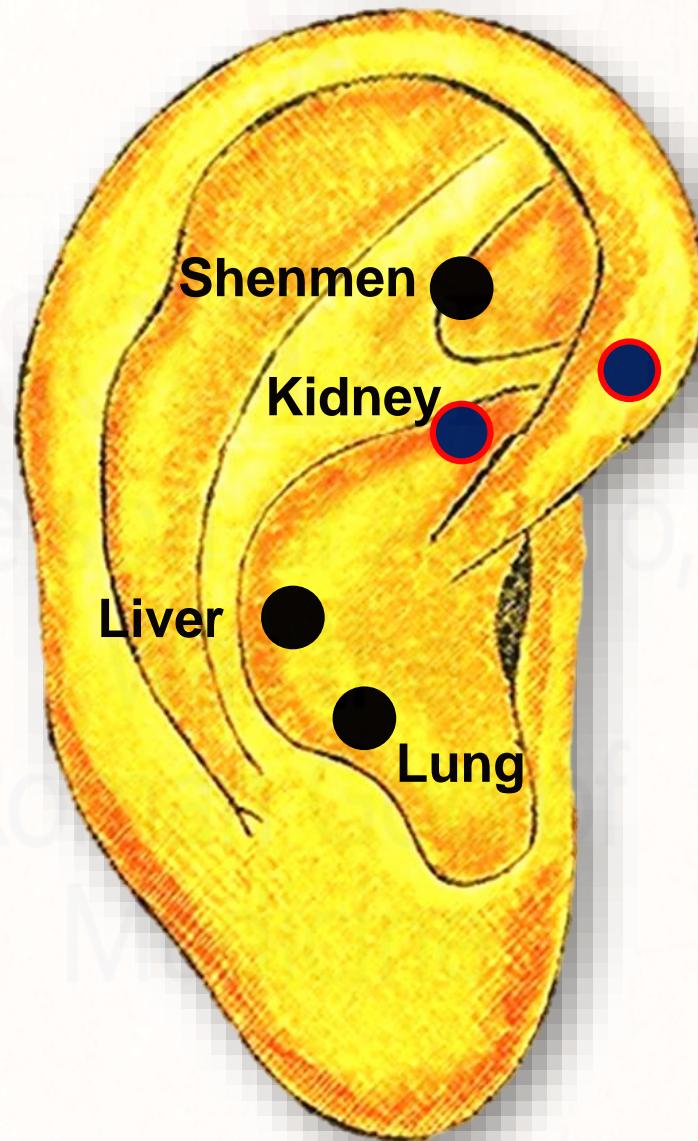
First insert regular filiform ($\frac{1}{2}$ to 1 inch) acupuncture needle in all the BFA points on the patient's Dominate ear.

Then insert regular filiform ($\frac{1}{2}$ to 1 inch) acupuncture needle in all the NADA points on the patient's Non-Dominate ear.

Have your patient sit or laydown with all 10 needles in for 30 to 40 minutes. After this time take all the needles out of both ears.

Then perform the BFA protocol on your patient till they reach the desired pain level.

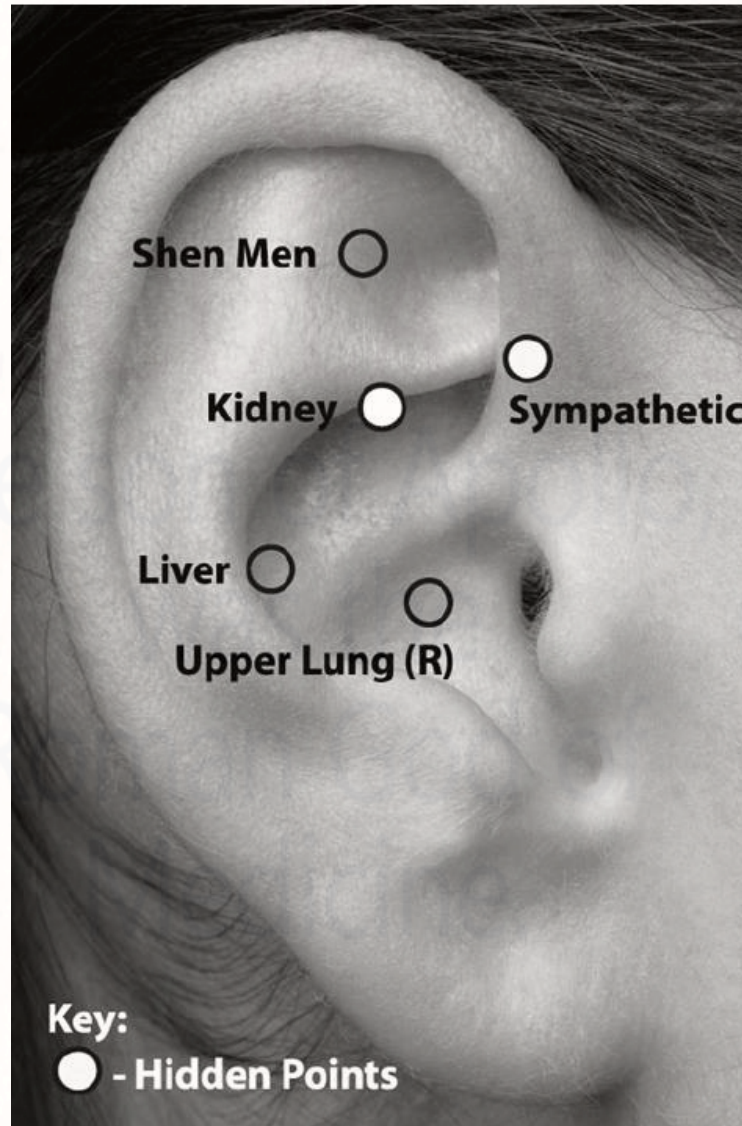
NADA Points



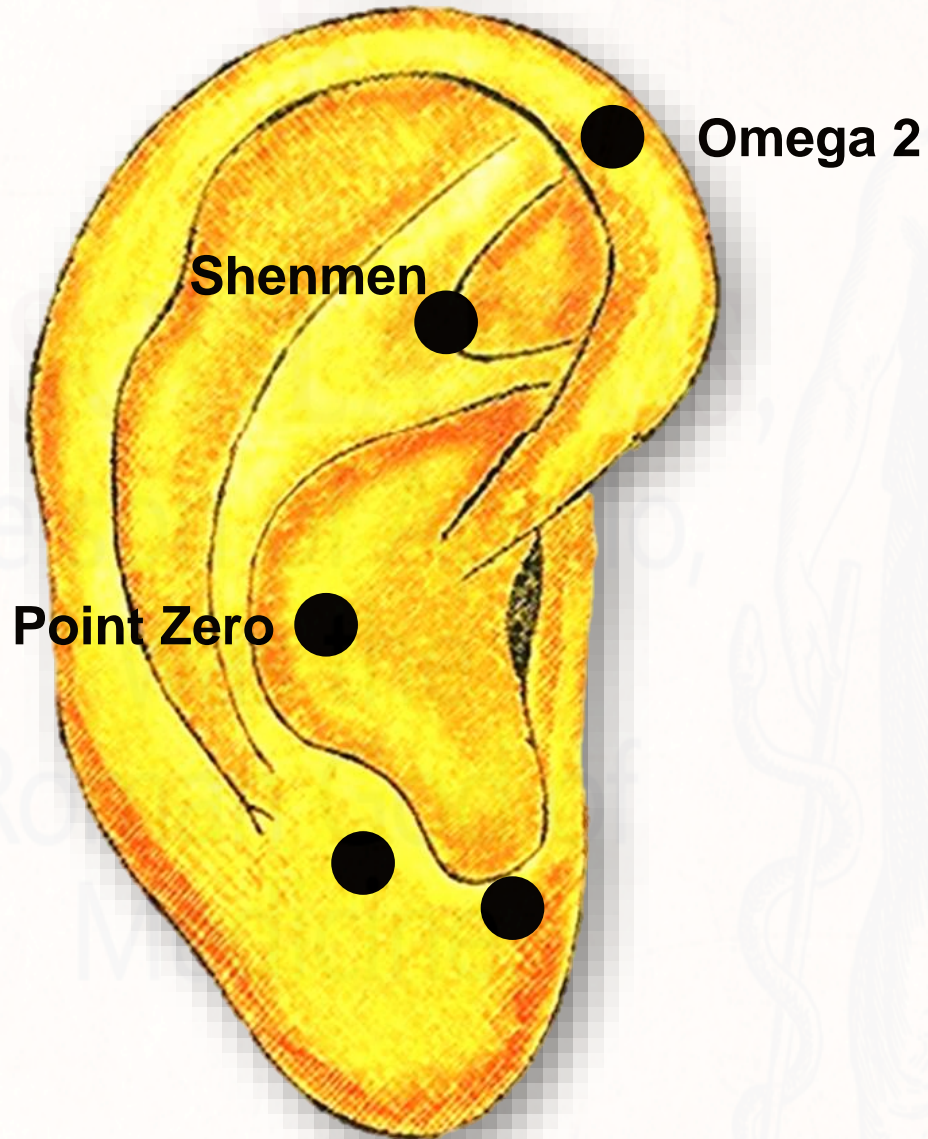
Sympathetic

● Hidden Points

NADA Points



BFA Points



Location of Shen Men According to Terry Oleson, Ph.D.

Master Points on the Auricle

Point Zero (Ear Center) on Helix Root at LM_0

Shen Men (Spirit Gate) on tip of Triangular Fossa

Autonomic Point (Sympathetic Point) at medial end of Inferior Crus at LM_18

Allergy Point (Ear Apex) at Apex of Helix Arch at LM_2

Thalamus Point (Subcortex Point) on Concha Wall behind Antitragus at LM_13

Master Endocrine Point on Concha Wall below Intertragic Notch below LM_9

Master Oscillation Point under Subtragus

Tranquilizer Point on inferior Tragus

Master Sensorial Point at center of Ear Lobe below LM_13

Master Cerebral Point at medial side of Ear Lobe below LM_9

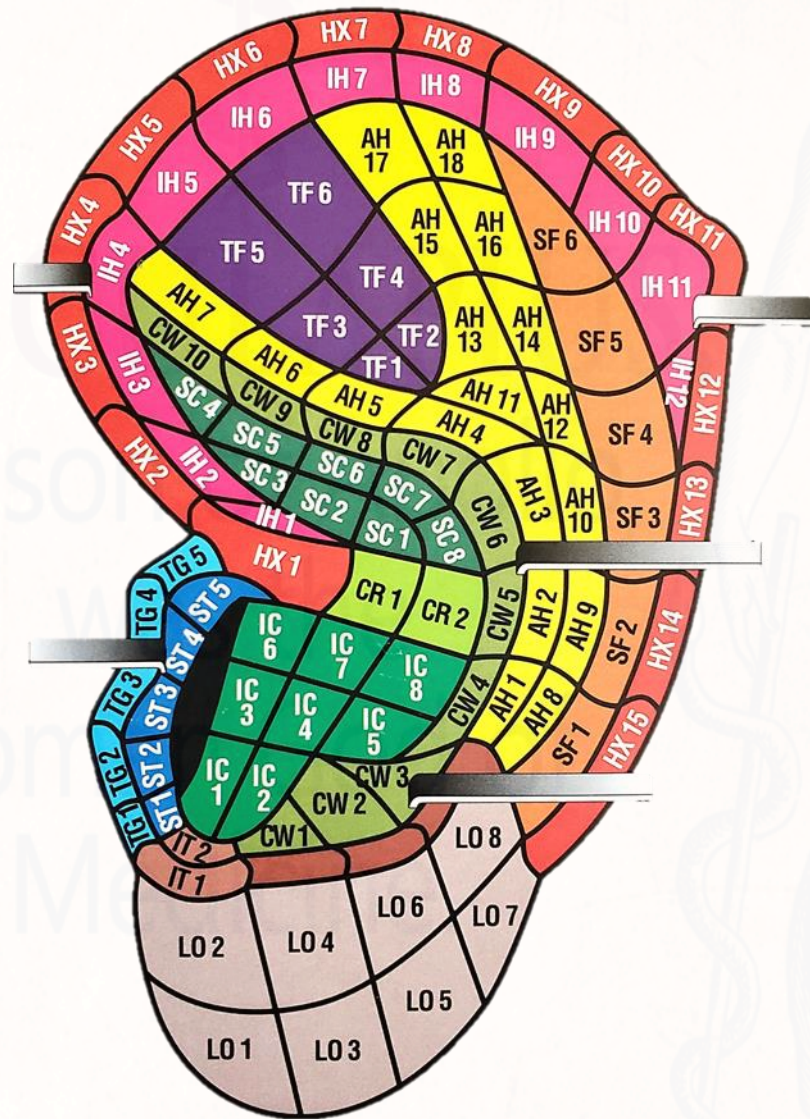
Reference: Oleson, T. (2014) *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture, 4th Edition*. London : Churchill Livingstone.

Prepared by ACI Board of Directors 2019

Hidden View of Auricular Zones

AZ Auricular Anatomy

- HX** Helix
- AH** Antihelix
- LO** Lobe
- TG** Tragus
- AT** Antitragus
- IT** Intertragic Notch
- SF** Scaphoid Fossa
- TF** Triangular Fossa
- SC** Superior Concha
- IC** Inferior Concha
- CR** Concha Ridge
- CW** Concha Wall
- ST** Subtragus
- IH** Internal Helix
- PL** Posterior Lobe
- PG** Posterior Groove
- PT** Posterior Triangle
- PC** Posterior Concha
- PP** Posterior Periphery



NADA Zones

Shenmen

TF 2

Sympathetic

IH 4

Kidney

SC 6

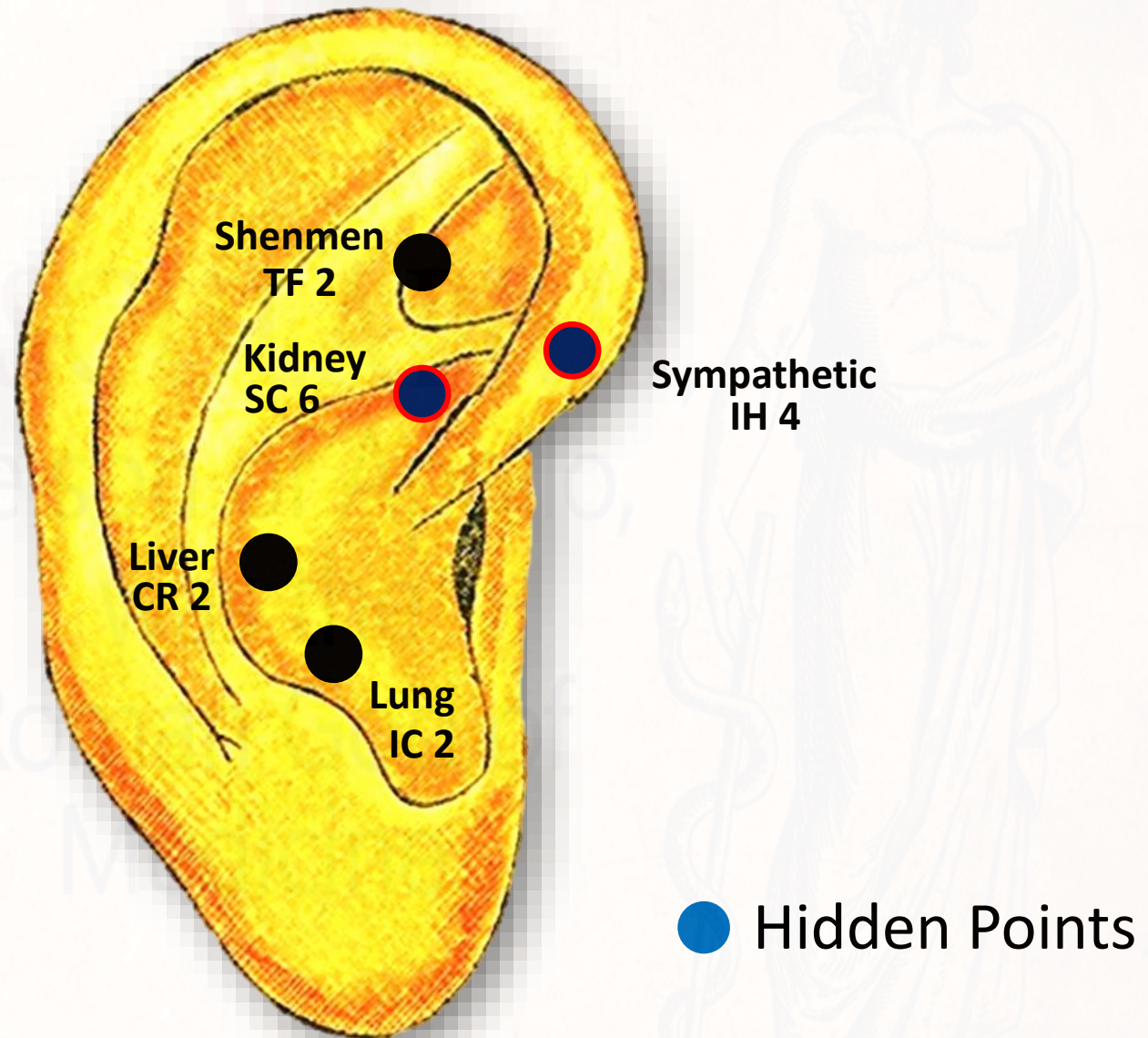
Liver

CR 2

Lung

IC 2

NADA Points with Auricular Zone Numbering



NADA Points in Their Auricular Zones

