

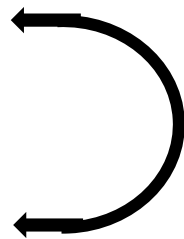


# COMPLEMENTARY AND ALTERNATIVE THERAPIES

## NICoE'S APPROACH TO INTEGRATED MEDICINE

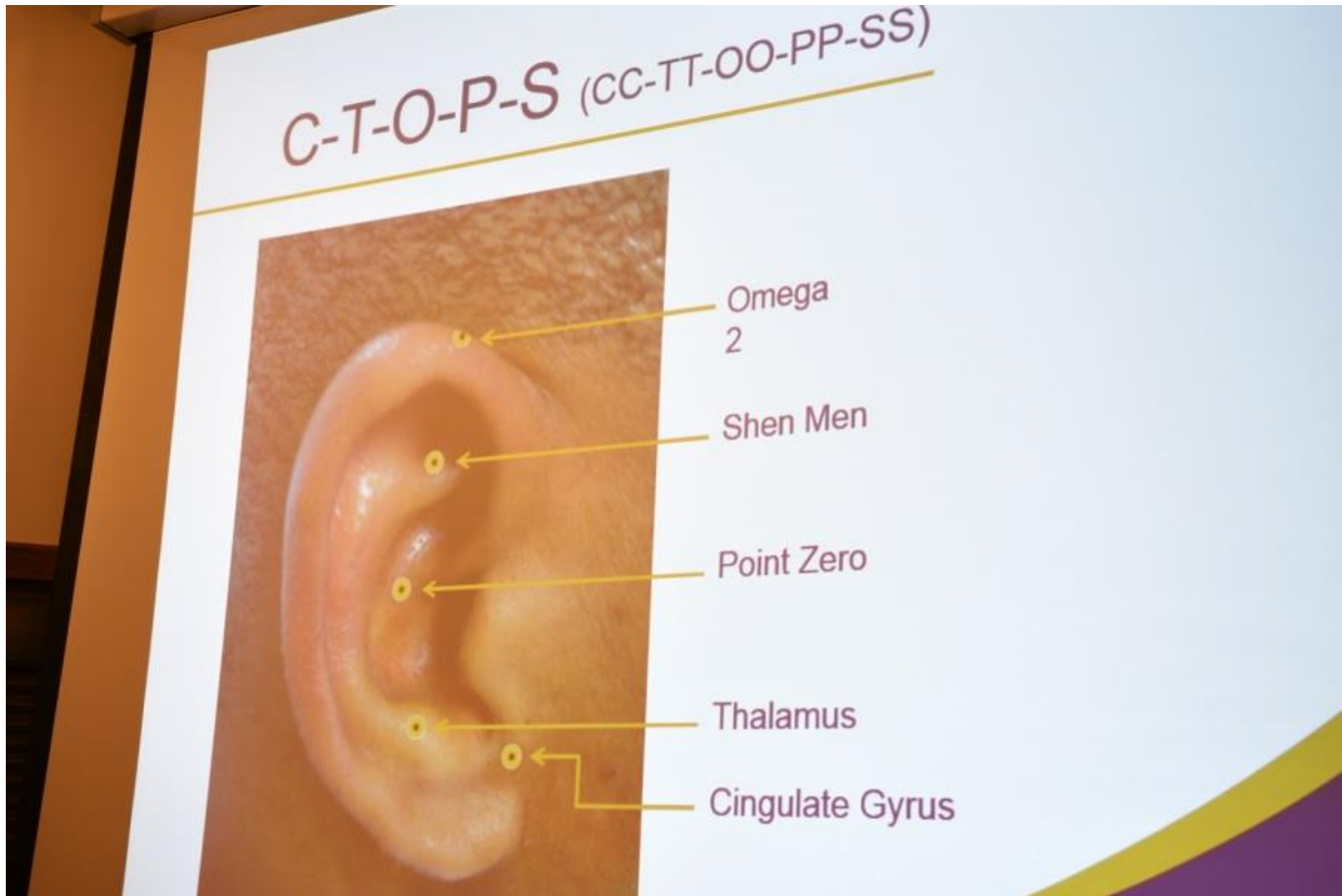
*Robert Koffman, MD, MPH*

# Point Sequence the Military Teaches

1. Cingulate Gyrus
  2. Thalamus
  3. Omega 2
  4. Point Zero
  5. Shen Men
- 
- A thick black curved arrow starts at the right side of 'Shen Men' and points back to the right side of 'Point Zero', indicating a reversal or feedback loop in the sequence.

Point Zero and Shen Men are flipped. Point Zero is the 4<sup>th</sup> point in the sequence while Shen Men is the last point in the sequence

# Point Sequence the Military Teaches



# Battlefield Acupuncture: Update

Richard C. Niemtzow, MD,<sup>1</sup> Gerhard Litscher, PhD, MDsc,<sup>2</sup>  
Stephen M. Burns, MD,<sup>1</sup> Joseph M. Helms, MD<sup>3</sup>

## UPDATE OF THE BATTLEFIELD ACUPUNCTURE AURICULO TECHNIQUE

### INTRODUCTION

**I**N A PREVIOUS EDITION OF *Medical Acupuncture*,<sup>1</sup> Niemt-zow published a paper dealing with the basic principles of Battlefield Acupuncture that were developed in 2001. This auriculotherapy technique produces a significant attenuation of pain when tiny gold ASP needles ( Sedatelaac, Chemin des Muriers, F-68540 Irigny, France) are inserted into specific points in the ear following a prescribed sequence: Cingulate Gyrus, Thalamus, Omega 2, Shenmen, and Point Zero. The reader was also instructed how to determine the dominant ear that plays a substantial role in this process. The question is asked whether this technique may be improved upon? The answer is “yes.” Therefore, Niemt-zow recommends this upgrade to the “Battlefield Acupunc-

ture,” which has already achieved noteworthy pain relief in our Acupuncture Clinic, Malcolm Grow Medical Center, Andrews Air Force Base, MD.

### ELECTROPHYSIOLOGICAL PROPERTIES OF DISSIMILAR METALS

If substantial pain relief is experienced from 1 particular ASP gold needle during the sequence of needle placement, it stands to reason that a second needle, placed just touching the already-inserted needle, may further reduce pain. This is simple enough; namely, 2 gold needles almost in the same auriculo-zone, i.e., 2 needles in the Cingulate Gyrus zone or other “Battlefield” zones. Nevertheless,



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# NICoE Mission and Vision

## DoD Institute



**Vision:** To be the nation's institute for traumatic brain injury and psychological health dedicated to advancing science, enhancing understanding, maximizing health and relieving suffering.

**Mission:** As the Military Health System institute dedicated to understanding complex, combat and mission related comorbid TBI and PH conditions, we deliver interdisciplinary and holistic care, conduct focused research, and export knowledge to benefit service members, their families and society.

- **Research:** A **DoD Institute** with a unique patient base and the most current technical and clinical resources for initiating innovative pilot studies designed to advance the ***characterization of the pathophysiology of the co-morbid state***, while additionally ***servicing as a "hub" for exchanging information*** with federal and academic partners
- **Training and Education:** A venue for the dissemination of next generation standards of care and resilience to providers as well as service members and families
- **Clinical:** A model of holistic, ***interdisciplinary evaluation and treatment*** in a family focused, collaborative environment that promotes physical, psychological and spiritual healing of service members (SM) with the complex interaction of TBI and PHI who are not responding to conventional therapy elsewhere in the Military Health System (MHS)



# Complementary and Alternative Medicine Practices at NICoE

- Nutrition
- Exercise
- Yoga
- Tai Chi/Qigong
- Trauma Releasing Exercises
- Rec Therapy
- Laughter and Humor
- Animal-Assisted Therapy
- Meditation
- Mindfulness/Acceptance Therapies
- Positive Psychology
- Biofeedback
- Neurofeedback
- Autogenic Training
- Guided Imagery
- Hypnosis
- Art Therapy
- Music Therapy
- Journaling
- Bibliotherapy
- Other Creative Arts
- Spirituality
- **Acupuncture**
- **Acupressure**
- Emotional Freedom Techniques
- Cranial Electrical Stimulation
- Reiki/Healing Touch
- Other Bodywork



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# Conditions Being Treated with Acupuncture in US Military



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Pain/MSK issues	Laryngitis	Neuropathy
Sinus	Sleep difficulties	Relaxation
PTSD	Depression	Anxiety
TBI	Headaches/migraines	Obesity
Smoking cessation	Substance abuse	Allergies
Tinnitus	Vertigo	Infertility,
Gastrointestinal issues	Fibromyalgia	
Preoperative preparation	Pelvic issues	
Xerostomia,	Masticatory/cervical myalgia	
Orthopedic issues	Nausea	
Vomiting	Paralysis	
Preoperative preparation	Anger/irritability.	
“Mental health issues”		



- Auricular Acupuncture is utilized largely to deal w/ acute pain management in field/combat environments (COL Niemtzw)
- The main points used are: shenmen, point 0, thalamus, omega2, and cingulate gyrus







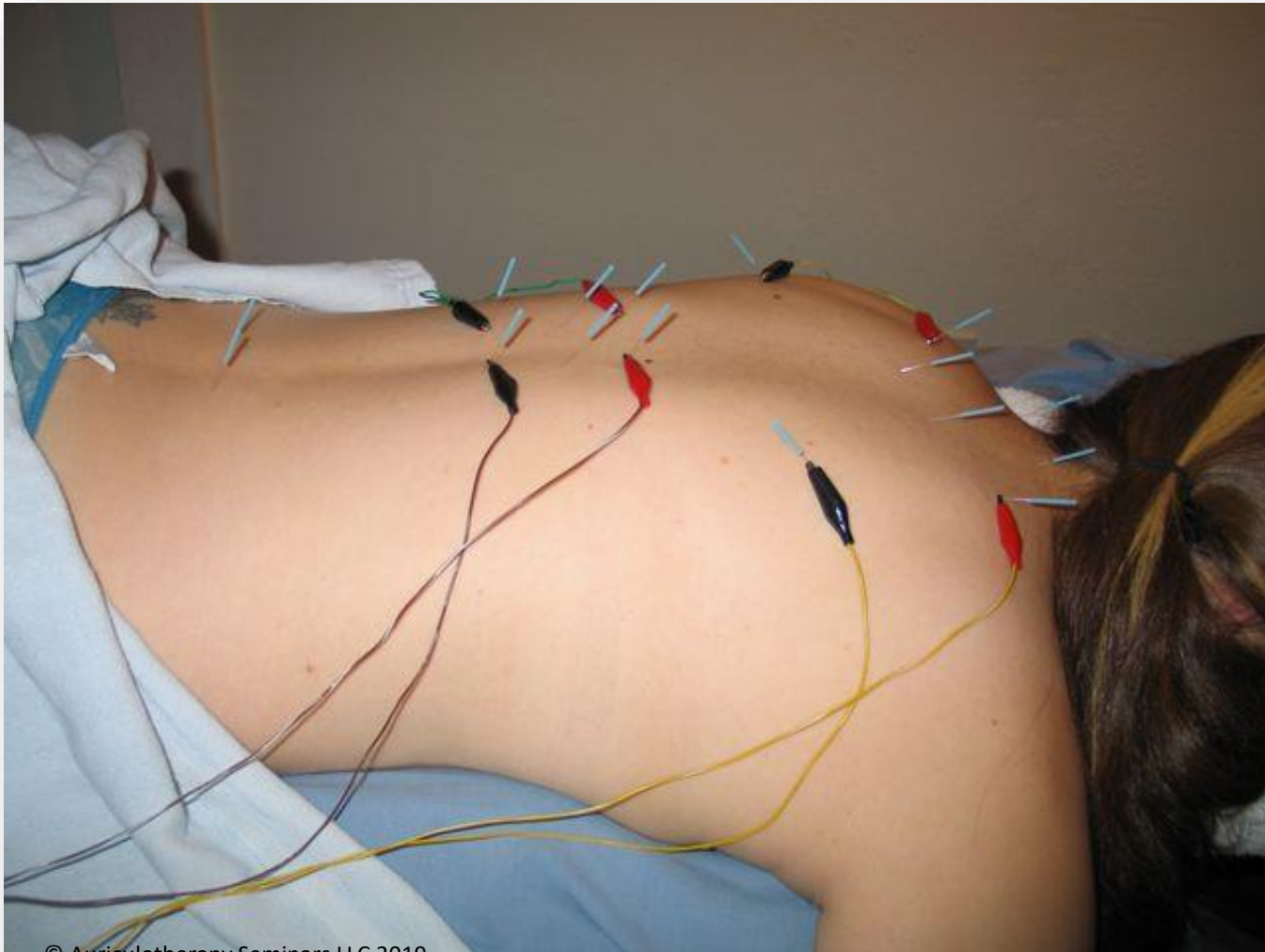
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# Medical Acupuncture





# Electro-Acupuncture



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# Alternative/ whole medical systems



## Examples:

- Traditional Chinese medicine (TCM)
- Ayurvedic medicine
- Homeopathy
- Naturopathy



## E2. Acupuncture

### OBJECTIVE

Improve management of PTSD symptoms, particularly when accompanied by associated symptoms of chronic pain, depression, insomnia, anxiety, or substance abuse.

### BACKGROUND

The practice of needling in acupuncture to mediate pain, one of the well-accepted indications for acupuncture, is thought to occur through the production of endogenous monoamines and neuropeptides. Besides activating neurohumoral pathways, acupuncture stimulates neural connections associated with the Autonomic Nervous System, prefrontal cortex, and limbic system, all structures thought to regulate the pathophysiology of PTSD. Acupuncture investigation for the treatment of PTSD has been limited to, at best, two (English) RCTs. However, symptomatic relief of disturbances associated with PTSD symptom clusters enhances the consideration of the use of this modality.

### RECOMMENDATIONS

1. Acupuncture may be considered as treatment for patients with PTSD. [B]