

# Runners Acupuncture Protocol

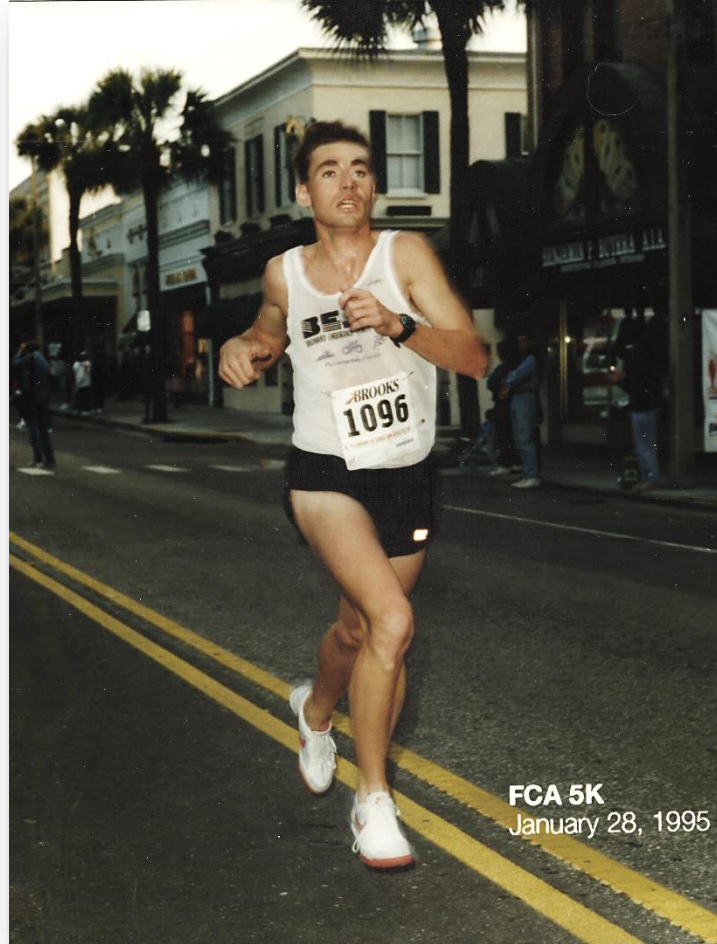
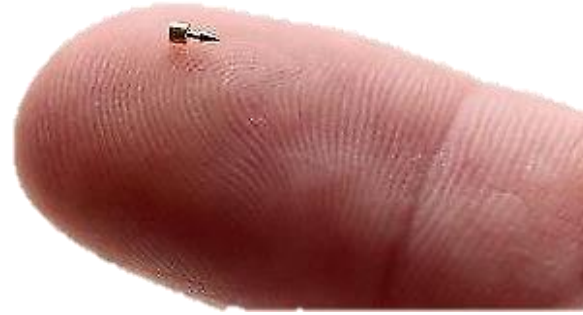


Photo above show the author on his way to a 16:40 5K

# Runners Acupuncture Technique Points



For this don't need Cordyceps (they can cost thousands of dollars per pound in some areas). You will just a few gold ASP ear needles and an electric stimulation device that protocol, you can deliver 10Hz.

You will treat both the front and back on the ear. You will only use one point on one ear when treating the posterior ear. You only treat the posterior ear on the dominant side. If your patient is right-handed, then only treat the right posterior ear point. This protocol uses a total of 13 gold ASP needles.

# Step By Step Instructions

First stimulate both ears with 10Hz at point Zero for 2 minutes per ear.

Then Insert 6 gold ASP needles (front only) in both ears.

If your patient is right-handed, insert one gold ASP needle in the dominant posterior ear only.

There will be a total of 13 gold ASP needles. The dominant side will have 7 ASP needles. The non-dominant side will have 6 ASP needles

Retain the ASP needles for at least 24 hours after the event. This will help them recover and prevents injury in my experience.

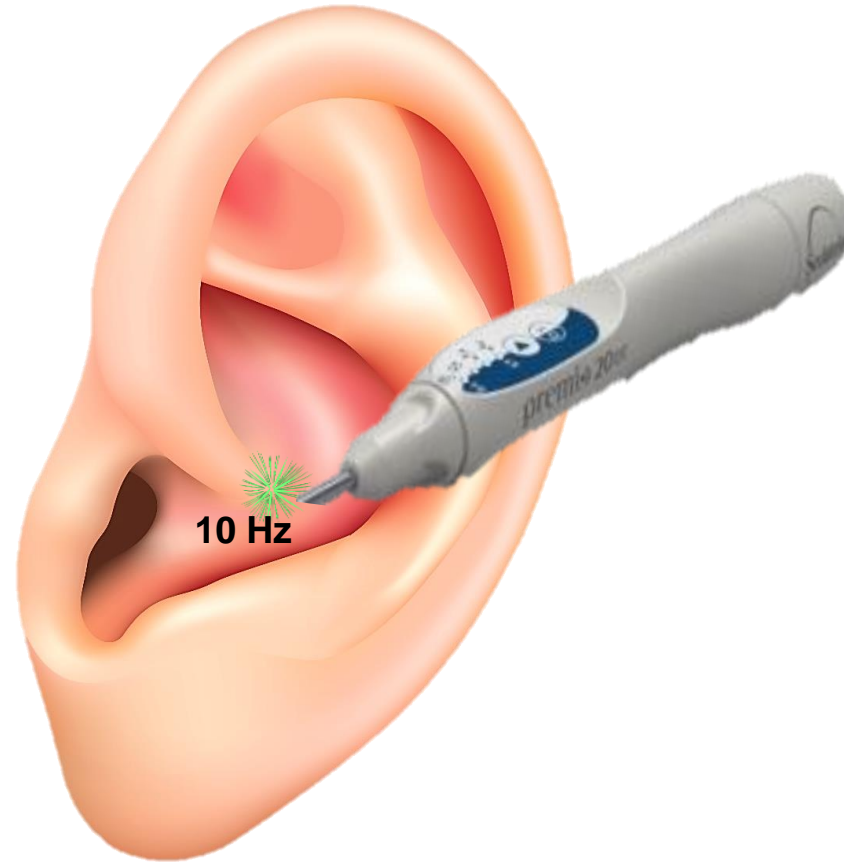
# Step By Step Instructions



**Gold ASP Needle**

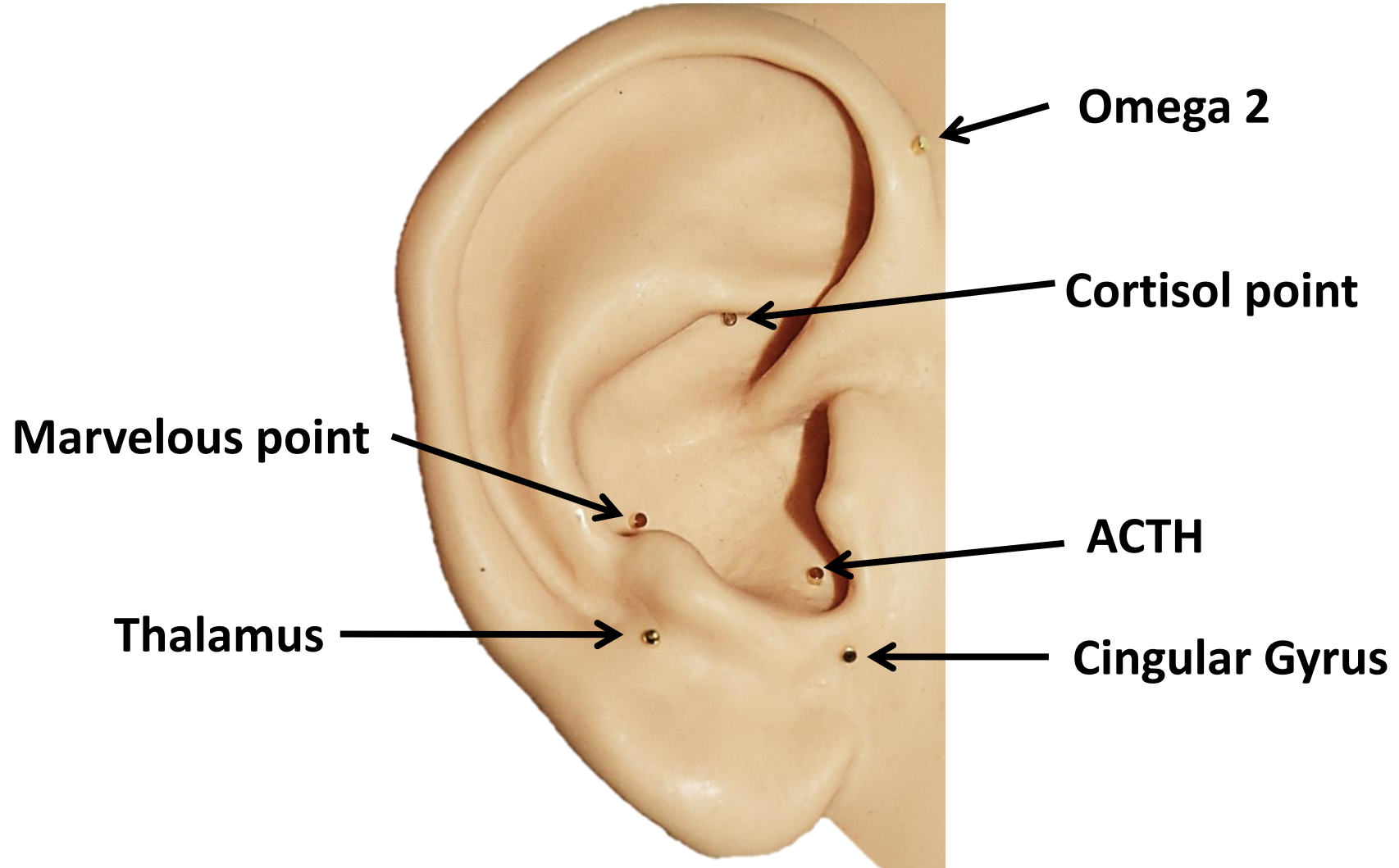
It's best to perform this protocol within 24/48 hours on your patient's race. Ideally 24 to 12 Hours prior to their race is optimal. Your patient will receive the best results if all 13 ASP needles stay in throughout their race. Tell them not to worry too much if any fall out prior to their race. You may insert any needles that fall out just prior to their race. I have done this protocol on my runners from 72 hours to 10 minutes before their race.

# Stimulating Point Zero With 10Hz

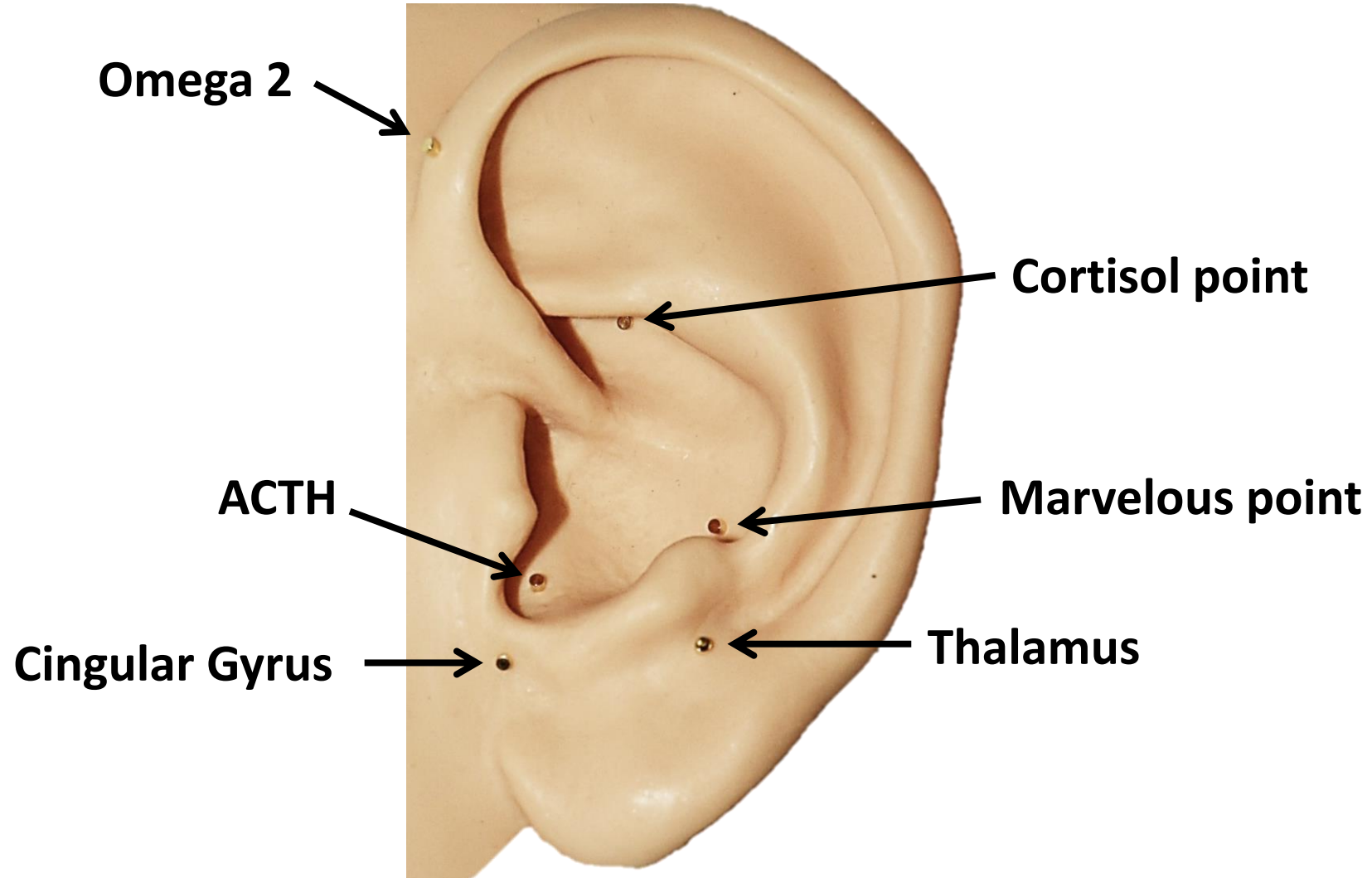


Stimulate both ear' for two minutes  
first before inserting ASP ear needles

# Right Ear Points



# Left Ear Points



# Posterior Ear Point (Dominant Side)



**Posterior Ear**

The posterior ear address's the upper back/neck zone. This point serves to relax the upper body and arms. The key to run fast, is to relax your upper body.