

*“ Where have all the
flowers gone...Revisited
long time passing.”*

Peter, Paul and Mary...five weeks as the #1 album in the USA in 1962

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**An analysis of the effect of
Auricular Therapy
on U.S. Military Veterans,
as measured by
“Heart Rate Variability”
before and during therapy.**

presented by: SaTerra Vishnu, DOM, & Francis Yurasek, PhD

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Pain and Opioid Use in U.S. Soldiers:

The Imperative for Researching Effective Pain Management Options in the Military

Josephine P. Briggs, M.D.

Director

National Center for Complementary and Alternative Medicine

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Veteran to Civilian Comparison

After Combat Deployment

Chronic pain 44%

Opioid use 15.1 %

General Public

Chronic pain 26%

Opioid use 4%

JAMA Internal Medicine. June 2003

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The Auricular Therapy Panacea

A history of successful treatment of:
Substance Abuse; Behavioral
Health/Psychiatric Care; Cancer, Sickle Cell,
Aids/HIV; Pain; PTSD.

*Evidence for the NADA Ear Acupuncture
Protocol: Summary of Research*

Ryan Bemis, DOM

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HRV: The Proof is in the Pudding

“One of the Best established and widely used
non-invasive methods for quantitative
assessment of ANS activation is HRV”

Agorastos et al. 2010

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Trauma & Treatment 2013 3.1

“Meta-Analysis of Heart Rate Variability as a Psychophysiological Indicator of Post-traumatic Stress Disorder”

7

Applied Psychophysiological Biofeedback

“Peak High-Frequency HRV and Peak Alpha Frequency Higher in PTSD” (2013, March)

Helene Wahbeh and Barry S. Oken

Dept. of Neurology, Oregon Health & Science University

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Pain Medicine Volume 10, # 7, 2009

“Associations among Pain, PTSD, mTBI, and Heart Rate Variability in Veterans of Operation Enduring and Iraqi Freedom: A Pilot Study”

Gabriel Tan, PhD, ABPP et.al

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Chicago Stand-down Study--06/15

Overview:

12 Homeless Vietnam Vets received vaccaria seed stimulation on the five NADA points, (*Shen Men, Sympathetic, Kidney, Liver and Lung*). *Heart Rate Variability readings were taken before, and 10 minutes after placing these seeds on the ear points, while utilizing the Nerve Express HRV software for assessment.*

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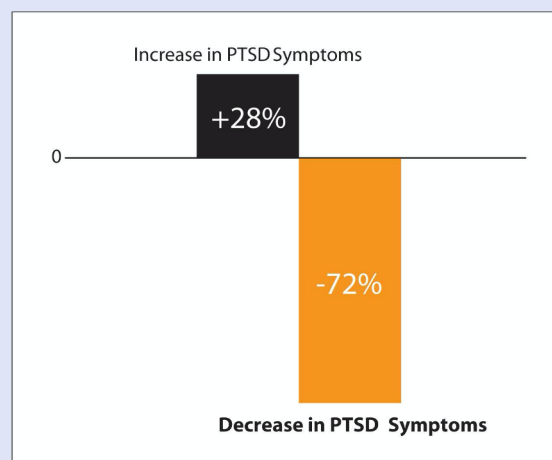
Summary of Findings

Of the **12** veterans tested, **9** showed significant improvement (balance) of the ANS, from the pre to the post HRV scan, after the 10-minute placement of vaccaria seeds on the NADA auricular points. **One** showed no change and **two** tests showed a negative response.

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Before and After Acu-Therapy Results

Figure 2: Magnitude of Changes*



*Larger negative values indicate clinical improvement.

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Pain is Inevitable, Suffering is Optional...

Thank you!

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Midwest College of Oriental Medicine
Veterans everywhere, who have and continue
to serve, no matter the price.

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