“Where have all the flowers gone...\textbf{Revisited}

long time passing.”

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

\textbf{An analysis of the effect of \textit{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
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

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
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

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
Trauma & Treatment 2013 3.1

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

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
“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

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.
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.

Before and After Acu-Therapy Results

Figure 2: Magnitude of Changes*

- Increase in PTSD Symptoms: +28%
- Decrease in PTSD Symptoms: -72%

*Greater negative values indicate clinical improvement.
Pain is Inevitable, Suffering is Optional...

Thank you!

Thanks to:

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