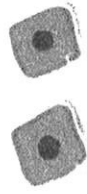


THE

# NADA 5 POINT PROTOCOL

## WHAT ARE EAR SEEDS?



Ear Seeds are small plant seeds used to stimulate pressure points in the ear. Take them off the sheet one at a time, and put them on like little band-aids, with the seed facing the skin. They are an alternative to acupuncture, and can stay on up to a week, or until they feel sticky or sore (listen to your body).

## THE NADA 5 POINTS



The NADA 5 points are used to treat trauma, addiction, balancing out the body's nervous system, and supporting healing processes. These points individually or collectively can be stimulated with ear seeds. See below for more information on each of the points' individual purposes.

The Young Lords and Black Panthers took over the Lincoln Hospital in the South Bronx in 1970, and created the People's Drug Program, also known as the Lincoln Detox Center. Alongside providing other health care needs which were being unmet by the State, they began offering ear acupuncture in a community setting. By the people, for the people. Out of this was born a 5-point acupuncture protocol to treat addiction and trauma.

Lincoln Detox was dismantled in 1979 by the New York Police Department. But the 5 points (known as the NADA 5 Point Protocol) continues to be used widely today as a tool for healing from the wounds created by Capitalist America and White Supremacy.

As we benefit today from this protocol, may we do so uplifting the work, lives, struggle and commitment of those who forged a way for this treatment to come forth.

Visit [mutulushakur.com/site/2018/11/acupuncture-interview](http://mutulushakur.com/site/2018/11/acupuncture-interview) to learn more about this history and one of the Lincoln Detox leaders, Dr. Mutulu Shakur

### SHEN MEN

Calms the mind, supports your spirit, alleviates nervousness, helps with pain, insomnia and depression

### SYMPATHETIC

(USUALLY SKIPPED WITH EAR SEEDS BECAUSE OF ITS LOCATION)  
Balances the nervous system, helps with blood circulation, calms the physical body

### KIDNEY

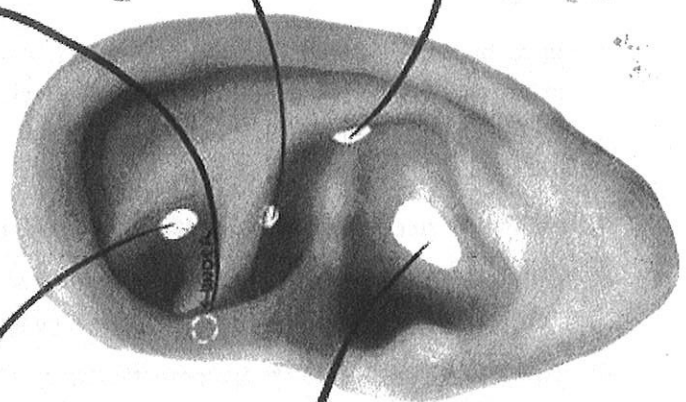
Supports hormonal and growing processes, addresses chronic fear and trauma

### LUNG

Supports respiratory functions, boosts immunity, addresses skin conditions and feelings of grief, aids in detoxing

### LIVER

Eases stress, anxiety, irritability and frustration, regulates movement in the body, supports digestive and menstrual functions



## (Do It Yourself) NADA Protocol with Ear Seeds

Some of the possible benefits of NADA are:

- Relief from stress and emotional trauma
- Increased calmness, better sleep, and less agitation
- A discovery of inner quiet and strength

### Directions:

- 1) Since the NADA Protocol works by mobilizing the existing internal resources of a person, the first step is to find a quiet place (or at least pause to take a few deep breaths) to create a peaceful space for yourself and your family members (if they wish to participate) so you can begin to experience your own inner strengths.
- 2) Make sure your ears are clean and brush your hair back so that it is off of your ears.
- 3) With your fingers or a pair of tweezers peel the seed and adhesive bandage off of the package and place it on *shenmen* in one of your ears and press it gently with your fingers so that it sticks
- 4) Repeat for the next 4 points *Sympathetic, Kidney, Liver, and Lung*, Then if desired repeat on your other ear. Some people prefer to use both ears, some are happy doing just one ear. You decide. (If you do 1 ear a good idea is to alternate ears each time) Don't worry if they aren't perfect. You did good enough!
- 5) The best thing to do next (if you can) is to find some time to be quiet and just relax and remember to breathe for 30-45 minutes. You can leave the seeds in for as long as you like., up to a week, Just press them every so often or whenever you feel stressed or overwhelmed. All power to the people!

**Shenmen:** located about 1./3 of the way from the rear of the depression

near the top of the ear, known as the triangular fossa

**Sympathetic:** located at the end of the lower leg of the antihelix underneath the flap of the crus of the helix

**Kidney:** located at the top edge of the cymba concha

**Liver:** located at the end of the concha ridge

**Lung:** located in the center of the depression in the ear called the cavum concha

