



Transforming Lives

For Immediate Release
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NAI is on a Mission to Transform the Lives of Veterans

The Neuro-Acupuncture Institute (NAI) is on a mission to transform the lives of Veterans by introducing them to a life-changing treatment option. *Neuroacupuncture for Veterans* is a special event that will be held on November 3, 2018 at clinics across the country, where Veterans can receive a complimentary treatment from participating Neuroacupuncture Practitioners.

“The Neuro-Acupuncture Institute is excited to announce this inaugural annual event, where we draw attention to the ongoing healthcare needs of Veterans. Neuroacupuncture is a safe and remarkably effective treatment for those who suffer from PTSD and other central nervous system disorders,” noted Tammy Stocker, Executive Director of NAI, “We hope to reach as many Veterans as possible through this event.”

On November 3, 2018, Neuroacupuncture practitioners across the USA are offering a complimentary treatment for Veterans. To find a practitioner, or for more information, visit www.NeuroacupunctureForVeterans.org.

[Meet Wounded Warrior, Zac Ruttman](#), who’s life changed after a few Neuroacupuncture treatments. Zac was wounded while serving in Iraq by an IED, taking shrapnel to the head, neck and back. Safely evacuated, he was treated through conventional military medical services, where he was diagnosed with Traumatic Brain Injury and Post Traumatic Stress Disorder (PTSD). Zac endured numerous surgeries, followed by extensive physical rehabilitation. Though he made progress with recovery, he continued to experience headaches, pain, insomnia, and balance issues. In search of a better quality of life, Zac sought help through Neuroacupuncture - a treatment method he was not aware of until a friend told him about it. Skeptical, but willing to try, Zac and his family traveled to Albuquerque, New Mexico for treatment, with Dr. Jason Jishun Hao, founder of the Neuro-Acupuncture Institute.

“My road to recovery was a long process. I’ve had numerous surgeries and years of rehabilitation, but eventually I hit a plateau and still did not have a very good quality of life. Then I heard about Neuroacupuncture. After a few treatments, I immediately saw results,” noted Zac.

With just a few needles, Zac immediately noticed his hearing improved. Within a couple of treatments, he slept through the night, and has continued to improve since then. His quality of life has dramatically improved, thanks to Neuroacupuncture.

“For me, it treated my PTSD, anxiety, insomnia, appetite, mood, pain, and overall mental and physical health. With the incredible success I had, I want to encourage my fellow Veterans to give Neuroacupuncture a try,” Zac added.

After being treated by Dr. Hao, Zac joined forces with him and the Neuro-Acupuncture Institute (NAI), to share his story with others in hopes Veterans would seek Neuroacupuncture treatment.

Drs. Jason and Linda Hao founded NAI in 2015, with the intention of teaching physicians, doctors of oriental medicine, and licensed acupuncturists the highly effective skills they have dedicated their 40-year careers to perfecting. Originally trained in China, the Hao's now operate private clinics in the US, where people go from all over the world to be treated for a variety of central nervous system disorders.

“Our dream is to reach as many people as possible who suffer from CNS disorders,” noted Dr. Hao. “That’s why my wife and I have dedicated our lives to sharing our knowledge with other professionals. Our experience, case after case, has shown that Neuroacupuncture can dramatically improve the quality of life of those who suffer, even after they have received all that conventional medicine has to offer,” he added.

In one year, more than 160 acupuncture and medical-acupuncture practitioners enrolled in NAI’s Comprehensive Training in Neuroacupuncture Program, to learn the highly specialized skill. Many are participating by offering complimentary treatments to Veterans during the event slated for November. Veterans who suffer from traumatic brain injury and/or PTSD are invited to contact a Neuroacupuncture Practitioner near them to schedule a complimentary Neuroacupuncture treatment during the *Neuroacupuncture for Veterans* event, on November 3, 2018. Common symptoms may include: Headaches, Insomnia, Pain, Balance, Paralysis, Emotional Issues, Anxiety, Fatigue, Foggy Brain, Nightmares, Social Avoidance, High Sensitivity to Stimuli.

The National Institute of Health (NIH, 2009) estimates PTSD affects about 7.7 million American adults, and can occur at any age. Women are more likely to develop PTSD than men, and there is some evidence that the potential for the disorder may run in families. PTSD is often accompanied by depression, substance abuse, or other anxiety disorders.

Among Veterans returning from the current wars in Iraq and Afghanistan, PTSD and mild to moderate traumatic brain injury (TBI) are often linked and their symptoms may overlap. Blast waves from explosions can cause TBI, rattling the brain inside the skull. People with PTSD may become emotionally numb, especially in relation to people with whom they used to be close. They may lose interest in things they used to enjoy. They may startle easily or be irritable, become aggressive, and may have trouble falling asleep and staying asleep. They avoid situations that remind them of the original incident, and often find anniversaries of the incident to be very difficult.

Today, hundreds of thousands of service men and women and recent military veterans have seen combat. Many have been shot at, seen their buddies killed, or witnessed death up close. These are types of events that can lead to PTSD. The U.S. Department of Veterans Affairs estimates that PTSD afflicts:

- Almost 31 percent of Vietnam veterans
- As many as 10 percent of Gulf War (Desert Storm) veterans
- 11 percent of veterans of the war in Afghanistan
- 20 percent of Iraqi war veterans

In 2017, the **Acupuncture for our Heroes Act** passed, requiring acupuncture to be accessible to Veterans as a viable treatment option through the VA.

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About Neuroacupuncture

Neuroacupuncture is a highly specialized, methodology integrating Traditional Chinese Medicine (needling techniques and Scalp Acupuncture) with Western medical knowledge of neurology, neuroscience, and neurological rehabilitation. Unlike the typical body-style acupuncture practiced by most in the West, Neuroacupuncture is an advanced skill, most effective in the treatment of acute and chronic central nervous system disorders, often producing remarkable results with just a few needles. Chinese Acupuncture and Needling Techniques have been a part of Traditional Chinese Medicine (TCM) for thousands of years. Neuroacupuncture is relatively new in the West, emerging as a scalp acupuncture technique based on original Chinese theory and research, introduced into Western culture in the 1970's.

What to Expect in a Neuroacupuncture Treatment

Neuroacupuncture is different than a traditional acupuncture treatment. Neuroacupuncture treatment involves the insertion of thin acupuncture needles into the areolar tissue layer of the scalp in areas known to correlate to various functions of the body. Through insertion and stimulation of the needles, atrophied or malfunctioning areas of the brain are essentially reset, having been encouraged by the brain's healthy neurons to activate once again. In turn, function can improve, and pain can be reduced in the areas of the body controlled by the corresponding area of the brain that are being stimulated. Patient outcomes vary depending on the severity of the illness or injury and length of time passed since the injury or onset occurred. The frequency and number of treatments needed varies. Neuroacupuncture treatment has very low (if any) risk and usually involves minimal to no discomfort when performed by a qualified healthcare practitioner.

About the Neuro-Acupuncture Institute (NAI)

The Neuro-Acupuncture Institute (NAI) is a tax exempt, 501(c)(3) nonprofit organization established in 2015, whose mission is to further the science of Neuroacupuncture through research, and to educate licensed physicians, doctors of oriental medicine, and acupuncture practitioners in the emerging field of Neuroacupuncture. NAI's Comprehensive Training in Neuroacupuncture Program is approved by the NCCAOM (The National Certification Commission for Acupuncture and Oriental Medicine). For more information or to support the mission of NAI through a donation, visit www.NeuroAcupunctureInstitute.org.

Quick References:

Zac Ruttman Video: <https://youtu.be/1YN38GBMev8>

NAI Events: <https://www.neuroacupunctureinstitute.org/events/upcoming-events.html>

NIH, 2009: <https://medlineplus.gov/magazine/issues/winter09/articles/winter09pg10-14.html>

NCCAOM: <http://www.nccaom.org/blog/2018/03/01/acupuncturists-in-va/>