

5NP AURICULAR
ACUPUNCTURE

EAR SEEDS
& WELLNESS

VACCARIA

— AURICULOTHERAPY —



As a fully qualified and experienced Auricular Acu-Technician (AAT), I've witnessed firsthand the transformative effects of 5NP auricular acupuncture, particularly in the field of holistic health and well-being. My journey practicing auricular acupuncture as an AAT has been filled with awe-inspiring revelations about the human body's resilience and its innate ability to heal.

Auricular Acupuncture, also known as ear acupuncture, is a modality within the larger scope of acupuncture practice that specifically targets the ear. It's based on the understanding that the ear is a microsystem representing the entire body. There are hundreds of acupuncture points in the ear, each correlating with a specific area or function of the body.

Auricular Acupuncture, specifically the 5 Needle Protocol is widely utilized in various healthcare settings worldwide, providing relief for an array of conditions.

Among the conditions I commonly treat with 5NP auricular acupuncture are chronic pain, inflammation, stress, PTSD, anxiety, grief and insomnia. These are issues that have become increasingly prevalent in our fast-paced, modern society, impacting the quality of life of many.

For those experiencing chronic pain, 5NP auricular acupuncture can be a powerful pain management tool. The stimulation of specific points in the ear triggers the release of endorphins – the body's natural painkillers – helping alleviate pain and promoting a sense of well-being. Stress is another condition that 5NP auricular acupuncture can effectively address. By targeting particular points associated with relaxation and tranquility, 5NP auricular acupuncture helps to rebalance the nervous system, reducing stress levels and aiding in emotional regulation.

What makes 5NP auricular acupuncture stand out for me is its embodiment of participant-centered care. Each session is tailored to the individual needs of the participant, respecting their unique health journey. Moreover, the non-invasive nature of 5NP auricular acupuncture makes it accessible to those who may be apprehensive about traditional acupuncture.

As an AAT, my mission is to facilitate healing and empower people in their wellness journey and 5NP auricular acupuncture allows me to do just that. The smiles of relief, the expressions of gratitude, and the positive transformations I witness in my clients continually affirm the power and potential of 5NP auricular acupuncture. In essence, my experience with 5NP auricular acupuncture serves as a testament to the profound impact of this healing art. It is a gentle yet effective approach, capable of addressing a range of conditions and promoting overall health – a practice I am honored to offer.

540-448-1106 |  Vaccaria Auriculotherapy

 @VACCARIAAURICULOTHERAPY

Coreen Ames Vaccaria Auriculotherapy
5NP Ear Acupuncture Treatment
January 24, 2026

Cost \$30 (Payable to Coreen)

Hours available 12pm-5pm
(reservations recommended)

Call 540-721-9365 for reservations

Questions vaccaria5np@gmail.com



My Yoga Studio

12787 BT Washington Hwy.
Suite 103 Hardy VA 24101

540-721-9365

TheCentreAtVitaZen.com