

NRSA Protocol:

Neural Regulation for Stress & Anxiety: is a five-point ear acupuncture treatment used worldwide for behavioral health and trauma support.

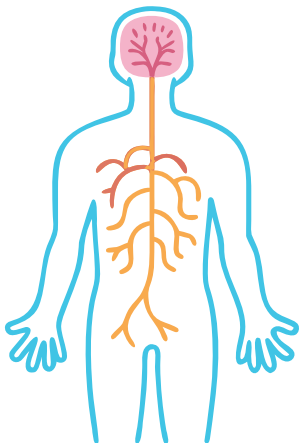
Gentle & Non-Verbal: No processing or storytelling required.

Group-Based: Delivered in a quiet, seated setting.

Effective: Regulates the nervous system to support "rest and restore" states.

STAFF BENEFITS

- Improved calm & mental clarity
- Better sleep quality
- Reduced anxiety & agitation
- Enhanced emotional resilience



How It Works

1. On-Site Setup

We create a calm, professional space in your conference or break room.

2. Group Sessions

Sterile, single-use needles are gently placed in 5 specific ear points.

3. Quiet Reset

Staff relax and decompress for 30 minutes.

PROGRAM OPTIONS

- **Wellness Days:** For staff appreciation events.
- **Ongoing Support:** Weekly or monthly clinics.
- **Crisis Response:** Rapid deployment after traumatic events.
- **Leadership Reset:** Executive stress management.



Who We Serve

Our mobile services are tailored for high-stress environments:

- **Healthcare:** Hospitals & clinics
- **First Responders:** Fire, EMS, Police
- **Education:** Schools & Universities
- **Corporate:** Tech & Professional teams
- **Social Services:** Nonprofits & Agencies

THE POWER OF SILENCE

NRSA Protocol meets people where they are. It is particularly effective for **Compassion Fatigue** and **PTSD** because it does not require sharing personal details.



The Business Case

Investing in nervous system regulation is not just compassionate—it's strategic. Organizations that prioritize staff well-being see:

- **Improved retention** and lower burnout rates
- **Stronger team cohesion** and morale
- **Reduced sick days** and absenteeism
- **Enhanced productivity** and focus

NRSA -5 point auricular (ear) protocol is a low-disruption, high-impact wellness solution that integrates seamlessly into existing staff support programs.

SAFETY & COMPLIANCE

- Sterile, single-use, disposable needles
- Clean Needle Technique compliant
- HIPAA-conscious environment
- Professional liability coverage
- ADA-accessible group format

Why Partner With Us?

We understand clinical environments, compliance needs, and the importance of maintaining workflow while offering meaningful support.

- California-Licensed Acupuncturists
- Fully Insured (Professional Corp)
- Locally Owned Wellness Start-Up

READY TO SUPPORT YOUR TEAM?

Schedule a Pilot Conversation today.



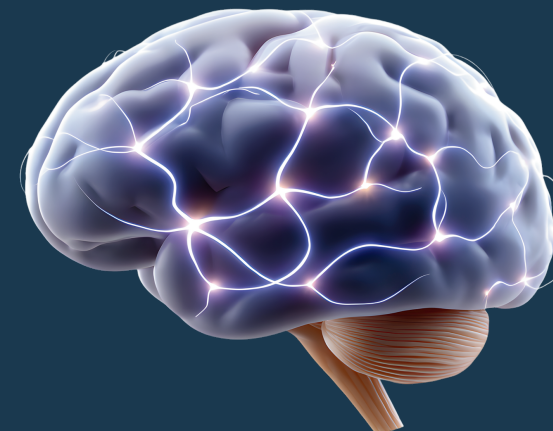
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Neural Reset Sessions

Burnout prevention is not a luxury—it's a necessity.

Evidence-informed nervous system regulation for executives & staff.



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