

January 30, 2025  
Prepared by Michael Shapiro  
Regarding HB 2143

Honored Chair Nosse, Vice Chairs Nelson and Javadi, and members of the committee.

My name is Michael Shapiro and I have experienced the potential of the Five-Needle protocol to create a profound and lasting healing impact.

I strongly urge you to support this important legislation that expands access to the NADA 5-Needle Protocol (5NP) in Oregon. This simple yet powerful acupuncture technique has been demonstrated time and again to help with stress, trauma, addiction recovery, and mental health support. According to NADA's website they estimate that 5NP is widely used in over 2,000 treatment clinics worldwide and in approximately over 130 addiction treatment programs in the U.S; military healthcare settings, and disaster relief efforts. Studies have shown that 5NP helps reduce anxiety, withdrawal symptoms, and PTSD, while promoting overall well-being.

Unfortunately, Oregon's current restrictions limit who can provide 5NP, preventing many communities from fully benefiting. Allowing anyone who completes appropriate training—not just acupuncturists or medical professionals—to practice 5NP would expand access, particularly for vulnerable and underserved populations. As several other states have successfully integrated 5NP into harm reduction and mental health programs, I believe it is in the best interest of all parties concerned for Oregon to do the same.

In summary, I ask that you support this significant legislation that removes barriers to 5NP training and practice, so more Oregonians can receive its benefits. I appreciate your time and leadership on this issue and I sincerely urge you to vote in favor of HB 2143.

Sincerely,  
Michael Shapiro