

Members of the Committee. My name is Willow Card.

I am a return resident of the State of Oregon. I am so proud to be living back in our beautiful state where I feel most at home. I have lived in Oregon, California, North Carolina, South Carolina and Ohio in my lifetime. Oregon is geographically the most beautiful state as well as a place I feel safe. I appreciate our realistic approach and progressive look at how he can live and will support our residences here in Oregon. I'm testifying and writing to you in support of the Oregon House Bill for 5NP.

This truly is a “do no harm” form of treatment, that is:

Easily learned by lay individuals

Broadly accessible

Administered in a wide ranging type of environments

This treatment can, and is, used for treating alcoholism, substance abuse, trauma & chemical dependency.

I am so passionate about acupuncture detoxification or 5NP. I am currently trained in acupuncture however I have not obtained my degree to sit for my boards just yet. Despite my current privilege, I have been dealing with the harsh reality of mental illness which causes generations of trauma in my biological family environment . Due to these ongoing adversities it has taken me years of coming and going in and out of a couple different acupuncture schools to get to this point of almost graduating. In my acupuncture training in both schools we learned 5NP. 5 NP not only helps me emotionally but physically. When I get in one of my states of being, I feel like the ground was falling out from under my feet and that I can't understand what was going on around me(which scares me) I can rely on 5np to assist (and pull from) my natural resources(in my body) to cope and make sense of the world around me. If I needed needles in my ears but had to leave to pick up my kids then I can get ear seeds in my ears and in that moment of driving my kids to and from dance and or Cello lessons, I could always squeeze my ear seeds as much as I want and the points would/ will release the sensory overload my PTSD was/is causing.

In this testimony I would also like to stress that 5np assisted my son in his (early age) of recovery. He is 22 and is in his second year of recovery. He went to a prestigious performing arts school in North Carolina. The doors were open in his world and his world was full of “yeses”. He is very gifted. He got involved in risky behavior and in time became addicted to opioid. If it wasn't for affordable accessible acupuncture, which includes 5NP needles and 5NP seeds then he would not be where he is today in his recovery. He is thriving in our community here in Portland. Working and feeding people, paying taxes and to his best abilities being a young productive adult. He could not have done that without accessible affordable Acupuncture, and the 5P protocol for detoxification. I became convinced that auricular acupuncture is an important, life-saving response to the opioid crisis as well as trauma/mental illness in our community. I have been committed to expanding community access to this very safe, inexpensive and humble treatment. So I sincerely urge you to vote in favor of the 5NP bill.

Sincerely, Willow Card