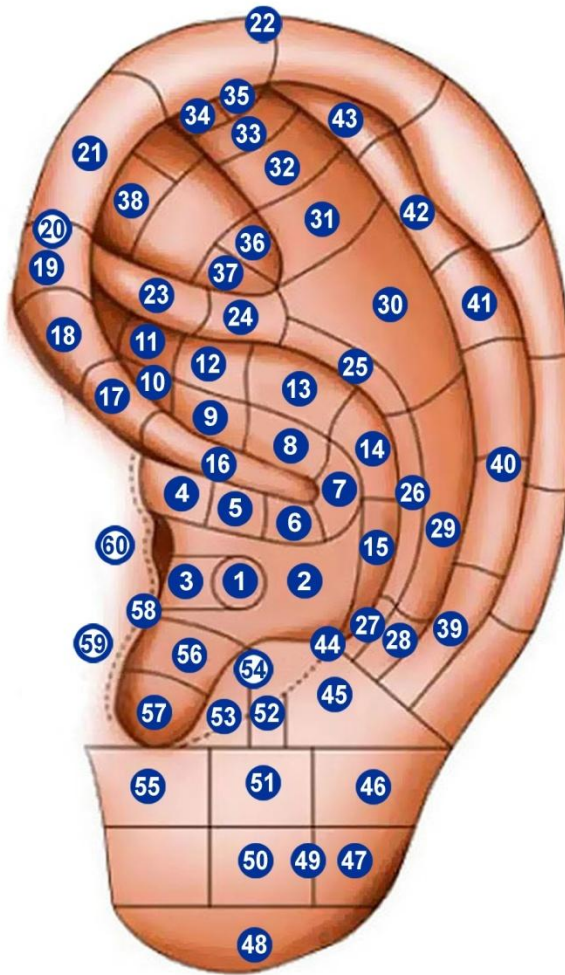


Ear Seed Placement - Quick Reference Guide

Prepared by P. Sze, TCMTips.com

Condition	Relevant Ear Acu-points*	Pain Conditions	Relevant Ear Acu-points*
Weight Loss	4 + 7 +15 + 54 + 57	Neck Pain	12 + 14 + 27 + 28 + 36
Quit Smoking	1 + 2 +7 +36 + 54 + 57	Shoulder Pain	12 + 14 + 36 + 40 + 45 + 58
Fatigue	1 + 2 + 58	Back Pain	28 + 29 + 36 + 54
Insomnia	1 + 7 +12 + 14 + 15 + 36 + 54	Lower Back Pain/ Sciatica	12 + 14 + 23 + 24 + 36
Dizziness	12 + 14 + 36 + 47 + 52	Elbow Pain	36 + 41 + 54 + 58
Headache/ Migraine	20 + 36 +45 + 52 + 53	Wrist Pain	36 + 42
Fertility	12 + 14 + 15 + 36 + 38 + 57	Knee Pain	12 + 32 + 36 + 58
Menopause	12 + 20 + 36 + 38 + 54 + 55 + 58	Ankle Pain	33 + 36 + 54

* The numbers correspond to ear acu-points shown below. For each condition, place ear seeds on all the relevant ear acu-points on one ear. Remove ear seeds after 2-4 days, and then apply a fresh set of ear seed stickers on the alternate ear. We recommend doing so for one month to monitor progress.



- denotes a point on the surface
- denotes a point on the underside

1. Heart
2. Lung
3. Trachea
4. Mouth
5. Esophagus
6. Cardiac Orifice
7. Stomach
8. Duodenum
9. Small Intestine
10. Large Intestine
11. Bladder
12. Kidney
13. Pancreas, Gall Bladder
14. Liver
15. Spleen
16. Ear Center
17. Rectum
18. Urethra
19. External Genitals
20. Sympathetic Nerve
21. Anus
22. Ear Apex
23. Sciatic Nerve
24. Buttock
25. Abdomen
26. Chest
27. Neck
28. Cervical Vertebrae
29. Thoracic Vertebrae
30. Lumbosacral Vertebrae
31. Hip
32. Knee
33. Ankle
34. Heel
35. Toe
36. Shen Men
37. Pelvis Cavity
38. Internal Genitals
39. Clavicle
40. Shoulder
41. Elbow
42. Wrist
43. Finger
44. Brain Stem
45. Occiput
46. Jaw
47. Internal Ear
48. Tonsil
49. Cheek
50. Eye
51. Tongue
52. Temple
53. Forehead
54. Subcortex
55. Tooth
56. Triple Burner (San Jiao)
57. Endocrine
58. Adrenal Gland
59. Internal Nose
60. Pharynx

Disclaimer: The information provided is not intended as a substitute for the medical advice of physicians. The user should regularly consult a physician on matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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Email: info@dragon-acupuncture.com FaceBook: www.facebook.com/dragon.acupuncture.therapy

