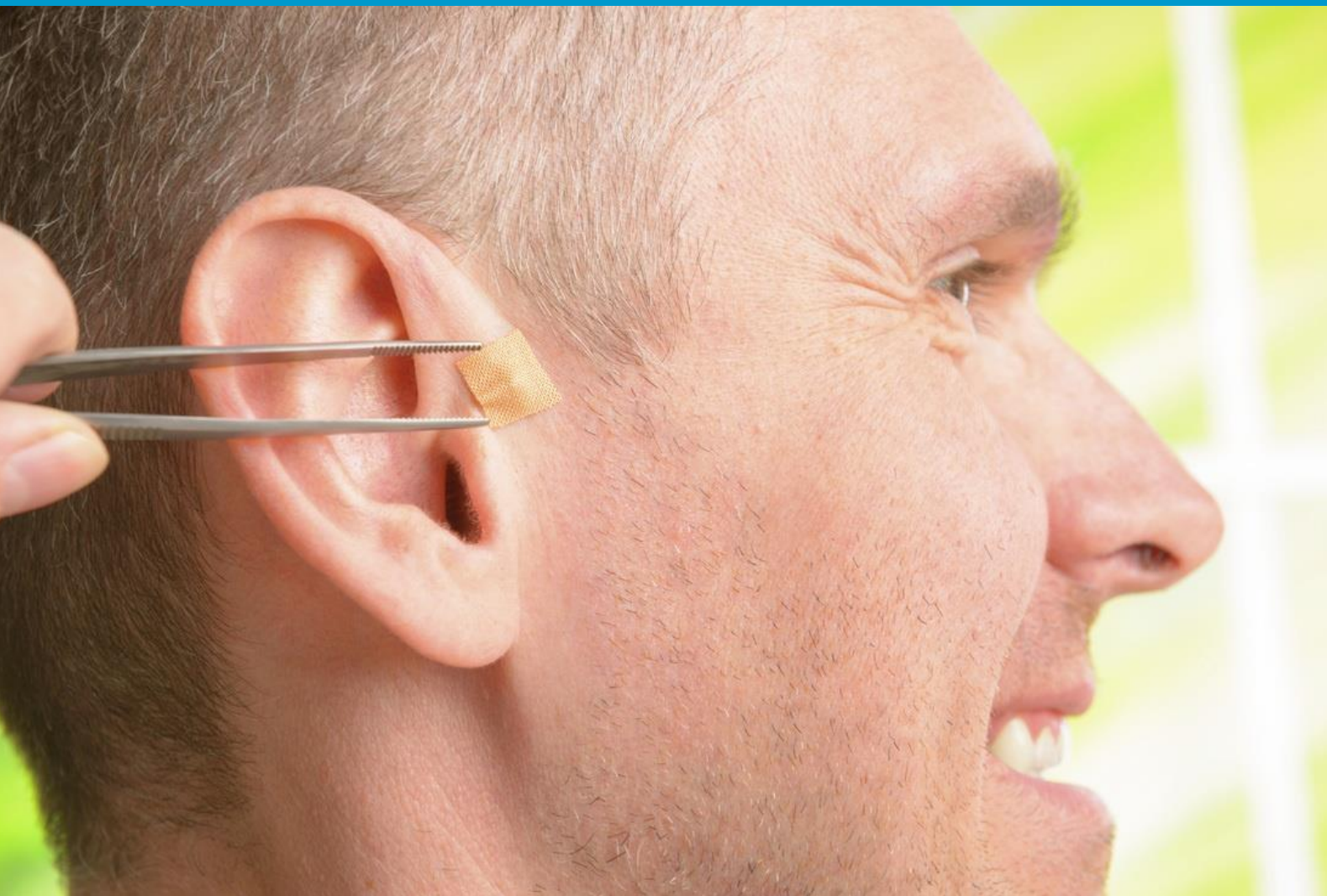


# **The Beginner's Guide to Auricular Therapy**

## Application of Ear Seeds



P. Sze  
2021

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The information provided in this book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/ her health and particularly with respect to any symptoms that may require diagnosis or medical attention. Speak with your physician or a trusted healthcare professional prior to practicing methods in this book. Please keep in mind that reactions and results may vary from each individual due to differences in state of health.



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## How Auricular Therapy Works

The art of healing with pressure over specific points on the ear is known as Ear Acupressure or Auricular Therapy. Ear hosts over 120 acupoints that correspond to various parts of the body. Traditional Chinese Medicine (TCM) teaches that energy pathways (or 'qi' or vital life energy) pass through the ear. When you stimulate an acupoint, abundant flow of energy returns to the related organ or area, allowing healing to take place. The ear is said to be a micro-imitation of the human bodily system, comparing the shape of the ear to an inverted fetus. The mapping of inverted fetus to the outer ear roughly explains the connection between ear acupoints and their corresponding body parts.



Auricular therapy or auriculotherapy is not just simply acupressure to unblock energy meridians of the body. Rather, ear acupressure stimulates the nerve connections between the ear and the central nervous system. By applying pressure to the correct points on the external ear triggers nerve impulse from the ear to the brain, thereby communicating powerful healing messages to the organ or system in which the health problem manifests. Upon stimulation, the brain releases pain-relieving protein molecules, endorphins, into the blood stream, soothing chronic pain and discomfort quickly and with no side effects.

## How Ear Seeds Work

Instead of using needles to stimulate the acupoints, small beads can be used to apply pressure to the points. In TCM, seeds of natural vaccaria plants, also known as Wang Bu Lui Xing (王不留行籽) in Chinese, are used as they are tiny enough to sit precisely over one pressure point. The seeds are put in place using tapes. For people who are not sensitive to metals, they may opt for metal beads or pellets. Moreover, magnetized beads are said to further enhance the effectiveness of the ear acupressure. Application of ear seeds can be used alone or as complementary therapy to acupuncture or body acupressure in order to treat a host of symptoms.

There are numerous benefits of using ear seeds

- Can be used in the comfort of your own home

- Simple to adhere
- Helps supplement traditional acupuncture in between sessions
- Suitable for those who do not want to receive acupuncture or needle phobia
- Small, not extremely noticeable
- No side effects
- Safe
- Wearers receive prolonged benefits
- Natural, holistic, drug-free relief
- Helps promote general well-being

## Precautions

- Not to use when pregnant, patients should consult doctors first
- Do not apply when the ear is infected
- Do not apply when the body is in very weak state, for example, when drunk, starved, super intense mind state
- If skin irritation or swelling occurs, remove ear seeds and consult doctor if symptoms persist
- Adhesive tape may contain latex, slight irritation may occur if you are allergic. For people who may be allergic to latex, test the tape on the skin on a single location before applying to various points
- Store the ear seeds in original packaging and keep out of sunlight to protect the adhesive

## How to Apply

To begin, you will need hair clip, alcohol, an ear probe, a set of tweezers and ear seeds.

Use a hair clip to secure hair away from the ear so that it does not contaminate the auricle during treatment or attach to the sticky tapes of the seeds. Remove ear jewelry and piercings.

Palpation is the process of detecting tender points for treatment. Apply equal pressure using a sterile stainless steel ear probe in palpating the points related to your condition, referring to placement chart. Mark the point for treatment by pressing with the probe so that you can remember it.

Clean your outer ear, best with 75% alcohol swab. Make sure it is dry before applying ear seeds.

Pick up the plaster with a pair of tweezers so as to touch the adhesive as little as possible. Affix the ear seed to the acupuncture point on the ear.

Continuous mild pressure that ear seed exerts is amplified by stimulating the seed with fingertip massage. Massage the ear seeds 3-5 times a day for about 30-60 seconds each time. A good time to massage is after meals and before sleep. Due to sweating and showering, the ear seeds usually need to be removed after 2-4 days (or shorter during summer time). For better results, alternate the ear for application of ear seeds such that each ear has sufficient time to 'rest' before acupuncture points are stimulated again. Do not reuse ear seeds.

Caution should also be applied to avoid the seed accidentally getting into the ear canal in a rare occurrence. It is essential to remove the ear seed sticker after 2-4 days before it loses its adhesiveness. Tilt your head to the side of the sticker when you remove it, such that the ear seed falls away from you.



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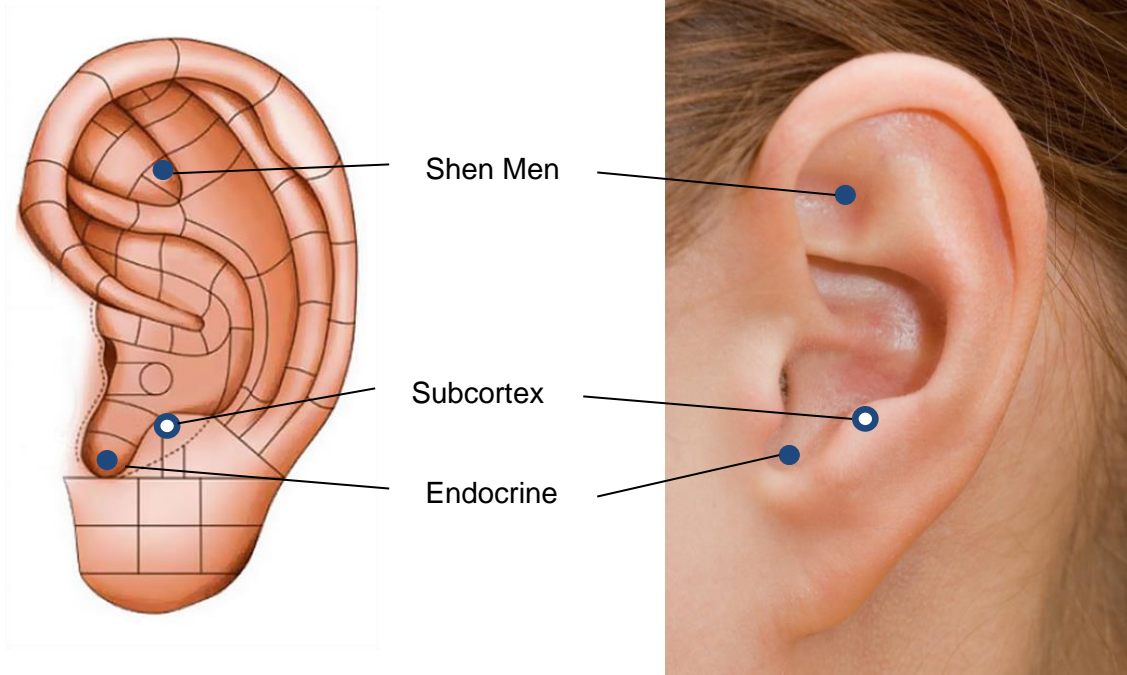
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## Primary Points for Beginners

To locate auricular points, identify the ridges and trace arches of the auricle following the ear chart. Use the probe to lightly pressure the ear. When the right location is pressured, there is sometimes a mild pain or numb feeling. Below are three commonly used acupressure points:

Master points	Role	Applicable conditions
<b>Shen Men</b> 	An important point to regulate the heart (fire) and kidney (water) balance in the body according to TCM	<ul style="list-style-type: none"> <li>* Insomnia</li> <li>* Restless sleep with lots of dreams</li> <li>* To help break bad habits (e.g. smoking)</li> <li>* High blood pressure</li> <li>* Fatigue, headache and irritability due to emotional disturbance</li> </ul>
<b>Endocrine</b>	Balances hormones	<ul style="list-style-type: none"> <li>* Menstrual cramps</li> <li>* Irregular periods</li> <li>* Menopause</li> <li>* Thyroid disorders</li> </ul>
<b>Subcortex</b> 	Corresponds to the cerebral cortex in the brain	<ul style="list-style-type: none"> <li>* Headache/ Migraine</li> <li>* Fatigue, headache and irritability due to emotional disturbance</li> <li>* Insomnia</li> </ul>



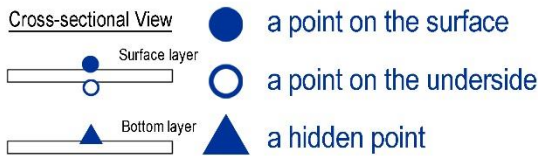
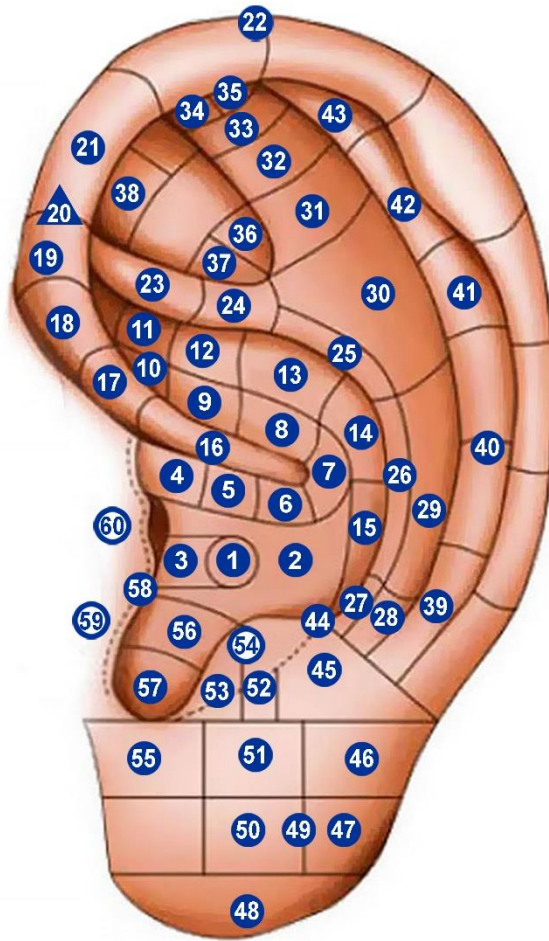


- Denotes a point on the surface
- Denotes a point on the underside



## Ear Chart

The chart below is a simplified chart depicting 60 commonly used ear points.



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

## Placement Charts for Specific Conditions

The points introduced in the following placement charts are basic core treatment points for the specific conditions. Subject to the individual person, your acupressure therapists would be able to advise on additional relevant points to apply taking considerations of the cause behind the condition upon complete diagnosis.

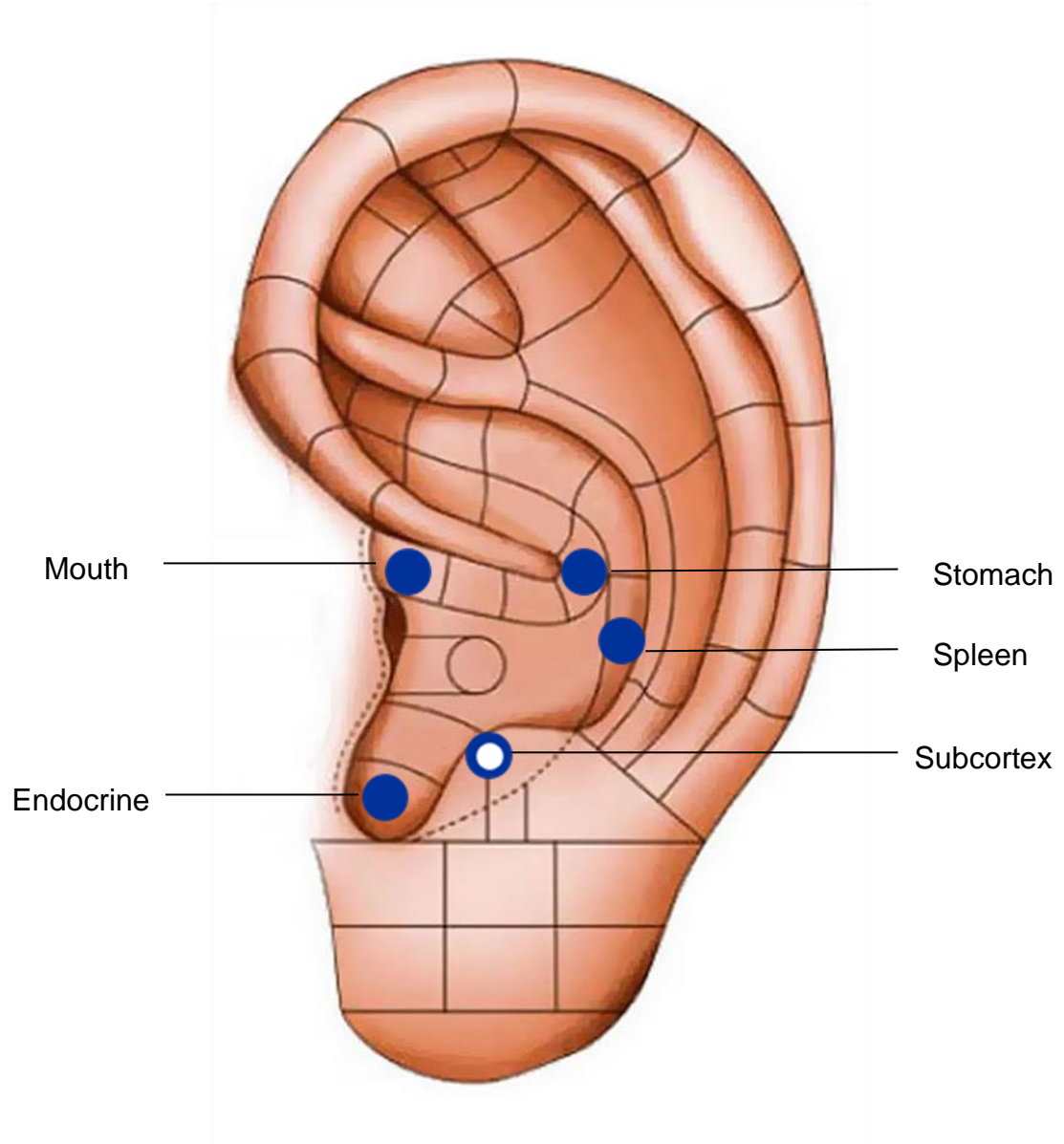


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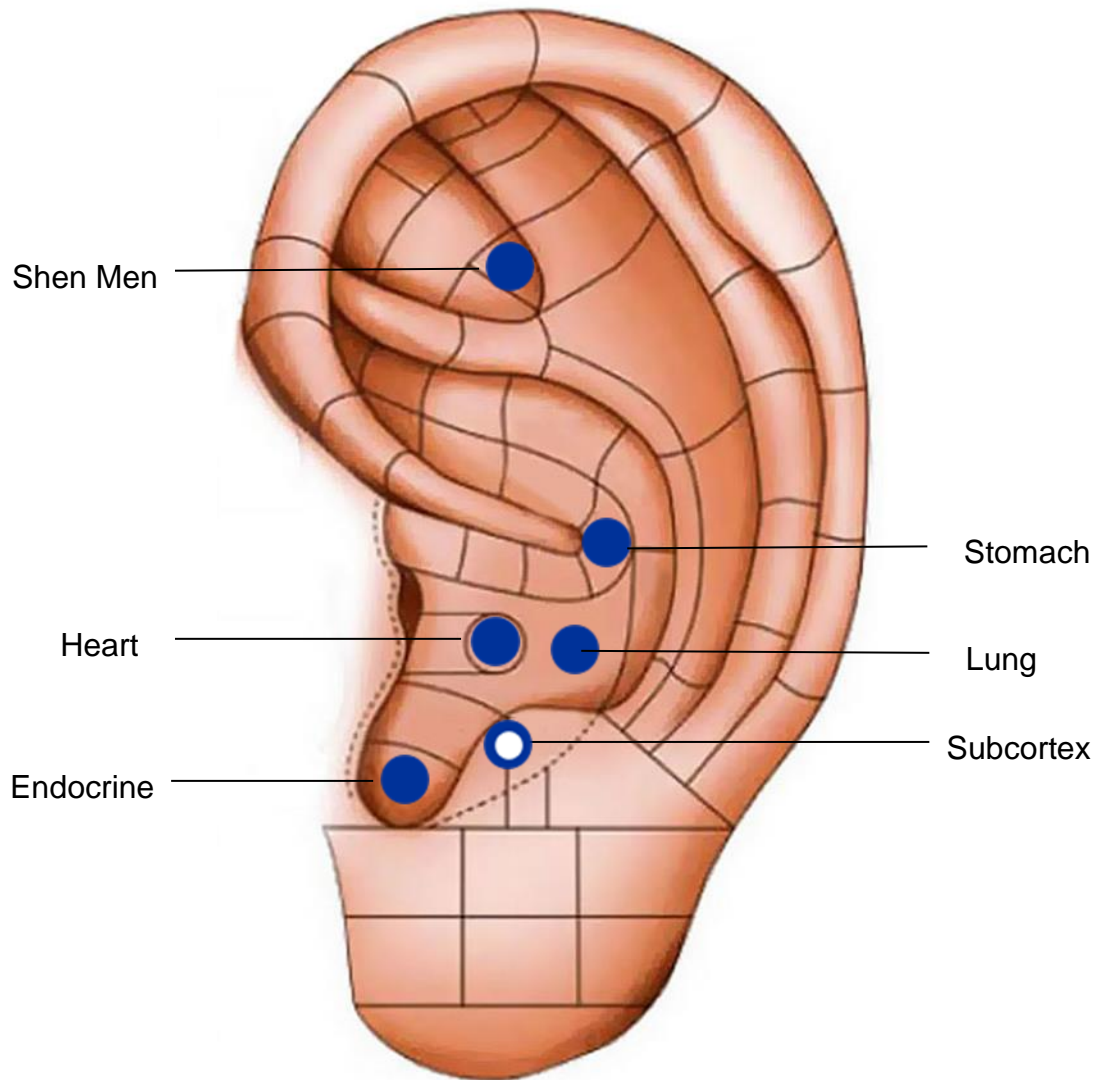


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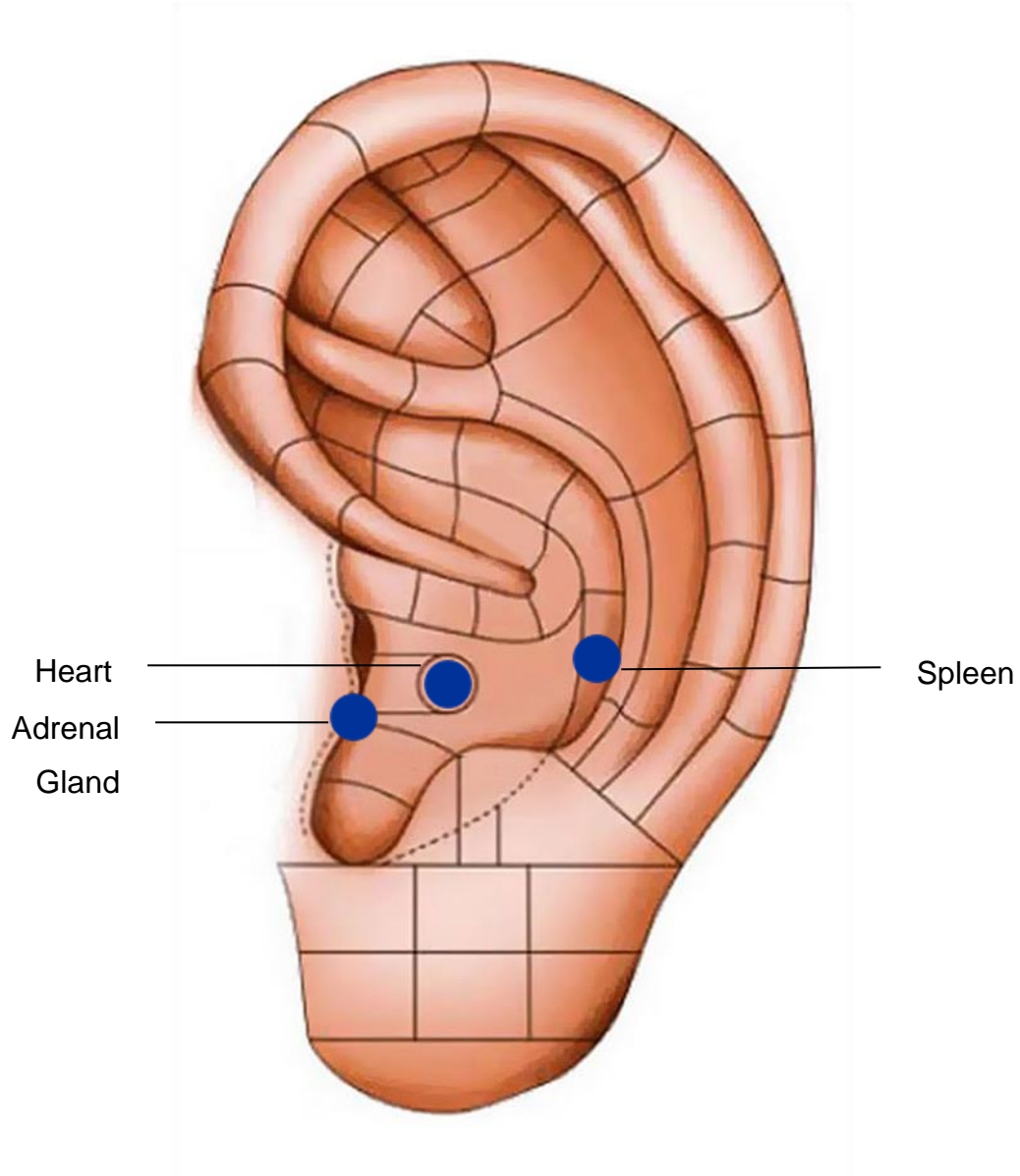
## Weight Loss



## Quit Smoking

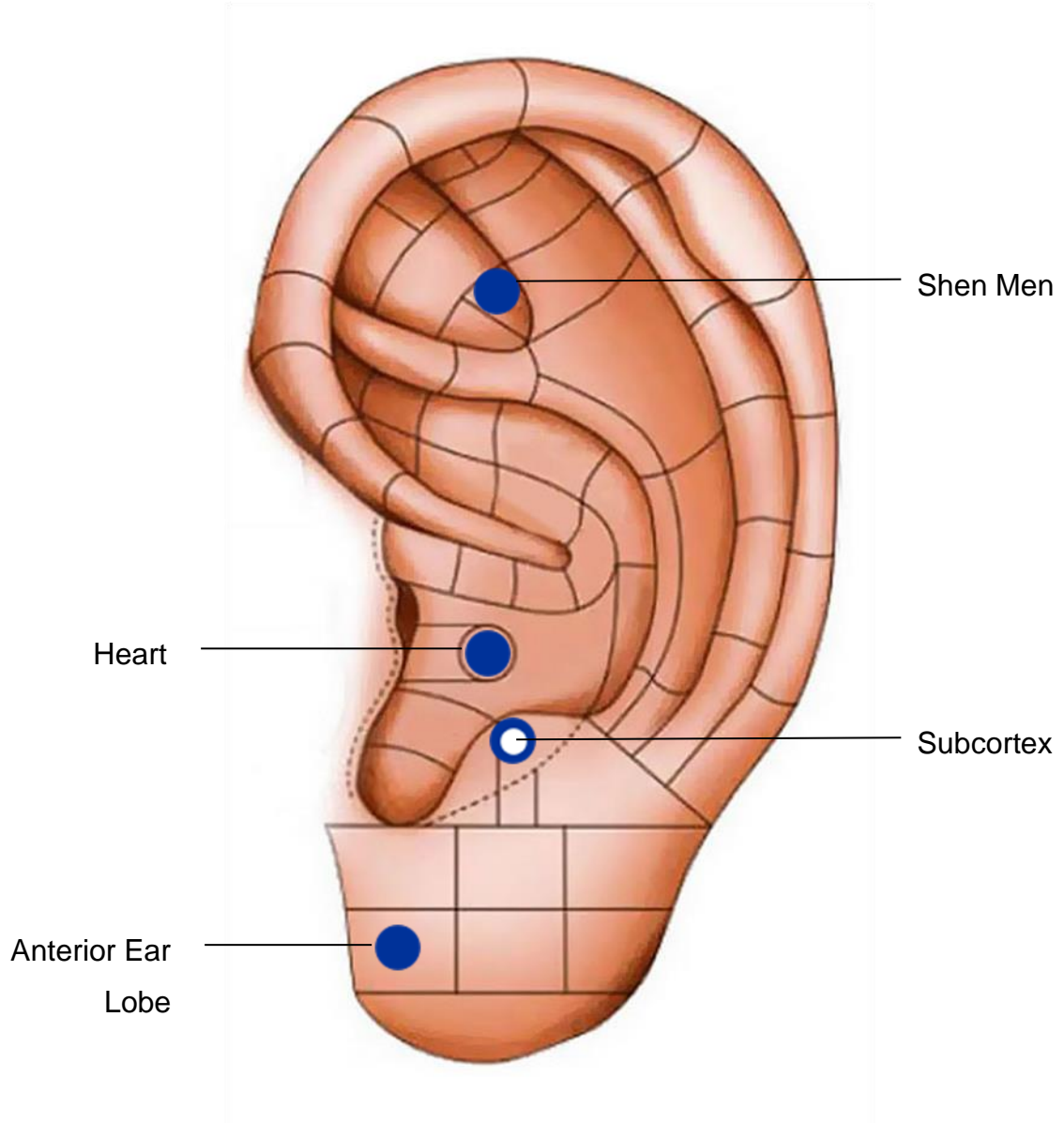


## Fatigue

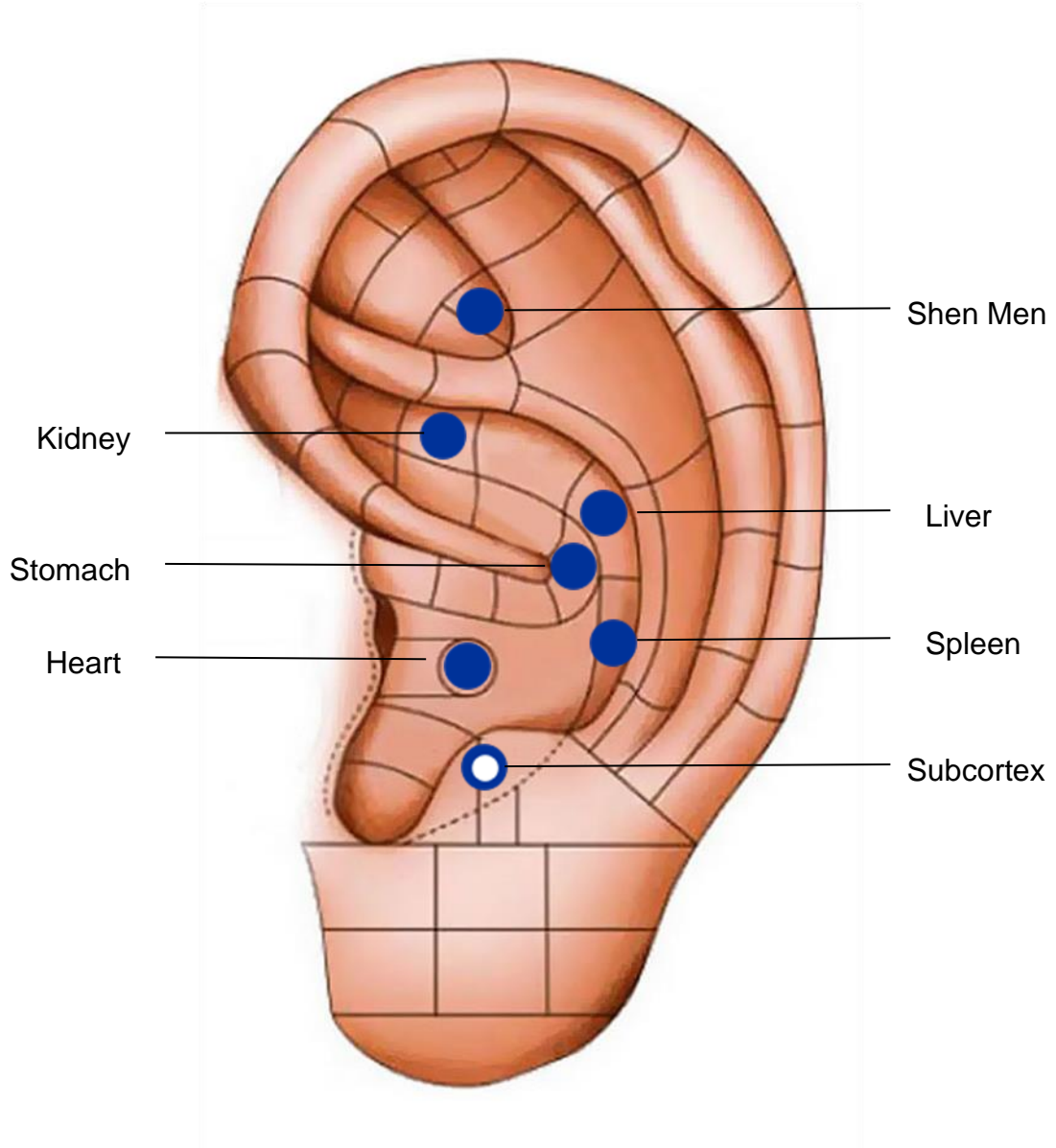




## Stress/ Anxiety

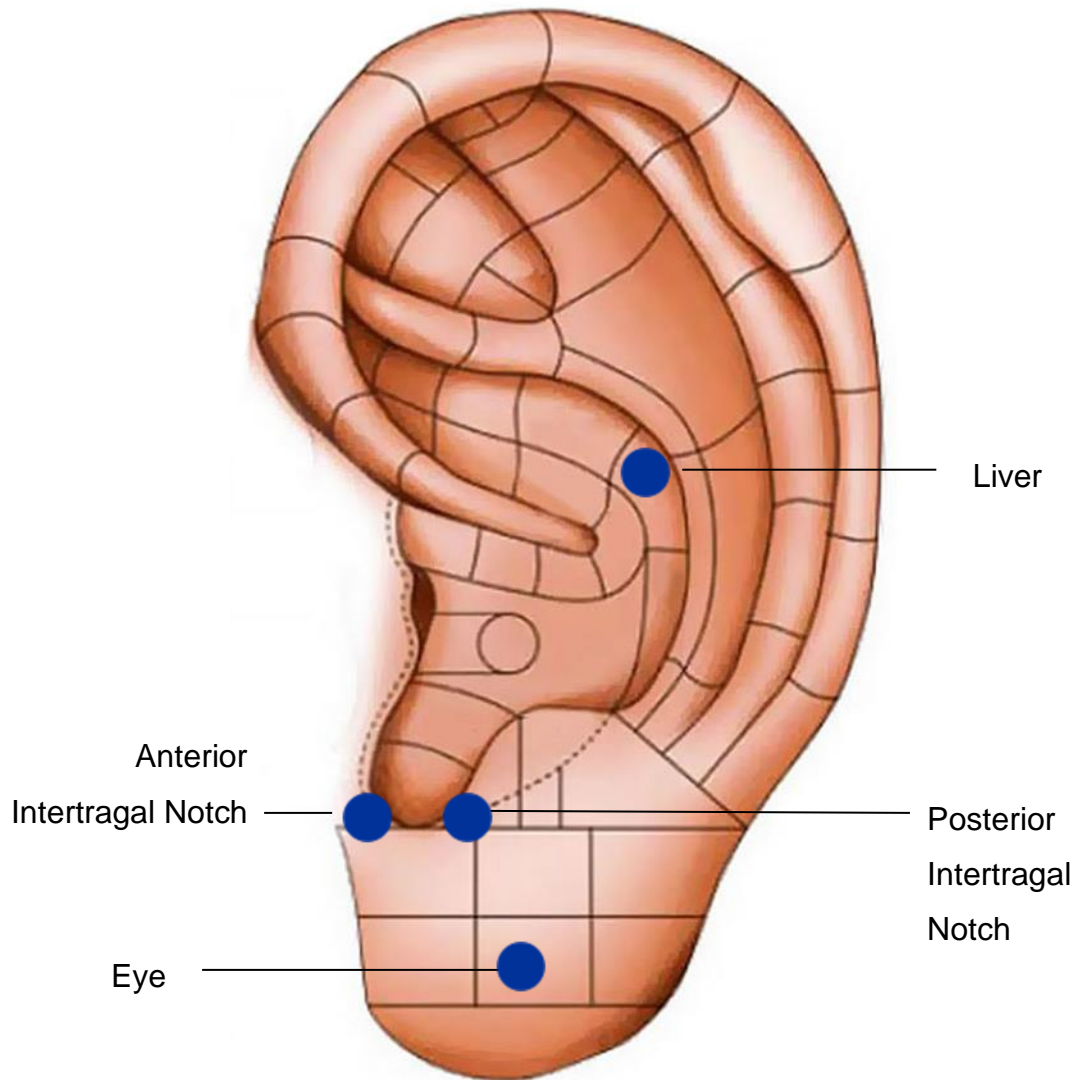


# Insomnia

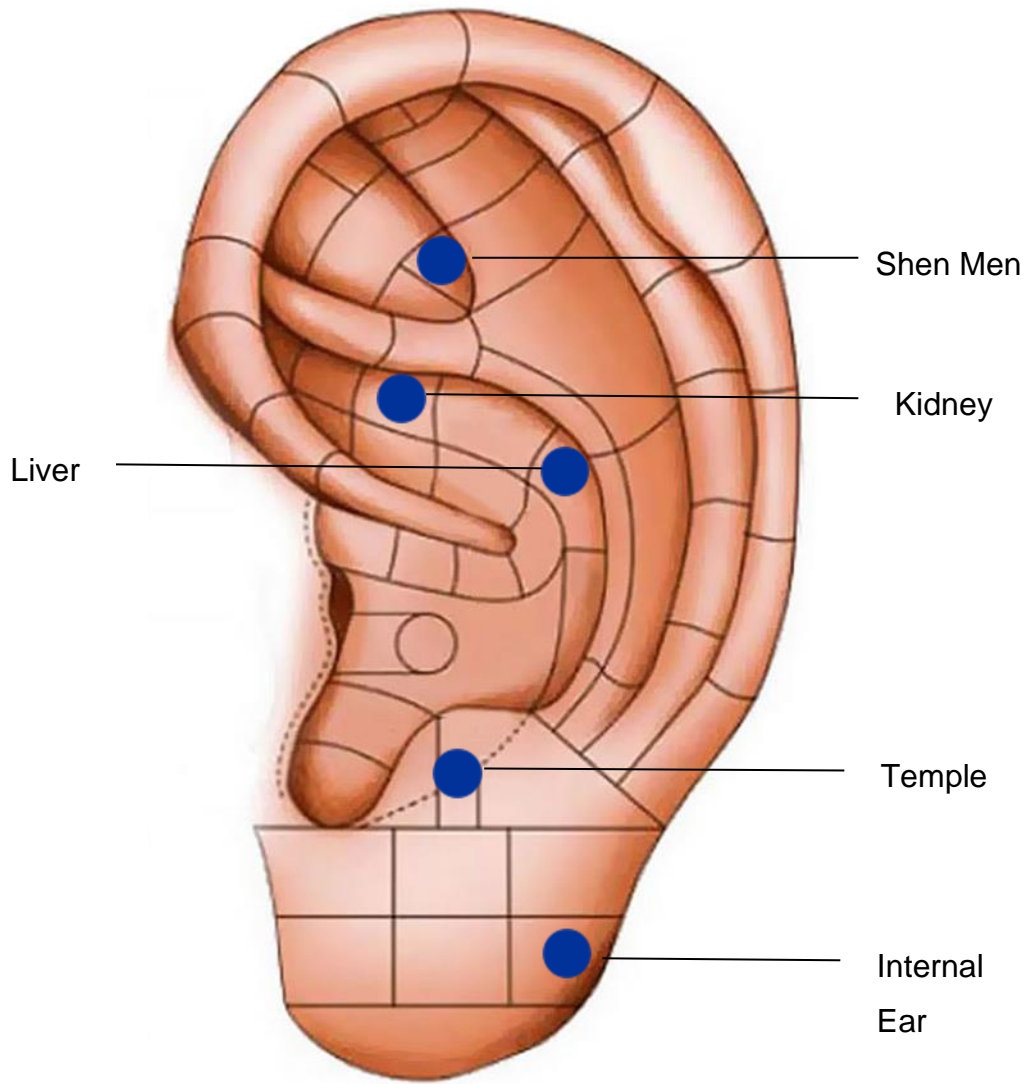




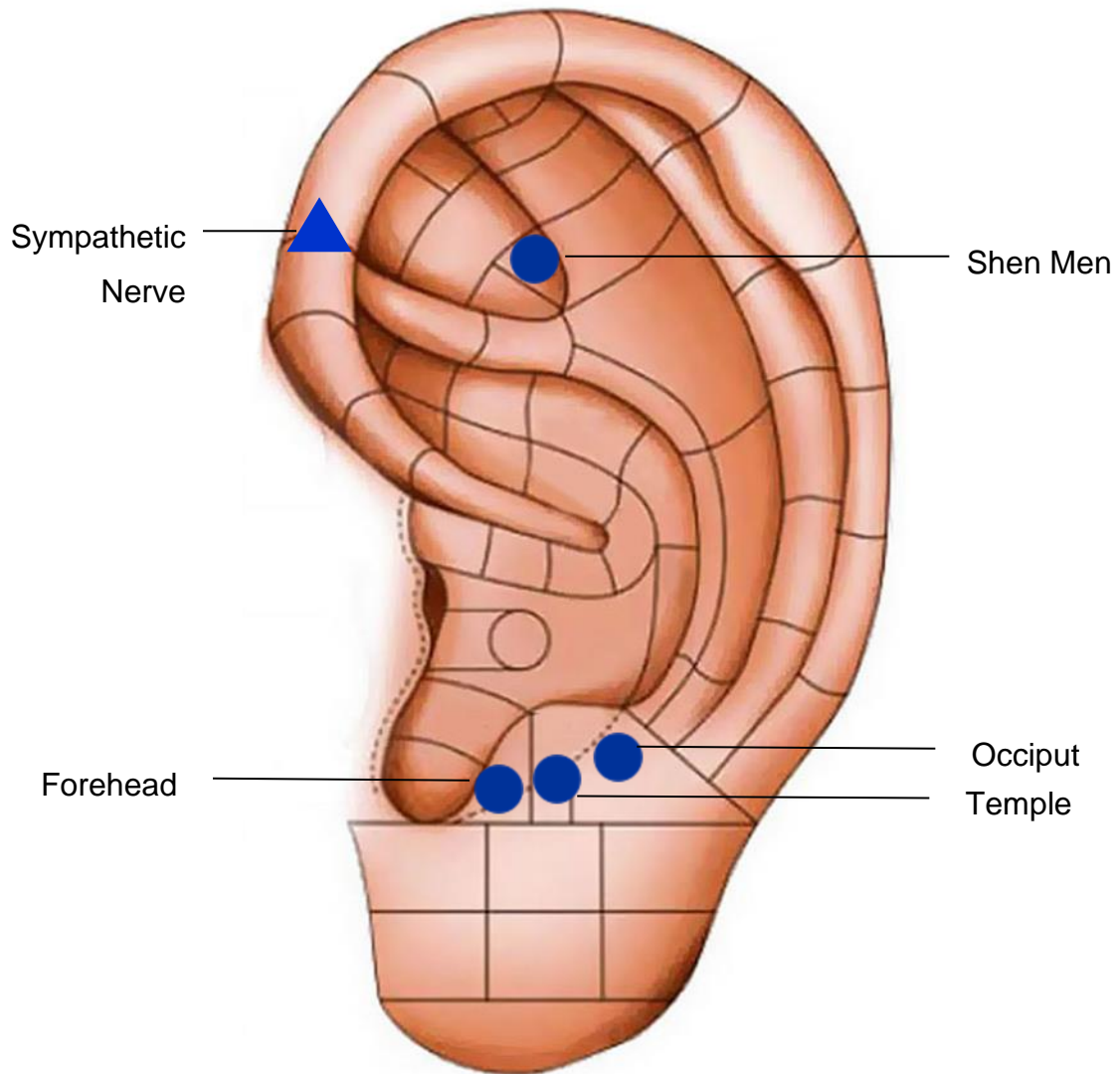
## Myopia/ Enhance Vision



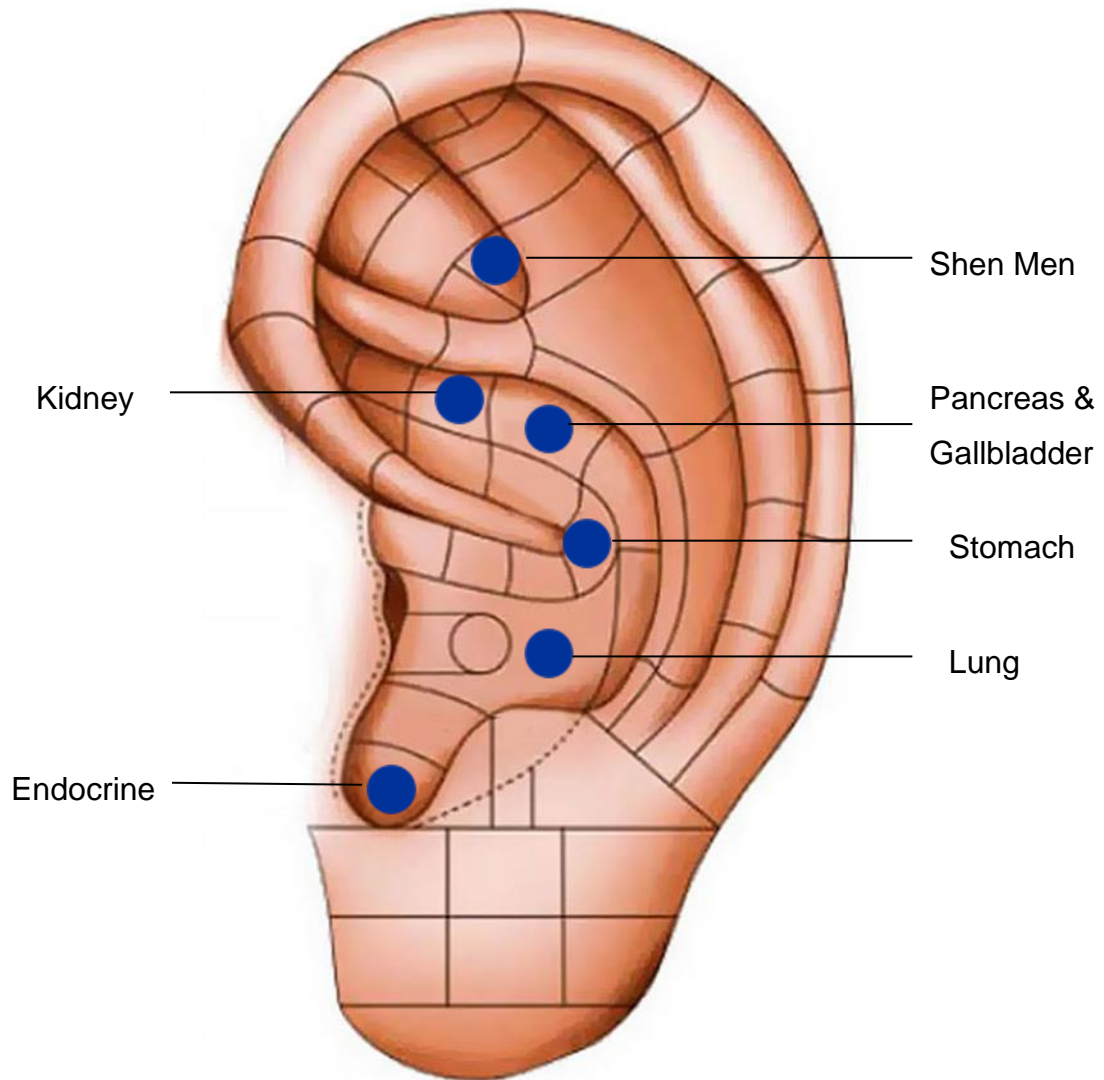
## Dizziness



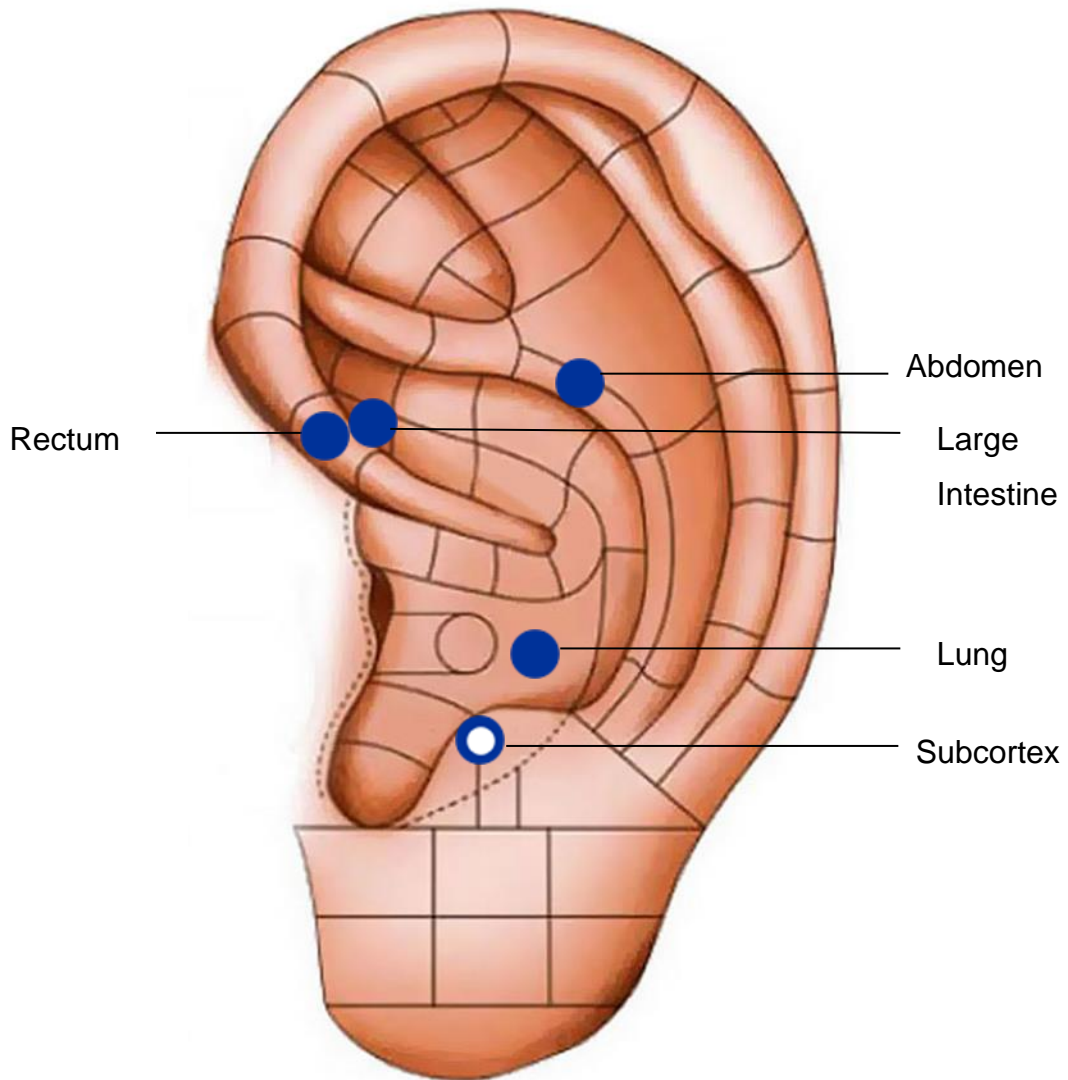
## Headache/ Migraine



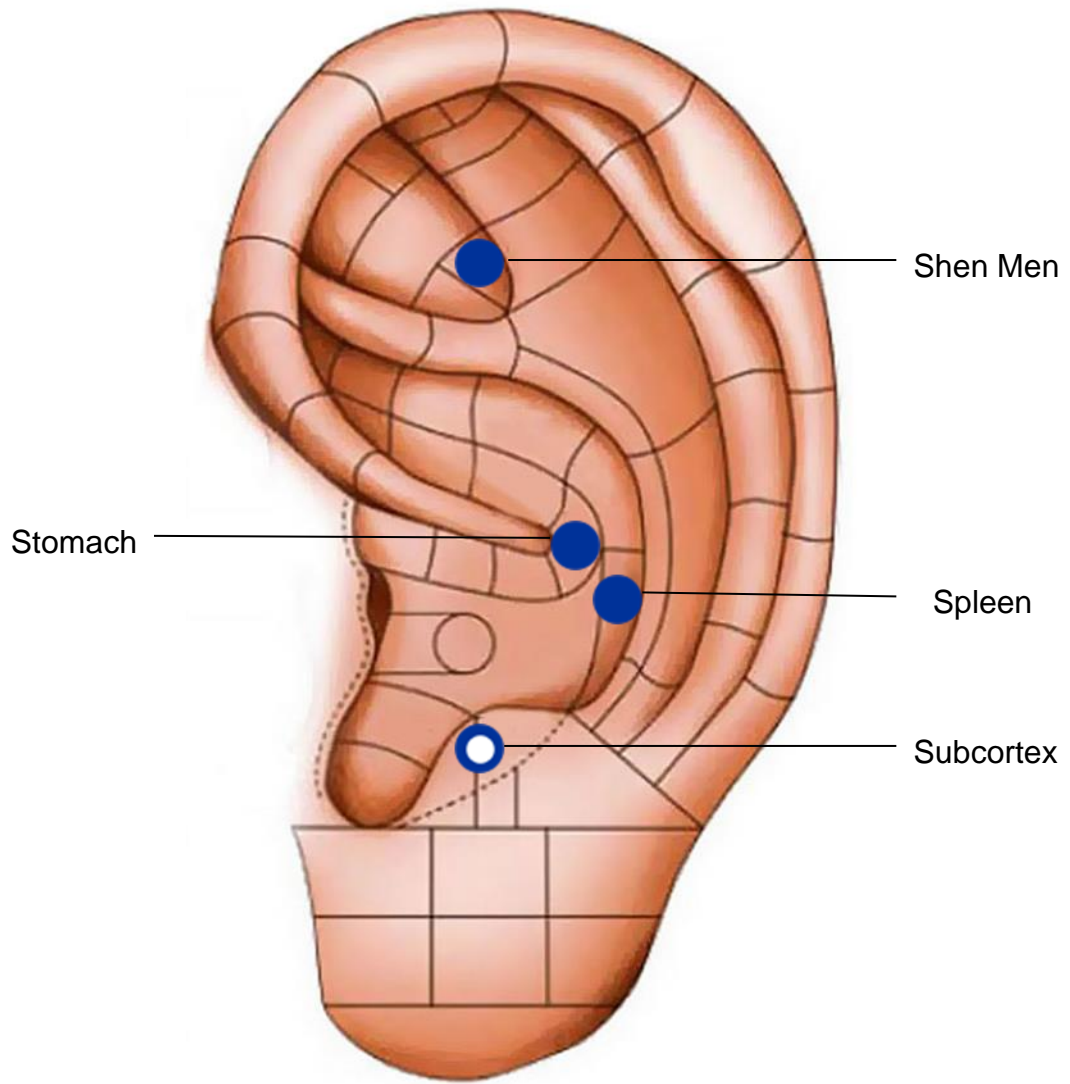
## Diabetes



## Constipation

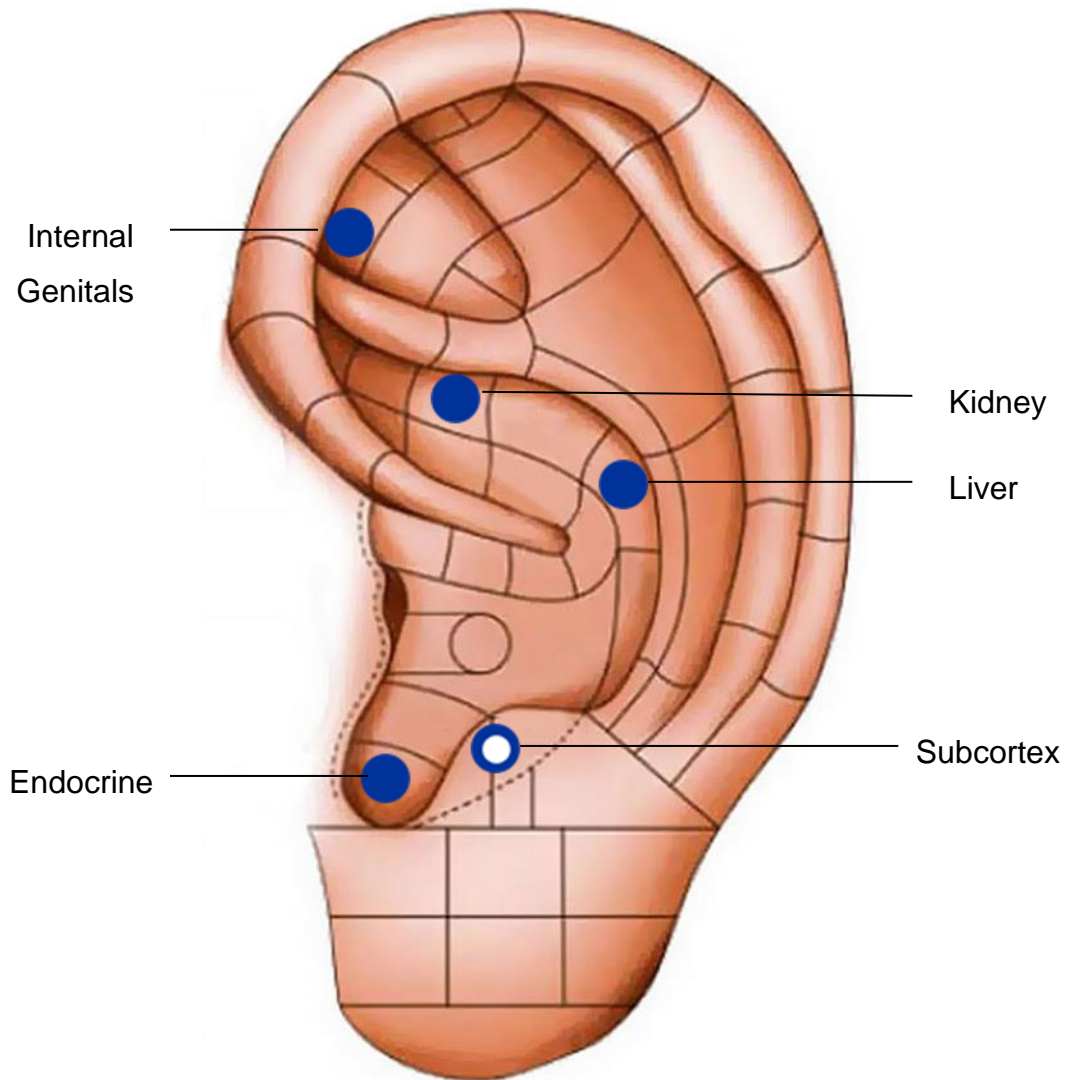


## Gastritis



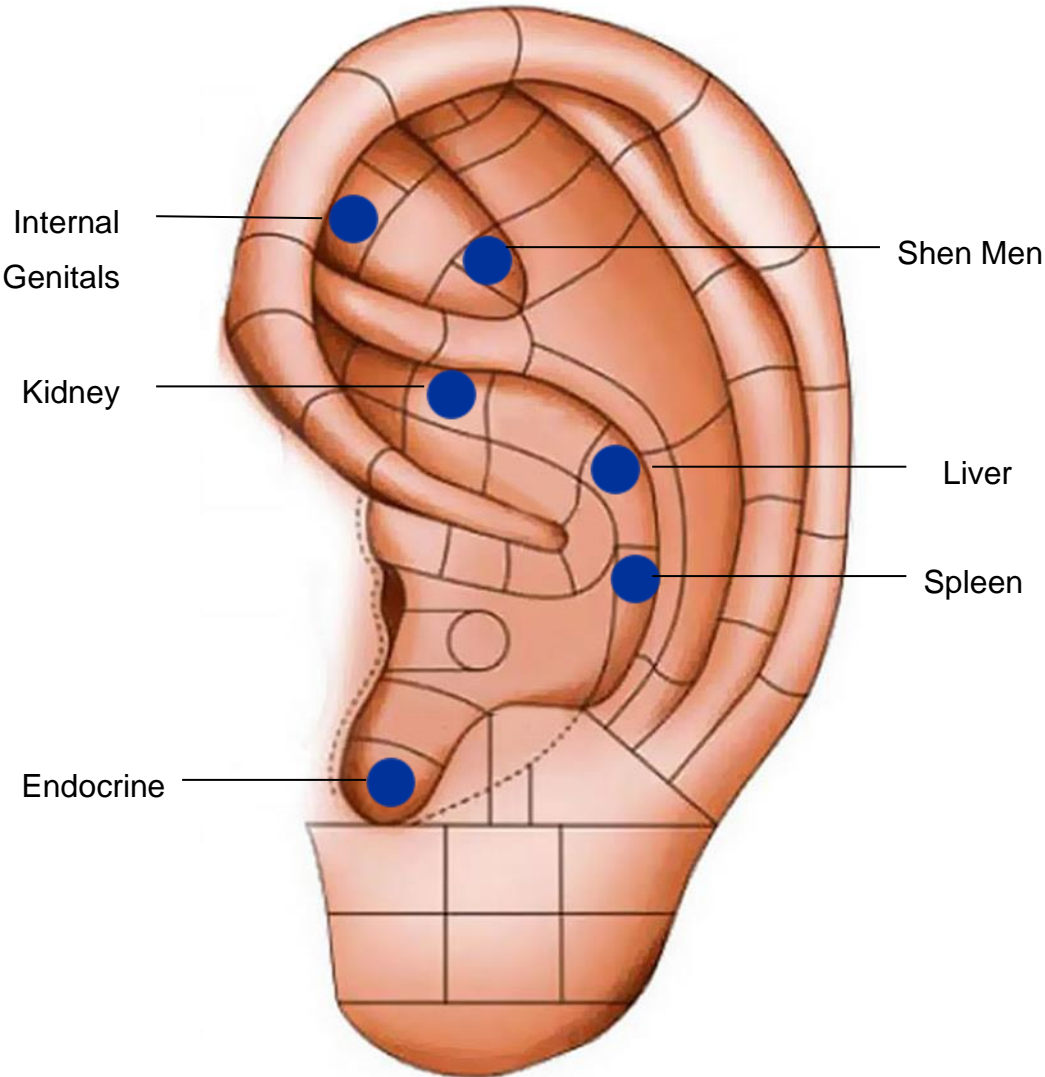


## Premenstrual Syndromes (PMS)

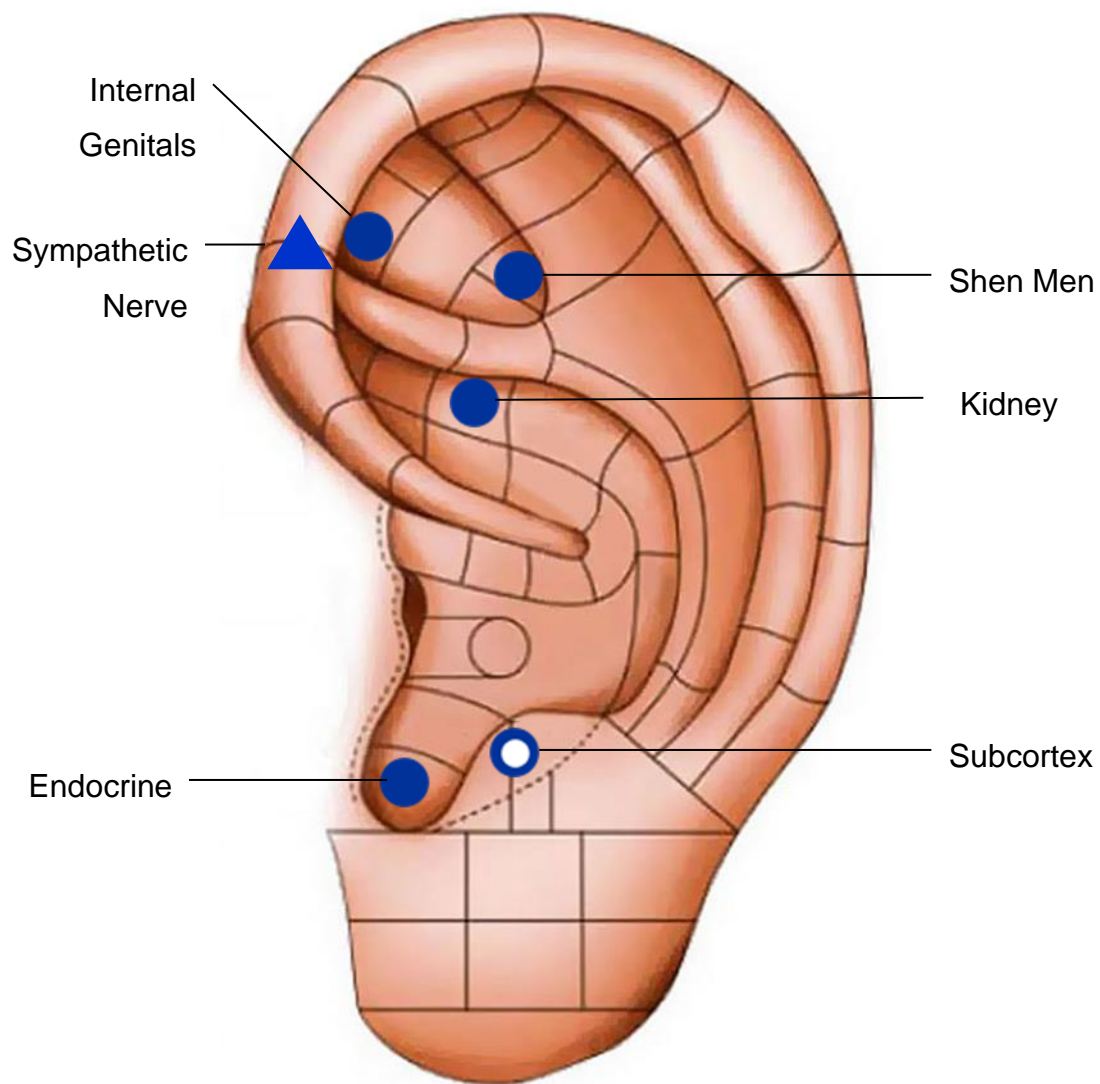




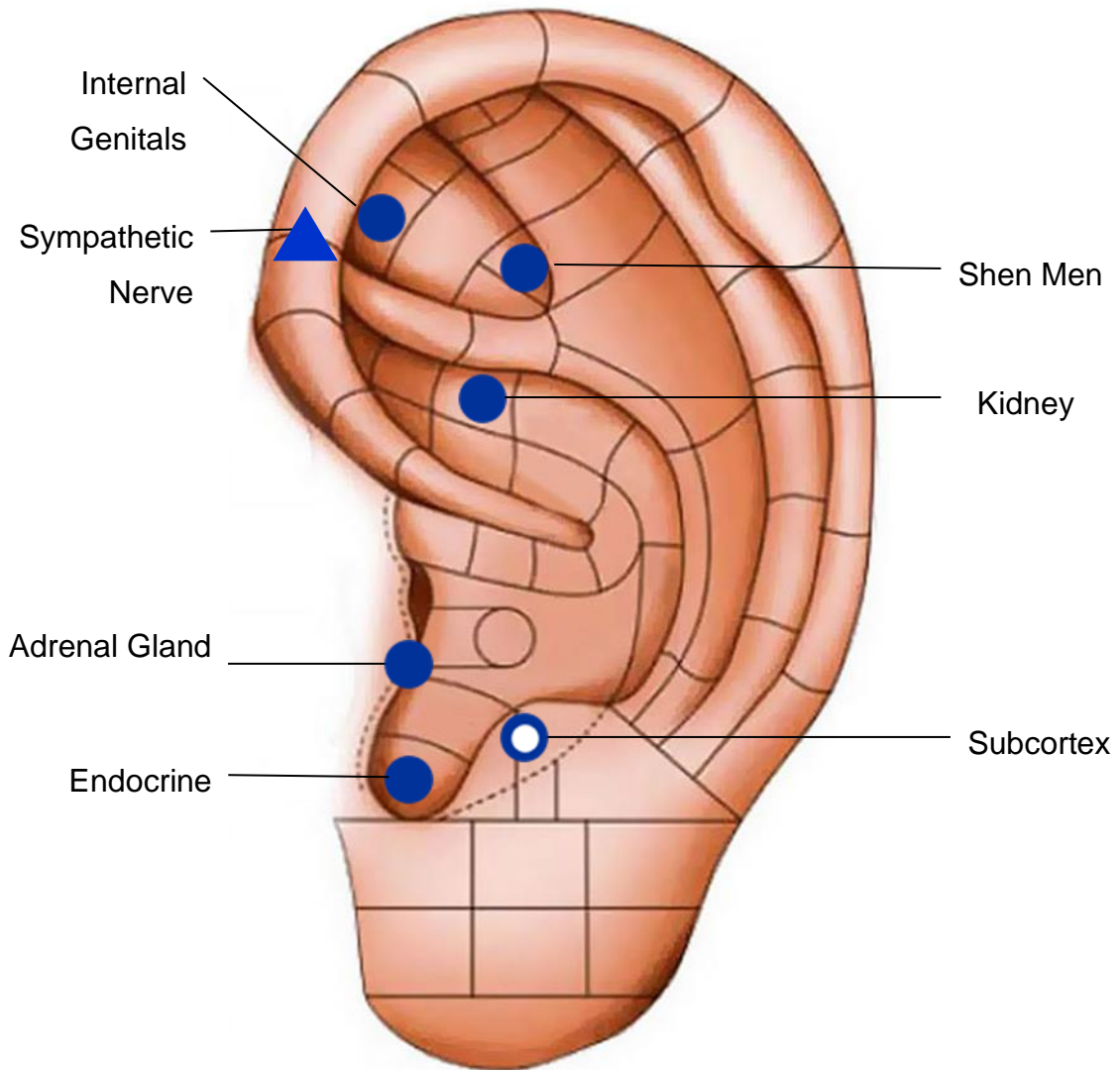
# Fertility



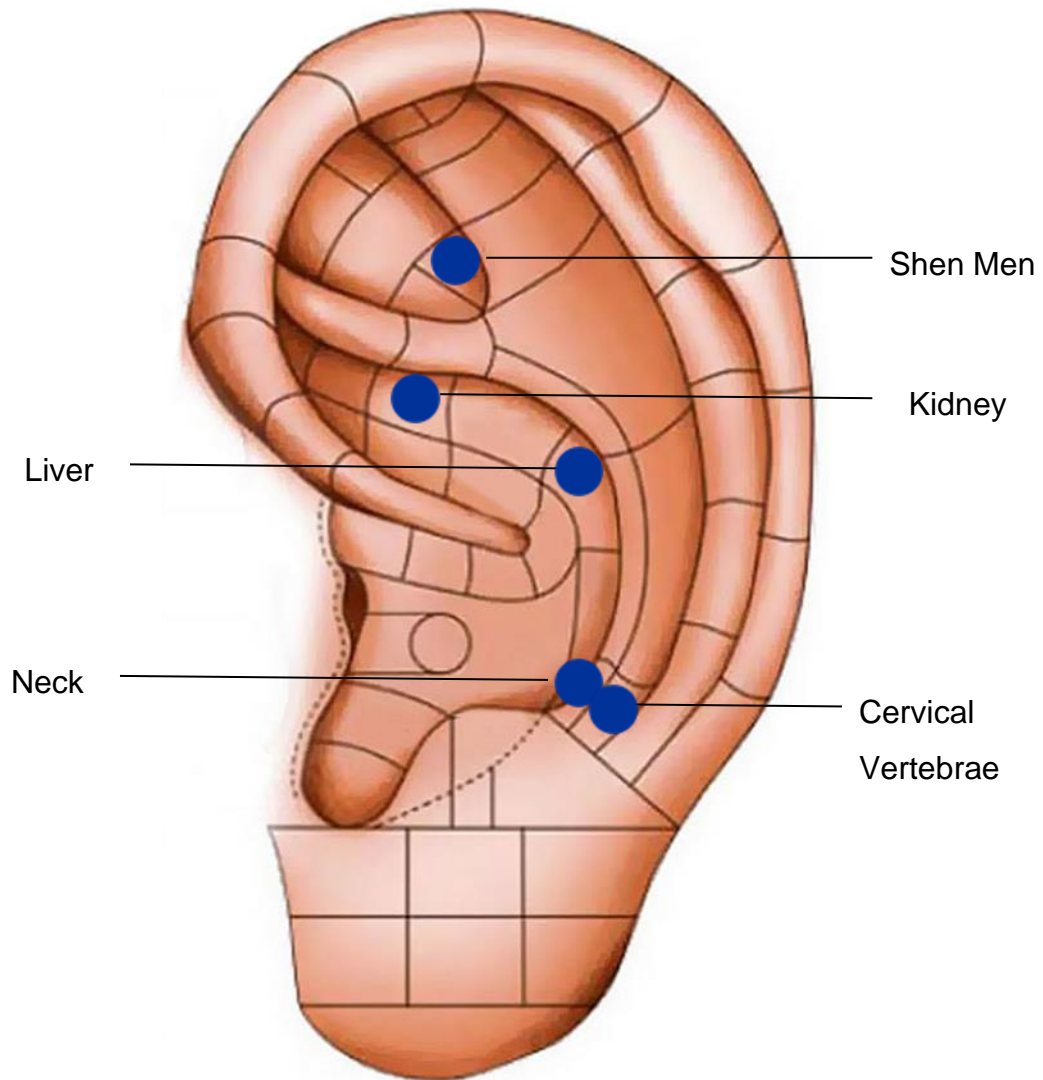
## Menstrual Cramps



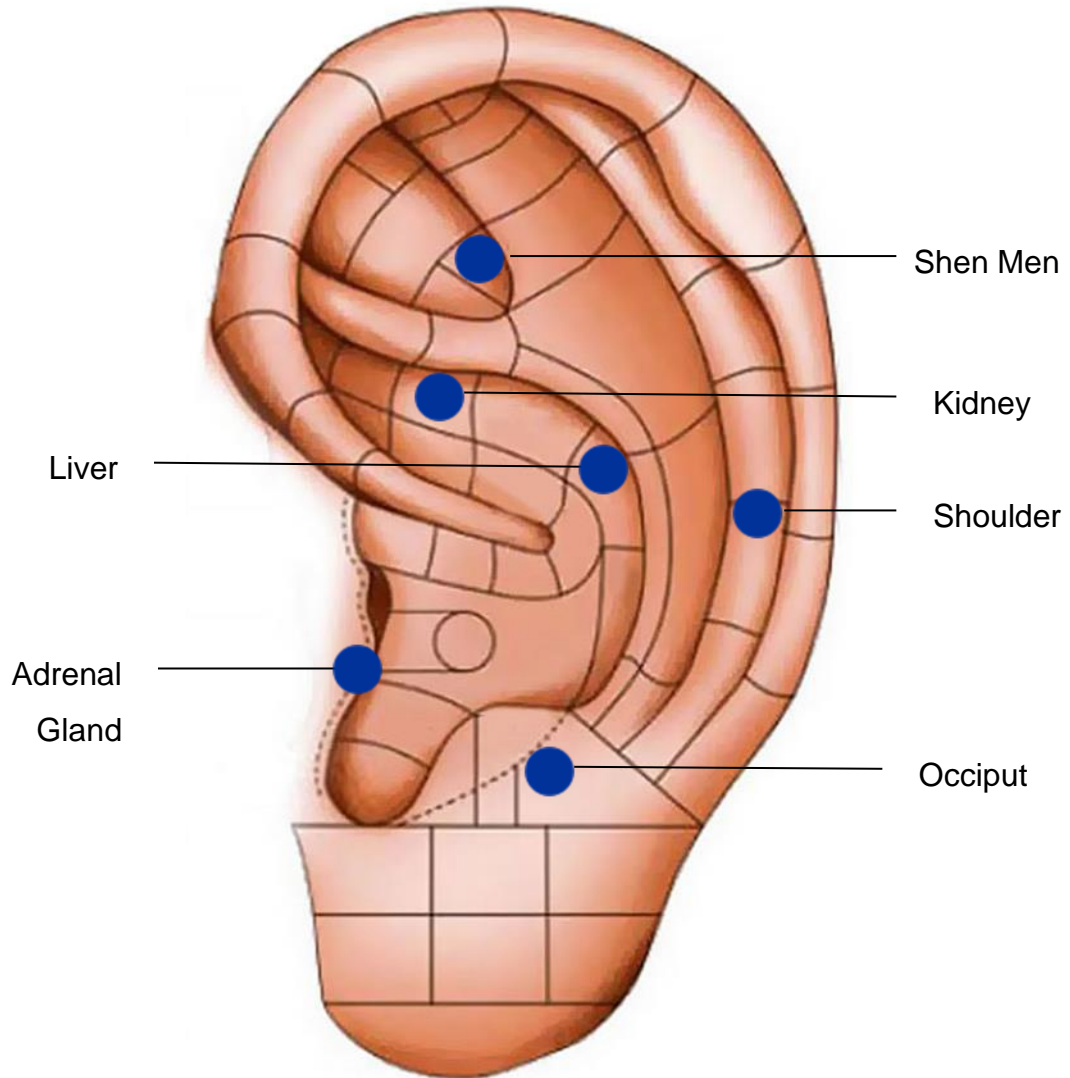
## Menopause



## Neck Pain/ Cervical Spondylosis/ Cervical Osteoarthritis

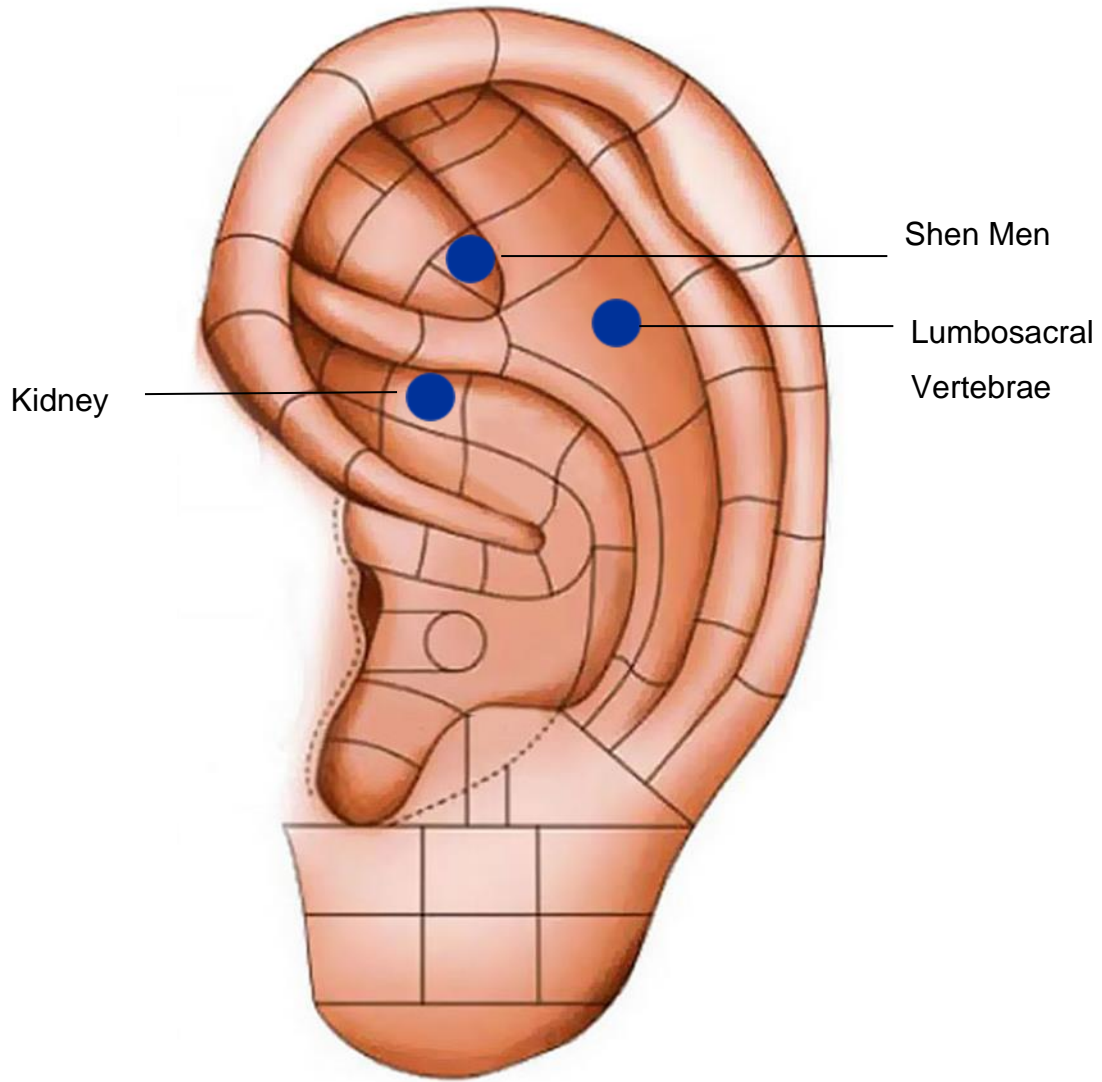


## Shoulder Pain/ Frozen Shoulders

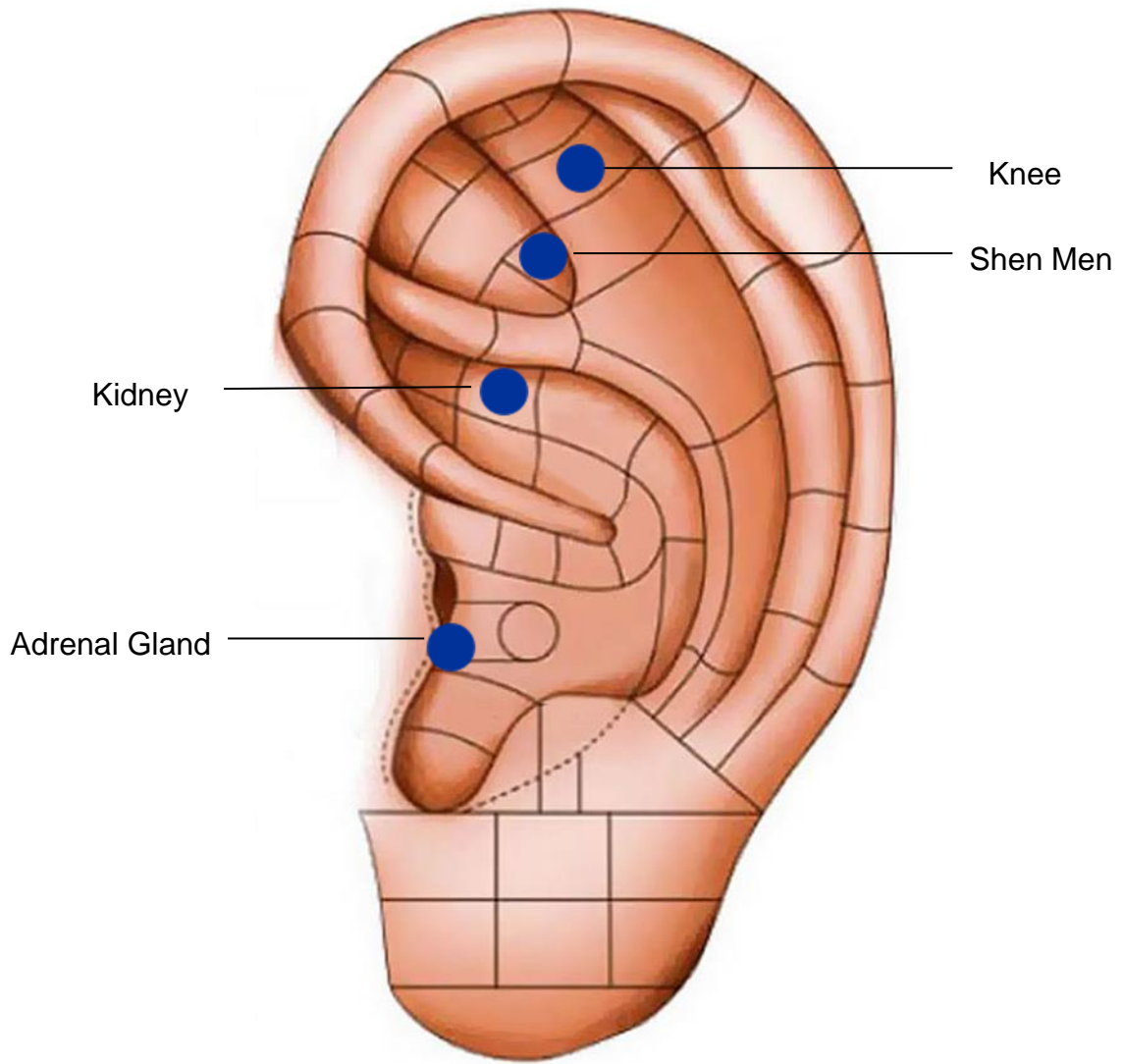




## Lower Back Pain/ Sciatica



## Knee Pain/ Knee Arthritis





## Frequently Asked Questions (FAQ)

### It seems very complicated. Where do I start?

Don't worry. Let me break it down into 11 steps.

1. Refer to the ear seed placement chart relevant to your condition. You may also sign up for our newsletter to obtain an ear placement cheatsheet:  
<http://TCMTips.com/news-earseed/>
2. Clean and dry the outer ear.
3. Read the placement chart as if you are reading a map. For the first few times, it would be easier to have someone place the ear seeds for you.
4. Use the ear probe to gently press on the auricular point to mark it. We only apply ear seeds on ONE ear each time.
5. Then pick up an ear seed sticker using a pair of tweezers. Do not touch the sticker with your fingers as it would reduce its adhesiveness.
6. Paste the sticker on the outer ear with the seed resting on the auricular point that has just been marked.
7. Press the ear seed sticker gently against your ear.
8. Move on to the next point until you complete the whole set of points relevant to your condition.
9. Massage the ear seeds on the auricular points several times a day to further stimulate them.
10. After 2-4 days, remove and discard all the ear seed stickers.
11. Apply a fresh set of ear seed stickers on the OTHER ear. By alternating the ears for the application of ear seeds, we allow the auricular points to "rest" and remain sensitive to stimulants i.e. pressure from ear seeds.

### How often do I have to change the ear seed stickers?

The ear seed stickers can be worn to shower and are resistant to light sweat. It can generally last 2-4 days. In hot and humid weather or when you feel itchy, you may want to change the ear seed stickers more frequently, say every 2 days.

It is important to tilt your head to the side of stickers when you remove them to avoid the ear seeds getting into your ear canal in rare instances.

## **I have several conditions that I want to work on. Can I apply ear seeds for all the conditions at the same time?**

We strongly encourage our customers to only apply ear seeds for ONE specific condition at one time. Always start with the condition that is the most serious or bothers you the most. Doing so, the user can observe changes and improvements more effectively. For instance, a lady may have multiple concerns about weight loss, insomnia, and menopause. If we break it down, we may deduce that the menopause condition is likely the most pressing concern as changes in the body during menopause could cause insomnia and weight gain. As such, applying ear seeds for the menopause condition may help solve all the issues effectively.

## **How long do I have to wear the ear seeds to get any effects?**

We generally encourage customers to apply the ear seeds on the same set of points relevant to the condition for a month in order to observe changes and improvements. The reason being that there are several factors affecting how readily the effects are felt. For instance, a sensitive person may observe improvement within a few days after the application of ear seeds as compared to others. For a person with a condition that has been persistent for years, it may take a longer time for the positive effects of the ear seeds to be felt. It is really dependant on the individual and the specific condition. As such, one month is a reasonable time frame.

We would like to caution users about the expectation of instant relief. Unlike chemical pills that we ingest into the body, ear seeds work gradually by stimulating acupuncture points to induce a flow of “qi” to the targeted organs. It is a gradual process.

## **The ear seed stickers do not stay on well. What should I do?**

Proper storage and usage can ensure that the stickers are maintained in good condition. Firstly, keep the ear seed stickers in the zipped package provided and store it in a dry cool place to avoid humidity. Always clean and dry the outer ear, preferably with an alcohol swab, before the application of ear seed stickers. Never use fingers to pick up the ear seed stickers from the backing as oil and dirt on our fingers reduce the adhesiveness of the stickers.

Furthermore, try not to shift the sticker once it is pasted. If you find that the ear seed is not resting on the correct spot, remove the sticker and apply a new one. If you suspect that the ear seed stickers are not in good condition when you receive them, please do not hesitate to contact us for replacement.

## **How do I know if I have put up the ear seed stickers correctly?**

Well, this does require some experience. Some people can feel a slight “numbing” or dull pain sensation when the correct spot relevant to his/ her condition is pressed. For most people, it may not be so obvious. If you are uncertain about getting to the right points, you can refer to our free videos demonstrating the application on the more complicated auricular points: <https://www.facebook.com/pg/dragon.acupuncture.therapy/videos/>

Also, feel free to send us a message with a picture of your ear with ear seed stickers and your concerned condition, we would reply with comments on the accuracy of placement. Furthermore, if it proves to be too challenging or stressful, you may want to consider visiting an acupuncturist so that he/she can help apply the seeds on you. With the experience of the correct spots, it becomes much easier to apply on your own.

## **Is there an expiry date for the seeds?**

In general, they have a shelf life of 2 years after opening. The dried natural vaccaria seeds or metal beads rarely turn bad. Proper storage in the zipped package and in a dry cool place can ensure that the stickers remain in good condition.

## **My concerns are not listed above. How do I get help?**

Message us! We are eager to help. You may send us messages on Facebook:








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or email us at [info@dragon-acupuncture.com](mailto:info@dragon-acupuncture.com)

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<b>Facial Gua Sha</b> 	Gua Sha Board eBook Pocket manual Pouch	<a href="#">BUY</a>

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