

Auricular Acupuncture Advice Sheet

Auricular acupuncture can be used for a wide range of indications, and it is especially useful to relieve pain, calm the mind, treat allergies and infectious diseases, regulate endocrine system disorders, and treat chronic disease and functional disorders. It is also used for withdrawal syndrome.

Auricular Detoxification protocols within auricular therapy often consist of the following points being stimulated: Lung, Shen Men, Autonomic Point, Liver and Kidney.

Fine needles are placed into the ears for approximately 30 mins, whilst lying down on your back.

Various indications are listed below:

Various painful diseases:

Pain from trauma: Sprained tendons, broken bones, cuts, burns, and dislocations.

Pain from infections: Tonsillitis and appendicitis.

Pain from nerve disorders: Trigeminal neuralgia, migraine and sciatic nerve pain.

Pain after surgery: Including pain from incisions and scar tissue.

Pain from tumors: Headache and abdominal pain due to tumor pressure.

Infectious diseases: auricular acupuncture has the function to reduce swelling and pain.

Functional disorders: such as irregular heartbeat, irregular menstruation and irritable bowel syndrome. The treatment will have the effect of regulating the body's functioning.

Allergic diseases: such as asthma and other allergies. This treatment will have an anti-inflammatory effect and will stimulate the immune system to reduce allergic response.

Endocrine system disorders: such as hyperthyroidism, obesity, menopausal symptoms, infertility, menstrual disorders, and diabetes.

Chronic diseases: such as low back pain, leg pain, frozen shoulder, indigestion, and numbness of the extremities.

Wellness care: Ear acupuncture can be used to prevent disease, for anaesthesia, to shorten labor and reduce pain, for insufficient lactation, smoking cessation, substance abuse detoxification, motion sickness, and weight management.