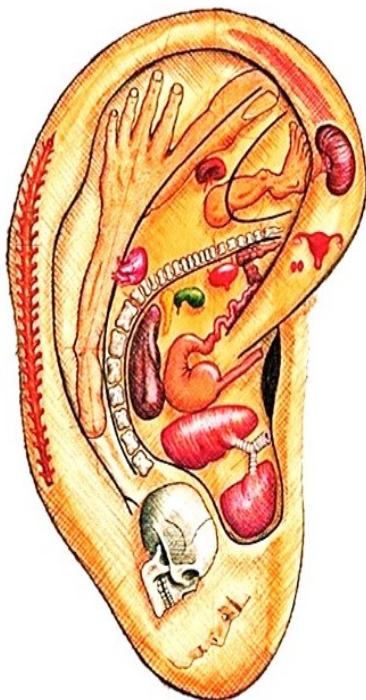


# AURICULAR THERAPY – EAR SEEDS

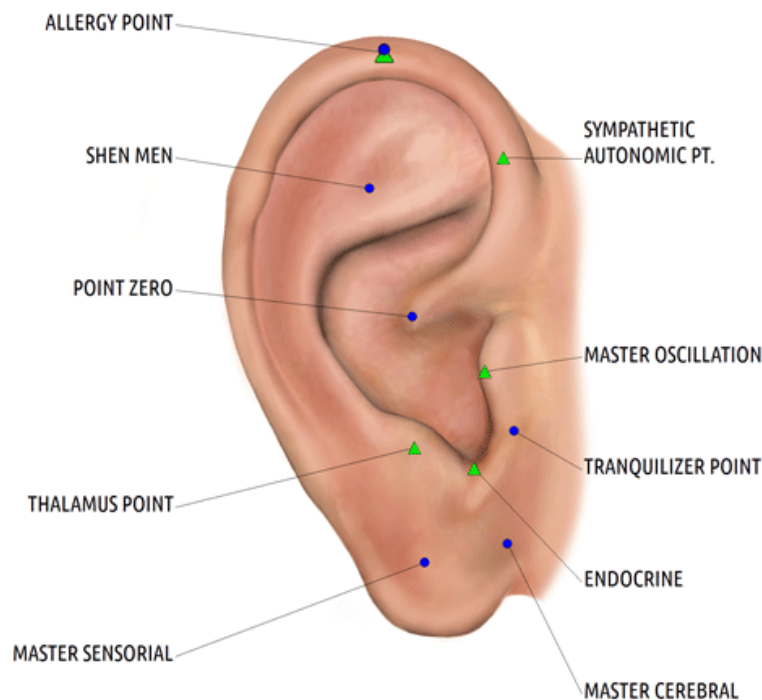
## What are they and what do you do with them?



*(Soliman 2009, There are many different charts showing various body structures. Many points can treat more than one condition.)*

- Ear seeds are seeds from the vacarria plant used to apply acupressure to acupuncture points in the ear. Tape holds them on.
- Ear seeds are intended to stay on the ear for 3-5 days. They will not interfere with your daily routine. Bathing or hair washing does not usually make them fall off.
- Ear seeds are a way of continuing your treatment through acupressure between visits. The whole body is represented in the ear, so they can be used for many disorders. They are very safe.
- You can squeeze them several times a day for 30 seconds or until you feel a sensation where the seed is placed. This sends a signal to your brain to regulate the body's function.
- If the seeds are sore or tender, you do not need to squeeze them. If you are a side sleeper and they bother you, take them off on the side you sleep on.

**Auricular acupuncture** is the stimulation of **acupuncture** points on the external ear surface for the diagnosis and treatment of health conditions in other areas of the body. The **ear** holds a microsystem of the body, consistent with the brain map discoveries of Canadian neuroscientist Wilder Penfield.



Conditions may help:

- Pain Management
- Stress, anxiety management
- Improve sleep
- Balance Hormones