

Ear Acupressure for reduced stress and better health.

Here's how it works:

Similar to ear acupuncture, acupressure works by applying pressure to an “acupoint” to send a signal for the body to turn on the mechanisms it uses to heal itself. The great thing about seeds/beads is that you can stimulate them by gently pressing on them when you feel you need it. Applying them to the correct acupoints causes the release of endorphins. These hormones are responsible for making you feel good, resulting in the calming, relaxing effect that can reduce stress and anxiety levels, calm cravings and even improve sleep! The good news is that you will have this tool to help you when you need it most.

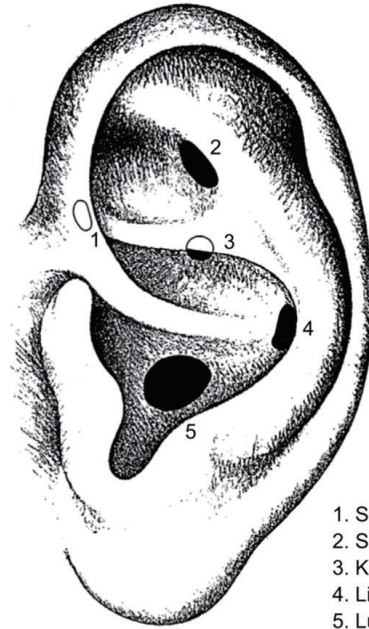
How to Find Ear Points:

All of the points are on the outside of the ear; this is not an invasive procedure. Feel free to use one or more of the points. You do not have to use them all to have a good effect.

- 1) **Sympathetic** - is on the inside of the upper part of the ear. Follow the long ridge on the outside of the ear. At the split, follow the lower part (branch) toward the head. The point is tucked under the little flap, hidden against the head. It balances the nervous system fight or flight response and helps pain.
- 2) **Shen Men** - lies in the valley on the upper ear called the triangular fossa. To locate, follow the long ridge on the ear upwards to where it splits into upper and lower parts. Shen Men is slightly inward and upward, on the upward branch. Also called “Spirit Gate”, it has a calming and relaxing effect to help decrease anxiety and nervousness; it improves sleep.
- 3) **Kidney** - follow the long ridge upwards to where it splits into upper and lower parts. Go along the lower ridge and fall off the ridge. The point is tucked under the lower branch, just below and slightly in from the Shen Men. The Kidney point builds the body's deep reserves that are often damaged through substance use and/or prolonged illness.
- 4) **Liver** - follow the outer curve of the ear all the way around until you curve into the center of the ear. Keep going along that same path until you hit the wall of the ear. The point is where you stopped. It promotes repair of the liver from substance use, aids in resolving anger, frustration, and aggression.
- 5) **Lung** - is in the big round hollow in the lower part of the ear. Follow the outer curve of the ear around to where it stops. Fall off that ridge; the lung is just below it. The lung point strengthens the immune system and accelerates detoxification. It is helpful for sadness, grief, and letting go of what no longer serves us.

How to Apply the Ear Seeds/Beads:

- Clean and dry the entire outside of your ear using rubbing alcohol, if possible. This helps the seeds to attach securely. Ear seeds/beads should always go on the outside of your ear, never in the ear canal.
- Identify the correct points, using the chart to the right to be sure.
- Use tweezers or your fingers to pull the stickers off the plastic backing of the seeds/beads then press the seed to the point on your ear. Try not to touch the sticky side of the tape. Press gently on the outside of the tape to be sure it sticks.
- Massage the ear gently. Do this two to three times each day when you have symptoms. Apply pressure by rubbing the seeds with a circular motion for one to three minutes.
- Change the seeds/beads regularly: ear seeds need to be changed every few days, or they will fall off spontaneously. Beads will stay on for up to a week.
- Remove the seeds/beads using tweezers or your fingers. Be sure they do not fall into your ear canal; tilt your head so your ear faces the ground, before taking them off. If a seed/bead falls into your ear and doesn't come out, contact your healthcare provider as soon as possible.
- Rest: It is a good idea to let your skin rest at least 8 hours or up to 1 day between ear seed/bead placements.



1. Sympathetic
2. Shen Men
3. Kidney
4. Liver
5. Lung

For more information, please call our Assessment Center:

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