

# Ear Acupressure for reduced stress and better health.



## Introducing: Ear Acupressure at CHR!

CHR is pleased to offer Ear Acupressure, a painless, drug-free treatment that will continue to assist in supporting your health goals. Much like Ear Acupuncture, Acupressure uses the same ear points. Instead of needles, we use magnetic beads or seeds to get an immediate effect of calming and relaxation. It helps with reducing symptoms of depression, feelings of stress and anxiety, cravings, and more! For your safety and convenience, ear acupressure is low-touch. Rather than having a clinician place needles in specific points on your ear, you can place “seeds” or “beads” on the designated areas of the ear. Your clinician will show you how. This means that you are the only person who will touch the seeds and will place them on your own ear. The seed/bead, attached to a piece of adhesive tape, will stay on the ear points for up to a week.

**This innovative treatment is now available in CHR's Pathways programs in Enfield and Putnam so be sure to ask your clinician if ear acupressure is right for you.**

**For more information, please call our Assessment Center:**

**1.877.884.3571**



REAL LIFE. REAL HOPE.

To learn more about CHR, please visit us at [www.chrhealth.org](http://www.chrhealth.org).