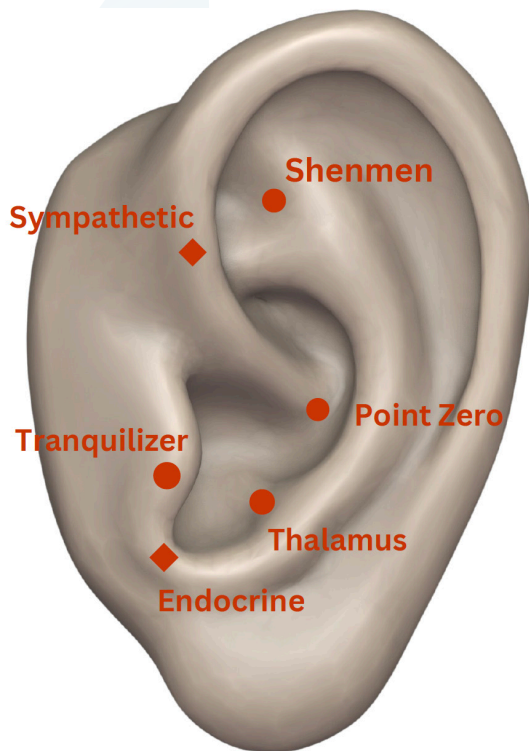


# AURICULOTHERAPY

Our ears are an amazing microsystem that reflects our entire body. Ear seed is a natural plant seed on a medical grade tape. It is a safe and non-invasive tool that is used to stimulate acupuncture points on the ear. When you press on the ear seeds, the acupressure stimulation will help normalize body's dysfunction and promote relaxation. It is a great tool to help you take control and achieve more health independence.

## FREQUENTLY USED AURICULAR ACUPUNCTURE POINTS



◆ Covered/Underneath

### SHENMEN (SPIRIT GATE)

TRANQUILIZE THE MIND AND ALLEVIATES STRESS, PAIN, ANXIETY, DEPRESSION, AND RESTLESSNESS.

### SYMPATHETIC AUTONOMIC POINT

REDUCE THE OVERACTIVATION OF THE SYMPATHETIC NERVOUS SYSTEM WHILE ACTIVATING THE CALMING EFFECT OF THE PARASYMPATHETIC NERVOUS SYSTEM.

### POINT ZERO

BRINGS THE BODY TOWARD HOMEOSTASIS. IT BALANCES HORMONE AND CENTERS THE BODY FOR GROUNDING.

### TRANQUILIZER

PROMOTE OVERALL RELAXATION AND CALMS CHRONIC STRESS.

### ENDOCRINE POINT

REGULATE ENDOCRINE HORMONES TO ACHIEVE HOMEOSTASIS BALANCE.

### THALAMUS POINT

ALSO KNOWN AS THE SUBCORTEX. HELPS ALLEVIATE PAIN, ANXIETY, AND DEPRESSION.

## HOW TO STIMULATE THE EAR SEEDS

Place one finger on the seed and one on the back of where the seed is taped. Take a deep breath in and as you exhale press and squeeze the seeds 3 to 5 times. Now repeat this 3 to 5 times with each ear seed.