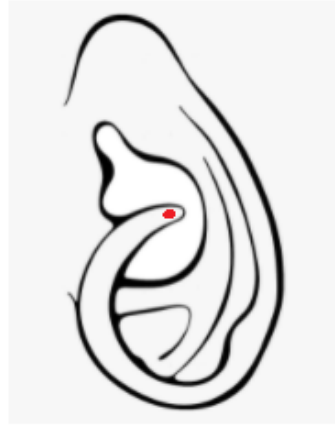
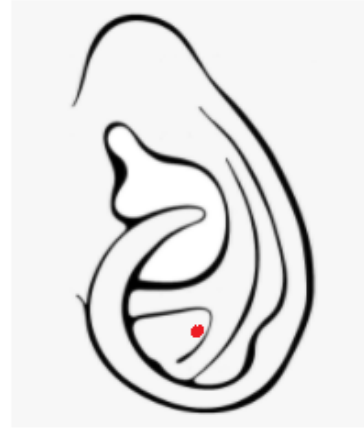


Anti-anxiety
Location: lower tragus
Indications: decreases panic attacks, sympathetic tone, and fear



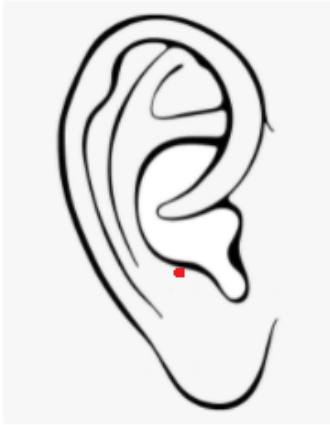
Point Zero
Location: middle of concha ridge
Indications: Regulates digestive system, centering, balancing after trauma



Shen Men
Location: in triangular fossa
Indications: alleviates pain, tension, calms mind

- Directions:**
1. Identify points you want to use on the ear
 2. Look at diagram and compare with ear you will be treating.
 3. Clean point location with alcohol swab to remove skin oil for better adherence.
 4. Find point on ear, and bulge/seed onto point.
 5. Press adhesive tape gently to adhere seed to skin.

Anti-depressant
Location: upper anti-tragus
Indications: helps reduce depression, sadness, irritability and mood swings



Ear seeds/magnets or beads:
 Purchase ear seeds from Helio, www.heliousa.com, or Acudepot, www.acudepot.com, or (Vaccaria seeds) on Amazon.
 OR
 Make your own with seeds or beads by watching video on www.phanm.org, on front page, Self Help Techniques to Keep Your Immune System Strong

Resources:

www.phanm.org

NM Crisis Hot-lines 24/7
 crisis line: (855) 662-7474
 warm line: (855) 466-7100



BH4
 Four ear seed acupressure points for behavioral health support

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 Nityamo Lian DOM