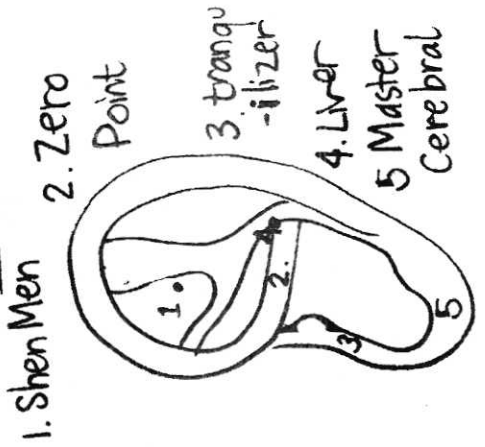
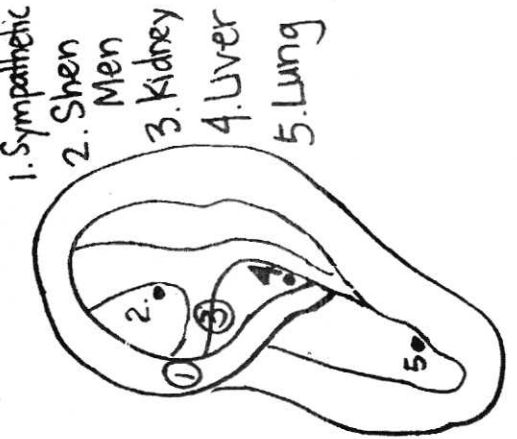


## For Anxiety & Stress:



## Prevention & Treatment of Addiction:



### Directions:

1. find points you want to use
2. clean point location with Soap & water OR alcohol swab.

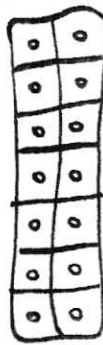
Let dry.

- 3) Find point & apply.

\* If point is circled in diagram, point is hidden under skin flap. \*

If you don't have ready made seeds, make your own:

1. Use an empty vaccaria seed plate. Place mustard seed or bead in indentation



2. Place medical/adhesive tape on plate & score using exacto knife

OR...

place seed/bead directly on tape

Questions? ...  
 email questions to:  
 eleni@fredlund.net  
 Melissa.Ferrato@gmail.com

Auriculotherapy Manual  
 2nd. Ed Terry Oleson PhD

www.pham.org  
 www.acudetox.com

### Resources:

• Eleni Fredlund  
 • Melissa Ferrato

