



Public Health Acupuncture of NM

Using Ear Seeds for

Stress Reduction

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EAR SEED STRESS REDUCTION PROTOCOL POINT LOCATION

In Traditional Chinese Medicine, the ear provides acupuncture points that correspond to each part of the body. When you stimulate a point, by pressure, seeds or needles, the smooth and abundant flow of “qi” or vital life energy returns to the related organ or area, allowing healing to take place. Ear seeds can be used alone or in combination with acupuncture or body acupuncture in order to treat a host of symptoms, and can offer gentle support for stress reduction.

The 3 ear seed addiction/stress reduction protocol (NADA3) includes Shenmen, Liver, and Lung auricular points. The behavioral health 4 seed protocol (BH4) includes Shenmen, Point Zero, Tranquilizer, and Anti-depressant. These points are easy to locate on the surface of the ear.

The points chosen are based using Oriental medical theory, and clinical indication. All the points serve to balance the body’s energy and assist the body’s healing processes. Together the combined effect of these points restore the calm inner qualities akin to serenity.

In general, the ear points are found at places where there is a change in the anatomical structure. These locations and changes become clear with a little practice. It is not necessary to memorize the names of the ear’s anatomical structures.





The NADA 3 seed protocol



Using a clock analogy; Shenmen is at 12:00, Lung at 6:00 and Liver at either 3:00 on the left ear or 9:00 on the right.

Shenmen

Overview: Shenmen translates roughly as *spirit gate*. Needling this point generally helps to alleviate anxiety and nervousness and produces a calming, relaxing effect. It helps the process of going within, supporting the internal journey of recovery. It corresponds to the Fire element or phase of Chinese medicine.

Point Location: The point lies in the of the triangular fossa. The zone runs from just inside the crook of the “Y” to one-third of the way along the fossa.

Ear Seed Technique: The ear seed should be placed just inside the crook of the “Y”

Indications:

Body Level

Alleviates pain, tension, excessive sensitivity; reduces hypertension

Mind Level

Calms the mind and relieves anxiety, depression, insomnia and restlessness and cravings

Spirit Level

Opens connection to spirit (opens one’s heart); ability to love self and others



Liver

Overview: Oriental medical theory associates the Liver with the free flow of emotions and energy. Stuck energy leads to pain, anger, and irritability. It is responsible for planning, vision, and insight. It corresponds to the Wood phase in Chinese medicine.

Point Location: The point can be found by following the helix root to the wall of the cymba concha. The zone includes the area superior and inferior to that point, but it is better to seed just superior. (The practitioner will often need to visually extrapolate where the helix root would extend.)

Ear Seed Technique: The seed may be placed just slightly superior where helix root meets wall of cymba concha.

Indications:

Body Level

Stimulates physiologic and hormonal functions; relieves muscle cramps, detoxifies.

Mind Level

Aids in clear thinking and decision making; relieves frustration, depression, and anger.

Spirit Level

Helps client connect with the internal self and find their own direction in life.



Lung

Overview: In addition to respiration, the Lung is also involved in immunity and protecting the body from disease. The Lung is associated with the grieving process and with letting go. It is responsible for inspiration, respect, and connection with the heavens. It corresponds to the Metal phase in Chinese medicine.

Point Location: The point is found in the middle of the lower region of the cavum concha inferior. The upper lung point is located just above and the lower lung just below the center of the cavum concha. This entire area, the lung/heart zone can be used effectively.

Ear Seed Technique: Visually locate the deepest, most central portion of the cavum concha and place seed just below in line with Shen Men and Kidney (or just above the center point for the alternative location).

Indications:

Body Level

Lung is an important organ for detoxification; regulates pores. Prioritizes physiological functions.

Mind Level

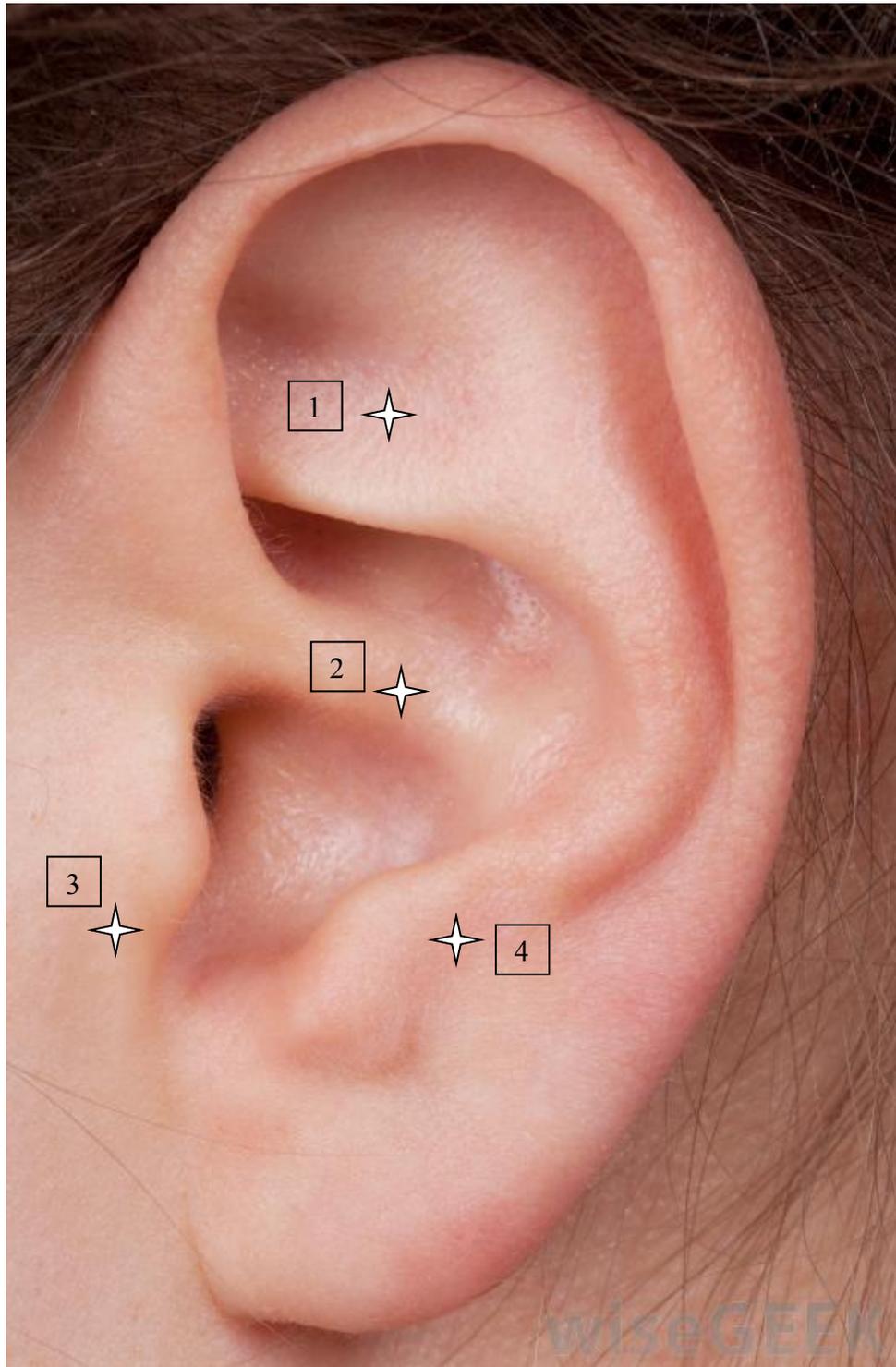
Aids in regulation of grief/sadness, letting go; improves sense of connection, self-respect, and integrity. Helps know what is of value.

Spirit Level

Reminds client of connection with heaven; provides inspiration.



Behavioral Health 4 points for stress mitigation, anxiety and mood enhancement
1. Shen Men, 2. Point zero, 3. Tranquilizer, 4. Anti-depressant



Use the Shenmen point from above

Point Zero

Overview: Promotes body homeostasis. Great after a traumatic event which scatters mental and physical energy. This point is the very center of the ear so it promotes centering and balancing.

Point Location: The point is found at the center of the ridge where the helix root and concha ridge meet.

Indications:

Body Level

Regulates the digestive system. Brings the body towards a general homeostatic balance, producing a balance of energy and a balance of hormones. Controls and balances the visceral organs, especially the stomach, through peripheral nerve ganglia.

Mind Level

Facilitates centering and balancing.



Tranquilizer

Overview: Produces sedation and relaxation effect. Great for anxiety, helps with fear and panic attacks.

Point Location: Medial to the lower portion of the tragus. Not on the cartilage.

Indications:

Body Level

Decreases sympathetic tone. Reduces high blood pressure and chronic stress.

Mind Level

Facilitates overall relaxation. Decreases fear, panic attacks and generalized anxiety.



Anti-depressant Point

Overview: This point is used to increase feelings of happiness and joy.

Body Level

Increases energy and motivation

Mind Level

Relieves major depression

Point Location: Lateral to the upper portion of the antitragus. Note: the Tranquilizer point is on the same horizontal level as this point

Indications:

Reduces depression symptoms – sadness, heaviness, numbness, irritability, and mood swings.



Ear seed protocol for Children/Infants

In Oriental Medicine, young people are considered to have more vibrant energy and require fewer points stimulated for shorter periods of time.

- A. Young children: Use 1 ear seed or acu-pellet, on the Shen Men point, on both ears and lightly touch them 3-4 times per day.
- B. Babies: Use 1 ear seeds or acu-pellet, on the Shen Men point, **on only one ear**, and lightly touch it 3-4 times per day.
- C. Premature babies and newborns: Use one point on only one ear, **with no need to press.**

Ear Seed Suppliers

Helio and Acuzone brand ear seeds have the best sticky that can stay on for up to two weeks. Can get them on Amazon or from Acudepot.

Helio

1-800 672-2726

Helio Ear seeds \$5.75/100 and Magnets

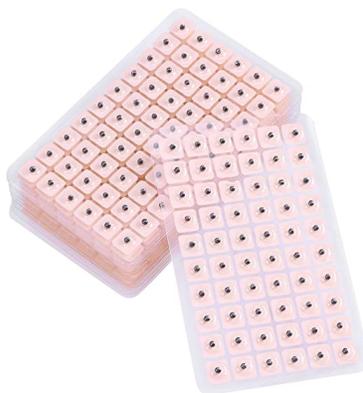
Acudepot

www.acudepot.com Acuzone brand \$4-5/100

Earseeds.com has all kinds of novelty and bling seeds. They are generally \$40 for 40 but look out for sales.

You can make your own bling by adding Indian stick on jewels to the regular seeds. Cost \$1 for 20-40 jewels from Visions of India.

www.amazon.com – Search for Earseeds or Vaccaria seeds



MRC Application:

Ear seed treatment stimulates production of the body's natural opiates and increases neurotransmitter activity. Many pain syndromes and muscular spasms can be improved and/or alleviated. Psychologically, one's capacity to cope with stress increases, and hyper-alert/hyper-vigilant states can be reduced. Because of the latter, Acudetox has been effectively used in the disaster setting to treat responders, and survivors of traumatic events by alleviating symptoms of stress. Surveys show improved mental clarity, alertness, and improved ability to sleep and cope, reduction of depression, fear, anxiety, and intrusive thoughts, along with reduction of aches, pains, and muscle spasms.

Treatments have been delivered in conjunction with services provided by the Red Cross, Medical Reserve Corp, International Association of Fire Fighters, EMS departments, VOAD, CISM teams, and more, during critical incidents, declared states of emergency, disaster relief, refugee settings, and humanitarian aid.

In NM, there is a MRC team whose mission it is to support and stabilize communities in crisis using an integrative response. The NM Integrative Wellness MRC is comprised of volunteers, including licensed volunteer acupuncturists and behavioral health care professionals, along with NM certified acudetox specialists following the 5 point auricular detox protocols.

