



What Is Auriculotherapy? (pronounced Awe-ric-u-low-therapy)

Auriculotherapy is the stimulation of specific points on the ear, which is believed to be a microsystem of the entire body. There are over 200 points in the ear, they can help physical and emotional conditions.

The ear serves as a micro system, where the whole body is reflected in the ear.

The way the body is reflected in the ear is like an upside-down fetus:

The head is where the ear lobe is, the spine is the curved, protruding ridge which goes from the bottom to the top of the ear, the center is where the inner organs are.

The World Health Organization stated that the ear is perhaps the most studied microsystem of the entire body.

Some texts show it has been studied as far back as 4000 years!

Acupuncturists often stimulate those points with acupuncture needles.

Ear Seeds are another tool used to stimulate those points. They are safe, natural and noninvasive, sitting on the surface of the ear and held in place with a patch of adhesive tape.

What are Ear Seeds or Ear Pellets?

Ear Seeds are tiny seeds from the vaccaria plant, which is known in Chinese Medicine to promote energy and overall health and well-being. They are held in place on the ear with a piece of adhesive, skin colored tape, which contains latex. These are the seeds contained in our Condition-Specific Kits.

Ear Pellets are tiny stainless-steel metal pellets with clear, latex free adhesive tape. They contain nickel. They are also called Ear Seeds.

Additionally, we offer Ear Pellets with tiny metal pellets plated in 24-karat gold with clear latex free adhesive tape. They have Swarovski Crystals on the outside, which are for aesthetic purposes. We like to call them Bling - Bling Ear Seeds!

We order all our products from earseeds.com.

How long will they stay on, how do I remove them and are they reusable?

Ear Seeds can generally be expected to stay in place a minimum of 2 days, typically 3-5 days, depending on the area of the ear where they've been placed. After 5 days of wear, remove seeds and allow the skin to rejuvenate for 8-24 hours before replacement.

Remove your seeds the day before your next appointment to have them re-placed.

When removing them, tilt your head to the right if you are removing Ear Seeds from the right ear. This prevents Ear Seeds from falling into the ear canal. Use your fingernails or a tweezer to



remove the ear seeds and dispose of them in the trash. Some found it helpful to wrap all used ear seeds in a piece of tissue. The usual place where clients lose their Ear Seeds is into their hair, in the bed or in the shower.

All our seeds and pellets, including the Swarovski Crystal ones, are disposable and should not be reused.

How does it work?

Small black seeds from the vaccaria plant or small metal beads or pellets are secured on the ear with a piece of adhesive tape over specific acupressure points. The continuous mild pressure they exert is amplified by stimulating the seed or pellet with a few seconds of fingertip massage every few hours. Ear seeds are non-invasive, meaning, unlike needles or tacks, they are affixed on the surface of the ear and do not puncture the skin.

Remember: Peel - Place – Press

How Exact Do I Need to Be With The Ear Seed Placement?

Although you do want to get very close to the designated point, the location of the point shown in each condition-specific kit is indicative of that general area. Using the corner of the tweezers, feel for a tender spot. Sometimes you may also see a discoloration or prominent vein in the area. If the general area feels sensitive, you can apply more than one ear seed close together.

You may also want to schedule an Auriculo Consult, so our Acupuncturists can place condition - specific seeds or pellets for you.

\$25 for one or \$20 as part of a Happy Hour Package: Buy four for \$100 and get one FREE.

What if the ear seeds are not sticking well on my ear?

First be sure you are using the included tweezers to pinch just the corner of your ear seeds and touch as little of the tape as possible. Once the tape touches your ear it cannot be moved and re-secured. It won't stick well.

Next, be sure your ears are thoroughly cleaned and dry. Many people have a thin wax build up they are unaware of. Use an alcohol swab to gently clean the entire outer ear. Be sure your ears are completely dry before applying the ear seeds.

Occasionally the seeds may feel "loose" when they are initially placed but the bond will get stronger after a little bit of time. When massaging seeds onto ear be sure you're pushing the whole ear and not just shifting the tape.

Be sure to store the seeds in their original packaging and keep out of sunlight as that may break down the adhesive sooner than expected.

Ear seeds may fall off sooner in children. They may also fall off sooner on curved ridges and in the inner concha area of the ear.



Are There Any Side-Effects or Contraindications?

(The following information is the Auriculotherapy Consent which you signed)

If you are pregnant, please do not ask us to place ear seeds.

If skin irritation occurs from the ear seeds, or if swelling should occur, remove the ear seeds immediately and contact your doctor if symptoms persist. You may apply a small amount of antibiotic ointment to a reddened area in your ear.

Sometimes, when a point is “active” the ear seed will make the ear feel sore, tender and sensitive to touch. This is normal. If discomfort persists you can remove the seeds and reapply later. This discomfort is different than a skin irritation.

On rare occasion, some extremely sensitive people may experience slight nausea or dizziness upon application. This should disappear within the first few minutes after application.

Never place Ear Seeds inside the ear canal.

Ear Seeds can be used in conjunction with herbs and other ingestible medications without concern for contraindications.

For best results store ear seeds in a cool dry place and keep them inside a zip lock bag.

If you have a latex or medical tape allergy, do not use the vaccaria seeds with the medical tape, as it contains latex, ask for the Ear Pellets with the clear tape.

If you have a nickel allergy, do not use our stainless- steel ear pellets, they contain nickel, ask for our vaccaria Seeds.

During the Auriculo Consult our Licensed Acupuncturists use an Ear Point detector called Pointer Plus Excel, which is battery operated.

Contraindications for the use of the Pointer Plus Excel are metal implants, pacemaker, cardiac conditions, seizure disorders and pregnancy.

Please inform your Acupuncturist if any of the above pertains to you.



Auriculotherapy options and products at Cascade Acupuncture Center:

All condition-specific kits contain 120 Self Adhesive Vaccaria Ear Seeds, Tweezers and a Condition-Specific Ear Chart. We offer the following kits, each kit is

\$ 18

In order to purchase a condition specific kit, a client needs to schedule an Auriculo Consult.

- Anxiety
- Back Pain and Sciatica
- Depression
- Focus and Memory
- Headaches and Migraines
- Insomnia
- Libido
- Menopause
- Stop Smoking
- Stress
- Weight

Condition specific kit for Kids (six years and older, covers multiple conditions) \$28

60 Vaccaria Seeds with medical tape	\$ 4
20 Stainless Steel Pellets with clear tape	\$ 4
20 24-karat gold Pellets decorated with Swarovski Crystals (Bling - Bling Ear Seeds)	\$ 14
Tweezers to apply Ear Seeds	\$ 4

Auriculo Consult, required to purchase any Condition-Specific Kits, includes placement of Vaccaria Seeds or Stainless-Steel Pellets for one health condition, using the Pointer Plus Excel, first ear seed application or Auriculo Consult for re-application of ear seeds, using the Pointer Plus Excel (appointment required) \$25
(or \$20 if part of a Happy Hour package: Buy four for \$100 and get one FREE)

Auriculo Consult Upgrade to 24-karat gold Pellets decorated with Swarovski Crystals (Bling - Bling Ear Seeds) Max 10 seeds. \$25 for the Auriculo Consult plus \$ 8

Placement of one Ear Seed on the master point for Stress, Vaccaria Seed or Stainless Steel Pellet (No appointment required if added on to an existing appointment. New clients may receive this service during a free consultation or new client appointment) FREE

Placement of two 24-karat gold Pellets decorated with Swarovski Crystals (Bling - Bling Ear Seeds) on the master point for stress (No appointment required if added on to an existing appointment. New clients may receive this service during a free consultation or new client appointment) \$4