



Ear Seed Points

Ear Seed Tips:

Keep ear seeds on for 3-5 days for maximum results.

Press periodically.

After 3-5 days, peel the adhesive off from the ears and wash the ears thoroughly.

Let the ears breathe for 6-8 hours before applying new seeds.

It may take a couple tries to get the hang of it. Don't worry if you don't get the point exactly right and do the best you can.

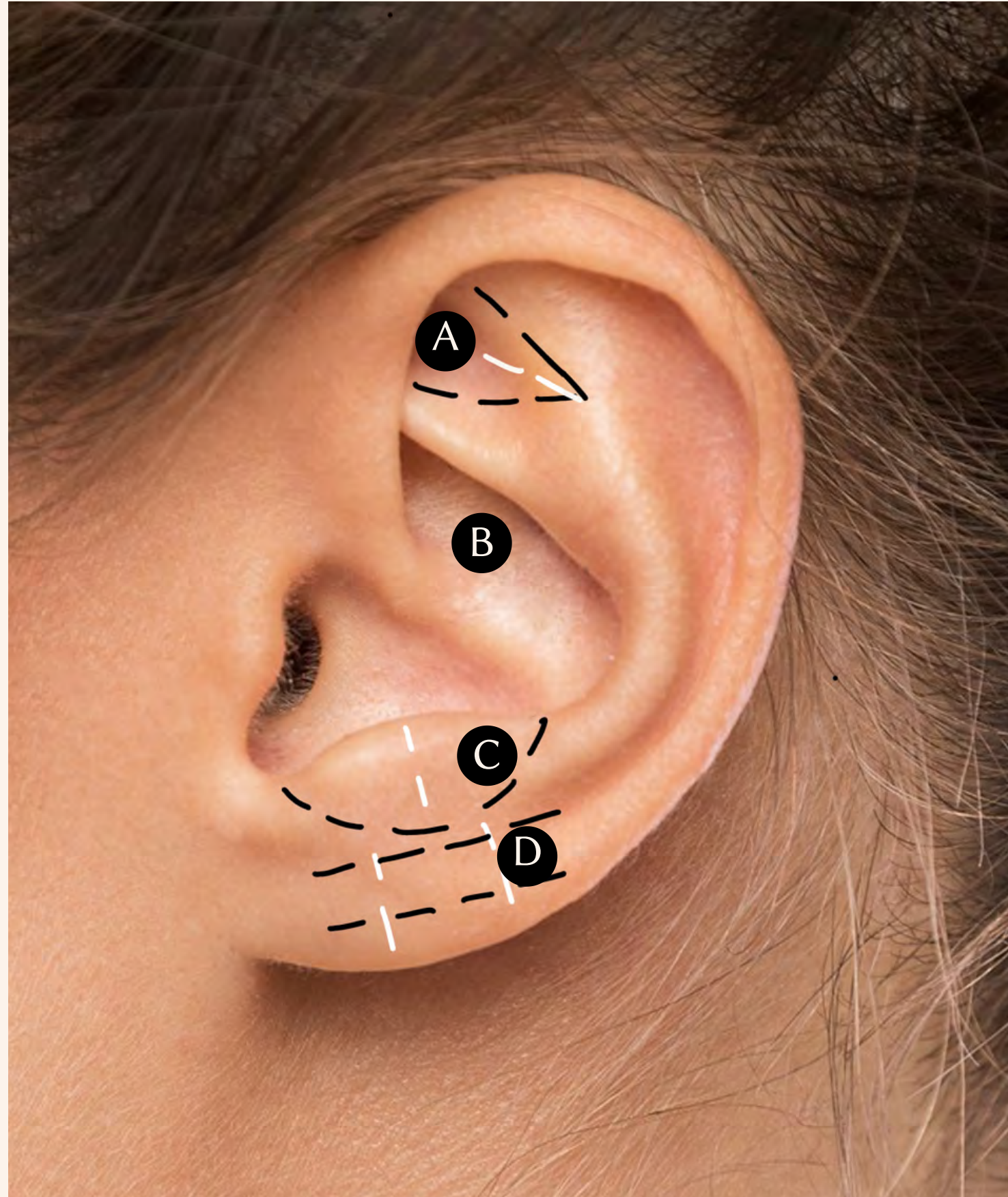
Vertigo

A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point Zero - Believed to bring the whole body towards balance.

C. The occiput point - Helps with vertigo.

D. The inner ear point - Helps aid dizziness and vertigo.





Libido

A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point Zero - Believed to bring the whole body towards balance.

C. Excitement Point

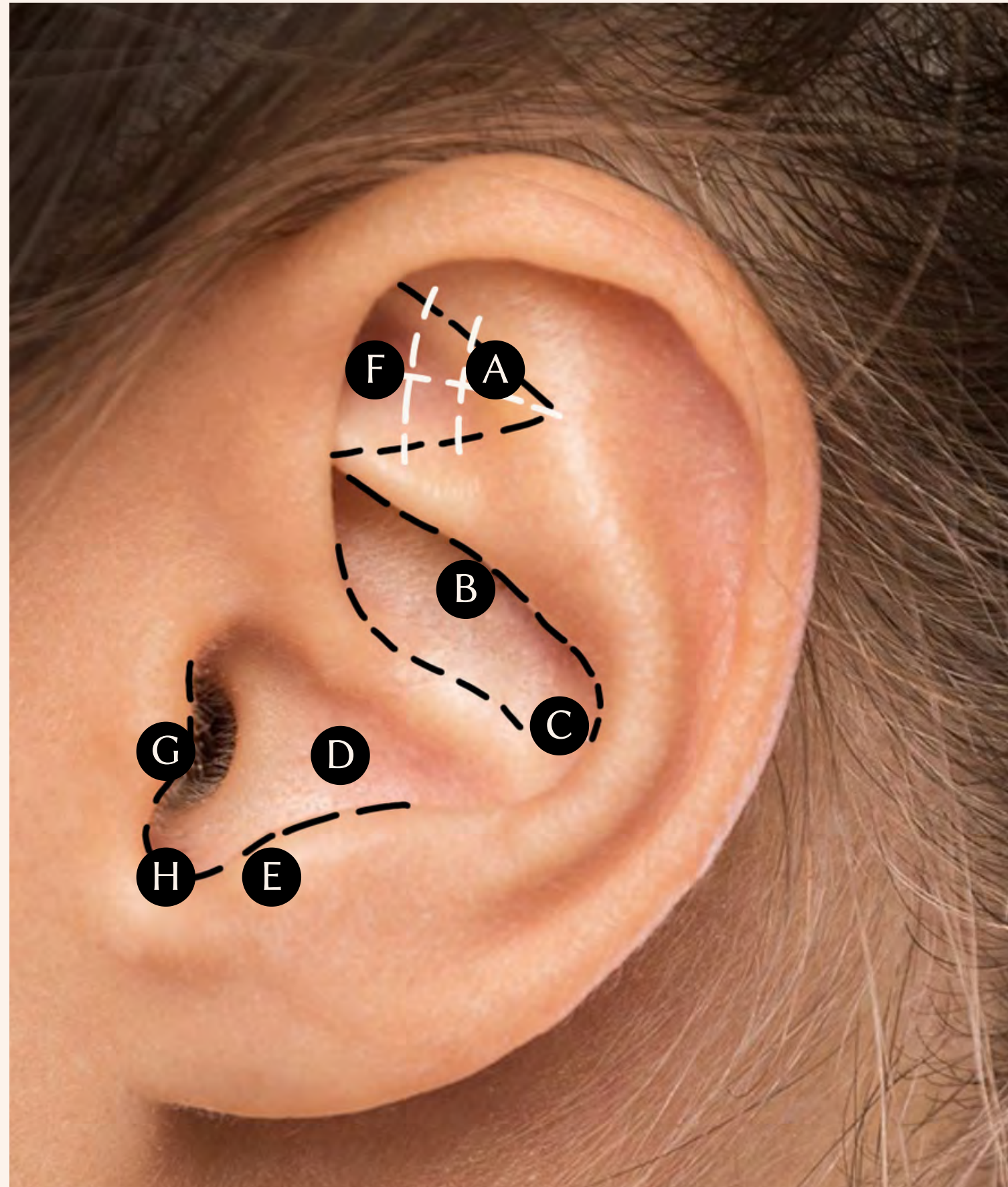
D. Ovaries and Testes

E. External Genitals

F. Sexual Desire

Together, these points are believed to correspond to a healthy libido for both men and women.

Menopause



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Kidney - Used for nourishing essence & diminished libido.

C. Liver - Stress and irritability

D. Heart - Used for insomnia, sweating and hot flashes.

E. Ovary - Regulates, harmonizes and nourishes

F. Uterus - the body during menopausal transition

G. Adrena - Balances hormonal activity.

H. Endocrine

Weight Loss



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Small intestine - Used for indigestion and bloating.

C. Stomach - Found to help alleviate cravings to eat,
D. Mouth - impulsive eating, and eating disorders

E. Appetite control - For the purpose of reducing food cravings, appetite, and overeating.

F. Spleen - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Additional points that may apply:

G. Antidepressant - For mood eating

H. Thyroid gland - For slow metabolism

I. Endocrine - For water retention and hormone imbalances

Back Pain / Sciatica



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Lumbago - Used for additional lower back relief due to over-stressed lumbar.

C Lumbar spine - Used to relieve pain in the lumbar and sacral regions of the lower back.

D. Thoracic spine - This pressure point is for pain in the mid and lower back spinal area.

E. Muscle relaxation - Overall relief to alleviate pain in tight, stiff muscles.

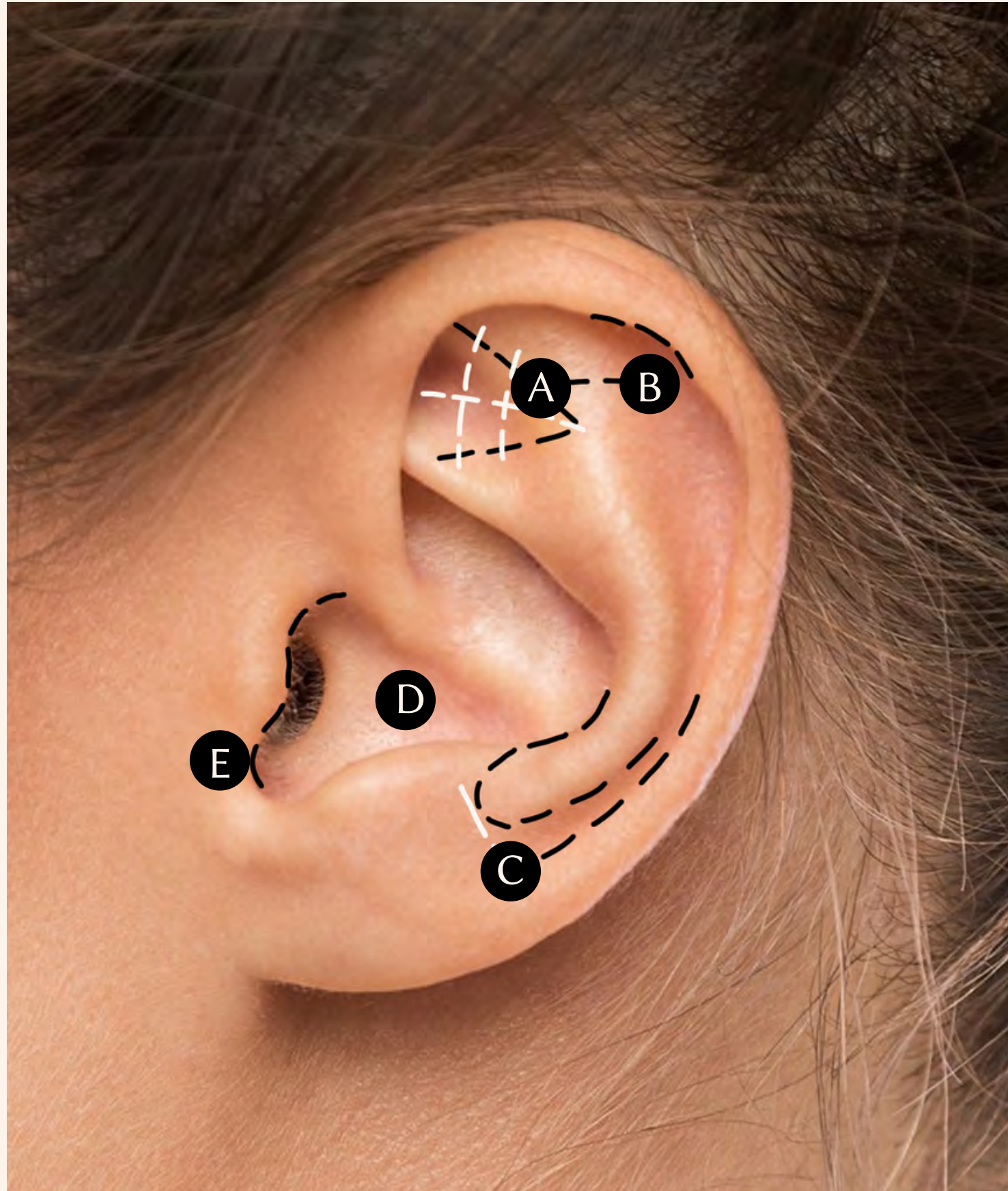
Add these additional points for Sciatica:

F. Sciatic Nerve - Helps ease the sharp, radiating discomfort that often shoots down the buttocks, hip, thigh and legs.

G. Buttocks - Alleviating this pain will help you sit, stand and walk as it affects the buttock muscles, lower back, sciatic, and hip area.

H. Hip Point - Helps relax grating hip pain due to overexertion.

Insomnia



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

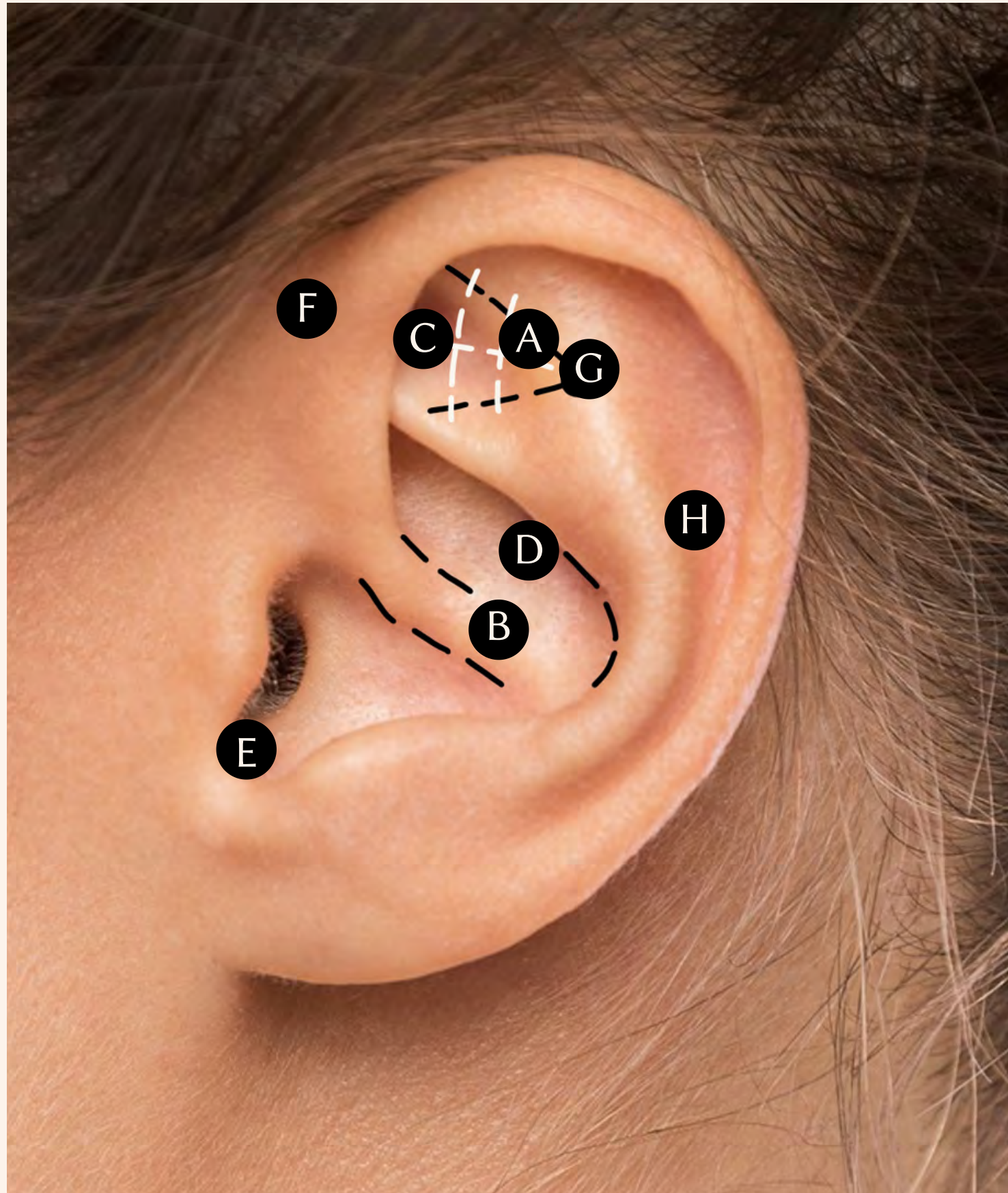
B. Insomnia 1 - The point is known to help you sleep and alleviate insomnia.

C. Insomnia 2 - Shown to alleviate fitful sleeping, sleep difficulties, and ability to dream.

D. Heart - Used to calm the mind and spirit for stress, anxiety, and insomnia.

E. Pineal Gland - This point has been shown to affect circadian rhythm and day-night cycles. Relieves irregular sleep patterns and insomnia.

Postpartum



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point zero - Believed to bring the whole body towards balance.

C. Uterus - Bleeding / menstrual discomfort

D. Kidney - Used for increasing energy and nourishing the body.

E. Endocrine - Hormone imbalance

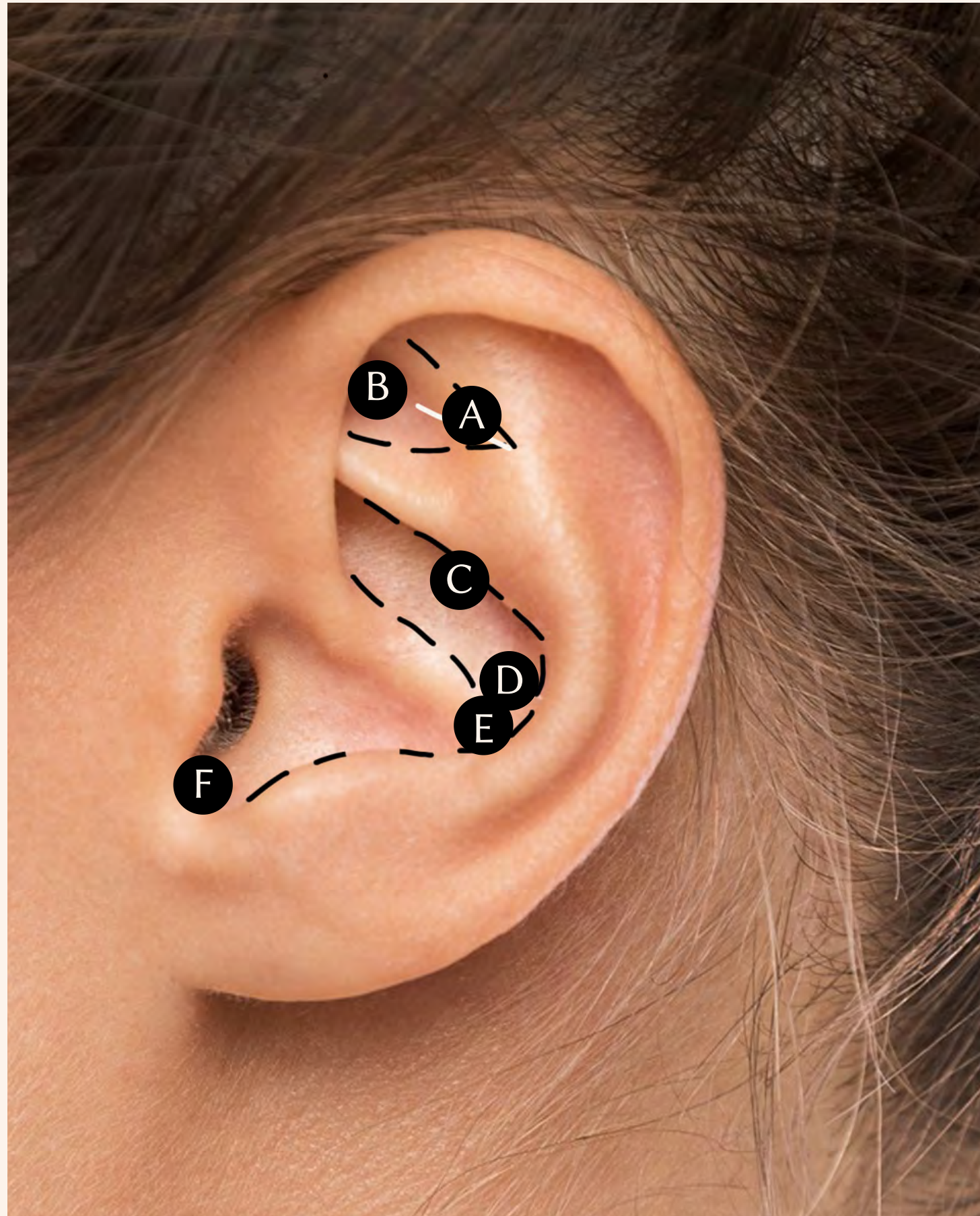
Additional points that may apply

F. External genitals - Pain in the genital region

G. Pelvis - Pain in the pelvic region

H. Breast - Lactation

Fertility



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Uterus - Bleeding / menstrual discomfort

C. Kidney - Used for increasing energy and nourishing the body.

D. Liver - Stress and irritability

E. Spleen - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

F. Endocrine - Hormone imbalance

Focus and Memory



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point zero - Believed to bring the whole body towards balance

C. Heart - Calm the mind and spirit.

D. Memory 1 - Memory, attention, and decision making

E. Memory 2 - Memory, attention, and decision making

F. Frontal cortex - Inability to concentrate and manage feelings of obsession and worry.

Motion Sickness



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point zero - Believed to bring the whole body towards balance.

C. Heart - Calm the mind and spirit.

D. Tranquilizer - Known to have a strong sedation effect promoting overall relaxation and relieving anxiety and stress.

Anxiety



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point zero - Believed to bring the whole body towards balance.

C. Heart - Calm the mind and spirit for stress, anxiety, and insomnia.

D. Tranquilizer - Known to have a strong sedation effect promoting overall relaxation and relieving anxiety and stress.

E. Nervousness - Found to influence the prefrontal lobe of the brain, this point is used to diminish anxiety and worry.

Headaches / Migraines



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Occiput - Used to relieve headaches in the back of the head along with tension headaches and stiff neck.

C. Forehead - The point is for frontal headaches that may also include sinus pain and blurry vision.

D. Thalamus - Shown to have an influence on the brain and regulate the autonomic nerves, the point is used here for acute and chronic pain relief.

Add these additional points from Migraine:

E. Temple - For migraine and temporal headaches along with ringing of the ears.

F. Kidney - Used in Chinese medicine for deep head pain.

Depression



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Sympathetic - Shown to balance the nervous system and to reduce neurovegetative disequilibrium.

C. Antidepressant - Also called the cheerfulness or joy point, this has been used to help those dealing with depression.

D. Excitement - Shown to influence the cerebral cortex by inducing excitement and relieving depression.

E. Pineal Gland - Found to affect the circadian rhythm, the point disrupts the cycle of depression.

F. Master Cerebral - Influencing the prefrontal lobe of the brain, this point is used to alleviate the negative, pessimistic thinking that often accompanies depression.

Inflammation

A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B + C. Allergy Points - Known to have an anti-inflammatory reaction.

*One is placed inside the lobe, and one is placed outside the lobe.

D. Thalamus - Shown to have an influence on the brain and regulate the autonomic nerves, the point is used here for acute and chronic pain relief.



Immune System

A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Point zero - Believed to bring the whole body towards balance.

C + D. Allergy Points - Known to have an anti-inflammatory reaction.

*One is placed inside the lobe, and one is placed outside the lobe.

E. Adrenals - Helps to reduce fever and allergies.



Stress



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Sympathetic - Shown to balance the nervous system, this point deals with the fight or flight response to stress.

C. Kidney - Used to replenish energy that is consumed with stress.

D. Point zero - Believed to bring the whole body towards balance to help calm stress, anxiety, and to overall relax the body.

Eating Disorders



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Small intestine - Used for indigestion and bloating.

C. Stomach - Found to help alleviate cravings to eat,
D. Mouth - impulsive eating, and eating disorders

E. Appetite control - For the purpose of reducing cravings, appetite, and overeating.

F. Spleen - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Additional points that may apply:

G. Antidepressant - For mood eating

Gut Dysbiosis



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B. Small intestine - Used for indigestion and bloating.

C. Spleen - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Allergies



A. Shen Men - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.

B + C. Allergy Points - Known to have an anti-inflammatory reaction in cases of allergies, hay fever, asthma, and inflamed eyes.

*One is placed inside the lobe, and one is placed outside the lobe.

D. Adrenal Glands Point - Helps reduce allergies.

E. Internal Nose Point - Used for sneezing, nasal congestion, and allergies.