



naowellness

Ear Seed Points for Kids

# 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.

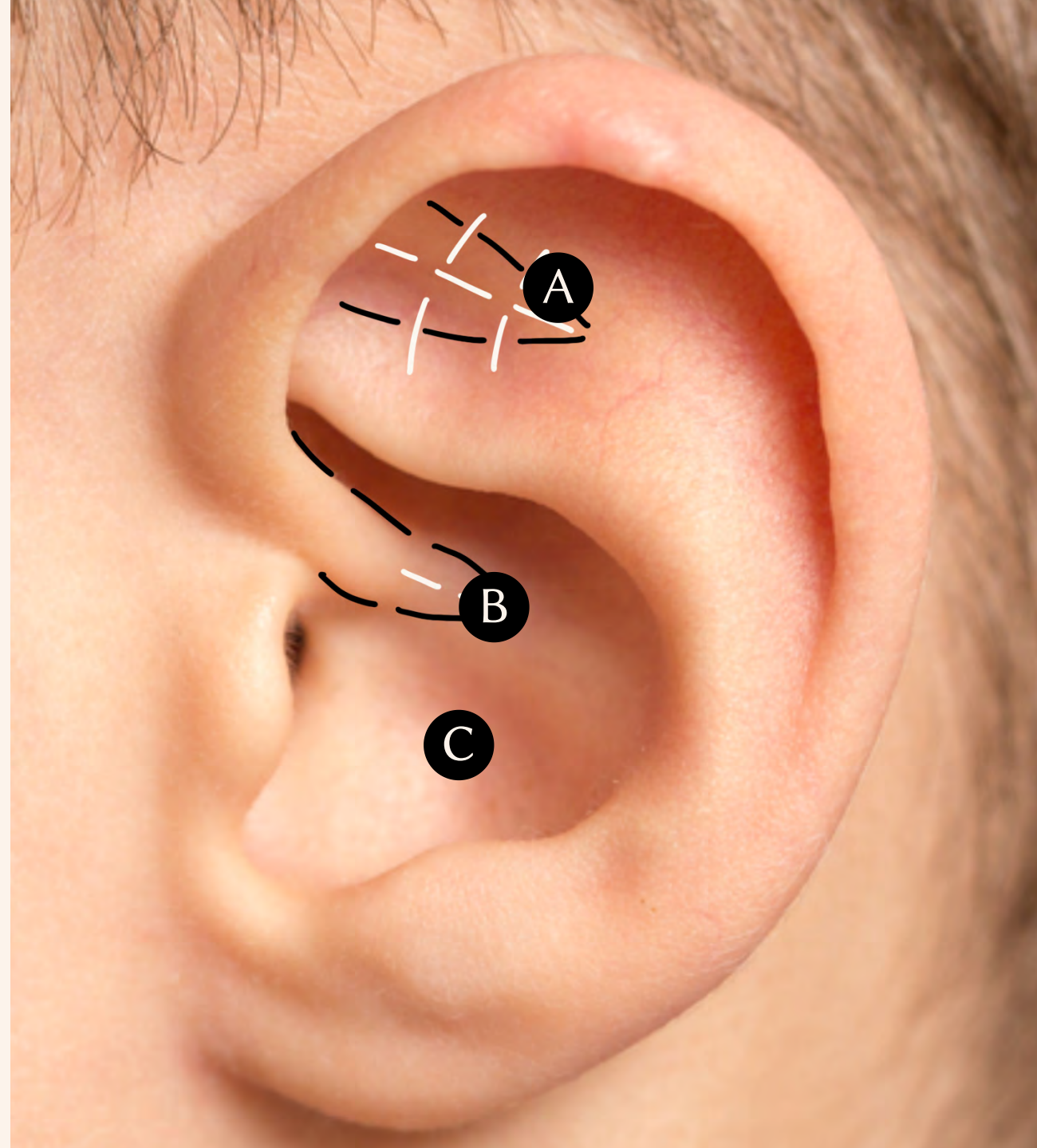
It may take a couple tries to get the hang of it. Don't worry if you don't get the point exactly right and do the best you can.

## Cautions:

Ear Seeds are safe to put on children. Be careful of younger children if they touch their ears excessive amounts.

Vaccaria seeds should not be used with individuals with latex allergies or women who are pregnant.

# Points for Kids



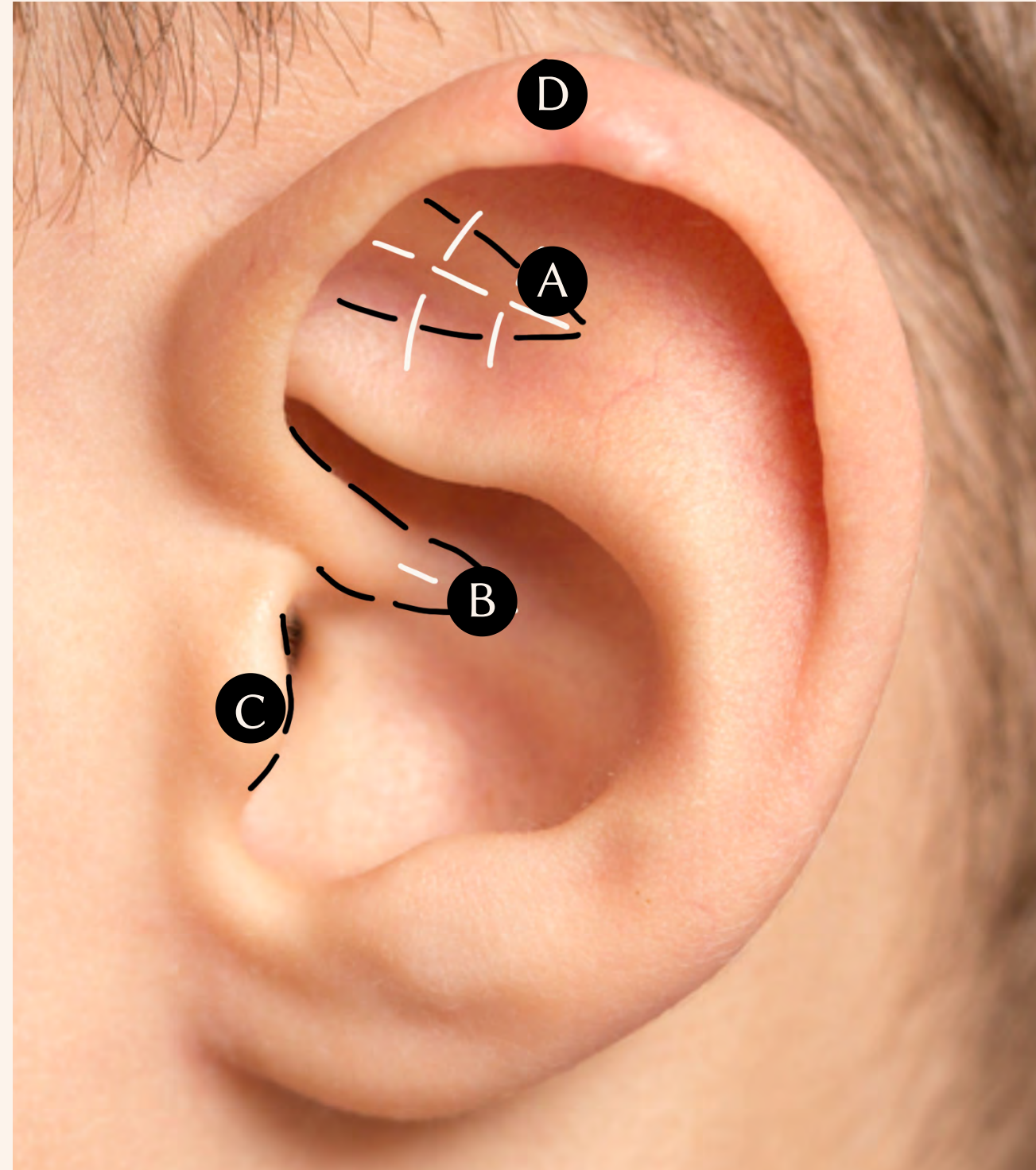
## Happiness

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.

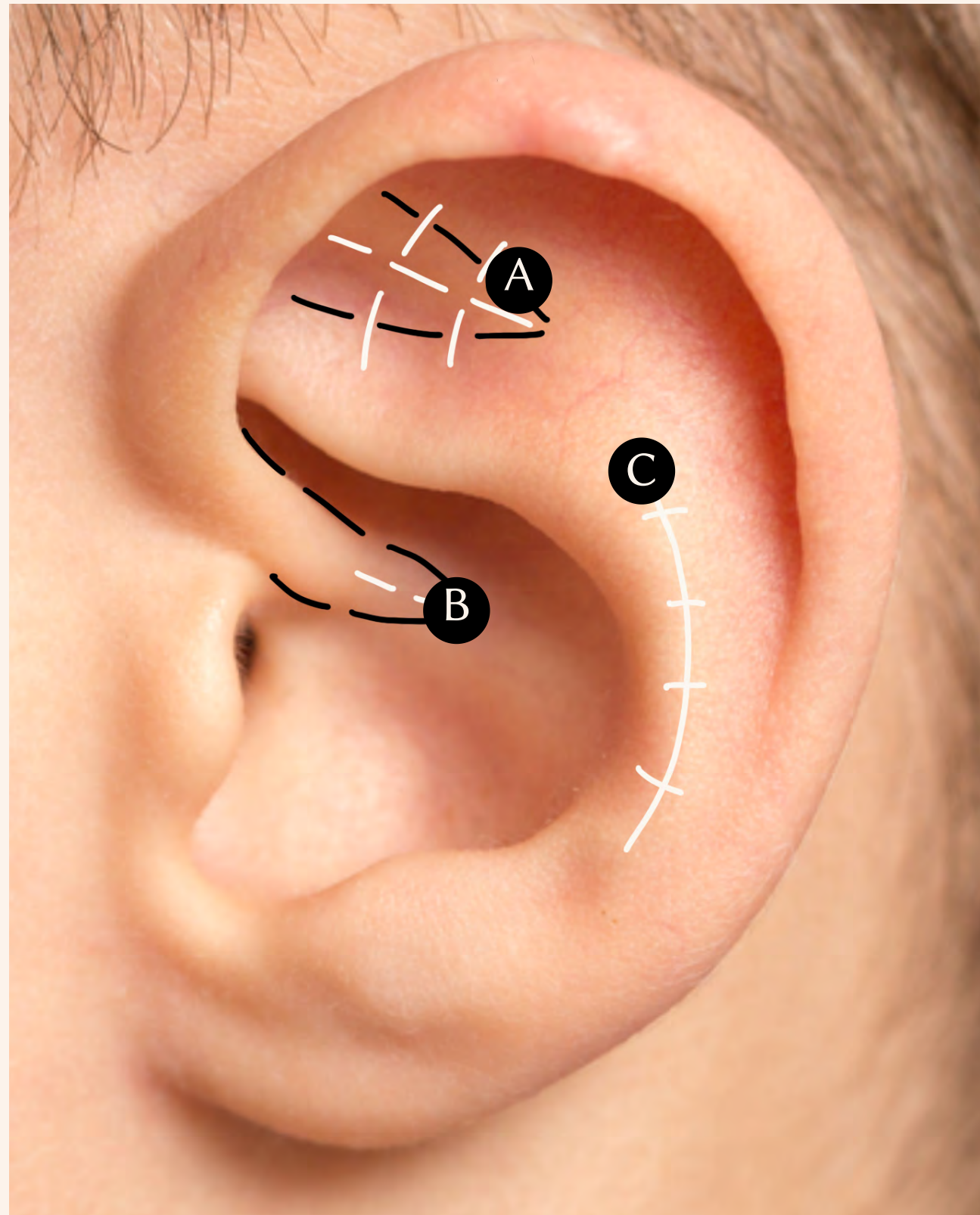
# Points for Kids



## Common Cold

- 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. Adrenals - Helps to reduce fever and allergies.
- D. Allergy point - Has an anti-inflammatory effect and used for the common cold.

# Points for Kids



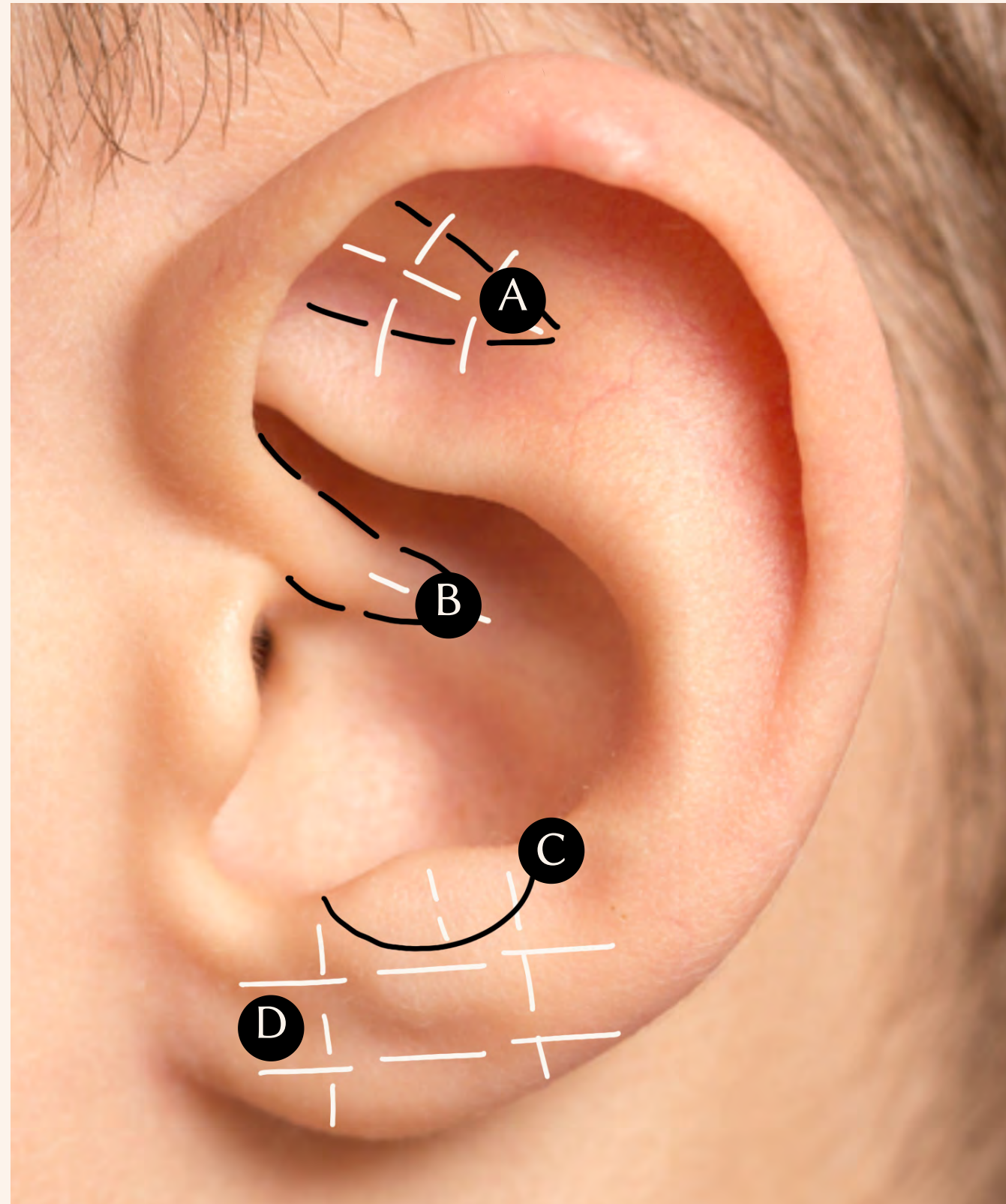
## Bed Wetting

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 Sacrum Point - Used for bed wetting for children.

# Points for Kids

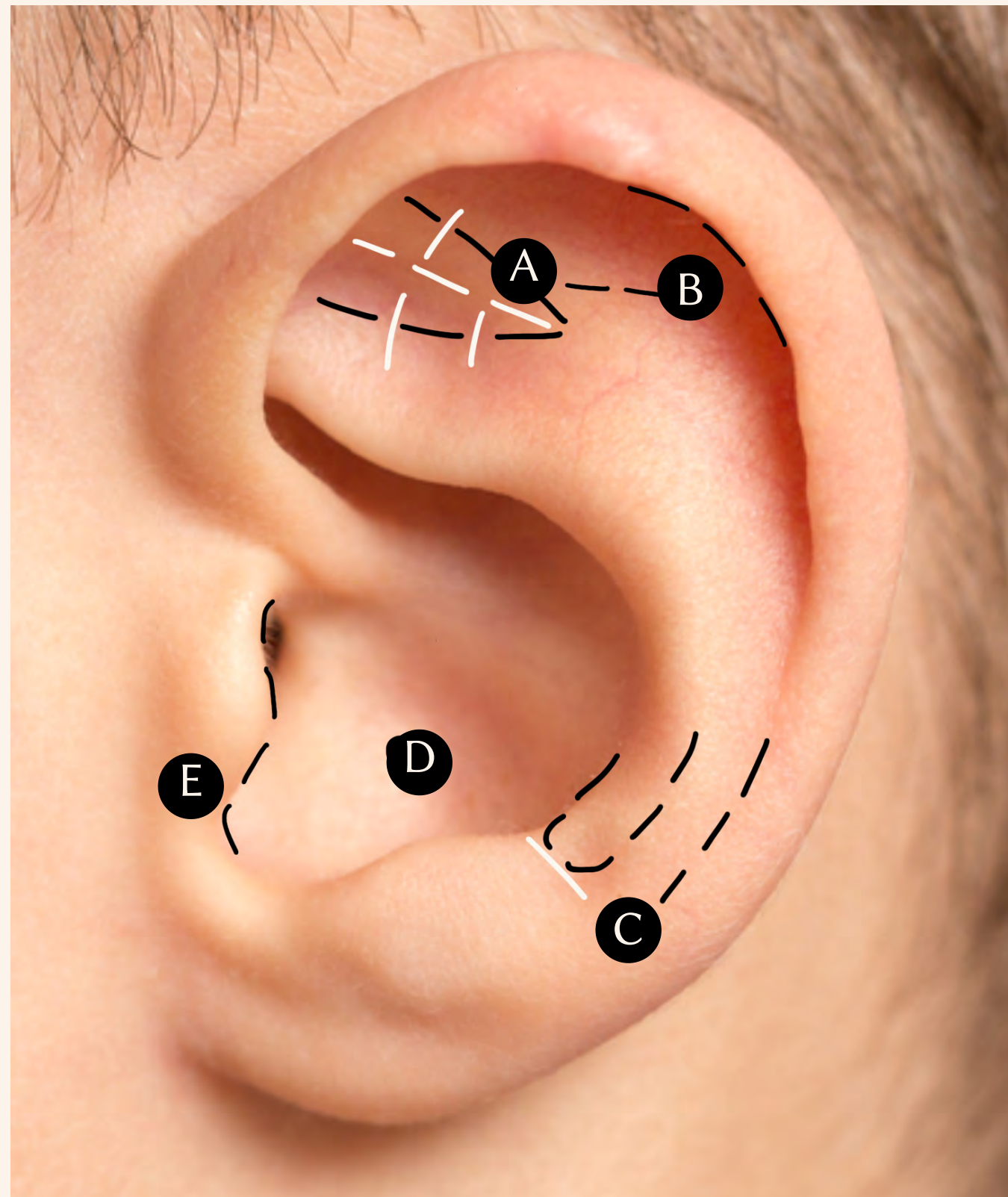


## ADD / ADHD

- 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. Brain Stem Point - Nourishes the brain.
- D. Master Cerebral Point - Used for overactive brain.

# Points for Kids

## Sleep



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.

# Points for Kids

## 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.

