

Ear Seeds 101 With



naowellness

What Exactly are Ear Seeds?

Derived from Traditional Chinese Medicine, Ear seeds are adhesive seeds placed on specific acupressure points on the ear to address symptoms and areas of the physical and emotional body.

Ear seeds are safe, non-invasive, needle-less healing modality that can easily be including in your self-care routine.

Benefits of Ear Seed point include: anxiety, insomnia, back pain, sciatica, restlessness, headaches, fertility, depression and compulsive behaviors, and simultaneously promotes relaxation and a sense of balance.

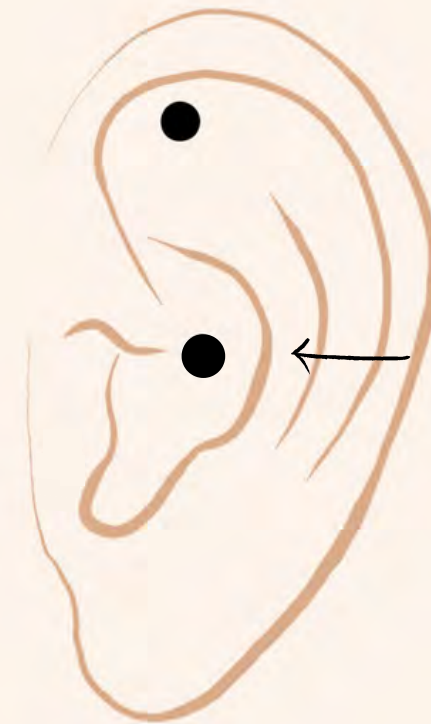


Some Common Points



Shen Men

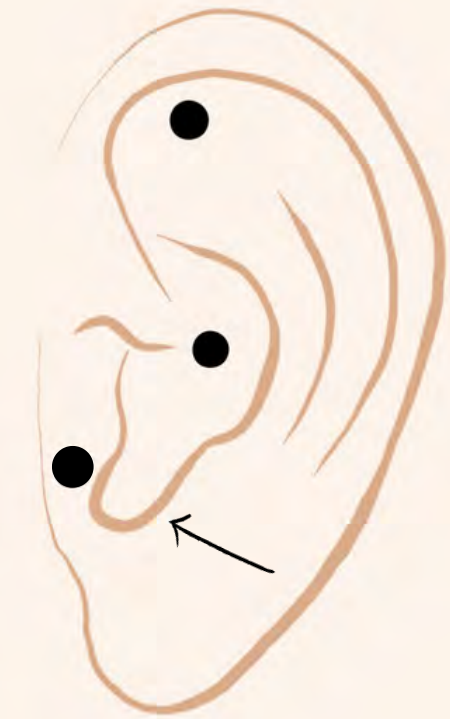
This point is commonly referred to as the "spirit gate." Shen men strengthens the effect of the other points when used together and is considered the doorway to the mind and the spirit.



Point Zero

This point is actually the most balancing point of all auricular points.

It brings the body towards homeostasis and corresponds to the navel, influences digestion, helps bring natural flow of stomach energy downwards.



Tranquilizer

This point relieves stress and supports relaxation.

Placements of these Points



Shen Men



Point Zero



Tranquilizer

Other 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.