



STOP SMOKING

-with-

Auriculotherapy

Adrian Larsen, DC, C.Ac., F.A.S.A.

Acknowledgements

This book would not have been possible without the pioneering work of Dr. Paul Nogier and all those who came after him, teaching, researching and publishing numerous books, articles and studies on the topic of auriculotherapy. The excellent work of Drs. Terry Oleson, Jim Shores, Raphael Nogier, Beate Strittmatter, Bryan Frank, Nader Soliman, and Li-Chun Huang are particularly noted and recommended.

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Foreword

The pain was getting bad and I knew I was in trouble. There I sat, forced to remain in a business meeting but ready to crawl out of my chair from the tooth pain I was experiencing. I had been to the dentist that morning and come to the meeting before the anesthetic had fully worn off. But now, with the pain killer rapidly losing effect, I couldn't believe how badly my teeth hurt.

I grabbed a couple of ibuprofen and hoped they would take effect soon, but after nearly 30 minutes, the pain was still so bad I couldn't even focus on what was happening in the meeting. The worst part is that I was the chairman of this particular gathering and I was supposed to be leading the discussion.

I finally mentioned my pain to the group and offered an apology for my poor performance. At that point, one of the meeting attendees, an acupuncturist, offered to help.

No, that's not quite right. She was a little more bold than that. I believe her statement was more along the lines of, "Come here, I'll get rid of that pain for you right now."

I thought that was a pretty brash statement to make, but I wanted it to be true. So I held still while she treated four specific points on the skin of my ear on the same side as my tooth pain.

I remember specifically that within a few seconds of the second point being treated, the pain in my teeth decreased dramatically. And within a few more minutes, the pain was all but gone.

Thirty minutes later, I left the meeting feeling completely fine. Honestly, the only pain left in my mouth at all was muscle pain from keeping my mouth open at the dentist.

I was impressed, but still cynical. After all, I had taken some ibuprofen, hadn't I? Maybe it finally took effect and stopped the pain about the same time that I received the auricular treatment.

But imagine my surprise when the ibuprofen's effective time passed and the pain didn't come back. For the rest of that day I kept waiting for my teeth to start hurting, but they never did. I ate normally, worked a full day, and felt just fine. To this day, the tooth pain has never returned.

Great story, don't you think?

Now here's the rest of the story.

I'm a chiropractic physician and acupuncturist, and I've actively practiced and taught acupuncture for many years. I've given hundreds of auricular treatments to my patients and watched in amazement as they have found nearly instant relief. But until I experienced it for myself, I never

really comprehended the power of the auricle to get nearly miraculous results. It's one thing to see it happen, but it's quite another to experience it as it happens.

Since that day, I've spent much of my time learning, refining and distilling information from piles of books, research articles and training seminars on auriculotherapy. One of the results is this book.

My purpose is to **show you how this amazing technique can become the cornerstone of a successful smoking cessation program.** When used in conjunction with a healthy diet and emotional support, auriculotherapy is the “secret ingredient” that can make the difference between comfortable, successful smoking cessation, and uncomfortable deprivation and failure.

If my efforts result in more successful practitioners helping more people to live better lives, I will have accomplished my goals.

Dr. Adrian P. Larsen
May 17, 2013

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Part I: What is Auriculotherapy?



Introduction

Auriculotherapy is a technique of using points on the skin of the **auricle** (external ear) to diagnose and treat pain and medical conditions of the body. Also referred to as *auricular medicine*, *auricular therapy* and sometimes *auricular acupuncture*, practitioners all over the world use this therapy to treat pain, dysfunction, addictions and internal disorders with excellent results. Whether used in conjunction with another treatment or by itself, auriculotherapy is often effective when other treatments have failed. Best of all, it is safe, non-invasive and has no known side effects.

Auriculotherapy has been used as a form of health care for thousands of years in multiple countries worldwide. Ancient records from China, Egypt, Greece, Rome and Persia all indicate its use for a variety of problems. Whether the custom of wearing ear rings originated as a form of decoration or a form of health care is still an interesting and open question.

Auriculotherapy is a natural complement to many types of healthcare practice, including acupuncture, chiropractic, western allopathic medicine, naturopathy, physical therapy and psychotherapy. It offers the advantages of being relatively easy to learn, quick in practical application, and helpful for many health conditions, both physical and mental. It is clinically convenient because it does not require a patient to disrobe or lie down, and in fact can be applied in nearly any setting or situation. Because any body part can be treated from the ear, even inaccessible body parts can be effectively addressed. For example, a limb that is in a cast can be treated without direct access to the limb.

Auriculotherapy is used quite commonly in treating addictions. It has received considerable press attention in this venue. In fact, many addiction treatment programs incorporate auriculotherapy as a cornerstone of treatment. Whether the addiction is to alcohol, street drugs, prescription medications, nicotine, or food, auriculotherapy is often helpful and occasionally miraculous.

Behavioral addictions like sex, theft, gambling and thrill seeking are also successfully treated with auriculotherapy.

Thanks to the efforts of retired Col. Richard C. Niemtow, MD, PhD, MPH, the U.S. military has taken an increased interest in auriculotherapy for rapid pain relief in emergency situations. Dr. Niemtow's Battlefield Acupuncture technique is a quick, efficient and simple protocol used with great results since its inception in 2001. Increasing numbers of military doctors are now trained and using this auriculotherapy technique, and ongoing scientific studies are investigating its applications.

The only known side effects of auriculotherapy are all positive: enhanced mood, better sleep, decrease in non-related symptoms and better treatment compliance.

History of Auriculotherapy

Ancient China: (475 BC) All systems of acupuncture began with the original Chinese medical text, the Yellow Emperor's Classic of Internal Medicine. In this text, all six Yang Meridians were said to be directly connected to the Auricle, whereas the six Yin meridians were indirectly connected to the ear. These ancient Chinese Ear Points were not organized somatotopically, but were arranged as a scattered array of points on the ear.

Ancient Egypt, Greece, and Rome: (400 BC) Ancient physicians like Hippocrates and Galen recorded clinical uses of ear rings and other forms of ear stimulation for various problems, particularly the treatment of sexual and menstrual disorders.

Ancient Persia: (200 AD) After the fall of Rome, ancient medical records were best preserved in Persia. These ancient records showed a treatment for Sciatica by cauterizations on the ear.

Middle Ages: (1500) The Dutch East India Company, while pursuing merchant trading in China, brought Chinese acupuncture back to Europe. Included in these discoveries were the use of Ear Acupuncture, as well as the development of the Western hypodermic needle from Chinese acupuncture needles.

Renaissance: (1700) Sporadic clinical reports in Europe discussed the use of ear cauterizations to relieve Sciatica pain.

Modern France: (1950) Dr. Paul Nogier, a neurologist from Lyon, France, observed the occurrence of scars on the ear of patients who were successfully treated by French lay practitioners for Sciatica pain. He developed the somatotopic map of the Ear, based upon the concept of an Inverted Fetus orientation. He eventually discovered over 200 auricular points. His work was first presented in France, then communicated to a German acupuncture society, and finally was translated into Chinese.

Modern China: (1960) The Nanking Army Ear Acupuncture Research Team verified the clinical accuracy of the Nogier Ear Homunculus. They empirically assessed the ear points of over 2,000 clinical patients, utilizing "Barefoot Doctors" as part of Mao Tse Tung's efforts to de-Westernize Chinese Medicine.

United States: (1980) A double-blind, experimentally controlled UCLA research study statistically verified the scientific accuracy of Auricular Diagnosis. A statistically significant level of 75% accuracy was achieved in diagnosing the musculoskeletal pain problems of 40 pain patients. By evaluating specific areas of heightened tenderness and increased electrical activity on the ear, areas of the body with some dysfunction could be correctly identified, whereas areas of the body free from pathology were correctly identified with non-pathological points on the ear. Subsequent UCLA research focused upon the comparison of Chinese and French auricular points, the use of auricular electro-acupuncture for withdrawing chronic pain patients from opiate medications, and the naloxone reversibility of dental analgesia produced by auriculotherapy.

—Courtesy of Jim Shores, PhD

How is the Ear Treated? Will it Hurt?

In ancient times, auriculotherapy, and really all forms of acupuncture, were rather painful to treat. Sharpened bits of bones, stones, thorns, and eventually metal were all used as needles to pierce the skin and provide the necessary stimulation. Though effective, these methods were quite uncomfortable. That's a nice way of saying, IT HURT!

Fortunately, modern methods and technology have provided much more comfortable, effective, and even painless methods for auriculotherapy treatment.

Modern treatment methods include fine needles, electricity, laser, magnets, "tacks," tape-on pellets, and "staples." By far, the best method is electricity because it is fast, comfortable, precise, effective, and safe.

I avoid all "invasive" treatment methods like needles, tacks or staples. I do hear quite a bit about "ear stapling" for appetite control, but I do not like this method because it involves inserting a painful tack or staple that pierces the skin and remains there for several days or even weeks. This presents an infection risk and often prolonged agony for the user. You DON'T have to go to such extremes to get good results.

Electrical stimulation takes about 15 seconds per point, is not overly uncomfortable, and is precise in its application.

I also use stick-on seeds or pellets for long-term stimulation over several days.

I'll talk more about both these methods later in this text. But for now, I just wanted to reassure you that you are NOT in for a painful experience. So relax, and let's talk more about how auriculotherapy will give you the help you need.

Part II: Stop Smoking with Auriculotherapy



General Overview

In this section, I'll show you WHAT to treat, WHERE to treat, HOW to treat it, WHEN to treat it, and the BEST methods for obtaining the results you want.

Do I Need a License to do this?

Here in the United States, each state is responsible for setting licensing rules for acupuncture practice, and the states all vary slightly in licensing requirements. Similarly, auriculotherapy is regulated slightly differently in each of the states. Some states may require specific training and credentials, while others do not. Types of treatment applied may also be differently regulated. For example, non-invasive treatment with electrical stimulation may be open to anyone, whereas needle insertion may only be allowed with acupuncture licensure.

In this text, I'm sticking with safe, non-invasive methods that you can perform on yourself or a loved one. If you are concerned about licensure, please contact the regulatory authority in your state. Above all, please don't hold yourself out as a practitioner, taking money for treatment, unless you have verified you are within the law in your particular location.

What to Treat

The starting point to treat any condition with auriculotherapy is to know which points are applicable to the condition you are treating. Because there are literally hundreds of points on the ear, each with a different purpose, finding precisely the right points is a must.

For these reasons, I helped create the Auriculo 3D software program. In addition to illustrations and explanations of over 300 auricular points, the software also provides one-click access to 180 condition-specific protocol charts that have been exhaustively researched and perfectly illustrated. The 3-D part of the software, which features interactive, 3-dimensional illustrations of every point and protocol, makes it MUCH easier to view hidden or covered points. The ear illustration can be rotated, moved and zoomed with simple mouse controls to



properly show every point, including hidden and covered points. There simply isn't a faster or easier way to locate the high-quality information you need for the condition you're treating.

Auriculo 3D

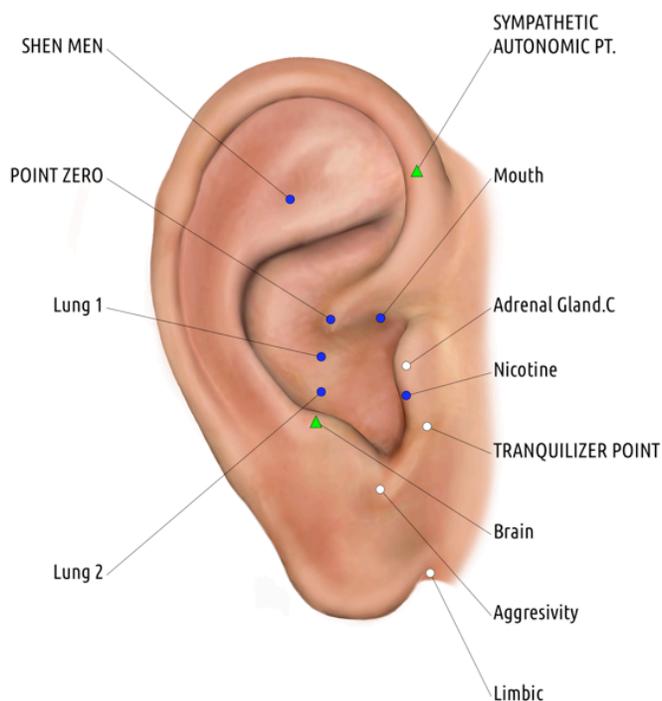
In addition, the software gives you the ability to flip each chart from left to right, making point location much easier. Since each chart can be printed, you have a ready source for any printed chart you may need. The Auriculo 3D software is available at www.Auriculo3D.com.

Whether you use books, wall charts, or software, you need to have access to high-quality auricular charts to know what to treat.

You'll find charts for several conditions in the Appendix of this book. Each chart shows both the left and right ears for simplicity, and each shows the points applicable to the condition at hand.

You'll notice some points are labeled in ALL CAPS. These are master points that have a system-wide effect. It's generally best to treat these points before the others on the chart. You'll also note that some points are marked with dots, while others are marked with triangles. There's a legend in the Appendix explaining what these symbols mean.

Addiction - Smoking



Scanning for Active Points

An important principle of auriculotherapy is to only treat the points that are "Active." This means the point in question has some sort of energetic disturbance or indication that it needs to be treated.

Scanning is best accomplished with an electrical testing device. My favorite is the Stimplus Pro. This device has a sensing mode that precisely locates areas of altered energetic properties in the ear.

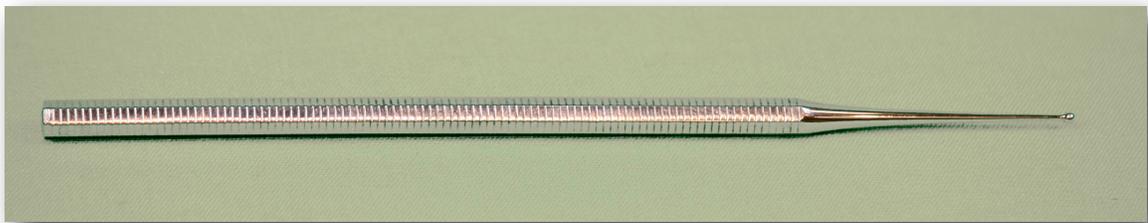


The procedure is to scan each of the points on the chart, looking for active points.

How to Detect Active Points

Active points may be detected in a variety of ways. Here are the most common:

1. **Color change:** Inspect the skin for changes in color at the point you are examining. Is there increased redness? Lack of color? A different color than the surrounding skin? A dry or flaky patch? These are all indications of an active point.
2. **Skin structure abnormalities:** Carefully look and feel for changes in skin structure. A raised bump or hard nodule, dryness, roughness or moisture may indicate the active point.
3. **Tenderness:** Is the point tender to the touch? A mechanical point detector with a round probe tip is very useful for detecting tenderness in the auricle. The tip should be small and blunt—small so that you can locate a point easily, and blunt so that you do not cause damage to the ear with pressure. A rounded ball tip is the most comfortable, as shown below:



4. **Electronic Location:** High-quality auricular treatment devices have a measurement mode to electronically locate active points, and a treatment mode to treat the points once they are located. Active points will show lower electrical resistance than surrounding tissue. As I mentioned above, my favorite electrical device is the Stimulus Pro. You can get more information at...

www.StimulusPro.com

5. **NOTE:** If you cannot detect any active points related to the condition you are treating, proceed with treating the Master Points indicated on the chart, and then re-check the condition-specific points. Often, treating the Master Points will activate other points on the ear. Treating the Master Points first is almost always the best place to start.

Where to Treat

Which ear? It is not always necessary or even desirable to treat both ears in the same session. Generally, excellent results will be obtained by treating just one ear.

For smoking cessation, I generally start with the ear on the side of the patient's dominant hand. So if the patient is right handed, I start with the right ear. Then, the next time I treat, it will be on the left ear, alternating ears each treatment session.

How to Treat

Electrical Stimulation

Treatment by electrical stimulation is convenient, effective and powerful. Many users report better pain and addiction relief from electrical stimulation than from any other treatment method. Electrical stimulation also offers the advantages of being non-invasive, fast and clinically convenient to perform.

Electrical instruments developed specifically for auriculotherapy provide point location functions to precisely locate active points and then provide gentle, safe electrical stimulation to treat the points when they are located. The ideal instrument switches from location to stimulation without being removed from the point at all, so location and treatment proceed uninterrupted.

Cautions: Electrical stimulation should not be used in certain situations, including implanted electrical devices such as pacemakers. Please read and follow the instructions from the manufacturer of your electrical device for proper safety precautions. Never use an electrical stimulator in a manner inconsistent with the labeling or manufacturer's instructions.

Above all, make sure you know how to use the device properly. Through the years, I've encountered many users who are using their device incorrectly and getting no effect because they didn't read the manual or get any training to use their device. Don't let this be you!

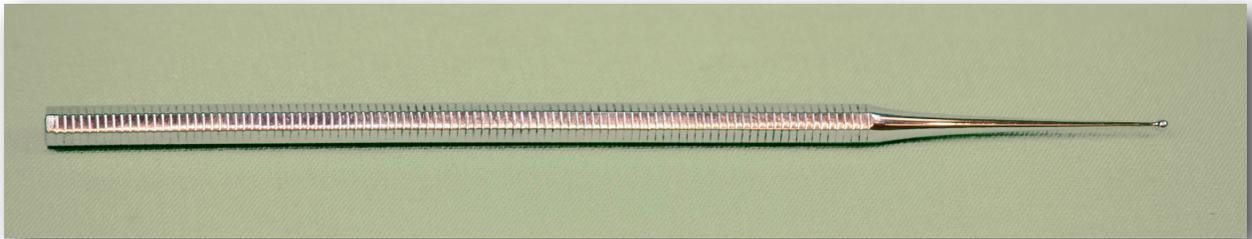
Electrical Treatment Parameters

Once an active point has been located, proper treatment requires the application of the appropriate type and duration of electrical stimulation to achieve the desired results. The following guidelines apply:

- Duration is generally 10-30 seconds per point (I prefer 15 seconds)
- Frequency is generally 10 Hz.
- Intensity is generally set to patient tolerance (it should not hurt)

Focused Pressure Treatment

Focused pressure to the ear is easily provided by a ball-tip metal ear probe. An added benefit of this technique is that the same instrument may be used for both examination and treatment. The following is an illustration of a typical ear probe (note the ball tip):



The rounded tip of the probe allows for comfortable gliding over the surface of the auricle during examination. Tender points are located with mild pressure, and treatment is provided by focused pressure on each tender point for 15-30 seconds. The treatment will leave a small, temporary indentation in the skin, which will disappear after an hour or two.

You may find that tender points are excruciatingly painful with even minimal pressure from the probe, so be gentle. There's no need to cause unnecessary pain, and excessive pressure is not required for effective treatment.

Important: Never use a pointed or sharp probe in the ear, as the skin may be broken by the instrument. Only use the special ball-tip probe designed for auriculotherapy.

Laser

Another effective form of non-invasive stimulation is laser light. It is fast, safe and comfortable, and often takes effect very rapidly. The most commonly used wavelength is 635nm in the red spectrum. High power is not required, and even an affordable 5mW laser only requires 10-15 seconds per point.

Because the laser housing does not need to contact the skin, this form of treatment carries no risk of infection or contamination, and can even be used over broken skin, sores, etc.



When using a laser, remember to prevent laser light from entering the subject's eyes or your own eyes.

Note: Typical business laser pointers are not suitable for auriculotherapy use and provide the wrong wavelength and power. Be sure your laser is properly chosen for this type of treatment. You can get more information on lasers at

www.AcuBeam.com

Ear Seeds

Long-duration, focused pressure to auricular points is often accomplished by means of ear seeds or pellets attached to an adhesive strip. These seeds or pellets are placed on the auricular point and held in place by the adhesive strip which covers the pellet. They can remain in place for several days.

The longer duration of treatment over the course of several days provides a more stimulatory effect over a longer period than other treatments. For added effect, press on the pellets a few times per day. For smoking cessation, you may find it helpful to press on the pellets when you have a nicotine craving.

Caution: Ear pellets should not be left in place beyond 3 days, as infection may result.



How Often Should I Treat the Ear?

The simplest answer for how often to treat the auricle is to treat until you get the results you desire. If your goal is smoking cessation, treat the ears throughout the quitting process. Every 3 days is a good rule of thumb. For example, treat one ear and apply pellets that remain in place for 3 days. At the end of the 3 days, treat the other ear and apply pellets to it. Through this method, you can alternate every 3 days without overstimulating one ear or the other.



Part III: Smoking Cessation Protocol



Smoking Cessation

“Nothing is easier than stopping smoking. I’ve given it up twenty times in the past five years.”

Of all the health benefits you can offer your patients, few provide the incredible array of benefits given by the cessation of smoking. When you consider the serious risks to the cardiovascular system, lungs, mouth, throat, brain and even teeth, not to mention the economic costs of supporting a nicotine addiction, helping a patient quit smoking is one of the greatest things you can do in your practice.

One of the first keys to helping a patient quit smoking is to understand the physical, emotional and psychological factors involved in this addiction.

From a physical standpoint, nicotine stimulates the central nervous system and releases dopamine in the brain. The continued release of dopamine produces the feelings of relaxation and well being associated with smoking, but also quickly produces physical dependence as the brain adjusts to the increasing dopamine levels by down-regulating dopamine receptors.

The half-life of nicotine in the blood is 2 hours, and within 72 hours of the last cigarette, all nicotine has been eliminated from the body. This is why cravings generally peak around the third day of quitting, and rapidly decline thereafter.

Emotionally, the smoker becomes dependent on the dopamine high to regulate emotional responses and provide pleasant feelings. This is why smokers become moody and irritable when they can’t smoke.

Psychologically, cigarette smoking becomes habitually associated with certain situations—driving, eating, taking a break at work, etc. Such situations will trigger a psychological craving for a cigarette, and in these situations the patient must be most vigilant.

The good news is that Auriculotherapy is consistently very effective in helping smokers quit, with variously reported success rates of 75-86%. The auriculotherapy treatment seems to affect the

dopamine pathways in the brain, reducing cravings and helping the brain to more easily reestablish normal dopamine levels without nicotine.

As dopamine levels are normalized, emotional stability returns and the patient begins to feel more in control. Psychological cravings are not physical in nature and only involve intentional behavior changes. Once the psychological habits are broken, the old trigger situations will no longer trigger cigarette cravings.

How to Do It

For the best chance of success in helping your patient quit smoking, you must follow these steps:

1. Education is key. Your patient needs to understand how addiction works and how it is broken. Smokers who are educated about nicotine addiction enjoy consistently greater success at quitting.
2. Your patient needs to be ready to quit. This means **NO MORE CIGARETTES. EVER.** Not a single one. This is not a “reduce smoking” program. This is a **QUIT** smoking program. Smoking even one cigarette undoes all the work you do and the patient must start over. If your patient is not willing to commit, right now, to never smoking again, do not attempt this program.
3. A public commitment is very helpful to the patient. For greatest effect, encourage your patient to set a date to quit, then inform friends and family. Share it online, and do whatever else is necessary to make the commitment public.
4. Make sure quitting day is early in the week. If the patient quits on Friday, chances of relapse are much higher over the weekend. Remember, the first 3-4 days are the most critical, and therefore Monday and Tuesday are the best days to quit.
5. When quitting day arrives, make sure the patient has disposed of all cigarettes, and does not have any more at home, in the car, at work, or anywhere else. If you are treating a couple, it's best if they quit together.
6. Treat the patient's points as indicated on the smoking cessation chart, starting with the Master Points, then moving to the other points. Remember, it's only necessary to treat active points.
7. Treat the active points bilaterally in each treatment.
8. Often one treatment alone is very effective in stopping cravings, but you may want to treat your patient daily for the first 3 days.

9. Make sure your patient understands that cravings may still come, but they will NEVER last longer than 3-5 minutes, and the average smoker experiences only about 6 cravings per day by the 3rd day. Therefore, educate your patient to view cravings as temporary, surmountable tests of endurance that will pass quickly when they happen. If your patient can last 3-5 minutes, they can beat smoking.
10. Make sure your patient doesn't skip meals, especially breakfast during the first 2 weeks. Low blood sugar from skipping meals may complicate the recovery process.
11. Your patient will likely benefit from additional vitamin C supplementation during the first 1-2 weeks after quitting. 500 mg every hour during the first day, and stepping down to 2,000 mg per day by the end of the first week is a good rule of thumb.
12. Emphasize that treatment will likely pay for itself in a month or less just in cigarette costs, not to mention the savings from improved health and longer life

About the Author

Dr. Adrian Larsen is an acupuncturist and chiropractor whose focus is on the informational and energetic balance of the body. He uses a variety of approaches including auriculotherapy, acupuncture, advanced kinesiology, chiropractic and herbal therapy to help his patients with difficult conditions and achieve results when other methods have failed.

Dr. Larsen is also the President of Miridia Technology Inc., and developer of the AcuGraph® Digital Meridian Imaging system. Miridia focuses on bringing cutting edge technology to the acupuncture healing arts.

Dr. Larsen teaches and speaks around the world, performs acupuncture research, develops new technologies, and publishes his findings. He resides in Meridian, Idaho, USA with his wife and seven children.

To learn more about Dr. Larsen's activities with Miridia Technology, visit www.MiridiaTech.com.

Appendix: Auriculotherapy Charts

Legend

Primary

-  Surface Point
-  Hidden Surface Point
-  Covered Surface Point
-  Area

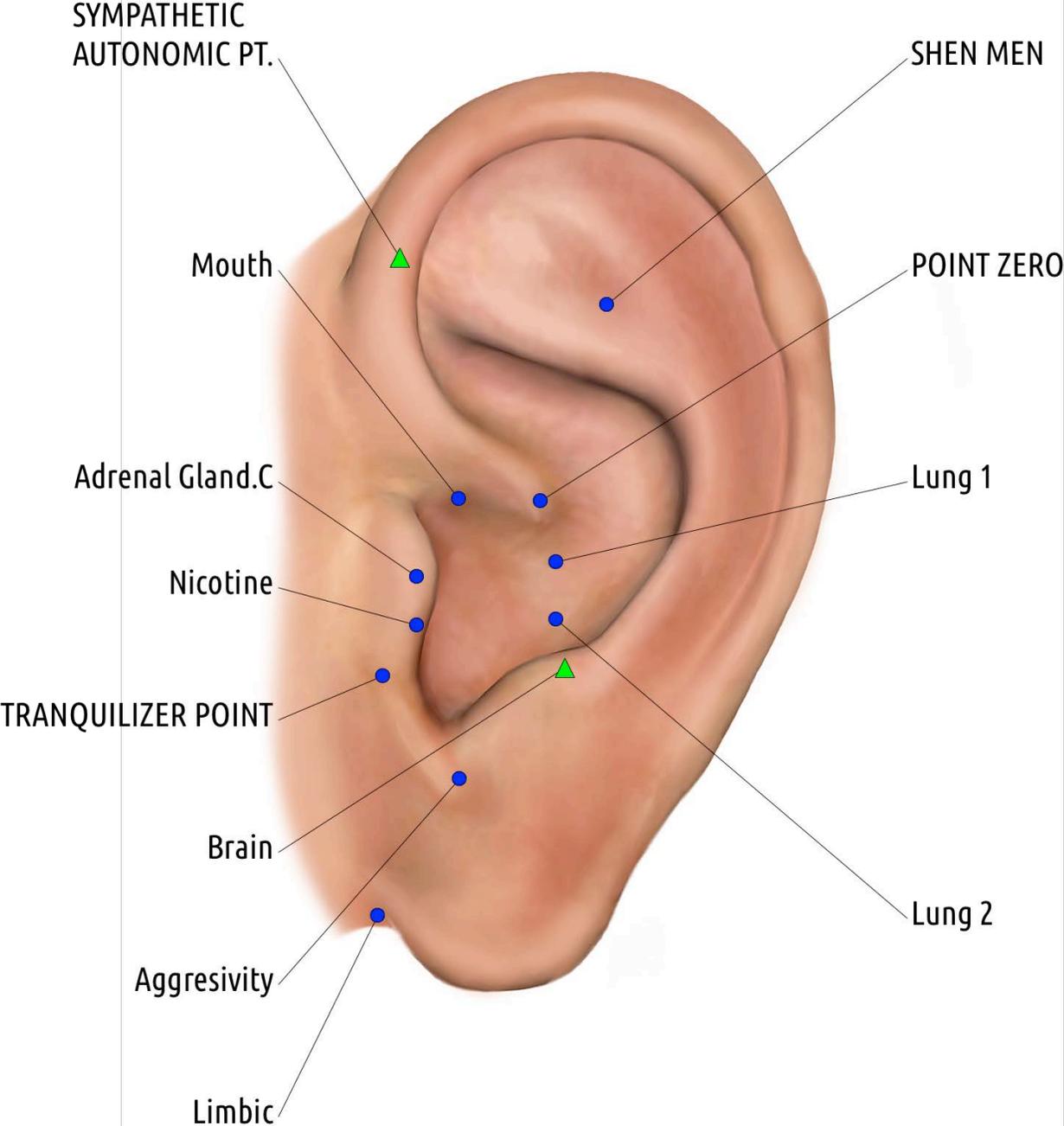
Supplementary

-  Surface Point
-  Hidden Surface Point
-  Covered Surface Point
-  Area

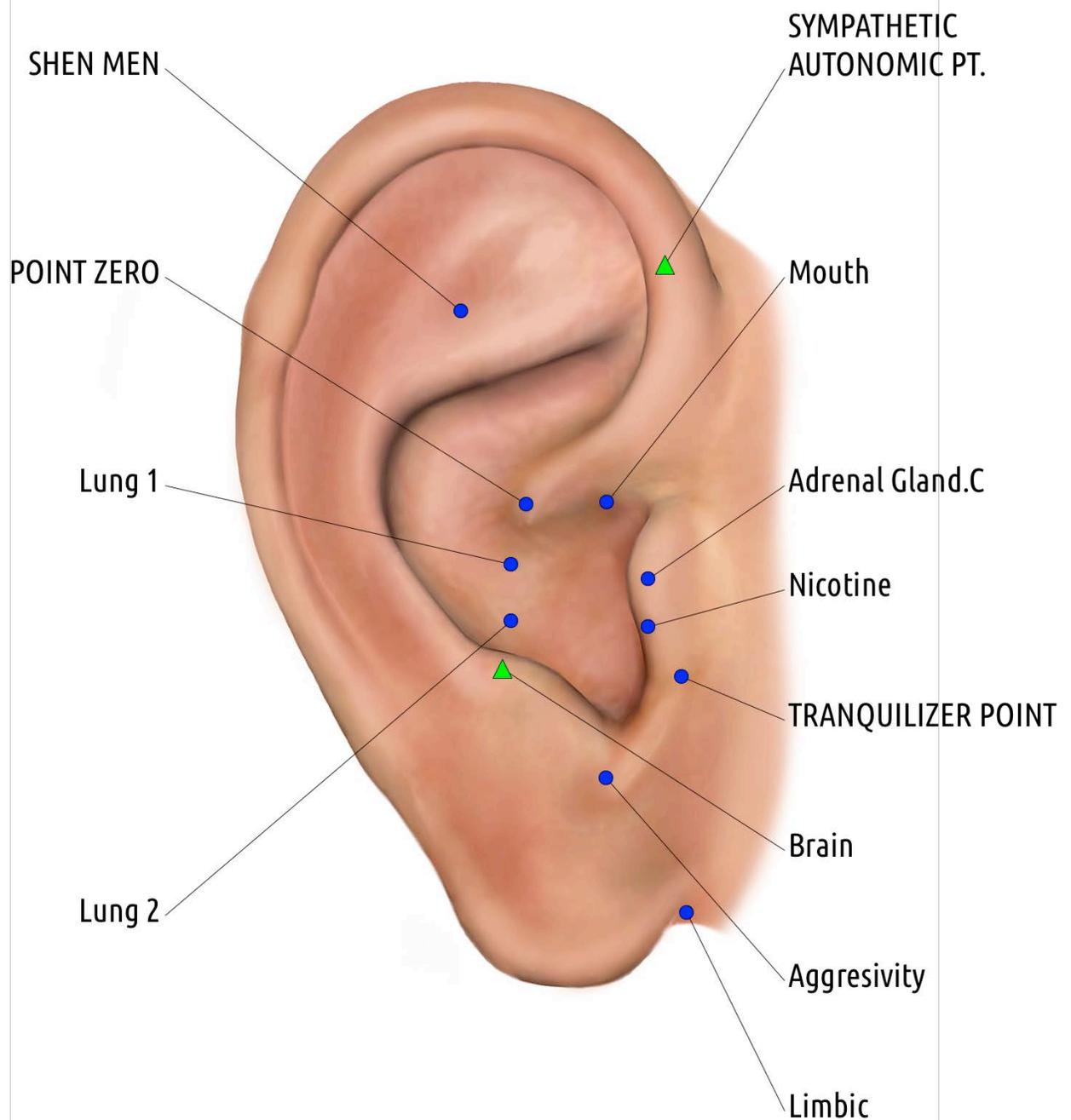
Notations

- .C = Chinese Auricular Point
- .E = European Auricular Point
- ALL CAPS = Master Point

Addiction - Smoking (Left Ear)



Addiction - Smoking (Right Ear)



Protocol Information

Description

Nicotine withdrawal symptoms can mimic a cold or mild case of the flu. Other symptoms may include tobacco cravings, irritability, impatience, depression, insomnia, fatigue, inability to concentrate, decreased heart rate, headache, cough, sore throat, constipation, gas, stomach pain, dry mouth, sore tongue and or gums, postnasal drip, tightness in the chest, and an increased appetite.

Causes

Nicotine is an addictive drug, the use of which results in dependence. Nicotine causes a short-term increase in blood pressure, heart rate, and blood flow as well as pleasurable feelings for the user.

Point Information

Adrenal Gland.C:

Regulates adrenocortical stress hormones, fight-or-flight response, and inflammation; constricts blood vessels; used for hypotension, hypertension, respiration, asthma, skin diseases, menstrual problems, Addison's disease, Cushing's disease.

Aggressivity:

Regulates aggressive behavior, withdrawal symptoms of drug abuse, anger, rage, frustration, manic behavior. When treating electrically, the common frequency for this point is 80 Hz.

Brain:

Affects the cerebral cortex: memory, attention, thought, awareness, consciousness, intelligence; blood supply to the brain; affects the pituitary; central nervous system: headache, loss of feeling, memory loss, muscle weakness, tremors; digestive system disorders; endocrine disorders; relieves pain; eases the mind.

Limbic:

Addresses emotional life, formation of memories, amnesia, alcohol and drug addiction, balance disturbance.

Lung 1:

Used for respiratory disorders: pneumonia, bronchitis, asthma, cough, sore throat, tuberculosis, chest congestion, phlegm. Aids in detoxification from addictions and substance abuse.

Lung 2:

Used for respiratory disorders: pneumonia, bronchitis, asthma, cough, sore throat, tuberculosis, chest congestion, phlegm. Aids in detoxification from addictions and substance abuse.

Mouth:

Used for mouth disorders: glossitis, periodontal disease, temporomandibular joint dysfunction, bleeding gums, laryngitis, pharyngitis, stomatitis, facial paralysis; stops cough. Also used for insomnia.

Nicotine:

Used for smoking withdrawal and cravings for nicotine.

Point Zero:

Brings the whole body to homeostatic balance; balances energy, hormones, and brain activity; supports the actions of other points; controls visceral organs through the peripheral nerve ganglia. Promotes willpower.

Shen Men:

Tranquilizes the mind, allows a connection to one's spirit; alleviates stress, pain, convulsions, tension, anxiety, depression, insomnia, restlessness, excessive sensitivity; reduces coughs, fevers, inflammatory diseases, epilepsy, high blood pressure. Helps all other auricular points work better. Key point for alleviating pain.

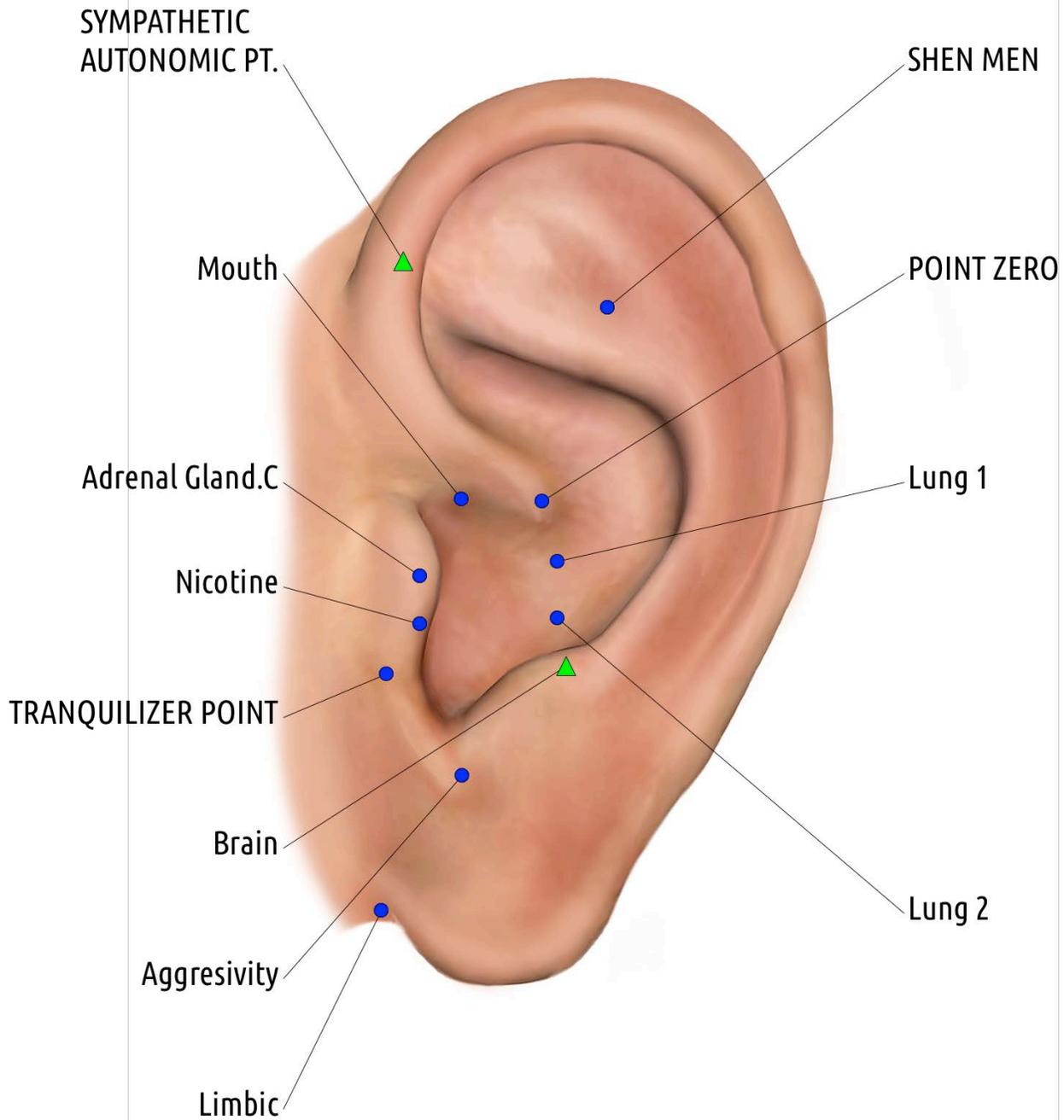
Sympathetic Autonomic Pt.:

Affects sympathetic/parasympathetic nervous system balance. Used for pain in the abdominal organs and spasms in the smooth muscles; asthma; affects equilibrium; improves blood circulation by producing vasodilatation; used for phlebitis, Raynaud's vasculitis, stress-related health disorders; reduces gastric acid secretion.

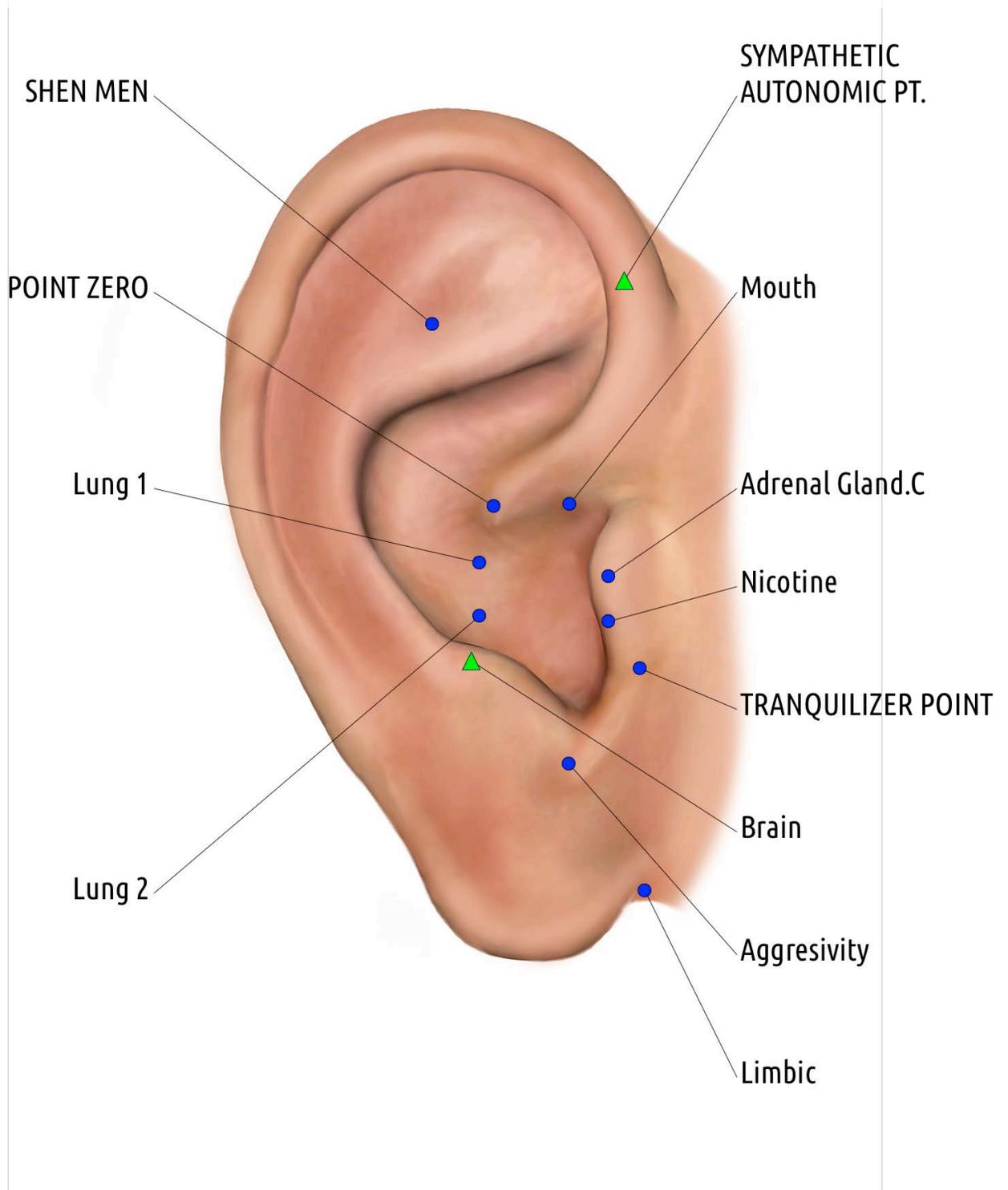
Tranquilizer Point:

Used for general sedation, overall relaxation, anxiety, hypertension, chronic stress.

Smoking Withdrawal (Left Ear)



Smoking Withdrawal (Right Ear)



Protocol Information

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Regulates adrenocortical stress hormones, fight-or-flight response, and inflammation; constricts blood vessels; used for hypotension, hypertension, respiration, asthma, skin diseases, menstrual problems, Addison's disease, Cushing's disease.

Aggressivity:

Regulates aggressive behavior, withdrawal symptoms of drug abuse, anger, rage, frustration, manic behavior. When treating electrically, the common frequency for this point is 80 Hz.

Brain:

Affects the cerebral cortex: memory, attention, thought, awareness, consciousness, intelligence; blood supply to the brain; affects the pituitary; central nervous system: headache, loss of feeling, memory loss, muscle weakness, tremors; digestive system disorders; endocrine disorders; relieves pain; eases the mind.

Limbic:

Addresses emotional life, formation of memories, amnesia, alcohol and drug addiction, balance disturbance.

Lung 1:

Used for respiratory disorders: pneumonia, bronchitis, asthma, cough, sore throat, tuberculosis, chest congestion, phlegm. Aids in detoxification from addictions and substance abuse.

Lung 2:

Used for respiratory disorders: pneumonia, bronchitis, asthma, cough, sore throat, tuberculosis, chest congestion, phlegm. Aids in detoxification from addictions and substance abuse.

Mouth:

Used for mouth disorders: glossitis, periodontal disease, temporomandibular joint dysfunction, bleeding gums, laryngitis, pharyngitis, stomatitis, facial paralysis; stops cough. Also used for insomnia.

Nicotine:

Used for smoking withdrawal and cravings for nicotine.

Point Zero:

Brings the whole body to homeostatic balance; balances energy, hormones, and brain activity; supports the actions of other points; controls visceral organs through the peripheral nerve ganglia. Promotes willpower.

Shen Men:

Tranquilizes the mind, allows a connection to one's spirit; alleviates stress, pain, convulsions, tension, anxiety, depression, insomnia, restlessness, excessive sensitivity; reduces coughs, fevers, inflammatory diseases, epilepsy, high blood pressure. Helps all other auricular points work better. Key point for alleviating pain.

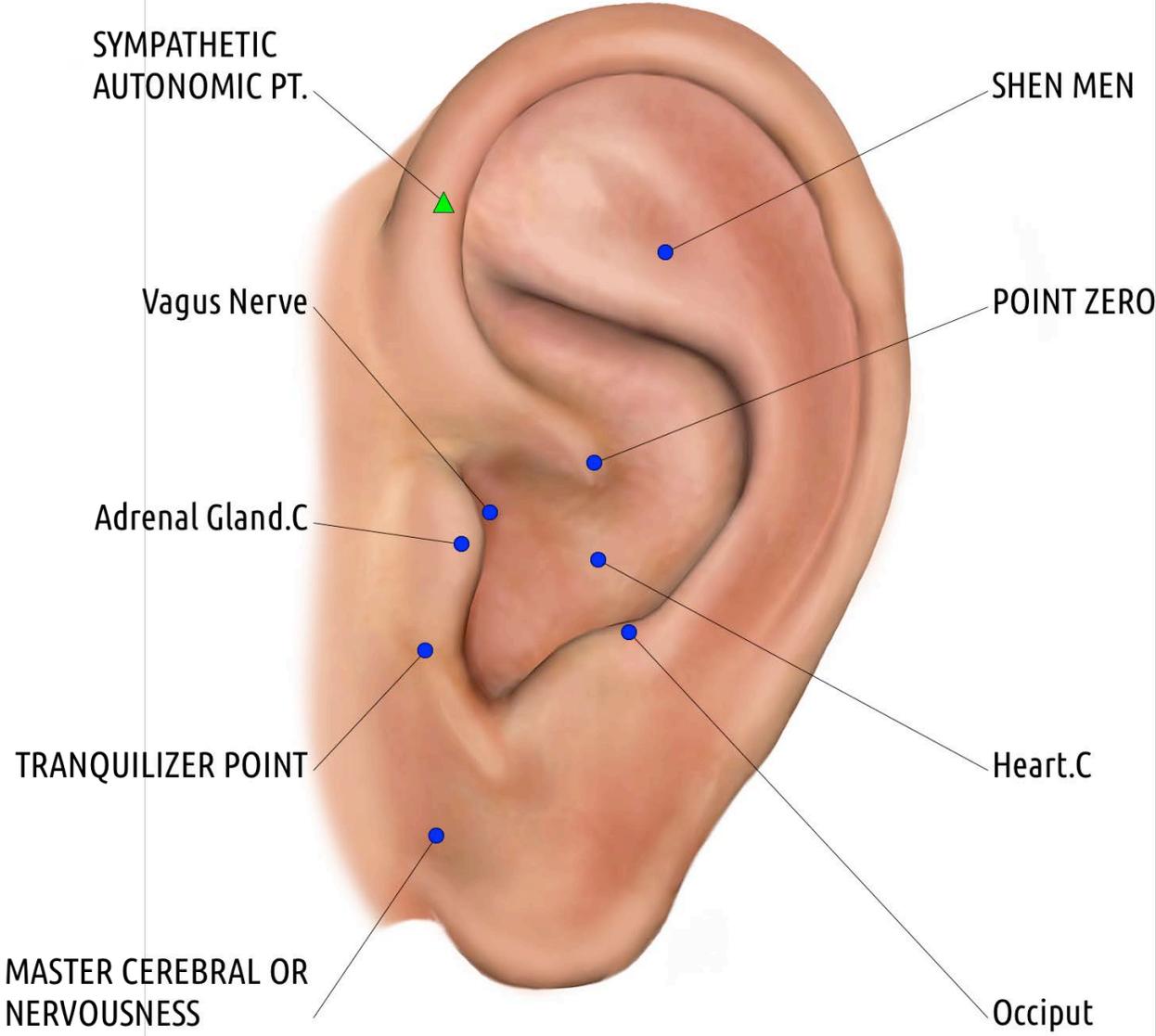
Sympathetic Autonomic Pt.:

Affects sympathetic/parasympathetic nervous system balance. Used for pain in the abdominal organs and spasms in the smooth muscles; asthma; affects equilibrium; improves blood circulation by producing vasodilatation; used for phlebitis, Raynaud's vasculitis, stress-related health disorders; reduces gastric acid secretion.

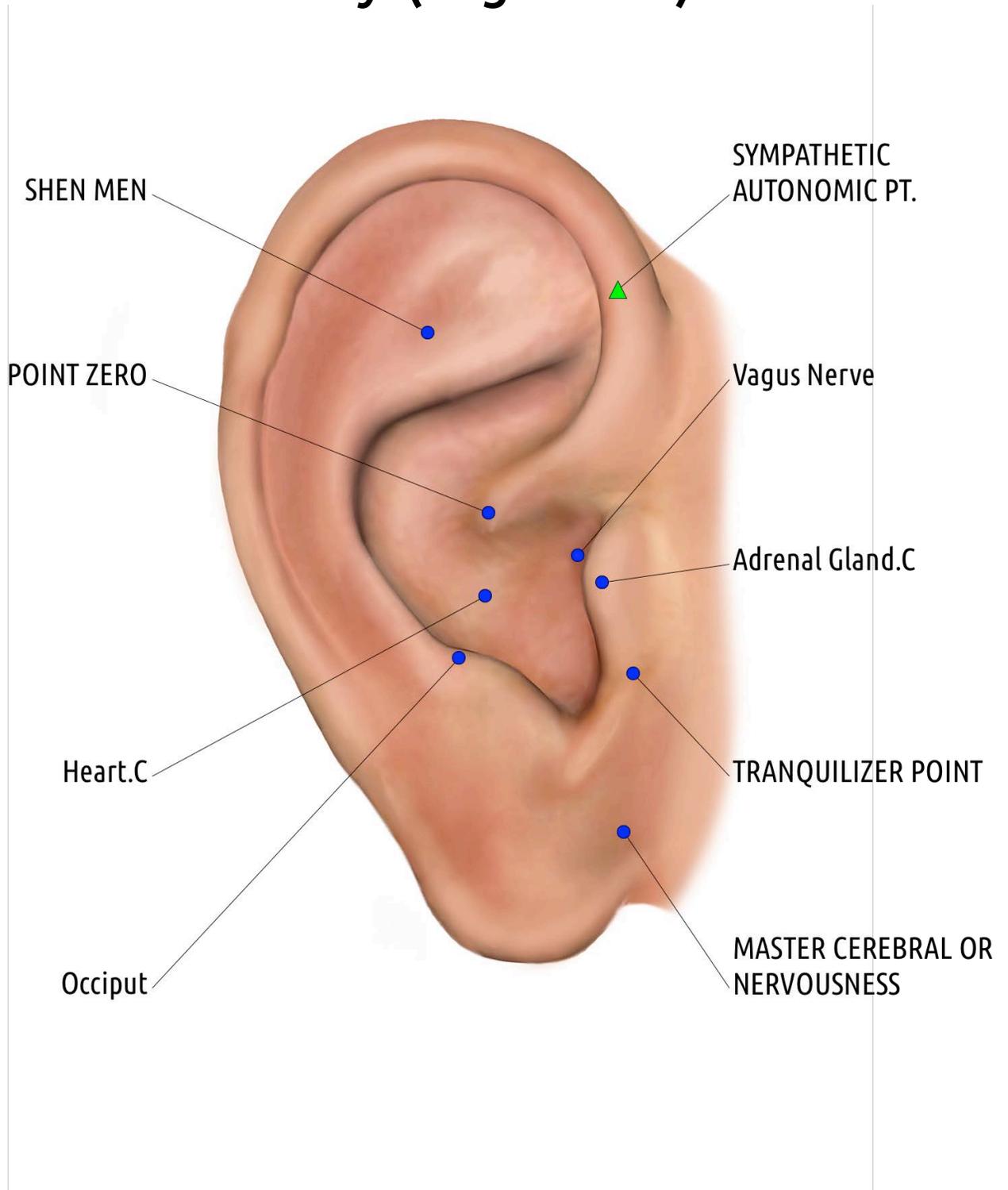
Tranquilizer Point:

Used for general sedation, overall relaxation, anxiety, hypertension, chronic stress.

Anxiety (Left Ear)



Anxiety (Right Ear)



Protocol Information

Description

Anxiety is a relatively constant state of worry and fear, which is out of proportion to the actual level of stress or threat in one's life. Anxiety can be caused by a physical or psychological stimulus, producing mental and/or physiological reactions leading to illness.

Causes

Studies show anxiety can be caused by heredity, brain chemistry, personality, and life experiences.

Point Information

Adrenal Gland.C:

Regulates adrenocortical stress hormones, fight-or-flight response, and inflammation; constricts blood vessels; used for hypotension, hypertension, respiration, asthma, skin diseases, menstrual problems, Addison's disease, Cushing's disease.

Heart.C:

Used for blood pressure, shock, chest pain, heart disease, angina, hypertension, hypotension, tachycardia, arrhythmia; improves blood circulation in extremities to increase skin temperature.

Master Cerebral:

Addresses pre-frontal lobe of brain. Affects decision making and initiates conscious action. Used for nervous anxiety, fear, worry, obsessive-compulsive disorders. Neurasthenia includes lassitude, irritability, lack of concentration, anxiety, and extreme fatigue. This point addresses these symptoms and promotes deep sleep.

Nervousness:

Addresses pre-frontal lobe of brain. Affects decision making and initiates conscious action. Used for nervous anxiety, fear, worry, obsessive-compulsive disorders. Neurasthenia includes lassitude, irritability, lack of concentration, anxiety, and extreme fatigue. This point addresses these symptoms and promotes deep sleep.

Occiput:

This point is very dynamic and is one of the most-used points on the ear. The occiput is a region that connects directly with the brain and the spinal cord; thus its list of functions is nearly endless. Tranquilizes the mind, addresses headache, temporomandibular joint dysfunction, emotional disorders, anxiety; lowers blood pressure; treats neurological disorders: seizures, epilepsy, facial spasms, dizziness, vertigo, shingles, tinnitus; vision and hearing disorders. See also: Occiput (Posterior) point

Point Zero:

Brings the whole body to homeostatic balance; balances energy, hormones, and brain activity; supports the actions of other points; controls visceral organs through the peripheral nerve ganglia. Promotes willpower.

Shen Men:

Tranquilizes the mind, allows a connection to one's spirit; alleviates stress, pain, convulsions, tension, anxiety, depression, insomnia, restlessness, excessive sensitivity; reduces coughs, fevers, inflammatory diseases, epilepsy, high blood pressure. Helps all other auricular points work better. Key point for alleviating pain.

Sympathetic Autonomic Pt.:

Affects sympathetic/parasympathetic nervous system balance. Used for pain in the abdominal organs and spasms in the smooth muscles; asthma; affects equilibrium; improves blood circulation by producing vasodilatation; used for phlebitis, Raynaud's vasculitis, stress-related health disorders; reduces gastric acid secretion.

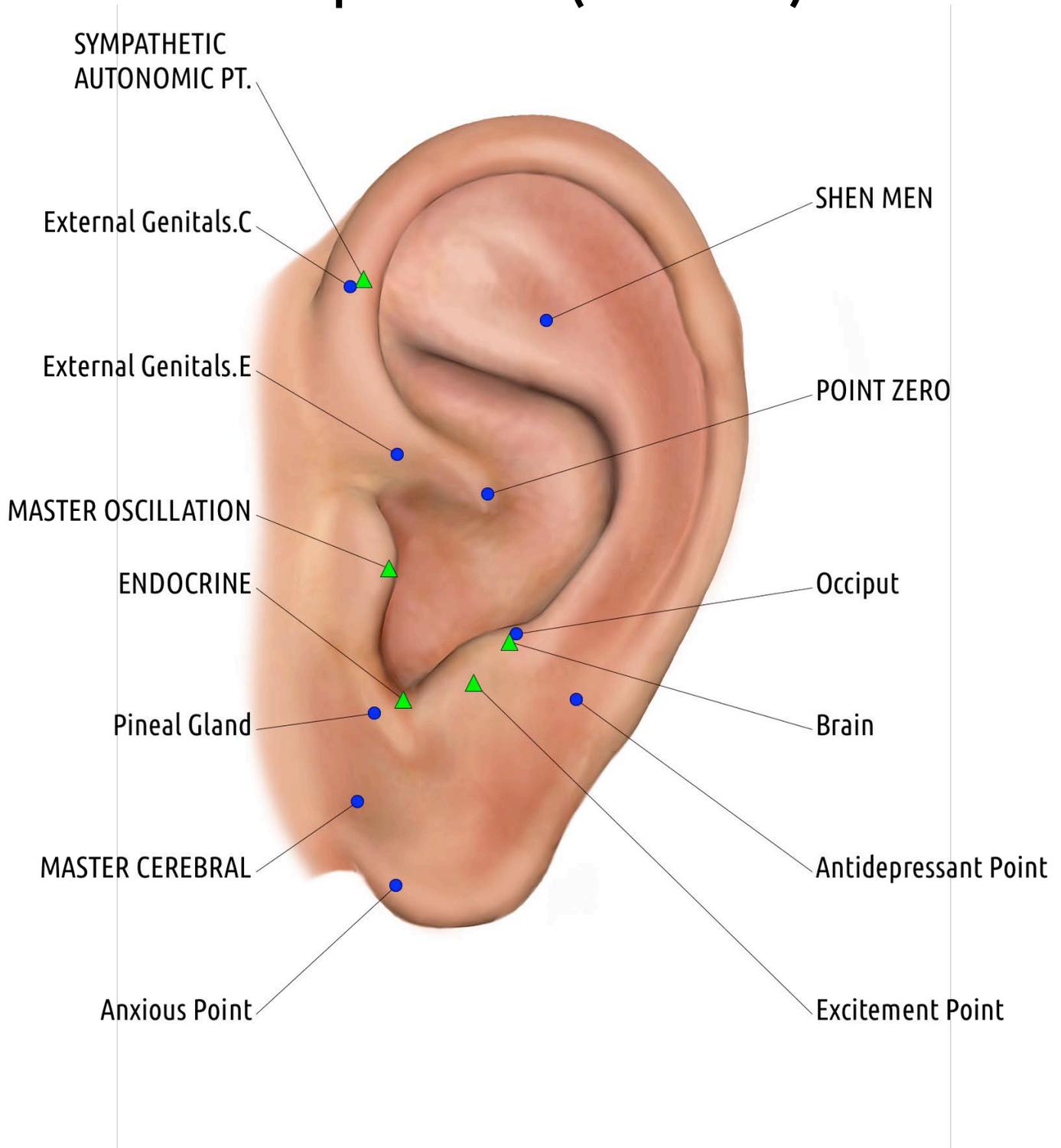
Tranquilizer Point:

Used for general sedation, overall relaxation, anxiety, hypertension, chronic stress.

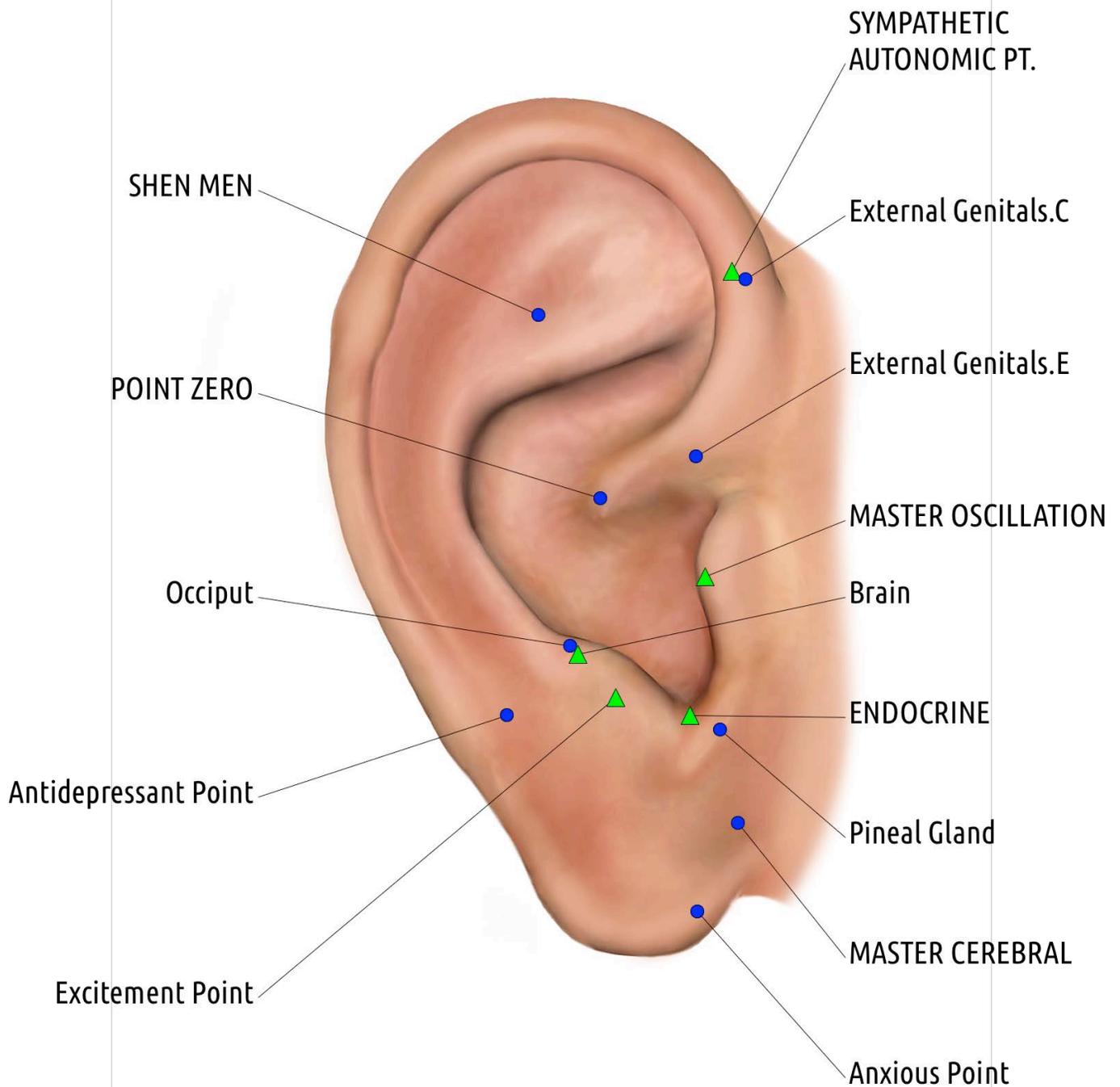
Vagus Nerve:

Regulates heart rate, blood pressure, and anxiety through parasympathetic response. Can be used for smoking cessation.

Depression (Left Ear)



Depression (Right Ear)



Protocol Information

Description

Depression is a medical illness that presents as an emotional state of gloom affecting appetite, sleep, self-confidence, and perception of the outside world. Depression involves both the mind and body. Mood and thoughts can lead to a variety of emotional and physical problems.

Causes

A variety of factors may cause depression including biological tendencies, neurotransmitter imbalances, hormones, inherited traits, life events, and emotional trauma.

Complications

Depression is a serious illness and complications can include suicidal tendencies.

Point Information

Antidepressant Point:

Used for depression and mood swings. When treating electrically, the common frequency for this point is 80 Hz.

Anxious Point:

Used for emotional disorders; anxiety, stress, depression, and nervousness.

Brain:

Affects the cerebral cortex: memory, attention, thought, awareness, consciousness, intelligence; blood supply to the brain; affects the pituitary; central nervous system: headache, loss of feeling, memory loss, muscle weakness, tremors; digestive system disorders; endocrine disorders; relieves pain; eases the mind.

Endocrine:

Balances the endocrine hormones to raise or lower glandular secretions; used for hyperthyroidism, diabetes mellitus, hypersensitivity, rheumatism, urogenital disorders, climacteric syndrome (the time in a woman's life when ovaries begin to decline and eventually stop producing eggs); activates the pituitary gland of the brain (master gland of the brain which controls all other endocrine glands); has anti-inflammatory and anti-allergic effects. Assists absorption and digestion functions; promotes water metabolism.

Excitement Point:

Activates the cerebral cortex (affecting sensory and motor areas of the brain) to relieve sleepiness, depression, emotional withdrawal, impotence, sexual impairment, and obesity.

External Genitals.C:

Used for erectile dysfunction, lack of libido, impotence, low back pain, inflammation of scrotum or penis, vulvular pruritis.

External Genitals.E:

Used for erectile dysfunction, lack of libido, impotence, low back pain, inflammation of scrotum or penis, vulvular pruritis.

Master Cerebral:

Addresses pre-frontal lobe of brain. Affects decision making and initiates conscious action. Used for nervous anxiety, fear, worry, obsessive-compulsive disorders. Neurasthenia includes lassitude, irritability, lack of concentration, anxiety, and extreme fatigue. This point addresses these symptoms and promotes deep sleep.

Master Oscillation:

Balances right and left cerebral hemispheres. Needling this point before treatment helps individuals with laterality dysfunction ('Switched'). Used for dyslexia, learning disabilities, ADD, and unusual/sensitive reaction to medications. When treating electrically, the common frequency for this point is 2.5 Hz.

Occiput:

This point is very dynamic and is one of the most-used points on the ear. The occiput is a region that connects directly with the brain and the spinal cord; thus its list of functions is nearly endless. Tranquilizes the mind, addresses headache, temporomandibular joint dysfunction, emotional disorders, anxiety; lowers blood pressure; treats neurological disorders: seizures, epilepsy, facial spasms, dizziness, vertigo, shingles, tinnitus; vision and hearing disorders. See also: Occiput (Posterior) point

Pineal Gland:

Affects melatonin production, which is responsible for wake and sleep cycles and seasonal adaptation. Treats depression, insomnia, seasonal affective disorder (SAD).

Point Zero:

Brings the whole body to homeostatic balance; balances energy, hormones, and brain activity; supports the actions of other points; controls visceral organs through the peripheral nerve ganglia. Promotes willpower.

Shen Men:

Tranquilizes the mind, allows a connection to one's spirit; alleviates stress, pain, convulsions, tension, anxiety, depression, insomnia, restlessness, excessive sensitivity; reduces coughs, fevers, inflammatory diseases, epilepsy, high blood pressure. Helps all other auricular points work better. Key point for alleviating pain.

Sympathetic Autonomic Pt.:

Affects sympathetic/parasympathetic nervous system balance. Used for pain in the abdominal organs and spasms in the smooth muscles; asthma; affects equilibrium; improves blood circulation by producing vasodilatation; used for phlebitis, Raynaud's vasculitis, stress-related health disorders; reduces gastric acid secretion.