The Amazing Science of Auriculotherapy

Pain Relief, Smoking Cessation, Weight Loss and the Healing of 350 Diseases through Ear Acupressure

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Introduction

Auriculotherapy (aw-RIK-ulo-therapy), also called auricular therapy, is a branch of alternative medicine that has its roots in Traditional Chinese Medicine (TCM). It is a state-of-the-art therapy for the treatment of over 350 diseases, and is a clinical science recognized by the World Health Organization and approved by the Food and Drug Administration (FDA).

One of the core principles of this healing technology is that the outer portion of the ear (i.e., the auricle) is a microsystem that represents every part of the human body. In other words, every point of the outer ear corresponds to, and is associated with, a specific part of the human anatomy.

Whereas general body acupuncture addresses health problems by working on the energy meridians of the body, auriculotherapy is based on nerve connections (in the human nervous system) and offers specific localized treatment for the organs or systems involved in the health problem.

Auriculotherapy has been used successfully for ...

- smoking cessation
- allergies
- weight loss
- pain relief (including back pain, headaches, neck pain, sciatica pain, radiating pain to arms or legs)
- sexual stimulation (increasing sexual arousal)
- sexual suppression (decreasing sexual arousal)
- hypertension
- stress relief
- insomnia
- immune response against infection
- depression and other mental disorders
- recovery from paralysis
- sleep apnea
- nausea
- sinusitis
- bronchitis
- cold and flu symptoms
gastrointestinal disorders such as Crohn’s disease
the correction of imbalances in the body
... and a wide variety of health conditions originating from every bodily system.

For many people, auriculotherapy is also the treatment of choice for eliminating addictive behaviors including alcohol and drug abuse (street and recreational drugs), attention deficit disorder, obsessive-compulsive disorder, and even gambling.

Auriculotherapy is similar to ear acupuncture but instead of using needles, a microcurrent stimulator is placed on reflex points on the outer ear. These points then send a message to the brain based on the location of the reflex point being treated.

This book will present various modes of auriculotherapy administration, including sonopuncture (ultrasound), laser therapy, electro-acupuncture and piezo electric acupuncture stimulator. However, the main focus will be on administering auriculotherapy through ear acupressure (also called ear reflexology). This will enable you to employ the do-it-yourself approach at home. Ear acupressure is a method that requires the use of your fingers (or simple paraphernalia, such as herbal beads, pellets or a blunt wand) to apply pressure on the reflex points (also referred to as auricular points). Although this method is very simple, it can nonetheless, help you experience the therapeutic benefits mentioned above – without needles, micro-current, special equipment, or a visit to a health practitioner who specializes in auriculotherapy.

History of Auriculotherapy

"The ear is the place where all the acupuncture channels meet."
-- Nei Ching, the Yellow Emperors' Classic of Internal Medicine
The earliest written records of ear acupuncture date back to the Yellow Emperor's Classic of Internal Medicine, which mentions specific acupuncture points on the external ear used for the relief of certain medical disorders. Even prior to such written texts, medical treatments using auricular stimulation had already been employed in ancient Egypt, Greece, Rome and Persia.

It wasn’t until the 1950s, however, that the specific ear points were mapped out as a complete therapeutic system. Dr. Paul Nogier, a French physicist from Lyon, France was the first to observe that the structure of the ear appeared to be a mirror image of an inverted human fetus -- that is, the ear is a microcosmic representation of the entire body. As such, the ear lobe, which is the lowest part of the outer ear, represents the head, and with this as a reference point, one can identify the corresponding anatomiical parts accordingly. For example, the knee, corresponds precisely with the fetal representation of the knee in the auricle, and so does the torso, internal organs, neurological systems and extremities. Thus, one could treat various areas of the body through their corresponding points in the ear.

Indeed, a large number of points have been identified on the outer ear which have been observed to become spontaneously tender (or have morphological or coloration reactions) to the presence of disease or injury elsewhere in the body. It was observed that there was a consistency in the tenderness, morphological or coloration responses among most test subjects for the exact same ear points. Thereafter, it was reported that stimulation of these ear points produced therapeutic effects on those parts of the body to which they corresponded.

The discovery of the ear points and their therapeutic implications occurred when Dr. Nogier noticed that some of his patients had cauterized a specific area of their outer ear to relieve their low back pain. Dr. Nogier conducted a similar
procedure on his own sciatica patients and discovered that his patients were likewise relieved of their back pain. He experimented stimulating the "sciatica point" on the ear using acupuncture needles, and found that the needles were equally effective in relieving sciatica pain.

From that single observation of therapeutic benefit stemming from the stimulation of an ear point, Dr. Nogier theorized that if the upper area of the outer ear is effective in treating low back pain, perhaps stimulating other parts of the ear in similar fashion could treat other parts of the body. His theory proved correct.

Since Dr. Nogier had already observed that the ear represents the human anatomy in an upside down orientation, he then developed a somatotopic correlation of specific parts of the body to specific parts of the ear. Soon thereafter, he prepared the very first map of the ear, and consequently introduced to the world a successful clinical blueprint that provides effective treatment of various health conditions.

Dr. Nogier’s somatotopic map, a chart which superimposes an upside down fetus over the auricle of the ear, was first presented to naturopathic practitioners in France in 1957. Thus, the practice of auriculotherapy was born, and word spread to acupuncturists in Germany.

The Chinese adopted the inverted fetus model of ear acupuncture in 1958. Since then, the use of specific ear points as a therapeutic remedy for a variety of health problems has been used by clinical practitioners in other parts of Europe, in Asia, and in North and South America. As a result, Dr. Nogier has come to be known as the Father of Modern Auriculotherapy.
In the 1960s, the Chinese did a large-scale study using acupuncture in the ear, and proposed a similar though slightly different somatotopic map. It is a combination of these two charts which makes up the modern points used in most chiropractic offices today.

Ear acupuncture has been practiced in Asia for over 2,000 years, and auriculotherapy has been used in continental Europe for the past 50 years. However, auriculotherapy has only recently been considered as a treatment option for pain and addiction by medical doctors in the United States.

In November 1997, the U.S. National Institutes of Health (NIH) approved the practice of acupuncture. The approval included an evaluation of those studies which supported the use of ear acupuncture for pain relief and addiction treatment.

**How is Auriculotherapy Administered?**

Auriculotherapy is conducted by a variety of health and medical practitioners, including acupuncturists, biofeedback therapists, chiropractic doctors, medical doctors, dentists, naturopathic doctors, nurses, physical therapists, osteopathic doctors, psychotherapists, and reflexology therapists.

Many auriculotherapy practitioners employ a small electronic pulse to stimulate the auricular points. You're asked to lie down or sit on a chair, and a therapist uses a mechanical probe to detect the specific points on your ear that need treatment. Once identified, each ear reflex point is stimulated for 10 to 30 seconds, requiring a total of 20 minutes for successively treating various points on each ear. The treatment involves no pain, although you may feel light pressure during stimulation.

Other auriculotherapists use sonopuncture, which uses sound vibrations (instead of acupuncture needles) to stimulate acupuncture points. This mode of administration is also painless, and can be a standalone treatment, or used in combination with other therapies. Sonopuncture is the ideal way of administering auriculotherapy when the reflex points that require treatment are
painful to stimulate using other means, and for auricular points that are located on a bone. An in-clinic treatment is fairly quick, lasting only fifteen to forty five seconds.

Still other practitioners use Piezo Therapy to administer auriculotherapy. This is a simple practice which involves the use of piezoelectric stimulation of the auricular points. Piezoelectricity refers to a spark of electricity generated when crystals are subjected to mechanical stress. The spark generated is not unlike the spark produced when you click on an electronic lighter, and piezoelectricity is particularly effective in relieving pain, especially aching muscles.

The Piezo treatment entails simply placing the tip of a Piezo device on the auricular point and pushing a button located at the top of the device (also called a plunger) multiple times. The device emits a low electronic pulse that stimulates the nervous system with each push, and also balances the flow of energy through the meridians. Since mechanical pressure is applied to the device, no batteries or electrical current are required to operate the Piezo device. This form of auriculotherapy is painless, yet surprisingly effective.

You can administer Piezo stimulation on yourself or have an auriculotherapist administer it on you. Portable Piezo stimulators, such as the one pictured above, have been available on the market for years. (Note: A search on Google for the key phrase "Piezo stimulators" will help you find suppliers.) However, manufacturers and sellers of these devices have always suggested that the user click on the device directly on the part of the body that is painful or requires treatment. Pointing the device on auricular points that correspond to the organ or part of the body (requiring treatment) has been proven to be more effective and deliver an immediate effect. Pain often dissipates after just a few clicks on the appropriate auricular points.

By far, the simplest mode of auriculotherapy administration is acupressure, which utilizes finger pressure, or a narrow, blunt-tipped wand, such as the end of a match stick.

When employing the fingers, pressure may be applied using the forefinger and/or thumb on any given point. The auricular point is pressed or massaged between 30 to 60 seconds. The standard duration is 30 seconds per point. To
verify that you're effectively applying auriculotherapy, the part of the ear being treated should turn reddish in color and develop a warm sensation upon being treated.

Other ways of administering ear acupressure involve the use of tiny ear tacks, therapeutic seeds, or stainless steel balls plated with silver, gold, platinum, or no coating at all. Sometimes, magnets or magnetized balls are also used. These paraphernalia are placed on precise therapeutic areas of the ear, and secured with small sections of sterile clear or surgical tape. There are also products available, such as AcuBead® Acupressure strips that make the practice of ear acupressure easier. You simply place the strip (equipped with individual beads) on appropriate auricular pressure points.

**Health Benefits**  
**(and Little-Known Amazing Effects)**  
**of Auriculotherapy**

Since the outer ear is a *microsystem* that connects to every part of the human body, auriculotherapy relieves a wide variety of health problems. Virtually all health conditions can be improved to some degree by stimulating the ear points.

Many practitioners of Qi Gong, an internal Chinese healing art that promotes the circulation of qi (pronounced *chee*), or vital energy, within the human body, make it a daily practice to massage their ears as a way of *enhancing overall health*. Traditional Chinese Medicine believes that pain, disease, or dysfunction is due to a blockage of qi within the body. The stimulation of ear acupuncture points is believed to help restore the normal flow of qi, thereby relieving symptoms that resulted from its stagnation or blockage.
Here’s the simple procedure for massaging your ears to promote health:

1) First rub your hands together (to build warmth and to allow energy to flow to your palms and fingertips).

2) Bring your hands to your ears and begin squeezing and pressing every inch of both ears so that your fingers come in contact with as many of the hundreds of reflex points in your ears as possible.

3) If you find a tender spot on an ear (which is not a pimple or injury to the ear), squeeze that spot using firm pressure 3 times, then squeeze it again 3 times using soft pressure. Repeat the firm and soft squeezing for as long as it feels comfortable.

4) End your ear massage with three tugs as follows: grasp the entire ear and pull your hands down, sliding over the skin, all the way to your earlobe.

The highly therapeutic and relaxing effects of the ear massage described above are widely acknowledged that modern massage therapists often include it as part of their massage services.

Although ear massage does stimulate the reflex points in the auricle and contributes to overall health, auriculotherapy is utilized more for the localized treatment of organs and bodily systems, and as a remedy for specific health problems.

The most commonly reported uses of auriculotherapy have been for the control of chronic pain, detoxification from addictive drugs, relief of nausea, and reduction of hypertension.
Pain Relief

Chronic pain is largely due to myofascial pain, related to the constriction of the connective tissue surrounding muscles in spasm. Muscles remain in spasm when there are motor neurons causing them to contract. When pathological brain reflex patterns keep spinal reflex re-initiating the activation of the motor neurons, pain persists. By stimulating ear reflex points, the pathological brain patterns can be electrically reset to stop the unwanted activation of spinal reflexes. Pain sensations that are due to irritated nerves can thus be relieved.

Auriculotherapy has also been shown to induce the body's production of natural pain-relieving biochemicals known as endorphins and enkephalins. When higher levels of these biochemicals are introduced in the blood and cerebrospinal fluid, the body fights pain spontaneously -- without the use of drug-based painkillers.

Endorphins and enkephalins have an analgesic effect, and are known to be just as effective as morphine in stopping pain. Since both biochemicals are produced by our bodies, they are the healthiest pain relief available with no side effects! For this reason, auriculotherapy has been used as a natural way to combat chronic pain and migraine headache.

Endorphins and enkephalins are the body's "feel good" substances that naturally improve our mood, increase pleasure and minimize pain. As such, they also help those struggling with cravings and substance withdrawal.

Although there's an abundance of health practitioners who specialize in administering auriculotherapy these days via sonopuncture, laser, electro-acupuncture and piezo electric acupuncture stimulator, often the do-it-yourself acupressure approach works just as well.

If you have a tension headache, for instance, you can use your fingers to apply pressure on the Pain Control Point (Thalamus Point) for relief.
Smoking Cessation

According to the National Institute on Drug Abuse (NIDA), nicotine is the most addictive drug, and its addiction mechanism in the brain is almost identical to that of cocaine. Nicotine is also known to be 3 or 4 times more addictive than heroin. This is why the smoking habit has always been one of the most difficult to break -- until now.

Auriculotherapy has been proven to be an effective -- and painless -- technology that helps a smoker to not only minimize cravings but quit smoking altogether. Stimulating the auricular reflex point for smoking cessation helps calm the nervous system and strengthen will power.

If you're seeking an auriculotherapy clinic for smoking cessation, select one
that specializes in this particular field. In smoking cessation clinics, auriculotherapy is administered by treating multiple points in the auricle with mild electrical stimulation. Stimulation of those reflex points intercepts the "I want more nicotine!" messages sent by the brain to the body, thereby disrupting the process of addiction. At Neurology Associates, Inc., for instance, a single 30-minute auriculotherapy treatment involving very light stimulation to precise points on the external ear has been shown to reduce smoking from 20 or more cigarettes a day down to 3 to 5 a day. Oftentimes, just one treatment causes 75% of their patients to quit. When their treatment plan is strictly followed, their auriculotherapy procedure has a success rate of 80%.

In the comfort of your own home, you can reduce or eliminate your nicotine cravings -- and experience little to no withdrawal symptoms when you stop smoking. You can do this by stimulating the Nicotine Point using ear acupressure. Stimulating the Nicotine Point "tricks" the body into thinking it is still receiving nicotine when it actually is not. That's because the stimulation induces the production of endorphins. Auriculotherapy causes the endorphins to lock to specific neuroreceptors that nicotine binds to, thereby causing the body to think it is ingesting nicotine. This is why there are usually no withdrawal symptoms when auriculotherapy is used for smoking cessation. Once the body loses exposure to nicotine, it slowly loses its addictive neurological pathway, and thus, the body loses its craving for it.

Many people have been able to quit the smoking habit with auriculotherapy even if they've failed many times before using other smoking cessation mechanisms. Some studies show that auriculotherapy is 7 times more powerful than other methods used for smoking cessation.
For Sexual Stimulation (or Suppression)

Over 50 years ago, Dr. Paul Nogier, not only developed the somatotopic map of specific ear points used as therapeutic remedies for a variety of health problems, but he also discovered that there are points on the outer ear which, when stimulated, produce remarkable effects including the enhancement and suppression of sexual desire, stimulation of endorphins, and mood alteration.

The two auriculotherapy points for stimulating or suppressing sexual desire were named after 15th century Flemish painter, Jerome Bosch. One point bears his first name (Jerome Point) and the other his surname (Bosch Point). Both have a re-equilibrating effect on the libido.

The Point for Sexual Desire (the Bosch Point or the Libido Point) increases libido and enhances sexual arousal. Massaging and gently stimulating the Bosch Point on the outer ear (auricle) can create greater sexual pleasure than the
traditional erogenous zones. Many couples find that stimulating the Bosch Point is far better - and achieves desired results faster -- than engaging in foreplay.

The Point for Sexual Compulsion (the Jerome Point, or the Point for Sexual Suppression) **lowers libido**, has a sedative effect on sexual desire, and even alleviates insomnia.
Most of us are familiar with acupuncture points which lie on miniscule energy pathways called meridians. Simplistically speaking, the manipulation of these points either stimulate or suppress the flow of energy to corresponding parts of the body. It is this same principle at work when the Jerome or Bosch Points are massaged or manipulated.

**For Weight Loss**

Auriculotherapy has been shown to play a key role in treating obesity and achieving effective weight loss. A report published in the journal *Medical Acupuncture* in 1998 showed that 100% of patients on a weight loss program that combined a high protein diet with auriculomedicine reported that ear acupuncture suppressed their appetite for several days after each treatment and greatly decreased their urge to binge or overeat.

Once again, in the clinical setting, pressure is applied to specific points in the patient’s body using mild electrical stimulation. The auricular points have nerve
connections to the brain, which in turn commands the body to reduce its intake of food. This results in suppressed appetite and diminished food cravings.

One benefit of auriculotherapy in weight loss is that the treatment has no side effects, unlike other traditional weight loss treatments. When electrical stimulation of the auricular points is used, most patients experience instant weight loss with one or two treatments. Patients report a significant decrease in appetite, as well as an immediate feeling of satiety (satisfaction and/or fullness) while eating.

Studies have shown that elevated levels of insulin lower blood glucose levels, and this increases cravings for food, especially sweet and starchy foods. Furthermore, excess insulin results in the body's tendency to create and store fat more easily.

Stimulating the Hunger Point (Appetite Control point) on the auricle helps regulate insulin levels (which promotes weight loss by reducing the fat storage in cells); controls appetite; calms the nervous system; and strengthens will power. In addition, stimulating the Hunger Point helps reduce stress and tension and promotes proper hormone regulation which, in turn, helps control food cravings even more.
Many people have found that applying pressure or massaging the Hunger Point for 30 to 60 seconds when they're hungry, helps tremendously in suppressing hunger and appetite. Since the point stimulation also triggers the release of endorphins, it creates a feeling of well-being. Food cravings are often a psychological response to depression and mood swings. When you're in a good mood, you are less likely to crave food. Auriculotherapy also adjusts the speed by which the brain senses that the stomach is already full. This accelerated sense of fullness goes a long way in keeping your food intake at levels that support weight loss.

Dr. George H. Kramer, a physician who integrates Orthopedic and Natural Pain Medicine, and a Board Certified Medical Acupuncturist, combined forces with Dr. Frederick Strobl, a neurologist, to create AcuBead® Acupressure strips (U.S. Pat. No. 20030074020). The AcuBead® product called SlenderBeads makes the practice of ear acupressure for weight loss easy. All one has to do is place the strip (with individual ear acupressure beads) on appropriate auricular pressure points. Stimulating the auricular appetite suppression points in this manner has been shown to slow stomach emptying,
increase the feeling of fullness and reduce hunger. Clinical studies showed an average **weight loss of 1-2 pounds per week** when used properly.

**Stress Relief**

In the last few decades, stress has become so commonplace and people have begun to regard it as a permanent fixture of modern life. It's alarming that people have also begun to ignore the potentially deadly effects of stress, and consider it a necessary evil.

Stress is one thing that you must never accept as a given, however. Why? Because it wreaks more havoc on your health than you realize. For example, scientists have discovered that everyday stress is a factor in the growth of cancerous tumors. This recent discovery, published in *Nature*, a science journal, shows that the conditions for developing cancer can be affected by your emotional environment -- including everyday work and family stress.

And that's just for starters. Stress is associated with your physical, emotional and mental health, and also causes serious behavioral effects. It is a well-established fact that stress is a major cause of heart disease. Stress induces the fight-or-flight response that can become lethal when it is allowed to become a way of life.

Perhaps the most dangerous effect of stress is that it **shuts down the immune system**. And when the immune system shuts down, your body becomes susceptible to any and all diseases! No matter how you look at it, stress kills!

When people are "stressed out" they tend to drink heavily, smoke or take over-the-counter or recreational drugs as a way of getting immediate chemical relief from stress. Some turn to excessive food consumption -- and others seek the temporary respite of sleep.

Auriculotherapy can contribute significantly to the management and elimination of stress. When you stimulate specific points on the outer ear, you can trigger the body to release cortisol, as well as biochemicals and hormones that play an important part in your body's control of stress.

There is a reflex point on the auricle called Shen Men (also called the Wonder Point) which, when stimulated, provides stress relief, alleviates pain, tension, depression, insomnia and anxiety.

When you're faced with stressful situations, applying pressure on the Shen
Men point helps your body to relax and produces an overall feeling of well-being.

**Alcoholism**

A study of chronic alcoholics in Hennepin County, Minnesota found that subjects who participated in a trial of auricular acupuncture had 50% less drinking episodes, and 50% less return visits to detoxification facilities, compared with a control group. One of the conclusions of the study was that "recidivism (tendency to relapse) of alcohol and drug addicts decreased from 20-25% to 5% for patients receiving acupuncture detoxification treatments."

Further government-funded studies on the effects of auriculotherapy on alcohol addiction are currently underway.

The Alcoholic Point (also called the Drunk Point) is located in the Superior Concha section of the ear. Since that section is recessed, and therefore difficult to access using the fingers, the point can be stimulated using a blunt wand or...
probe, such as the end of a match stick. There are also AcuBead ® strips that make it easy to stimulate hard to reach points like these.

**Hypertension**

The reduction of hypertension is one of the most commonly reported uses of auriculotherapy. The Hypertension Point, located on the inferior Tragus, is a tranquilizer point that reduces high blood pressure and induces relaxation.
Depression

A clinical study on nervous depression conducted in Brussels under the supervision of Dr. Jean Pierre Fossion has shown that stimulation of auricular points are efficient in the treatment of the symptoms of depression such as increased heart rate, motor unrest (such as trembling), insomnia, mental uneasiness and hyperkinetic attention.

Stimulating the Anti-Depressant Point relieves endogenous depression, reactive depression and dysphoric mood.
The Institute of Acupuncture and Moxibustion and the China Academy of Traditional Chinese Medicine in Beijing conducted a study involving 46 cases of insomnia -- 19 male and 27 female. The test subjects were given auriculotherapy treatments via laser irradiation. Of the 46 cases treated, 32 cases (69.5%) were cured -- i.e., able to sleep more than 7 hours; 13 cases (28.3%) were improved -- i.e., able to sleep 5-6 hours; and only 1 case (2.2%) failed -- i.e., able to sleep less than 3 hours. The success rate was 97.8%.

It is believed that the reason auriculotherapy works is because it regulates the nervous system and tranquilizes the mind, both conditions being ideal for the alleviation of insomnia.

There are two Insomnia Points (also called Sleep Points) as shown in the
Beyond Pain Relief, Smoking Cessation, Weight Loss and Insomnia

Asthma

Asthma is a chronic condition in the lungs characterized by an inflammation of airways, which causes wheezing, chest tightness, shortness of breath, and coughing. Asthma symptoms can flare up when triggered by various conditions.
such as allergies, infections, and strong odors or fumes that one may come in contact with.

According to the Centers for Disease Control and Prevention (CDC), 17.5 million adults and 7.1 million children have asthma. The following auriculotherapy point has been shown to relieve symptoms of asthma, bronchitis, coughs, difficulty breathing, and itching:

![Auriculotherapy Point](image)

**Bronchitis**

Bronchitis is defined as an inflammation of the membranes lining the bronchial tubes, and it’s a condition that may range from acute to chronic. Acute bronchitis is usually caused by viruses or bacteria and is characterized by coughing and phlegm production. It usually affects smokers, the elderly, infants, young children, and people with lung or heart disease. Chronic bronchitis is a long-term condition which also involves coughs that produce excessive mucus.
Here’s the auriculotherapy point that helps relieve bronchitis, pneumonia and breathing difficulties.

**Constipation**

Constipation (also known as costiveness, dyschezia, and dyssynergic defaecation) is a condition characterized by irregular and infrequent or difficult bowel movements. It can sometimes be a symptom of diverticulitis or intestinal obstruction. Incidences of this common health problem are reported to be between 2% to 30% of the general population, according to the *Journal of Gastroenterology and Hepatology*. The auriculotherapy point for relieving constipation and indigestion is as follows:
Dizziness

The Dizziness point, as its name suggests, helps relieve dizziness and vertigo. This may also help alleviate lightheadedness, or the feeling that you are about to faint or pass out.
Excessive Thirst

Excessive thirst (also called Polydipsia), or the urge to drink too much water, is a medical symptom that may be the result of a physical or emotional disease. It may also be a symptom of high blood sugar (hyperglycemia), and as such, it can be an important clue in detecting diabetes. The condition is prevalent among diabetics, and in those who fail to take their anti-diabetic medications or whose dosages have become inadequate.

Excessive thirst can also be caused by hypokalemia (abnormally low potassium level in blood); decreased blood volume (such as that which occurs as a result of major hemorrhage), and other conditions that create a water deficit in the body.
This auriculotherapy point helps to diminish excessive thirst:

Eye Disorder

Eye disorders run the gamut from cataracts to macular degeneration. The majority of the population suffers from one or a few eye disorders in their lifetime. According to the CDC, the total economic impact of vision loss in the U.S. reached up to $51 billion last year.

The Eye Disorder auriculotherapy point helps relieve blurred vision, eye irritation, and may even help with glaucoma.
Hemorrhoids

Hemorrhoids (more commonly called “piles”) are a painful condition caused by the swelling and inflammation of veins in the rectum and anal sphincter. This is caused by increased pressure in the veins of the anus. Symptoms include anal itching as well as aches and pains, bright red blood on tissue or stool, pain during bowel movements, and one or more hard lumps near the anus.

Hemorrhoids are a very common health condition, which an estimated 50% of all Americans over the age of 50 have. Only a small number of people who suffer from them seek medical treatment, even though approximately 10-20% require surgical intervention.

The auriculotherapy points which help alleviate hemorrhoids are as follows:
Hepatitis

Hepatitis is an inflammation of the liver caused by certain viruses, toxins and other factors such as alcohol abuse, some medications and trauma. The most common types are Hepatitis A, Hepatitis B, and Hepatitis C. Their severity depends on many different factors, and they can either be acute or chronic. Acute hepatitis usually lasts less than 6 months while chronic hepatitis is a long-term disease.

According to the CDC, “Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation. An estimated 4.4 million Americans are living with chronic hepatitis; most do not know they are infected. About 80,000 new infections occur each year.”

There are vaccines available for Hepatitis A and B, but everyone knows that a vaccine, like any medicine, can potentially cause serious problems, such as
severe allergic reactions.

Here are the auriculotherapy points for reducing liver inflammation or liver infection, as well as helping to reduce high blood pressure, and inducing relaxation:

![Auriculotherapy Points](image.png)

**Hypotension**

Hypotension refers to persistent abnormally low blood pressure, which results in insufficient blood flow to various parts of the body. When the flow of blood is too low to deliver enough oxygen and nutrients to vital organs such as the heart, brain and kidneys, the organs fail to function normally and may
become damaged, either temporarily or permanently.

Following is the auriculotherapy point for elevating abnormally low blood pressure:

![Hypotension](image)

**Inner Ear**

Hearing loss is a condition that clearly becomes more common with advanced age. According to the National Institute of Deafness and Other Communication Disorders (NIDCD), the following percentages of the 45 and older population suffers from a hearing impairment: 18% of American adults 45-64 years old; 30% of adults 65-74 years old; and 47% of adults 75 years old or older.

Hearing loss is not the exclusive domain of older adults, however. The NIDCD estimates that approximately 15% (26 million) of Americans between
the ages of 20 and 69 have high frequency hearing loss due to exposure to loud sounds or noise at work or in leisure activities. Additionally, about 2 to 3 out of every 1,000 children in the United States are born deaf or hard-of-hearing.

Tinnitus is yet another inner ear disorder that afflicts many people. It can be caused by natural hearing impairment, such as aging, as a side effect of genetic hearing loss, or as a side effect of some medications. About 20% of people between ages 55 and 65 report symptoms of tinnitus.

The Inner Ear auriculotherapy point helps relieve deafness, hearing impairment, and tinnitus.

Lumbago (or low back pain) is a common musculoskeletal disorder affecting 80% of people at some point in their lives. More sick leaves and disability cases
are caused by lumbago than any other medical condition. As far as duration goes, it can be acute, subacute or chronic. The auriculotherapy point that helps relieve functional low back pain is as follows:

Memory Loss

Mild memory loss is perfectly normal -- especially as we age. Misplacing keys, forgetting where you parked your car in the mall, or not remembering the names of people you just met doesn’t necessarily mean you’re developing dementia or Alzheimer's disease.

However, the probability of acquiring Alzheimer’s Disease remains alarmingly high. According to the Alzheimer’s Association, one out of five people over age 65 -- and 50% of people over age 85 are afflicted with Alzheimer's Disease. At least 5.2 million Americans and 26.6 million people worldwide currently suffer from the disease. By the year 2050, nearly one
million new cases annually are expected.

The Memory auriculotherapy points have been used to facilitate improvement in memory and attention in people with mild to severe memory loss.

**Muscle Relaxation**

Muscle relaxants are two major therapeutic groups of drugs, each of which has an overall sedative effect on the body. Although they’re typically prescribed to help alleviate muscle pains or spasms, or treat acute pain due to strains, sprains and other muscular injuries, they don’t actually act directly on the muscles; but instead act centrally (in the brain) and relax the whole body.

Some of the most common muscle relaxants include Diazepam (Valium), Flexeril, Skelaxin, Zanaflex, Norflex, Carisoprodol (Soma), Cyclobenzaprine
Many of those who use them experience a sedative effect, and become less alert when they are under the influence of the drugs, and others experience headaches, nausea, dizziness, upset stomach, allergic reactions, drowsiness, irritability and even vomiting.

Knowing the location of the following auriculotherapy point that relieves muscle tension and mimics the effect of muscle relaxants -- and possibly eliminates the need to take a drug that causes side effects -- may be beneficial to many.

**Muscle Relaxation**

**Nervousness**

Nervousness is that jittery, anxious feeling people experience at one time or another, usually when they’re faced with threatening situations, whether real or
imagined. In psychology terms, it’s defined as the hyperexcitability of the nervous system. It is generally characterized by uncomfortable self-consciousness, disrupted mental poise and restless or impulsive behavior.

The state of nervousness often causes physical changes in the body which include: rapid heartbeat, upset stomach, sweaty hands, muscle tension, dry mouth, tics and tremors, breathlessness, difficulty concentrating, the feeling of restlessness and agitation, dizziness, lightheadedness, and even bad breath.

Many auriculotherapy practitioners find that applying pressure on the point illustrated below helps alleviate nervousness and relieves anxiety, worry, neurosis and neurasthenia.
Pancreatitis is an inflammation of the pancreas. Its symptoms include abdominal pain, fever, chills, nausea, clammy skin, fatty stools, mild jaundice, sweating, weakness, weight loss and vomiting. Acute pancreatitis is usually caused by excessive alcohol consumption or by gallstones. A gallstone can potentially block the pancreatic duct, trapping digestive enzymes in the pancreas and thereby causing pancreatitis. Chronic pancreatitis occurs when digestive enzymes attack and destroy the pancreas and nearby tissues. This may be caused by an extended period of alcohol abuse, excess iron in the blood, and other factors.

The following auriculotherapy point helps relieve inflammation and deficiencies of the pancreas, as well as assist in alleviating diabetes and indigestion.
Tuberculosis is a contagious bacterial infection (caused by certain strains of mycobacteria) that mainly attacks the lungs, but may spread to other organs.

According to the Centers for Disease Control and Prevention (CDC), an estimated 10 to 15 million people in the United States have latent tuberculosis, and 11,545 have active tuberculosis. The TB bacteria is spread through the air when a person with active TB disease of the lungs or throat coughs, sneezes, spits, speaks, or sings.

The people who face a higher risk for active TB than the general population are the elderly, infants and those with weakened immune systems due to AIDS, chemotherapy, diabetes, or certain medications.

Your risk of contracting TB increases if you are in frequent contact with people who have TB; have poor nutrition; or live in crowded or unsanitary living conditions.

The following auriculotherapy point helps relieve tuberculosis, as well as pneumonia and breathing difficulties.
Other Useful Auriculotherapy Points for Various Health Conditions

Aggressivity Point

Aggression (also called combativeness) is a forceful behavior, action, or attitude that is expressed physically, verbally, or symbolically. It is manifested by either constructive or destructive acts directed toward oneself or against others with the intention of causing pain or harm.

The Aggressivity points help reduce irritability, aggression, frustration, rage, mania, and drug withdrawal symptoms.
Alertness Point

Most people have to resort to caffeine or some sort of stimulant in order to be alert whenever they have to function optimally. The Alertness point helps induce arousal, activation and alertness.
**Analgesia**

The Analgesia point is used to facilitate pain relief for surgeries.
Antihistamines are certain compounds or drugs that neutralize or inhibit the effect of histamine in the body. They prevent histamine from causing allergic symptoms, and as such, are used chiefly in the treatment of allergic disorders and colds. Stimulating the auriculotherapy point below helps relieve symptoms of colds, allergies, asthma, bronchitis and coughs by producing the antihistamine effect – without causing antihistamines’ attendant side effects such as drowsiness, dry mouth, urine retention and blurred vision. Furthermore, individuals who are cautioned not to take antihistamines – such as those currently using a monoamine oxidase inhibitor (MAOI); those with narrow-angle glaucoma; and women who are breastfeeding; are able to use auriculotherapy without worry.
The Apex of Tragus point helps reduce inflammation, fever, swelling, and arthritic pain.
Darwin’s Point

Darwin’s Point helps to relieve back pain and aches in lower limbs.
**Mania Point**

In psychiatry, mania is defined as a type of affective disorder characterized by abnormally elevated (euphoric) or irritable mood, excessive activity and talkativeness, impaired judgment, and sometimes psychotic symptoms, such as delusions of grandeur. It is often treated with antipsychotic drugs such as the Dibenzodiazepine including risperidone (risperdal) or quetiapine (seroquel), as well as Abilify, Ziprasidone (geodon) and Olanzapine (zyprexa).

The Mania point helps relieve hyperactive manic behavior that often accompanies addictions.
**Master Omega**

The Master Omega point influences psychological stress, fear, worry, angst, psychosomatic disorders, obsessive-compulsive disorders, ruminating thoughts, and general analgesia.
A metabolic disorder is a defect that occurs when abnormal chemical reactions in your body disrupt the metabolic process. This may mean that you may have an overabundance or insufficiency of certain substances that you need to maintain health. One can develop a metabolic disorder when some organs, such as the liver or pancreas, become diseased or fail to function normally. When this happens, disorders like diabetes or obesity are the end result.

The Master Point for Metabolism helps in the treatment of any metabolic disorder.
Master Point for Lower Limbs

The Master Point for Lower Limbs helps relieve pain and swelling in the legs and feet.
Master Point for Upper Limbs

The Master Point for Upper Limbs helps relieve pain and swelling in arms, hands, and fingers.
**Mercury Toxicity**

The Mercury Toxicity point helps relieve the effects of metal toxicity reactions.
Sneezing Point

The Sneezing Point helps to reduce sneezing and allergies.
Triple Warmer

Triple warmer (also called San Jiao or “Triple Burner”) is a term found in traditional Chinese Medicine (TCM), as part of modeling the workings of the human body attempted by early Chinese medical writers. In Oriental Medicine, this is an "energy system" that has no equivalent in conventional Western medicine. The Triple Warmer is central to all phases of digestion and consists of 3 parts: The Upper Burner (from mouth to Stomach); the Middle Burner (from Stomach to Large Intestine); and the Lower Burner (from Small Intestine to the Rectum).

This auriculotherapy point affects diseases of internal organs and endocrine glands and thermoregulation. It also influences the circulatory system and respiratory system, helping to relieve indigestion, shortness of breath, anemia, hepatitis and abdominal distension.
**Vitality Point**

The Vitality Point helps influence immune system disorders (including AIDS) and cancer.
Windstream (for Skin Conditions)

The Windstream auriculotherapy point alleviates many symptoms of stress, and is particularly helpful in the treatment of skin conditions, such as dermatitis, eczema, hives, urticaria, and poison oak.
The Unlimited Therapeutic Uses of Auriculotherapy

This book presents only a small fraction of the numerous therapeutic uses of auriculotherapy. The table below gives an indication of the range of health conditions that have been treated successfully with auriculotherapy.
### Important Precautions on the Use of Auriculotherapy

1. If you have pain that is necessary to have in order for a doctor or health care practitioner to properly diagnose an underlying problem, do not treat that pain with auriculotherapy.

2. Although there is no known clinical evidence regarding possible harmful effects of auriculotherapy upon a fetus, do not administer auriculotherapy on a pregnant woman. Some Chinese studies have shown that stimulation of the uterus and ovaries points on the ear can induce an abortion.

3. Auriculotherapy should not be administered on individuals with a cardiac pacemaker, even though the electric currents used in auriculotherapy are extremely small microcurrent levels.
4. One should not use alcohol or drugs prior to auriculotherapy treatment.

5. It is not advisable to treat patients when they are excessively weak, anemic, tired, hungry, or have just eaten. The treatment will not be as effective.

6. Nervous, anxious, weak or hypertensive individuals should have some time for a rest after the treatment.

7. Some people who undergo an auriculotherapy treatment may become sleepy or dizzy after a treatment. If this occurs, they may need to sit or lie down until the sedation effect dissipates.

8. Ear redness is the most common adverse side effect from auriculotherapy. This is only temporary, and the tenderness will disappear shortly.

9. In the unlikely event that the ear becomes infected, consult with a doctor or health practitioner with regards to the best way to deal with the infection.

To find a qualified auriculotherapist in your area, contact:

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If you want your auriculotherapy treatments to be covered by your health care provider or HMO, you must verify the type of license of the practitioner as well as your health insurance coverage. When an auriculotherapy treatment is billed as applied neurostimulation (CPT Code 97118) as part of a regular office visit, many health insurance agencies will accept it as a form of TENS (transcutaneous electrical nerve stimulation). A treatment billed as a form of acupuncture is usually not accepted by most health insurance companies.

Because of the simplicity of learning the inverted fetus somatotopic pattern on the ear, basic mastery of auriculotherapy skills can be achieved in just a few training sessions. The Auriculotherapy Manual by Dr. Terry Oleson provides a detailed description of over 250 ear reflex points and presents specific treatment plans for over 200 health conditions in a manner that is both comprehensive yet easy to understand.
Disclaimer: The entire contents of this book are based upon the research and opinions of the publisher, unless otherwise noted. The information in this book is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of the author. You are encouraged to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

* These statements have not been evaluated by the Food and Drug Administration. The information in this book is not intended to diagnose, treat, cure or prevent any disease.