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-ulotherapy), 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 apnoea
- 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 piezoelectric 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 amicrocosmic 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 anatomical 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 subject’s 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.

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.
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 acupuncture. 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 neuro-receptors 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.
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 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 Orthopaedic 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.
A study of chronic alcoholics in Hennings 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 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 dysphonic mood.
Insomnia

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 tranquillizes the mind, both conditions being ideal for the alleviation of insomnia. There are two Insomnia Points (also called Sleep Points) as shown in the diagram below. Stimulating these points helps relieve insomnia, nervousness, depression, sleep difficulties, nervous dreams and inability to dream.
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 odours 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:

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 (also known as costiveness, dysphasia, and dyssynergic defaecationis) 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 Herpetology. 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 light-headedness, 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 (hyperglycaemia), 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 hypokalaemia (abnormally low potassium level in blood); decreased blood volume (such as that which occurs as a result of major haemorrhage), and other conditions that create a water deficit in the body.

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.
Haemorrhoids

Haemorrhoids (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. Haemorrhoids 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% requires surgical intervention. The auriculotherapy points which help alleviate haemorrhoids are as follows:

Hepatitis

Hepatitis is an inflammation of the liver caused by certain viruses, toxins another 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. About 80,000 new infections occur each year. There are vaccines available for Hepatitis A and B, but everyone knows that vaccine’s, like any medicine, such as several 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:
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:

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 suffer from hearing impairment:

- 18% of American adults 45-64 years old
- 30% of adults 65-74 years old
- 47% of adults 75 years and 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 affects 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.
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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 an overall sedative effect on the body has. 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, Norflex, Carisoprodol (Soma), Cyclobenzaprine (Flexeril). 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.
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 hyper excitability of the nervous system. It is generally characterized by uncomfortable self-consciousness, disrupted mental poise and restless or impulsive behaviour. 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, light-headedness, 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.

Pancreatidis 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, another factors. The following auriculotherapy point helps relieve inflammation and deficiencies of the pancreas, as well as assist in alleviating diabetes and indigestion.

Tuberculosis (also called TB, short for tubercles bacillus) 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 Aggressively Point**

Aggression (also called combativeness) is a forceful behaviour, 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 aggressively 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.

Antihistamine

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.
**Apex of Tragus**

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), aswell as Abilify, Ziprasidone (geodon) and Olanzapine (zyprexa). The Mania point helps relieve hyperactive manic behaviour 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.
Master Point for Metabolism

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.
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 modelling 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, anaemia, hepatitis and abdominal distension.

Vitality Point

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

The Wind stream auriculotherapy point alleviates many symptoms of stress, and is particularly helpful in the treatment of skin conditions, such as dermatitis, eczema, hives, urticarial, and poison oak.