



## **AURICULAR THERAPY**

Auricular therapy integrates western health and eastern theories of balance and equilibrium. According to the principles of auricular therapy, each area of the ear corresponds to a different anatomical portion of the body. A large number of sites have been identified on the ear which become tender in the presence of disease/injury in the body. Ailments of the entire body are treatable by stimulation of the surface of the ear.

Although there are no direct nerve connections between the ear and the rest of the body, they do however, connect to reflex centers in the brain, which send neurological reflex messages to the spinal cord and then to nerves connecting to the corresponding part of the body

### **Conditions Treated with Auricular Therapy**

- ✓ pain anywhere in the body (even if from an old injury,)
- ✓ back pain
- ✓ trigeminal neuralgia,
- ✓ dizziness,  
vertigo,
- ✓ insomnia, A
- ✓ DD, ADHD,
- ✓ hearing problems and tinnitus,
- ✓ asthma,
- ✓ addictions (to food, nicotine, alcohol, drugs),
- ✓ depression,
- ✓ chronic fatigue,
- ✓ , allergies, skin conditions,
- ✓ high blood pressure,.



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### **Benefits of Auricular therapy**

- ✓ Activates the meridian which regulated energy flow
- ✓ Stimulates the internal organs
- ✓ Induces deep relaxation
- ✓ Improves the immune system
- ✓ Improves circulation

Reference: Auricular Therapy Workshop, ATI 2006

Chinese Acupuncture and Moxibustion, Foreign Languages Press Beijing 1999