

# Auricular Acupuncture

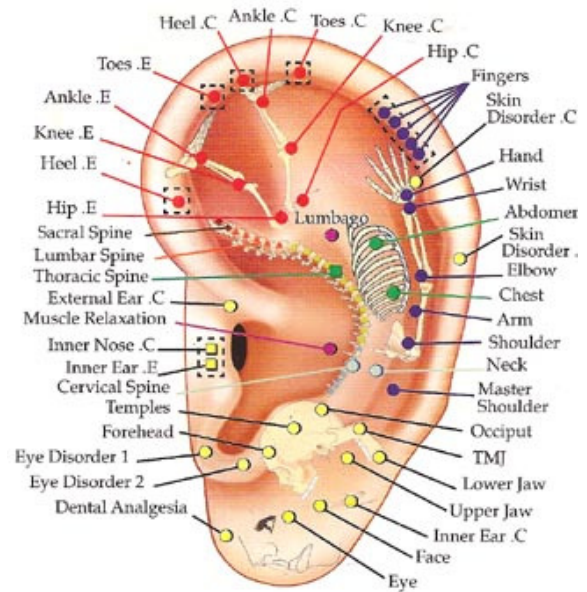
## For Weight Loss, Smoking Cessation and More!

### What is Auricular Acupuncture?

Similar to reflexology where the systems of the entire body is represented on the bottom of the feet or hands, auricular acupuncture is very much the same. The difference is that in Traditional Chinese Medicine (TCM) the outer part of the ear, the auricle, views the entire body and organ systems in an upside down fetus representation rather than in the feet or hands

### What can Auricular Acupuncture Treat?

Auricular acupuncture can be used to treat the same body systems as standard acupuncture. This includes musculoskeletal issues, nerve and organ system dysfunctions as well as addictions, weight loss, and smoking cessation. As a matter of fact, in certain U.S. States auricular acupuncture treatments are state mandated for DWI cases.



### What is the Procedure Like?

Fine hair like needles and vaccaria seeds that are taped to specific acupuncture points on the ear to stimulate various acupoints and achieve goals. The points are also targeted for behavior modification, addiction and stress. These points assist also to calm cravings and withdrawal symptoms. There is no pain involved when inserting the needles. Aside from taking care of the stumbling blocks that can cause you to resume the habit, acupuncture can help restore your body to a healthy state of balance and well-being.

### About the Seeds.

The ear seeds are about the size of the appropriate acupuncture point located on the ear. One reason for their use is that the ear seeds can be stimulated anytime you are feeling a need for self treatment, hence reducing in office appointments. The seeds will typically stay in for one to two weeks depending on how often a person gets them wet through showering. When they are ready to fall off or be replaced the adhesive that backs the seeds will start to feel sticky and should be replaced.

### Additional Information on the Acupoints

In addition to the above, specific acupoints on the ear are used to help suppress your appetite, reduce anxiousness & stress, stimulate repair and healing of organ systems, reduce food and nicotine cravings and aid digestion. If you are ready to loose weight or become smoke-free, acupuncture can provide you with the support you need

With weight loss and diet changes, many people experience cravings, which can lead to binge or stress eating.

**Cravings in the body weather for food or cigarettes are often due to a lack of endorphins.** Acupuncture can help to balance out the cravings by helping the body to release endorphins. Additionally individuals who quit smoking may have a tendency to gain weight by introducing acupuncture you can eliminate this possible side affect.

**Reduce stress**-An increase in the “stress hormone” cortisol can alter the metabolism and effect a persons ability to loose weight. In the case of smoking, when trying to quit individuals have a tendency to feel more nervous or edgy. Through the release of endorphins, the “stress hormone” can be neutralized altering the metabolism, creating a more calm peaceful effect, calming and relaxing the mind, reducing anxiety and alleviating depressive feelings.

**Support Digestion** - Acupuncture can support the body to generate an efficient digestive process. This is an important process for effective weight loss and detoxification. In the case of smoking, nicotine stimulates digestion and accelerates the muscular movement of the digestive tract as a result Some smokers may experience constipation after smoking cessation because nicotine is no longer present.