

# COMMUNITY AURICULAR ACUPUNCTURE

with Licensed Acupuncturist, Jennifer Adamski, L.Ac

Every Second Tuesday  
of the Month

4:00- 6:00 pm

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Every Fourth Tuesday  
of the Month

10:30 am—1:00 pm

\$ 35.00

If you have always wondered about acupuncture or are experiencing financial hardship that make private sessions unattainable, this is the event for you!

Experience a 20 min. Community Auricular Acupuncture treatment and learn more about how this ancient modality can assist you with a natural healing process, relieve pain and stress help you feel more relaxed and balanced in everyday life.

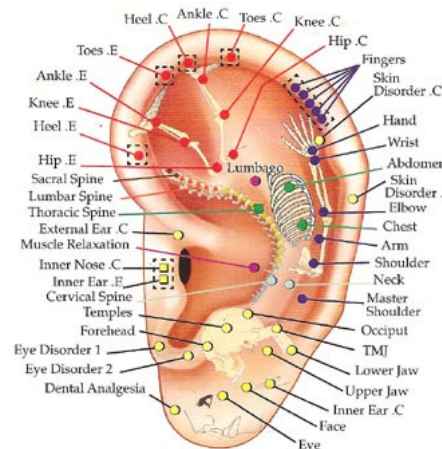
**To Register Contact  
The Center at 704-0319**

**Or Online at [www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**

## About Auricular Acupuncture

### 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.