

What is Auriculotherapy?

Presented by Dr. Chul H. (Danny) Han, DA, L.Ac., Dipl.Acup., MSOM

What is auriculotherapy?

Auriculotherapy is a form of acupuncture applied to the ear which originated with other forms of Oriental Medicine, over 2000 years ago. Modern ear acupuncture is based on both ancient Eastern and modern Western approaches. The ear is connected to every part of the body through “yang meridians” or channels through which “Qi” or vital energy and blood flows. In the 1950's, french physician, Dr. Paul Nogier, discovered that the various parts of the body correspond to specific areas of the ear in the form of an inverted fetus. By stimulating corresponding points on the map of the ear, patients experience relief from pain and illness in the corresponding body parts.

Auriculotherapy is effective for treating a number of conditions, including: Alcohol or Drug Abuse / Allergies / Detox / Headaches / Insomnia / Migraines / Relaxation / Smoking Cessation.

Ear Acupuncture Points

The following acupuncture points may be stimulated during your Acupuncture Happy Hour treatment:

- Shen Men (Spirit Gate) – calms the mind, alleviates pain, tension and anxiety.
- Point Zero (Solar Plexus Point) – brings the whole body toward a general homeostatic balance.
- Sympathetic Point – brings balance to the nervous system; provides overall sedating and harmonizing effects.
- Relax Muscles – relieves muscle tension.
- Lung - improves lung function, appropriate for patients wishing to quit smoking.

Do the needles hurt?

Acupuncture needles are very thin. Unlike hypodermic needles, they are solid, without a hollow center. Most people commonly experience a mild tingling or dull, but these sensations subside once the needles have been placed. The majority of patients report that the benefits of treatment offset any discomfort felt during the session.

What are the risks/side effects to auriculotherapy treatment?

Generally, there are no negative side effects to treatment. The risks of infection are extremely low as only individually packaged, pre-sterilized, disposable needles are used. Most patients feel better soon after the treatment.

Ear Diagram

