



Karen Craven Acupuncture

specializing in allergy and pain elimination

Auricular (Ear) Acupuncture

In traditional Chinese medicine, the ear can be viewed as a representation of the whole body. For example, on the part of the ear known as the inferior antihelix crus, there is a point that affects the low back. In addition to needles, tiny and extremely hard seeds of the vicia plant can be taped in the ear to use for acupressure on the points related to the area needing attention.

Ear acupuncture is commonly used to treat pain. Battlefield acupuncture is a term used for auricular acupuncture for pain. It is used for soldiers to relieve pain and allow them to function when pain medications would be inappropriate.

There are auricular acupuncture treatment plans to address dry eyes (xerophthalmia) and dry mouth (xerostomia) associated with radiation therapy or auto-immune disorders.

Ear acupuncture is an effective method of treatment for various other conditions including detoxification and recovery from tobacco, alcohol, and drug addiction, trauma, and other behavioral health issues. Ear acupuncture also supports weight loss efforts.

Studies/references:

- Battlefield acupuncture - [Stars and Stripes article](#)
- Anxiety - <http://www.anesthesia-analgesia.org/content/104/2/295.short>
- Pediatric epilepsy - <http://www.ncbi.nlm.nih.gov/pubmed/23820114>
- Nausea and vomiting - <http://www.ncbi.nlm.nih.gov/pubmed/23819241>
- Knee surgery - <http://www.ncbi.nlm.nih.gov/pubmed/23865512>
- NADA protocol - <http://www.acupuncturetoday.com/abc/nadaprotocol.php>