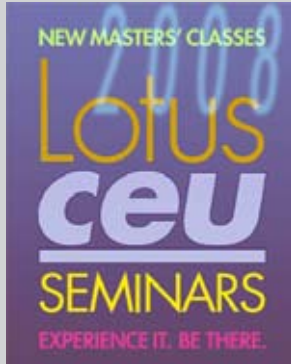




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AURICULAR SEED THERAPY TO IMPROVE SLEEP

By Li-Chun Huang, O.M.D., M.D. (China)

Auricular Seed Therapy is also called seed-pressure method. It refers to applying a hard and smooth seed, herb, or a magnetic pellet on a tape to a detected auricular point and pressing it properly so as to stimulate the point to treat diseases.

Auricular seed therapy, which is the most popular auricular therapy in the past 40 years, came into being on the basis of auricular filiform needling and auricular needle embedding therapy. Of course, the needling therapy is indicated and is very effective for many diseases, but needle insertion undoubtedly produces pain. This pain may cause some patients to be reluctant to seek and undertake treatment. Through clinical practice, it has been confirmed that auricular seed therapy, which is more acceptable, may also be indicated for many diseases and achieve satisfactory therapeutic effects. This method because of its simple application, constant stimulation, and safety is more suitable for the elderly, the weak, children or those who are very afraid of pain, or cannot receive treatment everyday.

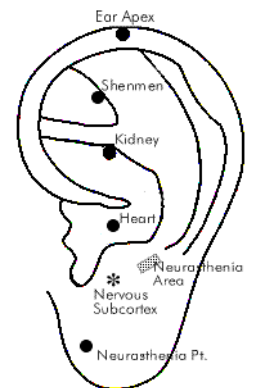
POINTS TO IMPROVE SLEEP AND CALM THE SHEN (SPIRIT)

The main points for improving sleep include *shenmen*, Heart, Kidney, neurasthenia area, neurasthenia point, nervous subcortex and ear apex bleeding. Points are shown to the right.

Ear apex bleeding and the point *shenmen* are used for tranquilizing the mind. TCM states that, "The spirit is stored in the Heart." The Heart controls mental activities. The Kidney is the "Sea of Marrows". Thus, the point Heart can be used for relieving mental stress; the point Kidney can be used for tonifying the functions of the brain and tranquilizing the mind. Moreover, the Heart is classified as fire, while the Kidney is classified as water, the coordination between the Heart (fire) and the Kidney (water) may maintain their normal functions.

The neurasthenia area and the neurasthenia point are the two main points for neurasthenia. Neurasthenia area is the specific point used to diagnose and treat difficulty in falling asleep, and dream-disturbed sleep, while the neurasthenia point is the specific point used to diagnose and treat light sleep, short sleep, and easy to be wakened with difficulty falling asleep again. For serious neurasthenia, select both the anterior and posterior areas of these two points to strengthen the stimulation.

The point subcortex is selected to regulate the function of the cerebral cortex in excitation and inhibition since disturbance of this function may lead to neurasthenia.



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ABOUT THE AUTHOR

Li-Chun Huang, O.M.D., M.D. (China)

Li-Chun Huang is the founder and current dean of Auricular Medicine International Research and Training Center. Her expertise in the field arises from her continuous research, and immense clinical and instructional experience. Dr. Huang has conducted over 150 seminars in auricular therapy worldwide, including the International Acupuncture and Moxibustion Class sponsored by the World Health Organization (W.H.O). Dr. Huang's years of training and devotion to research have enabled her to publish numerous texts on auricular acupuncture, including *Auricular Treatment Formulae and Prescriptions*, *Auricular Medicine*, and others.

This article was taken out of Dr. Huang's ***Auricular Treatment Formulae and Prescriptions***. [Click here](#) to order a copy.

To find out about her classes, please visit <http://www.earmedicine.us/index.php>



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