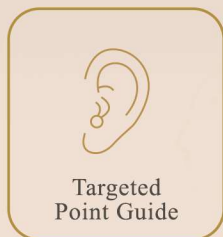


Ear Seed Guide For Kids



A simple guide to ear seeding
and kid-friendly ear seed point maps



NATURAL SUPPORT, MINDFUL BALANCE, EVERY DAY.

Ear Seeds

101 *With*

NAO Wellness



What Exactly Are Ear Seeds?



What Do Ear Seeds Help With?



Some Common Points



Ear Seed Tips



How To Apply Ear Seeds



Ear Seeds Video Tutorial



Ear Seed Points for Kids



FAQS



A SIMPLE, NATURAL WAY TO SUPPORT
BALANCE, CALM, AND DAILY SELF-CARE



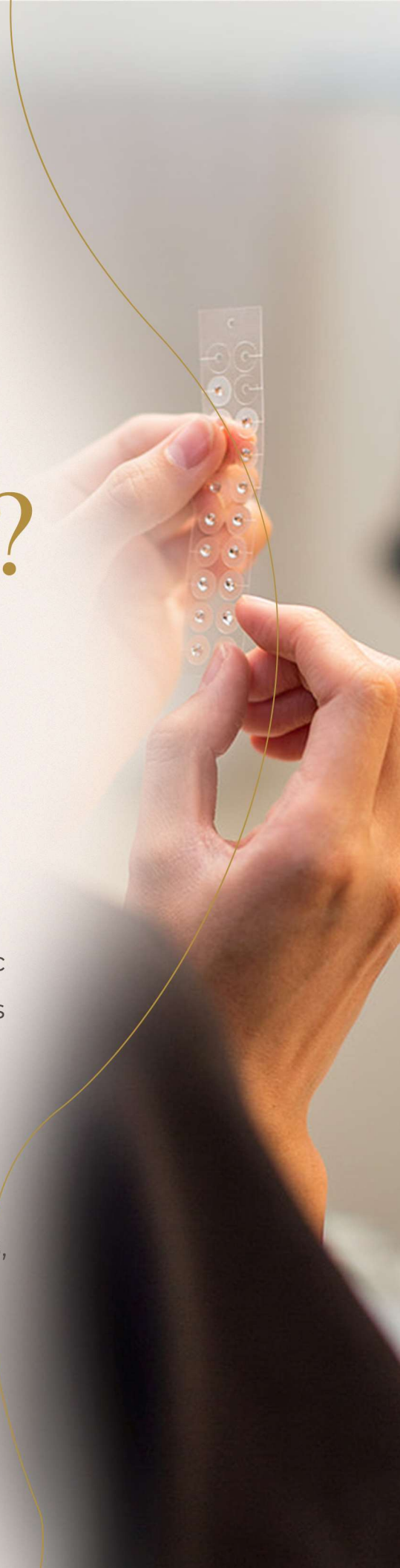
What Exactly Are Ear Seeds?



Ear seeds are a gentle, needle-free form of acupressure rooted in Traditional Chinese Medicine and auriculotherapy.

They are tiny seeds or metal beads placed on specific points of the ear, which correspond to different areas of the body. By stimulating these points, ear seeds help support the body's natural ability to restore balance and promote overall well-being.

Once applied, the seeds stay in place for several days, providing continuous, subtle stimulation. This allows the body to receive ongoing support for things like stress, sleep, digestion, mood, focus, and more.



What Do Ear Seeds *Help With?*



Calm Support



Better Focus



Sleep Support



Emotional Balance



Tummy Comfort



Allergies



Immune system support



Motion Sickness



School Stress



Restlessness



Travel Comfort



Memory and focus



Growing Pains Comfort



Confidence & Balance



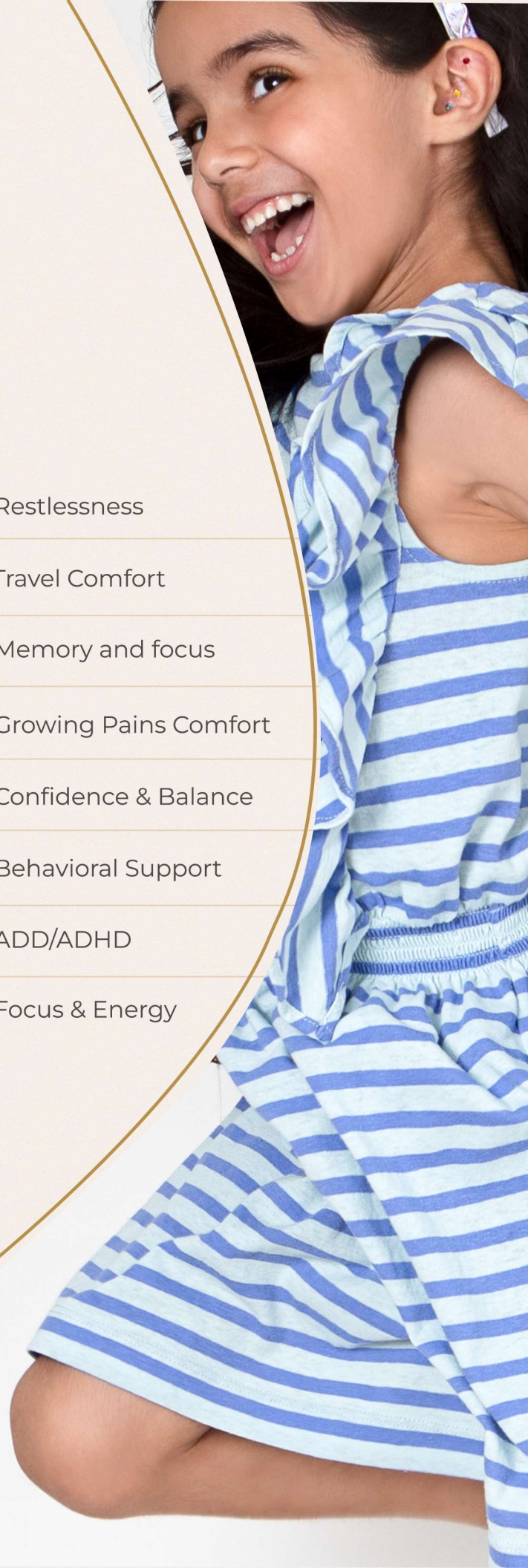
Behavioral Support



ADD/ADHD



Focus & Energy



Some Common Points



Shen Men

This point is commonly referred to as the "spirit gate." Shen men strengthens the effect of the other points when used together and is considered the doorway to the mind and the spirit.



Point Zero

This point is actually the most balancing point of all auricular points. It brings the body towards homeostasis and corresponds to the navel, influences digestion, helps bring natural flow of stomach energy downwards.



Tranquilizer

This point relieves stress and supports relaxation.



Ear Seed Tips



Keep ear seeds on for 3-5 days for maximum results.



Press periodically.



After 3-5 days, peel the adhesive off from the ears and wash the ears thoroughly. *Do not keep them on longer than 3-5 days...this is a healing modality - not all about fashion.



Let the ears breathe without ear seeds on them for 5 days before reapplying them.



It may take a couple tries to get the hang of it. Don't worry if you don't get the point exactly right, and do the best you can.

Cautions:

- Ear Seeds are safe to put on children. Be careful of younger children if they touch their ears excessive amounts.
- Ear seeds should not be used with individuals with latex allergies or women who are pregnant.



1 Prep Your Ears

Before applying your ear seeds, make sure your ears are clean and dry. We recommend applying them after a shower and gently wiping the area with alcohol to remove any oils, makeup, or residue. This helps the seeds adhere properly, especially if you have oilier skin, and ensures they stay in place for the full duration.

2 Pick Your Points...

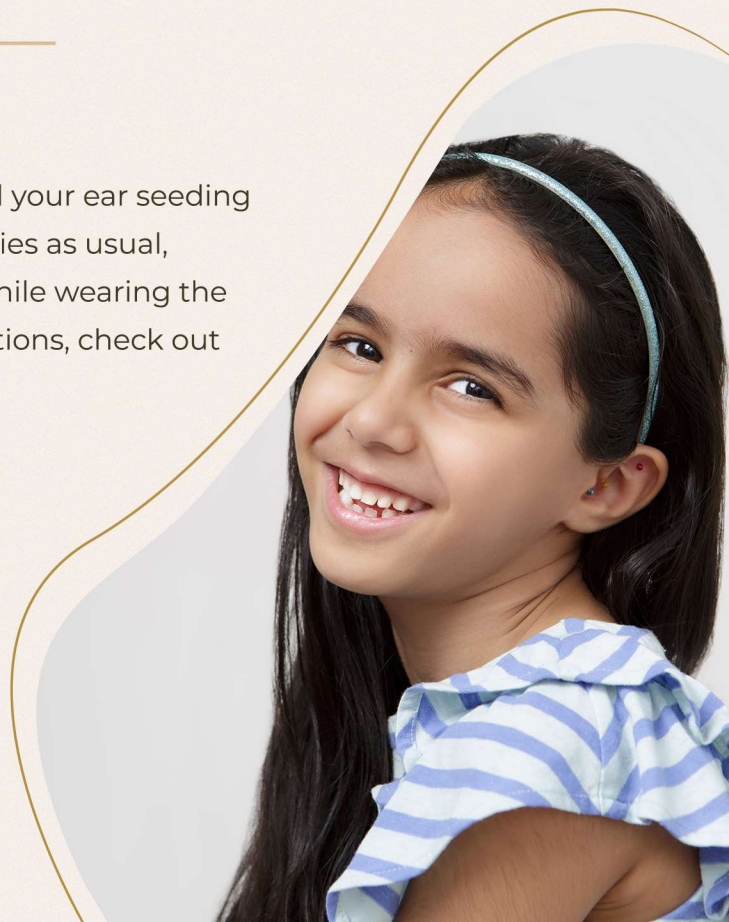
With these Free Downloadable resources, you can pick which health alignment you want to focus on and select your points from there. We recommend choosing 3-4 points per ear and applying the same points to each ear.

3 Apply Your Ear Seeds...

With these simple steps, you can easily apply your ear seeds at home. Follow the guide to correctly place each seed on your selected points. We recommend using tweezers for precise application and gently pressing each point to activate it for best results.

4 You Did It!

In just a few minutes, you've completed your ear seeding routine. Continue with your daily activities as usual, shower, swim, and go about your day while wearing the seeds for 3-5 days. If you have any questions, check out





How to Apply Ear Seeds



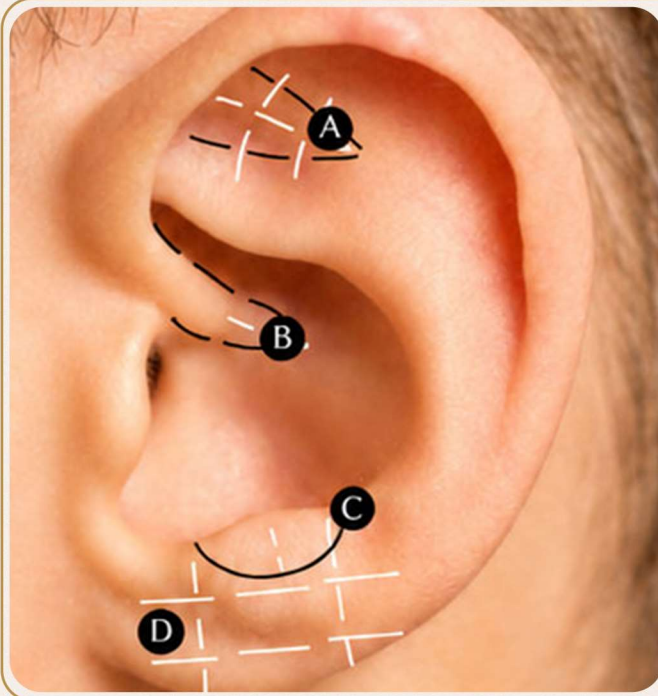
[Click here for a video tutorial](#)



Ear Seed Points *for Kids*

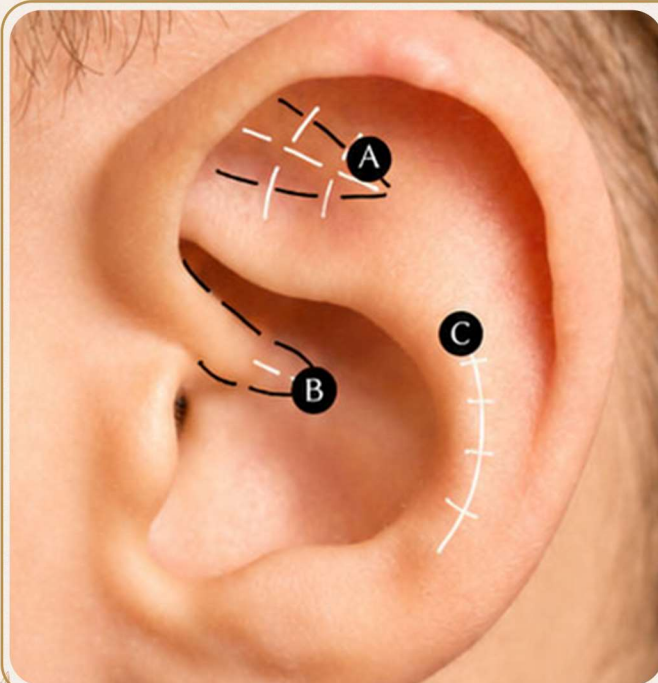
TARGETED POINT GUIDE

ADD/ADHD



- A **Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B **Point zero** - Believed to bring the whole body towards balance.
- C **Brain Stem Point** - Nourishes the brain.
- D **Master Cerebral Point** - Used for overactive brain.

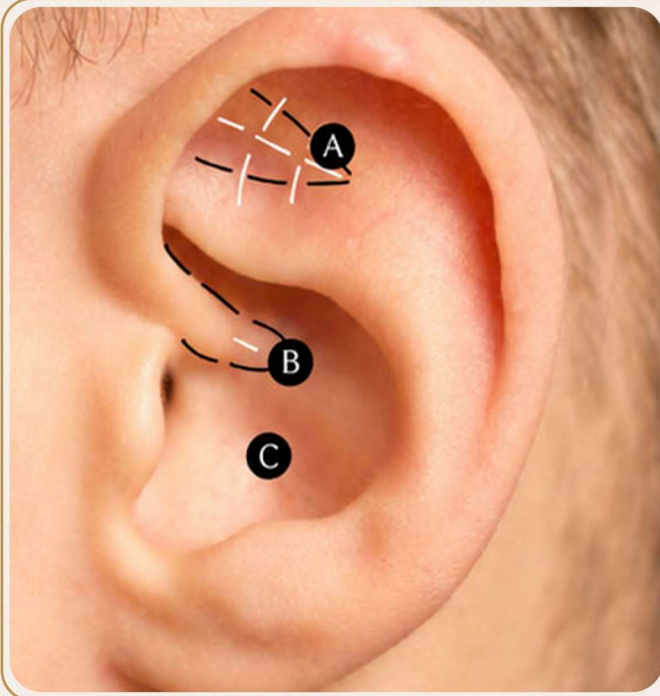
Bed Wetting



- A **Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B **Point zero** - Believed to bring the whole body towards balance.
- C **The Sacrum Point** - Used for bed wetting for children.

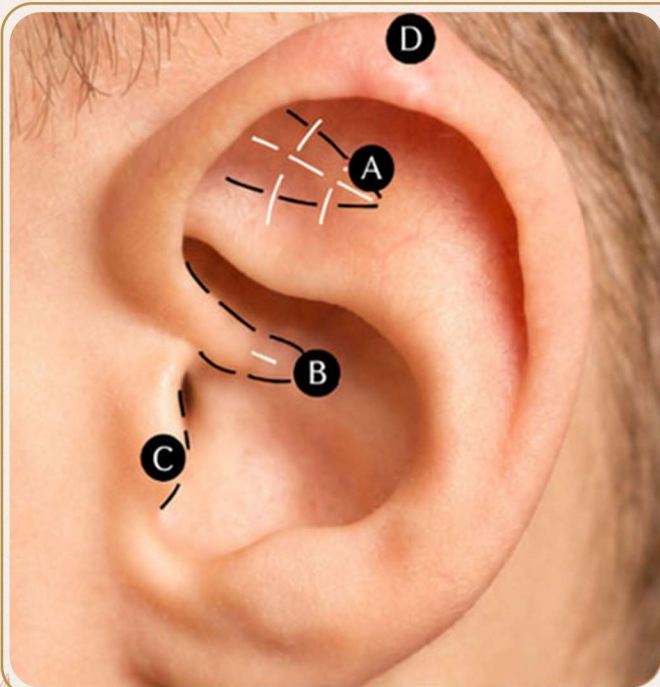
Ear Seed Points *for Kids*

TARGETED POINT GUIDE



Happiness

- A Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B Point Zero** - Believed to bring the whole body towards balance.
- C Heart** - Calm the mind and spirit for stress, anxiety, and insomnia.

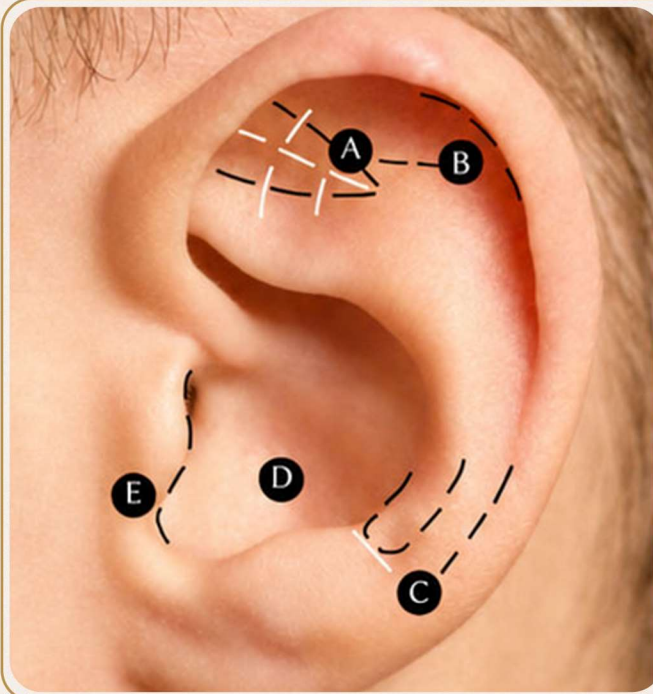


Common Cold

- A Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B Point zero** - Believed to bring the whole body towards balance.
- C Adrenals** - Helps to reduce fever and allergies.
- D Allergy point** - Has an anti-inflammatory effect and used for the common cold.

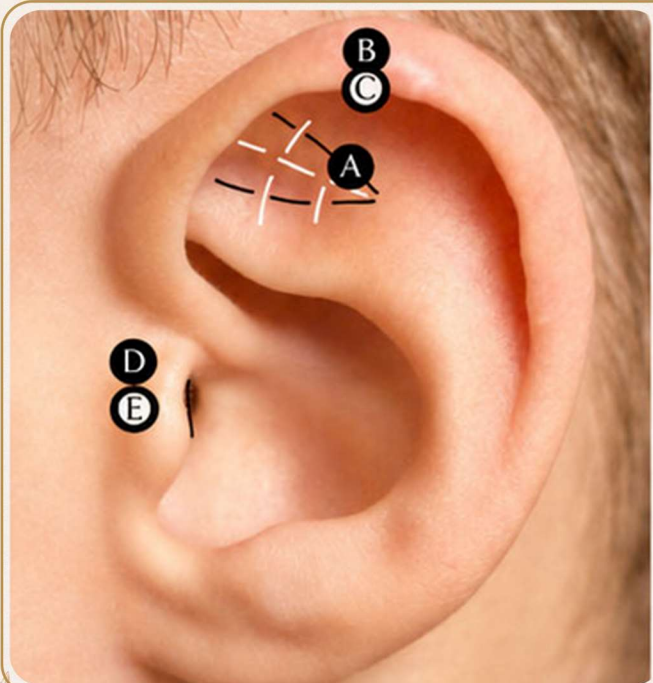
Ear Seed Points *for Kids*

TARGETED POINT GUIDE



Sleep

- A Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B Insomnia 1** - The point is known to help you sleep and alleviate insomnia.
- C Insomnia 2** - Shown to alleviate fitful sleeping, sleep difficulties, and ability to dream.
- D Heart** - Used to calm the mind and spirit for stress, anxiety, and insomnia.
- E Pineal Gland** - This point has been shown to affect circadian rhythm and day-night cycles. Relieves irregular sleep patterns and insomnia.



Allergies

- A Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B+C Allergy Points** - Known to have an antiinflammatory reaction in cases of allergies, hay fever, asthma, and inflamed eyes.

*One is placed inside the lobe, and one is placed outside the lobe.

- D Adrenal Glands Point** - Helps reduce allergies.
- E Internal Nose Point** - Used for sneezing, nasal congestion, and allergies.

Ear Seeding Planner



Track your points, symptoms, and progress with each session.

1. Session Date

2. Applied On

3. Remove On

4. Main Focus / Intention

5. Symptoms Before

6. Points Used

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



7. Left Ear

- _____
- _____
- _____
- _____
- _____
- _____



7. Right Ear

- _____
- _____
- _____
- _____
- _____
- _____

8. Daily Check-In

Date	Pressed Seeds?	Comfort	Symptoms / Notes
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

9. Progress Tracker

	Before	After
Stress	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Sleep	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Mood	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Digestion	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
Pain / Discomfort	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

10. Reflection / Notes





11. Wear for 3–5 days. Press periodically.
Remove early if a point becomes too sore.

Blank Ear Mapping & Progress Tracker




Use these blank ear outlines to mark your pressure points, personalize each session, and track your progress over time.

	<p>1. Session 1</p> <p>Session Date: _____</p> <p>Main Focus: _____</p> <p>Points Marked: _____</p> <p>Observations / Progress</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>2. Session 2</p> <p>Session Date: _____</p> <p>Main Focus: _____</p> <p>Points Marked: _____</p> <p>Observations / Progress</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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	<p>3. Session 3</p> <p>Session Date: _____</p> <p>Main Focus: _____</p> <p>Points Marked: _____</p> <p>Observations / Progress</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>4. Session 4</p> <p>Session Date: _____</p> <p>Main Focus: _____</p> <p>Points Marked: _____</p> <p>Observations / Progress</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Overall Notes

 **Tip:** Mark the points you used, note how you felt before and after, and use each outline to track patterns over time.

FAQs



1 What are Ear Seeds?

Ear seeds are adhesive seeds placed on specific acupressure points on the ear to address specific symptoms and areas of the physical and emotional body. This holistic treatment is called auriculotherapy.

2 What does the kit come with?

Kit comes with either 20 or 60 seeds of your choice, tutorial on how to apply, and every healing remedy so you can easily be your own healer in 5 minutes. Scroll up to learn to place your earseeds in 3 simple steps.

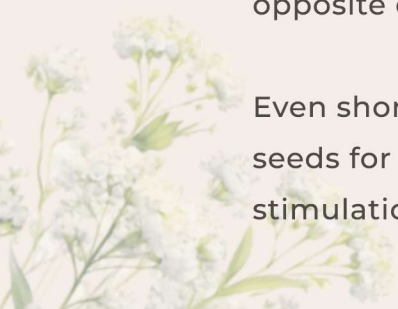
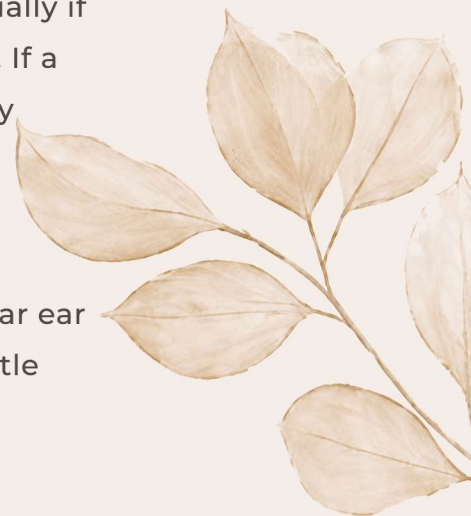
3 How do I know I'm applying them right?

Once the earseeds are on and you massage them when you start to feel symptoms you will absolutely be reaching the acupressure points.

4 Why are my ears sore?

Some tenderness after applying ear seeds is normal, especially if the point is very active. Ear seeding should not feel painful. If a point becomes too sore after a few minutes or hours, gently remove that ear seed, and remove the same point on the opposite ear as well to keep the treatment balanced.

Even short use can still be effective, while many people wear ear seeds for up to 3 days, sometimes the body only needs a little stimulation to respond.



FAQs



5 Are there any side-effects?

Please consult your doctor before using Ear Seeds if you are pregnant. You might feel some soreness, tenderness, or sensitivity.

Listen to your body and feel free to remove the seeds if this discomfort continues. If any skin irritation, swelling, or pain occurs, remove the ear seeds immediately and contact your doctor. Never place ear seeds inside ear canal.

6 Can I shower with them?

Yes, continue to swim, shower, and sweat normally with your Ear Seeds. Make sure you pat dry and press down on them lightly once a day.

7 Do Ear Seeds puncture skin like needles do?

Ear seeds are safe, non-invasive, needle-less, and can be integrated with other treatments. You should not feel any serious pain or discomfort. If you do, take off the seeds immediately.

8 How long until results?

We are giving you the tools for educational use only. We do not make claims to individual results if you experiment with Auriculotherapy.

In studies including proper placement, Ear Seeds have shown results in a variety of time. The number one tip we suggest would be: listen to your body. While our kits can aid healing, there is not a one-size solution.

