



Ear Seed Guide for Adults



A simple guide to ear seed tips and
targeted point mapping for everyday wellness.



Ear Seed Tips



Targeted
Point Guide



Wellness
Support



Easy
Reference



Balance



Harmonal
support



Body
Balance



Vitality



Mindful
Wellness



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 Adults



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?*



Acne and other skin conditions



Depression



Anxiety



Post-trauma



sleep / insomnia



Allergies



Immune system support



Back pain, sciatica



Eyes / vision



Fertility (m/f)



Womens health:
menopause, postpartum, pms



Memory and focus



Headaches and Migraines



Pain in general



Kids: motion sickness,
focus, behavioral support



Libido



Weight loss



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 our FAQs below.





How to Apply Ear Seeds



[Click here for a video tutorial](#)



Ear Seed Points *for Adults*

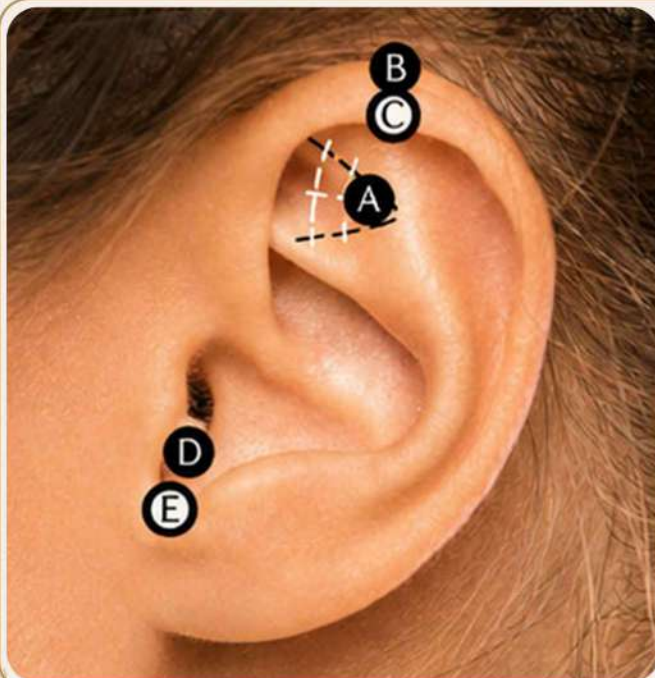
TARGETED POINT GUIDE

Skin Conditions



- 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 associated with skin ailments.
- B **Sympathetic** - Shown to balance the nervous system, Stress has a direct impact on your skin. When your cortisol levels go up, it prompts your skin to produce excess sebum. Oil clogs the pores and causes skin inflammation.
- C **Kidney** - Used to replenish energy and enhance detoxification.
- D **Endocrine** - Balanced hormones have an antiinflammatory properties on the skin and also build.

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 Seed Points *for Adults*

TARGETED POINT GUIDE



Vertigo

- 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 occiput point** - Helps with vertigo.
- D The inner ear point** - Helps aid dizziness and vertigo.



Libido

- 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 Excitement Point**
- D Ovaries and Testes**
- E External Genitals**
- F Sexual Desire**

Together, these points are believed to correspond to a healthy libido for both men and women.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Weight Loss



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 Small intestine - Used for indigestion and bloating.

C Stomach - Found to help alleviate cravings to eat,

D Mouth - impulsive eating, and eating disorders

E Appetite control - For the purpose of reducing food cravings, appetite, and overeating.

F Spleen - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Additional points that may apply:

G Antidepressant - For mood eating

H Thyroid gland - For slow metabolism

I Endocrine - For water retention and hormone imbalances

Perimenopause & Menopause & PMS



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 Kidney - Used for nourishing essence & diminished libido.

C Liver - Stress and irritability

D Heart - Used for insomnia, sweating and hot flashes.

E Ovary - Regulates, harmonizes and nourishes

F Uterus - the body during menopausal transition

G Adrena - Balances hormonal activity.

H Endocrine

Ear Seed Points *for Adults*

TARGETED POINT GUIDE



Anxiety

- 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.
- D Tranquilizer** - Known to have a strong sedation effect promoting overall relaxation and relieving anxiety and stress.
- E Nervousness** - Found to influence the prefrontal lobe of the brain, this point is used to diminish anxiety and worry.



Headaches / Migraines

- 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 Occiput** - Used to relieve headaches in the back of the head along with tension headaches and stiff neck.
- C Forehead** - The point is for frontal headaches that may also include sinus pain and blurry vision.
- D Thalamus** - Shown to have an influence on the brain and regulate the autonomic nerves, the point is used here for acute and chronic pain relief.

Add these additional points from Migraine:

- E Temple** - For migraine and temporal headaches along with ringing of the ears.
- F Kidney** - Used in Chinese medicine for deep head pain.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Back Pain / Sciatica



- 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 **Lumbago** - Used for additional lower back relief due to overstressed lumbar.
- C **Lumbar spine** - Used to relieve pain in the lumbar and sacral regions of the lower back.
- D **Thoracic spine** - This pressure point is for pain in the mid and lower back spinal area.
- E **Muscle relaxation** - Overall relief to alleviate pain in tight, stiff muscles.

Add these additional points for Sciatica:

- F **Sciatic Nerve** - Helps ease the sharp, radiating discomfort that often shoots down the buttocks, hip, thigh and legs.
- G **Buttocks** - Alleviating this pain will help you sit, stand and walk as it affects the buttock muscles, lower back, sciatic, and hip area.
- H **Hip Point** - Helps relax grating hip pain due to overexertion.

Insomnia

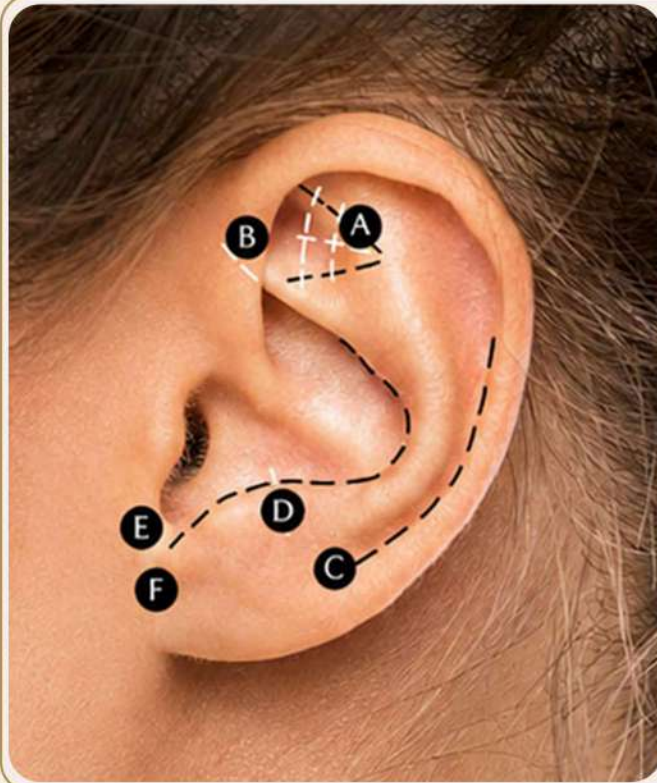


- A **Shen Men** - Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety, and insomnia.
- B **Insomnia 1** - The point is known to help you sleep and alleviate insomnia.
- C **Insomnia 2** - Shown to 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

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Depression



- 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 Sympathetic** - Shown to balance the nervous system and to reduce neurovegetative disequilibrium.
- C Antidepressant** - Also called the cheerfulness or joy point, this has been used to help those dealing with depression.
- D Excitement** - Shown to influence the cerebral cortex by inducing excitement and relieving depression.
- E Pineal Gland** - Found to affect the circadian rhythm, the point disrupts the cycle of depression.
- F Master Cerebral** - Influencing the prefrontal lobe of the brain, this point is used to alleviate the negative, pessimistic thinking that often accompanies depression.

Inflammation



- 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.

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

- D Thalamus** - Shown to have an influence on the brain and regulate the autonomic nerves, the point is used here for acute and chronic pain relief.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Eating Disorders



- 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 **Small intestine** - Used for indigestion and bloating.
- C **Stomach** - Found to help alleviate cravings to eat.
- D **Mouth** - impulsive eating, and eating disorders
- E **Appetite control** - For the purpose of reducing cravings, appetite, and overeating.
- F **Spleen** - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Additional points that may apply:

- G **Antidepressant** - For mood eating

Gut Dysbiosis



- 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 **Small intestine** - Used for indigestion and bloating.
- C **Spleen** - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Focus and Memory



- 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.
- D Memory 1
- E Memory 2 - Memory, attention, and decision making
- F Frontal cortex - Inability to concentrate and manage feelings of obsession and worry.

Motion Sickness



- 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.
- D Tranquilizer - Known to have a strong sedation effect promoting overall relaxation and relieving anxiety and stress.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Immune System



- 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+D **Allergy Points** - Known to have an antiinflammatory reaction.

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

- E **Adrenals** - Helps to reduce fever and allergies.

Stress



- 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 **Sympathetic** - Shown to balance the nervous system, this point deals with the fight or flight response to stress.
- C **Kidney** - Used to replenish energy that is consumed with stress.
- D **Point zero** - Believed to bring the whole body towards balance to help calm stress, anxiety, and to overall relax the body.

Ear Seed Points *for Adults*

TARGETED POINT GUIDE

Postpartum



- 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 **Uterus** - Bleeding/ menstrual discomfort
- D **Kidney** - Used for increasing energy and nourishing the body.
- E **Endocrine** - Hormone imbalance

Additional points that may apply

- F **External genitals** - Pain in the genital region
- G **Pelvis** - Pain in the pelvic region
- H **Breast** - Lactation

Fertility



- 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 **Uterus** - Bleeding/menstrual discomfort
- C **Kidney** - Used for increasing energy and nourishing the body.
- D **Liver** - Stress and irritability
- E **Spleen** - Place on left ear only. The point has been found in Chinese medicine to strengthen digestion.
- F **Endocrine** - Hormone imbalance

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.

	1. Session 1 Session Date: _____ Main Focus: _____ Points Marked: _____ Observations / Progress _____ _____ _____ _____ _____		2. Session 2 Session Date: _____ Main Focus: _____ Points Marked: _____ Observations / Progress _____ _____ _____ _____ _____
	3. Session 3 Session Date: _____ Main Focus: _____ Points Marked: _____ Observations / Progress _____ _____ _____ _____ _____		4. Session 4 Session Date: _____ Main Focus: _____ Points Marked: _____ Observations / Progress _____ _____ _____ _____ _____

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?

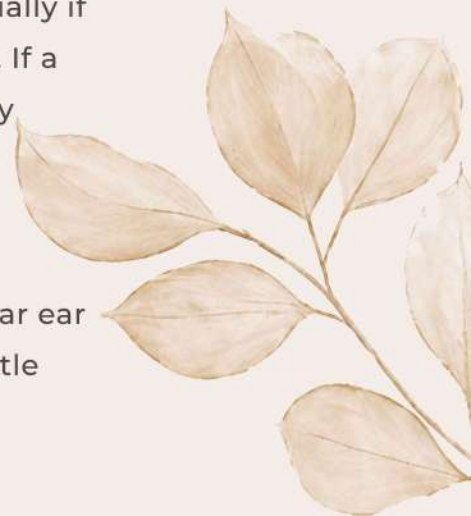
Once the earseeds are on and you massage them when you start to feel symptoms you will absolutely be reaching the acupressure points.

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.

