

**IS AURICULOTHERAPY ACCEPTED BY CONVENTIONAL WESTERN MEDICINE?**

While ear acupuncture has been practiced in Asia for over 2,000 years and auriculotherapy has been used in continental Europe since the 1950's, it is only recently been considered by medical doctors in the United States. Most MD's do not have sufficient information about auriculotherapy to make an informed comment on its effectiveness. In November of 1997, a consensus panel of the U.S National Institutes of Health gave conditional approval of the practice of acupuncture. They included an evaluation of those studies which supported the use of ear acupuncture for pain relief and addiction treatment.

The World Health Organization (WHO), announced, in 1990, that Auricular therapy is "probably the most developed and best documented, scientifically, of all the "micro-systems" of acupuncture and is the most practical and widely used."

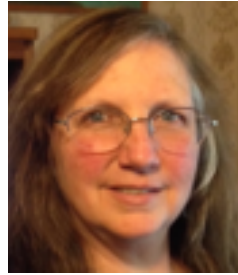


The WHO also recognizes Auricular therapy as a treatment option for over 150 conditions such as:

- |                   |                       |
|-------------------|-----------------------|
| Migraines         | Facial Paralysis      |
| Tennis Elbow      | Sciatica              |
| Arthritis         | Pain from Cancer      |
| Pain              | Allergies             |
| Hot Flashes       | Dry Mouth             |
| Meniere's Disease | Weight Loss           |
| Smoking Cessation | Peripheral Neuropathy |



**YOUR THERAPIST**



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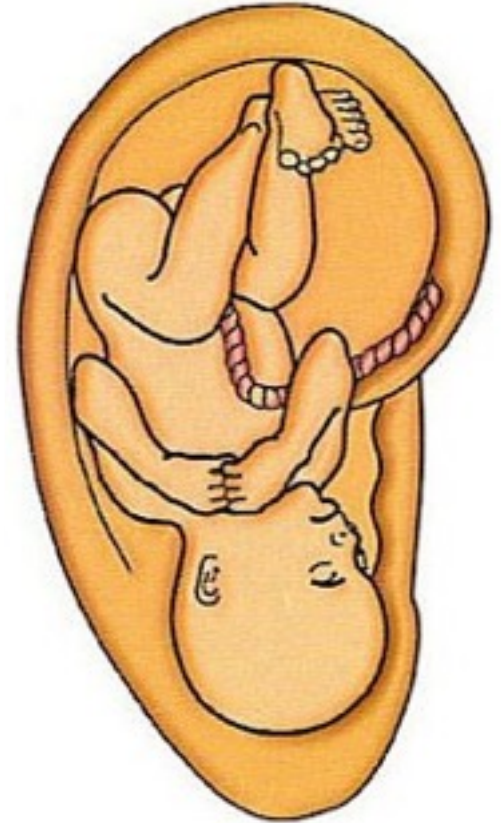
She is certified by NADA as an Acu-Detox Specialist and by The Auriculotherapy Certification Institute in Auriculotherapy. She is also a level 3 Medical Missionary Instructor for Natural Health and Healing through Centurion Bible School of Health. She was trained as an Emergency Medical Technician while in the US Army.



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**What is Auriculotherapy?**



Man in the Ear ~ Our Body is Represented in the Ear

Auriculotherapy is the stimulation of the auricle (the external ear) for the diagnosis and treatment of health conditions in other parts of the body.



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# FREQUENTLY ASKED QUESTIONS

## WHAT HEALTH CONDITIONS ARE MOST HELPED BY AURICULOTHERAPY?

Because every part of the external ear connects through the microsystem remote reflexes to every part of the body, a wide variety of health problems are relieved by auriculotherapy. Almost all health conditions can be affected to some degree by stimulating reactive ear points. The most commonly reported uses of auriculotherapy have been for the control of chronic pain, detoxification from addictive drugs, relief of nausea, and reduction of hypertension.

## HOW LONG DO THE BENEFITS OF AURICULOTHERAPY LAST?

The range of responses to an auriculotherapy session are quite varied, but it is common that a patient suffering from severe pain will notice mild to marked reduction of their complaint on the very first session. This reduction in their pain experience can actually improve for the next several hours after treatment, but the benefits often begin to subside several days after the first treatment. With each successive treatment, the degree of pain relief usually becomes more and more prominent and the duration of pain relief progressively extends from several days to several weeks.

## HOW MANY TREATMENT SESSIONS ARE NEEDED TO HELP?

There is no set number of treatments for any health condition treated by auriculotherapy, but it is common that the severity of most conditions are moderately reduced by four to six sessions and greatly alleviated by eight to twelve sessions.

## HOW MANY TIMES PER WEEK ARE TREATMENTS PROVIDED?

The number of treatment sessions per week depends upon the schedule of the patients, as well as the severity of their health condition. When possible, severe conditions can be treated on a daily basis, but many patients are not available to come in that often. Typically, patients are given two treatments per week for two to three weeks, then once a week for several more weeks. The frequency of sessions progressively decreases to once a month as the medical disorder becomes less pronounced.

## HOW LONG IS A TYPICAL TREATMENT SESSION?

While the first auriculotherapy session requires greater time for an intake evaluation and client history, a typical auriculotherapy treatment lasts 20 to 30 minutes. With auricular acupuncture, four to ten acupuncture needles are inserted and left in place for approximately 20-45 minutes. In transcutaneous auricular electrical stimulation, each ear reflex point is first detected then stimulated for 10 to 30 seconds, requiring a total of 20 minutes for successively treating six to twelve points on each ear.

## WHAT ARE EAR PELLETS OR BEADS?

Small adhesive band-aids are often used to hold a small metal ball onto a specific area of the ear to allow for maintained pressure at that ear reflex point.

## HOW DOES AURICULAR NEEDLE INSERTION COMPARE TO ELECTRICAL STIMULATION?

While both the insertion of acupuncture needles into the skin of the ear and the transcutaneous electrical on the surface of ear reflex points can effectively alleviate various health conditions, the effects from needle stimulation usually produce more rapid pain relief.

## WHAT ARE THE CONTRAINDICATIONS FOR AURICULOTHERAPY?

As with other forms of acupuncture, there are few contraindications for the use of auriculotherapy. It is important not to treat any pain needed to diagnose an underlying problem, not to treat any pain needed to limit range of movement of an injured area of the body, not to treat women who are pregnant (except for nausea), and not to electrically stimulate the ear points of patients with a cardiac pace maker.

## WHAT ARE THE SIDE EFFECTS THAT OCCUR FROM AURICULOTHERAPY?

Because tenderness of ear points is one of the primary diagnostic features of auriculotherapy, soreness on the ear points stimulated can sometimes continue for up to an hour after the treatment.

## ARE AURICULOTHERAPY TREATMENTS COVERED BY HEALTH INSURANCE?

Whether auriculotherapy treatments are reimbursed through insurance depends on the state and type of license of the practitioner and health insurance coverage of the client. Some insurance companies will reimburse the client after treatment as a form of TENS Therapy. Check with your company.