

Ear Acupuncture (for Any Practitioner)

John Amaro, LAc, DC, Dipl. Ac.(NCCAOM), Dipl.Med.Ac.(IAMA)

One of the most easily administered and most effective techniques used in acupuncture is auriculotherapy, otherwise known as ear acupuncture. Effective with either electronic or needle stimulation, ear acupuncture has become increasingly popular among medical and chiropractic practitioners worldwide. It requires no specialized expensive equipment or extensive academic knowledge, is extremely easy to apply, and the results are predictable and impressive to both patient and practitioner.

Ear acupuncture has gained considerable acclaim throughout the medical and scientific community for helping people eliminate their horrible drug addictions.

The general procedure of ear acupuncture has a respected history in excess of 3,500 years, with origins throughout ancient Asia and European and Middle Eastern civilizations. Throughout history, the knowledge of ear acupuncture, like most aspects of acupuncture, was passed from master to student. Today, a proper program in auriculotherapy would most certainly include an extensive section on precise anatomical locations and descriptions of the regions of the auricle. The ear is not unlike a map. You can precisely locate Bozeman, Montana even though you've never been west of the Mississippi. All you need is a map of Montana. In auriculotherapy, even without anatomical knowledge of the ear, one can certainly locate with extreme accuracy a specific reflex point which would relate, for example, to the knee.

There are over 100 specific points on the external ear which relate to virtually all portions of the body, from the internal organs to the musculoskeletal system. I apologize for attempting to make this topic so simple. Auriculotherapy can be as complex or simple as you like to make it. I prefer simplicity.

The following formulae are classic, traditional and extremely effective. For those of you reading this with a background in auriculotherapy, simply reference your ear chart and follow the formulae as written, preferably using noninvasive, electronic or laser application. A quartz piezo ear pen for under \$30 is very effective, as are small, inexpensive electronic devices which utilize microcurrent stimulation. For those of you neophytes, get a color chart of the points on the ear, along with a piezo ear pen or similar device. These can be obtained through any high end acupuncture supply company. Both items should cost less than \$50. Should you wish, we will be more than happy to send you an 8 1/2 x 11 black and white ear chart until you obtain your large full color chart. Simply write or e-mail me at the address at the end of this article.

Become very familiar with the reflex points on the ear. Follow these formulae exactly as written. Use simple, noninvasive procedures and observe the incredible response you are about to experience.

At precisely the same time in embryological development the spinal cord is developing (within the first 8-12 days of mesodermal unfolding), a knob develops within the brain which will ultimately become the external auricle. As a result, there remains a significant relationship between the brain, spinal cord, nervous system and the external auricle.

What you are about to experience is revered. Treat it wisely and it will be with you for life. Refer to your chart often, and without question, keep it simple. The best to all of you in 1999!

JANUARY 1999