

## Seed & Auricular Therapy

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When, after their acupuncture treatment, I tell my patients for the first time how I would like to apply seeds to various points in their ears, I get a look that simultaneously asks if I am joking, and perhaps more importantly, if they heard me correctly. The question that usually follows is “You want to put WHAT in my EARS?”.

I understand their apprehension. After all, we have been taught from a very young age about the dangers of putting anything smaller than our elbows into our ears! So the idea of letting someone tape small seeds to his or her ears can be cause for some trepidation.

Firstly I should clarify that seed therapy can be used anywhere on the body, at specific acu-points, but more commonly, seeds are used as part of a specific type of treatment known as auricular (ear) therapy.

Auricular acupuncture and the use of the ear as a diagnostic tool are documented in some of the earliest texts on traditional Chinese medicine. The theories and methods of treatment described in these texts have been studied and developed over time into the highly specialized therapy that is in use today. Over the past 30 years there has been extensive research into the effectiveness of auricular therapy in the treatment of various mental/emotional problems (including the disease of addiction and PTSD) with tremendous results in favour of its efficacy.

eerily accurate as a diagnostic tool, patients are generally shocked when a trained therapist can tell immediately without asking questions which hip, knee, or limb is painful, if there have been any fractures in the body, or if they have trouble sleeping or are suffering from nightmares. It is not magic. The answer is simple. The body never lies.

The ear is a micro-system. A virtual map of the entire body that is reflected on its surface. A therapist trained in auricular therapy reads the information presented by the ear and translates it into valuable diagnostic information. In terms of TCM practice, various diagnostic clues are noted. Things such as colour, temperature, and visible veins are observed in order to shed light on how the corresponding area of the body is being affected.

