

Five Ear Points: an excellent prescription for stress reduction and overall wellness

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Among the 108 auricular points (acupoints located on the external portion of the ear), there is a very special set of five. These five points are being utilized by the N.A.D.A. (National Acupuncture Detoxification Association) as well as the A.W.B. (Acupuncturists Without Borders) to provide relief from stress including P.T.S.D. (Post-Traumatic Stress Disorder), to relieve stress-related symptoms, and to support the organs which assist in stress management. It is suggested that these points are applied bilaterally, and in the following sequence (see diagram below for approximate locations). This information is not intended to suggest an alternative to mainstream in-patient care, when necessary. Clients may benefit from consulting with their physician before proceeding with any detox regimen. The five points are:

1. **Shenmen** – [A] translates to “Spirit Gate” and induces a calming effect in the client. According to physicians, Shenmen alleviates stress, pain, tension, anxiety, depression, insomnia, restlessness, and excessive sensitivity. It is even selected to assist with acupuncture analgesia for surgery. Many clients use this point to settle their mind and promote feelings of harmonious connection with the world around them.
2. **Sympathetic** – [B] relieves the effects produced during the Stress Response, or the fight-flight-freeze scenario. It greatly assists with sedating the client. These two points together are often sufficient in providing relief. This point is known to balance sympathetic nervous system activation with parasympathetic sedation. Furthermore, it is known to improve blood circulation by facilitating vasodilation, corrects irregular or rapid heartbeats, reduces angina pain as well as visceral pain from internal organs, and to calm muscle spasms.
3. **Kidney** – [C] restores the kidneys and adrenal glands to a certain extent, and relieves fear. In Chinese Medicine, the kidneys are associated with the bones, auditory function, and hair conditions. Apart from benefitting the kidney organs and resolving any kidney-related symptoms, this point can be used for improved healing of bone fractures, tooth problems, low back pain, deafness, tinnitus, hair loss, and stress.
4. **Liver** – [D] restores the liver, which is one of the primary organs involved in stress management, and relieves both anger and depression. There are a vast number of liver-related imbalances that can be resolved through this point, including hypertension, hepatitis, gall bladder problems, blood disorders such as anemia, P.M.S., as well as pain and other issues of the tendons and ligaments.
5. **Lung** – [E] restores the lungs, and promotes healthy lung function. It also relieves feelings of grief. Since the lungs are related to detoxification in Chinese Medicine (exhalation of carbon dioxide), this point can facilitate detox of any toxic substance, including withdrawal from narcotic drugs, alcohol, and other forms of substance abuse. These three points, along with Shenmen and Sympathetic, help in providing support for the organs which assist in stress management as well as in the general detoxification of the client. However, these points are *not* associated with detox reactions of any kind.

