

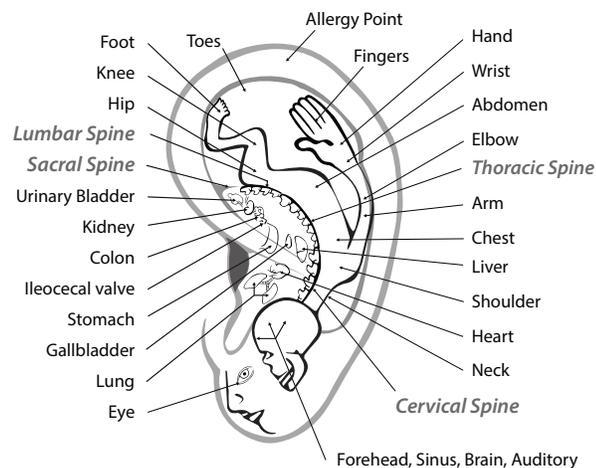
## Ear Acupressure Point Massage

Aside from occasionally appreciating their hearing ability and maybe attaching ornaments to them, most people don't think about their ears too often. Yet, your ears hold keys to helping you overcome persistent, recurring and resistant health problems. Auricular (ear) massage utilizes the acupuncture points in your ear. Each part of your ear corresponds to a part of your body. Pain or sensitivity when squeezing or pressing your ear points will signify a problem in that part of the body and elicit a deep healing response.

**Here's how to help:**

### Ear Massage

Your ear contains a high concentration of acupuncture points connected by meridians to every portion of your body. The connections in your ear are upside-down in relation to the body regions: the ear lobe acupressure points connect to your head, the middle area relates to your back and abdomen, and the upper ear relates to your feet and legs. You can enhance your body's health with auricular (ear) massage.



1. Begin by stretching your ears outward, tugging in as many directions as possible.
2. Use two fingers and your thumb on each hand to massage one small section of both ears for 15 seconds to a minute.
3. Rub deep enough to feel tenderness but not intolerable pain. The points are tiny and precise; use more precision than force.
4. Search for tender spots and massage them for up to a minute.
5. Continue until all parts of your ears have been massaged. Spend more time on tender points that relate to health imbalances.
6. Tender points may become more sensitive for days or even weeks during the healing process.
7. Remember your ear acupressure points are powerful healing points worthy of your regular attention and sharing with others.

**Repeat about three times weekly or as often as desired.**



Listen to your body. Certain parts of your ear will cry out, "Rub me more!" Give those areas more attention. — Dr. King