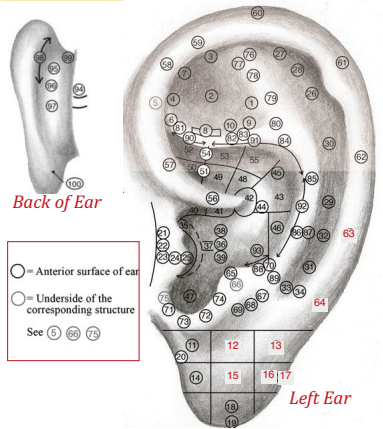


Contemporary Chinese Ear Map



| Ear Point Location by Number | | | |
|------------------------------|-----------------------------|-------|-----------------------------|
| 1 | Shenmen | 27 | Finger |
| 2 | Stop Wheezing | 28 | Allergy |
| 3 | Hypertension | 29 | Shoulder |
| 4 | Sympathetic 1 | 30 | Elbow |
| 5 | Sympathetic 2 | 31 | Clavicle |
| 6 | Sympathetic 3 | 32 | Shoulder Joint |
| 7 | Uterus/Prostate | 33 | Thyroid |
| 8 | Constipation | 34 | Nephritis |
| 9 | Hepatitis | 35 | Mouth |
| 10 | Hip Joint | 36 | Heart |
| 11 | Upper Teeth | 37 | Trachea |
| 12 | Tongue | 38 | Upper Lung |
| 13 | Jaw | 39 | Lower Lung |
| 14 | Lower Teeth | 40 | Esophagus |
| 15 | Eye | 41 | Cardiac Sphincter |
| 16 | Inner Ear | 42 | Stomach |
| 17 | Helix 5 | 43 | Liver |
| 18 | Tonsil | 44 | Hepatitis |
| 19 | Helix 6 | 45 | Relax Muscle |
| 20 | Insomnia | 46 | Spleen |
| 21 | Thirst | 47 | Sanjiao |
| 22 | External Nose | 48 | Duodenum |
| 23 | Hunger | 49 | Small Intestine |
| 24 | Internal Nose | 50 | Large Intestine |
| 25 | Adrenal | 51 | Appendix |
| 26 | Wrist | 52 | Bladder |
| 53 | Kidney | 77 | Heel |
| 54 | Ureters | 78 | Ankle |
| 55 | Pancreas/Gallbladder | 79 | Knee |
| 56 | Diaphragm | 80 | Lumbago |
| 57 | Lower Portion of the Rectum | 81 | Sciatic Nerve |
| 58 | Hemorrhoids | 82 | Ischium |
| 59 | Common Cold | 83 | Buttocks |
| 60 | Ear Apex | 84 | Abdomen |
| 61 | Helix 1 | 85 | Chest |
| 62 | Helix 2 | 86-87 | Mammary Glands |
| 63 | Helix 3 | 88 | Neck |
| 64 | Helix 4 | 89 | Throat and Teeth |
| 65 | Dingchuan | 90 | Sacral Vertebrae |
| 66 | Brain | 91 | Lumbar Vertebrae |
| 67 | Occiput | 92 | Thoracic Vertebrae |
| 68 | Temple | 93 | Cervical Vertebrae |
| 69 | Forehead | 94 | Vagus Root |
| 70 | Brainstem | 95 | Upper Back |
| 71 | Eye 1 | 96 | Middle Back |
| 72 | Eye 2 | 97 | Lower Back |
| 73 | Raise Blood Pressure | 98 | Lower Blood Pressure Groove |
| 74 | Ovaries/Testes | 99 | Superior Root of Ear |
| 75 | Endocrine | 100 | Spinal Cord 1 |
| 76 | Toe | | |

Auricular Pressure Therapy
Ear pressure therapy is very effective for many common disorders, especially muscular and organ related problems. Consult the menu on the back of this card in order to find the point. Massage the point 3-5 seconds, 3-5 times a day, or longer or more frequently if you find relief.

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