Auricular Points for
Musculoskeletal System

Musculoskeletal Ear Points for Torso of Body
Spinal Vertebrae and Associated Muscle Tender Points
- Cervical Spine on Antihelix Tail (Neck Pain)
- Thoracic Spine on Antihelix Body (Back Pain)
- Lumbar Spine on Antihelix Inferior Crus, peripheral section (Lower Back Pain)
- Sacral Spine on Antihelix Inferior Crus, central section
- Thorax muscles on Antihelix Tail
- Chest muscles on lower Antihelix Body
- Abdominal muscles on upper Antihelix Body

Surface View of Musculoskeletal Body

Spinal Vertebrae on Posterior Auricle
Lower Limbs and Upper Limbs

Chinese ( .C ) Hip, Knee, Ankle, and Foot ear points found on Antihelix Superior Crus
European ( .E ) Hip, Knee, Ankle, and Foot ear points found in Triangular Fossa
Treatment of Hip pain, Knee pain, swollen Ankle, injured Foot Shoulder, Elbow, Wrist, and Hand ear points found in Scaphoid Fossa
   Treatment of Frozen Shoulder, Tennis Elbow, Carpal Tunnel, Arthritic Fingers

Lower Limb Ear Points
Upper Limb Muscle Reflexes

Upper Limb Ear Points
Lower Limbs and Upper Limbs Located on Posterior Ear

Skull, Face, and Sensory Organs
Occiput, Temples, and Forehead ear points on Antitragus Face, TMJ, Jaw and Dental Analgesia ear points on ear Lobe, Eye, Ear, Nose, and Skin sensory ear points on Lobe, Tragus, and Scaphoid Fossa
- Treatment of Migraines and Tension Headaches
- Treatment of TMJ Pain
- Treatment of Muscle Twitches and Tics
- Treatment of Toothaches
- Treatment of Visual and Hearing Disorders
- Treatment of Skin Rashes and Sunburns

Surface View of Head and Face
Surface View of the Sensory Organs Posterior View of Head and Skull

Hands on Practice for Musculoskeletal Points
Pain Management

**Muscle Spasms:**
- Corresponding Area, Shen Men, Thalamus, Muscle Relaxation

**Back Pain and Sciatica:**
- Lumbo-Sacral, Lumbago, Shen Men, Point Zero, Thalamus

**Arthritis:**
- Omega 2, Allergy, Shen Men, Point Zero, Thalamus

**Headaches:**
- Occiput, Forehead, Temples, Cervical Spine, Shen Men, Point Zero, Thalamus

**Dental Analgesia:**
- Dental Analgesia 1 and 2, Upper Jaw and Lower Jaw, Shen Men, Point Zero

**Shingles:**
- Skin Disorder.C, Skin Disorder.E, Shen Men, Point Zero

**Sensorineural Deafness:**
- Inner Ear.C, Inner Ear.E, Master Cerebral
Ear Points for Internal Organs

Western Biomedical View of Internal Organs
Physiological Function of Internal Organs
- Stomach for churning of food, nausea and obesity problems
- Small Intestines for absorption of food, malnutrition problems
- Large Intestines for elimination of food, diarrhea or constipation
- Heart for circulation of blood, blood pressure problems
- Lungs for breathing and respiration, asthma or coughs
- Liver for processing glycogen and proteins, hepatitis problems
- Pancreas for regulating blood sugar, diabetes problems
- Spleen for lymphatic and immune systems, infection problems
- Kidney for filtering minerals and fluids, urinary problems

Oriental Medical View of Internal Organs
Energetic Function of Yin Internal Organs
- Heart for mental calming and reducing nervousness
- Lungs for drug detoxification and skin disorders
- Liver for blood, muscles, tendons, sprains
- Spleen for digestion, muscles, tension reduction
- Kidney for brain, bone fractures, back pain, and hearing problems

Overview of Thoracic Internal Organs
Overview of Abdominal Internal Organs

<table>
<thead>
<tr>
<th>Urinary System</th>
<th>Reproductive System: Male</th>
<th>Reproductive System: Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney, Ureter, Bladder, Urethra</td>
<td>Bladder, Prostate, Penis, Testes</td>
<td>Uterus, Bladder, Vagina, Clitoris</td>
</tr>
</tbody>
</table>

Gastro-Intestinal Organs

Mouth, Esophagus in Inferior Concha around Helix Root
Stomach on Concha Ridge near Helix Root
Small Intestines and Large Intestines in Superior Concha around Helix Root
Rectum on Helix Root external surface

Gastro-Intestinal Organ Ear Points
Thoracic Organs

**Chinese Heart in center of Inferior Concha**
- Physiological organ: Blood circulatory
- Qi energetic organ: Calms mind, Relieves Nervousness

**Nogier Heart on Antihelix Body**
Lung 1, Lung 2, Bronchi, Throat, Larynx in Inferior Concha
- Physiological organ: Respiratory
- Qi energetic organ: Affects detoxification, skin disorders

**Diaphragm on Helix Root**
**Tonsil Points on Helix**

Surface View of the Thoracic Organs

Abdominal Organs

**Appendix on Superior Concha**
Liver on Concha Ridge
- Physiological organ: Affects blood metabolism
- Qi Energetic Organ: Nourishes tendons and ligaments

**Spleen on Left Ear Concha, above and below Liver point**
- Physiological organ: Lymphatic
- Qi Energetic Organ: Nourishes muscles

**Gall Bladder on right ear Superior Concha**
**Pancreas on Superior Concha**

Urogenital Organ Ear Points

**Chinese Kidney and Ureter on Superior Concha**
- Physiological organ: Produces urine, filters fluids
- Qi energetic organ: Affects nervous system, bones, hearing

**European Kidney and Ureter on Internal Helix**
**Bladder on Superior Concha**
**Chinese Uterus in upper, middle Triangular Fossa**
**European Uterus and Internal Genital Organs on Internal Helix**
**Chinese and European External Genital Organs on external Helix Root**
Surface View of Abdominal and Urogenital Organs

Hidden View of Abdominal and Urogenital Organs

Hands on Training
Addiction Treatments

Alcohol Detoxification:
  Shen Men, Sympathetic, Lung, Liver, Kidney
Drug Detoxification:
  Shen Men, Point Zero, Sympathetic, Lung, Kidney
Smoking Control:
  Shen Men, Point Zero, Sympathetic, Lung 1, Lung 2, Nicotine
Weight Control:
  Shen Men, Point Zero, Mouth, Stomach, Appetite Control

Visceral Disorders

Nausea and Vomiting:
  Stomach, Shen Men, Point Zero, Sympathetic, Thalamus
Asthma and Coughing:
  Ping Chuan, Antihistamine, Lung 1, Shen Men, Sympathetic
Allergies and Sneezing:
  Allergy, Lung 1, Lung 2, Shen Men, Sympathetic
Pre-Menstrual Syndrome:
  Uterus.C, Uterus.E, Ovaries.E, Gonadotrophin, Shen Men
Visceral Disorders

High Blood Pressure:
Hypertension 1, 2, 3, Heart.C, Heart.E, Shen Men, Sympathetic

Hepatitis and Cirrhosis:
Hepatitis, Liver, Shen Men, Point Zero

Diabetes Mellitus:
Pancreas, Endocrine, Shen Men, Point Zero