

Ear Seeding Curriculum – NADA 3 and BH 4 - Zoom

1.00 Welcomes: Instruction to class- Intros by chat – where work?, why interested?
Eleni and Nityamo introduce themselves. Chris intro herself.

1.15 History and description of acupuncture to acudetox to earseeds. [Eleni]

1.25 Indications for NADA 3 [Nityamo]– Prevention and treatment of addictions, acute stress, calming sympathetic nervous system.

Indications for BH4 [Eleni] – PTSD, anxiety, , insomnia, depression, ADHD, calming sympathetic nervous system.

Can be used for: staff, volunteers, First Responder's, civilians (everyone).

1.35 Ear Anatomy [playdough]

Exercise – leader [Eleni] walks through feeling triangular fossa, cymba concha, concha ridge, and cavum concha, tragus, antitragus.

1.40 Make playdough ears using partner ears and [booklet] labelled pictures – everyone has own ear.

Guide them thru first part – 2/3rds to make earshape then tell them to add the ridges.

1.55 When most are done guide them through making the details.

Add concha ridge, helix root helix helix tail and Y (supr and infr anti helix crus) Make sure the tragus and antitragus are there). [make video]

2.00 Good Headside manner exercise [Nityamo]. [make video] approach, joystick, pushing the head to side, hand on top of head, commenting on physical, (oops and sorry).

2.05 Manipulate the seeds – bullseye, ETOH, soap water, using tweezers if needed, broken skin.

2.05 Break

2.10 NADA3 (Nityamo)

Shenmen Point

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique

Call on two or three people to show the class, critique by chat – we pick out the comments.

Liver Point

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique.

Call on two or three people to show the class, critique by chat – we pick out the comments.

Lung Point [booklet]

Point location – explanation, toothpick in model, feel on self, identify on partner.
Place seeds on partner, self and peer critique
Call on two or three people to show the class, critique by chat – we pick out the comments.

Acknowledged finished NADA 3 – Sit quietly

3.00 Break

3.10 Remove seeds

BH4 (Eleni)

Shenmen Point

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique

Call on two or three people to show the class, critique by chat – we pick out the comments.

Point Zero

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique

Call on two or three people to show the class, critique by chat – we pick out the comments.

Tranquilizer

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique

Call on two or three people to show the class, critique by chat – we pick out the comments.

Anti-Depressant

Point location – explanation, toothpick in model, feel on self, identify on partner.

Place seeds on partner, self and peer critique

Call on two or three people to show the class, critique by chat – we pick out the comments.

3.50 Premie, infant, child protocols (Eleni)

Seed Care Instructions (Nityamo)

Supplies and resources/Log form - free seeds [booklet] Refer to video to make seeds.

Wrap-up – How we use them – Eleni, Nityamo

How will you use it? Enter in Chat. If time talk it.

MRC applications.



Public Health Acupuncture of NM

Using Ear Seeds for

Stress Reduction

Eleni Fredlund, LMHC, EMT-I

Nityamo Lian, DOM, MPH

Laura Cooley, LAc

EAR SEED STRESS REDUCTION PROTOCOL POINT LOCATION

In Traditional Chinese Medicine, the ear provides acupuncture points that correspond to each part of the body. When you stimulate a point, by pressure, seeds or needles, the smooth and abundant flow of “qi” or vital life energy returns to the related organ or area, allowing healing to take place. Ear seeds can be used alone or in combination with acupuncture or body acupuncture in order to treat a host of symptoms, and can offer gentle support for stress reduction

The 3 ear seed addiction/stress reduction protocol (NADA3) includes Shenmen, Liver, and Lung auricular points. The behavioral health 4 seed protocol (BH4) includes Shenmen, Point Zero, Tranquilizer, and Anti-depressant. These points are easy to locate on the surface of the ear.

The points chosen are based using Oriental medical theory, and clinical indication. All the points serve to balance the body’s energy and assist the body’s healing processes. Together the combined effect of these points restore the calm inner qualities akin to serenity.

In general, the ear points are found at places where there is a change in the anatomical structure. These locations and changes become clear with a little practice. It is not necessary to memorize the names of the ear’s anatomical structures.





The NADA 3 seed protocol



Using a clock analogy; Shenmen is at 12:00, Lung at 6:00 and Liver at either 3:00 on the left ear or 9:00 on the right.

Shenmen

Overview: Shenmen translates roughly as *spirit gate*. Needling this point generally helps to alleviate anxiety and nervousness and produces a calming, relaxing effect. It helps the process of going within, supporting the internal journey of recovery. It corresponds to the Fire element or phase of Chinese medicine.

Point Location: The point lies in the of the triangular fossa. The zone runs from just inside the crook of the “Y” to one-third of the way along the fossa.

Ear Seed Technique: The ear seed should be placed just inside the crook of the “Y”

Indications:

Body Level

Alleviates pain, tension, excessive sensitivity; reduces hypertension

Mind Level

Calms the mind and relieves anxiety, depression, insomnia and restlessness and cravings

Spirit Level

Opens connection to spirit (opens one’s heart); ability to love self and others



Liver

Overview: Oriental medical theory associates the Liver with the free flow of emotions and energy. Stuck energy leads to pain, anger, and irritability. It is responsible for planning, vision, and insight. It corresponds to the Wood phase in Chinese medicine.

Point Location: The point can be found by following the helix root to the wall of the cymba concha. The zone includes the area superior and inferior to that point, but it is better to seed just superior. (The practitioner will often need to visually extrapolate where the helix root would extend.)

Ear Seed Technique: The seed may be placed just slightly superior where helix root meets wall of cymba concha.

Indications:

Body Level

Stimulates physiologic and hormonal functions; relieves muscle cramps, detoxifies.

Mind Level

Aids in clear thinking and decision making; relieves frustration, depression, and anger.

Spirit Level

Helps client connect with the internal self and find their own direction in life.



Lung

Overview: In addition to respiration, the Lung is also involved in immunity and protecting the body from disease. The Lung is associated with the grieving process and with letting go. It is responsible for inspiration, respect, and connection with the heavens. It corresponds to the Metal phase in Chinese medicine.

Point Location: The point is found in the middle of the lower region of the cavum concha inferior. The upper lung point is located just above and the lower lung just below the center of the cavum concha. This entire area, the lung/heart zone can be used effectively.

Ear Seed Technique: Visually locate the deepest, most central portion of the cavum concha and place seed just below in line with Shen Men and Kidney (or just above the center point for the alternative location).

Indications:

Body Level

Lung is an important organ for detoxification; regulates pores. Prioritizes physiological functions.

Mind Level

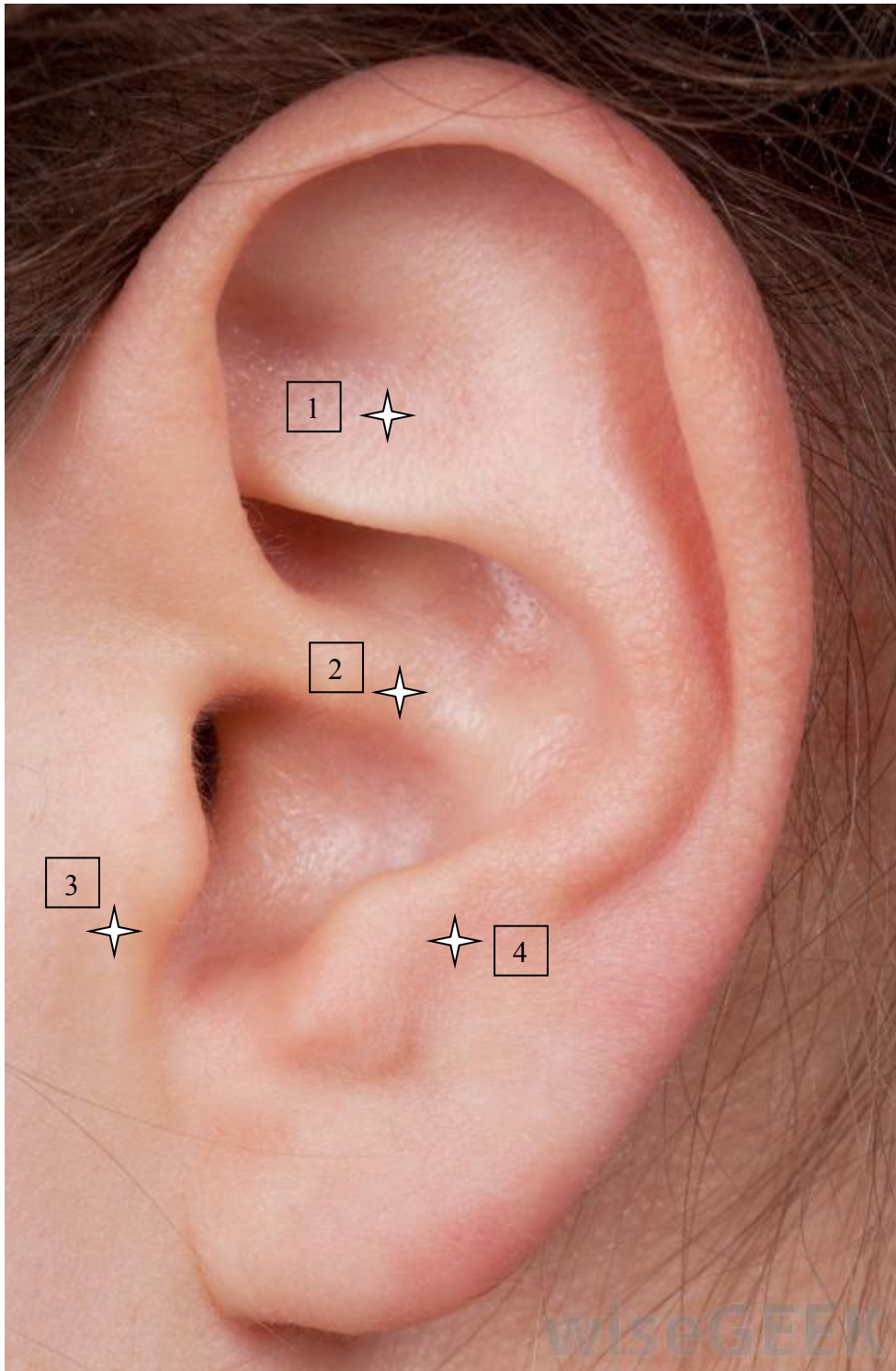
Aids in regulation of grief/sadness, letting go; improves sense of connection, self-respect, and integrity. Helps know what is of value.

Spirit Level

Reminds client of connection with heaven; provides inspiration.



Behavioral Health 4 points for stress mitigation, anxiety and mood enhancement
1. Shen Men, 2. Point zero, 3. Tranquilizer, 4. Anti-depressant



Use the Shenmen point from above

Point Zero

Overview: Promotes body homeostasis. Great after a traumatic event which scatters mental and physical energy. This point is the very center of the ear so it promotes centering and balancing.

Point Location: The point is found at the center of the ridge where the helix root and concha ridge meet.

Indications:

Body Level

Regulates the digestive system. Brings the body towards a general homeostatic balance, producing a balance of energy and a balance of hormones. Controls and balances the visceral organs, especially the stomach, through peripheral nerve ganglia.

Mind Level

Facilitates centering and balancing.



Tranquilizer

Overview: Produces sedation and relaxation effect. Great for anxiety, helps with fear and panic attacks.

Point Location: Medial to the lower portion of the tragus. Not on the cartilage.

Indications:

Body Level

Decreases sympathetic tone. Reduces high blood pressure and chronic stress.

Mind Level

Facilitates overall relaxation. Decreases fear, panic attacks and generalized anxiety.



Anti-depressant Point

Overview: This point is used to increase feelings of happiness and joy.

Body Level

Increases energy and motivation

Mind Level

Relieves major depression

Point Location: Lateral to the upper portion of the antitragus. Note: the Tranquilizer point is on the same horizontal level as this point

Indications:

Reduces depression symptoms – sadness, heaviness, numbness, irritability, and mood swings.



Ear seed protocol for Children/Infants

In Oriental Medicine, young people are considered to have more vibrant energy and require fewer points stimulated for shorter periods of time.

- A. Young children: Use 1 ear seed or acu-pellet, on the Shen Men point, on both ears and lightly touch them 3-4 times per day.
- B. Babies: Use 1 ear seeds or acu-pellet, on the Shen Men point, **on only one ear**, and lightly touch it 3-4 times per day.
- C. Premature babies and newborns: Use one point on only one ear, **with no need to press.**

Ear Seed Suppliers

Helio and Acuzone brand ear seeds have the best sticky that can stay on for up to two weeks. Can get them on Amazon or from Acudepot.

Helio

1-800 672-2726

Helio Ear seeds \$5.75/100 and Magnets

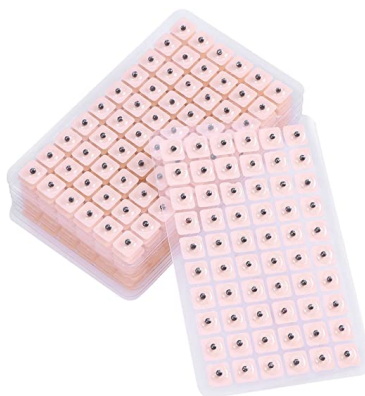
Acudepot

www.acudepot.com Acuzone brand \$4-5/100

Earseeds.com has all kinds of novelty and bling seeds. They are generally \$40 for 40 but look out for sales.

You can make your own bling by adding Indian stick on jewels to the regular seeds. Cost \$1 for 20-40 jewels from Visions of India.

www.amazon.com – Search for Earseeds or Vaccaria seeds

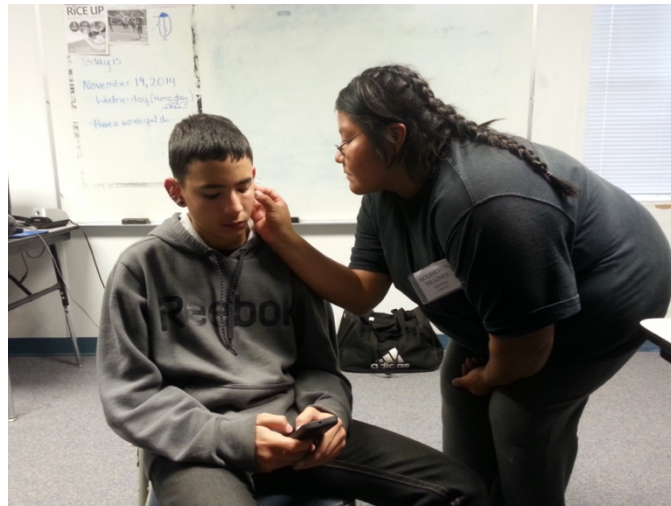


MRC Application:

Ear seed treatment stimulates production of the body's natural opiates and increases neurotransmitter activity. Many pain syndromes and muscular spasms can be improved and/or alleviated. Psychologically, one's capacity to cope with stress increases, and hyper-alert/hyper-vigilant states can be reduced. Because of the latter, Acudetox has been effectively used in the disaster setting to treat responders, and survivors of traumatic events by alleviating symptoms of stress. Surveys show improved mental clarity, alertness, and improved ability to sleep and cope, reduction of depression, fear, anxiety, and intrusive thoughts, along with reduction of aches, pains, and muscle spasms.

Treatments have been delivered in conjunction with services provided by the Red Cross, Medical Reserve Corp, International Association of Fire Fighters, EMS departments, VOAD, CISM teams, and more, during critical incidents, declared states of emergency, disaster relief, refugee settings, and humanitarian aid.

In NM, there is a MRC team whose mission it is to support and stabilize communities in crisis using an integrative response. The NM Integrative Wellness MRC is comprised of volunteers, including licensed volunteer acupuncturists and behavioral health care professionals, along with NM certified acudetox specialists following the 5 point auricular detox protocols.



JITT: De-escalation protocol tips for residents at HGI

The following information was compiled from the Crisis Prevention Institute at www.crisisprevention.com 10 tips for de-escalation and www.warninternational.com body language to de-escalate an angry person.

Good de-escalation procedures boil down to the skill sets of intent, body language and tone. Most of our residents have experienced trauma, living in homeless shelters, being disenfranchised, or having limited physical and behavioral health support.

The experience of trauma has a widespread impact on the lives of these residents we serve. Trauma can lead to or exacerbate mental illness, substance use and poor physical health conditions. How we approach a resident presenting frustrating behavior can have a huge impact on whether the resolution is positive.

So what can we do?

We can meet our residents where they are with empathy and respect, use a conversational tone that is safe and comforting, and use body posture that tells the resident you are interested in what they have to say and concerned about their well-being while they are yelling at you.

According to Denise Esson instructor at CPI, de-escalation techniques, “grow out of the basic principles of humanity and decency. Respect each other. Be a servant to each other. Keep each other safe. That's life. That's good living.”

JITT: De-escalation tips for residents at HGI

1. **INTENT:** Be empathic and non-judgemental - When a resident says or does something you perceive as weird or irrational, try not to judge or discount their feelings. Whether or not you think those feelings are justified, they're real to the other person (needing lots of smoke breaks, leaving AMA, not coming back from appointments in a timely fashion, hoarding, arguing, sneaking out, or stealing.) **Walk in their shoes while carrying their history.** Keep in mind that whatever the person is going through, it may be the most important thing in their life at the moment. Focus on feelings. Facts are important, but how a person feels is the heart of the matter. Watch and listen carefully for the resident's real message. Try saying something like “that sounds scary” or “that must be frustrating”. Listening, with supportive words lets the resident know that you're trying to understand what is happening, so that the trust relationship can begin.

2. **POSTURE:** Respect personal space - If possible, stand 6 feet away from a person who's escalating with your PPE on. Allowing personal space tends to decrease a person's anxiety and can help you prevent acting-out behavior. Stand tall with your head up, shoulders back, and hands by your side, or one arm crossed in front, and holding the wrist of the other hand. (Hands in pockets or behind back signal you are hiding something). This posture shows you are ready to listen, and also indicates that you are not going to be submissive. If you can, invite the person to sit down. This will reduce their anger as they won't have a strong foundation on which to rage. If you must enter someone's personal space to provide care, verbally explain your actions so the person feels less confused, surprised and frightened (taking vitals, doing an assessment, taking a temperature, or providing a test). Especially when providing a COVID test, let the resident know that the procedure can be uncomfortable, but it only lasts for 10 seconds. Counting out can be helpful.

3. **TONE:** Use non-threatening nonverbals - The more a person loses control, the less they hear your words and the more they react to your nonverbal communication. While the resident is yelling at you, say nothing. Be mindful of your gestures, facial expressions, movements, and tone of voice. Large, slow nods indicate that you are listening. Keeping your volume low and body language neutral will go a long way toward defusing a situation. Listen to what they are saying. When they have finished their "vent", paraphrase back to them what they said related to the facts of what they are yelling about. "What I hear you saying is..." Go through their issue without taking any notes. Ask them to go through it a second time, and tell them that this time you will be taking notes. Going through it twice reduces tension, clarifies the situation, and allows them to tell their story at least twice to reduce built up tension. If a person's behavior is belligerent, defensive, or disruptive, give them clear, simple and enforceable limits. Offer concise and respectful choices and consequences. Be clear, speak simply, and offer the positive choice first. "You must stay in your room for your safety. If you want a smoke/walk break, we will add you to our list. If you are found in the hall again, we will ask you to leave the hotel."

Personal safety ALWAYS comes first. If you know you are going to a resident that has escalated, or has a history of violence or drug use, bring a guard up with you, along with a phone. Do not have a hanging lanyard that a person can grab, and always have an exit plan.

JITT Covid 19 Testing at HGI

Fill in SLD Clinical Test Request Form

Submitter Code: (HGI2601)

Facility Name: HGI MRC

Address: 2601 Yale Blvd.

City: Albuquerque, NM, 87106

Phone: 505-467-9494

Fax: 505-243-2200

Clinician Name: Laura Parajon

(505)803-3873

Example:

Pt: Names Joe Smith DOB 2/14/1967

MRN SMIO21

Patient Name:

Gender: Male Female Transgender

Pt Address: (Homeless Most Common)

Pt MRN: First 3 of last name, first 3 of DOB

Soc Sec:

Specimen info - usually Nasopharyngeal swab

Specimen type - clinical

Clinical symptoms - choose which one patient has

Analysis requested – 2019 Novel Coronavirus RT-PCR. Also check “expedite”

(once completed, make copy) Place it in Covid tracker binder

- **Complete label for resident,**
- **Including name, M/F, DOB, and MRN#, today's date, and stick on the edge of the SLD form (to be added to the specimen medium tube once the test is completed).** Next,
- Put PPEs on: gown, bouffant caps, N95 mask, goggles, face shield and gloves.
- Bring sterile bagged kit, and SLD form with attached label to resident, Double check info with someone else.
- Have resident come down or get resident.
- Explain procedure to resident. Give the resident 2 tissues. Have the resident blow his/her nose and hold second tissue in hand for after procedure. Have the resident tilt head back.
- Ask if the resident has deviated septum or broken nose. If so, use an oral swab kit.
- Have client tilt head back
- Open specimen bag, peel
- Open package of swab
- Do not stand in front of the patient, stand slightly to the side.
- Insert the swab into the resident’s nose

- Go in approximately 2 inches (hitting the rear end of the nasal cavity, you will feel resistance).
- Twirl swab for 10 seconds and then remove. Place swab in collection tube, breaking off swab at indentation, and cap tightly.
- Place resident label on tube and insert into sterile bag.
- Bring resident up to room using elevator for residents in the hot zone.
- Preserve specimen bag with tube at 2-8 degrees C.
- Use refrigerator marked SLD
- Double check specimen labels with SLD form and again double check demographics and MRN please. If there is one mistake, specimen is returned from the lab.
- Sanitize the chair that the resident sat in.
- Removing PPEs: Bending over, pull gown off gently, fold in on itself, along with gloves. Place in the red biohazard trash can outside. Sanitize hands and remove face shield, goggles and face mask. Sanitize hands. Place the N95 mask in sterilization box, go to the bathroom and wash hands. Put on a surgical mask when in the lobby documenting, calling for wellness checks, or in between groups of people coming for testing.
- With MRC phone text Brian Fox 505-452-7406, and inform him we have specimens for pick up at HGI for SLD (State Lab Diagnostics)
- If you are working with a COVID positive resident, such as taking vitals, you must wear a hooded Tyvek suit which includes the addition of booties, along with a N95 mask, goggles, face shield and gloves that go over the cuff of sleeves.
- ALL PPEs (gloves, face shields) ARE DISPOSED IN THE RED BIOHAZARD trash can, except for N95s that will be recycled and placed in sanitizer box. Goggles may be washed with soap and reused.

JITT: Protocol for Acudetox / Community Acupuncture at Westside Shelter



1. Only participate at Westside if you are feeling well, do not have a temp/SOB/cough and have not been around a COVID positive person, or have traveled out of state.
2. When you arrive at Westside and before you leave your car, put a face mask on. You will be screened at the front door for temperature.
3. Wash/sanitize hands in the bathroom used by healthcare providers.
4. Go to the meeting room to pick up a red topped box of cleaning materials and bring it to the computer room across the hallway. Post signs outside of the room.
5. Sanitize door knobs, desks, table, 6 chairs (arm and headrests). Anything that is touchable for our participants. **Only 4** employees/residents 6 feet apart, and wearing a face mask allowed in the room at one time.
6. Bring out your jump kit of needles and set up your clean field, consent forms, and box of face masks for participating employees and residents if they need a mask.
7. ALL people participating will have been screened for temperature, free of SOB/cough, feeling ill, and wearing a face mask.
8. Once people have signed consent form and are sitting down, they will receive Acudetox 5NP for the treatment and prevention of substance use, or regular community style acupuncture up to the discretion of the acupuncturist.
9. Sanitize between people, including your hands, ear probes and pen used for consent.
10. Participants will sit for a minimum of 30 minutes, and if space allows, can stay longer.
11. Last participant will sign in no later than 7:30pm.
12. Once the last participant leaves, healthcare providers will collect materials, including signs posted outside of the room, and sanitize tables, desk, chairs and lastly doorknobs.
13. Healthcare providers will then wash hands with soap and leave premises.
14. Remove your face mask when you are in your car and place it in a paper bag. Sanitize hands before driving.
15. Once at home doff clothing before entering home or in the foyer and place in the washing machine. Sanitize hands. Best practices suggest taking a shower.

JITT: Acupuncture for HGI residents

Most of our residents have experienced trauma; living in homeless shelters, being disenfranchised, in recovery, actively using, in withdrawal or having limited physical and behavioral health support. These experiences can exacerbate mental and physical illness, and lead to continued substance use.

As healthcare providers, we can help with auricular acupuncture. In traditional Chinese Medicine, the ear offers acupuncture/acupressure points that correspond to each organ and nervous system of the body. Auricular acupuncture can be used in the prevention and treatment of addiction along with stress mitigation. We see a lot of anxiety and fear in our residents. Acupuncture is particularly helpful in addressing those feelings, along with decreasing sympathetic tone.

JITT: Acupuncture for the prevention and treatment of addiction and stress mitigation.
1. Identify a resident at HGI that could benefit from acupuncture, either through conversations with staff, wellness check, or morning medical rounds discussions.
2. Contact the Medical Doctor on call, or First Nations or Healthcare for the Homeless for permission to proceed with acupuncture if not discussed in morning medical rounds.
3. Call resident, explain acupuncture and how they could benefit from the 5 min treatment. Get verbal consent for acupuncture. Agree on meeting time.
4. Meeting can be held outside the resident's room in the hallway, or outside in the "smoke break" area if time allows.
5. Wash hands. Get acupuncture kit which contains ear seeds, tweezers, and alcohol swabs..
6. Put on appropriate PPEs
7. Go to the resident's room, knock on the door, and identify yourself. Ask the resident to secure the door to keep open, and step out into the corridor to receive treatment.
8. Using an alcohol swab, clean the resident's ear, and place the alcohol swab on the floor.
9. Using a tweezer from the kit, place ear seed on auricular acupuncture points. Points therapist can use include, but are not limited to: Shen Men, Point Zero, Liver, Lung, Anti-anxiety point, Anti-depression point, Er Jian and Insomnia points.
10. Once bilateral application is complete, the therapist will review ear care (not pressing on seed, or how to remove seed if uncomfortable), so seeds can stay on ear up to a week.

11. Therapist will pick up “dirty alcohol swab and tweezers in one hand, and acu kit in other hand, and go to the midpoint of the hallway (near elevators). Once there, therapist will throw away alcohol swab in the red HazMat trash can, and clean gloved hands and tweezers with hand sanitizer on the desk. Tweezers go back into the acu kit.

12. Therapist will go down healthcare provider elevator to first floor

13. Therapist will remove PPEs at the station downstairs, clean the acu kit with sanitizer wipes, and then go to the bathroom to wash hands.

14. Therapist will re-apply cloth or surgical mask. Therapist will then document verbal consent and points used on the resident’s temp log, along with PHANM consent form.



NM MRC Volunteer Support Line

- Do you feel negatively impacted in any way during your response to COVID activities?
- Are you experiencing an increase in stress, anxiety, anger or fear related to the volunteer work you are doing?
- Do you need someone to talk to about what you are feeling, seeing, working with, during a volunteer deployment?

If so... give us a call.

Your therapist will get back to you on the day you call.

Licensed peer counselors are here to help you Monday through Sunday, from 9am-5pm.
This service is free and confidential.

Licensed peer counselors available for MRC Warm-line:

Eleni Fredlund, MS, LMHC - Monday and Tuesday, 9-5: (720) 219-4477

Ana Murphy, MS, LPCC - Wednesday, Thursday and Friday, 9-5 (720) 498-8350

Scott Patterson, MA, LPCC - Saturday and Sunday, 9-5: (720) 219-4534

Abstract for American Public Health Association Conference 2020

Acudetox Users in New Mexico – Comparisons of Demographic and drug use profiles of a sample of 7000+ acudetox users

Intro

Acudetox refers to the use of five ear acupuncture points for the amelioration of symptoms due to alcohol or other drug use. We describe the demographic, substance-use, and risk factor profile for more than 7000 treatments given to clients in substance-use treatment and prevention programs, associated with the non-profit organization Public Health Acupuncture of New Mexico, and compare them to state and national data with a view to targeting interventions. This is the first descriptive profile of acudetox users.

Methods

Staff of 23 programs operating at 32 sites in NM gave 7652 acudetox treatments between July 2017- June 2018. Staff administered a standardized client self-report form to collect demographic, drug use, and risk factor information.

Results

NM acudetox users are more similar to the general population than acupuncture or Complementary/Alternative Medicine (CAM) users in terms of age, sex and ethnicity with the exception of having a higher proportion of Native Americans and a lower proportion of non-Hispanic Whites.

NM acudetox users have a similar rate of use of alcohol and tobacco as the general population, a higher rate of marijuana use and a very much higher rate of cocaine and heroin use. They have multiple risk factors for substance use including trauma, poverty and health problems.

Conclusion

Acudetox treatment is acceptable to a broad and diverse demographic. Eighteen of the 28 sites studied were community or drop-in centers. Given the high substance use and risk factor rates of clients, these programs are a possible avenue to target interventions.

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Kristine Tollestrup, PhD³

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Ethics approval By University of NM Human Research Review Committee

How to make your own Ear acupressure Seeds Video

Video link <https://www.youtube.com/watch?v=ZhQClIVcVnI&feature=youtu.be>

ACUPRESSURE

What is Acupressure?

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural healing abilities. When these points are pressed, they release muscular tension and promote the circulation of blood to aid healing.

How is it different than Acupuncture?

Acupuncture and Acupressure use the same points and vessels, but acupuncture uses needles. Acupressure uses gentle but firm pressure of the hands (and even feet). The advantage is that it is safe to use on yourself and others, and it can be practiced anywhere, without side effects.

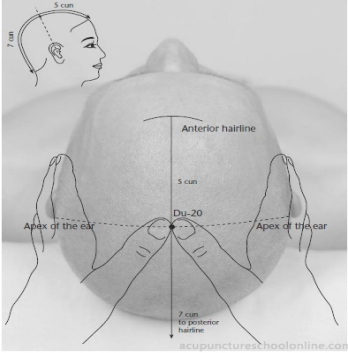
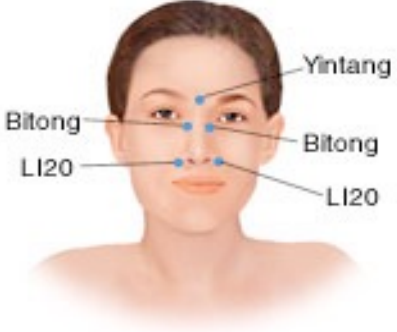
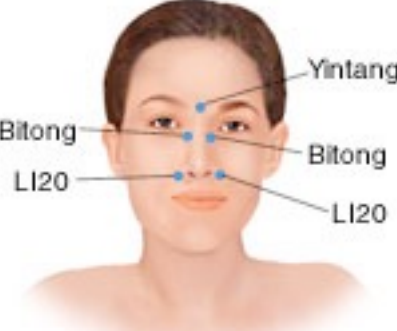
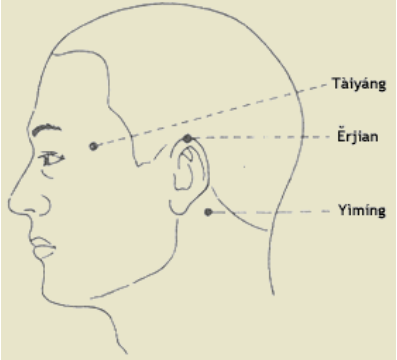
What do you need?


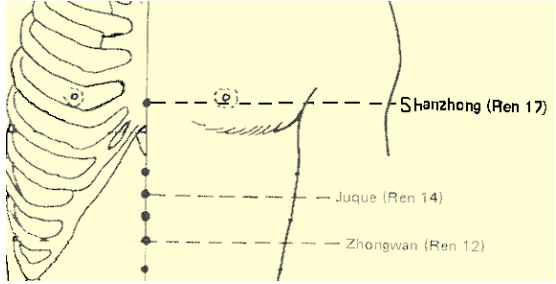
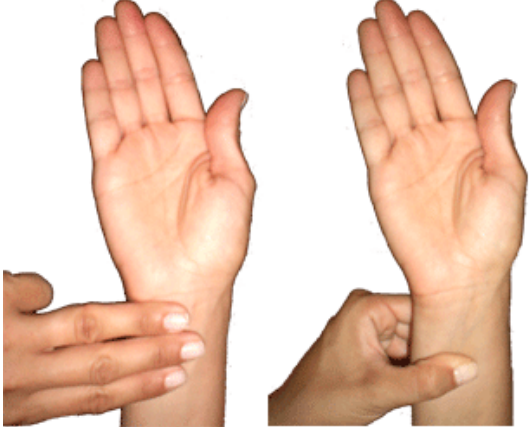

Fingers, elbows, heels, palms, and dull rounded objects

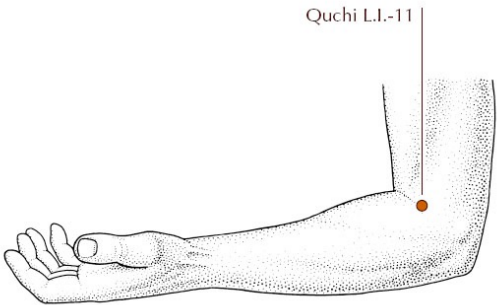
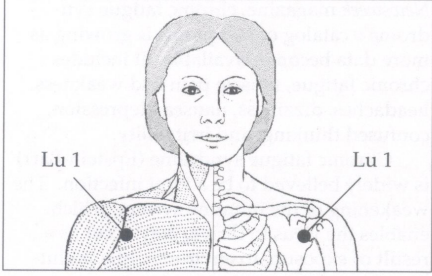

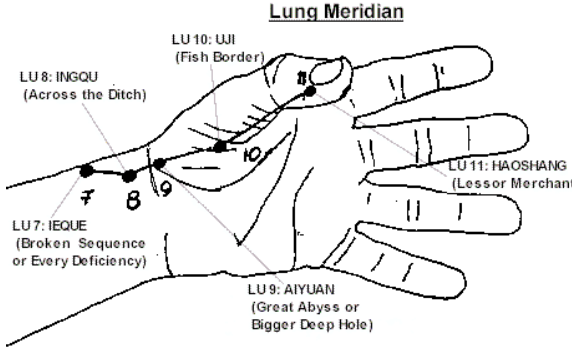
Acupressure massage techniques:

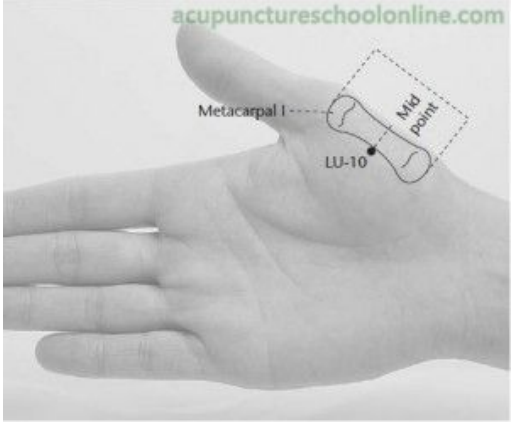
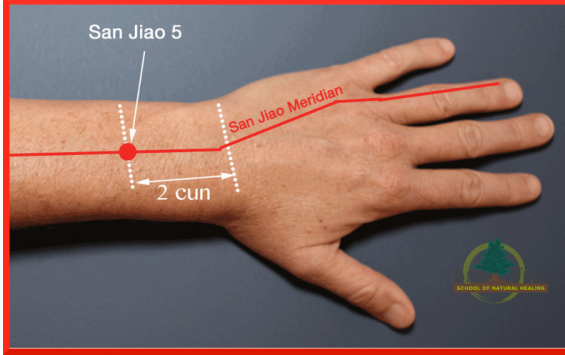


- **Firm pressure:** The most fundamental technique. Use thumbs, fingers, palms, the side of the hand, or knuckles (even elbows or heels) to apply steady stationary pressure. To relax the area apply one minute of steady pressure. To stimulate the area, apply pressure for only 4-5 seconds.
- **Slow motion kneading:** Uses thumbs and fingers along with the heels of the hands to squeeze large muscle groups firmly. Similar to kneading a large mass of dough. Simply lean the weight of your upper body into the muscle as you press to make it soft and pliable. This relieves general stiffness, shoulder and neck tension, constipation, and spasms of calf muscles.
- **Brisk rubbing:** Uses friction to stimulate the blood and lymph. Rub the skin lightly to relieve chilling, swelling, and numbness by increasing circulation, as well as to benefit the nerves and tone of the skin.
- **Quick tapping:** With fingertips to stimulate muscles on unprotected, tender areas of the body, such as the back or buttocks. For larger areas, use a loose fist. This can improve the functioning of nerves and sluggish muscles in the area.

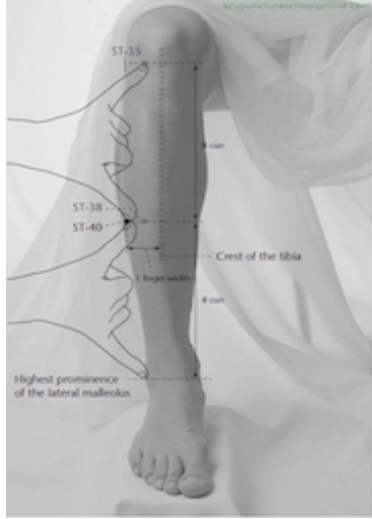

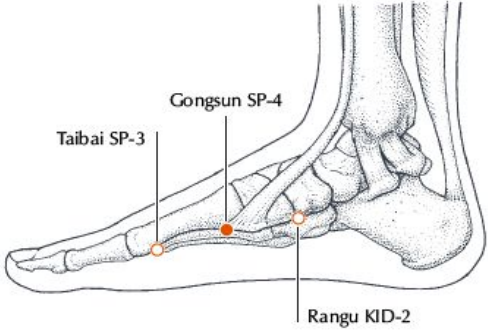
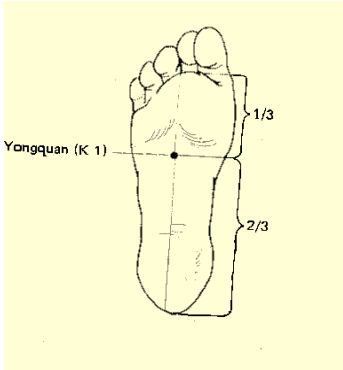
When receiving Acupressure remember to breathe deeply as this will enhance the healing benefits.

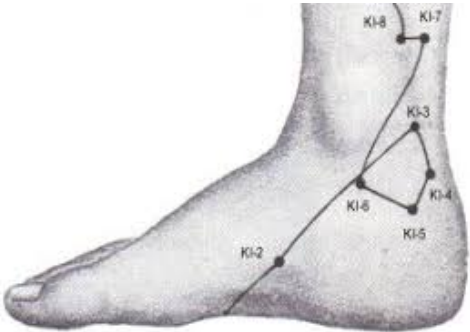
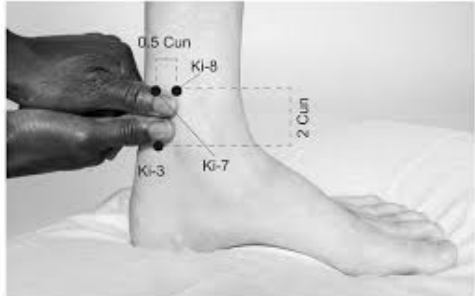
Point & Location	Functions/Indication	Image
<p>Du 20 - On the top of the head, towards the back, tender depression in the middle of the head.</p> <p>Use your fingers to trace a line from the tops of the ears to the highest point on the head.</p>	<p>Depression, heaviness of the head, poor memory and concentration.</p>	
<p>Yin Tang - Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead.</p>	<p>Calms the spirit, insomnia, anxiety, agitation, frontal headaches, benefits the nose, runny nose.</p>	 <p style="text-align: center;">A</p>
<p>Bi Tong with LI20- Located on the side of the nose.</p>	<p>Relieves stuffy nose, sinus pain, and nasal congestion; clears the nose and sinuses.</p>	 <p style="text-align: center;">A</p>
<p>TaiYang - Located in the depression of the temple.</p>	<p>One sided headache, dizziness, eye problems.</p>	




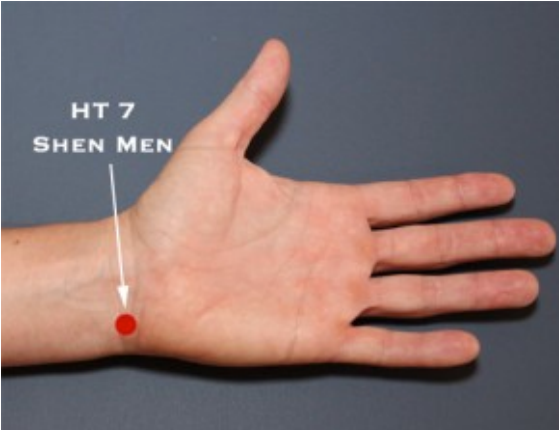
Point & Location	Functions/Indication	Image
<p>GB 20 - Just below the base of the skull, in the hollow between the two large neck muscles, two to three inches apart depending on the size of the head.</p>	<p>Relieves headaches, arthritis, insomnia, dizziness, stiff neck, neck pain, injuries, trauma, shock, hypertension, eyestrain, and irritability.</p>	
<p>R 17 - In the depression on the breastbone, three thumb widths up from the base of the bone.</p>	<p>Relieves nervousness, anxiety, chest tension.</p>	
<p>PC 6 - Located two thumb widths (or your pinky, ring, and middle fingers together) from the crease of the inner wrist, in the center of the wrist.</p>	<p>Relives indigestion, nausea, insomnia, nervousness, palpitations and wrist pain.</p> <p>Often used for motion sickness and morning sickness.</p>	 <p>1. Measure 2. Apply Pressure</p>
<p>LI 4 - In the webbing between your thumb and index finger. On the outside of the hand, find the highest spot of the muscle when the thumb and index fingers are brought close together.</p>	<p>**Do not use during pregnancy**</p> <p>Relieves frontal headaches, constipation, eye issues, nasal congestion and runny nose, sneezing, toothache. Alleviates pain and balances the gastrointestinal system.</p>	

Point & Location	Functions/Indication	Image
<p>LI 11 - On the top, outer end of the elbow crease.</p>	<p>Relieves constipation, fever, elbow pain, lowers blood pressure; stimulates the intestines and benefits the immune system.</p>	 <p>Quchi LI-11</p>
<p>LU 1 - On outer part of the chest, in the triangular depression under the collarbone and next to the front of the deltoid/shoulder.</p>	<p>Relieves difficult breathing, fatigue, chest tension and congestion, emotional repression, coughing, and asthma.</p>	 <p>Lu 1</p>
<p>LU 5 - Located on the inside of the elbow at the tendons outer edge in the hollow crease where the elbow is slightly bent.</p>	<p>Helps relieve phlegm and heat in the lung. Helps relieve coughing. Strengthens lung immunity.</p>	
<p>LU 7 - Located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other, the point lies on the edge of the index finger, in a depression between the sinew and the bone.</p>	<p>Treats colds, flu and fever. Stops cough and relieves sore throat. Treats headaches and neck aches.</p>	 <p>Lung Meridian</p> <p>LU 10: LUJ (Fish Border)</p> <p>LU 8: INGQU (Across the Ditch)</p> <p>LU 7: IEQUE (Broken Sequence or Every Deficiency)</p> <p>LU 9: AIYUAN (Great Abyss or Bigger Deep Hole)</p> <p>LU 11: HAOSHANG (Less or Merchant)</p>

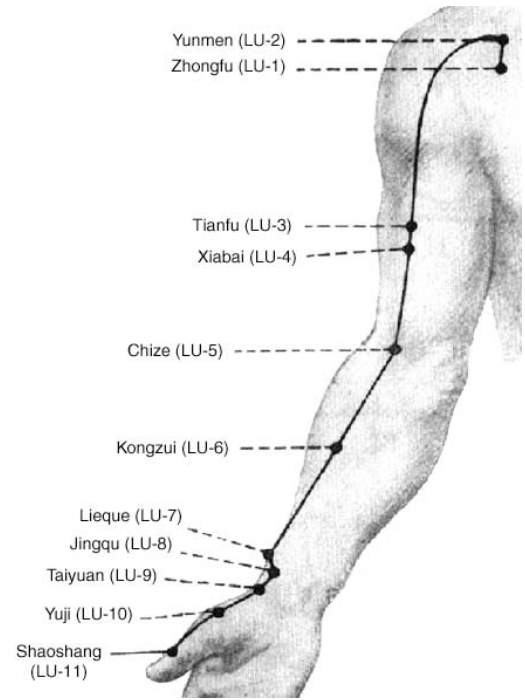
Point & Location	Functions/Indication	Image
<p>LU 10 - In the depression behind the thenar eminence (big palm muscle) of the thumb, about the midpoint of the palm side of the thumb, on the junction of the red and white skin.</p>	<p>Helps with shortness of breath, fever, sore throat and coughing.</p>	 <p>The image shows a hand with the thumb extended. A dashed box highlights the area at the base of the thumb. A line points to the 'Mid point' of the thumb's palm side. Another line points to 'Metacarpal I'. The point 'LU-10' is marked at the junction of the red and white skin.</p>
<p>SJ 5 - on the back of the forearm, two thumb widths from the wrist crease in between both of the arm bones (radius and ulna)</p>	<p>Treats fever, headaches, dizziness. Protects against colds and flu</p>	 <p>The image shows the back of a forearm. A red line represents the 'San Jiao Meridian'. A red dot marks the location of 'San Jiao 5'. A double-headed arrow below the dot indicates a distance of '2 cun' from the wrist crease.</p>
<p>LR 3 - On the top of the foot in the valley/webbing between the big toe and the second toe.</p>	<p>Lowers blood pressure, benefits eyes, relieves fainting, relieves fever, dizziness, confusion, headaches, nausea, and irritability.</p>	 <p>The image shows a top-down view of a pair of feet. A small white dot is marked on the top of the foot, in the valley between the big toe and the second toe.</p>
<p>ST 36 - One hand width below the bottom of the knee cap, on the outside of the tibia bone.</p>	<p>Relieves fatigue, poor appetite, stomach pain, nausea, vomiting, belching, gas, diarrhea, constipation, shortness of breath, dizziness, and palpitations; benefits digestion and restores the immune system. Calming and grounding. A very nourishing point.</p>	 <p>The image shows a person's leg from the knee down. A hand is shown measuring the distance from the bottom of the knee cap to the point 'ST-36'. A dashed line indicates the 'Level of the lower patellar border'. The point 'ST-35' is also marked above ST-36.</p>

Point & Location	Functions/Indication	Image
<p>ST 40 - Located at the halfway point between the outer bottom corner of the knee cap and the highest point of the outer ankle bone (see image)</p>	<p>Headache, dizziness and vertigo, cough, asthma, excessive sputum, pain in the chest, constipation, mania, epilepsy, pain, swelling or paralysis of the lower extremities.</p>	
<p>SP 6 - Located on the inner aspect of the leg, one hand-width above the inner ankle, just behind the tibia bone.</p>	<p>**Do not use during pregnancy**</p> <p>Nourishing point that helps harmonize organs in the body. Boosts immune system.</p>	
<p>SP 4 - Located on the inside of the foot. Find it by running your thumb along the edge of the first metatarsal bone – from the big toe knuckle to the head of the bone above it. You should feel a slight depression at the base of the bone.</p>	<p>Treats abdominal issues such as cramping, bloating, gas, diarrhea, constipation, and nausea.</p>	
<p>KD 1 - At the base of the foot, just below the junction of the two pads.</p>	<p>Grounding, lowers blood pressure, hot flashes, dizziness, agitation, insomnia, poor memory, epilepsy, and fainting.</p>	

Point & Location	Functions/Indication	Image
<p>KD 3 - On the inside of the foot. In the depression between the medial malleolus (ankle bone) and the Achilles tendon, level with the tip of the ankle bone</p>	<p>Treats sore throat, toothache, deafness, coughing, asthma, irregular menses, insomnia, seminal emission, impotence, urinary frequency, low back pain.</p>	
<p>KD4 The point about one inch below KD 3 right above the heel bone.</p>	<p>Treats coughing of blood, lower back pain and stiffness, asthma, painful urination, heel pain</p>	
<p>KD 6 - Located 1 thumb width below the highest point of the inner ankle bone (medial malleolus)</p>	<p>Treats irregular menses, prolapse of the uterus, urinary frequency, epilepsy, dry, sore throat, insomnia.</p>	
<p>KD 7 - From the high point of the inside ankle, drop back into the hollow between the ankle and the achilles tendon (KD 3). Find this point two thumbs width above that.</p>	<p>Treats night urination, swelling, abdominal swelling, diarrhea, spontaneous sweating, and fever with no sweating.</p>	

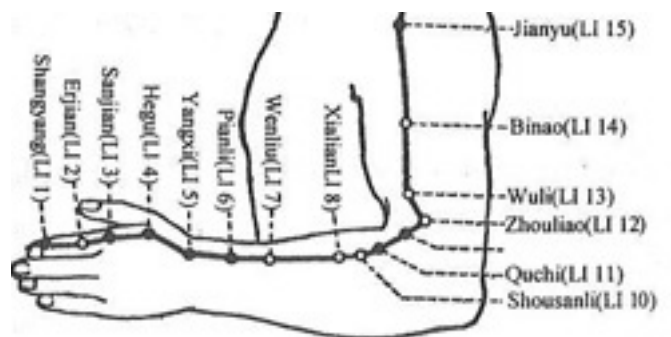
Point & Location	Functions/Indication	Image
<p>KD 10 – on the back and inside of the knee between the two tendons you can feel when your knee is half bent.</p>	<p>Treats impotence, hernia, uterine bleeding, painful urination, knee pain and mental disorders</p>	
<p>GB34 – Find the head of the fibula – the round bony part on the side of your calf below the knee. The point is in a hollow one finger breadth below and one finger breadth in front of the bone.</p>	<p>Treats pain or weakness in the knee or lower leg, pain under the ribs, bitter taste in the mouth, vomiting, jaundice. If suspected gallstones, find tender spots along a 2 inch line below this point and treat all tender spots.</p>	
<p>GB 41 - See image. In the hollow just in front of the union of the fourth and fifth metatarsal bones. In the depression on the outer side of the palpable tendon when extending the little toe.</p>	<p>Treats headaches, migraines, vertigo, pain of the outer canthus, irregular menstruation.</p>	
<p>HT 7 - At the proximal end of and on the radial side of the pisiform bone at the wrist just over the ulnar artery. Or Palm side up, follow the pinky finger in a straight until you hit the wrist crease. The point is there.</p>	<p>Treats cardiac pain, irritability, palpitations, anxiety, insomnia, mania, epilepsy.</p>	

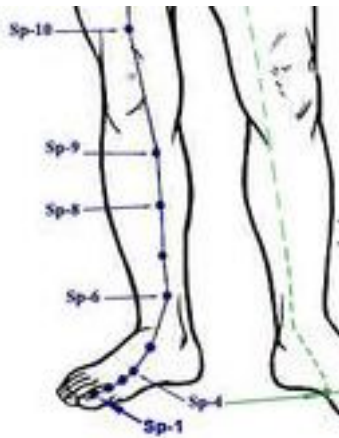
This is the path of the “Lung Channel” in Chinese medicine. When experiencing any kind of Lung symptoms (coughing, asthma, shortness of breath, phlegm) you can massage along the channel in a **downward motion** from the chest => to arm => to tip the nail of the thumb.



This is the lower part of the “Stomach Channel” in Chinese medicine. It not only treats digestive disorders but also helps with any lung issues. You can massage this channel in a **downward motion** from under the knee => down leg => to the tip of the second toe. On the lower leg, it follows the outer edge of the big tibia bone (tibialis anterior muscle) to the foot.

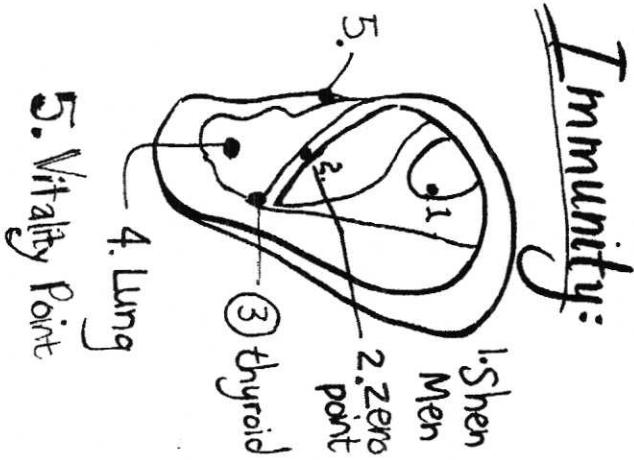
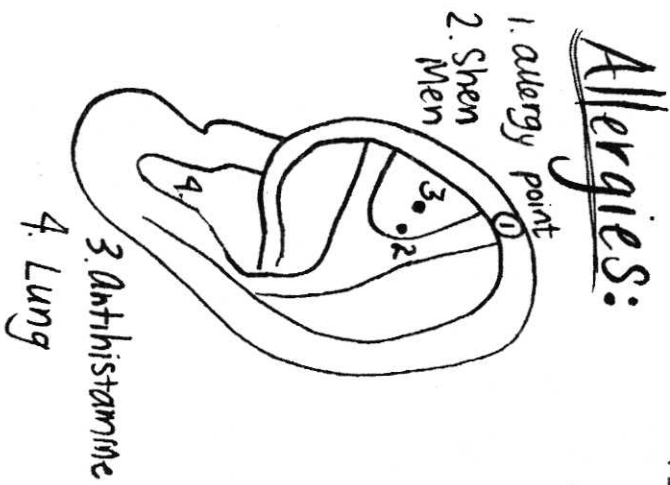
This is the lower part of the “Large Intestine” Channel in Chinese medicine. It not only treats digestive disorders but also can help clear heat in the lung and treat fever in the body. You can massage this channel in an **upward motion** from the tip of the index finger => along the arm => to the outer elbow.



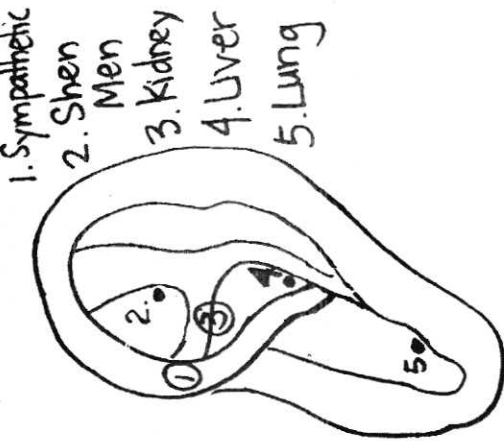
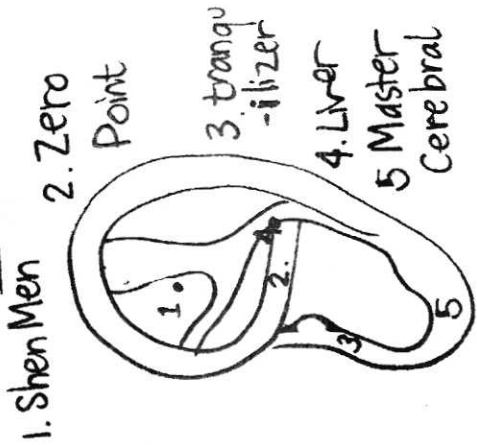


This is the lower part of the “Spleen Channel” in Chinese medicine. It not only treats digestive disorders but also can help clear heat and phlegm in the lung. You can massage this channel in an **upward motion** from the tip of the big toe => along the inner foot => along the inner leg along the tibia bone to just below the knee.

Health Issue	Combinations
Immunity	LI 4, LI 11, LU 7, ST 36, SP 6, LR 3
Flu / Colds	<ul style="list-style-type: none"> - Congestion/Sinus: YinTang, Bi Tong, TaiYang, LI 4 - Headache/Neck-ache: GB 20 (also TaiYang, LI 4), LU 7, SJ 5, GB 41 - Coughing, Wheezing, Phlegm: LU 1, LU 5, LU 7, LU 10, R 17, ST 36, KD 1, KD 3 - Feverish: LI 11, LR3, LU10, SJ 5 - Sore Throat: LU 10, KD 6, KD 3
Stress	Yintang, Taiyang, ST 36, PC 6, HT 7 Feeling ungrounded: KD 1, LR 3, Feeling depressed or low energy: DU 20
Indigestion/Constipation	LI 11, ST 36, LI 4 Clockwise abdominal massage
Nausea	PC 6, ST 36
Diarrhea	ST 36 Counterclockwise abdominal massage
High Blood Pressure	Massage in downward direction the groove behind ear LI 11, ST 36, LR 3, GB 34, KD 1



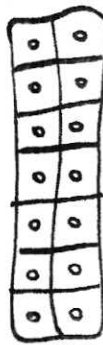
Prevention & Treatment of Addiction:



- ### Directions:
1. Find points you want to use
 2. Clean point location with Soap & water OR alcohol swab.

Let dry.
 3) Find point & apply.
 * If point is circled in diagram, point is hidden under skin flap. *

- If you don't have ready made seeds, make your own:
1. Use an empty vial or seed plate. Place mustard seed or bead in indentation



2. Place medical/adhesive tape on plate & score using exacto knife
- OR...
 place seed/bead directly on tape

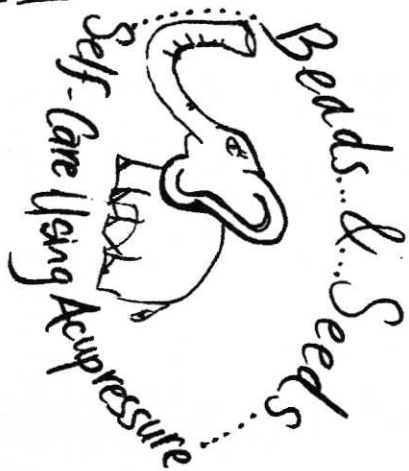
Resources:

www.pham.org
www.acudetox.com

Auriculotherapy Manual
 2nd. Ed Terry Oleson PhD

Questions? ...

email questions to:
eleni@fredlund.net
Melissa.Ferrato@gmail.com



• Eleni Fredlund
 • Melissa Ferrato

Beads... &... Seeds

Self-acupressure using small beans, mustard seeds, small grains or tiny beads

1. Choose your bean/seed or bead:

For ear-seeds: Use mustard seeds, quinoa grains, or seed beads. Save the plastic tray from the bought seeds and seed the seed in each hole. Cover all with first aid tape then use an exacto knife or scalpel (carefully!) to score along the lines of the seed tray. Then use the seeds from the tray. Reuse and reuse the trays.

For body points: Use beans like mung, adzuki, small black beans and white beans, or corn, or beads, or small magnets.



2. Place on adhesive medical tape: White paper tape or any good first aid tape

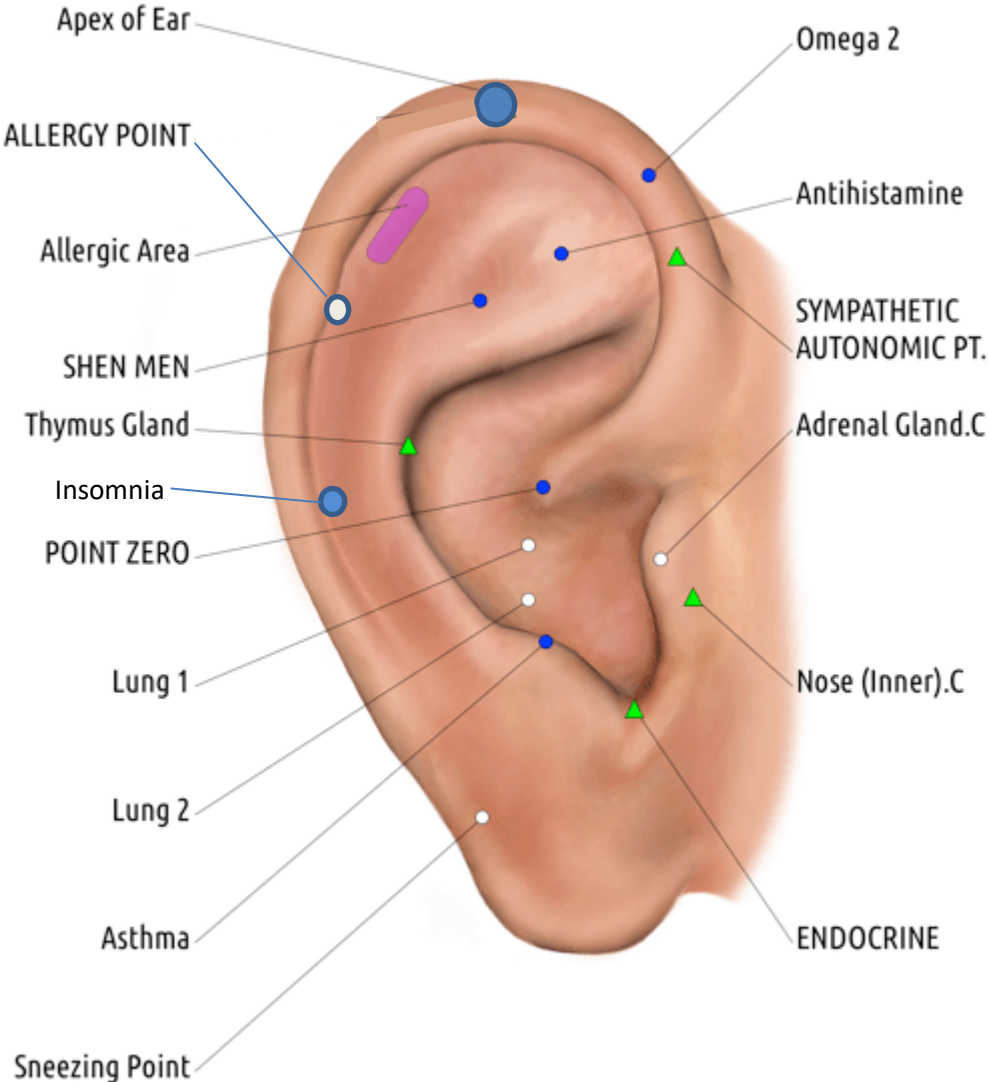


3. Clean ears/body (legs or arms) with alcohol or soap and water to remove oil from skin:
4. Find points on chart, and place beans, seeds or beads on point.

For anxiety and stress: Put seeds on Shen Men, Point Zero and Insomnia points

For allergies: Put seed on Allergy Point, Shen Men, Antihistamine, and Lung points

For immunity: Put seed on, Shen Men, Point Zero, and Lung points



• Eleni Fredlund
• Melissa Ferrato

Beads... &... Seeds



Self-Care Using Acupuncture

Questions?...
email questions to:
eleni.fredlund.net
Melissa.Ferrato@gmail.com

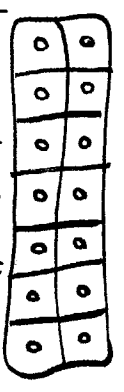
Auriculotherapy Manual
2nd. Ed Jerry Oleson, PhD

Resources:

www.phanm.org
www.acudetox.com

Directions:

If you don't have ready made seeds, make your own:
1. Use an empty vacuaria Seed plate. Place mustard Seed or bead in indentation



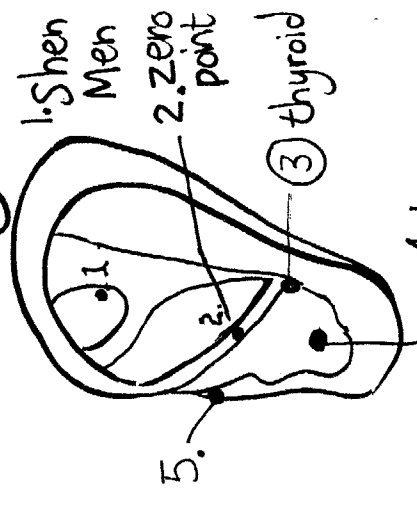
2. Place medical/adhesive tape on plat & score using exacto knife

OR...

place seed/bead directly on tape

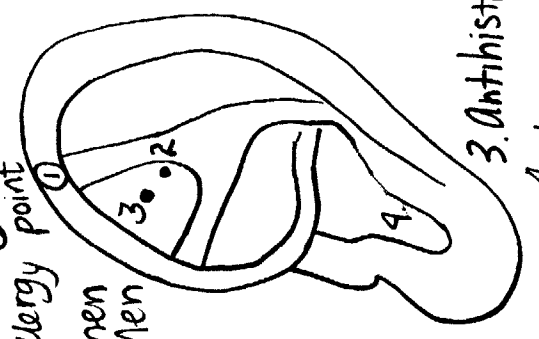
1. find points you want to use
 2. clean point location with Soap & water or alcohol swab.
 - 3) Find point & apply.
- * If point is circled in diagram, point is hidden under skin flap. *

Immunity:



1. Shen Men
2. zero point
- 3 thyroid
4. Lung
5. Vitality Point

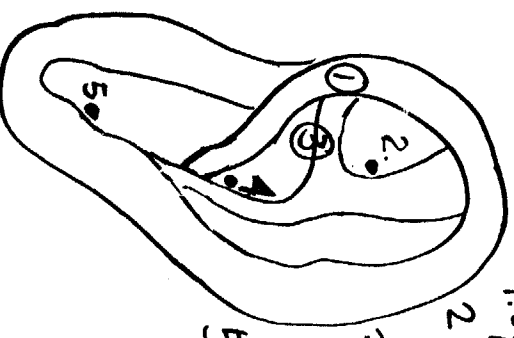
Allergies:



1. allergy point
2. Shen Men
3. Antihistamine
4. Lung
- 5 Master Cerebral

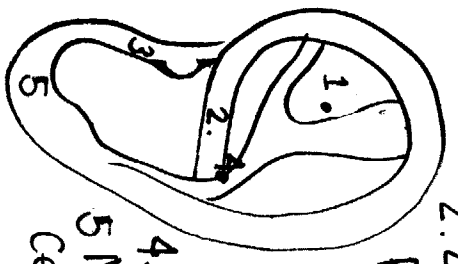
Prevention & Treatment of

Addiction:



1. Sympathetic
2. Shen Men
3. Kidney
4. Liver
5. Lung

For Anxiety & Stress:



1. Shen Men
2. Zero Point
- 3 tranquilizer
4. Liver
- 5 Master Cerebral

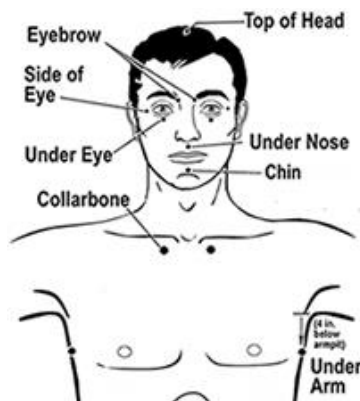


NM Integrative Wellness MRC

Supporting and stabilizing communities in crisis using an integrative response.

TODAY YOU RECEIVED

- 5NP/3 SEED ACUDETTOX
- BODY ACUPUNCTURE
- EMO/BEHAVIOR SUPPORT
- TAPPING/BREATHING/PMR



Even though...I completely accept myself. (E-UE-UA-C)

Disaster Distress Helpline is toll-free, multilingual, and confidential 24/7 line for natural/human caused disasters. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a crisis counselor.

Crisis and Access Line is toll-free, confidential 24/7 crisis line to seek support for yourself or others struggling with their mental and emotional health:

1(855) NMCRISES (662-7474)
1(855) 227-5485 (TTY)



3 Seed Acudetox:

Shen Men- Helps decrease anxiety and nervousness, produces relaxing effect. Helps with insomnia.

Liver- Helps decrease anger and aggression, keeps emotions and the body's system moving smoothly.

Lung – Protects body from disease, aids with grief and sadness.

TAKE-HOME

No one who experiences a disaster is untouched by it. It is normal to feel anxious about you and your family's safety. Profound sadness, grief, and anger are normal reactions to an abnormal event.

Acknowledging your feelings helps you recover.

Focusing on your strengths and abilities will help you to heal. Accepting help from community programs and resources is normal, healthy, and shows courage.

SIGNS OF STRESS

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than you used to
- Feeling foggy, forgetful, confused, on edge, angry, or worried
- Yelling or fighting with family and friends
- Having thoughts and memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Difficulty performing daily tasks that were once doable, such as taking care of your kids or getting to work or school.

CALMING EXERCISES

5-5-7 Breathing:

Inhale for 5 seconds, hold for 5 seconds, exhale for 7 seconds.

5-4-3-2-1 Grounding:

Name 5 things you can see in the room with you.

Name 4 things you can feel (chair on your back, feet on the floor).

Name 3 things you can hear (TV, cars driving by).

Name 2 things you can smell, and 1 thing you can taste.

Progressive Muscle Relaxation:

Squeeze and relax every muscle, from toes to face.



NM Integrative Wellness MRC

Supporting and stabilizing communities in crisis using an integrative response.

Things to try:

Take care of yourself

Give yourself time to heal

Eat well, as healthy as possible

Try to do leisurely activities

Keep a journal of your thoughts

Exercise

Read a book

Listen to music

Spend time with your friends, support system, or family

Structure your time normally; keep relatively busy

Reach out; people do care

Spend time with others

Realize those around you are under stress

Do make as many daily decisions as possible, such as deciding what to eat and where to go

Don't try to fight reoccurring thoughts, dreams, or flashbacks- they are normal and will decrease with time

For Family Members, Support System, & Friends:

Listen carefully

Spend time with the traumatized person

Offer your assistance and a listening ear if they have not asked for help

Reassure them that they are safe

Help them with everyday tasks such as cooking, cleaning, childcare, etc...

Give them some private time

Don't take their anger or other feelings personally

Don't tell them "it could have been worse"

Don't tell them "everything happens for a reason"

Be patient with them

3 Seed Acudetox:

Shen Men- Helps decrease anxiety and nervousness, produces relaxing effect. Helps with insomnia.

Liver- Helps decrease anger and aggression, keeps emotions and the body's system moving smoothly.

Lung – Protects body from disease, aids with grief and sadness.

