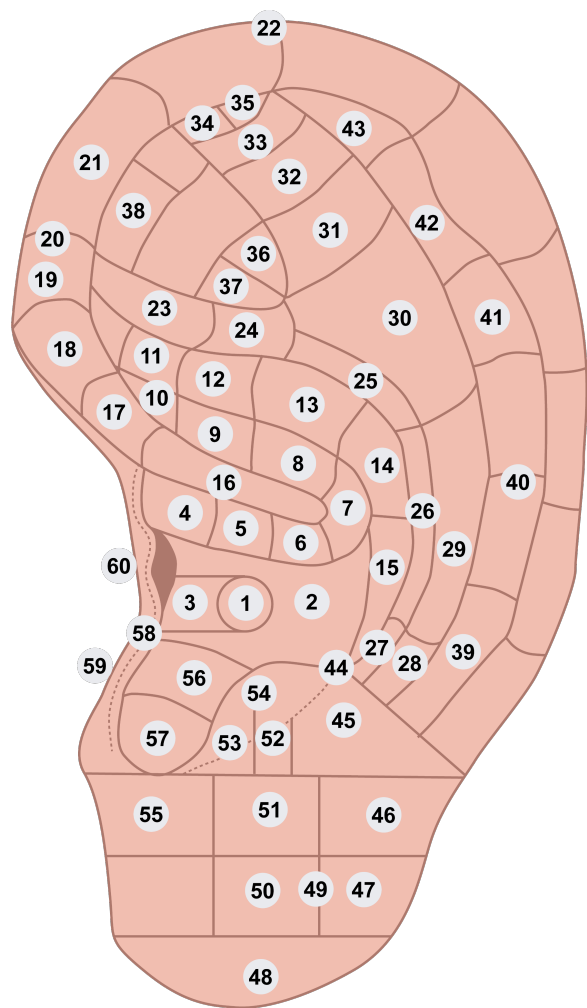


# Ear Seeds Placement Chart



- |                            |                              |
|----------------------------|------------------------------|
| 1. Heart                   | 31. Hip                      |
| 2. Lung                    | 32. Knee                     |
| 3. Trachea                 | 33. Ankle                    |
| 4. Mouth                   | 34. Heel                     |
| 5. Esophagus               | 35. Toe                      |
| 6. Cardiac Orifice         | 36. Shen Men                 |
| 7. Stomach                 | 37. Pelvis Cavity            |
| 8. Duodenum                | 38. Internal Genitals        |
| 9. Small Intestine         | 39. Clavicle                 |
| 10. Large Intestine        | 40. Shoulder                 |
| 11. Bladder                | 41. Elbow                    |
| 12. Kidney                 | 42. Wrist                    |
| 13. Pancreas, Gall Bladder | 43. Finger                   |
| 14. Liver                  | 44. Brain Stem               |
| 15. Spleen                 | 45. Occiput                  |
| 16. Ear Center             | 46. Jaw                      |
| 17. Rectum                 | 47. Internal Ear             |
| 18. Urethra                | 48. Tonsil                   |
| 19. External Genitals      | 49. Cheek                    |
| 20. Sympathetic Nerve      | 50. Eye                      |
| 21. Anus                   | 51. Tongue                   |
| 22. Ear Apex               | 52. Temple                   |
| 23. Sciatic Nerve          | 53. Forehead                 |
| 24. Buttock                | 54. Subcortex                |
| 25. Abdomen                | 55. Tooth                    |
| 26. Chest                  | 56. Triple Burner (San Jiao) |
| 27. Neck                   | 57. Endocrine                |
| 28. Cervical Vertebrae     | 58. Adrenal Gland            |
| 29. Thoracic Vertebrae     | 59. Internal Nose            |
| 30. Lumbosacral Vertebrae  | 60. Pharynx                  |

Please note that **Pressure Points 20, 54, 59, and 60** are on the underside of the ear. Everything else is on the surface.

Ear Seed Pressure Point Reference			
Instructions: Please follow the combinations below to help with the specific problem you're dealing with.			
Condition	Relevant Ear Acu-points*	Pain Conditions	Relevant Ear Acu-points*
Weight Loss	4 + 7 + 15 + 54 + 57	Neck Pain	12 + 14 + 27 + 28 + 36
Quit Smoking	1 + 2 + 7 + 36 + 54 + 57	Shoulder Pain	12 + 14 + 36 + 40 + 45 + 58
Fatigue	1 + 2 + 58	Back Pain	28 + 29 + 36 + 54
Insomnia	1 + 7 + 12 + 14 + 15 + 36 + 54	Lower Back Pain / Sciatica	12 + 14 + 23 + 24 + 36
Dizziness	12 + 14 + 36 + 47 + 52	Elbow Pain	36 + 41 + 54 + 58
Headache / Migraine	20 + 36 + 45 + 52 + 53	Wrist Pain	36 + 42
Fertility	12 + 14 + 15 + 36 + 38 + 57	Knee Pain	12 + 32 + 36 + 58

\*The numbers correspond to ear acu-points shown above. For each condition, place ear seeds on all the relevant ear acu-points on one ear. Remove ear seeds after 2-4 days, and then apply a fresh set of ear seed stickers on the alternate ear. We recommend doing so for one month to monitor progress.

Adapted from Sze, P. (2018). Free ear seeds placement chart. TCM Tips.  
<https://tcmtips.com/free-ear-seeds-placement-chart/>