

# Weight Loss Ear Seeds Chart

Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

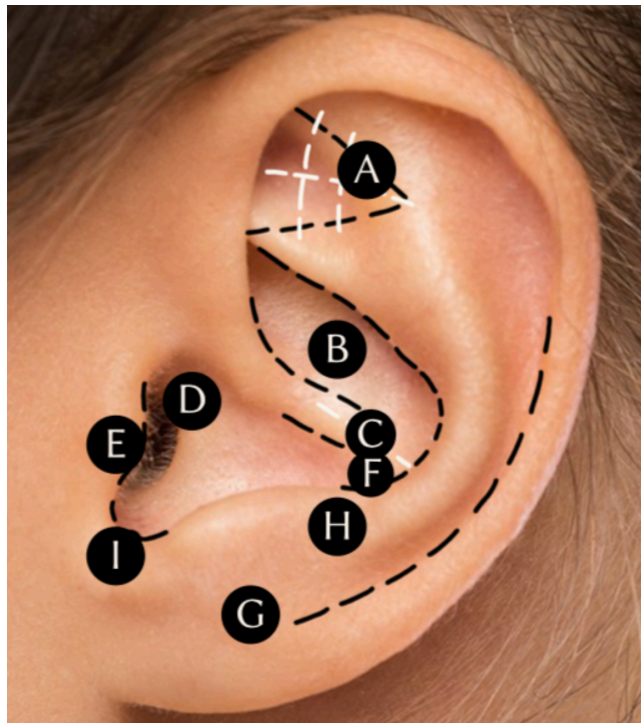
Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Professional's Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

## WEIGHT LOSS EAR SEEDS CHART



- A. Shen Men, identified in Traditional Chinese Medicine, is associated with the cerebral cortex. It is thought to have a calming effect on the mind and spirit, addressing issues like stress, anxiety, and insomnia.
- B. The small intestine point is utilized in treating indigestion and bloating.
- C. & D. Points related to the stomach and mouth aim to reduce cravings, impulsive eating, and address eating disorders.
- E. Targeting appetite control is intended to diminish food cravings, regulate appetite, and prevent overeating.
- F. The spleen point, specifically located on the left ear, is recognized in Chinese medicine for enhancing digestion.
- G. An antidepressant point is identified for managing mood-related eating.
- H. Focusing on the thyroid gland point is beneficial for addressing a slow metabolism.
- I. The endocrine point is relevant for managing water retention and addressing hormone imbalances.

**Notes:**