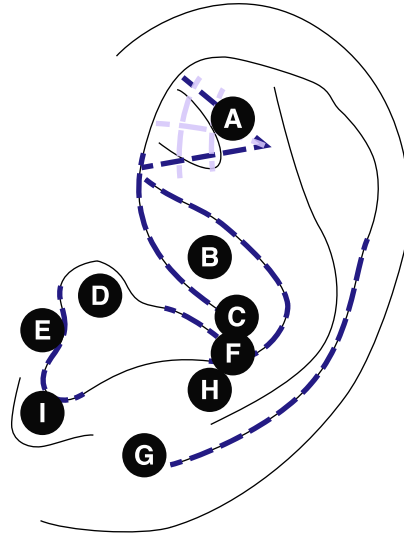


Weight Loss Ear Seeds Chart



- A. Shen Men** - Associated with the cerebral cortex, it is believed to calm the mind and spirit, helping manage stress, anxiety, and insomnia.
- B. Small intestine** - Affects digestion and helps alleviate issues like indigestion and bloating.
- C. Stomach** - Targets reducing cravings and impulsive eating, supporting efforts to manage overeating and address eating disorders.
- D. Mouth** - Aids in controlling impulsive eating and curbing cravings, particularly for emotional or stress-related eating.
- E. Appetite control (Hunger point)** - Helps regulate appetite by targeting the Hunger point, diminishing food cravings, and preventing overeating.
- F. Spleen (left ear)** - Enhances digestion and supports digestive health, as recognized in Traditional Chinese Medicine.
- G. Antidepressant point** - Assists in managing emotional eating linked to mood disorders.
- H. Thyroid gland** - Helps regulate metabolism, particularly addressing issues related to a slow metabolism.
- I. Endocrine point** - Aids in managing water retention and balancing hormones.

Additional notes

References

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