

Weight Loss Ear Seeds Chart

Date: _____

Patient's Name: _____

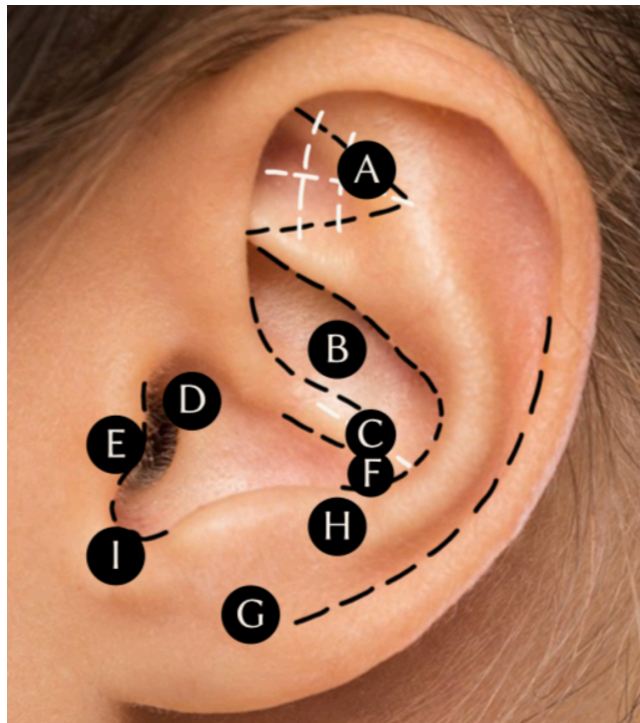
Date of Birth: _____

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: