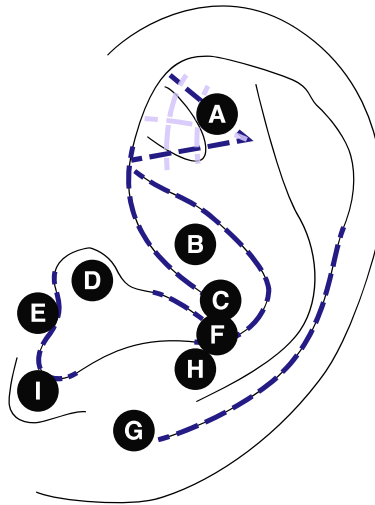


Weight Loss Ear Seeds Chart



- 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

The ear seed points work synergistically to address not only cravings and overeating but also emotional and metabolic factors that may contribute to weight gain. Regular application and consistent stimulation of these points can help support a healthy weight loss journey, but results may vary. Combining this with a balanced diet and exercise program will provide optimal results.

References

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