



Bolster Your Weight Loss Efforts with Ear Seeds

A Look at 5 Separate Studies

Have you been eating healthy, exercising and making lifestyle modifications with little to no results? A difficulty suppressing appetite is often part of the weight loss struggle. When your body senses a decreased amount of food, the stomach grumbling sets in. Appetite suppressants, whether prescribed or over-the-counter, can cause uncomfortable side effects. Don't despair. Stimulating acupressure points on the ear with acupuncture and ear seeds can help remedy the problem naturally.

Read on for a bit of information from 5 separate studies that showed how Auriculotherapy, or ear acupuncture/pressure can help you in the weight loss battle.

1

A study published in Australian Family Physician determined frequent stimulation of specific points on the outer ear, "is an effective method of appetite suppression which leads to weight loss." The sixty subjects were divided into two groups. The active group had magnetic balls (a metal version of ear seeds) attached to acupuncture points on the ear related to appetite. Researchers placed the magnets on the thumbs, where there are no acupuncture points, of individuals in the control group.

The pressure stimulates the auricular branch of the vagal nerve and increase serotonin levels, which have both been shown to boost the smooth muscle of the stomach leading to a decrease in appetite. The control group experienced no suppression in appetite and almost no weight loss. 95% of the active group noticed a decreased appetite and lost significantly more weight.

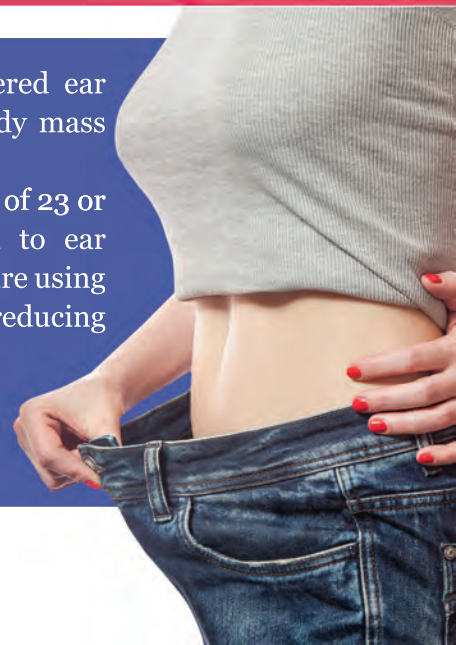
Ear seeds made from the vaccaria plant apply pressure to the same acupuncture points. Simply adhere the seeds to the correct points to experience similar results.

2

A study published in the American Journal of Chinese Medicine discovered ear acupressure with vaccaria seeds resulted in the most significant reduction of body mass index (BMI) as compared to regular acupressure.

Researchers studied a group of 84 adolescents, between ages 18 and 20, with a BMI of 23 or higher. The control group received tape treatment, where tape was adhered to ear acupressure points, while the two experimental groups were administered acupressure using Japanese Magnetic Pearls or vaccaria seeds. All participants were educated on reducing calories, exercise, weight loss and lifestyle modifications.

Over the course of eight weeks, the Japanese Magnetic Pearls and vaccaria seeds groups exhibited a decrease in BMI, with the vaccaria seeds method showing the greatest reduction.



3 The Journal of Alternative and Complementary Medicine published a study concerning the effect of tragus clips on gastric peristalsis, or the process of food traveling through the intestines. The researchers noted the use of the “hunger point” on the tragus of the ear has been successful in creating an aversion to cigarette smoking and reducing weight. Though needles are typically used, when left in the ear they lose effectiveness. The study instead relied on ear clips, similar to ear seeds. The clips were adhered to the tragus on the outer ear in order to inhibit a branch of the vagus nerve. The ear clips did in fact slow gastric peristalsis, leaving subjects feeling full longer. The effect was significant when the ear clips were applied and while the subjects wore them. The study’s authors concluded, “Ear clips were effective in delaying gastric peristalsis, and may have value in reducing appetite in association with weight loss programs.”

4 A study published in the American Journal of Chinese Medicine titled “Effects of Auricular Acupressure on Weight Reduction and Abdominal Obesity in Asian Young Adults” demonstrated promising results. The research provides additional evidence that ear seeds can have a positive impact on your weight loss efforts. The study tested the efficacy of weekly auricular acupressure sessions on weight reduction and changes in waist circumference and waist-to-hip ratio. The participants were young Asian adults with a waist circumference $\geq 80\text{cm}$ in females and $\geq 90\text{cm}$ in the males. The individuals ranged in age from 18- to 20-years-old.

The control group solely received ear acupressure, while the experimental group received acupressure using Japanese magnetic pearls, similar to ear seeds, on specific points on the outside of the ear. Both groups showed significant reduction in body weight and waist circumference after eight weeks. However, the magnetic pearl group also showed a decrease in waist-to-hip ratio.

The study’s authors stated, “Auricular acupressure may be a beneficial addition to weight loss programs” and a, “reasonable option in the treatment of overweight and obesity in young adults.”

5 An eight-week study conducted by Korean researchers divided subjects into three groups. The first group received auriculotherapy treatments focused on five acupuncture points and needles were adhered to the ear for one week periods, only one point was stimulated in the second group and the needles were immediately removed and the third group received sham ear acupuncture. After only four weeks, the first group experienced a 6.1% decrease in body mass index (BMI), the second group saw a 5.7% fall in BMI, while there was no difference in BMI among those that received sham auriculotherapy. At the conclusion of the study, only the first group lost body fat as well.

The weight loss ear seed kit from **Earseeds.com** contains small black seeds from the vaccaria plant on adhesive tape. Simply affix the seeds to the points detailed in the weigh loss protocol and stimulate them throughout the day to exert mild pressure. Use auriculotherapy to lessen appetite, increase metabolism, fight cravings and help control the emotional behaviors that spark overeating. Combine ear seeds with a healthy lifestyle and you will be on the path to lasting weight loss. Head to **Earseeds.com** or ask your acupuncturist about them today!

