



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

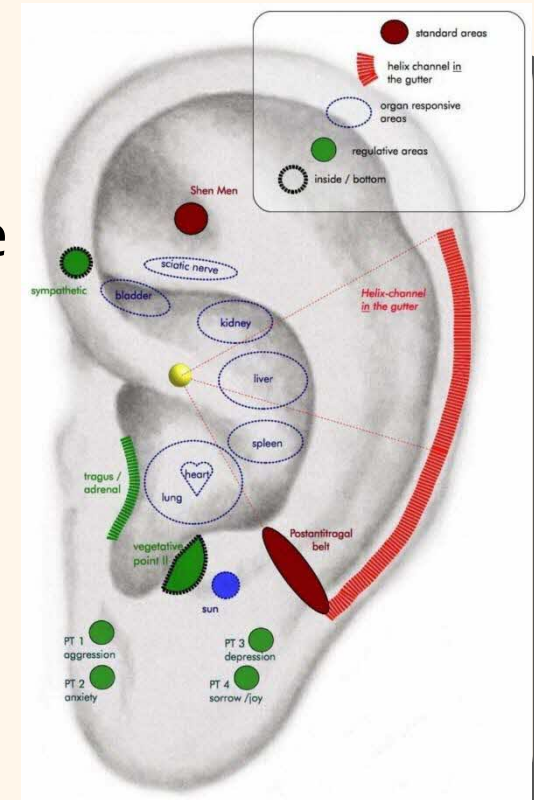
Auriculotherapy

Theme: Neighbourhoods

WHAT IS THIS INITIATIVE ABOUT?

Auriculotherapy is a Traditional Chinese Medicine (TCM) technique that uses vaccaria seeds to stimulate specific points of the ear to regulate the body's internal systems to promote well being. It is rooted in the theory of the ear being a microsystem of the entire body, with specific points corresponding to the body's various organs, metabolic functions and anatomical structures.

It can be used for a wide variety of ailments including pain relief, stress and anxiety, insomnia, digestive issues or women's health.



INITIATIVE'S IMPACT

While conventional acupuncture and auriculotherapy both aids in alleviating similar ailments, auriculotherapy brings the benefits of being needle-less and pain free. The ear seeds are non-invasive and generally well-tolerated.

The biggest appeal is the ease of use. The ear seeds can be self applied at home and self stimulated once the acupoints have been identified by a qualified physician.

PLANS AHEAD

We have started offering auriculotherapy services in our clinics since November 2024.

As auriculotherapy is not as popular as other forms of TCM services, we would like to spread awareness of it to the community on its health benefits.



OUR OFFER

We would like to let the public experience auriculotherapy and its potential health benefits.

- Learn about the TCM ear microsystem, the location of points in the ear corresponding to important organs and body functions.
- Have a feel of auriculotherapy firsthand.
- TCM myth busters – Learn to separate the common misconceptions of TCM from the truths.