

Auricular (ear) Acupuncture

(513) 475-WLNS (9567)
UCHealth.com/IntegrativeMedicine

What is acupuncture?

Acupuncture is based on the idea that vitality and blood flow through the body along pathways called meridians. The vitality, also known as qi or “vital energy”, flows along the meridians to nourish and cleanse the cells and tissues not unlike the cardiovascular system. Manipulating points on these meridians allow for direct access and treatment into the body’s healing and transporting system. Blockages in the channels disrupt circulation and lead to deficiencies and buildup that can be located in the meridians or elsewhere. This causes imbalance, pain and illness. A certified acupuncturist may use needles or other techniques to activate and balance points and channel systems to stimulate the body to heal.

What is auricular (ear) acupuncture?

Micro systems are effective in treating many things in acupuncture. A micro system is a small representation of the whole. These include auricular (ear), hand, foot and long bones which represent the spine. Just by treating the ear, a practitioner can access every organ, tissue and system.

Why should I use auricular acupuncture?

It can help reduce and alleviate many ailments like:

- Low-back and shoulder pain
- Headaches and migraines
- Addictions and cravings
- Anxiety, stress, and depression
- Menstrual cramps
- Digestive issues

When should I seek treatment?

You don’t have to be experiencing your symptoms to come in for treatment. Acupuncture is very beneficial as preventative medicine and can not only resolve active issues but can help you avoid them completely when done regularly or before a normal cycle or event where the symptom is present.

Is auricular acupuncture safe?

Yes. When it is performed by a trained practitioner using single-use sterile needles, it is very safe. A small amount of people (less than 0.2%) can become nauseated, faint, or have strong emotional reactions. Some people have momentary discomfort at the needle sites or feel tired after the session is done. Some people also feel like their symptom gets worse after a session, but that is normally temporary and they will usually gain relief soon after.

How do I find acupuncture at UC Health?

UC Health offers acupuncture at UC Health Women’s Center in West Chester and The UC Health Barrett Center in Clifton. Insurance sometimes covers partial fees and group acupuncture sessions are offered for a reduced price.

- For appointments, call **513-475-WLNS (9567)**.
- Visit <http://uchealth.com/services/integrative/clinical-services/acupuncture/> for more information about what to expect in an acupuncture session