



Ear Seeds: Natural Support for Whole-Body Balance

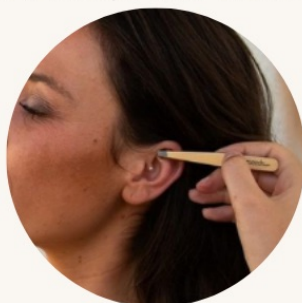
What Are Ear Seeds?

Ear seeds are tiny pellets—made from natural vaccaria seeds, titanium, 24k gold or stainless-steel beads—placed on specific ear points to gently stimulate the nervous system and encourage your body's natural ability to heal.

This centuries-old therapy supported by modern neuroscience, connects the ear's microsystem to the entire body — regulating stress, pain, hormones, digestion, sleep, and more

Common Concerns Supported

- 🌿 Pain – acute, chronic, migraines, arthritis
- 😴 Sleep – insomnia, restlessness
- 🌟 Stress – anxiety, overwhelm
- ❤️ Hormones – PMS, menopause, libido, adrenal fatigue
- 🌻 Digestive – bloating, IBS, appetite and weight support
- 🌸 Emotional – grief, depression, irritability
- 👃 Respiratory – allergies, sinus issues, inflammation



How They Work & Why They Help

Ear seeds gently stimulate key points on the ear to activate the vagus nerve and calm the nervous system—supporting balance, better sleep, pain relief, and emotional well-being.

Research shows auriculotherapy can help regulate over 150 conditions naturally—no needles or medication needed.

Your Session

- 💡 Ear Seed Session (30 min) – Targeted therapy to balance the nervous system and address your unique concerns. Includes auricular diagnosis, ear massage, cleansing, and precise application of seeds customized to your needs.

💛 Packages & Concierge Options Available

As a Board-Certified Holistic Nurse, Integrative Nurse Coach, and Certified Ear Seed Practitioner, I combine auriculotherapy with evidence-informed care to activate your body's self-healing potential. Through nervous-system-focused healing and compassionate presence, I support your journey toward calm, comfort, and balance.



Let's uncover what your body is communicating and restore harmony from the inside out. 📞

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