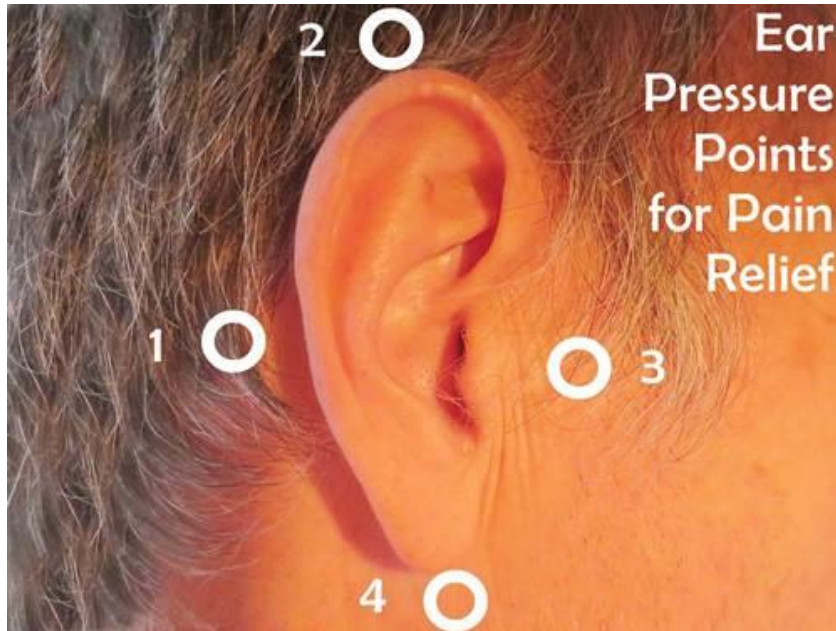


EAR PRESSURE POINTS

Matrix Code R707 for StartOver.xyz (revised 8 December 2018 by Clinton Callahan)

A painful imbalance can sometimes occur in the inner ear, in infants, children, or adults. When you know this pressure point remedy the pain can disappear within minutes without any further treatments or medications. Many a good night's sleep has been recovered by applying this simple technique.



INDICATIONS

Sometimes inner ear pain, without fever, suddenly appears. Since infants can't tell you what hurts when they cry, a few minutes of Ear Pressure Points could be a useful test to try. Obviously if the pain persists or a fever develops, visiting a healing practitioner could be a wise thing to do. But this procedure will relieve the discomfort more than 75% of the time.

PROCEDURE

You can apply Ear Pressure Points on yourself or others. It only takes a few minutes. It does not matter which point you start on. Find a relaxed position. At each point search gently with one fingertip to find a small dentation in the skull bone. This is where you press. Pressure Point 4 is located over tendons so do not press so firmly.

Find the first Ear Pressure Point dentation with one finger. Press firmly for 3 seconds, then relax for 3 seconds, keeping contact with the skin. Repeat 10 times. Then gently move to the next Ear Pressure Point dentation and make 10 pressings. Continue through all 4 Ear Pressure Points. Proceed around all 4 pressure points 3 times.

While you are pressing make tiny circular movements with your finger. You are not sliding the finger on the skin. Instead you are moving the skin and tissues around over the dentation. Your intention should be to release built up pressures or tensions in the area and to balance out the energy flow circulation around the ear. Afterwards drinking a full glass water and taking a short nap could be helpful.

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