***What Is Acupuncture/Acupressure?*** it is a therapy developed by the ancient Chinese that consists of stimulating designated points on the skin. It is part of the overall system of Chinese medicine which includes herbal medicine, Tai Ji, Qi Gong, massage and other energetic modalities. In this instance, we will be using a magnetic gold bead on each ear to stimulate the shenmen point.

***How Does It Work?*** The philosophy of the Chinese tradition is based on an awareness of the connected energy network of all things in the universe. In this system of thought, as in modern physics, the same principle of energy applies to any part of the universe, however small or large, whether the solar system, an atom or a living being. According to this Chinese medical tradition, there is a network of energy that flows through the body and connects “points” by way of different channels, also called meridians. These channels all form a network which has circulating energy, called Qi, that moves like an electric current. As long as the energy circulation has the appropriate strength and balance and the flow is not blocked, healthy functioning of the body continues. In this context, acupuncture/acupressure makes perfect sense. It is simply a way of making balancing adjustments in this type of electromagnetic circulatory system. It is a suggestion to the human energy system.

***How Will I Feel During Treatment?*** When the beads are placed on your ear, it may tingle or feel warm. Some people may even fall asleep while sitting there. These are normal responses. Some people say they feel very relaxed, others don’t feel much at all. Even if you don’t feel much, you are getting benefit from the treatment.

***Is It Safe?*** Side effects are minor and include: a feeling of warmth in the ear, irritation or tenderness at the site of the bead. If for any reason the beads become bothersome, they can simply be removed. Otherwise they can be worn until they fall off.

**Auricular Acupressure Consent Form**

The use of magnetic beads on the reverse shenmen point on the ear can result in a feeling of relaxation and a lessening of tension and anxiety. It may also help relieve physical symptoms, such as headaches and sleep problems. One person said, after receiving the beads, "If I had known I could feel this comfort within myself, I wouldn't have had to use alcohol and heroin." Another reaction was, "I have a hard time quieting my mind, but the beads give me the opportunity to focus better and to think." Other people do not report any changes.

*I have had the procedure for auricular acupressure with the magnetic beads explained to me, and I consent to their use with my child.*

Student’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent’s Signature Date