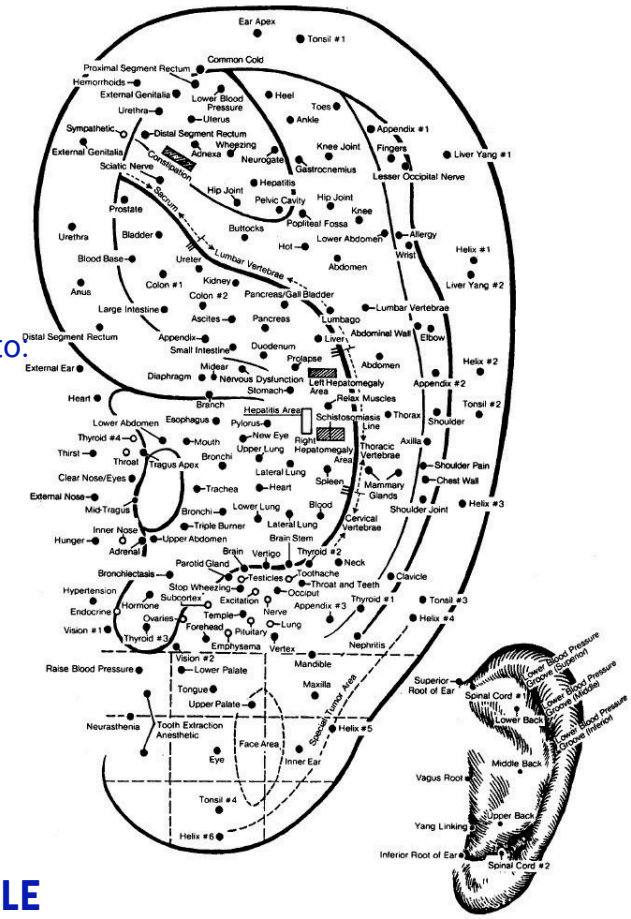
Flip the Switch!

Wellness Redefined

Let's Talk about
AURICULAR THERAPY

What is Auricular Therapy?

Auricular therapy *(AT)* is a Traditional Chinese Medicine microsystem used to treat the body mapped on the ear.



What can AT treat?

Common uses of AT include but are not limited to:

- Stress
- Anxiety
- Smoking cessation
- Weight loss
- Pain relief
- Digestive issues
- Sleep issues

Note: The Veterans Administration recognizes its value and uses AT to treat veterans experiencing PTSD.

What's Available

- Individual sessions
- Small group sessions *(3 - 5)*

Scan for Information

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