Introduction to Ear Seeds and Auricular Therapy

Welcome back to the Restore Your Mitochondria conversation. I'm your host, Laura, from Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my guest is a dear friend of mine, Robin Ray green. Hi, Robin. Welcome to the summit. Thank you so much. I'm so happy to be here. Laura. Yeah, this is going to be a fun talk.

So this summit is full of a lot of, you know, biology. When we talk about mitochondria and cellular health, we get a lot of, you know, super deep biology conversations.

And this conversation is going to be light and fun and exciting. And when people leave this talk, they're going to want to go learn more from you right off the bat.

Because we're gonna be talking about some really fun stuff. Show me your ear real quick. Here we go. Ear seeds. Yep. Okay, so we're going to talk about how this applies to regenerating cellular health.

But let me introduce you to our audience. You are an acupuncturist and author, speaker, educator and co-founder of thrive Your Seeds. That's the topic of our talk today.

And you provide tools and training for both patients and health and wellness professionals to be successful in using a regular therapy. And we'll unpack what that means.

That's a safe and noninvasive treatment for everything from headaches to low energy pain and weight loss and everything in between. And as a pediatric and family health specialist at detox rejuvenation, you also help children address the root causes of eczema, allergies and asthma so they can find long lasting relief.

And your book, Heal Your Child from the Inside Out, is a hay House treasure, and it's helped thousands of parents worldwide. So thank you for sharing your wisdom here today.

Robin. Thank you so much. I'm so excited to talk about this. It's so much fun. It is. Okay, so let's dive in and just tell us what is this whole Eric yellow therapy?

I know Eric yellow would mean air. So tell us what this is and how and how is it that working with our ear could help our cellular health and our mitochondria?

That's the crazy connection, right? Right. That is such a great question. So, a regular therapy is it does pertain to your ear and your ear has thousands of nerve endings that connect with the message centers of your brain.

So when we apply pressure on those special spots of the ear, it can actually impact areas of the body distant from the ear. So you can think about the ear is the keyboard and our brain is the computer.

And so we're basically typing in on when we give pressure on the ear. It's like typing in a command. And it will actually impact your other parts of your body.

So that's how it can help so many different things, from pain to weight loss to improving your energy to helping your organs function more efficiently.

Okay, hold on. So that was the easiest explanation I've probably ever heard. That makes so much sense. And you know this because you're an acupuncturist and one of the acupuncture spots or I mean, you've done acupuncture on me.

How Ear Seeds Support the Vagus Nerve and Healing

And of course, first thing you did was hit my ear, right? Yes. And so this is actually a separate system from acupuncture that was developed by the father of auricular therapy, Paul Noga, in the 50s.

And then it was later supported with all the Chinese medicine, universities in China, actually studied his system and validated it and found that indeed we have like basically an inverted, you know, baby on our ear.

It's, it's a what we call a hormone pulis or a our ear reflex, the entire body. And so we can go in and stimulate the ear, whether that's with just a massage or a special, your seed like the one I'm wearing now.

Or, you know, there are even devices that can, you know, apply, phototherapy or, electrical stimulation to points in the ear. And in fact, we even use a regular therapy to do surgeries without any anesthesia.

We can actually use special points on the ear to do that. So that, oh my gosh. So it just like cuts pain. Yeah. It cuts pain down. All right. We're going to get into all the different applications of this. But tell me more about how it works because I think there's more tell me more about how it can help stimulate the vagus nerve and help the body, actually enter a healing state.

And and why is that important? Right. That let's start right there. So we can't heal if we are in like fight or flight, if we are in a, in a state of stress, our bodies are, you know, protecting us, right?

Our blood is shunted to the periphery. We we take all our energy to flee or fight or freeze. And until we come out of that state, our body is going to have difficulties healing.

So one of the ways that we can do that is by stimulating the vagus nerve. And the vagus nerve, has branches that reach the ear. And so by stimulating points on the ear, we actually can turn off the stress response and help our body get into a healing state so that we can rest, digest, sleep.

Okay, I want to I want to point out how important this is, because we have a lot of speakers coming on here talking about reducing, you know, the toxic burden in our body when we think of the bucket of toxins, stress goes in there.

And one of the one of the things that is one of the points that comes up over and over again in many of our talks is vagus nerve stimulation and how to do it.

And there's so many different ways to stimulate vagus nerve. So you go into a parasympathetic state so your body can heal. And this is interesting because nobody on this summit is talking about stimulating the ear.

I mean we've talked about essential oils and we've talked about, you know, gratitude and we've talked about, you know, all meditation and all kinds of things to stimulate vagus nerve.

But this is something that you can essentially do and walk away from it. You don't you don't have to be in a, okay, I got to meditate meditate now for 30 minutes.

I mean, you can put on your ear seeds and go and you're actually stimulating vagus nerve. Yes. That's honestly what attracted me to them in the first place is I'm a busy professional.

I'm a I'm a mom and I have a lot of responsibilities. And, you know, while I do make an effort to incorporate other ways of stimulating the vagus nerve on those days where it is go, go, go time, like I said, I just, I, like literally put them on throughout the day.

I might squeeze them for 20 30s, but I can be in a meeting and be stimulating my vagus nerve. I can be driving and stimulating my veins, you know you can.

You can be doing whatever and getting your body into a healing state and look really good doing it. Like, who

doesn't want to look gorgeous while they're stimulating their vagus nerve? I know the little crystals are fun.

We were recently together at a retreat, and, you you were you were, you were, you know, putting the little seeds on everybody, and everybody was walking around with their ear bling.

And it was so fun. Plus, it was really helpful. So the reason, the reason you put it on me, I mean, there was a purpose for it, if you recall, when I, when we got there to the location, we were in Park City, Utah, and all of a sudden my allergies went crazy.

Using Ear Seeds for Energy, Focus, and Pain Relief

And you're like, Laura, let me just put some ear seeds on you. We can put them in the right place to help with your allergies. And it just simmered everything down.

It was like inflammation went down in my body. You know, within hours, I was feeling much better. But even sooner than that, I think. Yeah, I mean, it it varies for everybody.

Some people get instant relief depending on what's going on. Sometimes you'll notice changes within a few hours of putting them on. And then like in my experience, like most recently was with sleep, I was really having trouble shifting my sleep and getting a full night's sleep.

And after about seven days of, you know, wearing them very religiously, 24 hours a day, I was like, oh my God, it just clicked everything. Like, I just like, I think I finally got over the hump and started sleeping the way, like what I call my princess sleep where I, you know, you wake up in the morning and like, oh, your hair's perfect.

You know, you slept so deeply, you hardly moved so I want to go to bed and I have to wake up and do my hair. So it's all about putting your body into this healing state.

That's what I'm hearing. And and, you know, this is what it's all about when we think about mitochondria health, and we think about all the chronic health conditions that occur because of mitochondria decline.

You know, we have words in the Western medicine allopathic world for mitochondria dysfunction. And those words are autoimmune disease cancer heart disease you know and then all the symptoms.

So, you know, digestive issues and headaches and pain and you know, the list goes on and on. So those are all related to mitochondria decline. So in order to support mitochondria there's a lot of things you can do.

But one of the things is to get you into this parasympathetic state, this healing state. You want to share any more about why that's so important? Well, it's absolutely essential for our bodies to start repairing and rejuvenating.

And if we're and also sleeping. So when we're in, when we can get into that parasympathetic state, we can enter a deeper sleep state. And that's when our body's doing all the repair work, making complex enzyme chains, repairing and draining the brain and releasing toxins.

So that's why I feel like it not only stimulates the vagus nerve, but it can also really help get, you know, help us get into a deeper state of sleep to do the repair work.

So in addition to everything else you're doing to support your healthy lifestyle, this is just one more thing. It's like a I don't like to say a hack.

I don't like biohacking because I feel like it's temporary and like you're cheating, but it feels like you're bio elevating. Bio optimizing. Yeah. Yes.

You're absolutely optimizing. And there are hundreds of protocols. So for those out there that are like really trying to heal their gut and get out of the habit of using like ibuprofen or Tylenol when they have a headache or when you

know their back is bothering them.

This can actually offer them a way to without using any drugs. Totally natural, totally noninvasive way to address aches and pains in their body so that they can get on with their day and and not have to deal with that pain or worry about, you know, the effects of taking medications.

Okay. So on this, you know, a lot of our viewers right now are high performing people, people who are up to, you know, a big game in their life and they're watching this summit because they want to know how to support their energy and focus.

So can you share how yours needs help with that? Absolutely. So what is so cool is the the ear seeds actually stimulate parts of your brain. So there is a point on the ear I'm going to get out my little ear here.

And if we go like straight into the middle and then like right in the center where most of us get our ears pierced is like right in the center of the ear lobe.

If you go just medial to that on the inside of the ear lobe is a point called master cerebral point. It actually stimulates your cerebral cortex. So it is helpful for focus, for creativity and so on.

And then there are other points that we couple with that. For instance, the point on the ear this is in this zone here is called Shen men. And that also stimulates the brain. It's very calming.

It helps, you know, with focus. So we can we can help someone figure out the best protocol for them based on what they need to help with attention, concentration, memory and focus.

And, you know, all it takes is a little, you know, you literally just putting them on is going to apply continual mild pressure on those points. And then you can give an added amount of pressure, like, I have Shen men going right here in my ear.

And I can just press on this for, you know, 10s and I am literally stimulating my brain and helping focus. Yeah. And I remember when you put those on me.

So there's the little crystal that we see on the outside, but on the underneath is like a little, a little bit that the pressure just is continuous on, like it's a little it's a little raised area underneath plate.

See my light there. There we go. So that's a little bead and it, it comes on an adhesive tape that's totally nontoxic and safe. And then you just apply the little you know, you, you can look in like the mirror or have someone do it in the beginning for you, and then you just literally, you know, we have little tweezers that come with it, and then you just you just take it off and you find the spot and just apply it.

You know, you push it on, that's it.

Ear Seeds for Kids and Family Wellness

It's really that simple. So really anybody can do this. It's not hard to do. Anyone can use it. Anyone can use it. Anyone can do it. It does take just a little bit of practice in the beginning to get to get it down.

But once you get it down, this becomes, you know, it's it's just very accessible for everyone to have access to this. Now let's talk about pediatrics and how this can be used in kids, because you have a long history working in the pediatric space and helping families and parents.

So obviously this is going to help all of the adults. We've just talked about how it can help your parasympathetic stimulation. It can help with energy and focus.

It can help with pain. So you can avoid medications like ibuprofen and Tylenol like you mentioned. But let's talk

about kids, because this is something that could actually be fun for your kids.

And, and I'm sure, you know, if you're if your little boy doesn't want crystals, then there's another option for non crystal too, right? Yeah, I have it.

You can't even see it on my ear. But right here I've got two gold beads and they're so tiny like you can't even, you can barely see them. So for boys we just do either stainless steel or gold.

See little beads on the clear tape that are there aren't really even visible. Unless your boys want crystals, which is unless they want them. Yeah, totally.

We have plenty of boys that like the crystals the kids used to. When I had my acupuncture clinic, that would be the first thing they want. They'd get on the table and be like, can I have my crystals?

They wanted their bling. But it was the moms that were always like, please put those, you know, like hyperactivity, sleep, focus, you know, digestive symptoms.

But most a lot of the kids with even with itching and things like that, we were able to apply the ear seeds. And most of the time the kids responded, really, really quickly.

Wow. So they became the most requested, you know, service in my in my practice that was non acupuncture. And then around town, like chiropractors and other people, they might bring their kids to new.

They were my clients because they would come in with their ear seeds on I love that, I love that. So it sounds like, you know, it's really helped kids and parents and help kids accelerate, I'm sure accelerate at school and, kids that are considered, you know, problem kids, which really aren't they aren't they just, you know, they're they're high energy or, you know, I remember my daughter, she was a kinetic learner.

She she really moves around a lot. And her teachers didn't know what to do with her. I actually had a teacher who said, I don't know how to teach your daughter.

And because she wanted to, like, stand next to her desk and she wanted to she wanted to tap her fingers when she was learning, you know, stop or she wanted to doodle.

She doodles and learns at the same time. It's made her teachers crazy her whole life. If I had known about this, you know, when my daughter was young, what might have we experienced?

Right. We might have experienced like her being able to sit more, focus more, just have a little bit of a calming effect, but not not in a sedative way, but in a very balanced way.

I think that that would apply for adults who can't sit still for long. And, you know, if you've got to sit in front of a computer for five hours and pound out a project, it might help you do that without going out of your skin.

Right? Absolutely, absolutely. And also, when we're thinking in terms of healing, like healing the gut, healing our energy, we can also help like our internal organs as well.

So we can apply points for the pineal gland for the adrenals, for different, internal organs that need additional support, that are going to help raise our energy and help us, you know, focus and function better.

So good. It sounds like there's nothing they can't support. Well, you said your ear. What did you call it? There's a baby. There's there's an inverted baby on the ear.

What does that mean exactly? Because that's, you know, that's interesting. Picture here. So what this means there.

Wear Time, Protocols, and Where to Get Them

That's what it means. There's this little baby right there, Is it inverted mirror? So that means, like, the feet are up here. All of the head and brain points are down here and so on.

So it's just reflected on the entire ear with all the different points. That's interesting. 100 points on the ear. But that's why you, we, we, actually help train people so they know exactly how to find the most important ones that are relevant to them.

Okay, good. Now, how long can you wear the seeds and are there any special types of seeds? Great question. So you can wear them for 4 to 5 days. It depends on how sensitive your ears are and like if you can sleep with them or not.

So if you have no problem sleeping with the ear seed, they will last for five days before they need to be replaced, which is great because you can get a lot of wear out of your seeds, and then you do want to give your ear some time to breathe, at least for a couple hours.

So in between, after those five days, you take them off, let your ears breathe for a couple hours, minimum, and then you can reapply. And that's what we call cycle.

So we typically recommend people, you know, wear them for about a five day cycle, take a little break, do another cycle, and then reevaluate their symptoms and see.

But if someone's like healing from chronic illness or undergoing like really, really big stress in their life, you know, something like ten men, and point zero, which are really stimulating to the vagus nerve would be something they would want to just wear on a continuous basis to support their body.

And, and get them back into that healing state. Oh my gosh. So good. So where can people get these? I know people watching me now are going to how do I get this?

This is amazing. You know, where do they go so they can go to thrive ear seeds.com to, you know, purchase a kit just like this. Either we have the kits with the, the gold and the clear crystals or just the gold crystals.

And if there if anyone is interested in getting access to hundreds of protocols, a to Z. We also have the Thrive Ear Seeds membership, and we're offering anyone here from the summit that wants to join us and check it out.

A free seven day trial. Oh that's amazing. So we'll have that link, for you on your on your speaker page. That's incredible. So, Robin, you also, you know, this is just one thing that you do.

You're also an expert in root cause, medicine and identifying root causes. And on this summit, you know, we're talking a lot about root causes. So in the last few minutes that we have here, I'd love for you to shed your wisdom to our audience on.

You know, this is important to have these types of treatments to support you. But at the end of the day, if you don't deal with the root cause things, then you're probably not going to get well at the end of the day if all you're doing is this and not some root cause investigation, you're just kind of hacking the system and you're not getting, you know, you'll be doing this forever, right?

So tell me what you would say to our audience about what they what they need to investigate as they're using these seeds. Right. That's such a great question and such an important point, because we never want to focus on, like, Band-Aids, you know, that that are, you know, temporary as as when, when it comes to root causes.

We're really thinking about, you know, environmental exposures, like, have you been exposed to moles in your home? In a previous home in school? Have you do you live on a golf course?

Are you being exposed to, you know, herbicides, pesticides?

Root Causes, Toxic Burden, and Closing Thoughts

You know, through your food, through the air, through the water. And we also want to consider other industrial toxicants that we may be exposed to because those all come together, they impact our gut, they affect our brain.

And our ability to heal. And if we don't get to the root of those and figure out where some of those are coming from and relieve the day to day burden with solutions that are accessible and easy, which they are there and out there for people.

You know, that's really the key. And in the work that I do with families, what we're finding is that so many of the families that, like the adults, are struggling with anxiety and low energy and body aches and other issues, and then the kids have, focus issues and hyperactivity and eczema and asthma is is underlying that is almost always high levels of glyphosate, which is the active ingredient in roundup and an unknown or an unknown exposures to mold and other industrial toxicants.

And then this is, you know, your your gut and your brain are just on fire. And it becomes very difficult to heal. So I just say to all the moms out there who have a child who maybe is being told that they're a neuro atypical or that they're they're hyperactive or they're a problem child, and that your child is really under those symptoms waiting to come back to you once you address the root causes.

Because once we do that, we see amazing turnarounds. Yeah. And you do work with families on that level. So if people wanted to learn more about that side of working with you, how do they find you?

They can go to Robin Ray green.com. And, you know, I've got, you know, pediatric e-book out there just to help families get started on their next steps.

Thank you, Robin, for being here today. This is a fun conversation. Like I promised, we're going to talk about something fun. Oh, wait, there's one more thing.

I think you're wearing something on your chest. Yes. So the the ear seeds are actually they're an acupressure device. So you you're not limited to wearing them just on your ear.

So I've actually got some I don't know if you can see it on. I got some bling on my arm there. I've got some on my chest. So, you know, being an acupuncturist, whenever I've got something going on, I like to just, stimulate my acupuncture points and my ear points.

And then, of course, I want to look cute while I'm doing it. So I choose the crystals. I just have the funniest thought. It beats the heck out. I'm walking around with a couple needles sticking out of your chest on your toes.

I'm sure you've done that. I'm sure you've like, okay, I put a needle in and then you're just going around your daily business and and you might like, bump it or hit it.

I've done a little crown of needles and forgotten that they were there and gone to the post office and people looking at me like, what did she what did I like?

Oh no, I've got needles in my head. So yes, this is a much more subtle way to stimulate my acupuncture points. So but very subtle. People don't know what you're doing.

They just think you're setting a new trend, right? Body art. Thank you so much, Robin. Thanks for being here. You take good care now for having me, Laura.

Okay. Bye now.