

## More About Ear Stapling

*Many people love their staples. They commonly report control of appetite, reduced stress, experiencing a calming effect, improved memory, and increased energy. Different people experience different results.*

*The average weight loss is 2-3 pounds per week. The staples will last approximately 3-4 months. The points stapled work together to reduce your overall appetite, sugar cravings, tension, stress and headaches. The ear staple we place for smoking cessation greatly reduces your cravings and makes you reject the smell and taste of cigarette smoke. Most people say this method helps tremendously.*



**Don't give up  
giving up.**



## Acupuncture & Herbal Works

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## Acupuncture & Herbal Works

**Ruth Elder Neely, R.Ac.**

## Ear Stapling for Weight Loss or Stop Smoking



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# Let's Talk About Ear Stapling



Both men & women use this method

Ear stapling has been around for over 20 years and is fast becoming one of the most sought after methods for weight loss and smoking cessation. A small surgical stainless steel staple is strategically placed in

the inner cartilage of the ear to target certain pressure points.



The staples will last approximately 3-4 months. You stimulate certain places to affect the acupuncture points involved and keep it working. Do this before or while you eat for best results. This is what makes this procedure different from having an earring in your ear. And **EAT LIKE YOU'RE TRYING TO LOSE WEIGHT** and you probably will.

## What is ear stapling?

A small surgical stainless steel staple that is positioned in the inner cartilage of the ear on specific pressure points to target weight loss, stress, tension, smoking cessation and other problems effecting the body.

## How Does the Staple Work?

The staple works by applying pressure to the acupuncture points in the ear. It sends a signal to the brain that you are satisfied and eliminates cravings for food, sugar, and tobacco.

**Does It Hurt?** It is compared to having your ears pierced. Some say that it hurts for a few minutes and then subsides, and others say it does not hurt at all. Once again, each person is different in how they respond to the staple.

## What Are The Risks?

With proper care of the staples there are limited risks involved. As with any piercing there is a risk of infection associated with it, even if



sterile technique is followed scrupulously. Bacteria is almost always the culprit from

contact during aftercare, typically not from the procedure itself. Good hand washing is first and foremost in the prevention of infection in any wound care. Sensitivity to metals commonly reduces effectiveness.

## What Is the Average Weight Loss?

For women, 2-3 pounds a week and men 3-5 pounds a week. **Those who are serious and add a healthy diet and exercise to their regimen may see much greater results.** Experience shows up to an 85-90% success rate with weight loss and 80% for smoking.

## What does it cost?

Call for current pricing.



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