

AURICULAR CORRECTION

This technique was noticed, by Dr. John Thie, DC, author of *Touch for Health*, to help increase sensory input energy and decrease neck and shoulder tension. Before testing, evaluate your shoulder and neck tension 1-10, and 10 the most discomfort.

Evaluation:

Turn your head, first Right then Left and evaluate the tension in your shoulders and neck. 1-10, 10 the most discomfort.

Correction:

Firmly unfold the turned over part of the ear lobe with the head turned to the affected side. Continue to uncurl around and down the earlobe, pulling away from the orifice (inside of ear). The “affected ear” is the ear turned toward the back when testing. This seems to be because this ear is the one involved in reflex turning of the head towards a sound when in the face down or crawling position as a baby. Uncurl the lobe 5-10 times.

This is a useful correction for those whose job involves turning the head frequently such as a taxi or truck driver, checkout operators, sports spectators in events that involves watching fast changes, such as watching tennis, soccer, hockey, basketball, etc. This has also been shown to be helpful to people with dyslexia problems.

Courtesy of Touch For Health by Dr. John Thie, DC
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