

Auricular Medicine Take Home Instructions

Congratulations on making the greatest investment you could make for your longterm health. Auricular Medicine works by restoring your body's intended resonance to its own imprint. This may sound quite convoluted, but it's actually very scientific. Everything around you, including you, is composed of billions of atoms that are moving. These movements are set to a particular rhythm that make things what they are. When things don't vibrate as they are meant to, we begin to see pathology and deformation. The sprays you will be taking are all carefully crafted to meticulously course out the toxins and wrongful patterns your body is carrying around that it has picked up by existing in a world full of toxins and external stressors. Not only do you have a particular vibration, but so do each of these toxins (metal toxicities, dental and sinus toxicities, environmental toxicities, geopathic toxicities like radon, and cellular dysfunctions). When you're exposed to a toxin or a virus that differs from your own vibration, but it sticks around and embeds itself in your own body, it changes the resonance your own body needs in order for cellular regeneration to happen without deformation.

Auricular Medicine works to restore your body to its own resonance. What we hope to see through the process is a notable decrease in symptoms and pathologies that formed from various toxicities including latent viruses, inflammation, dysbiosis (bacterial and fungal imbalances), environmental toxicities and more.

1. Side Effects:

It is common to experience Herxheimer Reactions, or "healing crises" through the Auricular Medicine process. A Herxheimer Reaction ("Herx" for short) is a reaction your body experiences as it releases toxins and excess bacteria from the body. Common Herx Reaction symptoms include headaches, joint pain, nausea, diarrhea and increased fatigue. A Herx reaction is short-term, usually a day or two, and then subsides as the toxins are successfully released from the body.

2. If you received SAAT as a part of your Auricular Medicine appointment:

If you received SAAT as a part of your appointment (needles in the right ear that will remain there for 3-4 weeks), please read the following take-home instructions. If you did not receive SAAT, please move on to Number Three.

The patient DID have SAAT for the following:

_____ *The patient DID NOT have SAAT.*

If your SAAT needles are coming out before the end of your 3-4 weeks, please call the office (667-204-2979) to schedule a free SAAT adjustment so we can fix this for you. Do not attempt to fix it yourself—do not mess with the tape.

SAAT take-home instructions: Please read the following in its entirety.

* In your first week after receiving the SAAT treatment, you may experience a slight increase in your symptoms. These are not typically severe, but something to be aware of. For this reason, it is advised that you avoid the allergens that were treated, when possible, particularly in the first week.

Allergens treated at this appointment included:

- Histamine (MCAS) MCAS Auto-Antibodies Adhesives Stainless Steel
- Estrogen Progesterone

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- * It is common to experience relief as soon as 1-2 days after receiving your SAAT treatment, however many patients as mentioned above, experience an increase in symptoms before they experience relief. At the end of a 3-4 week period, your allergy symptoms should have abated and needles can be removed.
- * It is advisable that you return to Annapolis Family Acupuncture for a followup treatment. If any adjustments need to be made, we will do so at that time. If you want to address new allergens, we can schedule you for an “additional allergens followup” which is longer than a regular followup.
- * In most instances, a patient will barely notice their SAAT needles in their ear. At times, a patient may report some sensitivity on the side that was needed for a few days, but this typically dissipates on its own.
- * If you experience any of the following symptoms, remove the needle immediately, as this indicates infection (this is very rare). It is not necessary to wait to call the office to do so, as we do not want to wait for an infection to spread. The immediate removal of the needles is sufficient to abort the infection process. Apply antibiotic ointment at the site of needle insertion.
 - Unprovoked pain
 - Local heat
 - Swelling
 - Discoloration
 - Itching
 - Persistent discomfort at the site of insertion
- * Your ear should not come into contact with water if at all possible while wearing SAAT needles other than for showers. After you get out of the shower, use a washcloth to clean around the ear cover before removing it. No need to panic if they get a little wet, but in order to avoid them falling out, this is best practice. Please let them air-dry after exposure to water and do not attempt to dab with a towel or touch them for any reason.
- * In the event you need an MRI, YOU MUST REMOVE YOUR SAAT NEEDLES as they are made of stainless steel and present a safety risk in MRI machines.
- * **Patient is taking** **McSol** **McSol X**: take 3 sprays daily by mouth until bottle/s are emptied.

Date of SAAT Treatment: _____ **Number of needles:** _____

Date to remove needles: _____ (you may remove needles safely yourself if you have somebody who can use tweezers to pull up the tape and then remove any of the small needles that did not come out with the tape. Alternatively, you can call our office to schedule a free needle removal with Dr. Molly between her patients; it will take no more than a minute to remove them.)

4. Directions for sprays:

Please take your sprays as follows.

First two months	1 spray in the mouth 3 times a day, spaced out by at least one hour
Month 3	1 spray in the mouth 2 times daily, spaced out by at least one hour
Month 4	1 spray in the mouth 1 time daily
Beyond Month 4 unless otherwise directed	1 spray in the mouth <u>one time per week</u>

The sprays you are now taking are available for your viewing in your AFA account under medical notes where it should be indicated the date of the appointment, so you know when you began any new sprays received at that time.

During Phase 1 of AM (first AM appointment), you will probably be taking 10-15 sprays three times a day. The majority of the sprays one takes at Phase 1 are what we call "Blockage Sprays." Blockage sprays are remedies that address common immunological blockages that prevent one's immune system from functioning optimally. If you are over 10 years old, chances are you are impacted by all of these immunological blockages and will need all of the sprays.

You should find taking the sprays is a fast process and not as cumbersome as it may seem. Below we have listed some tips so that you can stay as organized as possible, particularly after Phase 2 where you will add an additional large set of sprays to your treatment protocol.

1. Cost of Auricular Medicine: The AM appointment for phases 1 and 2 is \$200 for the hour, plus the cost of the sprays. Most patients spend a total at each appointment of \$1,100-\$1,400 (this includes the cost of the appointment).

Typically around 2-3 months, sprays you are taking will need to be replenished, as you are taking them multiple times a day. The cost of replenishing sprays will probably cost you around \$700-\$1,000.

Beyond your 4th month on any spray, you will be taking them one time a week instead of three times a day, and a new bottle of spray opened and taken once a week will last you around 4 years. As such, the cost of AM is mostly up front as you build your set of sprays and make your way towards the end of Phase 2 where nearly all sprays (with little exception) are taken only once per week.

Around 2 months after taking your Phase 1 sprays, you will have another office visit where you will purchase your second set of sprays.

As such, you should budget for the following in the near future. Please note that the amounts are estimates intended to help you budget and will vary based on what your individual needs are at the appointment:

- Phase 1 appointment and sprays: \$1,100-\$1,400
- Phase 2 appointment and sprays: \$1,000-\$1,400 + Replenishing 1st set of sprays: \$700-\$1,000
- Replenishing 2nd set of sprays: \$600-\$900

2. Optional future visits: After you have completed Phases 1 and 2 of Auricular Medicine, you should be feeling marked effects of your Auricular Medicine treatments. Many patients like to come in for

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a third visit just to tie up loose ends. Some may experience new issues or health concerns. If you have completed Phases 1 and 2 of AM and you have continued with your maintenance, you may use AM for the rest of your life to address absolutely any health concern.

Types of Visits After Phase 2:

30 Minute AM Followup: \$150, appropriate for quick checkup, something simple that does not require in depth new diagnosis.

60 Minute AM Followup: \$200, appropriate for more in-depth diagnosis, additional Auricular Therapy (intradermal needles inserted in the ear that will remain for 3-4 weeks) and issues that require thorough discussion.

3. Once You Add Your Second Set of Sprays you may find that it becomes challenging to organize them all. We recommend the following system to help you stay organized.

- Use trays or drawer organizers for each set.
- On a sticky note for each set, write, "Take 3 times a day until (date)," or, "Take 1 time a day until (date)." At said date, replace the sticky note with the new schedule, following the schedule outlined in the chart above.
- Be sure to keep your phase 1 and phase 2 sprays in separate trays.
- One patient recommends painting the cap of each spray with a nail polish as a way of color coding.

4. If you are traveling, while your sprays should be fine during travel including on the plane and through the airport security, it may not be realistic for you to take all of your sprays with you. Depending on how long you will be away, we recommend selecting 3-8 that you would like to bring with you. Included in these should definitely be CldSol and ImmuSol in order to keep your immune system as safe as possible. GeoSol should clear out high levels of radiation from plane travel and X-Rays. The others you select should pertain to your greatest needs.