



**Duke Integrative Medicine**

## **DRIVE-UP EAR SEEDS AVAILABLE TO ALL DUKE EMPLOYEES**

Tuesdays - Saturdays

Morning Curbside: 7:00 - 10:00 a.m.

Afternoon Curbside: 3:30 - 5:30 p.m.



**What are ear seeds?** Ear seeds are used as very small acupressure devices, taped into place at useful locations in our ears. They stay in for 3 - 5 days.

**Why are you offering this service?** The 5-point pattern of these ear (or auricular) acu-points is applied to support your "calm and carrying on" mode. The 5-point pattern is known as the NADA protocol and is utilized in a variety of settings to ease stress or pain.

Who can come? All Duke employees are welcome. Y'all are the first to know! Please share with your friends who are employees. Continuing Curbside service continues through May.

**What do I need to bring?** Please bring yourself and your Duke ID to Duke Integrative Medicine and wear a mask.

### **LOCATION**

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Duke Integrative Medicine Traffic Circle  
3475 Erwin Road, Durham, NC 27705

Questions? [janet.shaffer@duke.edu](mailto:janet.shaffer@duke.edu)



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