



**Duke Integrative Medicine**

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

Tuesday **through** Saturday

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. 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)



Learn more  
about ear seeds