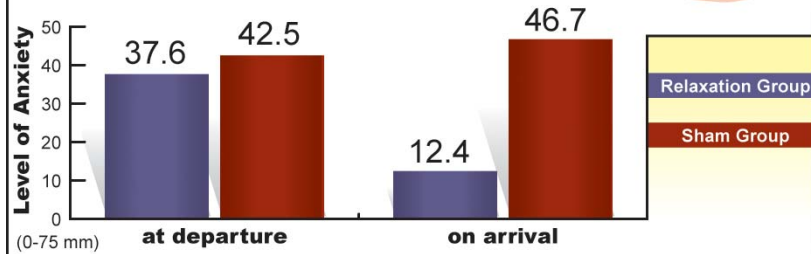


Ear Acupressure Helps Reduce Stress and Anxiety

Thirty-six patients being transported via ambulance to a hospital for various medical conditions were randomly assigned to receive auricular acupressure at the relaxation point or a sham point. Anxiety was assessed at departure and on arrival to the hospital using a visual analog scale (VAS):



SOURCE: Kober A, Scheck T, Schubert B, Strasser H, Gustorff B, Bertalanffy P, Wang SM, Kain ZN, Hoerauf K. Auricular acupressure as a treatment for anxiety in prehospital transport settings. *Anesthesiology*. 2003 Jun; 98(6): 1328-32.