

Drive-through help for anxiety

Does life in the time of COVID have you feeling anxious? Duke Integrative Medicine has a cool new way to help. Acupressure in your ear is known as the NADA protocol, and it's used in a variety of settings to ease stress or pain. The team at Integrative Medicine is offering drive-up curbside service for the protocol, using ear seeds instead of needles.

What are ear seeds?

Ear seeds are very small acupressure devices, taped into place at useful locations in our ears. They stay in for 3 to 5 days. The seeds are from vaccaria, a floral herb. Think of them like a larger, harder poppy seed.

What the heck!?!

The seeds bring you comfort and relaxation. Ear seeds apply pressure in a 5-point pattern to help support your "keep calm and carry on" mode.

What's the inspiration for this drive-up/walk-up service?

This curbside service (and a related project to get kits to our health care teams) was inspired by Acupuncturists Without Borders. But mainly we are driven by the desire to provide innovative ways to support you and your well-being in these difficult times.

Sounds great. What do I need to do?

Please be sure to **wear a mask**. Once you arrive, it's like the car line at school or the drive-thru at Starbucks. When you are "next up," we will give you an alcohol swab to clean your ear. And then you get your seeds. We'll need clear access to your ear, so if you can pull your hair back for easy access to your ears, that helps.

Does it hurt?

No. Some spots may feel tender once the seed is adhered and then squeezed or pressed. Others spots may feel just a bit of warmth or nothing at all.

Is there anyone who shouldn't try this?

This is an everybody technique. If you have an allergy or sensitivity to latex, just let us know so we can use a surgical tape that's latex-free.

Who can come?

All Duke employees are welcome. Please share with your colleagues and friends across the PDC, Health System and University (anyone who can flash a badge!)

When should I come?

Curbside service continues through the month of **May, Tuesdays through Saturdays**. Morning hours are 7:00 - 10:00 am and afternoon hours are 3:30 - 5:30 pm.

Duke Integrative Medicine is located on the Center for Living campus at **3475 Erwin Road**.

To see more about auricular acu-points and how to use them, [watch this video](#) by Acupuncturists Without Borders.