

Pressure Points for Migraines Electrical Ear Stimulation

A Guide to Pain Relief

www.pressurepointsformigraines.com

By James Spears M.S., L.Ac

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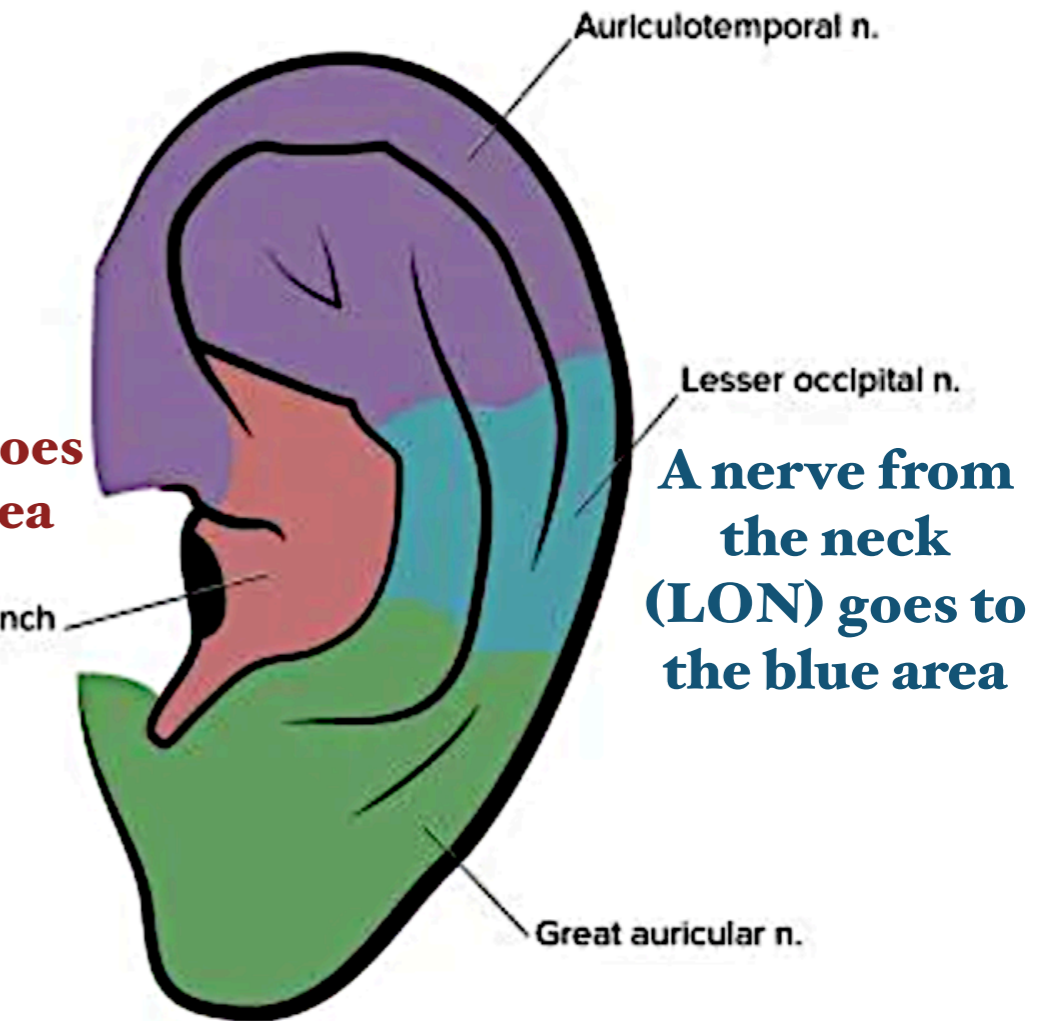
The 4 Major Regions of the Ear

Different parts of the ears work in different ways. The 4 major areas and the types of migraines they help are listed below.

1. **TN** - Temple & stress headaches and migraines with light and sound sensitivity, pain in the eyes, sinuses, and at the top of your head.
2. **LON** - Headaches and migraines with pain in the back of your head, upper back, lower back, and spine
3. **VN** - For all kinds of headaches and migraines and when you have lung, heart, digestive problems, or insomnia. Also good for stress related migraines.
4. **GAN** - For headaches with neck, back, and spinal pain

**The Trigeminal Nerve (TN)
goes to the purple area**

**The Vagus
Nerve (VN) goes
to the red area**



**Another nerve from
the neck (GAN) goes
to the green area**

Battlefield Acupuncture and The 5 or 6 Most Important Points for Migraines

The Battlefield Acupuncture protocol includes 5 points that are highly effective for pain.

The 5 points are shown in the picture.

There is one extra point that is not in the original 5 Battlefield Acupuncture points.

This is the Pain 2 Upper Point.

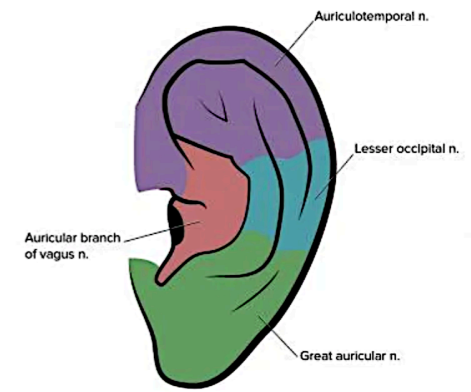
I have listed it here because it can be used for migraines and for some people it may be easier to use than the Pain 2 Lower Point.

When using ear clips, place each clip in a different colored area. Don't use the 2 clips on 2 green points or 2 purple points at the same time.



When using the ear clips, only use 2 points in the ear at a time, and use different colored points for each clip.

The Purple Points



The purple points called Ear Apex and Anxiety S Point tend to be the best for migraines. Like the name says, the Anxiety point may also be good for calming anxiety.

Various points in the purple area have similar effects.

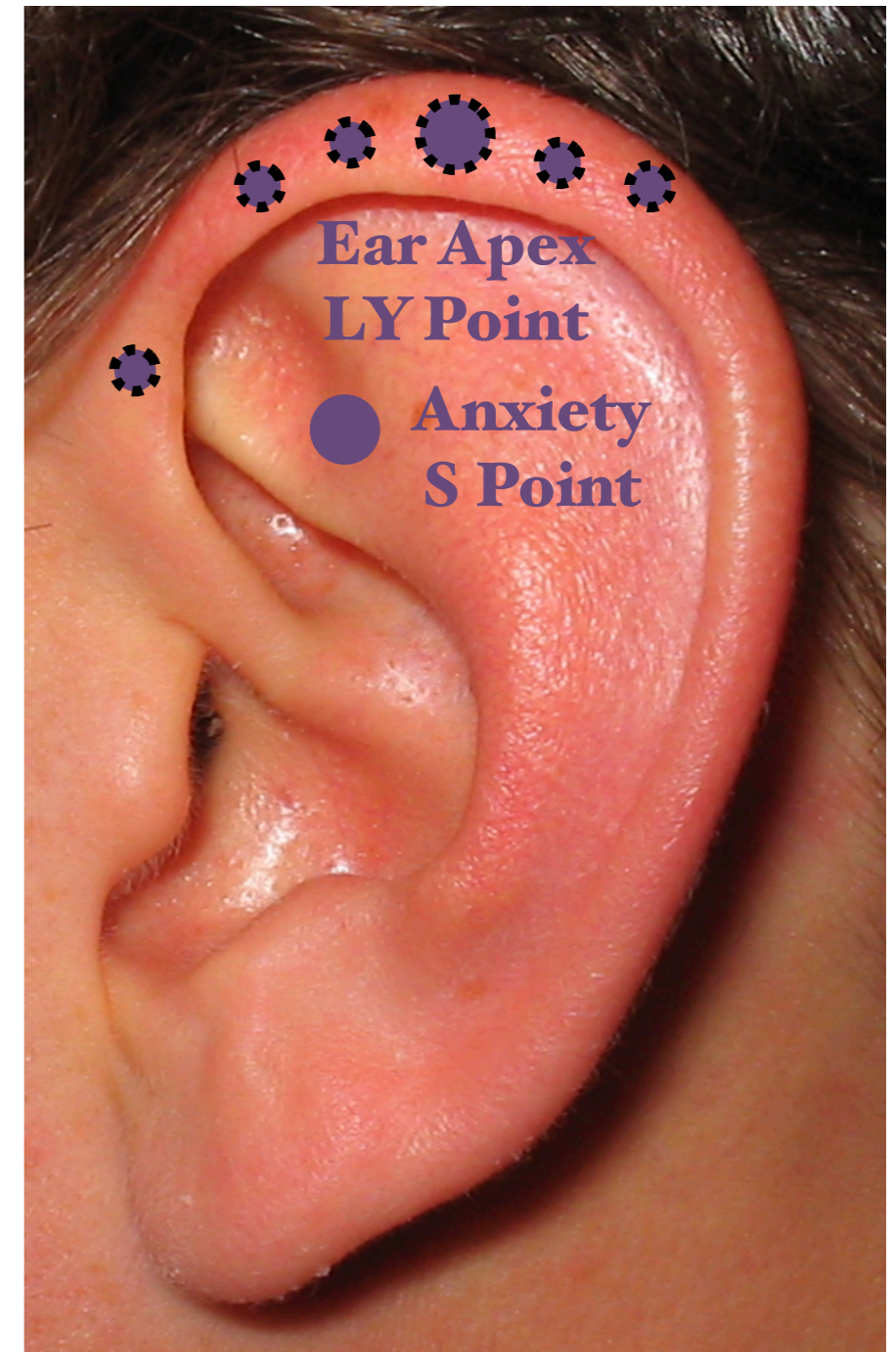
The purple area includes the upper 1/3 of the ear.

The points with black dots around them are under the fold and flap of skin in a little groove. Place the electrode in this groove.

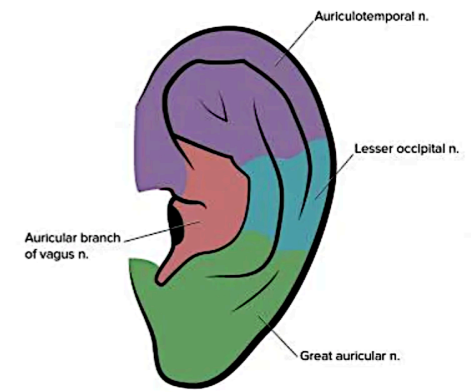
You may find the most sensitive points for you are in different areas within the purple region.

The smaller points in purple may also be used.

You can explore the whole area in purple with the clips or pens to find the points that are most sensitive to you. Use the points that are most sensitive.



The Red Area



The big point in red named Point Zero is very effective for pain.

Start by placing an ear clip on Point Zero.

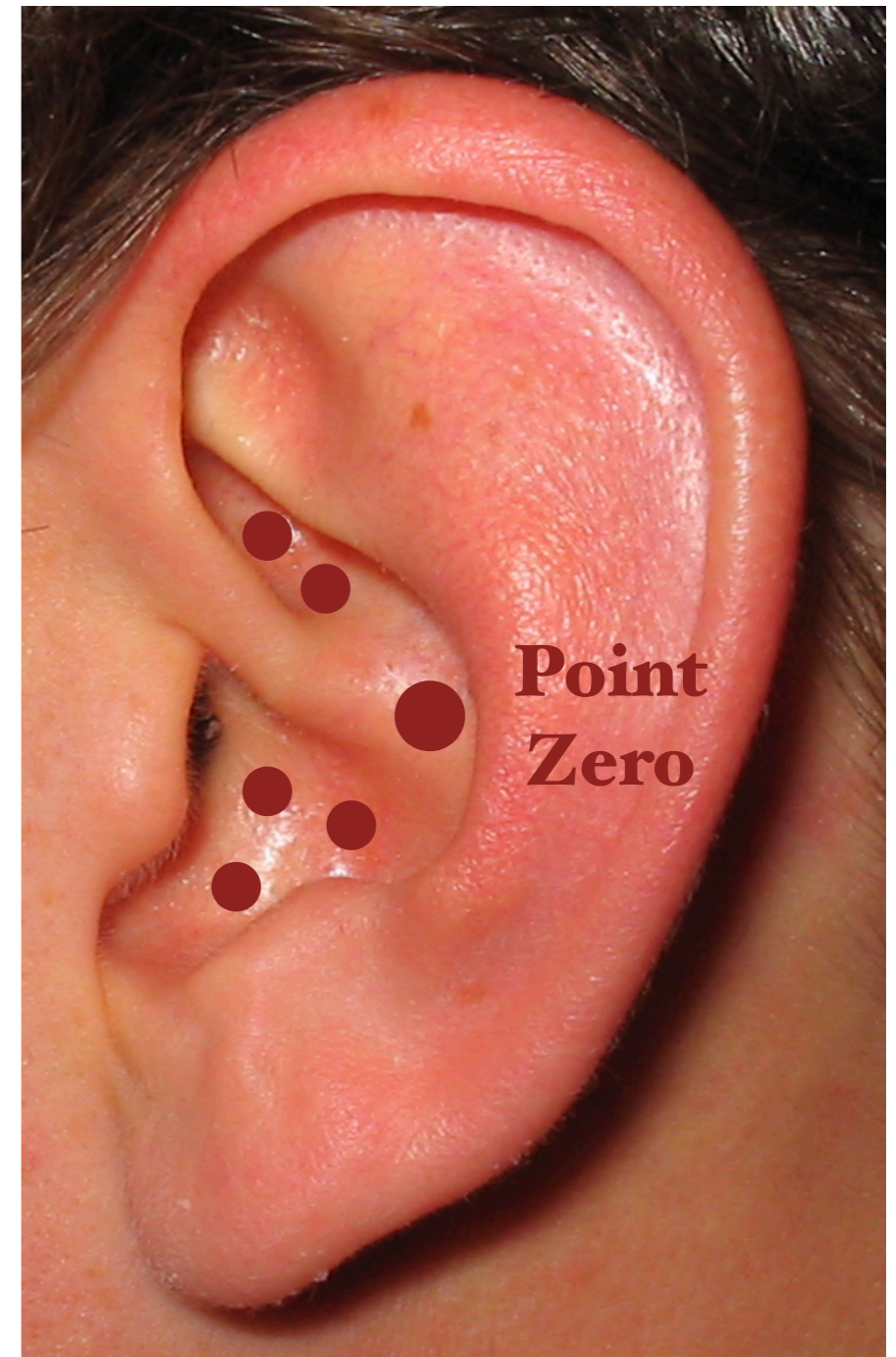
The points in the red region do have similar effects since the vagus nerve goes to the whole red area.

You can use the pens to explore the red region and find the most sensitive points.

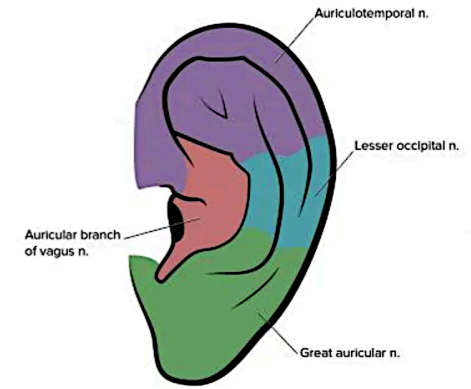
If you find a very sensitive point in the red area, use the pens or clips on that point.

If you can not get a clip to fit on the area, use the electric acupuncture pen instead.

You can also use your fingernail to stimulate these points.



The Blue and Green Points



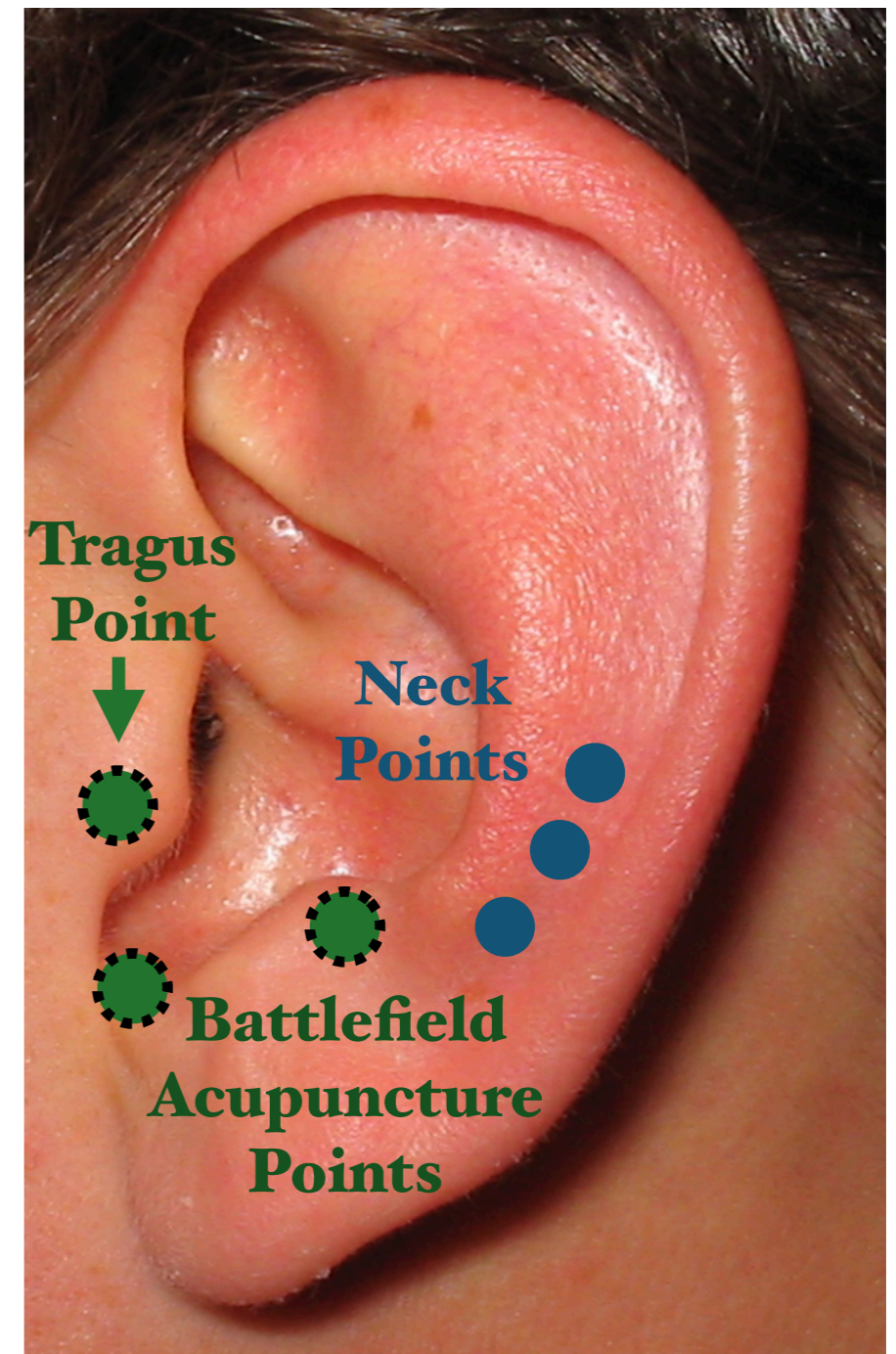
The blue and green points are similar because nerves from the neck go to both the blue and green areas.

If you have migraines with neck pain, or have a neck condition like disc herniations, stenosis, or other neck injuries, you may get better results with these points.

The points with the black dots around them are located on the inside portion of the skin.

The Tragus (Pain 2 Upper) point is located on the underside of the flap of skin that covers the ear opening.

The other green points with the black dots are part of the Battlefield Acupuncture protocol and are located on the underside of the skin.



Select one of the green points and use it with one of the red or purple points.

Watch Videos 16 - 22 on the Course Page
For Detailed Instructions on Using the Ear Points

Adverse Reactions in the Ear

Adverse Reactions (AR) are the same as side effects.

Though they are rare, we need to be aware of them.

The most common AR's include:

- Skin irritation
- Ear pain
- Burning sensation
- Headaches

Use Points on the Opposite Side from Your Headache or Migraine to help prevent Headaches from the TENS. Go slow to test if the TENS on the ear is ok for you and use low electrical intensity.

Be careful about placing the electrodes too close together. Place the two electrodes in two different colored areas to avoid placing them too close together.

Don't stimulate the ear too often with the TENS. Doing it more than two times a day on the ear may be overstimulating for some people.

Watch all the videos about using the pressure points in the ear. The ear has some of the most powerful points for pain relief.

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