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**Auriculotherapy in the process of slimming: Case study**

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This is a case study where a 23-year-old female patient who had tried to lose weight several times since she was 16 years of age worked with auricular acupoints within a two-month follow-up period. We used the current auriculotherapy protocol for weight loss assembled through the authors' bases described in the study, together with the combination of several techniques that we followed during the study period in this course. Other support was also used in the dietary slimming process based on Traditional Chinese Medicine using the Handbook of Hero as a complement. We performed an auricular protocol of applications, being auriculoterapia once every 7 days with a total of 10 sessions, using auriculo points according to energy diagnosis and proponents of authors for weight loss.

The points made in this patient were Shen Men, Liver, Spleen, Stomach, Heart, Subcortex, Anxiety, Hunger and Central Nervous System (SNV), thirst hunger triad and vices. We used the same points in all sessions, manual lymphatic drainage with comfort massages, reeducation with the tonification of the earth element, also responsible for the process of nutrient transformation, where a range of tonifying Spleen / Pancreas food was added, guiding the patient to use in the daily diet such as pineapple, chard, brown sugar, watercress, chestnut, eggplant and exclude others like milk, because this patient by the diagnosis has fluid retention transforming into swelling and for traditional Chinese medicine we call deficiency Spleen / pancreas. The study was carried out from July 2014 to September 2014.