

Foreword

I met Raphael Nogier in 1978 when I was his interpreter for a series of auriculotherapy lectures in California. The following year we traveled together in China as participants in the first French–Chinese medical acupuncture exchange. Since then we have served together on WHO scientific committees to standardize acupuncture nomenclature, and we meet at international acupuncture congresses in various parts of the world. For three decades I have followed with admiration his contributions to the evolution of medical acupuncture, and was delighted when Thieme decided to publish an English edition of his recent synthesis of auriculotherapy.

Most practicing acupuncturists who consult this book will have already been exposed to the basic principles and practices of auriculotherapy, and possibly auriculomedicine. The text is directed at this audience. The author quickly reviews the background, theoretical foundations, and anatomy of auriculotherapy, and spends the first half of the book giving therapeutic guidelines for problems that commonly are successfully addressed with this technique. The table of contents serves as the constant reference as you scan for the illness you want to treat. Dr. Nogier has created an outline-plus-illustration format that enables practitioners to follow his logic and locate his suggested points with a minimum of words or confusion. I find this feature of the book very appealing, because translations of earlier French treatises on auriculotherapy and auriculomedicine tend to force the reader through a forest of phrases before finding what is sought ... the treatment recommendation.

The disorders discussed in the first half of the book range from tobacco addiction to anxiety, and from sciatica to hemorrhoids ... a wonderfully realistic and pragmatic collection. The second half of the book is more personalized. It covers more complex layers of anatomy and relationships among points, and leads to an outline-plus-illustration exploration of the phase theory, the vascular autonomic signal, and the Nogier frequencies. Appropriate to the complexity and elegance of the material, the disorders discussed in this final section of the book—such as fibromyalgia and depression—require more complex evaluation before treatment.

As a serious physician, observer, and teacher, Dr. Nogier has applied, clarified, and refined the discipline of auriculotherapy. During his decades of clinical practice, he has rigorously evaluated new applications of the technique and their scientific correlations. His practice of auriculotherapy has enabled him to study dietary allergies and their role in medical problems, and insights from his clinical experience in this field are included in the book.

You will find Raphael Nogier's *Auriculotherapy* a generous and practical companion that enhances your clinical appreciation of this discipline. He has brought his experience, pragmatism, and the humility that accompanies every good physician into this book, which magnifies the admirable work of his father and moves auriculotherapy one more step into the world of integrated medical practice.

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■ *Migraines*

Although hard to treat successfully with conventional medical treatments, migraines are often relieved or cured with auriculotherapy.

Treatment:

- **Identify any oculomotor dysfunction** and treat it either by auriculotherapy or by re-education with eye exercises.
- **Treat toxic scars as needed** (see p. 34)
- **Treat any dental foci:** The term dental focus refers to a painful or painless dental pathology which gives rise to apparently unrelated symptoms.
- **Treat first rib syndrome if indicated.**
- **Eliminate any nutritional allergy** or pseudoallergy.
- **Check the following points:**
 - On the **posterior aspect** of the auricle:
 - Eye point
 - Jaw point
 - First cervical vertebra
 - First rib point
 - Pelvis point
 - On the **anterior aspect** of the auricle:
 - Point O'
 - Eye point
 - Maxilla
 - Thalamus
 - Hypothalamus
 - Liver, on the right ear
 - Pancreas on the left ear

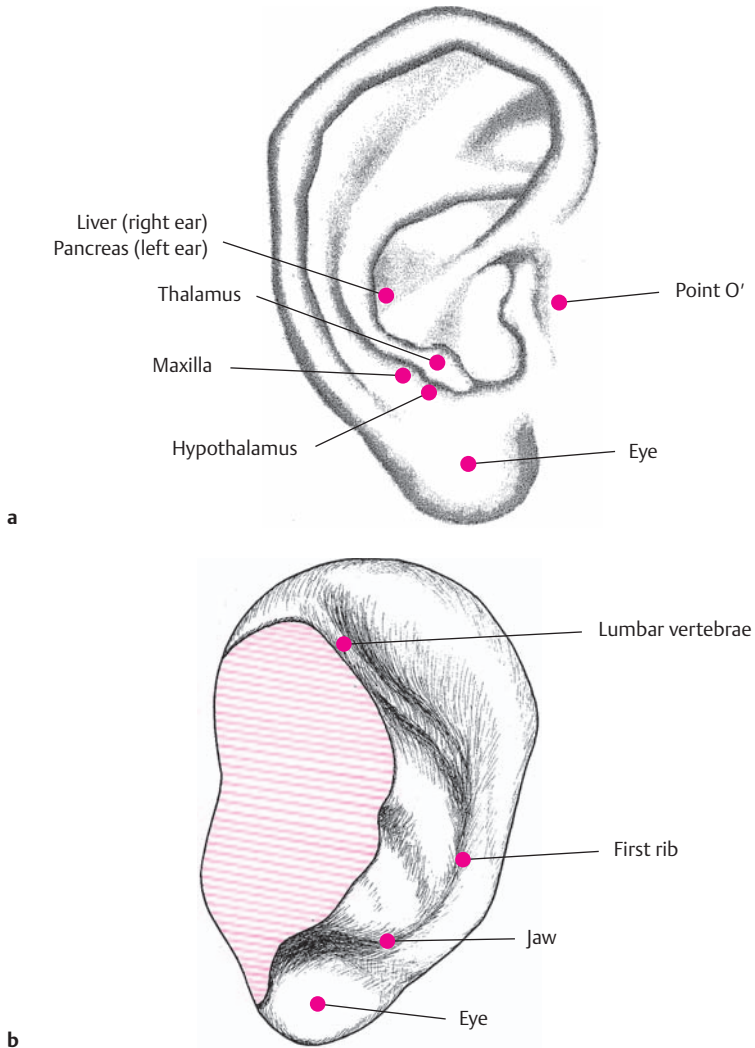


Fig. 31a, b Points for the treatment of migraines.

A Contemporary Perspective on the Phases and Their Clinical Use Today

A current explanation of the phases:

When Paul Nogier published his phase theory, the structure of the ear points was not really known. Today we know about the neurovascular complexes, and it is hard to defend the existence of three superimposed somatotopes. On the other hand, it is possible that when a point on the ear is stimulated, that stimulus could be integrated on several levels by the nervous system. David Alimi,¹² University of Paris, thinks that these levels of integration could be:

- Medullary
- Thalamic
- Cortical

We will refer to these levels of integration as phases 1, 2, and 3.

At the international symposium in Puerto Rico in 2002 a working group comprising Drs. John Ackerman, Bryan Franck, Michel Marignan, and Raphael Nogier proposed an official definition of the phases:

“The phases are transient neurological representations of the body on the ear. They are the result of an integrative cerebral response to data, including environmental inputs, which result in physiological or pathological conditions.”

Utilizing the phases:

The phase 1 depicted in all ear charts is the one used in most of the cases. When the clinical response is inadequate, one must then search for points in the other phases. These points can be identified using the method of electro-detection and are treated with needles.

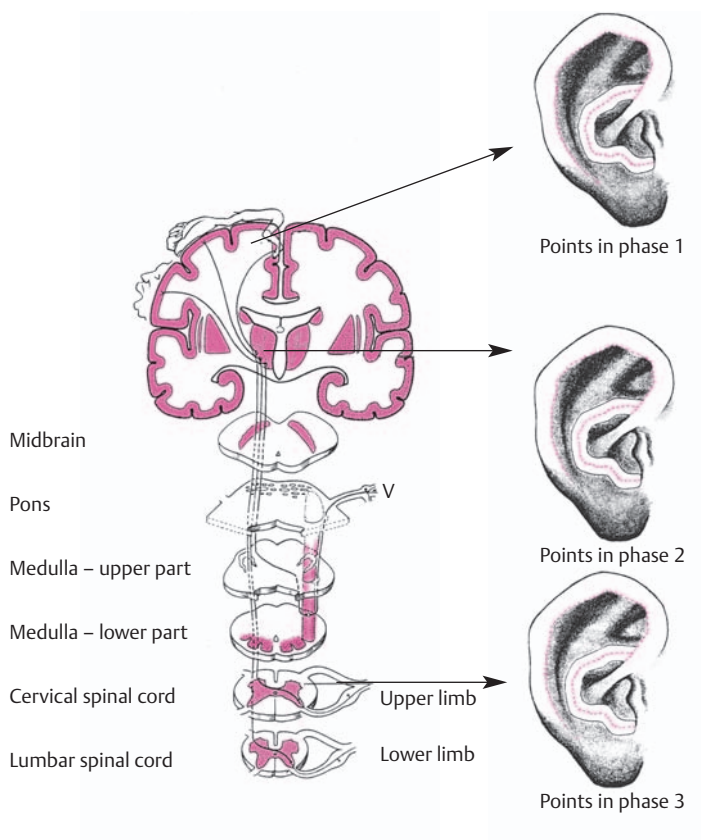


Fig. 54 The effects of the phase points will depend on their level of interpretation by the nervous system:

Cortical interpretation = phase 1

Thalamic interpretation = phase 2

Medullary interpretation = phase 3

■ **Frequency C**

9.12 Hertz

Color: yellow, Kodak Wratten no. 3

Sites of photoperception:

- On the body:
 - Upper and lower limbs from proximal to distal extremities
- On the ear:
 - Antihelix
 - Helix (ascending branch, knee, and body)

Effects of frequency C:

- functions related to muscle contraction
- Stimulation of muscle agonist–antagonist relationships
- Stimulation of regulation of dopamine secretion

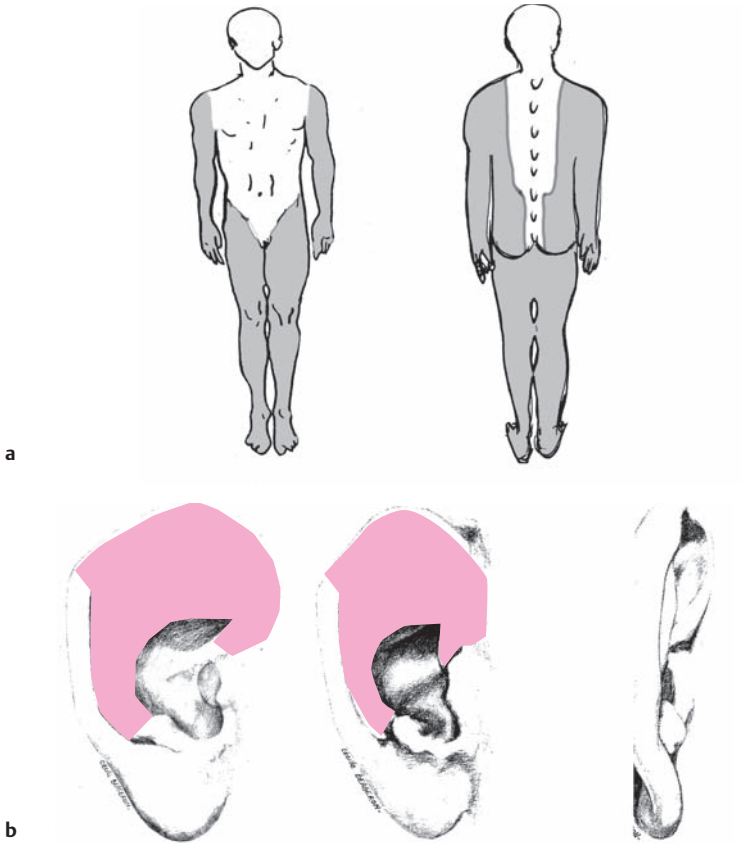


Fig. 69a, b Frequency C

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