

Preface to the Second English Edition

The scientific foundations of body acupuncture have been established during the last 15 years. By contrast, ear acupuncture (auricular acupuncture, auriculotherapy) is still viewed by many as a therapeutic side issue, despite its immediate and long-lasting effect.

In a recent study representative of many scientific investigations, David Alimi at the University of Paris has demonstrated by functional MRI that auricular reflex zones are directly connected to the corresponding brain areas [1]. Needling the auricular point for the right thumb reached exactly the same brain area, in the precentral gyrus, as did direct stimulation of the right thumb (performed and measured separately prior to auricular acupuncture). The fact that Alimi was able to show by functional MRI such a precise and direct connection between an auricular reflex zone and the corresponding area in the brain is an impressive proof of the neurobiological effect of ear acupuncture. Furthermore, the fact that needling of the right ear stimulated the thumb area on the left half of the brain made it clear that the ear point representing a specific organ (or body part) must be needled on the same side of the body where the affected organ is.

Finally, ear acupuncture is becoming accepted throughout the world.

By initiating and conducting educational seminars and tutorials in the United States, Canada, and the United Arab Emirates and by giving presentations at international congresses, I had the privilege to plant the seeds for a wider distribution of this method. The activities of the Auriculotherapy Certification Institute (ACI) of Dr. Terry Oleson in Los Angeles, USA (www.auriculotherapy.com), and also of the Canadian school of Dr. Muriel Agnes, who teaches the German version of auricular acupuncture (www.vitalprincipal.ca), have aroused the interest of many physicians, nurses, and acupuncturists. As a result, a considerable number of qualified auriculotherapists are now practicing in both the United States and Canada—much to the benefit of patients who do not get help from evidence-based conventional medicine. For several years now, interest in this special form of treatment has been steadily increasing among medical students and TCM instructors, even in China (Frank R. Bahr, MD, and coworkers).

The same picture is emerging everywhere around the world: those who get to know ear acupuncture are quickly filled with the same excitement that gripped me more than 25 years ago when I had the privilege of learning auricular acupuncture from Dr. Bahr when it was still in its infancy. Thanks to the

unflagging research efforts of Dr. Bahr and coworkers, this system has since matured into a concept for specific, highly effective treatment of many diseases, particularly in patients resistant to conventional treatment.

After all, science is based on discovery, observation, and critical analysis, and thus science creates knowledge. In view of this, the scientific community can no longer ignore the fascinating discoveries in auricular acupuncture and is currently working on a model that may explain and monitor its effects.

When the first German edition of this pocket atlas was published in 2001, we did not expect it to meet with such success. By the time the fourth German edition appeared in 2007, it became obvious from the numerous positive responses coming from my colleagues that the basic concept of the book has been highly successful, both in didactical and practical terms. All other books showed maps with several reflex points on the same ear. In the medical practice, however, patients present with an “empty” ear—without any points for reference. In addition to overview maps, therefore, it seemed important to provide ear maps showing only one reflex point and accurately describe its localization. But such an approach required sufficient space, and I wish to thank the publisher once again for generously supporting such a paper-intensive presentation.

With this in mind, I wish you an interesting and informative reading. As always, I am grateful for any comments or criticism that will lead to reader-friendly improvements.

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[1] Alimi D, Geissmann A, Gardeur D. Auricular Acupuncture Stimulation Measured on Functional Magnetic Resonance Imaging. *Medical Acupuncture* 2002;13(2):18-21.

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Acupuncture is a healing method, the value of which has been established through successful application over thousands of years. Unlike in the United States, in Europe acupuncture is widely used by physicians and is being taught in medical school and researched at universities. In Germany, Austria, and Switzerland alone, there are more than 20 000 physicians who apply a special form of acupuncture, namely, ear acupuncture (auriculotherapy).

The French physician, Paul Nogier, discovered this form of acupuncture 50 years ago and established its foundations. During the last 20 years, Frank R. Bahr, MD, and his coworkers consistently pursued the continuing development of ear acupuncture with respect to basic knowledge, application, and indication. In addition to the classical reflex points on the ear, other points (so-called Functional Points) have been found that are important in a physician's practice: points for pain and addictions and those with psychotropic and/or druglike effects. The reflex zones of neurological structures, described only partially by Nogier, have been refined and mapped on the ear.

Another important development of practical implication is the opportunity to use ear acupuncture for identifying focal processes in the body, the diagnosis and therapy of which are often the key to success in difficult cases. Ear points indicating focal disturbances that can influence the disease process from far away (so-called Indicator Points) play a key role in ear acupuncture, thus setting it apart from other forms of acupuncture.

Ear acupuncture with its many applications is now well established as an efficient, inexpensive, and quick procedure that has very few side effects. The main indications are pain (migraine, musculoskeletal pain), allergic disorders, and all functional diseases, such as inflammation, proneness to infection, gastrointestinal disorders, and gynecological and medical disorders.

The idea for this book came up at the International Consensus Conference on Acupuncture, Auriculotherapy, and Auricular Medicine (ICCAAAM) in Las Vegas in 1999, when participants asked me for a book in English. Our host at that time was Terry Oleson, PhD, LA, chairman of the conference and also chairman of the Auriculotherapy Certification Institute (ACI). He, too, is actively involved in research and promotion of acupuncture in the United States. My work has been enriched in many ways through intense dialogue with him, also in connection with my educational activities at the ACI, and through his continuous and vivid interest in new developments and the integration of these methods into conventional medicine.

I was also encouraged by the workshops held subsequently (and now regularly) at the University of Miami at the invitation of Janet Konefal, PhD, Chief of Complementary Medicine, Department of Psychiatry and Behavioral Sciences. Dr. Konefal made it her task to promote ear acupuncture as a part of complementary medicine at university level, thus contributing to its spread all over the world.

The present *Pocket Atlas of Ear Acupuncture* is equally well suited as a concise textbook for beginners and as a compact reference book for more experienced practitioners. It was important for me to apply a didactic principle that makes it easy for the reader to learn and memorize: in addition to general maps of the ear that are easy to remember, each reflex zone or point is illustrated individually on an otherwise empty ear. This allows for quick and systematic orientation in daily practice.

My special thanks go to my teacher, Dr. Frank R. Bahr. Not only did I learn the method of ear acupuncture from him, but we both entered a mutually respectful collaboration in the continuous efforts to enrich ear acupuncture through new discoveries and therapeutic concepts. Dr. Bahr contributed considerably to the fact that ear acupuncture is now used throughout Europe. He helped to establish the method at universities and he now makes sure, through his persistent research activity, that this steadily growing healing method is developing further.

The translator of this book, Ursula Vielkind, PhD, Ontario, Canada, helped to improve the book through her scientific background and meticulous, discerning, and enthusiastic work. As an author, I have learned a lot during this collaboration.

My special thanks go to the publisher, especially to Liane Platt-Rohloff, PhD, for her support of this demanding project.

As so often before, I wish to thank my husband and children who supported me with endless patience and tolerance while I was working on this book, even during family vacations.

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