

Course Title: Auriculotherapy Training

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Textbook: *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture, Second Edition*, (1998) by Terry Oleson. Los Angeles, Health Care Alternatives, Inc.

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Course Description:

This online course on auriculotherapy and auricular acupuncture presents effective clinical approaches for the detection and treatment of ear reflex points that are used for the alleviation of chronic pain, substance abuse, and stress-related disorders. The focus of this course provides fundamental knowledge of the somatotopic correspondence of the physical body to the inverted fetus pattern represented on the external ear. The history, theoretical understanding and the anatomical localization of Chinese ear acupuncture points is compared to the European systems of auriculotherapy. Differentiation of the external ear by anatomical areas and different auricular zones will facilitate a more in-depth perspective of the curvatures and underlying regions of the external ear. Specific auricular reflex points that are highlighted include master points on the external ear, musculoskeletal ear points, internal organ ear points, and neuroendocrine ear points. This course is oriented for individuals who have only a minimal background in ear acupuncture microsystems, and can serve as a preparatory review course for practitioners seeking to pass the ACI written and ACI practicum exam for certification in auriculotherapy.

Course Goals and Objectives:

1. To demonstrate knowledge of the historical background and theoretical foundation of auriculotherapy as it is practiced in China, Europe, and the United States.
2. To identify specific anatomical structures of the external ear that are used in auriculotherapy, including key structural landmarks that facilitate ear point localization.
3. To assess auricular diagnosis by visual observation, tactile palpation, and electrical detection of specific reflex points on the external ear.
4. To apply tactile assessment skills related to the practice of auricular acupuncture by needle insertion techniques, electroacupuncture, transcutaneous electrical stimulation, and acupressure.
5. To differentiate the specific location and function of ear reflex points identified as master points on the auricle, musculoskeletal ear points, internal organ ear points, and neuro-endocrine ear reflex points.
6. To identify the anatomical regions of the external ear associated with ectodermal, endodermal, and mesodermal embryological tissue.
7. To demonstrate awareness of specific areas of the external ear related to Nogier Phase points representing Musculoskeletal organs.
8. To demonstrate awareness of specific areas of the external ear related to Nogier Phase points representing Visceral organs.
9. To demonstrate awareness of specific areas of the external ear related to Nogier Phase points representing Neuroendocrine organs.
10. To have specific knowledge of energetic blockages and dental foci that may cause hindrances to treatment success with auriculotherapy.

Auriculotherapy Overview

1. Overview, History, and Theoretical Perspectives of Auriculotherapy

1.1. Auricular Acupuncture and Auriculotherapy

- *Auricle*: External Ear
- *Therapy*: Treatment of health disorders in other parts of body.

1.2. Historical Background of Auricular Acupuncture

Ancient China: Use of “*Yang Alarm*” ear acupoints with no specific anatomical pattern.

Ancient Persia: Recorded use of cauterization of the ear for sciatica treatment.

Modern Europe: Dr. Paul Nogier, Dr. René Bourdiol, and Dr. Frank Bahr in 1950’s.

Modern China: Incorporated Somatotopic Pattern of Nogier in 1958.

- Nanking Army Ear Acupuncture Team Research by Chinese Barefoot Doctors.
- H.L. Wen of Hong Kong discovers use of ear acupuncture for opiate addiction.

United States: Integration of Chinese and European Auriculotherapy in 1970’s.

- UCLA controlled research study on auricular diagnosis of somatotopic ear points.
- Michael Smith of New York expands use of ear points for opiate addiction.
- NADA Acu Detox Protocol: Shen Men, Lung, Liver, Kidney, Sympathetic Point.

1.3. Microsystem Theoretical Model: Image of Whole Body in a Part of Body.

- Ear connection to macro-acupuncture meridian channels.
- Stimulating distal acupoints used for remote treatment of body organs.

1.4. Holographic Model: Reiteration of whole of body in one part of body.

1.5. Somatotopic Inversion: Body represented on external ear in upside down pattern.

1.6. Ipsilateral Representation: Active ear points on same side as body pathology.

1.7. Sympathetic Arousal at Reactive Ear Points.

- Physical Observation of skin surface changes related to microcirculation.
- Heightened Tenderness at localized regions of skin surface.
- Electrodermal Reactivity related to autonomic arousal.

1.8. Traditional Chinese Medicine Model: Yang macro-meridians connect to the external ear.

1.9. Neurophysiological Model: Neuronal Reflex connections to Somatotopic Brain.

- Somatotopic Mapping of Cerebral Cortex related to somatotopic ear points.
- *Organo-Cutaneous Reflex*: Pathological organ projects to external ear for diagnosis.
- *Cutaneo-Organic Reflex*: Reactive ear point projects to organ for treatment.

1.10. Endorphin Model:

- Endorphin levels increased by ear acupuncture stimulation.
- Auricular acupuncture analgesia blocked by opiate antagonist Naloxone.

2. Anatomical Terminology for the External Ear

2.1. Peripheral Views of the External Ear

- *Surface View*: Conventional perspective of Anterior – Lateral surface of the external ear.
- *Hidden View*: Retractors used to reveal underlying regions of external ear that are similar to the spiraling shape of a conch sea shell.
- *Posterior View*: Ear folded back to reveal back side of external ear.

2.2. Depth Views of the External Ear

- *Raised Ear Point*: Higher, curving ridges of auricle, shown by open circle.
- *Deep Ear Point*: Lower, grooves and valleys of auricle, shown by filled circle.
- *Hidden Ear Point*: Vertical walls and underlying surfaces, shown by filled square.
- *Posterior Ear Point*: Back side of auricle, shown by open square.

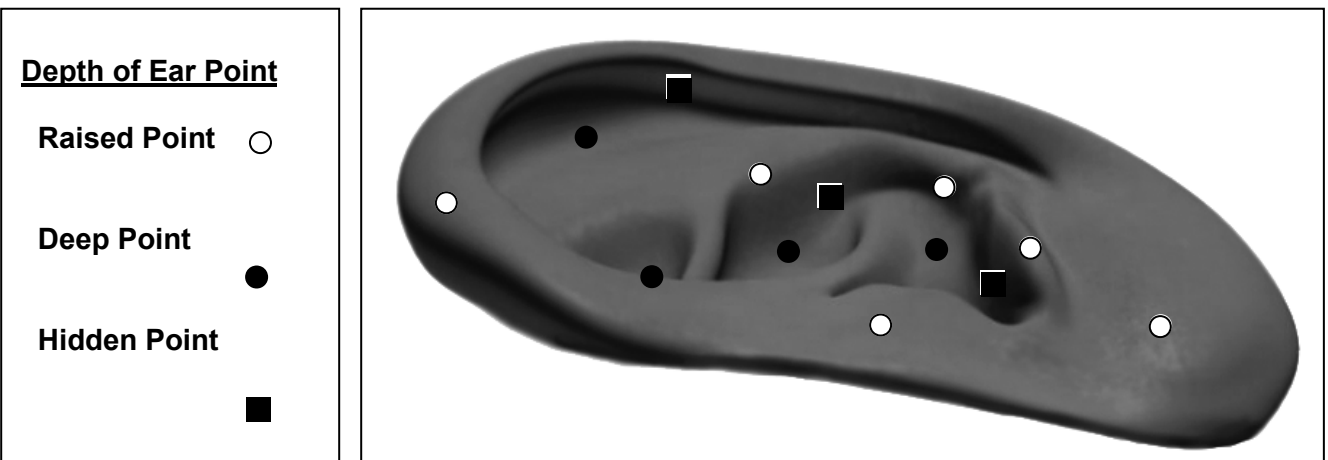
2.3. Auricular Ridges and Valleys

- *Auricle* is a circular series of spirals, curvatures and wavy contours.
- *Ridges and Valleys*: ridges of Helix, Antihelix, Tragus, Antitragus, and valleys of the Scaphoid Fossa and Triangular Fossa.
- *Deeper Valleys*: Inferior Concha, Superior Concha, Concha Ridge, Concha Wall, Subtragus.
- *Posterior Ear*: Posterior Lobe, Posterior Groove, Posterior Triangle, Posterior Periphery.

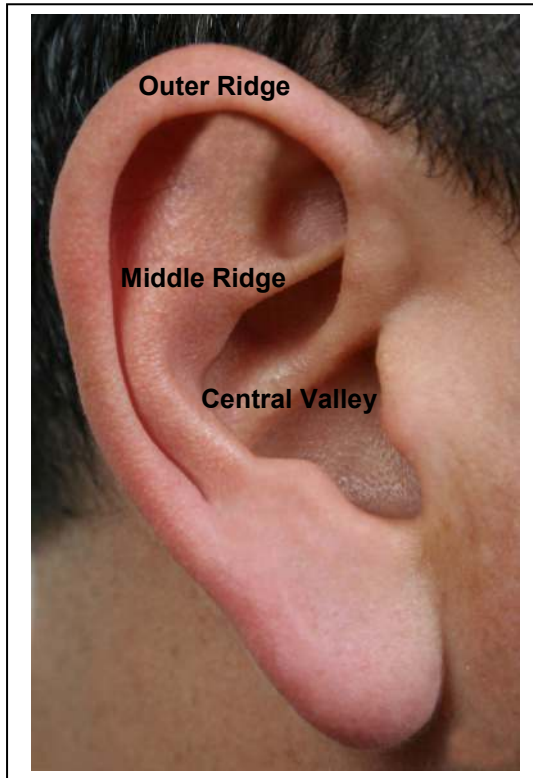
2.4. Three Auricular Territories of the External Ear of Ridges and Valleys.

- *Territory 1* : Middle Ridge of Antihelix, Scaphoid Fossa, Triangular Fossa.
- *Territory 2* : Central Valley of Concha.
- *Territory 3* : Outer Ridge of Ear Lobe and Helix Tail.

Contours of Ridges and Valleys



Outer, Middle, and Central Ridges of Auricle

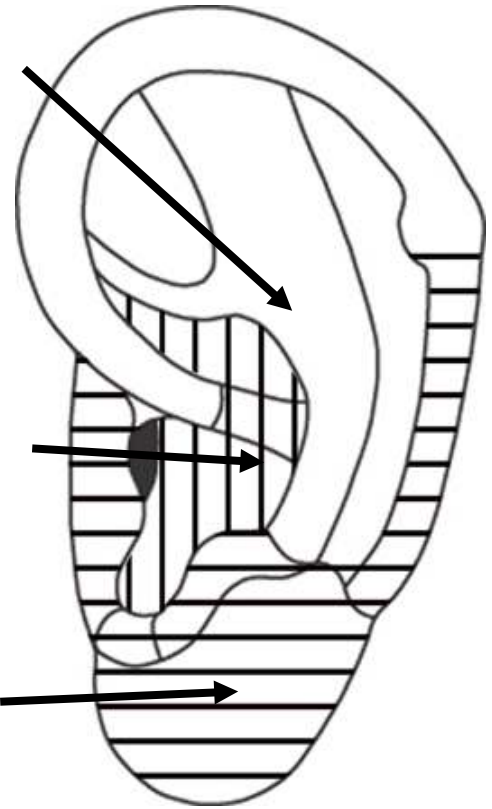


Auricular Territories

Territory 1
Middle Ridge
Antihelix

Territory 2
Central Valley
Concha

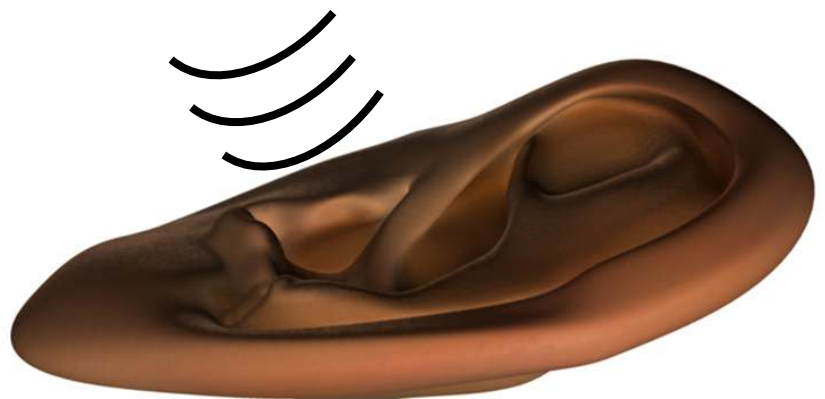
Territory 3
Outer Ridge
Helix



**Concentric Rings of Water
Like Oscillating Sound Waves**



**External Ear Conforms to
Peaks and Valleys of
Sound Waves**



2.5. Auricular Anatomical Areas

Helix (HX) : Outer ridge of the circular, spiraling rim of Auricle: *Helix Root, Helix Arch, Helix Tail*.

Antihelix (AH) : Middle ridge of *Antihelix Tail, Antihelix Body, Inferior Crus, Superior Crus*.

Tragus (TG) : Facial flap over *Ear Canal* that is adjacent to the face.

Antitragus (AT) : Outer flap opposite to the *Tragus* that is a curved continuation of the *Antihelix*.

Intertragic Notch (IT) : Curved groove region between the *Tragus* and *Antitragus*.

Lobe (LO) : Soft fleshy part of the bottom of the external ear that is lacking cartilage.

Scaphoid Fossa (SF) : Scaffolding, outer valley that is a narrow groove between the *Helix* and *Antihelix*.

Triangular Fossa (TF) : Triangular groove between the *Antihelix Superior Crus & Inferior Crus*.

Superior Concha (SC) : *Cymba Concha; Upper Valley* below the *Antihelix Inferior Crus*.

Inferior Concha (IC) : *Cavum Concha; Lower Valley* near the *Ear Canal*.

Concha Ridge (CR) : Extension of *Helix Root* dividing the *Superior Concha* and *Inferior Concha*.

Concha Wall (CW) : Vertical surface of *Wall of Antihelix* and *Wall of Antitragus*.

Subtragus (ST) : Underlies the *Tragus* and overlies the *Ear Canal*.

Internal Helix (IH) : Curved region beneath the external surface of the *Helix*.

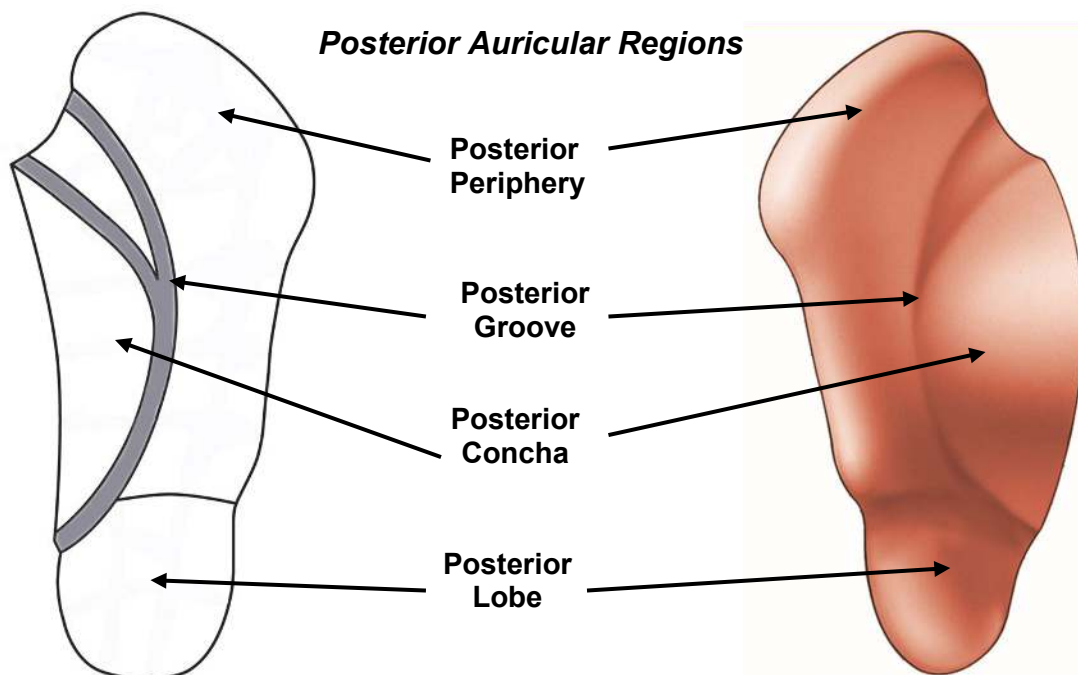
Posterior Lobe (PL) : Back of ear *Lobe*.

Posterior Groove (PG) : Curved depression behind the *Antihelix*.

Posterior Triangle (PT) : Back of the *Triangular Fossa*.

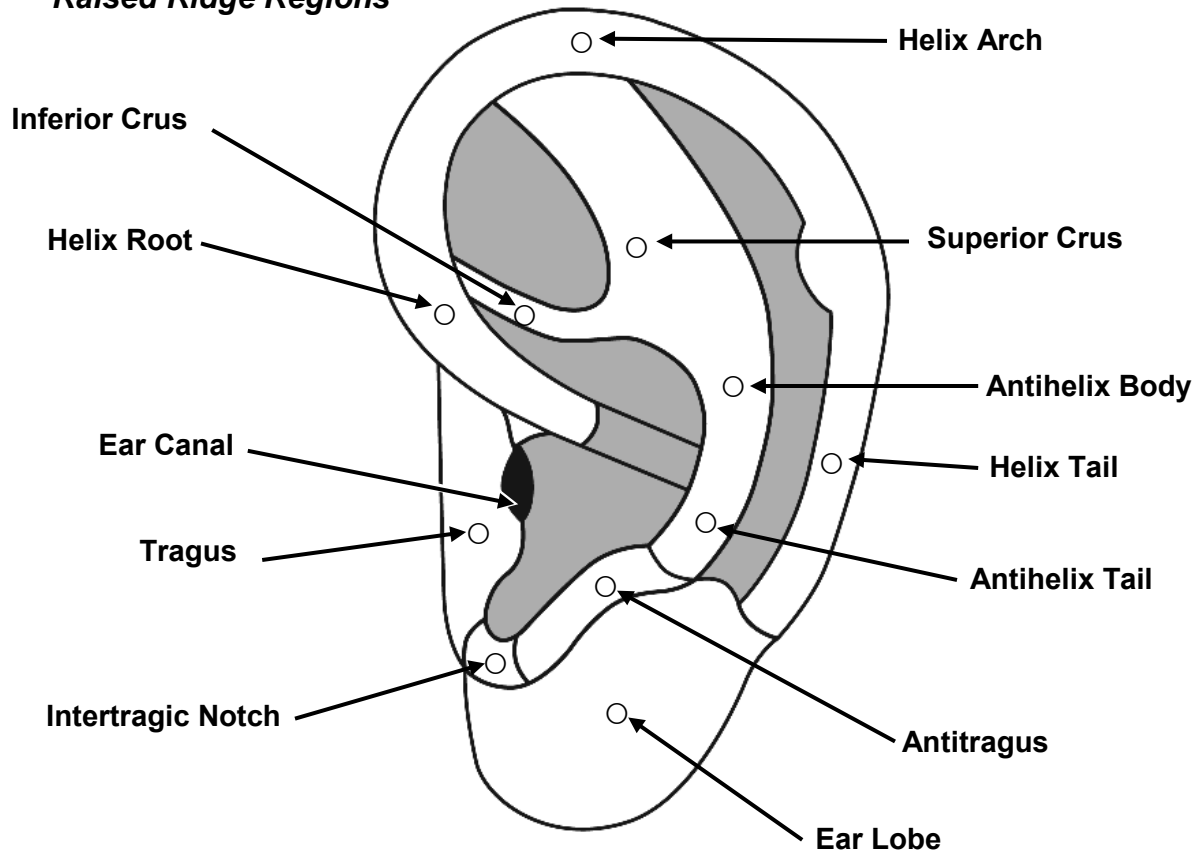
Posterior Concha (PC) : Back of the *Concha*.

Posterior Periphery (PP) : Back of the *Scaphoid Fossa* and *Helix*.

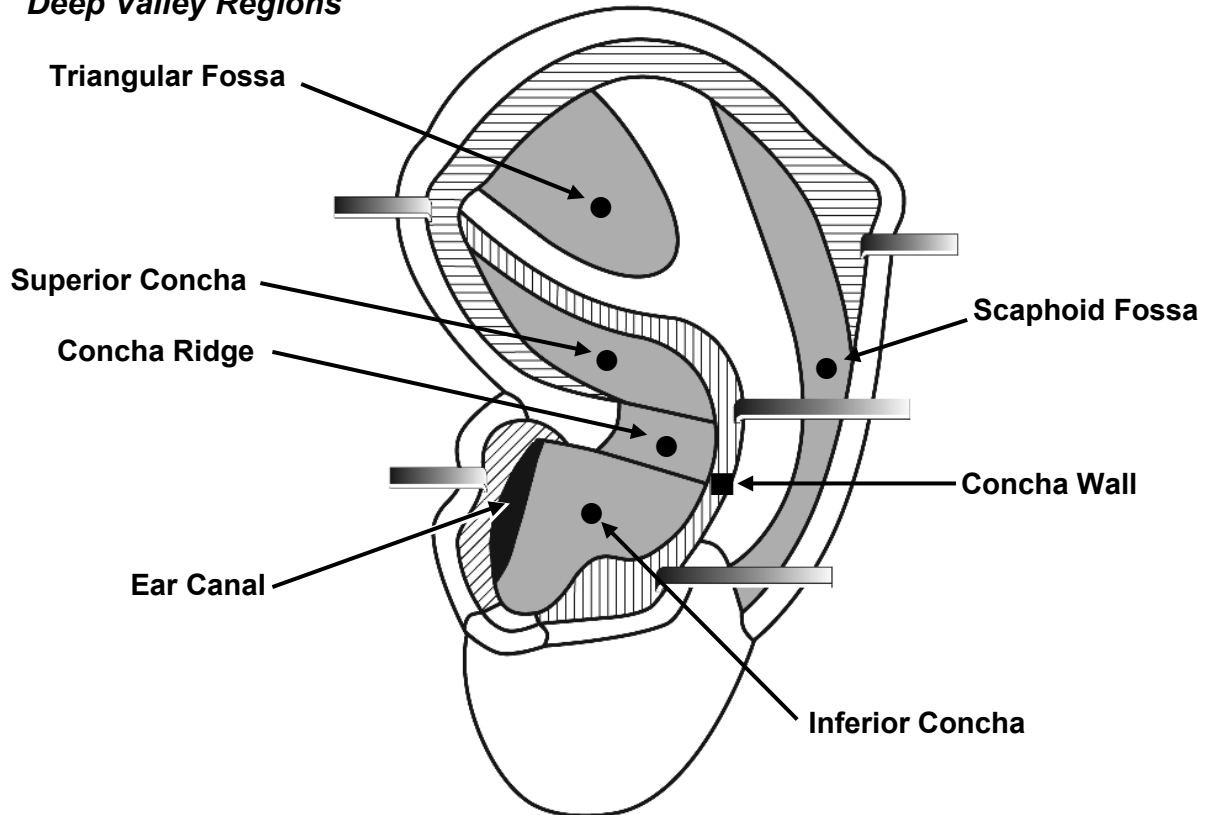


2.6. Anatomical Terms used for External Ear

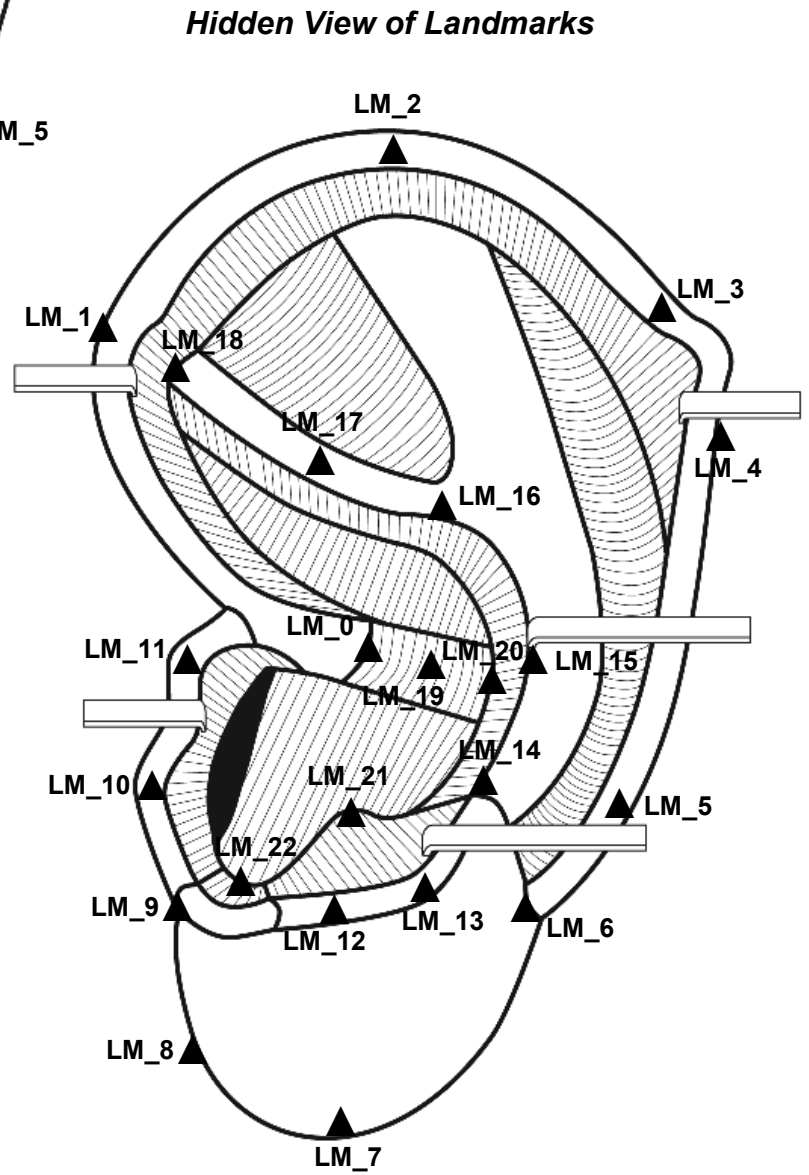
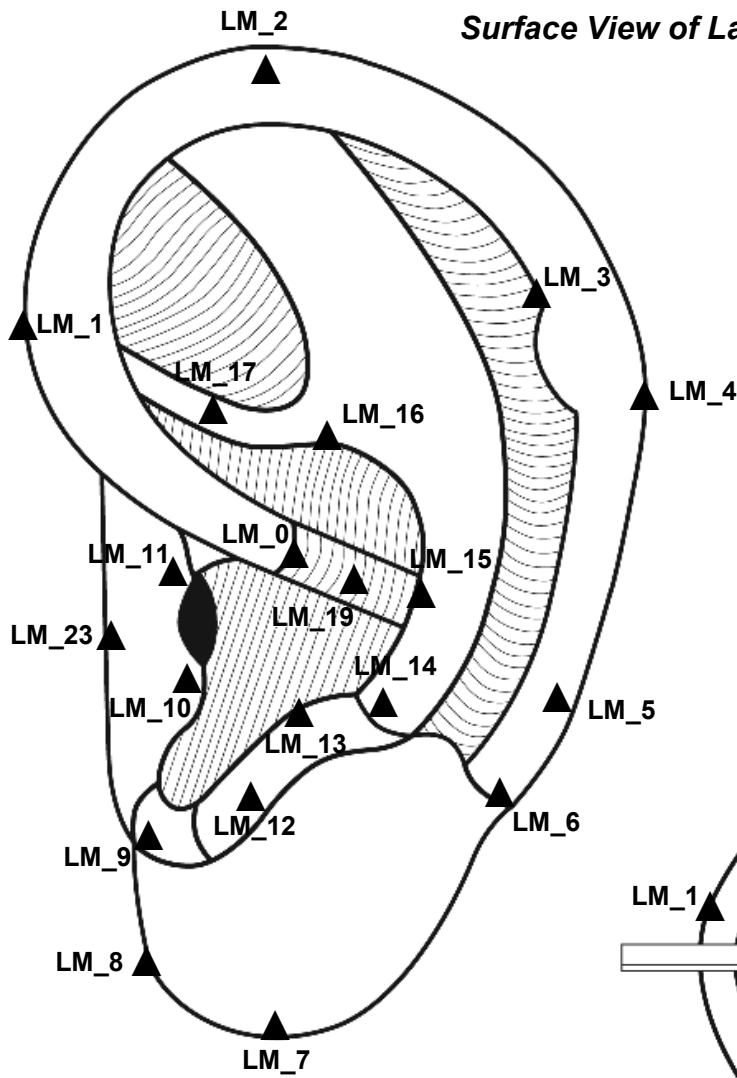
Raised Ridge Regions



Deep Valley Regions



2.7. Auricular Landmarks (LM):



3.1. Auricular Diagnosis Procedures

- *Detect Correspondences* between auricular location and body pathology.
- *Distinguish Yang Excess Arousal* reactions.
- *Observe* Skin surface changes in color, texture, flackiness.
- *Tenderness* reaction to palpation with pressure probe for specific sensitive points on external ear that elicit flinch response, grimace reflex, or verbal assessment of pain.
- *Electrodermal* Detection of Low Skin Resistant points by Electrical Point Finder.
- *Skin Conductance* is the converse of Skin Resistance. The high electrical flow of Current at acupuncture points corresponds to lowered Resistance to the continued flow of Current.

3.2. Auriculotherapy Types of Treatment

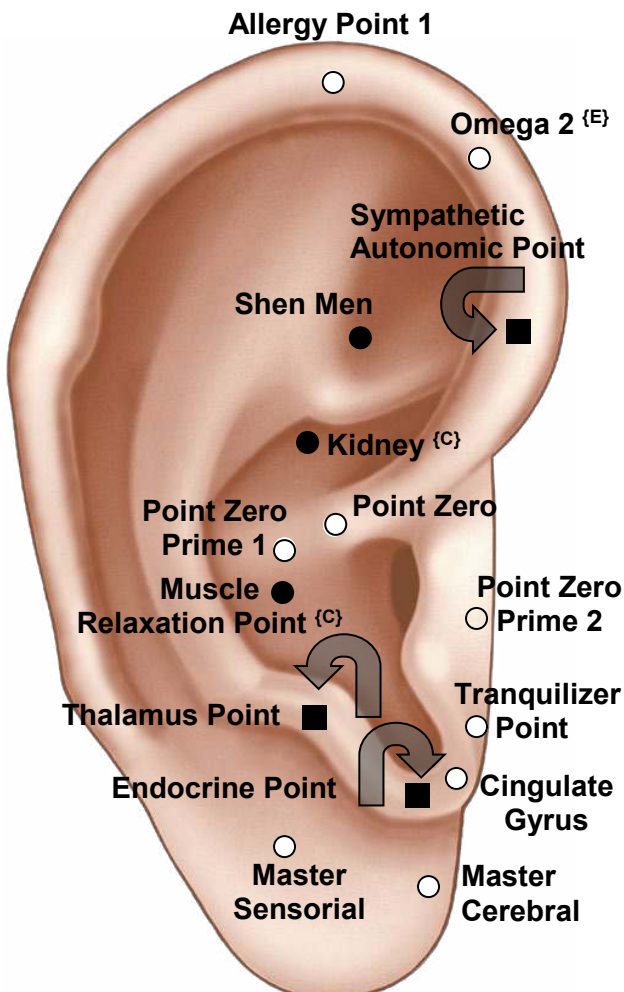
- Auricular Acupressure: Acubeads, Magnetic Balls, and Ear Vacarria Seeds.
- Ear Acupuncture Needles: Half inch long, 0.25 mm diameter needles.
- Electroacupuncture: Clips from electrical stimulator fastened to inserted needles arranged in pairs to allow current flow between 2 needles.
- Common to use Alternation of 2 Hz and 100 Hz electrical stimulation frequencies.
- Auriculotherapy Frequencies for Transcutaneous Electrical Nerve Stimulation, based upon Nogier frequencies of 5 Hz, 10 Hz, 20 Hz, 40 Hz, 80 Hz, 160 Hz.
- DC Detection mode of continuous tone or light indicates high skin conductance points and low skin resistance.
- AC Treatment mode of alternating pulses provides repeated bursts of electrical stimulation.
- Laser Stimulation used for more sensitive clients that require minimal stimulation as it is less invasive and more easily tolerated, but no as powerful as electrical stimulation.

3.3. Auriculotherapy Treatment Procedures

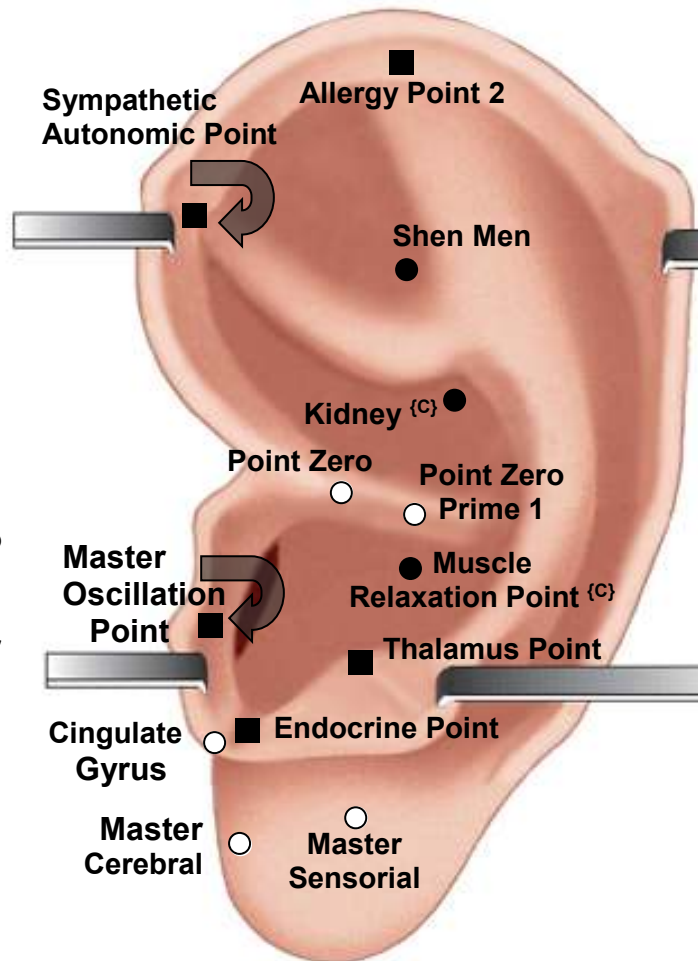
- Stimulation of corresponding *Somatotopic* ear points on *Anterior* side of front of ear.
- Stimulation of motorneurons related ear points on *Posterior* Ear as well as Anterior Surface.
- Stimulation of relevant *Master* ear points.
- Stimulation of relevant *Functional* and *Supportive* ear points.
- Order of needle insertion at different ear points not critical, but place needles according to convenience for access for insertion, first inserting needles into posterior ear points.
- *Treatment Plan Protocols* consulted for appropriate auriculotherapy point selection.
- *Ear as Final Guide* axiom is used to determine which of multiple possible points to treat.
- Treat according to Western Biomedical Principles.
- Treat according to Oriental Medicine Principles.
- Treat once a week for several weeks, then spread out treatment sessions to less often.
- Should observe noticeable improvement within 3 sessions and satisfactory improvement within 5 to 10 sessions.

4.0. Auricular Master Points

Surface View of Master Points



Hidden View of Master Points



Function of Auricular Master Points

- *Point Zero* : Facilitates return to homeostatic balance throughout body, toward the optimal metabolic state that existed in the mother's womb. Located at LM_0.
- *Shen Men* : Alleviates stress, pain, tension, anxiety, depression, insomnia, and excessive sensitivity to inflammatory responses. Located above LM_16.
- *Sympathetic Autonomic Point* : Balances Sympathetic arousal and Parasympathetic sedation in the Autonomic Nervous System, creating improved blood circulation. At LM_18.
- *Allergy Point* : Reduces inflammatory reactions related to allergic, toxic substances. At LM_2.
- *Thalamus Point (Subcortex)* : Reduces chronic pain by activating Supra – Spinal Control of the spinal cord pain inhibitory system and reduces over excitement. Located at LM_21.
- *Master Endocrine Point* : Activates the Pituitary Gland to bring appropriate balance to levels of endocrine hormones circulating in the blood stream. Located above LM_22.
- *Master Oscillation Point* : Balances Left and Right Cerebral Hemisphere. Found under LM_10.
- *Tranquilizer Point* : Produces general relaxation, reduces high blood pressure. Inferior to LM_10.
- *Master Sensorial Point* : Activates Sensory Cortex to reduce sensitivity. Inferior to LM_13.
- *Master Cerebral Point* : Activates Pre-Frontal Cortex to reduce anxiety and worry. Near LM_8.

5. Musculoskeletal and Sensory Ear Points

5.1. Spinal Vertebrae and Paravertebral Muscles (Relieves muscle tension and pain)

- Cervical Vertebrae on Antihelix Tail, between LM_14 and LM_15.
- Thoracic Vertebrae on Antihelix Body, between LM_15 and LM_16.
- Lumbo - Sacral Vertebrae on Antihelix Inferior Crus, between LM_16 and LM_18, and includes Buttocks and Sciatica points.
- Anterior Neck, Chest, and Abdomen on peripheral Antihelix.
- Muscle Relaxation Point ^{C} in Inferior Concha below Concha Ridge, below LM_19.

5.2. Lower Extremities and Upper Limbs

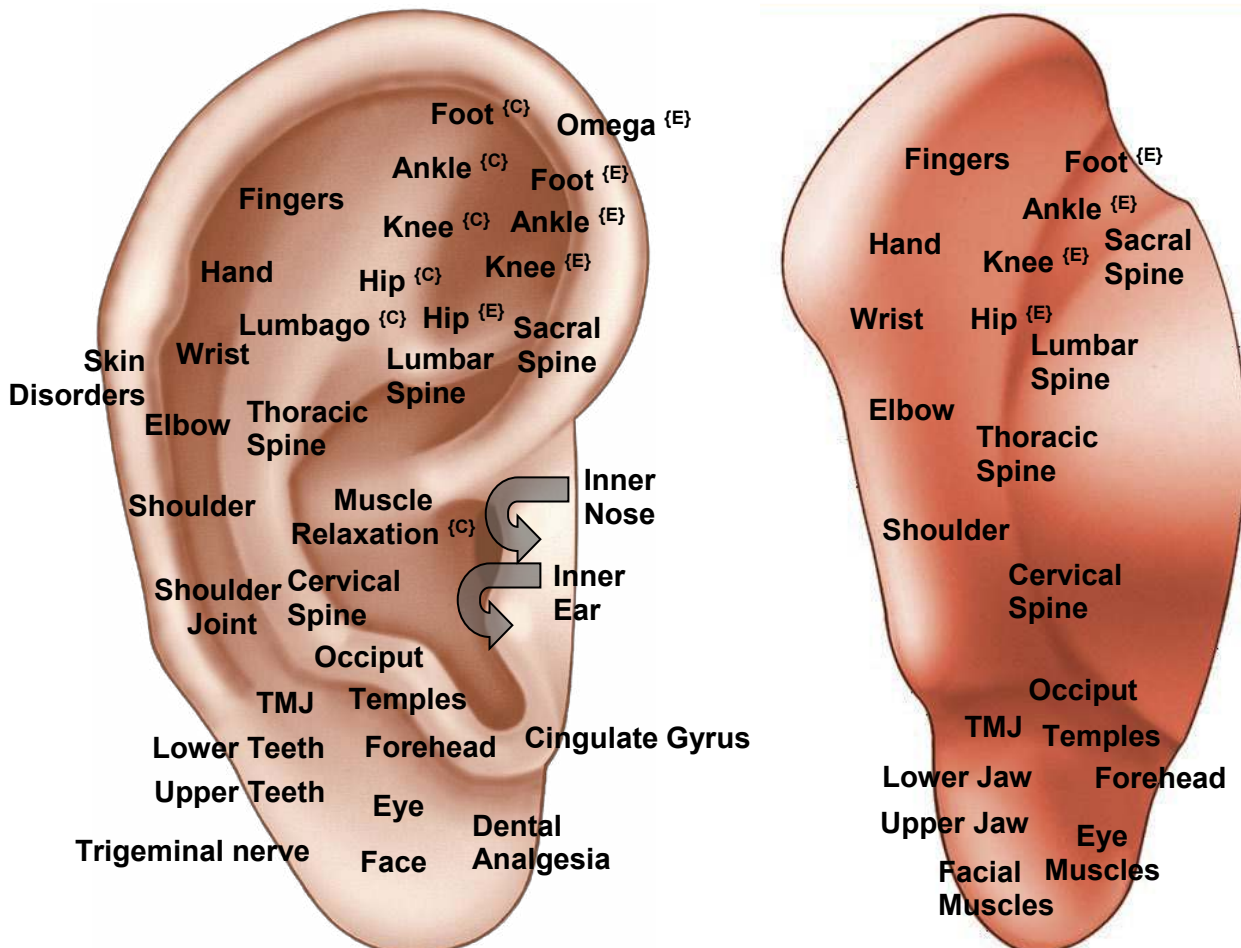
- Chinese ^{C} Hip, Knee, Ankle, and Foot ear points on Antihelix Superior Crus.
- European ^{E} Hip, Knee, Ankle, and Foot ear points in Triangular Fossa.
- Shoulder, Elbow, Wrist, and Hand ear points in Scaphoid Fossa.

5.3. Skull, Jaw, and Face

- Occiput, Temples, and Forehead ear points on Antitragus, near LM_12 and LM_13.
- Face, TMJ, Jaw, and Dental Analgesia ^{C} ear points on ear Lobe.
- Cingulate Gyrus of Limbic Brain found on top of Intertragic Notch above LM_9.

5.4. Sensory Organs

- Eye, Ear, and Nose sensory ear points on Lobe, Tragus, Intertragic Notch.
- Skin Sensory ear points on Helix Tail between LM 4 and LM 5.



5.5. Treatment of Myofascial Pain Disorders and Sensory Disorders

- *Low Back Pain & Sciatica*: Lumbo-Sacral Vertebrae, Sciatica, Buttocks, Lumbago ^{C}, Shen Men, Point Zero, Thalamus Point, Cingulate Gyrus, Kidney ^{C}.
- *Headaches*: Occiput, Forehead, Temples, Cervical Vertebrae, Shoulder, Shoulder Joint, Shen Men, Thalamus Point, Master Sensorial, Master Cerebral, Muscle Relaxation ^{C}.
- *Temporomandibular Joint Pain*: TMJ, Lower Jaw, Occiput, Cervical Spine, Shen Men.
- *Neck and Shoulder Pain*: Corresponding points on Antihelix Tail and Scaphoid Fossa, Thoracic Vertebrae, Point Zero, Shen Men, Thalamus Point, Muscle Relaxation ^{C}.
- *Muscle Spasms*: Corresponding Body Area, Shen Men, Thalamus, Muscle Relaxation ^{C}.
- *Joint Pain*: Anatomic points for Elbow, Wrist, Fingers, Hip, Knee, Ankle, Point Zero, Shen Men, Allergy Point 1, Allergy Point 2, Thalamus Point, Kidney ^{C}.
- *Arthritis*: Foot, Hip, Hand, Wrist, Shoulder, Allergy Point 1, Allergy Point 2, Shen Men, Point Zero, Thalamus Point.
- *Dermatits and Excema*: Skin Disorders ^{C}, Skin Disorders ^{E}, Lung 1, Lung 2, Shen Men, Point Zero.
- *Dry Eyes*: Eye, Eye Disorders 1 & 2, Occiput, Shen Men, Point Zero, Master Sensorial.
- *Dental Analgesia*: Dental Analgesia 1, Dental Analgesia 2, Upper Jaw, Lower Jaw, Occiput, Trigeminal nerve, Point Zero, Shen Men, Thalamus Point, Master Sensorial.
- *Battlefield Acupuncture*: Corresponding Body Area, Point Zero Prime, Shen Men, Thalamus Point, Cingulate Gyrus, Omega 2.
- *Peripheral Neuropathy*: Foot ^{C}, Foot ^{E}, Fingers ^{C}, Fingers ^{E}, Lumbo-Sacral Spinal Cord, Shen Men, Thalamus Point.
- *Sensorineural Deafness*: Inner Ear ^{C}, Inner Ear ^{E}, Master Cerebral, Master Sensorial, Kidney ^{C}. [*Electrical Stimulation with probe dipped into Saline in Ear Canal*].

6.0 Ear Points for Internal Organs

6.1. Overview of Internal Organs

- Anatomical location of internal organs in physical body.
- Physiological function of internal organs in conventional Western medicine.
- Energetic function of internal organs in Traditional Oriental medicine.

6.2. Gastro-Intestinal Organs

- Mouth and Esophagus in Inferior Concha, near Ear Canal, below Helix Root.
- Stomach on Concha Ridge near Helix Root, peripheral to LM_0.
- Small Intestines and Large Intestines in Superior Concha, above Helix Root.
- Rectum on external surface of Helix Root.

6.3. Thoracic Organs

- Chinese Heart ^{C} in center of Inferior Concha.
- Nogier Heart ^{E} on Antihelix Body, in region of Thoracic Spine.
- Lung 1, Lung 2, Bronchi, Larynx ^{E} , Pharynx ^{E} in Inferior Concha.
- Larynx ^{C} , Pharynx ^{C} on underside of Subtragus.
- Diaphragm ^{C} on external surface of Helix Root, between LM_0 and LM_1.
- Tonsil Points ^{C} 1, 2, 3, 4 on Helix Tail, between LM_4 and LM_7.

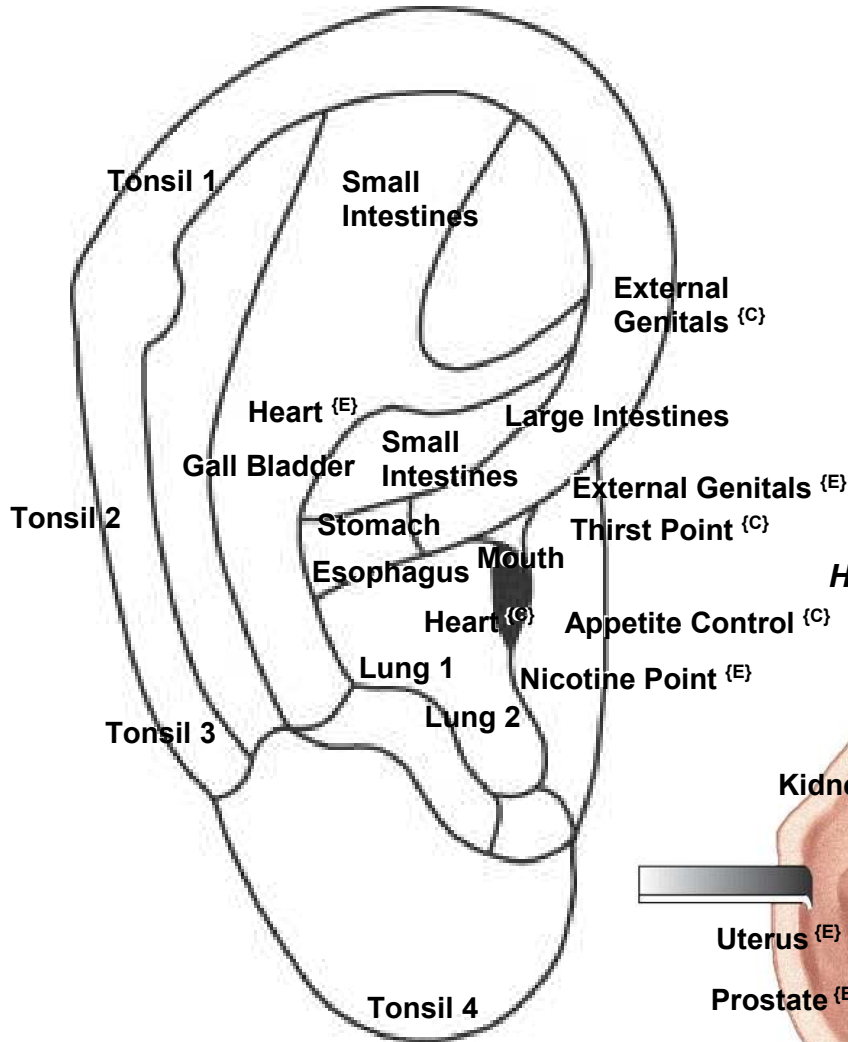
6.4. Abdominal Organs

- Liver on Concha Ridge, near Concha Wall at LM_20.
- Spleen ^{C} on Inferior Concha of left ear, next to Liver point.
- Gall Bladder on Superior Concha of right ear, near Small Intestines point.
- Pancreas on Superior Concha, superior to Liver point, on Concha Wall.
- Appendix on Superior Concha, superior and peripheral to Small Intestines point.

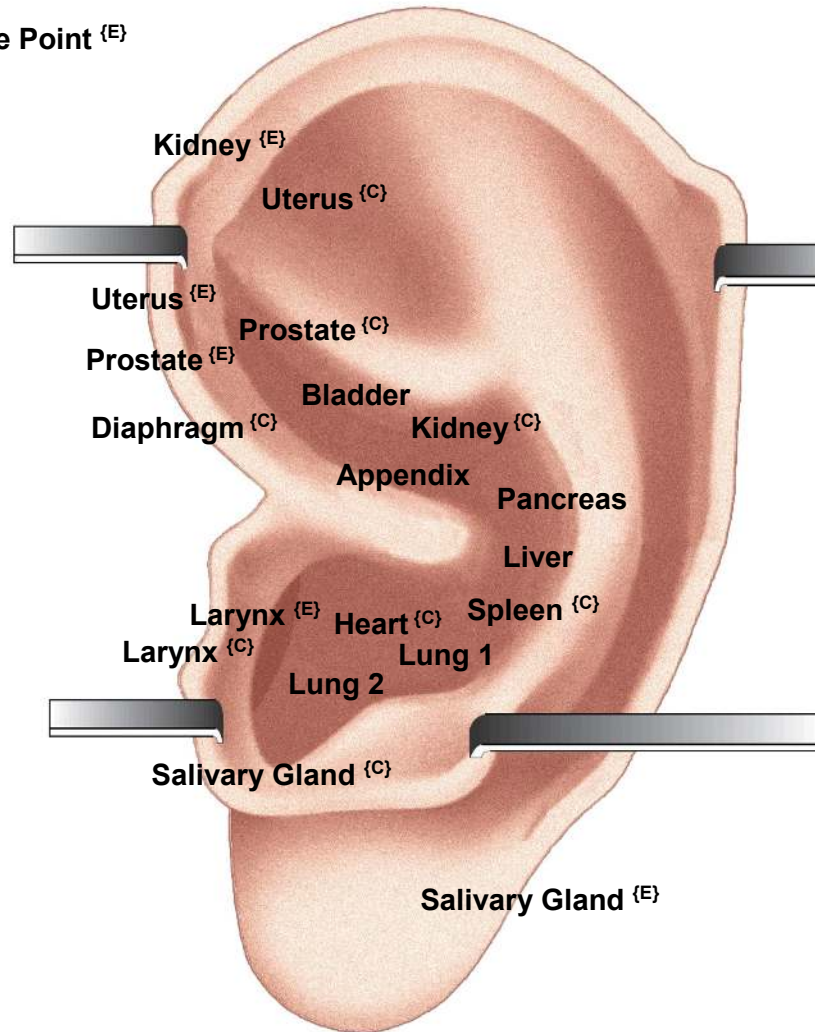
6.5. Urogenital Organs

- Bladder on Superior Concha, for both Chinese ^{C} and European ^{E} systems.
- Chinese Kidney ^{C} and Ureter ^{C} tube on Superior Concha, below LM_16.
- European Kidney ^{E} and Ureter ^{E} tube on Internal Helix above Triangular Fossa.
- Chinese Uterus ^{C} in most central region of Triangular Fossa, below Helix Arch.
- European Uterus ^{E} and Internal Gonadal Organs (Ovaries / Testes) underneath Internal Helix.
- Chinese External Genital Organs ^{C} (Penis or Clitoris) on Helix Root at LM_1.
- European External Genital Organs ^{E} on external Helix Root where it joins Tragus.

Surface View of Visceral Organ Points



Hidden View of Visceral Organ Points



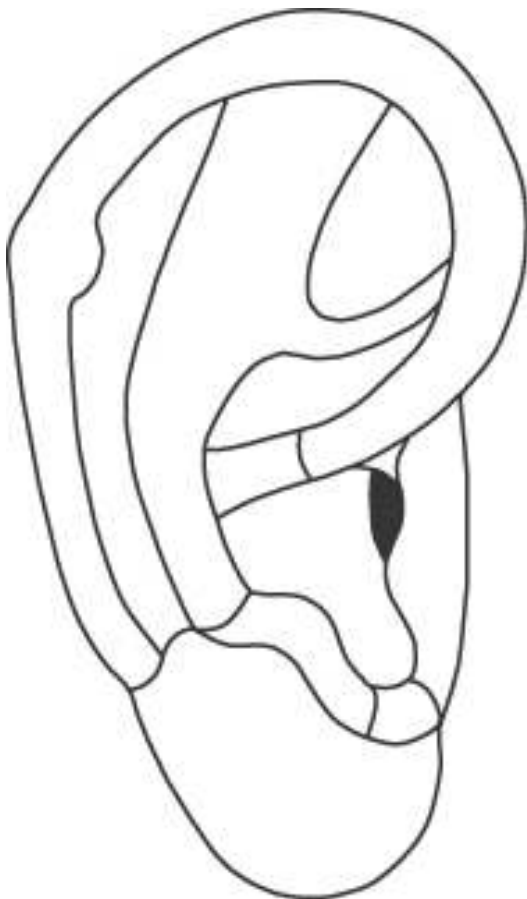
6.6. Auriculotherapy for Gastro-Intestinal, Cardiovascular, Respiratory Disorders.

- *Nausea and Vomiting:* Stomach, Shen Men, Point Zero, Autonomic Point, Thalamus Point.
- *Dry Mouth or Xerostomia:* Mouth, Salivary Glands ^{C}, Salivary Glands ^{E}, Endocrine Point, Shen Men, Point Zero, Endocrine Point, Thirst Point.
- *Cardiovascular Disorders :* Heart ^{C}, Heart ^{E}, Point Zero, Shen Men, Autonomic Point.
- *Respiratory Disorders:* Allergy Points 1 & 2, Lung 1, Lung 2, Shen Men, Autonomic Point.
- *Hepatitis and Cirrhosis:* Liver, Shen Men, Point Zero.
- *Diabetes Mellitis:* Pancreas, Endocrine Point, Shen Men, Point Zero.
- *Pre-Menstrual Syndrome:* Uterus ^{C}, Uterus ^{E}, Ovaries ^{E}, Gonadotrophins ^{E}, Shen Men.

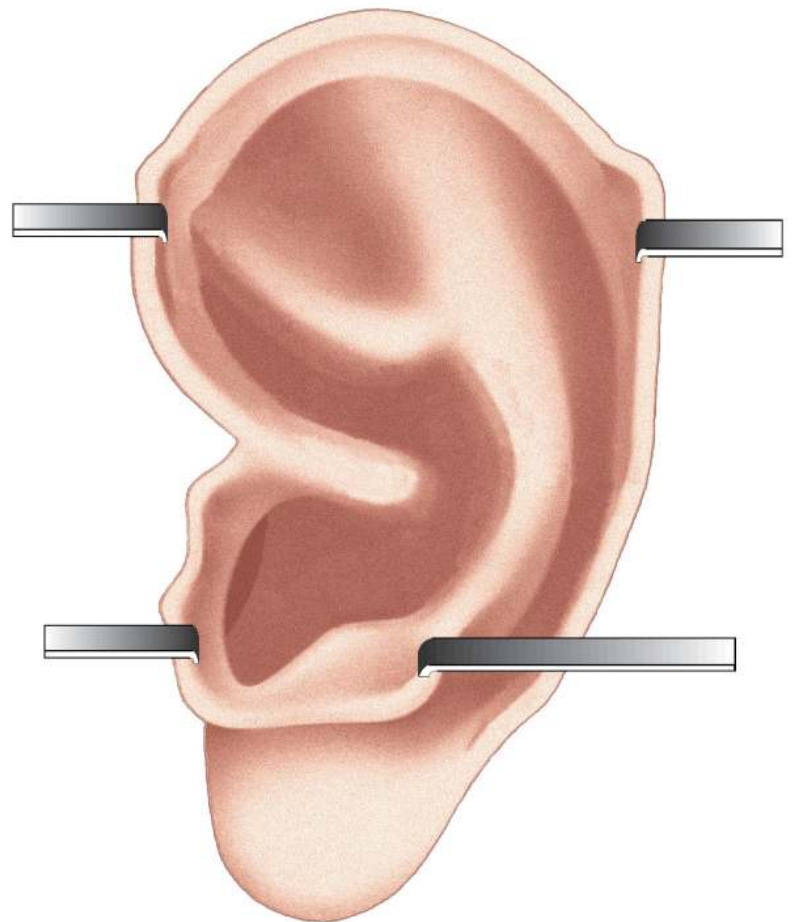
6.7. Auriculotherapy for Alcoholism and Addiction.

- *Alcohol Detoxification:* Shen Men, Autonomic Point, Lung 2, Liver, Kidney ^{C}.
- *Drug Detoxification:* Lung 2, Shen Men, Point Zero, Autonomic, Kidney ^{C}.
- *Smoking Control:* Lung 1, Lung 2, Nicotine Point, Shen Men, Point Zero, Autonomic Point.
- *Weight Control:* Mouth, Stomach, Appetite Control, Shen Men, Master Cerebral.

Surface View of Ear



Hidden View of Ear



7. Ear Points for Neuro-Endocrine System and Functional Points

7.1. Overview of Neuro-Endocrine System

- Brain control of Pituitary Master Gland that releases Tropic Hormones to Target Glands.
- Hypothalamic - Pituitary Adrenal (HPA) Axis for modulating stress hormones.

7.2. Peripheral Endocrine Glands on the External Ear

- *Chinese* ^{C} *Gonadal Glands* (Ovaries/Testes ^{C}) on Concha Wall behind Antitragus, near LM_22.
Gonadotrophins ^{E} same location as Chinese Ovaries / Testes ^{C}.
- *European* ^{E} *Gonadal Glands* on Internal Helix beneath Helix Root, above LM_0.
- *Chinese* ^{C} *Adrenal Glands* on Tragus Inferior Protrusion, at LM_10.
Adreno-Cortico-Tropic Hormones (ACTH) ^{E} on Subtragus near same location.
- *European* ^{E} *Adrenal Glands* on Superior Concha Wall, near Chinese Kidney ^{C} point.
Releases Corticoid stress hormone Cortisol.
- *Thymus* ^{E} and *Mammary Glands* on Superior Concha Wall near Antihelix Body LM_15.
- *Thyroid* ^{E} and *Parathyroid* ^{E} *Glands* on Inferior Concha Wall on Antihelix Tail above LM_20.
- *Chinese* ^{C} *Thyroid Glands* on Scaphoid Fossa side of Antihelix Tail, inward from LM_5.

7.3. Central Endocrine Glands on the External Ear

- *Pineal Gland* on inferior Tragus / Intertragic Notch region next to LM_9.
- *Pituitary Gland* ^{E} in Intertragic Notch, controlling Gonadal, Thyroid, and Adrenal Glands.

7.4. Overview of Nervous System in the Body

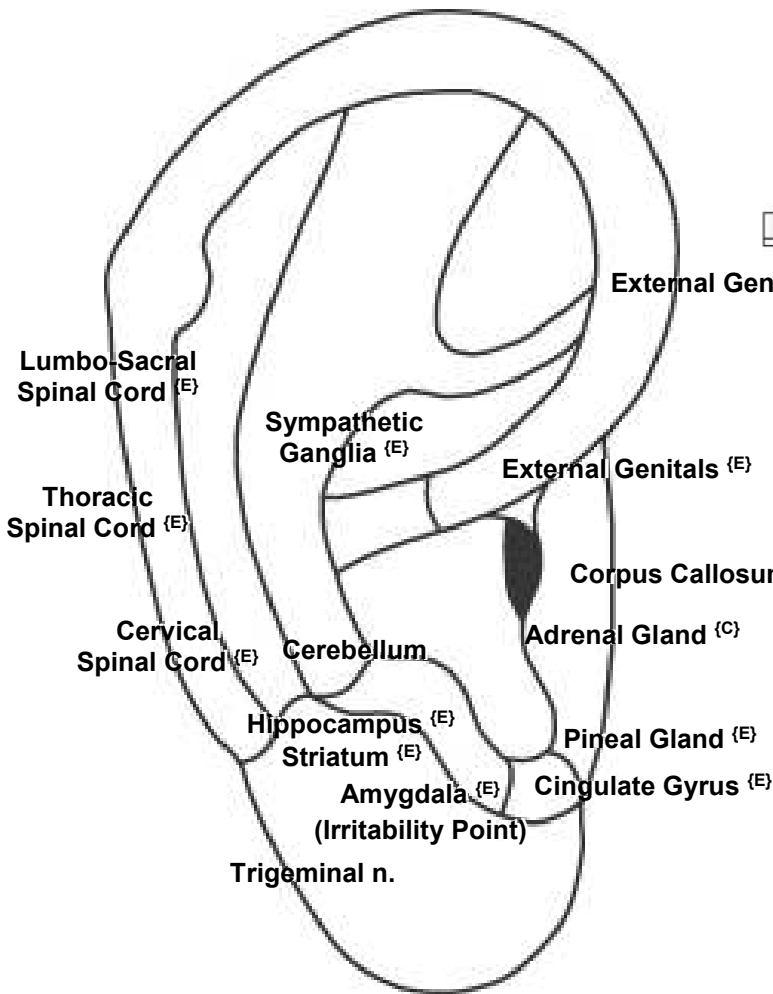
7.5. Peripheral Nerves on the External Ear

- *Sciatic Nerve* on Antihelix Inferior Crus at LM_17.
- *Sympathetic Ganglia* ^{E} on Concha Wall from LM_15 around to LM_17.
- *Vagus Nerve* (*n.*) in Inferior Concha near ear canal to rest of Concha.
- *Auditory Nerve* (*n.*) on Subtragus below LM_10.
- *Trigeminal Nerve* (*n.*) on peripheral Lobe below LM_6.
- *Minor Occipital Nerve* (*n.*) in superior Scaphoid Fossa; Alleviates Migraine Headaches.

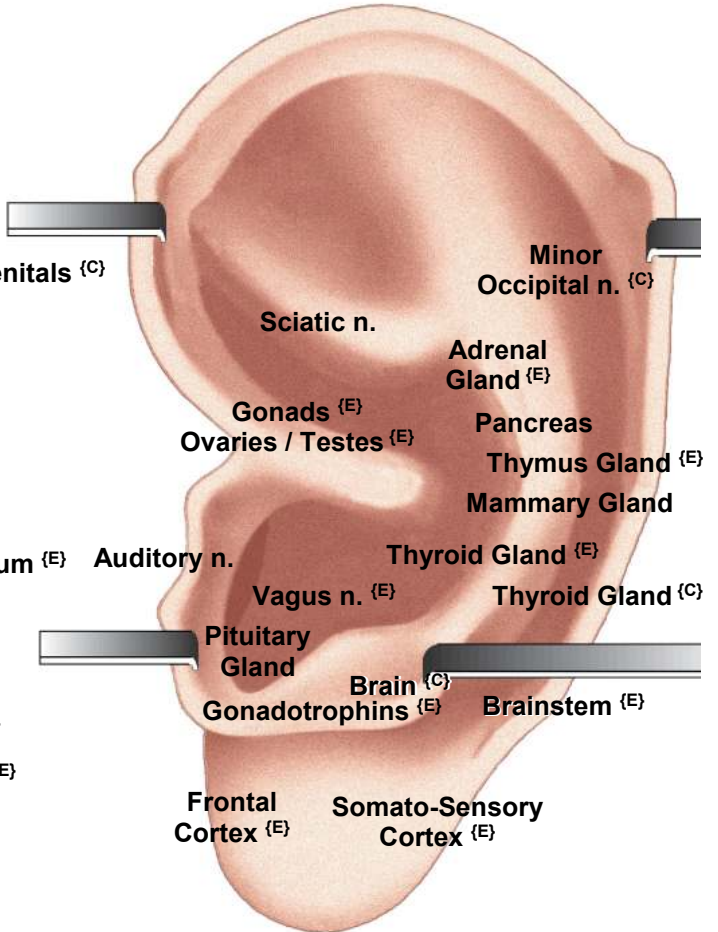
7.6. Central Nervous System on the External Ear

- *Spinal Cord* on Helix Tail between LM_4 and LM_5.
- *Brain Stem* on lateral Ear Lobe and inferior Concha Wall below LM_13.
- *Thalamus* and *Brain* ^{C} on Concha Wall behind Antitragus, near LM_21.
- *Hypothalamus* ^{E} in Inferior Concha, superior to LM_21.
- *Limbic System* ^{E} on Ear Lobe region below LM_13.
- *Cingulate Gyrus* ^{E} on Intertragic Notch superior to LM_9.
- *Hippocampus* ^{E}, *Amygdala* ^{E}, and *Striatum* ^{E} along ear Lobe inferior to LM_12 and LM_13.
- *Corpus Callosum* ^{E} on Tragus, between L_9 and LM_11.
- *Cerebellum* ^{E} on Antihelix Tail superior to LM_14.
- *Occipital Cortex* ^{E}, *Temporal Cortex* ^{E}, *Parietal Cortex* ^{E} on peripheral ear Lobe.

Surface View of Neuroendocrine Points



Hidden View of Neuroendocrine Points



7.7 Treatment Plans for Neuro-Endocrine Disorders

- *Attention Deficit Hyperactivity Disorder:* Master Cerebral, Brain (C), Shen Men, Point Zero.
- *Stress-Related Disorders:* Adrenal Gland (C), Psychosomatic Point, Brain (C), Shen Men, Point Zero.
- *Hypogonadism:* Sexual Desire / External Genitals (E), External Genitals (C), Ovaries / Testes (E), Gonadotrophic Hormones, Endocrine Point, Point Zero, Shen Men.
- *Hypothyroidism:* Thyroid Gland (C), Thyroid Gland (E), Endocrine Point, Shen Men.
- *Diabetes:* Pancreas, Endocrine Point, Shen Men, Point Zero.
- *Shingles:* Skin Disorder (C), Skin Disorder (E), Shen Men, Point Zero.
- *Peripheral Neuralgia:* Skin Disorder (C), Skin Disorder (E), Shen Men, Point Zero.
- *Epilepsy:* Master Cerebral, Thalamus Point, Brain (C), Occiput, Shen Men, Point Zero.

7.8. Chinese Functional Ear Points

- *Asthma Point* (Ping Chuan) on Antitragus Apex at LM_13.
- *Antihistamine, Constipation, and Hepatitis Points* in Triangular Fossa.
- *Hypertension Points* in Triangular Fossa and on inferior Tragus, below LM_12.
- *Lumbago Point* on Antihelix Body, peripheral to LM_16.
- *Muscle Relaxation Point* on Inferior Concha, below LM_19.
- *San Jiao* (Triple Warmer Point) in Inferior Concha, in region of Pituitary Gland.
- *Appetite Control* (Hunger Point) on Tragus, superior to LM_10.
- *Helix Points* around outer Helix used for Anti-Inflammatory reactions.

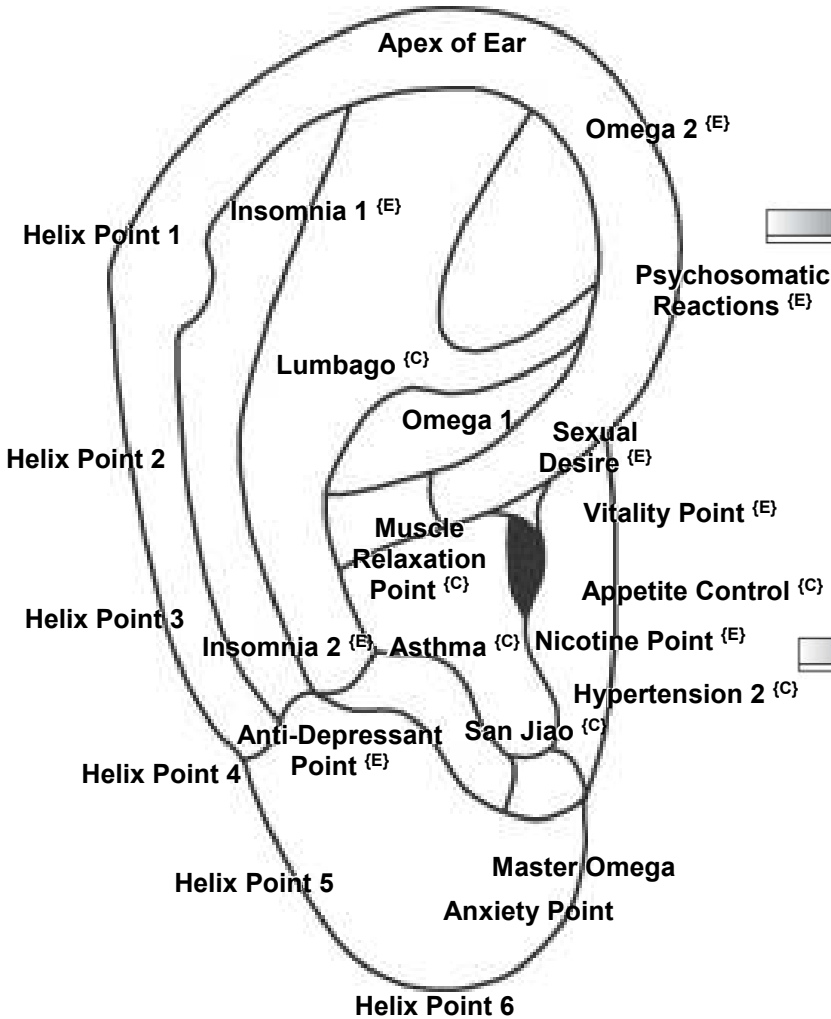
7.9. European ^{E} Functional Ear Points

- *Anti-Depressant Point* on peripheral ear Lobe, below Occiput Point and LM_14.
- *Aggressivity Point* (Irritability) on superior Lobe where it joins the Intertragic Notch.
- *Vitality Point* on Tragus to treat Chronic Fatigue, Cancer and AIDS, above LM_11.
- *Insomnia Points* on Scaphoid Fossa, near Wrist point and below Shoulder point.
- *Psychosomatic Reactions* on Helix Root, at LM 1.
- *Sexual Desire* on Helix Root to enhance sexual arousal.
- *Sexual Compulsion* on Helix Tail to reduce sexual obsessions.

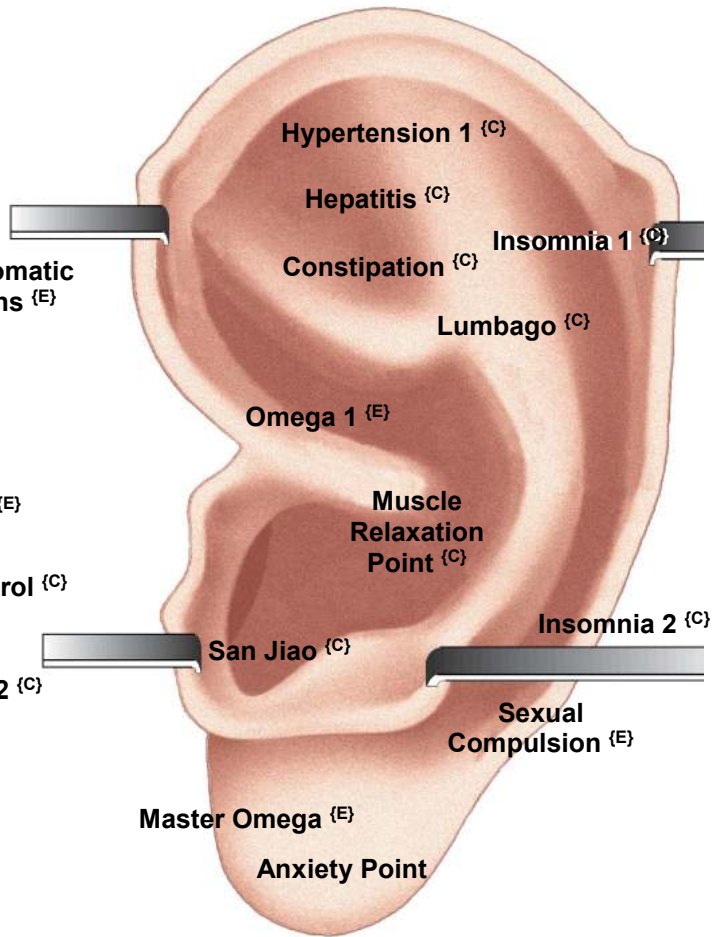
7.10. Treatment of Functional Disorders and Psychological Disorders

- *Anxiety*: Master Cerebral, Heart.C, Occiput, Point Zero, Shen Men, Adrenal.C, Adrenal.E
- *Depression*: Anti-Depressant, Brain, Occiput, Point Zero, Shen Men.
- *Insomnia*: Insomnia 1, Insomnia 2, Shoulder, Occiput, Point Zero, Shen Men.
- *Psychosomatic Disorders*: Psychosomatic Point, Master Cerebral, Point Zero, Shen Men, Muscle Relaxation Point.

Surface View of Functional Points



Hidden View of Functional Points



8. Auricular Territories and Nogier Phases

8.1. Auricular Territories for Three Neurological Reflexes

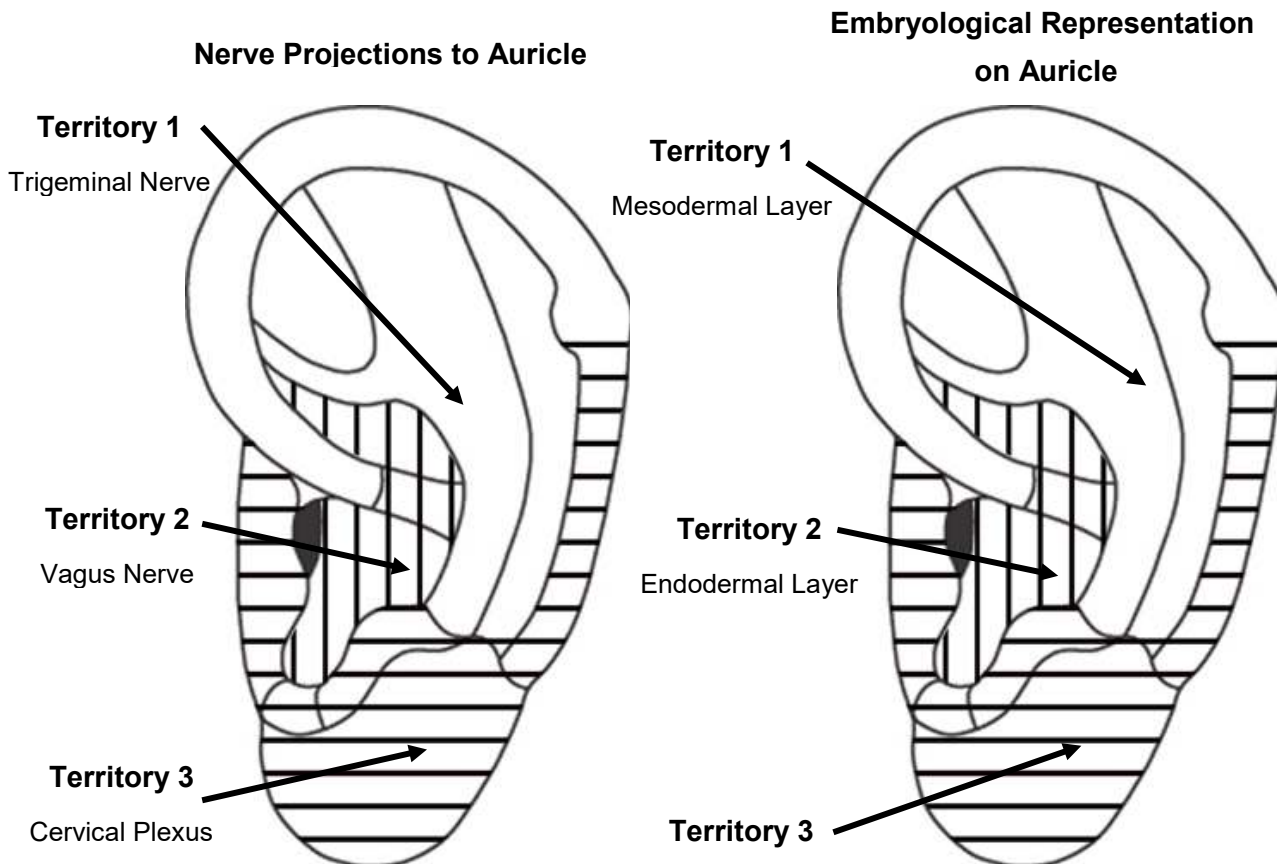
- Musculoskeletal Body (Movement reflexes to external environment)
- Internal Visceral Organs (Movement reflexes to internal environment)
- Nervous System and Endocrine System (Central control of movement reflexes)

8.2. Differential Innervations to Auricle by Three Nerve Projections

- Trigeminal Nerve innervation of Antihelix, Helix, Scaphoid Fossa, Triangular Fossa.
- Vagus Nerve innervation of Concha.
- Cervical Nerves innervation of Lobe, Tragus, Helix Tail.

8.3. Embryological Tissue Represented on Three Regions of the External Ear

- Embryo developing in the Uterus forms into three, concentric, dermal layers.
- Endodermal: Embryonic tissue that differentiates to become Internal Organs that are represented in Concha of Territory 2.
- Mesodermal: Embryonic tissue that differentiates to become Musculoskeletal tissue that is represented on Antihelix, Triangular Fossa, & Scaphoid Fossa of Territory 1.
- Ectodermal: Embryonic tissue that differentiates to become Nervous system and Endocrine System tissue that is represented on Lobe and Helix Tail of Territory 3.



8.4 Embryological Source for Three Types of Body Tissue

Endodermal Tissue <i>Inner Layer</i>	Mesodermal Tissue <i>Middle Layer</i>	Ectodermal Tissue <i>Outer Layer</i>
Visceral Smooth Muscle	Somatic Striate Muscles	Skin and Nerve Endings
Stomach	Skeletal Bones	Hair
Small Intestines	Fascia and Sinews	Sweat Glands
Large Intestines	Tendons	Peripheral Nerves
Lungs	Ligaments	Spinal Cord
Tonsils	Heart and Cardiac Muscle	Brainstem
Liver	Blood Cells and Blood Vessels	Thalamus and Hypothalamus
Pancreas	Lymphatic Vessels	Limbic System and Striatum
Bladder	Spleen	Cerebral Cortex
Thyroid Gland	Kidney	Pineal Gland
Parathyroid Gland	Gonads (Ovaries and Testes)	Pituitary Gland
Thymus Gland	Adrenal Cortex	Adrenal Medulla

8.5 Nogier Stimulation Frequencies

(Many electrical stimulators are not designed to provide these Nogier Frequencies. These frequencies are only guidelines for stimulation, as other frequencies also work)

Zone	Color Filter	Frequency	Auricular Area	Corresponding Tissue
A	Orange	2.5 Hz	Subtragus	Cellular Organization
B	Red	5.0 Hz	Concha	Internal Visceral Organs
C	Yellow	10.0 Hz	Antihelix, Antitragus, Helix	Musculoskeletal System
D	Red Orange	20.0 Hz	Tragus, Intertragic Notch	Endocrine System
E	Green	40.0 Hz	Helix Tail	Spinal Cord
F	Blue	80.0 Hz	Peripheral Ear Lobe	Subcortical Brain
G	Purple	160.0 Hz	Medial Ear Lobe	Cerebral Cortex

The Nogier Stimulation Frequencies increase in rate of cycles per second (Herz) as one progresses from cellular tissue, to visceral tissue, to musculoskeletal tissue, to endocrine organs, to spinal cord nervous tissue, to brainstem nervous tissue, to higher cerebral cortex nervous tissue.

8.6. Nogier Phase I, Phase II, and Phase III Representations on the Auricle

- *Phase I:* Musculoskeletal projections onto Territory 1 Antihelix.
- *Phase II:* Musculoskeletal projections onto Territory 2 Concha
- *Phase III:* Musculoskeletal projections onto Territory 3 Lobe

8.6. Territorial Shifts of Nogier Phases on the External Ear

	Territory 1	Territory 2	Territory 3
	<i>Antihelix Area</i>	<i>Concha</i>	<i>Lobe and Tragus</i>
<i>Phase I</i>	Mesodermal	Endodermal	Ectodermal
<i>Phase II</i>	Ectodermal	Mesodermal	Endodermal
<i>Phase III</i>	Endodermal	Ectodermal	Mesodermal

8.6. Three Phases for Muscular Disorders of the Spinal Vertebrae

- Cervical Spine on Antihelix Tail in Phase 1, Concha Ridge in Phase 2, Tragus in Phase 3.
- Thoracic Spine on Antihelix Body in Phase 1, Concha Ridge in Phase 2, Tragus in Phase 3..
- Lumbo - Sacral Spine on Antihelix Inferior Crus; in Phase 1, Concha Ridge in Phase 2, Tragus in Phase 3..

8.7. Three Phases for Muscular Disorders of the Lower Extremities

- Chinese ^(c) Hip, Knee, Ankle, and Foot ear points on Antihelix Superior Crus.
- Phase 1 Hip, Knee, Ankle, and Foot ear points in Triangular Fossa.
- Phase 2 Hip, Knee, Ankle, and Foot ear points in Inferior Concha.
- Phase 3 Hip, Knee, Ankle, and Foot ear points on Antitragus.

8.8. Three Phases for Muscular Disorders of the Upper Extremities

- Chinese ^(c) Elbow, Wrist, and Hand ear points in Scaphoid Fossa.
- Phase 1 Shoulder, Elbow, Wrist, and Hand ear points in Scaphoid Fossa.
- Phase 2 Shoulder, Elbow, Wrist, and Hand ear points in Superior Concha.
- Phase 3 Shoulder, Elbow, Wrist, and Hand ear points on Lobe.

8.9. Nogier Phases 1, 2, 3, for Internal Organs

- Chinese ^{c} auricular representation of Internal Organs
- Phase 1 : Internal Organ projections onto Territory 2 Concha.
- Phase 2 : Internal Organ projections onto Territory 3 Lobe
- Phase 3 : Internal Organ projections onto Territory 1 Antihelix

8.10. Nogier 1, 2, 3, Phases for Neuroendocrine System

- Chinese ^{c} auricular representation of Neuro-Endocrine System
- Phase 1 : Neuro-Endocrine projections onto Territory 3 Lobe
- Phase 2 : Neuro-Endocrine projections onto Territory 1 Antihelix
- Phase 3 : Neuro-Endocrine projections onto Territory 2 Concha

8.11. Laterality Traits of Oscillators

- Cross switching of Corpus Callosum such that an individual mixes Left Cerebral Functions (Verbal, Linear, Logical) with Right Cerebral Functions (Spatial, Relational, Patterns)
- Left Handed persons are more likely to be Oscillators
- Laterality Test: Hand Clap, Hand Clasp, Arm Fold, Foot Kick, Eye Gaze.

8.12. Contraindications and Hindrances to Auriculotherapy Treatment

- Contraindications related to pregnancy and pacemakers.
- Obstacles and hindrances to healing.
- Blockages related to toxic scars and old injuries.
- Dental Foci from previous dental procedures.
- Contraindications related to pregnancy and pacemakers.

8.13. Oriental Medicine Model of Energetic Flow of Qi

- Yang Alarm Points on Ear
- Chronic Pain related to Qi Excess or Qi Stagnation
- Acupoint stimulation leads to Qi dispersion
- Acupoint stimulation leads to improved Blood Flow

8.14. Taoist Divisions of Neurophysiological Anatomy

Yang Arousal	Yin Sedation
Sympathomimetic Arousal	Parasympathomimetic Sedation
Reticular Activating System	Raphe nuclei for Sleep and Calmness
Limbic System for Emotional Arousal	Basal Ganglia for Motor Coordination
Cingulate Gyrus reaction to Pain	Cerebellum Extrapramidal Movements
Left Cerebral Cortex Logical Thinking	Right Cerebral Cortex Emotional Rhythm

8.15. Taoist Divisions of Neurochemical Brain Activity

Yang Reactive Neurochemistry	Yin Restorative Neurochemistry
Norepinephrine Sympathetic Nerves	Acetylcholine Parasympathomimetic Nerves
Norepinephrine from Locus Coeruleus	Serotonin from Raphe System
Dopamine in Limbic System	Dopamine in Basal Ganglia
Glutamate Excitatory Synapses	GABA Inhibitory Synapses
Adrenalin Arousal	Endorphin Pain Relief
ACTH and Cortisol Stress Response	Melatonin and Sleep Rhythms
TSH and Thyroxin Metabolism	Parathormone Regulation of Calcium
FSH and Male Testosterone	Female Estrogen and Progesterone

8.16. Neurophysiological Model of Pain Inhibition

Type A neurons carry Touch signals to Dorsal Horn and Dorsal Columns of Spinal Cord.

Type C neurons carry Pain signals to Dorsal Horn and Vento-Lateral Tract.

Gate Control Inhibitory Interneurons modulate input from Type A and Type C neurons.

Nociceptive Receptors respond to pain input by pressure, heat, cold, or acidic chemicals.

Substance P and Nitric Oxide associated with electrodermal reactive acupuncture points.

Supra-Spinal Gating neurons in brain send impulses down spinal cord in Descending Pain Inhibitory Pathway that travels through the Dorsal Lateral Funiculus (DLF) tract.

Critical brain regions for Stimulation Produced Analgesia include the Periaqueductal Gray (PAG), the Raphe Magnus, and the Medial Thalamus.

Destruction of the Dorsal Lateral Funiculus (DLF) which descends from the PAG and the Raphe nuclei in the brainstem reduces pain reflexes acupuncture analgesia.

Acupuncture activates key neurochemical synapses in the brain for Enkephalin, Serotonin, and GABA to allow activation of the Pain Inhibitory System.

Resources

Company or Organization

Service or Product

Auriculotherapy Certification Institute (ACI)

8033 Sunset Blvd., PMB #270, Los Angeles, CA
90046-2427

Tel: (323) 656-2084

Fax: (323) 656-2085

Certification and training in
auriculotherapy

www.auriculotherapy.org

Electro Medical

P. O. Box 33189, Tulsa, OK 74146

Tel: (918) 663-0297

Fax: (918) 663-0298

Stim Flex 400 equipment

www.electrotherapy.com

Helio Medical Supplies

816 Charcot Ave., San Jose, CA 95131

Tel: (800) 672-2726

Fax: (408) 433-5566

EA-710, Acupuncture supplies

www.heliomed.com

Lhasa OMSSupplies

230 Libbey Parkway, East Weymouth, MA 02189

Tel: (800)722-8775

Fax: (781) 335 5779

Equipment, needles,

Oriental medical supplies

www.lhasaoms.com

National Acupuncture Detoxification Association (NADA)

Box 1927, Vancouver, Washington, 98668-1927

Tel: (360) 254-0186

Fax: (360) 260-8620

Training and certification
in drug abuse treatment

www.acudetox.com

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