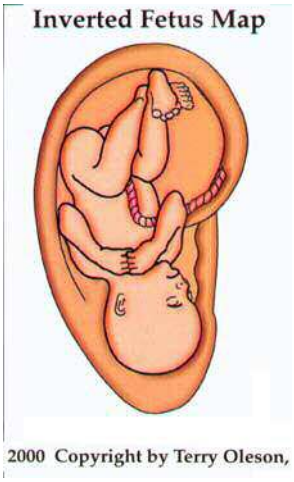
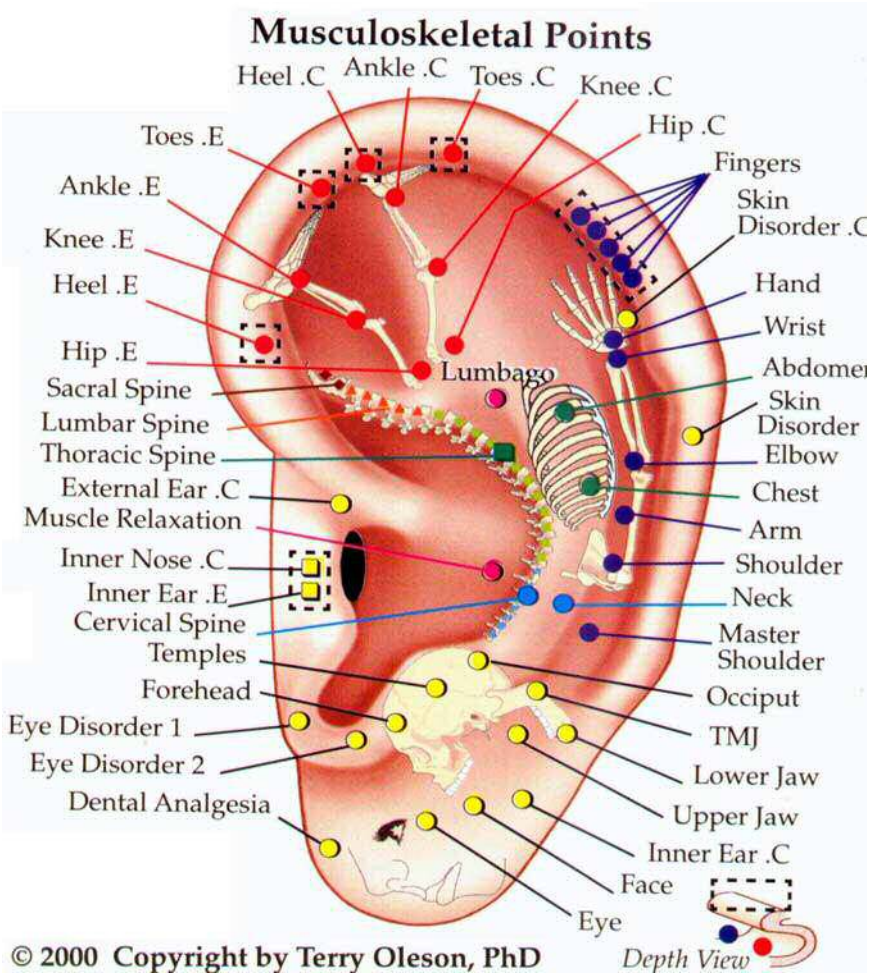
Ear Micro System
Auriculotherapy



The illustration here depicts the body mapped in the ear, much like an inverted fetus. You can see how the back is inverted on the ear in the round inner section. The neck shows up low on the ear whereas the low back shows up higher on the ear. This mapping of the ear was completed by Dr. T.D. Oleson at the UCLA School of Medicine[27]. Through electrical and thermal testing he supported acupuncturists' claims that a somatotopic mapping of the body is represented upon the external ear.

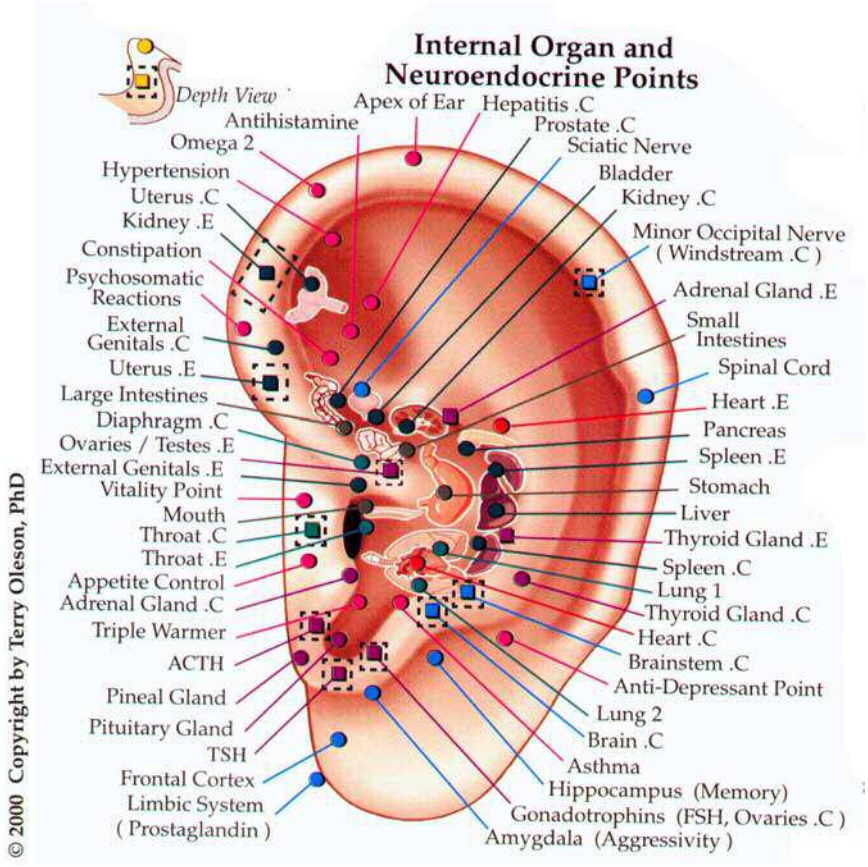
If you read my previous book "*Acupressure: Ancient Wisdom for Modern Day Healing*"[28] you can see that the pictures of the ear and description on how to work with this Micro-system is expanded here. The pictures here are from Terry Oleson's latest book "*Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture.*" Much of the material in this section is a quote from this book so that I can be as accurate as possible.

Auriculotherapy is a therapeutic intervention in which stimulation of the auricle of the external ear is utilized to alleviate health conditions in other parts of the body. While originally based upon the ancient Chinese practice of acupuncture, the somatotopic correspondence of specific parts of the body to specific parts of the ear was first developed in modern France by Dr. Paul Nogier. It is this integrated system of Chinese and Western practices of Auriculotherapy as formulated by Terry Oleson that will be described in this text.[29] Our emphasis here is to give you enough knowledge that you can produce the well documented healing effects in your self without any complicated tools or training. You will be amazed how easily most pain disappears with just a few minutes of stimulation.



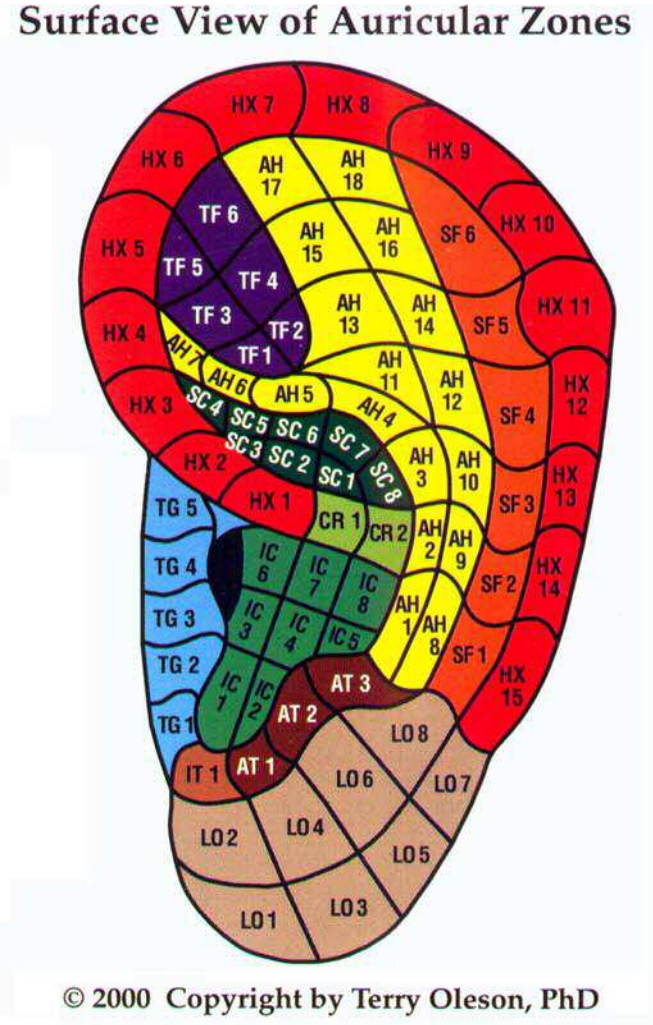
Musculoskeletal auricular points represent the skin, muscles, tendons, ligaments, and skeletal bone structures of the corresponding body area, as well as well as blood circulation to that area. Clinical problems treated by ear reflex points include relief of muscle tension, muscle strains, muscle tremors, muscle weakness, tendonitis, sprained ligaments, bone fractures, bone spurs, peripheral neuralgias, swollen joints, arthritis, shingles, sunburn, skin irritations, and skin lesions.

The reason I expanded this section is because it is one of the easiest micro-systems to work with and the results are often very dramatic. There are auricular treatment plans for more than 250 medical conditions and 200 parts of the body listed in the index. All of the ear points are listed by their names and the reference point developed by Terry Oleson.



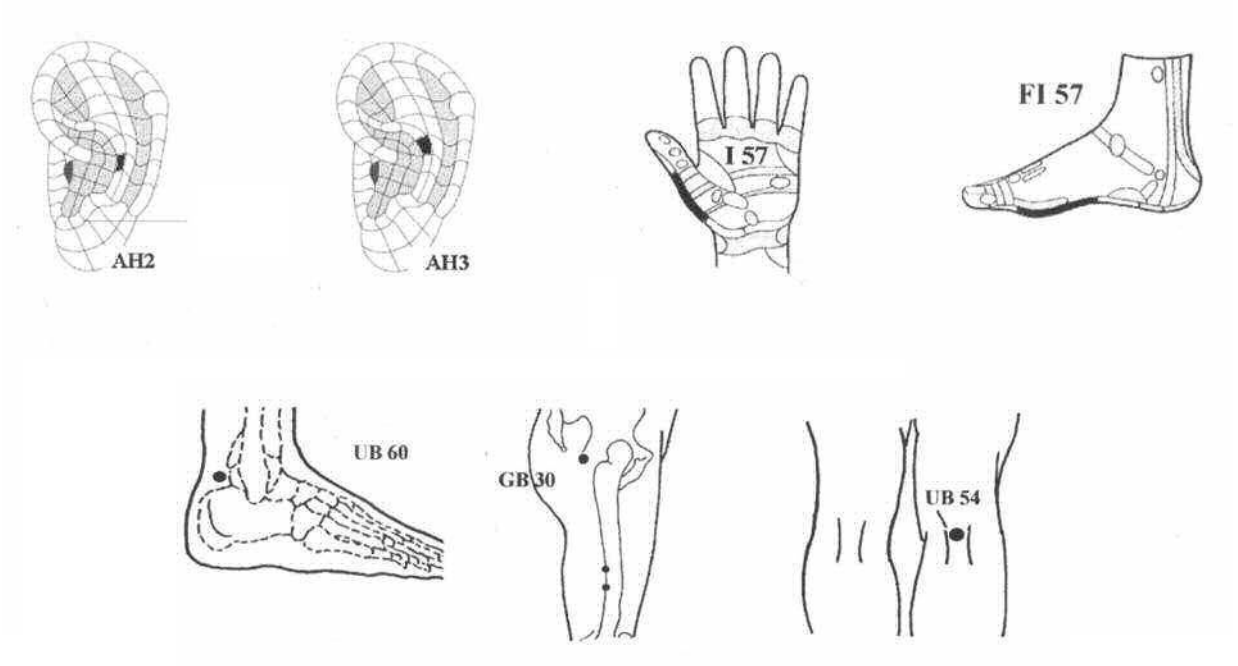
In order to provide a systematic method for locating the precise position of a point on the ear, a zone system was developed which is based upon the proportional subdivision of major anatomical areas of the auricle. Each auricular zone is represented in

this auricular nomenclature system by a set of *Two letters and a number*. Three views identify these zones: 1. The surface view which is what you see when you look directly at the ear; 2. The hidden view of the ear shows you points that you cannot see unless they are exposed by laying the ear out flat. Zones that are on the side of the ear then can then be seen; 3. Posterior view or back of the ear. You will note in the diagrams, some of the points are indicated by squares and some circles. The squares indicate hidden points which you can identify with the hidden view of the ear most easily.



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AcuPoint Analysis
HIGH BACK STUDY



EAHO2 **Lower cervical vertebrae, torticollis**

EAHO3 **Upper thoracic vertabrae, heart .F, mammary gland .C**

H157 **Upper spine. Below second joint of thumb.**

F157 **Upper spine. On the inside of the foot.**

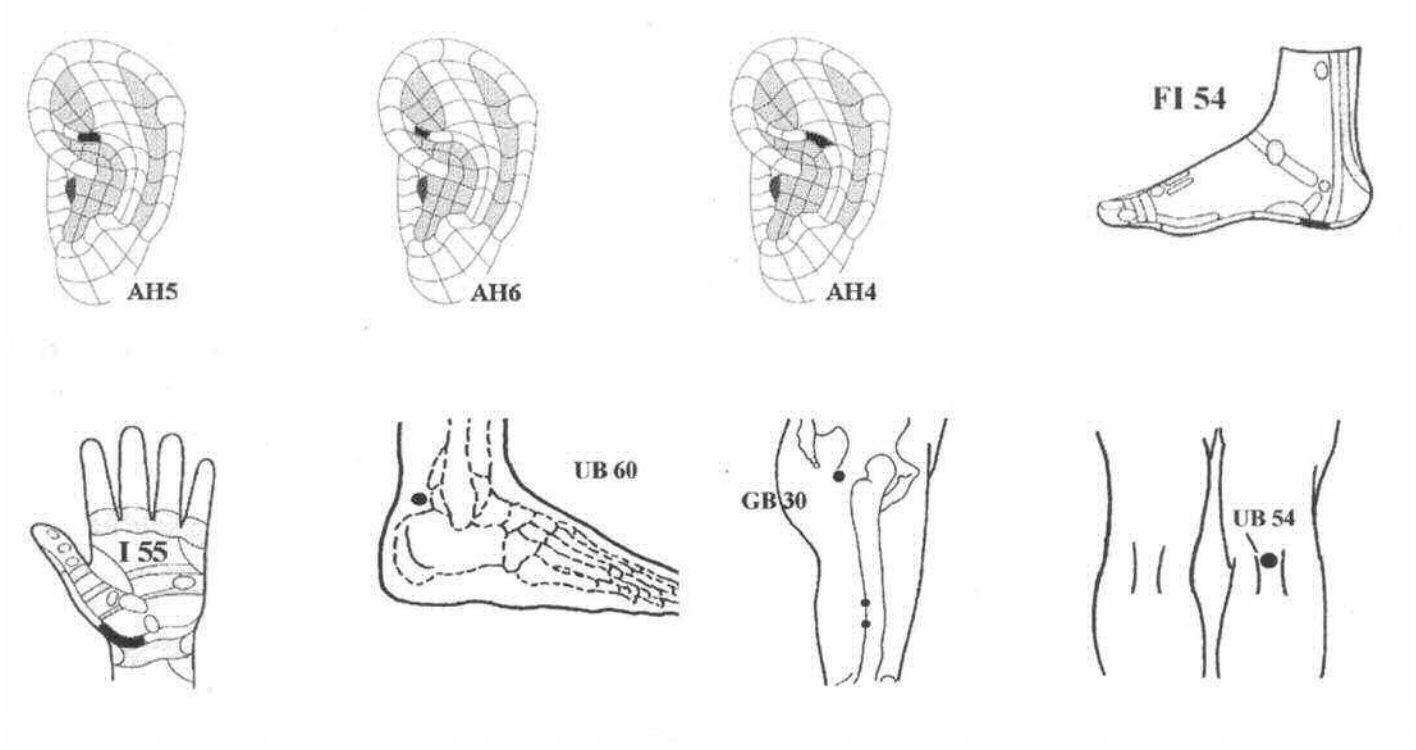
UB6O **In the hollow (or valley) behind the crown of the outer ankle.**

GB3O **Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.**

UB54 **In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.**

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Acu Point Analysis
STUDY-LOW BACK



AH5 UPPER LUMBAR VETEBRAE, BUTTOCKS

AH6 LOWER LUMBAR VETEBRAE, SCIATIC NERVE, SCIATICA, ISCHIUM

AH4 LOWER THORACIC VERTEBRAE, LUMBAR VERTEBRAE .C, ABDOMEN

FI54 **Low spine. On the inside of the foot**

HI55 **Mid spine.**

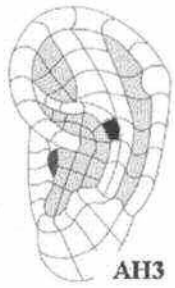
UB6O **In the hollow (or valley) behind the crown of the outer ankle.**

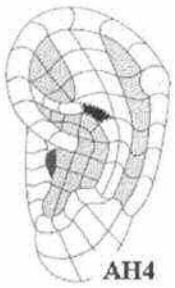
GB3O **Near the "ball-joint' of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.**

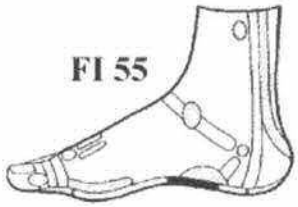
UB54 **In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.**

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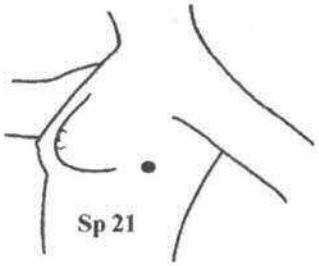
Acu Point Analysis
STUDY-MID BACK

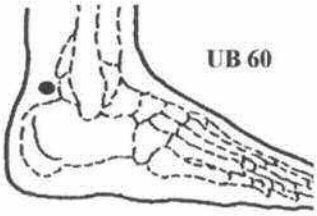


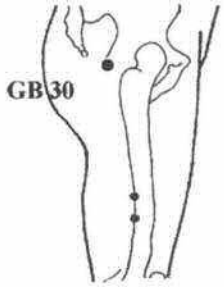


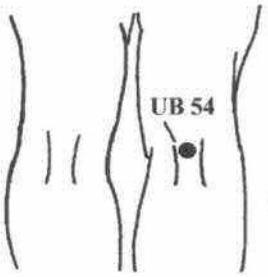












AHO3 UPPER THORACIC VERTABRAE, HEART .F, MAMMARY GLAND .0

AHO4 LOWER THORACIC VERTEBRAE, LUMBAR VERTEBRAE .0, ABDOMEN

F155 Mid spine On the inside of the foot.

H155 Mid spine.

SP2I 6 Cun from the center of the armpit on the side of the chest.

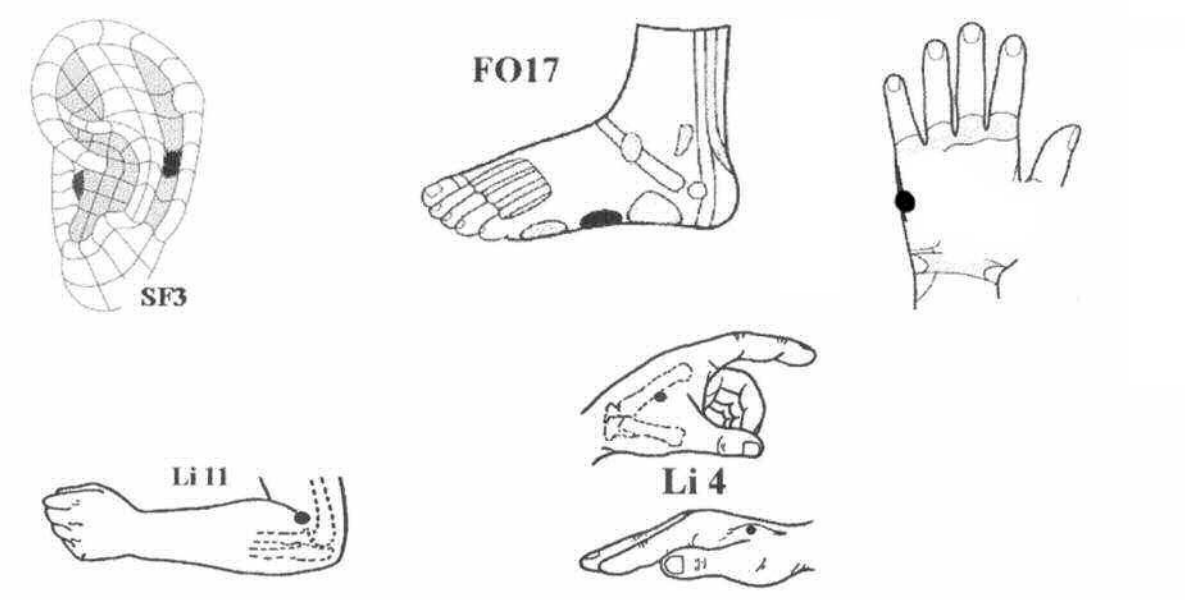
UB60 In the hollow (or valley) behind the crown of the outer ankle.

GB3O Near the "ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.

UB54 In the center of the crease at the rear of the knee, between the two ligaments. Do not use this point if you have varicose veins.

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AcuPoint Analysis
ELBOW STUDY



SFO3 Upper Arm, Chinese Shoulder, Appendix 2. Located on the 3rd zone of the Scaphold Fossa.

F017 Elbow. Outside foot.

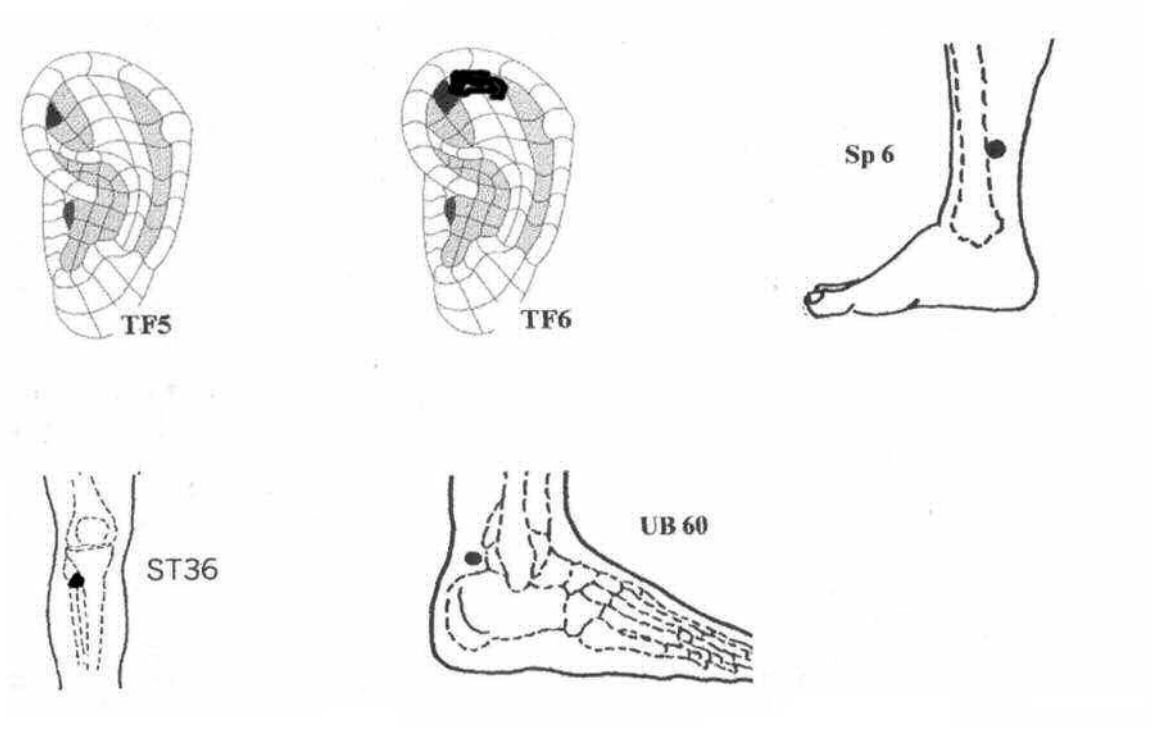
H003 Arm and shoulder. Outside hand.

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

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Acu Point Analysis
FOOT STUDY



ETFO5 French Heel and Ankle, Chinese Uterus. Located on the 5th zone of the Triangular Fossa.

ETFO6 Toes .F, hypertension 1, (Depressing point)

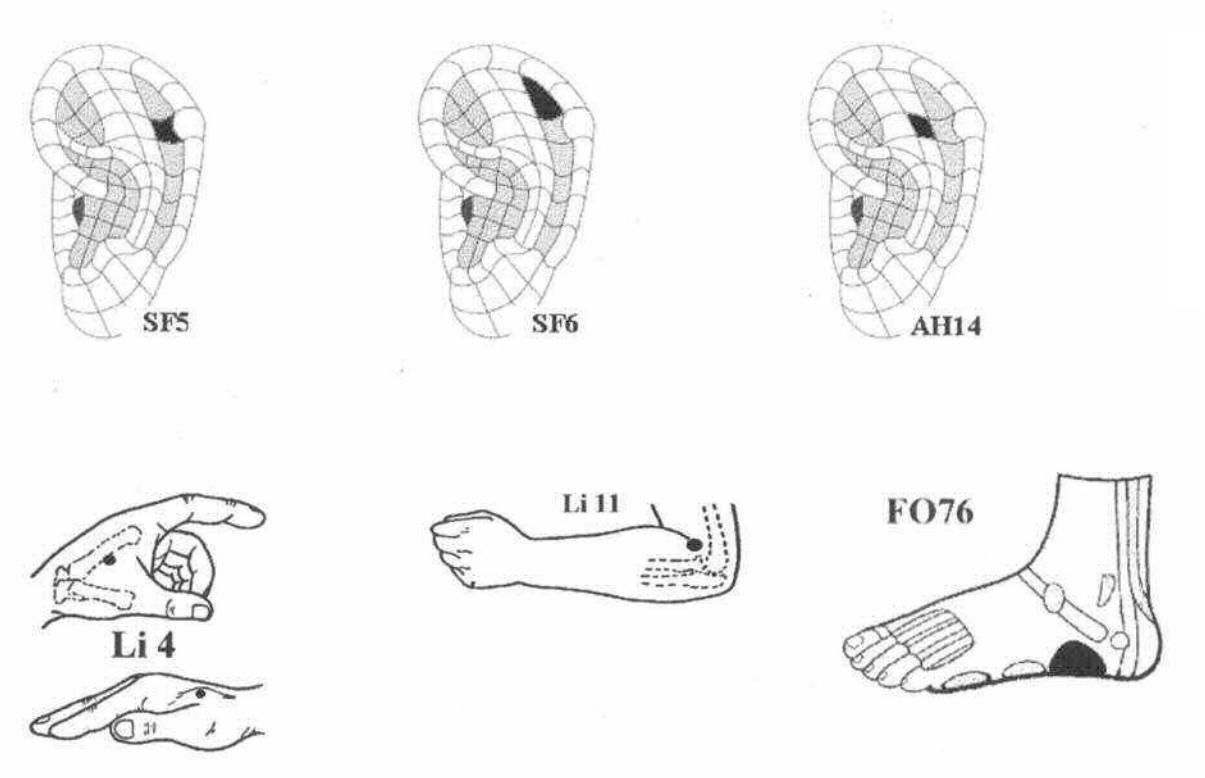
SPO6 The width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.

UB6O In the hollow (or valley) behind the crown of the outer ankle.

ST36 The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.

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Acu Point Analysis
HAND STUDY



SFO5 Wrist, Hand, Urticaria Point, Minor Occipital Nerve. Located on the 5th zone of the Scaphoid fossa.

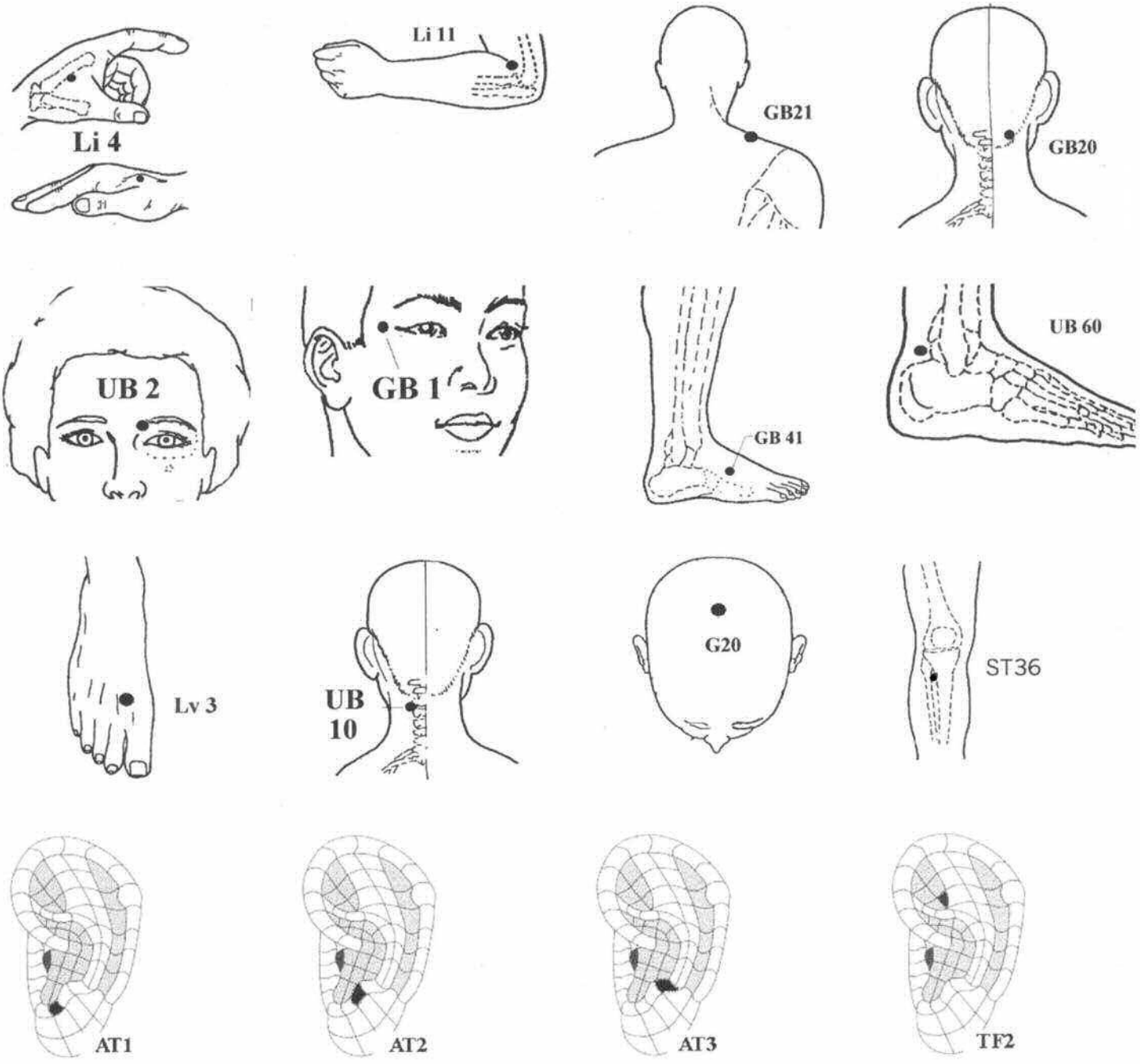
F076 Leg. Outside of foot.

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

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HEADACHE


Li 4
Li 11
GB21
GB20
UB 2
GB 1
GB 41
UB 60
Lv 3
UB
10
G20
ST36
AT1
AT2
AT3
TF2

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

GB2I On the top of the shoulder, one to two inches from the side of the neck.

GB2O This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.

UBO2 At the inner edge of the eyebrow.

GB1 This point is not as far back as the large hollow of the temple. It is 1/2 cun from the bony ridge at the corner of the eye.

GB41 On the top of the foot, in the valley between the smallest and fourth toes, midway between the separation between the toes and where the foot joins the leg.

UB6O In the hollow (or valley) behind the crown of the outer ankle.

LV3 Two cun above the separation between the biggest and second toes, on the top side of the foot.

UB10 0.5 cun just beneath the base of the skull, on the ropy muscles and 0.5 cun from the spine midline.

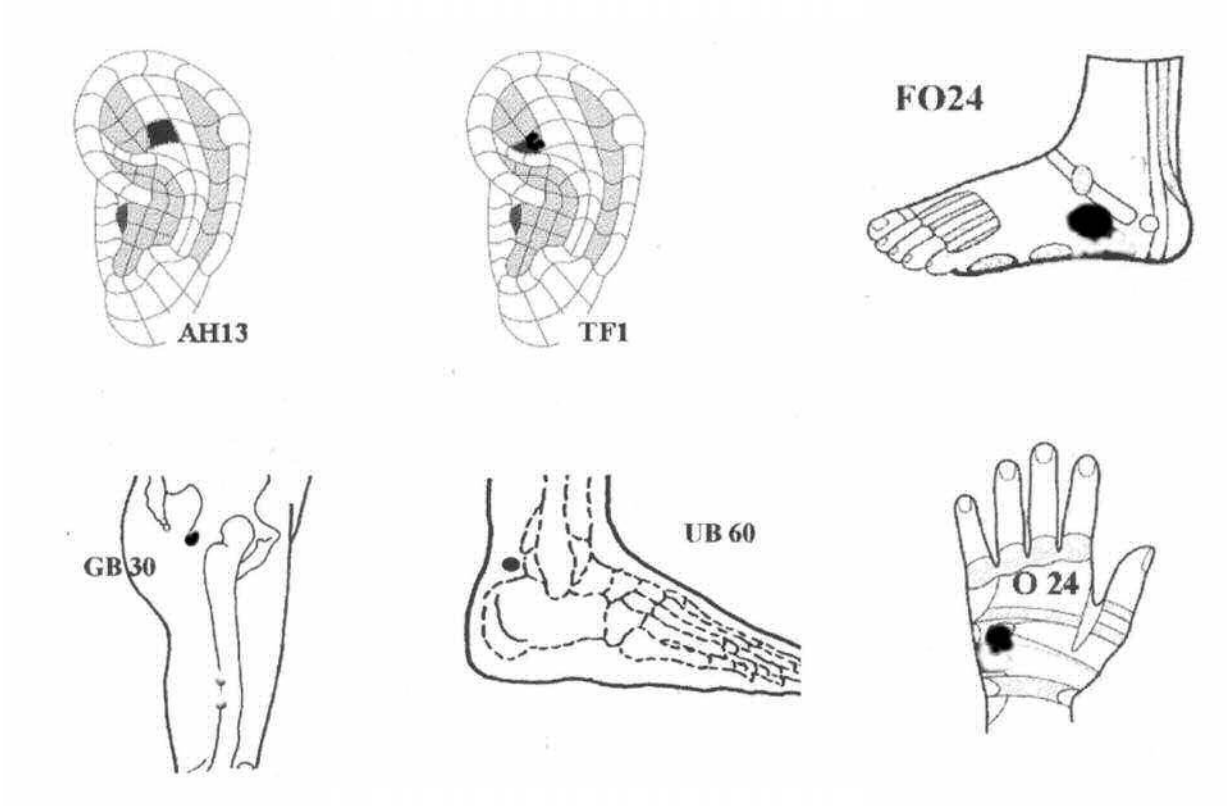
G20 On the midpoint of the skull on a line connecting the tops of the ears.

ST36 The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.

ATOI Forehead, thyroid control (TSH), eye disorder 2 (MU 2)
ATO2 Temples, asthma, apex of antitragus
ATO3 Occiput, atlas, occipital lobe
TFO2 Master Point 1, (Shen Men), French Hip, Chinese Shen Men (Divine Gate), Pelvic Cavity, French Wonder Point. Located in the middle of the 2st zone of the Triangular Fossa. This master point alleviates pain, tension, anxiety, and depression.

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Acu Point Analysis
HIP STUDY



AHI3 Hip.C

TFOI French Upper Leg, Chinese Thigh. Located on the Ith zone of the Triangular Fossa.

F024 Hip. Outside foot.

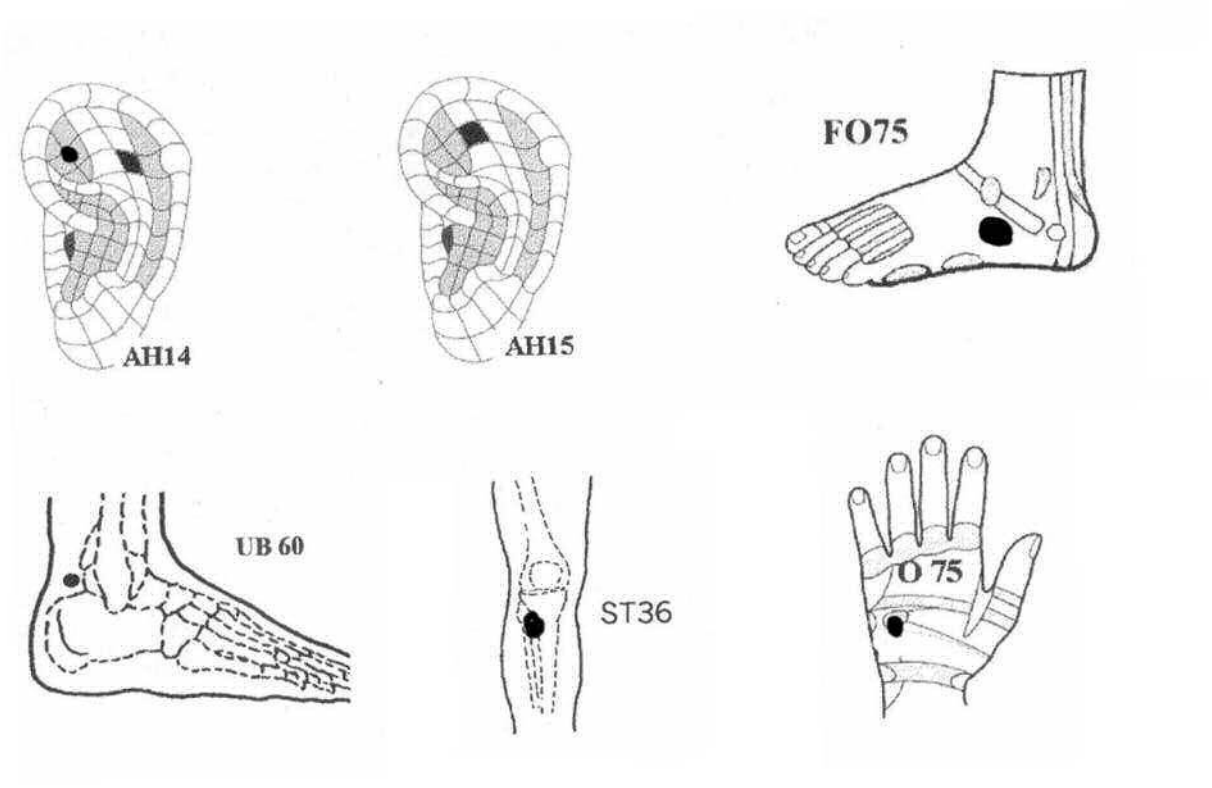
H024 Hip and sciatic nerve.

GB3O Near the 'ball-joint" of the hips. Squeeze the buttocks together tightly, place the Acu-Ki in the depression formed at the hip, relax the buttocks and begin the stimulation.

UB6O In the hollow (or valley) behind the crown of the outer ankle.

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Acu Point Analysis
STUDY-KNEE



AHI4 KNEE JOINT.C

AHI5 KNEE .C

F075 Knee. Outside of foot.

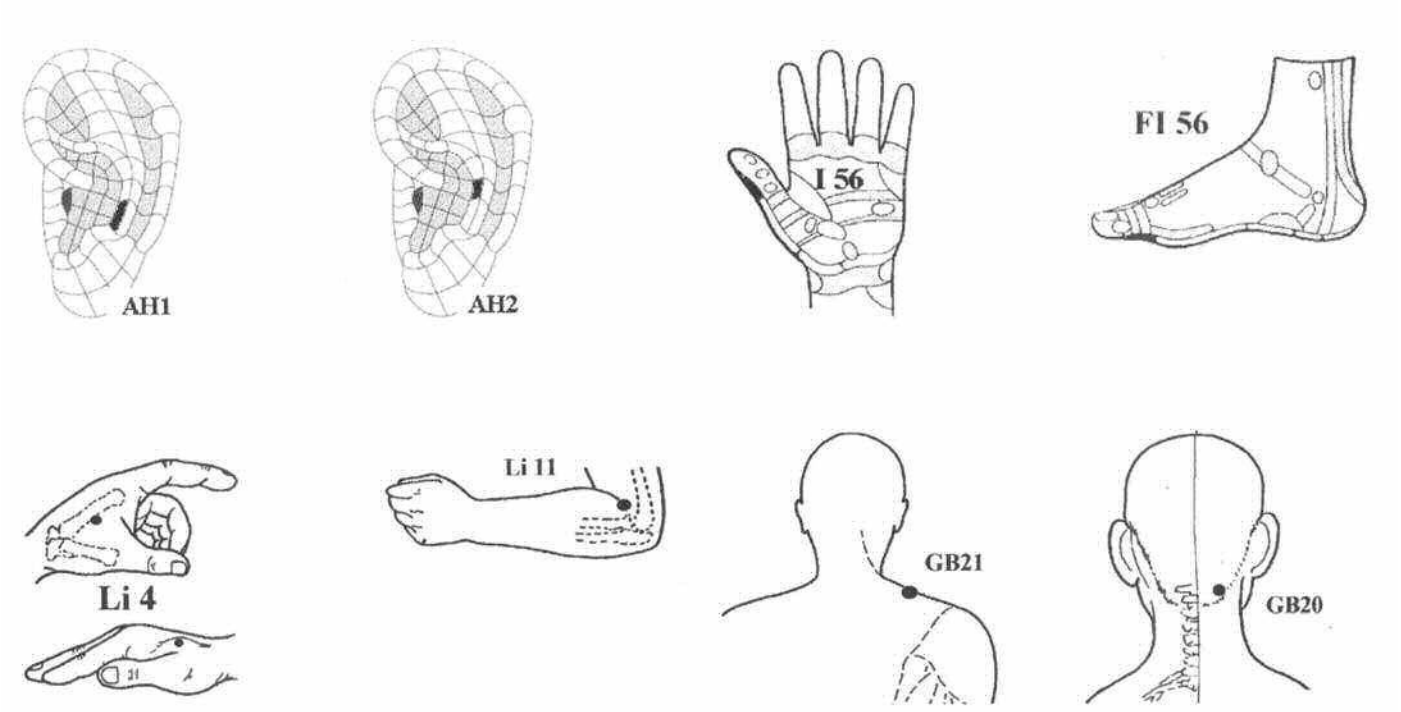
H075 Hip, Knee and Leg. Outside hand.

UB6O In the hollow (or valley) behind the crown of the outer ankle.

ST36 The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.

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Neck



AHOl Upper cervical vertebrae, cerebellum

AHO2 Lower cervical vertebrae, torticollis

H156 Spine in the neck. Between 1st and 2nd joints of thumb.

F156 Spine in the neck (Cervicle). On the inside of the foot between the 1st and 2nd joints of the big toe.

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

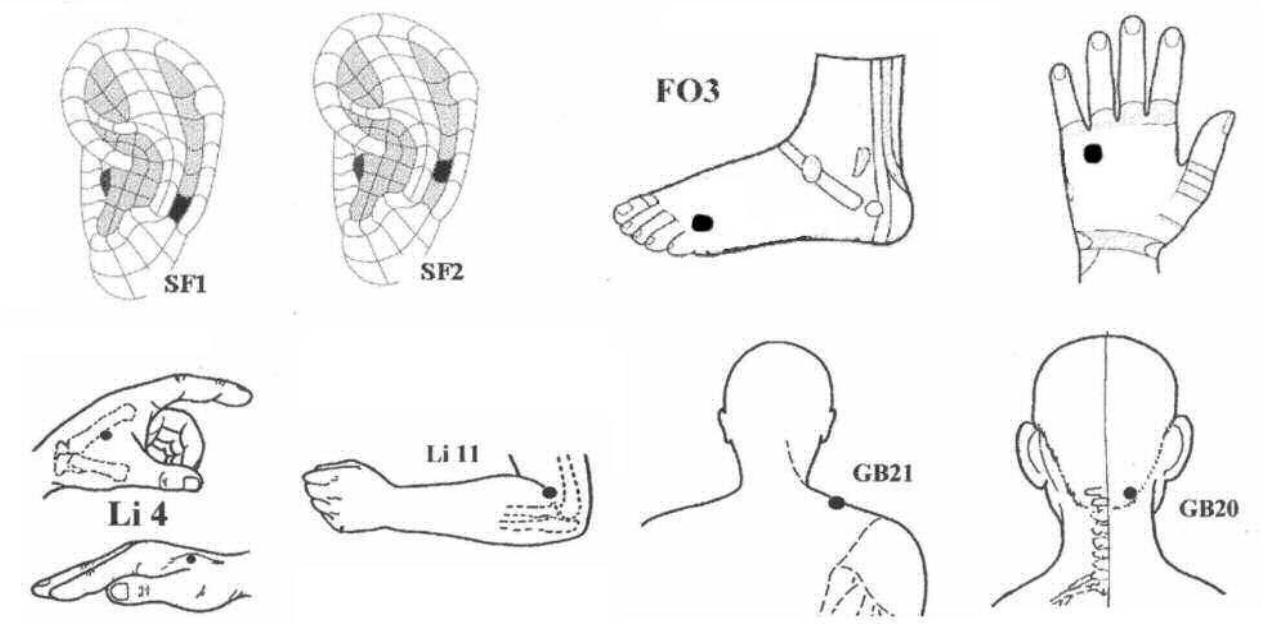
Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

GB2l On the top of the shoulder, one to two inches from the side of the neck.

GB2O This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.

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SHOULDER Study



SF01 Master Shoulder, Chinese Clavicle, Appendix 3. Located on the 1st zone of the Scaphoid Fossa.

SF02 Shoulder, Chinese Shoulder Joint. Located on the 2nd zone of the Scaphoid Fossa.

FO03 Arm. Outside foot.

HO49 Shoulder

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

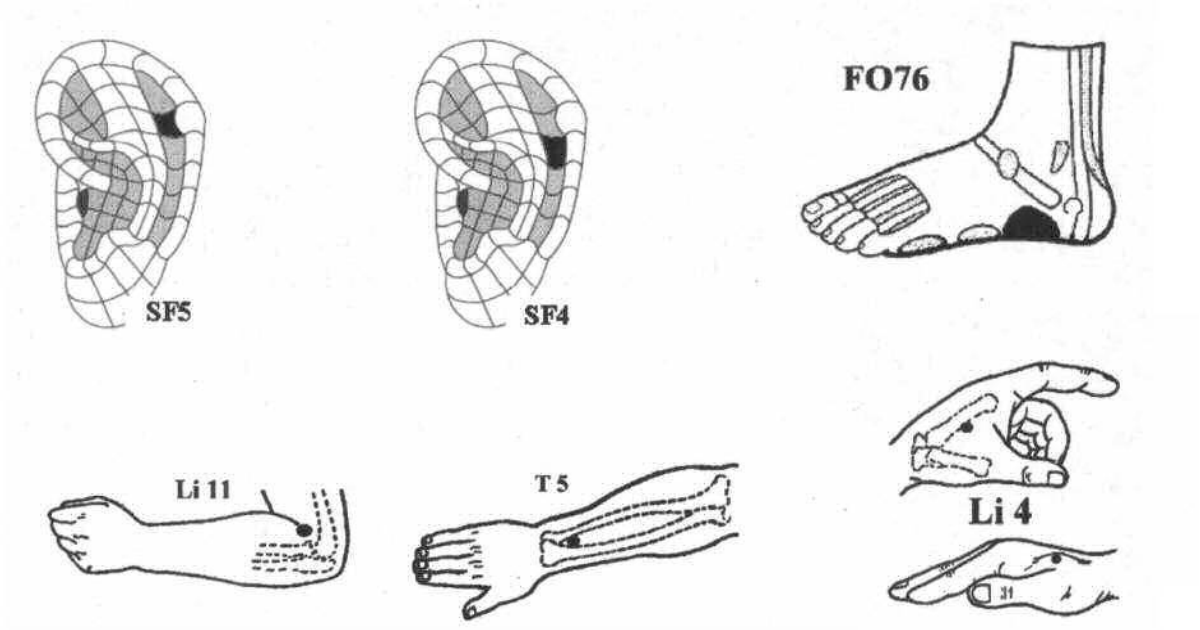
Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

GB21 On the top of the shoulder, one to two inches from the side of the neck.

GB20 This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.

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Wrist Study



SF05 Wrist, Hand, Urticaria Point, Minor Occipital Nerve. Located on the 5th zone of the Scaphoid fossa.

SF04 Elbow, Forearm, Sleep Disorders, Insomnia .F Located on the 4th zone of the Scaphoid Fossa.

FO76 Leg. Outside of foot.

Li4 On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.

Li11 On the extreme end of the outer crease of the elbow. Bend your arm tightly and place your Acu-Ki on the end of the crease. Keep your massager in place while opening the arm and stimulate the point on your relaxed arm downward toward your forearm.

T06 The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On the outside of the forearm.

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