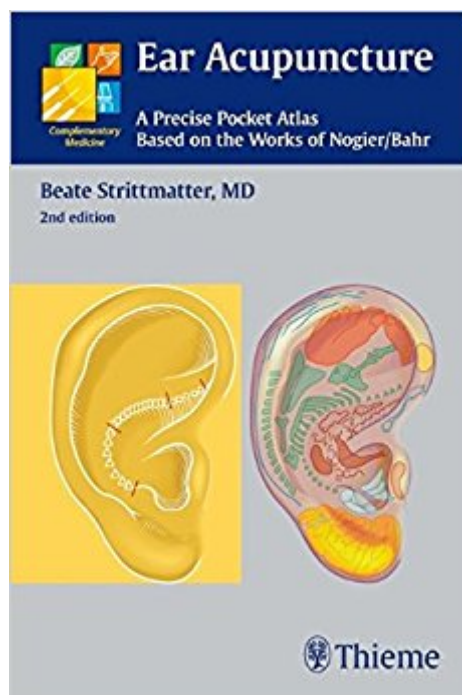




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# Ear Acupuncture: A Precise Pocket Atlas, Based On The Works Of Nogier/Bahr (Complementary Medicine (Thieme Paperback))



## Synopsis

Praise for the First Edition: "This book is an excellent reference for acupuncturists...The illustrations are clear and anatomically precise."--acupuncture.com

Written by one of the world's leading experts on Western auriculotherapy, *Ear Acupuncture* -- now in a fully updated Second Edition -- provides readers with succinct descriptions of acupuncture points and practical advice on how to incorporate ear acupuncture treatment strategies and techniques into daily practice. Based on the work of auriculotherapy masters Nogier and Bahr, each practical two-page unit is comprised of concise text on the left-hand side supplemented by clearly labeled line drawings on the right. Localization points indicated in color depict each specific reflex zone. In cases where localization is particularly difficult, helpful enlargements of the region in question allow for easy identification. Features 360 high-quality drawings demonstrate key points and treatment options. Detailed coverage of nine new points, including the anger point, shen men point, super omega point, and more. Numerous cross-referenced indications tables allow quick access to needed information. This user-friendly guide is the ideal choice for students or teachers of acupuncture and pain management or for anyone involved in the practice of complementary medicine.

## Book Information

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## Customer Reviews

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Physician in Private Practice, Saarbruecken, Germany

In the first place, this 2nd English Edition is not spiral bound and may not be too convenient to some. OK to me though as a casual user. Yes I find this book full of info that sometimes seems uncoordinated, but further reading has proved I was wrong. My main reason for buying this book is to get the nitty gritty on Gold and Silver Points. At first to my dismay I noted that only the Functional Points chapter entries contain text referring to Gold and Silver Points, but later I found that in fact almost every illustration ever put down in the book contains this invaluable info as predicated on the Explanation of Symbols right BEFORE the Introduction. What a treasure trove is now open to me! This might well be the only work of its kind in print. I would give 10 stars for this alone! There are exceptions of course in which this info is missing, especially where a relatively large tranche of the ear topography is involved. Some of the effects of treatment I have tried are almost instantaneous. For instance, I was able to relieve my Sjögren's syndrome with the Facial Nerve Point (using Pointselect Digital DT, and also Nd magnets), and my palpitations with the Cardiac Plexus Point. (Could also be due to a healthy dosage of Mg and more diligent qigong exercises.) Will certainly explore and experiment with other Points of interest to me. This book is grouped into chapters a la but not identical to, the style of the Nogier Frequencies, as seen in the preview pages on this web site with minor differences in the printed version. This is followed by an Appendix of a glossary of Ear Topography, and ending with an index on Projection Zones, Points, and Meridians on the Ear, and yet another index on the Indications. Which could be confusing for first time/cursory readers.

Adding sub-chapter headings right on top of the right-hand pages might not add clarity and easy access at first glance but actually helps to locate materials once you are getting used to it. There are copious cross references throughout the text (with exact page nos.) to make it less of a hard nut to crack. Yes, you still have to overcome the clinical and anatomical terms densely mottled throughout the book. This is a book that grows with your grasp of the techniques of auricular acupuncture in all respects. This publication is called an atlas, but does much more than that. And it has to be approached as such randomly rather than sequentially. Although you still can follow the broad chapter grouping as explained above. And every time I delve into its pages, I find new inspirations to apply to my own DIY needleless ear "acupuncture" techniques and to complement my understanding of the Chinese school as manifested by Dr Li-Chun Huang (available on YouTube) and Ping Chen's Modern Chinese Ear Acupuncture, inter alia. Needless to say, this is a must-have companion to the Pointselect Digital DT and similar machines, although with the latter, locating Gold and Silver Points can be automatic. There are other modalities individually or in concert to obtain almost any desired healing effect, not excluding conventional medicine, especially in emergencies. The above are from my own experience as a lay person and your mileage may differ. Usual disclaimers apply. And don't do too much "analysis into paralysis", which I admittedly often do--grab a copy (if you are lucky) before it is gone. (Not related to .)

This pocket atlas is well organized and I have found it very useful. It has an entirely different style than my two favorites: (Â Microsystems Acupuncture: The Complete Guide: Ear - Scalp - Mouth - HandÂ andÂ Auriculotherapy Manual: Chinese and Western Systems of Ear AcupunctureÂ ), but it offers intriguing additional techniques once one is ready to delve more deeply into auricular therapy as its own subdiscipline within the greater domain of acupuncture. It would not have worked well for me as an introductory resource. Once I've had a growing sense of the landscape for auricular therapy in general, then I find there is some additional detail that has been unavailable or more obscure in my other sources. What stood out for me were the uncluttered drawings focusing on just a few inter-related points at a time, the greater detail about Nogier's later ideas, and the specifics of using gold versus silver needles. Well worth the investment. Its size fills a very practical niche. The most common books in this field are too big to carry around easily.

Tons of great information for a pocket atlas. However, I will also need some of the original works that this atlas was created from in order to make best use of it. From what I understand, if you are looking to get into extrmeley effective auricular acupuncture the works of both Nogier and

Strittmatter are some of the most scientific, progressive, and experiential information to date. I've had some excellent results and I'm just novice, at the tip of the iceberg with understanding and applying the material.

couldn't ask for better. precision placement, concise but clear explanations, excellent protocol (needleling formulas) suggestions, easy to find everything, great clarity in drawings, high quality paper and binding. professionalism at it's best. and arrived before schedule! Thank you Dr. Strittmatter, thank you Thieme, thank you for great service

Great precise information in an uncumbersome book. I love that it is a pocket size vs a big hug heavy textbook. Great information packed between the covers!!

A very nice book, clear and real. I am afraid I lost my book. I have the ebook and the paper.

Nice

This is a wonderful textbook for all doctors interested in the auricular medicine. It's precise, well documented, well designed and scientific. I recommend this book as a practice guide and for consultation in the every day medical activities. Juan Gonzalo Soto VÃ©lez. M.D

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