

"Now Hear This" -- Part 3

John Amaro, LAc, DC, Dipl. Ac.(NCCAOM), Dipl.Med.Ac.(IAMA)

In part one of "Now Hear This" (April 25, 1990), we introduced you to a system of healing known universally as "auriculotherapy." In that installment, we asked you to save the graphic illustrated, as the rest of the series would hinge on the chart of the ear and the various reflex points which were printed in that issue. If for some reason you failed to keep that issue, send a stamped, self-addressed envelope to my attention, at P.O. Box 1003, Carefree, Arizona 85377, U.S.A., and we will send you an ear chart for your use in this series of articles. A good excuse why you failed to keep it or how you lost it will insure its arrival much quicker than a poor excuse. "The dog ate it," "It blew out the window of the car," or "My brother flushed it down the toilet" will be considered as poor excuses.

In part two (May 23, 1990), the concepts and basic philosophies regarding the practice of auriculotherapy were discussed, as well as concepts of point selection and specifics about certain points. Using the geography approach to finding points will ease your frustrations immensely.

Part three is an incredibly important installment as it covers 92 specific formulae which historically and classically carry a 90 percent success rate or better. These are the prescriptions you will see used in the hospitals and clinics of the People's Republic of China and throughout the world, for that matter. I will be escorting another tour of China next March; watch "DC" for further information.

Auriculotherapy is as simple to use as common sense would dictate. There is nothing difficult about it, especially if you learned its approach from this series of articles.

Remember, auriculotherapy is simply a "this for that system." In other words, you use "this" point for "that" condition.

Don't think for a second it takes someone with an acupuncture background to create a formula for a specific condition. Remember, you studied anatomy, physiology, etc., and are quite capable of using common and intellectual sense to put together formulae from your own thought process, which will be as good as the ones I present to you in these pages.

However, I will admit the formulae I present to you are pretty good to say the least.

Try these formulae on your difficult cases, as well as your easier ones. It makes the difficult ones easy and the easy ones a snap.

Any form of stimulation will suffice; however, my personal favorites are laser, light-emitting diode, electronic, and needle, in that rapidly descending order of importance. Don't have any of the aforementioned? Finger pressure may suffice but nowhere as effectively as the techniques previously mentioned.

SUBJECT	DISEASES	MAJOR POINT	SECONDARY POINT
INTERNAL MEDICINE INFECTIOUS DISEASES	Common Cold	Internal nose; adrenal gland; forehead; lung.	Subcortex; back of head.
	Acute and Chronic Infectious Hepatitis	Liver; sympathy; Shen-men; spleen.	Internal secretion; kidney.
	Bacterial Dysentary	Large intestine; small intestine; lower segment of the rectum; Shen-men; internal secretion; back of head.	
	Malaria	Subcortex; internal secretion; liver; spleen; adrenal gland.	
DISEASES OF THE DIGESTIVE SYSTEM	Acute and Chronic Gastritis	Stomach; sympathy; Shen-men.	Spleen; abdomen.
	Gastric Ulcer	Stomach; sympathy; Shen-men.	Subcortex; duodenum.
	Duodenal Ulcer	Duodenum; sympathy; Shen-men.	Subcortex; stomach.
	Spasm of the Stomach	Stomach; sympathy; Shen-men.	Upper abdomen; lower abdomen.
	Enteritis	Large intestine; lower segment of rectum; sympathy; Shen-men.	Small intestine; spleen.

INTERNAL MEDICINE
DISEASES OF THE
DIGESTIVE SYSTEM

Indigestion	Small intestine; stomach; pancreas; gallbladder; sympathy; spleen.	Large intestine; San-chiao; Shen-men.
Nausea and Vomiting	Stomach; Shen-men; back of head; sympathy.	Subcortex; esophagus.
Diarrhea	Large intestine; small intestine; sympathy; Shen-men.	Lower segment of the rectum; spleen.
Constipation	Large intestine; lower segment of the rectum; subcortex	Sympathy.
Distended Abdomen	Small intestine; large intestine; stomach; sympathy.	Abdomen; San-chiao.
Intestinal Colic	Small intestine; sympathy; Shen-men.	Upper abdomen; lower abdomen.

DISEASES OF THE
RESPIRATORY SYSTEM

Bronchitis	Bronchi; Shen-men; Ping-shuan adrenal gland.	Sympathy; back of head.
Lobar Pneumonia	Lung; thorax; adrenal gland; internal secretion.	Shen-men; subcortex.
Bronchopneumonia	Lung; bronchi; sympathy; Shen-men.	Adrenal gland; back of head; internal secretion.

INTERNAL MEDICINE
DISEASES OF THE
RESPIRATORY SYSTEM

Asthma	Sympathy; Shen-men; adrenal gland.	Lung; back of head; internal secretion; pants.
--------	------------------------------------	--

Alveolar Emphysema	Lung; bronchi; sympathy; Shen-men.	Back of head; adrenal gland.
Pleurisy	Lung; thorax; adrenal gland; internal secretion.	Subcortex; San-chiao.
Pleural Adhesions	Thorax; adrenal gland; internal secretion.	Subcortex; Shen-men.
Cough	Shen-men; adrenal gland.	Back of head; lung.
Pressure on Chest	Sympathy; heart; thorax.	Back of head; lung.
Chest Pain	Corresponds to the locality; Shen-men.	
Myocarditis	Heart; internal secretion; sympathy.	Back of head.
Cardiac Arrhythmia	Heart; sympathy; Shen-men.	Subcortex
High Blood Pressure	Depressing point; sympathy; Shen-men; heart.	Depressing groove.
Low Blood Pressure	Sympathy; heart; back of head; adrenal gland.	

DISEASE OF THE CIRCULATORY SYSTEM

	Peripheral Circulatory Disturbances	Corresponds to the locality; internal secretion; adrenal gland.	
DISEASES OF THE BLOOD SYSTEM	Leukopenia	Liver; spleen; heart; internal secretion.	Back of head; diaphragm; sympathy.
	Thrombopenic Purpura	Liver; spleen; diaphragm; sympathy; Shen-men; internal secretion.	Back of head; heart.
DISEASES OF THE URINARY AND GENERATIVE SYSTEM	Acute Nephritis	Kidney; urinary bladder; sympathy; Shen-men; liver.	Adrenal gland; internal secretion; spleen.
INTERNAL MEDICINE DISEASES OF THE LOCOMOTOR SYSTEM	Neck Pain	Cervical vertebrae; neck; Shen-men.	
	Hypertrophic Spondylopathy	Corresponds to the locality; internal secretion; adrenal gland; subcortex.	Kidney; Shen-men.
	Periarthritis of the Shoulder	Shoulder joint; shoulder; Shen-men.	Clavicle; adrenal gland.
	Rheumatoid Arthritis	Shen-men; kidney; internal secretion; back of the head; corresponds to the locality.	Subcortex
INTERNAL MEDICINE DISEASES OF THE MENTAL AND NERVOUS SYSTEM	Trigeminal Neuralgia	Cheeks; upper jaw; lower jaw; Shen-men; back of head.	External ear.
	Meniere's Disease	Kidney; Shen-men; back of head.	Subcortex; stomach.

	Sciatica	Ischium; Shen-men; buttock; back of head.	Adrenal gland.
	Amyotrophic Lateral Sclerosis	Kidney; internal secretion; brain axis; back of head; San-chiao.	
	Epilepsy	Shen-men; kidney; back of head; heart; stomach.	Subcortex
INTERNAL MEDICINE DISEASES OF THE URINARY AND GENERATIVE SYSTEM.	Renal failure	Kidney; urinary bladder; sympathy; Shen-men.	Adrenal gland; back of head.
	Enuresis	Urinary bladder; brain; point of support.	Back of head.
	Impotence	Uterus, external genital organs; testicle; internal secretion.	
	Premature Ejaculation	Uterus; external genital organs; testicle; internal secretion; Shen-men.	
	Epididymitis	Testicle; internal secretion; Shen-men; adrenal gland.	External genital organs.
	Prostatitis	Prostate; urinary bladder; internal secretion.	Back of head.
	Hypothyroidism	Thyroid; internal secretion; brain; Shen-men.	
	Hyperthyroidism	Thyroid; internal secretion; brain; Shen-men.	Cervical vertebra.
INTERNAL MEDICINE DISEASES OF THE ENDOCRINE SYSTEM			

SURGERY	Diabetes Insipidus	Brain; internal secretion; sympathy; Shen-men; urinary bladder.	
	Cholelithiasis	Gallbladder; sympathy; Shen-men.	Liver; duodenum.
	Chronic Cholecystitis	Gallbladder; liver; sympathy; Shen-men.	Internal secretion.
	Chronic Pancreatitis	Pancreas; internal secretion; sympathy; Shen-men.	
INTERNAL MEDICINE DISEASES OF THE MENTAL AND NERVOUS SYSTEM	Renal Calculus	Kidney; ureter; sympathy; Shen-men.	Subcortex.
	Headache; Dizziness.	Back of head; forehead; Shen-men; subcortex.	
	Insomnia; Plenty of Dreams.	Shen-men; heart; kidney; back of head.	
	Neurasthenia	Heart; kidney; Shen-men; back of head; stomach.	Subcortex
SURGERY	Cellulitis	Corresponds to locality; adrenal gland; Shen-men.	
	Mastitis	Mammary gland; internal secretion; back of head; adrenal gland.	

Gynecology	Mammary Abscess	Mammary gland; internal secretion; back of head; adrenal gland.	
	Dysmenorrhea	Uterus; internal secretion; sympathy; Shen-men.	
	Amenorrhea	Uterus; internal secretion; ovary; adrenal gland; kidney.	
	Endometritis	Uterus; ovary; internal secretion; adrenal gland.	External genital organs.
	Vulvar Pruritus	External genital organs; back of head; adrenal gland; Shen-men; lung; internal secretion.	
Ophthalmology	Hordeolum; Chalazion.	Eye; liver; spleen.	
	Acute Conjunctivitis	Eye; liver.	
	Anal Fissure	Lower segment of the rectum; Shen-men.	Large intestine; spleen.
	Prolapse of Anus	Lower segment of the rectum; large intestine; subcortex.	Spleen
	Internal Hemorrhoid; External Hemorrhoid.	Lower segment of the rectum; large intestine.	Subcortex; spleen; adrenal gland.
	Cystitis	Urinary bladder; kidney; sympathy; Shen-men.	Back of head; adrenal gland.

INTERNAL MEDICINE	Prostatitis	Prostate; urinary bladder; internal secretion; kidney.	Back of head.
	Orchitis; Epididymitis.	Testical; internal secretion; Sshen-men; adrenal gland.	External genital organs.
	After-effects of Cerebral Hemorrhage	Corresponds to the locality; Shen-men; adrenal gland; internal secretion.	Subcortex; back of head.
DERMATOLOGY	Migraine	Temper; Shen-men; kidney; subcortex.	
	Infantile Eczema	Corresponds to locality; lung; back of head; internal secretion.	
	Anaphylactic dermatitis	Lung; internal secretion; back of head; adrenal gland; corresponds to locality.	
	Urticaria	Lung; Shen-men; back of head; internal secretion; adrenal gland.	
	Cutaneous Pruritus	Shen-men; lung; back of head; internal secretion; adrenal gland.	
	Vitiligo	Lung; internal secretion; back of head; adrenal gland; corresponds to locality.	
	Acne	Lung; internal secretion; testicle; cheeks.	

INTERNAL MEDICINE DERMATOLOGY	Dermatitis Solaris	Shen-men; lung; internal secretion; adrenal gland.	
OPHTHALMOLOGY	Glaucoma	Kidney; liver; eye1; eye2; eye.	
	Night Blindness	Liver; eye2; eye.	
	Diplopia	Kidney; liver; eye2; eye.	
STOMATOLOGY	Glossitis	Tongue; mouth; internal secretion; heart.	
OTORHINOLARYNGOLOGY	Impaired Hearing	Kidney; back of head; internal ear; external ear.	
	Otitis Media	Kidney; internal ear; internal secretion.	External ear.
	Epistaxis	Internal nose; adrenal gland; forehead.	
	Nasosinusitis	Internal nose; adrenal gland; forehead.	
INTERNAL MEDICINE ----THE OTHERS	Seasickness; Trainsickness.	Back of head; stomach.	Internal ear; Shen-men.
	Edema with Indistinct Origin	Kidney; urinary bladder; heart; liver; sympathy; internal secretion.	
	Low Grade Fever with Indistinct Origin	Apex of the auricle; apex of tragus; adrenal gland; internal secretion; liver; spleen; Shen-men.	

