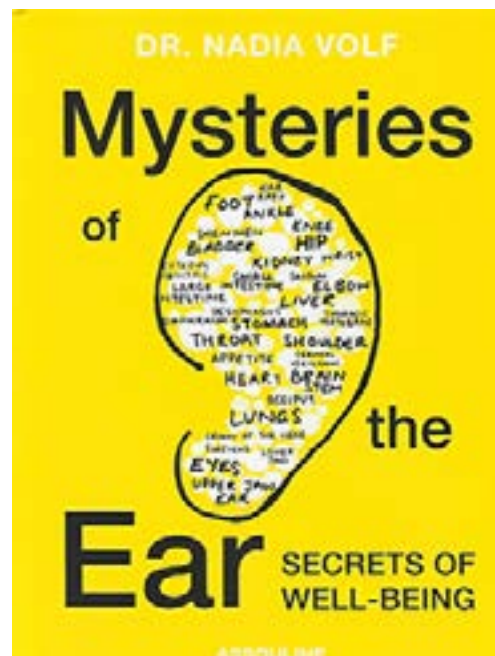




Nadja Volf

**Mysteries of the Ear
Secrets of Well-Being
ISBN: 9781614284642**



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I am often reminded of the following maxim often attributed to Seneca, the Stoic Roman philosopher who was a contemporary of Jesus Christ:

“It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.”

❶ Reading the Auricular Map

First, we need to agree on a common language, with definitions of terms sufficiently precise to eliminate the possibility of error.

We accordingly divide the outer ear into eight clearly defined areas:

- ❶ The earlobe (or lobule), the lower extremity of the ear, which has no cartilage and is thus easily pierced for earrings. Above the lobe lies the aperture, the entrance to the ear canal or, to use its Latin name, the orifice of the external *meatus acusticus* (auditory meatus).
- ❷ The *tragus*, the small pointed protuberance projecting backward over the aperture, in front of the concha.
- ❸ The *antitragus*, the small protuberance below and behind the *tragus*, above the lobe.
- ❹ The *concha*, the hollow adjacent to the aperture, which is divided into three sections: the narrow upper part, or *cymba conchae* (above the *helix crus*); the middle area (surrounding the *helix crus*); and the lower part, or *cavum conchae* (below the *helix crus*). The first and last of these are often simply called the *cymba* and *cavum*.
- ❺ The *helix*, the ear's folded-over outer rim, which terminates in front in the *helix crus* (or *crus helicis*), the forward-curving transverse ridge that divides the concha.
- ❻ The *antihelix* (or *anthelix*), the elevated Y-shaped ridge anterior and parallel to the *helix*; where the *antihelix* bifurcates, the upper branch is called the superior *antihelix crus*, while the lower branch is called the inferior *antihelix crus*.

triangular
fossa

scaphoid
fossa

anthelix

helix

antitragus

concha

tragus

lobe



Headaches, memory and concentration problems, poor-quality sleep

To relieve headaches and also to stimulate the faculty of memory, improve concentration, and improve quality of sleep, stimulate the following auricular points:

Head: Many points related to the head are arranged on the antitragus, with the forehead at the front, the occiput at the back, and the vertex at the peak (*respectively, points no. 7, 6, and 8*).

Shen men (*point no. 19*): in the center of the triangular fossa, near the edge of the upper branch of the antihelix

Brain stem (*point no. 9*): in the small notch between the tragus and antitragus

Stress

To relieve states of stress, anxiety, or emotional crisis, stimulate the following auricular points:

Diaphragm (*point no. 21*): in the center of the ear, on the rising part of the helix crus near where it emerges from the concha and just below the small notch where the crus joins the helix itself; it is easily identified by sliding a fingertip along the crus

Heart (*point no. 33*): in the middle and the deepest part of the lower concha

Shen men (*point no. 19*): in the center of the triangular fossa, near the edge of the upper branch of the antihelix

Gastritis, heartburn, hiccups

To relieve stomach pain (indigestion), heartburn, gastric reflux, or hiccups, stimulate the following auricular points:

Diaphragm (*point no. 21*): in the center of the ear, on the rising part of the helix crus near where it emerges from the concha and just below the small notch where the crus joins the helix itself; it is easily identified by sliding a fingertip along the crus

Stomach (*point no. 23*): at the foot of the helix crus, on the dividing line between the cymba and the cavum, a boundary that can be identified by an alteration in the "grain" of the skin, which appears to change from horizontal (in the concha) to vertical (on the helix crus)

Solar plexus (*point no. 24*): in the middle of the helix crus, halfway between the diaphragm and stomach points

Esophagus (*point no. 26*): in the middle concha, near the lower edge of the helix crus and halfway between the throat and solar plexus points

Bile duct (*point no. 31*): in the upper concha of the right ear, directly below the point of the lumbar vertebrae

Constipation or diarrhea

To relieve intestinal problems, including intestinal colic, diarrhea, or constipation, stimulate the following auricular points:

Large intestine (*point no. 28*): in the concha near the point where the helix transitions into the helix crus

Stomach (*point no. 23*): at the foot of the helix crus, on the dividing line between the cymba and the cavum, a boundary that can be identified by an alteration in the "grain" of the skin, which appears to change from horizontal (in the concha) to vertical (on the helix crus)

- 1 Eyes and vision
- 2 Ears and hearing
- 3 Amygdalae and immune system
- 4 Upper jaw
- 5 Lower jaw
- 6 Crown of the head
- 7 Forehead
- 8 Occiput
- 9 Brain stem
- 10 Cervical vertebrae
- 11 Thoracic vertebrae
- 12 Lumbar vertebrae
- 13 Sacrum
- 14 Hip
- 15 Knee
- 16 Ankle
- 17 Foot
- 18 Internal genitals
(female uterus,
male prostate)
- 19 Shen Men
(“gate of the spirit”)
- 20 External genitals
- 21 Diaphragm
- 22 Anus
- 23 Stomach
- 24 Solar plexus
- 25 Throat
- 26 Esophagus
- 27 Small intestine
- 28 Large intestine
- 29 Bladder
- 30 Kidneys
- 31 Bile duct and
gall bladder (right ear),
pancreas (left ear)
- 32 Liver
- 33 Heart
- 34 Lungs
- 35 Appetite
- 36 Shoulder
- 37 Elbow
- 38 Wrist
- 39 Ear apex





Since ancient times, the human outer ear, or auricle, has been considered a tool for healing. Various points on the auricle serve a double function, providing information on the condition of the internal organs and other parts of the body, while at the same time serving as a control panel that makes it possible to “change the settings” when there is a malfunction. Renowned European acupuncturist Dr. Nadia Volf, author of the Joël Robuchon cookbook *Food & Life*, and creator of the Auricular Causative Diagnostic method, delivers the secrets of her art and presents her science of auriculotherapy, inherited from ancestral knowledge.

Dr. Nadia Volf, MD, PhD, is a professor, neuropharmacologist, and renowned acupuncturist, creator of the Auricular Causative Diagnostic method, resulting from 35 years of research and practice. She is founder and director of the Scientific Acupuncture Department at Paris-Sud University, and an invited professor at Harvard Medical School. A member of the American Academy of Medical Acupuncture (AAMA), Dr. Volf has also given lectures at George Washington University and the Pacific College of Oriental Medicine. Dr. Volf is the author of several books, translated into twelve languages, as well as a number of articles published in scientific journals.





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