

May-June, 2010  
Volume 2, Issue 3



# “Ear Say”



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- Point of the Month
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- Return to Nothingness

## Important Dates:

- › May 6
- May 13
- ◁ May 20
- May 27
- › June 4
- June 12
- ◁ June 19
- June 26

**Cinco de Mayo**  
Wednesday, May 5

**Victoria Day**  
Monday, May 24

**Mother's Day**  
Sunday, May 9

**Father's Day**  
Sunday, June 20

**Summer Solstice**  
Monday, June 21

**Paul Maybee's Birthday**  
Tuesday, June 29

## Upcoming Seminars:

Seminar I - Online  
**May 10–June 28, 2010**

Qigong Training with  
Master Li  
**May 14-16, 2010**

Advanced Clinical  
Retreat, Mahone Bay  
**June 18-20, 2010**

Advanced Assessment  
Using Frequencies  
**November 6-7, 2010**

**Register Now!**

## Treating with... a Hammer?

Dr. Muriel Agnes

Sound excessive? Harsh? Well it is just the opposite.

Recently, I was treating a highly sensitive patient who wanted auricular acupuncture, but did not want needles. And she was not keen about using laser light, since she did not understand what it really was. So, I did not know what I would do, but began to search for active points with the VAS and the 3volt hammer. As I sat over a strong point with the hammer in the electromagnetic field of the active point, my patient suddenly said she was feeling energy flowing down through her legs to her ankles!

I continued to hold the hammer over the point, and then once the VAS decreased, similar to how the sensation of a treatment with the Pointoselect will begin to fade, I moved on to the next active point.

## Point of the Month!

**Hypothalamus (Gold on dominant Side)**

**Pathophysiology:** This point lies superior and lateral to the Thalamus point on the wall of the concha of the ear. A central point of the limbic brain, the hypothalamus is a control centre of the autonomic nervous system. Often overlooked, the hypothalamus secretes hormones that stimulate or inhibit the secretion of the hormones of the pituitary gland, thereby regulating vital biological processes such as body temperature, blood pressure, thirst, hunger, circadian rhythms and the stress response.

**Expected Effect:** The hypothalamus is responsible for regulation of the autonomic nervous system, stimulating hormones in response to the brain's perception of the need to balance hormonal functions of the body. When someone is in a hyper-state, such as excessive sweating for example, stimulating the hypothalamus reflex point on the ear can help to bring such functions back into balance.

**Common Conditions:** Blood pressure, menopausal imbalances, menstrual imbalances, insomnia, excessive sweating, stress, insulin imbalance, eating disorders.

My patient was very pleased and had great results in clearing her brain fog and joint pains.

So, what is happening here? As we know, when there is a disturbance in the body, it shows up on the ear through tenderness, visual changes, change in electro-conductivity of the skin, and the VAS; meaning there is an electromagnetic signal from that active point that produces a change in the pulse (autonomic signal) when I cross through its field.

As we say, this medicine is growing through our empirical evidence. What I know now is that not only can I use that “signal” of the distressed point to find and treat the disturbance in our usual ways, I can also connect with that signal itself and ease the disturbance simply by sitting with it for awhile with my 3volt hammer.

Try it!

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## Vital Principle Institute

www.vitalprinciple.ca

*Do a loving thing for  
yourself*

Include  
**Sheng Zhen Qigong**  
in your daily practice

An excerpt from  
**"Return to Nothing"**

When the world seems  
too much for you  
When you grow weary  
of it

Surrender the belief  
That you are in control.  
As you gratefully fall  
into your own warm bed  
at the end of a hard and  
trying day

Surrender and let  
yourself fall  
Back to the nothingness  
from which you come  
Let everything become  
as nothing

Rest in that nothingness  
And awaken once again  
to see the world with  
fresh new eyes.

**Tell Us What you Think  
of "Ear Say"**

Email us at:  
[info@vitalprinciple.ca](mailto:info@vitalprinciple.ca)



# The Ear and Body Acupuncture

Dr. Ranvir Pahwa

Modern European discoveries have added a new modality to the ancient use of acupuncture for healing. No healing modality is perfect. Integrating ear and body acupuncture in my practice has allowed me to choose the best modality for patients.

When I learned Chinese body acupuncture I did learn some ear points. Learning Auricular Medicine brought more options to my practice, but the integration has brought its struggles. In my practice I now use both acupuncture methods, solely as well as in combination.

Some patients did not accept ear acupuncture as it felt too painful. Contrarily, some found it fascinating and results were promising, particularly for sports injuries and acute pains. In a few newer patients I used only the ear and I found they improved greatly with one treatment. I find Auricular can give quicker results in acute cases. And, there were some cases where it did not result in a better outcome.

Detection of blockages with the VAS is another fascinating procedure of Auricular Medicine. It surprises patients when undisclosed or unknown health problems are revealed. It inspired some patients to learn more about their health.

**Next Issue: July 10, 2010**

**Deadline for Submissions:  
June 20**

Email your story to:  
[info@vitalprinciple.ca](mailto:info@vitalprinciple.ca)

It is a benefit that people don't disrobe for ear acupuncture. Some patients are shy and have privacy issues. In cases of infertility and menstrual problems, for instance, needles are inserted below the belly and above the pubic area.

More needles are used in body acupuncture in most cases. As we know, 7 or 8 are maximum needles recommended for the ears, however, 20 needles are recommended for body acupuncture. Some may even use more than 20 needles. Even in combination, one uses fewer needles in total because of the enhanced and quicker results of Auricular.

A knowledge of western medicine is required for European ear acupuncture. Also, near vision must be sharp for accurate needling. You need to enter into various nooks and corners, inside and underside, with ear acupuncture, unlike body acupuncture.

Both procedures have their place in the therapeutic world. Having practiced body acupuncture alone for the last 12 years, I am glad to have this additional and effective tool in my practice.

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