

Foreword

I met Raphael Nogier in 1978 when I was his interpreter for a series of auriculotherapy lectures in California. The following year we traveled together in China as participants in the first French–Chinese medical acupuncture exchange. Since then we have served together on WHO scientific committees to standardize acupuncture nomenclature, and we meet at international acupuncture congresses in various parts of the world. For three decades I have followed with admiration his contributions to the evolution of medical acupuncture, and was delighted when Thieme decided to publish an English edition of his recent synthesis of auriculotherapy.

Most practicing acupuncturists who consult this book will have already been exposed to the basic principles and practices of auriculotherapy, and possibly auriculomedicine. The text is directed at this audience. The author quickly reviews the background, theoretical foundations, and anatomy of auriculotherapy, and spends the first half of the book giving therapeutic guidelines for problems that commonly are successfully addressed with this technique. The table of contents serves as the constant reference as you scan for the illness you want to treat. Dr. Nogier has created an outline-plus-illustration format that enables practitioners to follow his logic and locate his suggested points with a minimum of words or confusion. I find this feature of the book very appealing, because translations of earlier French treatises on auriculotherapy and auriculomedicine tend to force the reader through a forest of phrases before finding what is sought ... the treatment recommendation.

The disorders discussed in the first half of the book range from tobacco addiction to anxiety, and from sciatica to hemorrhoids ... a wonderfully realistic and pragmatic collection. The second half of the book is more personalized. It covers more complex layers of anatomy and relationships among points, and leads to an outline-plus-illustration exploration of the phase theory, the vascular autonomic signal, and the Nogier frequencies. Appropriate to the complexity and elegance of the material, the disorders discussed in this final section of the book—such as fibromyalgia and depression—require more complex evaluation before treatment.

As a serious physician, observer, and teacher, Dr. Nogier has applied, clarified, and refined the discipline of auriculotherapy. During his decades of clinical practice, he has rigorously evaluated new applications of the technique and their scientific correlations. His practice of auriculotherapy has enabled him to study dietary allergies and their role in medical problems, and insights from his clinical experience in this field are included in the book.

You will find Raphael Nogier's *Auriculotherapy* a generous and practical companion that enhances your clinical appreciation of this discipline. He has brought his experience, pragmatism, and the humility that accompanies every good physician into this book, which magnifies the admirable work of his father and moves auriculotherapy one more step into the world of integrated medical practice.

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