



## THE CRYSTAL PUNCTURE ACCORDING TO PETER MANDEL



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## FROM THE “PURE” CRYSTAL TO THE THERAPEUTIC MEDIUM

Many years ago therapy crystals with precisely coded information have been created through a sophisticated special process: large crystals like the crystal activator and faceted crystals for application in specific skin areas and small crystal tattoos for crystal puncture.

The crystal therapy according to Peter Mandel is using holographic structures, in order to add “meaning” to a blank, amorphous crystal. Through a specific cut and engraving the large crystals are enhanced with the holographic archetypal patterns of the Earth hologram and are thus receiving their mode of action. In the 13th century Giordano Bruno had already made this “Earth hologram” the center of his “heretic worldview”.

This hologram corresponds to the body related interference patterns that are anchored in the human being.

Around 1930 the concept of the holograms was established by Prof. Dennis Gabor, and he received the Nobel Prize for it. Further inspiring influences for Peter Mandel’s concept have been the works of two scientists: Prof. Karl Pribram and Prof. David Bohm. In the middle of the 20th century both of these researchers have promoted the thesis, that the universe (Bohm), as well as the brain (Pribram) are based on a holographic model. In addition there was Professor Golod’s investigation of pyramids.

All these ideas have been culminating many years ago in first concepts of translating interference patterns, which form the basis of the holographic principle, into therapeutic models.

### THE INFORMATION STRUCTURE OF THE CRYSTALS

The author Dr. John DeSalvos published in 2001 that the Russian scientist and engineer Dr. Alexander Golod had been constructing large pyramids in Russia as well as in the Ukraine in 1990. The question was how these pyramids had been built, the largest one of them having a height of 44 meters and a weight of 55 tons. Previously Dr. Golod and his team had conducted many experiments, covering medicine, physics, agricultural sciences and many other topics. What is certainly important in this context is the fact that this research and the studies have not been conducted by some lunatics, but by some Russian and Ukrainian scientists of impeccable reputation. They have proven in their studies that the changes taking place within the pyramids are an absolute reality.

The crucial experiment for Peter Mandel was the one concerning those crystals that Professor Golod had charged in the pyramid and that then were used at the space station MIR for scientific experiments.

In a similar manner we are charging the stones for the crystal puncture in a pyramid constructed by Peter Mandel. We have observed that that improves the effectiveness considerably and shows outstanding successes.



## THE EFFECT OF CRYSTAL PUNCTURE

The emeritus Prof. Dr. Rimpler of the Hanover University medical school, who deplorably died way too early, tested the effectiveness of crystal puncture with his students. He provided us with the following excerpts from his hypothesis:

*“ The prerequisite for the maintenance of homeostasis as the basis of health is the ability to continuously regulate all the open interlinked systems that comprise the organism. As long as there is vitality certain biophysical structures are forming within the different cells. On one hand they are released and on the other they serve the fine-tuning of the cellular interactions to coordinate the entire metabolism...*

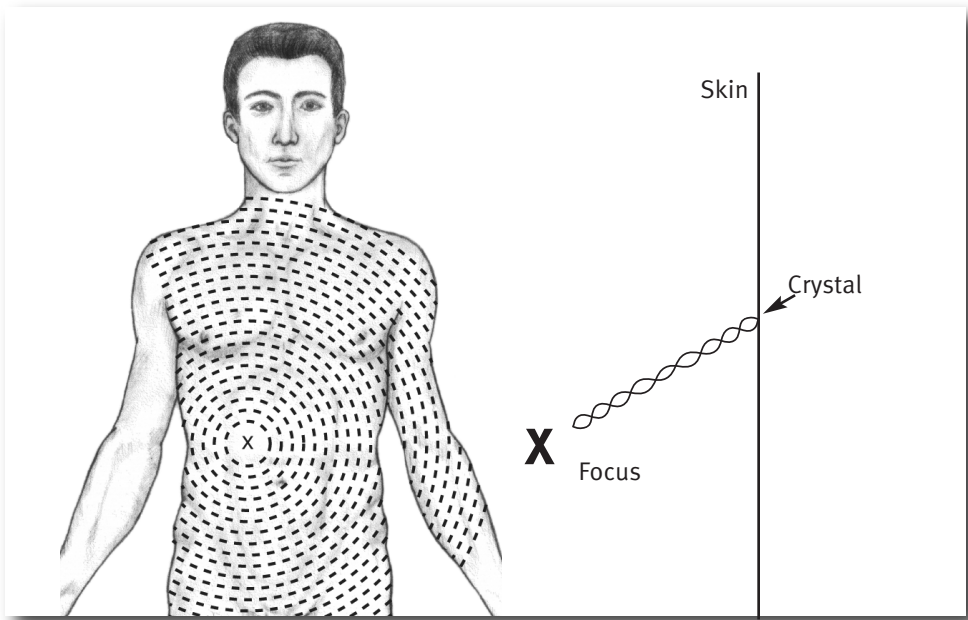
*...Reflexes from the body surface support the assumption that the skin is able to absorb electromagnetic radiation and transfer it to the inside, something that is specifically being used in electroacupuncture. A pathological state can thus be recognized through a modified value of the acupuncture point, which is the result of a change in the regulation state of the system in question. If a pathologically changed emission is nullified through interference with an opposing frequency pattern, the corresponding reactivity is influenced. Thus it should be possible to intervene in pathological processes and induce therapeutically useful modifications.....*

*... Overall it is imaginable that the reflecting surfaces of crystals are suited to erase the pathological emission of a certain state of regulation through interference, and thus provide a stimulus, which encourages the chaperone synthesis and excretion, which contributes to the recovery of the regulatory capacity. Moreover it should also be possible to introduce a certain electromagnetic vibration through the same points on the skin at the same time. We are looking forward to seeing how such a hypothesis might be validated through future clinical observations.”*

So far the excerpts from Prof. Rimpler's hypothesis, which confirm that the mode of action of crystal puncture consists of “constructive interferences”. That is the only way to explain why the results of this treatment can be seen in seconds. Whenever there is an imbalance or disease in the physical - organic system the sector emits wave packages. These waves are received on the entire surface and they result in a change of the electromagnetic potential. Electrical resistance is altered, which creates an interaction with specific assigned reflex points and zones: through an appropriate therapeutic medium and especially in the right location. If an opposing wave is constructed, which covers the negative vibration or more accurately forms an interference with it, then this interference erases the pathological state of reaction - instantaneously. The interrupted dynamic has been recovered.



## EXAMPLE



The crucial factor is the assigned somatotopy that possesses a direct connection with the changed potential in question. Over time we had observed that the somatotopies of the head, the ear and some exactly defined places on the skin had an affinity for crystal puncture. Many of these application systems have been newly revised, like for instance the Chinese points around the ear. Others, like the Ophthalmotropic Genetic Therapy (OGT) are effective in certain combinations.

Here are some suggestions that you can use for yourself as well as with your patients in the clinic.



## APPLICATION OF THE CRYSTAL PUNCTURE TATTOOS

The crystal puncture is glued directly with a non-allergic adhesive on the reflex points of the skin. Crystal puncture does not have anything in common with a “fashion statement”. Nonetheless it is often valued past its therapeutic value as an optical embellishment and is willingly accepted as a “cool” treatment method (which of course does not diminish its therapeutic effect in the least...).

A crystal puncture combination stays on the skin for three to four days. In order to stay on the skin it can be affixed with a skin friendly adhesive, like for instance the one that is available in medical supply stores to place longterm needles in the ear.

Generally, all points on the body are treated with the clear crystals.

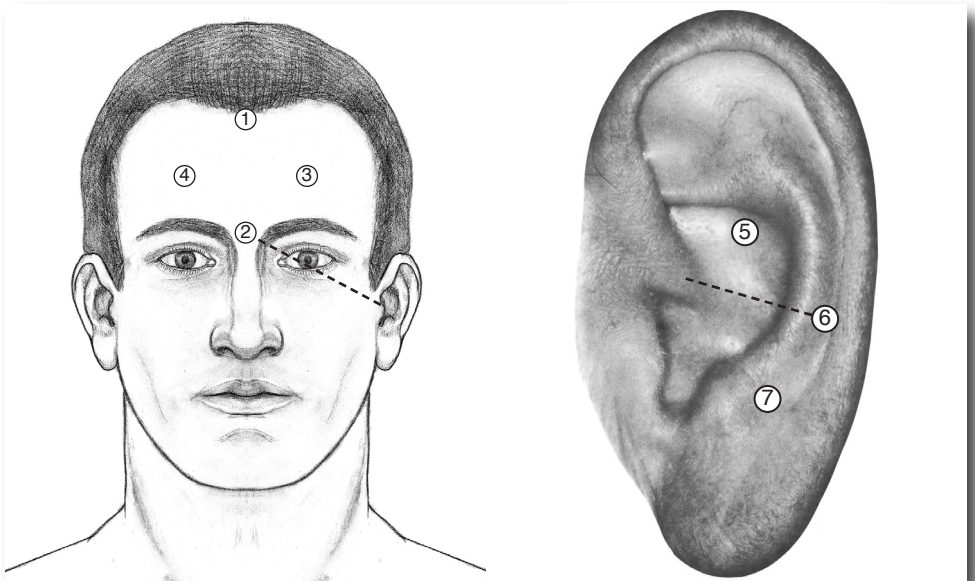
Unless mentioned differently we always treat both ears, when applying the crystals to ear puncture points.

In case of any unpleasant reactions the crystals are removed immediately.

Repetitions or combinations of several crystal punctures principally require a hiatus of about four days between the different therapies.

## THE BASIC COMBINATIONS OF CRYSTAL PUNCTURE

### BASIC COMBINATION 1





**Indication:**

Stimulation of lymphatic regulation and physical detoxification.

**Point 1: Esogetic point of memory, center of the miniature brain**

**Location:** Directly at the hairline.

**Point 2: Yin Trang**

**Location:** Exactly between the eyebrows.

**Point 3 and 4: Hypthalamus points**

**Location:** the middle of the forehead on a line that extends upward on the right and left from the eye, as it is looking straight ahead.

**Points in both ears:****Point 5: Kidney point (Point 95)**

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification and migraine. Furthermore for neurasthenia and anxiety, as well as insomnia with restless dreams.

**Point 6: Lymph drainage points in the ear**

**Location:** On the connecting line from Yin Trang (point 1) through Nogier's zero point to the autonomic groove according to Günther Lange. The point of the 8th tooth has a particular affinity to the retromolar space and the lymphatic drainage behavior.

**Point 7: Polster (Point 29)**

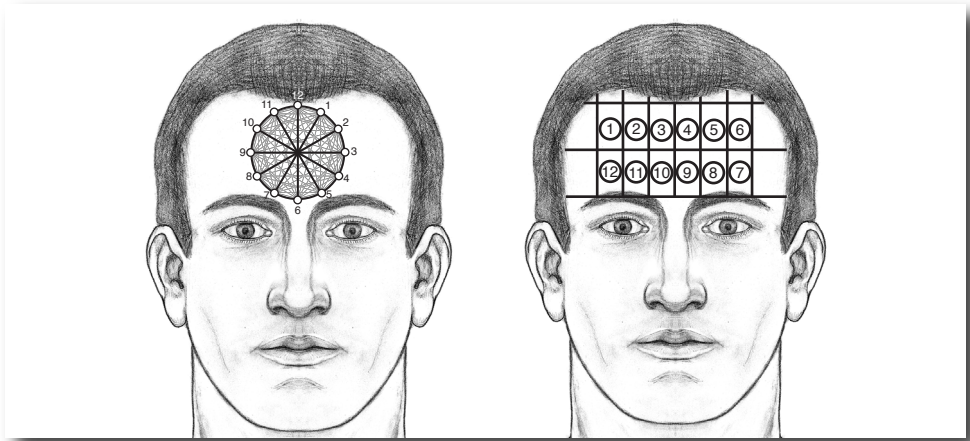
Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in hypotonic individuals

**Note:**

Point 29 is particularly qualified for crystal puncture. In people with continuously low blood pressure, who are complaining about fatigue and possibly dizziness, the crystal should be glued to this point on the right and left sides. Quite frequently and immediately these people experience a sense of feeling liberated.



## THE SYSTEM OF THE PAIN CLOCK AND THE PAIN GRID



The forehead as basic zone of the crystal activators has a connection with the pain clock. Looking at the Earth hologram it is easy to discern twelve outer point areas. These points rule very precise indications.

The treatment of this system with crystal puncture shows extraordinary results, especially when the pain is closely related to the given indications. Apart from the pain clock Peter Mandel has discovered a second twelvefold system, which reflects similar connections. He calls that system the “pain grid”, because its twelve points are also related to an individual’s pain. The pain clock and pain grid, combined with the ear points, are an excellent way to influence the causes of disease and pain in the case of an endocrine symptomatology.

At first let me give you the location of the points of the pain clock and the pain grid.

### Point 1 - Pain grid and pain clock

**Indications:** Muscle and tendon pain, pain from inflammation, gallbladder colic, pain after injuries, headaches. Also as an important support in diseases of the eyes and ears.

### Point 2 - Pain grid and pain clock

**Indications:** Larynx pain, oral cavity, otitis media, pharyngeal lymphatic tissue (tonsillitis). Supportive for melancholy and depression.

### Point 3 - Pain grid and pain clock

**Indications:** Nerve pain (motor), ear pain, pain in hands and fingers, spasms of the lung-chest area. Psychological overstimulation and stress symptoms are further indications.



**Point 4 - Pain grid and pain clock**

**Indications:** Stomach pain (gastralgia, ulcers etc.), pain in tumor diseases, psychological mood alterations accompanying endocrine autonomic symptoms (for instance upper abdominal spasms). All lymphatic imbalances react to these points, therefore good support in focal intoxication.

**Point 5 - Pain grid and pain clock**

**Indications:** Cardiac pain (angina pectoris vasomotorica), entire spine, pain in the eyes, pain from spinal cord diseases. Support points for circulatory disturbances, for instance blood pressure instability and rhythm problems.

**Point 6 - Pain grid and pain clock**

**Indications:** Intestinal ulcers (diverticulitis), epigastric syndrome (pain, pressure) with corresponding pain in the segments of the back (for instance liver/ gallbladder or intestinal segments). Support for depression and dejection.

**Point 7 - Pain grid and pain clock**

**Indications:** Pelvic pain, kidney pain (stones, concretions), urinary bladder pain (bladder irritation). Supportive in the therapy of people, who are unable to let go or who keep talking about the same old experiences; moreover very obsessive people.

**Point 8 - Pain grid and pain clock**

**Indications:** Pain from urinary retention, kidney and urinary bladder pain (combination with point no. 7) Support point for cancer diseases and pain. Post-surgical pain states. I have also observed that these points have a beneficial influence on adhesions and scars.

**Point 9 - Pain grid and pain clock**

**Indications:** Sciatica, hip and iliosacral pain, soft tissue rheumatism (combination with point no. 10), cerebral strain from arteriosclerosis. Recently I have observed that these points can do great things in obesity, in connection with other forms of therapy.

**Point 10 - Pain grid and pain clock**

**Indications:** Bones and joints, pain in rheumatism and gout, pain in organ degeneration. In all destructive types of disease these points should be used in addition to other therapies.

**Point 11 - Pain grid and pain clock**

**Indications:** Cerebral pain after meningitis, pain from spinal cord complaints (combination with point no. 5), state after fractures, spasms of the legs and feet. Support for paresthesias, restless leg syndrome and tics.

**Point 12 - Pain grid and pain clock**

**Indications:** Pain after poisonings, pain in the feet and toes (combination with point no. 11), rheumatic diseases (combination with points no. 9 and 10). Support for addictions.



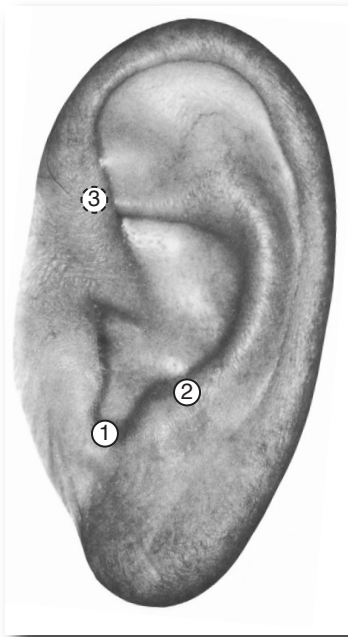
## COMBINATION OF THE EAR POINTS (SELECTED EXAMPLES)

Now I want to introduce some points from the ear acupuncture, which - like all points of the ear - are extraordinary reflex areas for crystal puncture. People tend to react really well to these.

The following points of the ear are connected to the pain clock and the pain grid. Naturally all points of the ear can be combined depending on the indication.

### COMBINATION OF EAR POINTS FOR AN ENDOCRINE SYMPTOMATOLOGY

All the selected points of the pain clock and the pain grid can be combined with the 3 points of the ear, especially when the endocrine-autonomic symptoms are prominent. The points are treated in both ears, first on the left then on the right.



**Point 1: Endocrine System (Point 22):**

All endocrine complaints, especially hormonal-autonomic stress and diseases are relevant.

**Point 2: Brainstem (Point 25):**

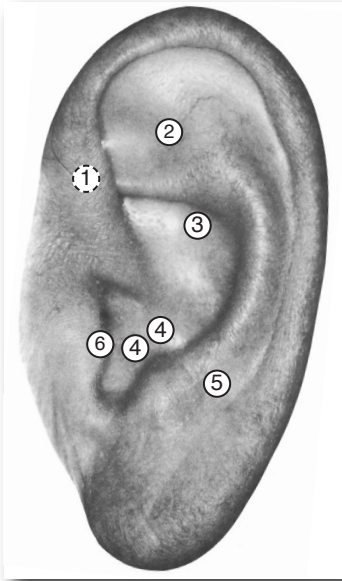
Günter Lange mentions meningeal irritation and developmental childhood issues as indications. Autonomic nervous system symptoms, conflict situations. Moreover an influence on the pituitary, hypothalamus and also for endocrine dysregulation like sweating, restlessness, heart palpitations etc.

**Point 3: Autonomic Nervous System (Point 51):**

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all autonomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.



## ALLERGY



### Point 1: Autonomic Nervous System (Point 51)

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### Point 2: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

### Point 3: Kidney point (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification and migraine. Furthermore for neurasthenia and anxiety, as well as insomnia with restless dreams.

### Point 4: Lung (Point 101)

Nearly all diseases of the respiratory system. Skin diseases. Allergies. Important points for the treatment of the function circle lungs/ large intestine !

### Point 5: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

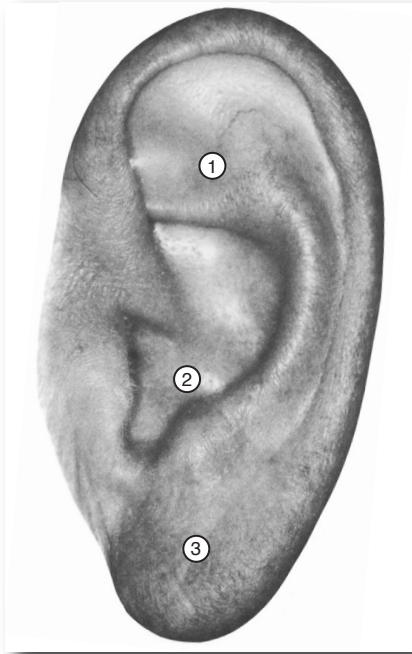
### Point 6: Adrenal gland (Point 13)

One of the most important points. Its treatment stimulates the production of cortisol in the adrenal gland, therefore it is an important point in inflammation. Inflammatory skin diseases. Rheumatic diseases. Physical and psychological strengthening. Blood coagulation (menorrhagia). Decreasing fever.



## THE THREE LEVELS OF THE EAR: HARMONIZATION OF BODY, MIND AND SPIRIT

The following combination shows great effects together with the points of the pain clock and the pain grid.



### **Point 1: Chen-men (Point 55)**

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

### **Point 2: Heart (Point 100)**

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart.

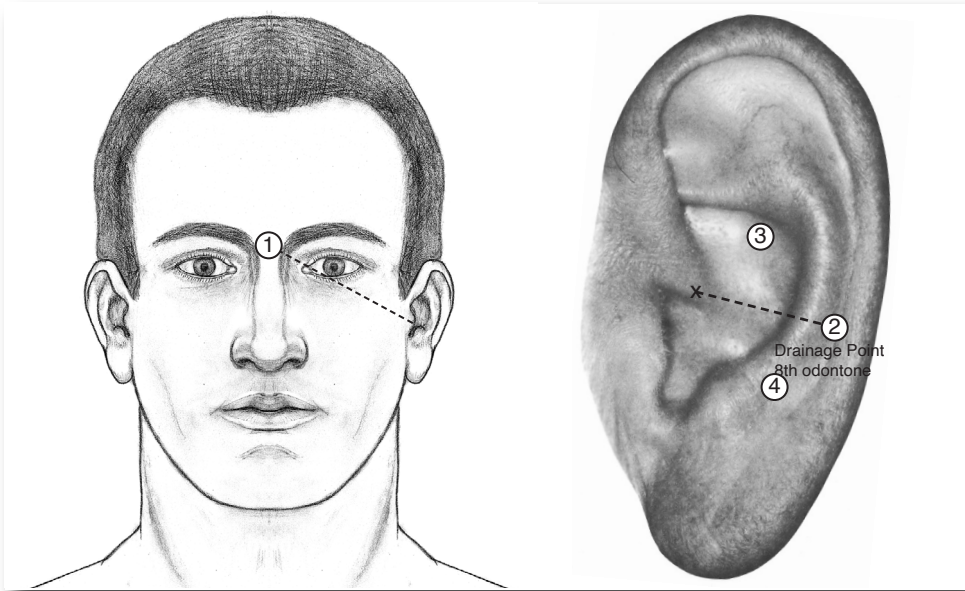
Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.

### **Point 3: Eye (Point 8)**

Hordeolum, conjunctivitis, inflammatory eye diseases, atrophy of the optic nerve. Activation of all the “senses” in regard to information (spirit).



## COMBINATION FOR LYMPHATIC IMBALANCES



### Point 1: Yin Trang

**Location:** Exactly between the eyebrows.

### Point 2: Lymph Drainage Point in the Ear

**Location:** The lymph drainage point is found on the line connecting Yin Trang (point 1), Nogier's zero point and the autonomic groove according to Günter Lange. It corresponds to the 8th tooth and because of its effect it is assigned to the retromolar space and the drainage behavior of the lymph.

### Point 3: Kidney point (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification and migraine. Furthermore for neurasthenia and anxiety, as well as insomnia with rest-less dreams.

### Point 4: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.



# THE POINTS OF THE AUTONOMIC GROOVE AND THE FUNCTION CIRCLES

Here we are dealing primarily with the connection to the function circles according to Gleditsch.

<b>bones</b>	<b>Purely physical consciousness</b>	<b>Fear</b> Threats to the 'I' having to prevail		<b>Muscles Tendons</b>	<b>Dynamic consciousness</b>	<b>Wrath and anger</b>
<b>11, 21, 31, 41</b> <b>12, 22, 32, 42</b>	<b>brainstem</b>	<b>L2, L3, S4, S5</b> <b>Os Coccygis</b>		<b>13, 23, 33, 43</b>	<b>Limbic system</b>	<b>TH 8, TH 9, TH 10</b>
<small>M. ileo psoas, M. trapezius pars desc. m. peroneus longlet brev. M. tibialis aut.</small>	<b>Ens naturale</b>	<b>Ear</b>		<small>M. pectoralis pars sternalis, M. rhomboidei, M. deltoideus pars ant. M. popliteus</small>	<b>Ens astrale</b>	<b>Eye</b>
<b>Sinus frontalis</b> <b>Sinus maxillaris, left</b>	<b>Pharyngeal tonsil</b>	<b>Preservation Security Unfoldment</b>		<b>Sinus sphenoidalis</b>	<b>Tonsilla palatina</b>	<b>Dynamism</b> <b>Flush</b> <b>Elasticity</b> <b>Balance</b>
<i>Kidney/Bladder</i>				<i>Liver/Gallbladder</i>		
		<b>Blood Blood vessels</b>	<b>All - consciousness</b>	<b>Joy</b>		
		<b>18, 28, 38, 48</b>	<b>Corpus callosum</b>	<b>C7</b> <b>TH 5, TH 6, TH 7</b> <b>S1, S2, S3</b>		
	<i>Heart</i>	<b>M. subscapularis, M. quadriceps femoris</b>	<b>Ens dei</b>	<b>Tongue in the sense of speech</b>		<i>Small intestine</i>
		<b>Mastoid</b>	<b>Tonsilla lingualis</b>	<b>Joy, Warmth of the heart, Generosity of the heart</b>		
<b>Connective tissue</b>	<b>Rational consciousness</b>	<b>Worrying Overthinking Contemplating</b>		<b>Skin Hair</b>	<b>Emotional consciousness</b>	<b>Intuition</b>
<b>16, 26, 36, 46</b> <b>17, 27, 37, 47</b>	<b>Left neocortex</b>	<b>TH 11, TH 12</b> <b>L1</b>		<b>14, 24, 34, 44</b> <b>15, 25, 35, 45</b>	<b>Right neocortex</b>	<b>C5, C6, C7</b> <b>TH 2, TH 3, TH 4</b> <b>L4, L5</b>
<small>M. latissimus dorsi, M. trapezius pars trans. u. asc. M. triceps, M. opponens pollicis, M. pectoralis maj, pars clavicular, M. levator scapulae, M. brachioradialis</small>	<b>Ens veneni</b>	<b>Mouth Lips</b>		<small>M. serratus ant., M. coracobrachialis, M. deltoideus, M. tensor fasc. latae, M. quadratus lumborum, Unterschenkelreflexoren</small>	<b>Ens spirituale</b>	<b>Nose</b>
<b>Sinus maxillaris, right</b>	<b>Lymph area Larynx</b>	<b>Planning Evaluation Categorization</b>		<b>Sinus ethmoidalis</b>	<b>Lymph area of the Eustachian tube</b>	<b>Finding Intuiting Sensing</b>
<i>Spleen-Pancreas/Stomach</i>				<i>Lung/Large intestine</i>		

In this context our focus are the projections of the teeth in the autonomic groove of both ears.

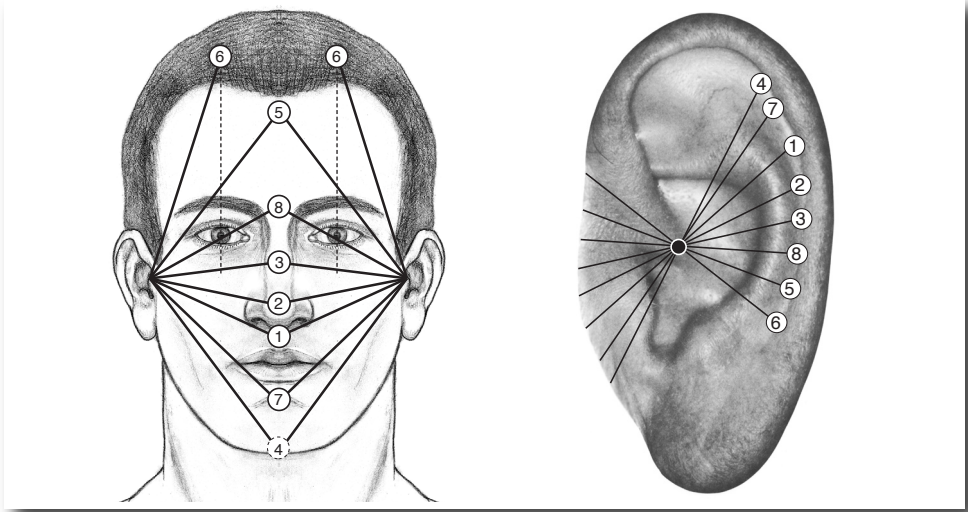




**Location of the Points and Treatment Sequence of Colorpuncture – Points Face and Ear:**

- 1 GV 26 – 1st tooth – FC Kidney/Bladder .....Red/Crimson
- 2 Tip of the nose – 2nd tooth – FC Kidney/Bladder .....Orange/Lightgreen
- 3 Transition zone cartilage/bone – 3rd tooth – FC Liver/Galbladder .Yellow/LightTurquoise
- 4 Master of the voice – 4th tooth – FC Lung/Large Intestine .....Green/Rose
- 5 1 FW below the hairline – 5th tooth – FC Lung/Large Intestine ..Dark Turquoise/Crimson
- 6 2 FW behind the hairline on the endoderm line ion a vertical line  
through the center of the eye – 6th tooth – FC SP/Stomach .....Blue/Lightgreen
- 7 CV 24 – 7th tooth – FC SP/Stomach .....Violet/Turquoise
- 8 Yin Trang – 8th tooth – FC Heart/Small intestine .....Ultraviolet/Rose

The points in the front of the skull are connected to the Nogier’s zero point. Then the line continues further towards the outside to the autonomic groove of the ear according to Günter Lange. The points are each covering two quadrants of the jaw, the right ear corresponds to the right side and the left ear to the left side.



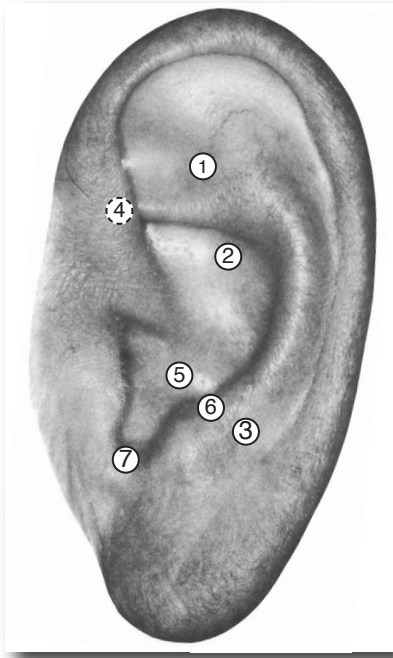
If the assignment to the function circles according to Dr. Gleditsch’s descriptions is clear to you, then crystal puncture is an excellent therapeutical complement.

On the following pages we would like to show you a few more interesting point projections of the ear acupuncture and encourage you to try the treatments with crystal puncture.



## PSYCHOSOMATIC COMPLAINTS

Here is a second option to treat the human psyche through the ear. Though in this case we are also influencing physical ailments.



This combination of therapeutically effective points comes from Peter Mandel's treasure trove of experiences with ear acupuncture, which he has already been using in his clinic more than 40 years ago. It is a combination of points that promises success in physical as well as in psychological complaints. Today we are also treating these points with crystal puncture after an application.

There are seven points used in treatment.

### Point 1: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

### Point 2: Kidney point (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification and migraine. Furthermore for neurasthenia and anxiety, as well as insomnia with restless dreams.

### Point 3: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

### Point 4: Autonomic Nervous System (Point 51)

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all autonomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.

### Point 5: Heart (Point 100)

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart. Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.



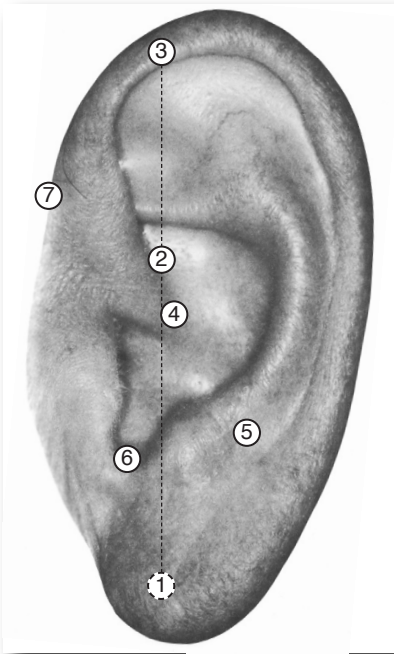
**Point 6: Brainstem (Point 25)**

Günter Lange mentions meningeal irritation and developmental childhood issues as indications. Autonomic nervous system symptoms, conflict situations. Moreover an influence on the pituitary, hypothalamus and also for endocrine dysregulation like sweating, restlessness, heart palpitations etc.

**Point 7: Endocrine system (Point 22)**

For all endocrine problems, especially hormonal and autonomic nervous complaints and diseases.

Now I want to point out a few other important combinations of crystal puncture.

**THE PSYCHOTROPIC POINTS OF EAR ACUPUNCTURE**

**Note: The treatment is conducted on the left ear in a right-handed person, and on the right ear in the left-handed individual.**

**Omega Points: Points 1, 2 and 3**

Effect on an individual's imbalanced psychological behavior.

**Point 4: The Zero point**

For Nogier it was the Master point and the energy point of the ear. The Chinese description is 'diaphragm'. That already indicates the relationship to the solarplexus. In crystal puncture it is considered as the "point of opening" and that of physical and psychological activity.

Furthermore, the point refers to the release of tension, cramps and spasms in the entire abdomen

**Point 5: The point Point de Jerome**

This point relates to psychological imbalances, is indicated when there are difficulties in falling asleep and provides emotional balance.

**Point 6: Endocrine System (Point 22)**

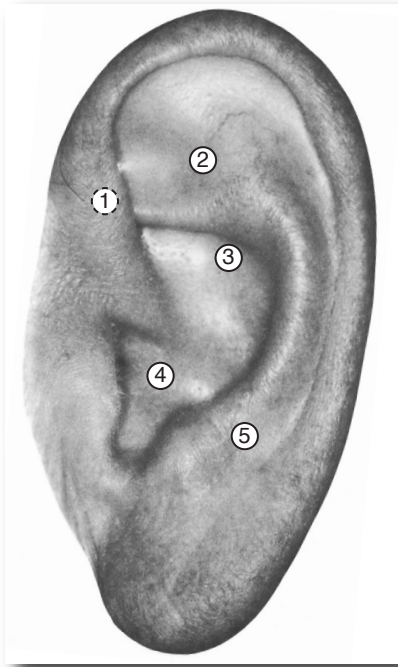
For all endocrine problems, especially hormonal and autonomic nervous complaints and diseases.

**Point 7: R - point according to Bourdiol**

This point can also be seen as the point of reminiscence. In Esogetic medicine it is considered as an important point in lateral disturbances.



## INSOMNIA



### Point 1: Autonomic Nervous System (Point 51)

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all autonomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.

### Point 2: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

### Point 3: Kidney (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification and migraine. Furthermore for neurasthenia and anxiety, as well as insomnia with restless dreams.

### Point 4: Heart (Point 100)

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart. Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.

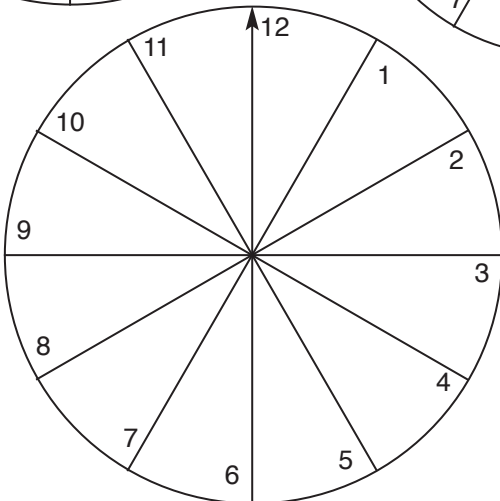
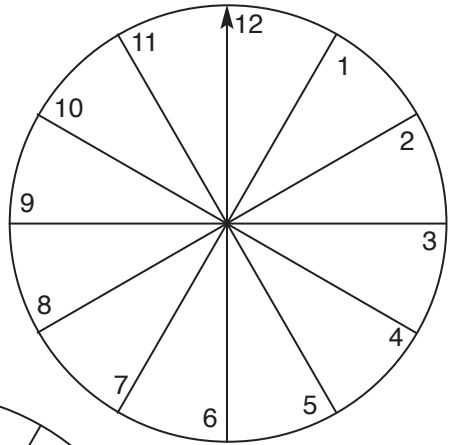
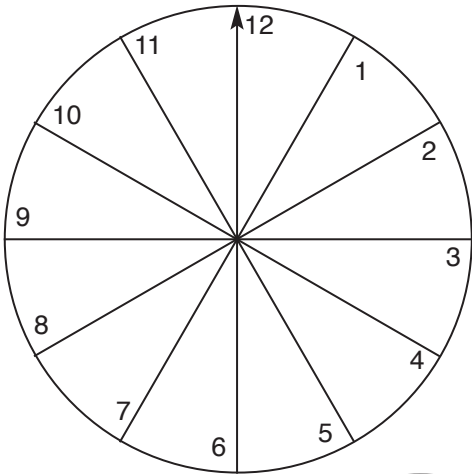
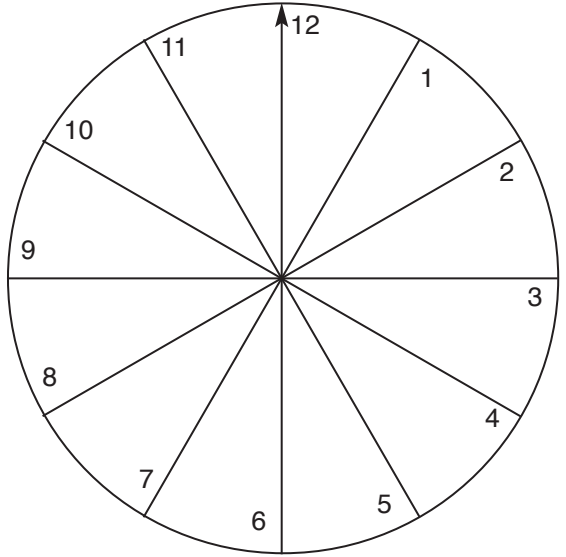
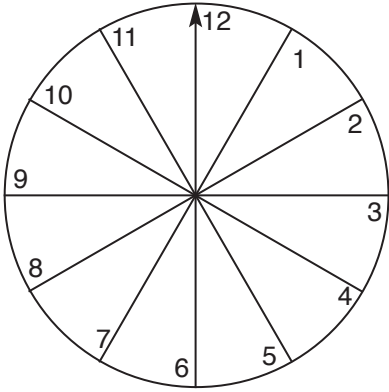
### Point 5: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

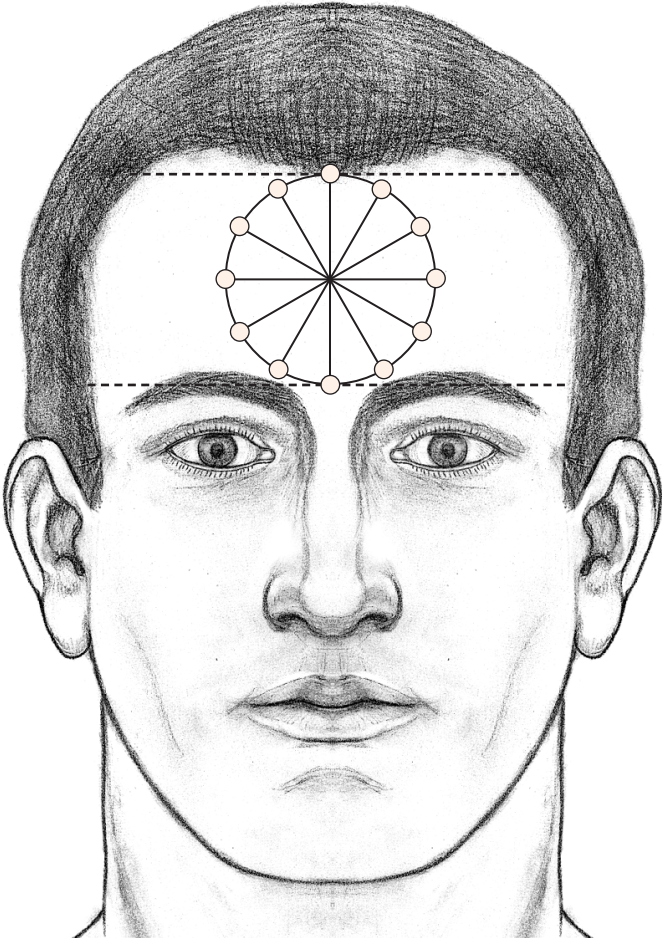




# TEMPLATES



Position the template (choose the size from Yin Trang to the hairline → template of the pain clock) and mark the assigned point at the edge.



## ESOGETICS – THE LANGUAGE OF HEALTH



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