

Review by Hazel A. Philp, ND, LAc

Ear Acupuncture: A Precise Pocket Atlas Based on the Works of Nogier/Bahr

Beate Strittmatter, MD

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In *Ear Acupuncture: A Precise Pocket Atlas Based on the Works of Nogier/Bahr*, an English translation from the German version, Beate Strittmatter provides the practitioner with a wealth of information on ear acupuncture, or auriculotherapy, in the French tradition (i.e., Nogier and Bahr). The author, who trained with Dr. Frank Bahr, is Chief Instructor at the German Academy of Acupuncture and a physician in private practice.

Ear acupuncture has proven to be a very effective, efficient, and inexpensive means of treating a wide variety of conditions, including musculoskeletal disorders, headaches, allergies, addictions, and gynecological conditions.

This atlas describes the classic ear points as well as the so-called Functional Points, which were developed by the French school. Additionally, the projection of all the body meridians on the ear, as determined by Bahr and his co-workers, has been provided. In addition to illustrating point location, the atlas also provides a section on physiological and psychological indications, listing possible points and the rationale behind their use. The author used clinical cases to illustrate the use of ear acupuncture.

This concise pocket atlas is well suited for beginners and provides a quick reference for the experienced practitioner as well. It consists of over 300 black and white line drawings, with colored points indicating accurately each specific reflex zone or point. When localization of points is difficult, helpful enlargements of the regions are provided.

This convenient pocket atlas succinctly describes the ear points, teaches the practitioner how to locate them precisely, and empowers the practitioner in their use. With ear acupuncture emerging as a specialty field within acupuncture, this reference book is an ideal means of introduction to the field, as well as a good reference for practitioners who want to continue developing their skills.