Auriculotherapy

with

Vascular Autonomic Signal (V.A.S.)

(AURICULOMEDICINE)

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Schedule

Day One - The Vascular Autonomic Signal (VAS)

Definition and history of the VAS
What is VAS?
The five steps of Paul Nogier’s work
How to feel the VAS?
Photoperception, Photoemission
Photoperception:
  - White light test
  - Normal test
Exhaustion phenomenon: diagnosis of a focus: dental or scar focus
No VAS response: first rib syndrome, cancer
The photogram in physiology and in pathology: eczema, psoriasis, bipolar disorder, sleeping disorders.
The frequencies A, B, C, D, E, F, G, L
How to use frequencies to do a diagnosis on the body and on the ear?
How to use the frequencies to treat an ear point?

Day Two - Symmetry, laterality and VAS

How to use the frequencies to do a diagnosis of asymmetry
How to use the frequencies to do a diagnosis of dysmaturity
How to choose the ear points which correct a dysmaturity
Photoemission:
  - How to evaluate the photoemission of the body with the filters
  - How to evaluate the severity of a disease with a filter.
Practical works
Day Three - Introduction to VAS and food hypersensitivity.

Review of the chemical constitution of food: lipids, glucids, proteins, vitamins, minerals

Review of the intestinal barrier

Classification of adverse reactions to food

- What is a food allergy?
- What is a food intolerance?

Radial Artery Food Test: The RAFT

Protocol to discover food hypersensitivities

Practical application in the following diseases:

- Migraines
- Constipation
- Chronic fatigue syndrome
- Chronic urticaria
- Auto-immune diseases: multiple sclerosis, Hashimoto’s disease, Sjögren’s syndrome,
- Rheumatoid arthritis
- Crohn disease
- Nervous depression, behavior disorders, ADD.

Practical works

Conclusion

Devices

- Premio 20 Sedatelec
- Blue feeler pressure Sedatelec
- Set of color filters Sedatelec
- Black and white rod Sedatelec
- ASP Sedatelec
- GL+ MicroPad
Reminder on auriculotherapy

The radical difference between auriculotherapy and the application of acupuncture on the ear (or under a misleading designation «auricular acupuncture») is in its methodology (the reflexotherapy does not derive from the Chinese Medicine theory, especially the one of meridians) and in the clinical application (the first being a complete and independent therapy with specific diagnostic and treatment, while the last is a part of acupuncture subordinated to the treatment logic of the last mentioned and very limited in indication).

It is important to say that auriculotherapy is based on the knowledge of modern anatomy which is very different from the Chinese medicine to which belong acupuncture.
Reminder on auriculotherapy

Paul Nogier was searching the ear points in two ways

Pain detection
Detection using the measurement of the electrical resistance
Today we know that there exist two kinds of points on the ear.

Reflex points

- « Wiring » effect together with the spino-thalamic tract
- Action on the organ thermo-regulation
- Detection: pain
- Treatment: needle, ASP, cauterisation, massage, acupressure
- Indication: pain
- Action: immediate

Neuro vascular complexes

- Detection: pain electricity white light (VAS)
- Treatment: infra red light, colored light, Frequencies A,B,C,D,E,F,G,L needles
- Indication: functional disorders, posturology, immunity
- Action: delayed (after several days)
10 importants ear points
(front side of the ear)

Important points
(backside of the ear)
Direction of the detection

The V.A.S
Definition

The VAS (vascular autonomic signal) is an arterial phenomenon perceptible on the radial pulse in physiological conditions after a micro stress on the skin or after an emotion.

Historique

Avicenne ou Ibn Sina (980 - 1037)

René Leriche (1879 - 1955)

Paul Nogier (1908 - 1996)
Two events were at the origin of the discovery of the VAS

- Paul Nogier knew the Chinese pulse and the notions of Yin and Yang. In 1963 he described a new parameter: the « Yu »
- The inhibition reflex of the lower limbs.

The RAC - the discovery itself,

... or a coincidence on its way

- In 1966 Paul Nogier noticed a variation on the pulse while an ear point detection.
The auriculocardiac reflex.
Terminology

All these terms are synonyms:

- RAC: Auriculo cardiac reflex
- VAS: Vascular autonomic signal
- RAN: Arterial reflex of Nogier
- RAC: Autonomous circulatory response
- Sometimes only the term of « arterial reflex » is used.

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Perception of RAC

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RAC. What do we feel?

1. The pulse becomes stronger:
   RAC+, adrenergic response.
   This reaction is generally present during three pulsations. This response is the most frequently observed one.

2. The pulse becomes weaker, more far away:
   RAC-.
   This reaction is generally present during three pulsations.

3. The pulse becomes very hard, cutting:
   1. This is the so-called « allergic pulse »:
      the hyper VAS.
      The heart beat does not change
RAC. What do we feel?

Which are the stimulations that can release a VAS reaction?

- **Emotions**
- **Cutaneous stimulations**:
  - touch
  - pinching
  - white light
  - coloured light
  - spectral light
  - frequencies

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Different ways to take the pulse

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What is VAS?

- **VAS is**: a physiologic reaction which can be observed as a change in the artery wall tonus as response to cutaneous stimulations or emotions.

- **VAS is**: the expression of a manifestation of the nervous system végétatif.

- **VAS is**: a sign of « adaptation ».
First step.
Different mechanical stimulations of the ear point.

1. Touch. Using a probe of cork
2. Cold
3. Heat

RAC: an instrument for ear point examination

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Second step: stimulation of points using light

- This is a decisive step in auriculomedicine. The points are stimulated using a precise light beam.
- A RAC reaction is present, when the point is pathologic.
- There is no RAC, in case the point is in good health.

Third Step. Stimulation of bigger ear areas. Notion of an area

- « When we examine a large number of ears and especially those of young and healthy persons, we can be surprised by the fact that it is possible to release a RAC reaction when we stimulate a sufficiently large surface of the skin. Which is not the case, when a single little part of this area is stimulated.
- « A more deeper study of this phenomenon shows that there exist precisely limited areas, where clear and homogeneous reactions can be observed. »
  
  Paul Nogier 1969
First areas. 1969

- **Area 1**: lobe and antitragus
- **Area 2**: inferior part
  - of the concha
- **Area 3**: superior part
  - of the concha
- **Area 4**: upper part
  - of the external ear
- **Area 5**: tragus
- **Area 6**: ascending branch and
  - the rood of the helix.

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Fourth step.

**Coupled stimulations.**

- In this case it is about stimulating a body area (i.e. using light) and searching for an ear point which reacts to the identical stimulation.
- When red light is projected on the knee: the knee point on the ear becomes reactive to the stimulation with red light.
- This procedure is interesting for the studying of ear somatotopies but also for the study of excluded areas.
Fifth step.
stimulations on the body.

- This was the last step and with no doubt the most promising one. It is possible to release vascular reactions by stimulating only the skin surface. To do this, «large» light spectrums are used: white light, coloured light, infra red light, light in frequencies.

Photo-emission
Photo-reception
VAS
The action of light on the functioning of the organism.

The eye functions like a camera.
In fact, the eye is just a sum of photosensitive sensors and it does not interpret any of the perceived images.
It’s function is:
- to receive
- and to transform the electromagnetic vibrations of the light into a nervous influx,
- which are transported by the optical nerves up to the brain areas responsible for vision.
Does light have any other action on the CNS?

- Ovulation is influenced by light passing via the eye to the hypothalamus. Fertility can be improved in rabbits by 15%, when light exposure is increased from 6 hours to 16 hours.
- The egg production in chicken when exposed to artificial light can be explained by the hypophysis stimulation.

Light stimulation and development of male organs.

- In non castrated birds, only red and orange light stimulate the gonads.
- The eye and the hypothalamus are responsible for the transmission of the light stimulation.
Light and larva development.  
P. Disclos. Bordeaux

- Normal time frame of the amphibian anuran larva development when exposed to a normal photostimulation = from 244 to 260 days
- In case of a permanent light exposure = 130 days

In case when the eyes of the larva are destroyed by surgery, a permanent light exposure leads to the accomplishment of the larva life cycle in 130 days.

Consequently the eyes do not intervene in this process. «Therefore we can imagine the participation of deeply implanted nervous photoreceptors, which is supported by the tegument transparence».

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Light and larva development.
P. Disclos. Bordeaux

- In case when the hypophysis is taken out in a larva, the light action is still present - probably there is an action directly on cellular level.

Light and depression

- SAD. Seasonal affective disorder:
- Sleep disorders
- Sadness
- Gain of weight
- Cognitive disorders
- Mainly in autumn

It seems that light stimulates the serotonine production

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Why does every colour of light have a specific action?

- Every wave length has a specific action on certain cell organits.
- *Example:* the cytochrome b, indispensable for cell respiration, is inhibited selectively by 530 nm, while 633 nm has no action presenting the same power (Rounds and Johnson)

In auriculotherapy, we stimulate the points using different kinds of light.

Which is the influence of the light on the organism via the skin?

This is a fundamental question.
Very original experiments realised from 1981 to 1985.

The aim was to see, if a rabbit biologically makes difference between a continuous white light and a white light pulsed at 9 Hz on this fur coat.

Biological elements studied were:
- blood catecholamins
- glycemia
- acetyl-cholinesterase.

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27 rabbits were separated in 3 groups:

*group 1* - exposure to continuous light
*group 2* - exposure to pulsed light
*group 3* - no treatment (control group)
In a «blind» rabbit

1. A white light pulsed at 9 Hz on the rabbit fur coat creates in this rabbit an increase of circulating catecholamines. Contrary, a continuous white light creates a decrease of blood catecholamine level.

2. A pulsed white light significantly increases the glycemia.

3. A continuous white light provokes:
   - an increase of acetylcholinesterase level
   (when compared with rabbits exposed to pulsed light)
Coloured light and pain

Experiments at ITERC:
- A coloured light stimulation of a rabbit fur coat modifies the pain graphics realised by the recordings using the evoked potentials.

The photo-what?

Cutaneous photo-perception

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Adaptation to the milieu:
All living being will use its environment for its development and reproduction.
Adaptation is necessary.

Adaptation to air or water

Heat, cold

Adaptation to altitude

Adaptation to biotope: fish, fruit, vegetables

Adaptation to electromagnetic waves?

Solids

Liquids

Gas

Electro-magnetic waves

Nutrition

Respiration

Photo-perception

The body is the world inside of me in a given moment. Xavier Léon Dufour

Stimulate, regulate, repair
The skin is permanently stimulated by electromagnetic waves and frequencies in order to REGULATE and to REPAIR the dysfunctions.

The skin is not just an element of protection. It is a electromagnetic wave receiver.
The body permanently emits photons in little quantity. This quantity seems to vary regarding to the physiological or the pathological state.

John Ackerman experiments
Prix GLEM 2006
• Research on bio-photon emission while presentation a filter to the skin.
• This research was realised in absolute dark using the filter red 25 (Wratten Kodak).
The bio-photon emission is not limited to small organisms. It can be observed in humans. The wave length of this emission corresponds to the peroxydation processes of the oxygenated and lipidic radical.

In absolute dark a filter No.25 (WK) is approached at 7 cm to the hand of a person. The photon emission is measured on the hand back side and the forehead. The filter remains at this distance during 200 sec. The results show an increase of photo emission on the back side of the same hand, as well as of the forehead during the exposition of the palm of hand to the filter No. 25.
John Ackerman experiments  
Prix GLEM 2006

- These experiments prove the action of the WK 25 filter when used in absolute light absence.
- This confirms the Paul Nogier observations, who noticed that the approach of a filter to the body in absolute dark triggers a VAS reaction.

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Photo perception and photo emission

Paul Nogier:

« The effects obtained by the coloured light projection on the auricle are very different to those obtained by the approach, contact or withdrawal of a filter. The latter being a means of measurement of energetic emissions of the auricle. The first mentioned, we use to study the receptive areas »

(De l’auriculothérapie à l’auriculomédecine. Ed Maisonneuve 1981)

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What is the link with auriculomedicine?

Using the radial pulse it is possible to study the cutaneous photo-perception and photo-emission

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<th>Study of the photo-emission</th>
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Test using white light

- Basic test
- Flash brutal onto the skin
- Normally there is an immediate response during three pulsations. Rebound phenomenon, extra rebound phenomenon
- The phenomenon is inexhaustible
- It is « the » reference test

Curve of the VAS sensation

- The VAS can be observed during 3 pulsations.
Test using white light.

Pathology

1. **Exhaustion phenomenon.**
   one shall search for a dental focus or a toxic scar

2. **No VAS:**
   - First rib syndrome
   - Wearing of a heavy massive chain around the neck
   - Beta blockers: propranolol
   - Cancer
   - Nervous depression

3. **HyperVAS:**
   *One shall search for food hyper sensibilities: tea, coffee, alcohol, histamine, tyramine*

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Exhaustion phenomenon

- Here, the VAS phenomenon starts to weaken after the 4th flash.

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Exhaustion phenomenon

- Dental focus
- Toxic scars
The jaw

Les dents sont comptées depuis la ligne médiane, de la façon suivante :

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Trigeminal nerve

- The trigeminal nerve is a mixed nerve, with sensitive function for the areas of the face and motoric function for the masticatory muscles.
- All teeth are innervated by the trigeminal nerve.
Different kinds of dental focus

- Apical granuloma
- Apical cyst
- Over numerous tooth
- Sinusoid focus
- Focus of gingivitis
- Occlusion disorders
- Wisdom tooth
- Intra-buccal electrogalvanism : plurimetalism

Detection of a dental focus in auriculomedicine

1. Without using VAS:
   pressure test on the tooth

2. Using VAS:
   - At the beginning of the examination: the exhaustion phenomenon
   - At the end of the examination:
     detection of the dental foci, using pressure and frequencies.
The exhaustion phenomenon

- If a dental focus is present, the exhaustion phenomenon will appear very rapidly.

Simulation of the pulse curve

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Ear treatment of a dental focus

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Exhaustion phenomenon:
Toxic scar

Copyright: Raphaël Nogier

Cicatrices toxiques
Dépression sévère après pose de prothèse de genou

Cicatrices toxiques
Hepatitis scar

Hepatitis A, B, C
Epstein Bahr virus
Fatigue
Nauseas
Chemotherapy
ERadiotherapy

Hepatitis scar

Treatment with
ASP
Knee scar

Se rencontre même avec arthroscopie.
No VAS. 1)

- Sometimes it can happen that no VAS is present after a light stimulation. In this case, one shall see, if this lack of response is present on all arteries.
- The lack of VAS gives us the orientation towards several possibilities:
  - Patient takes beta blockers
  - Patient is wearing a chain
  - First rib syndrome
  - Syndrome of burn out
  - Cancer: lung, principally uterus

No VAS. 2) - First rib syndrome

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First rib syndrome treatment

No VAS. 3) - Burn out

- In this case, it is necessary to treat the epiphysis points

The E points are needled only for a second. They shall be detected using electrical resistivity measurement.
No VAS. Look for cancer

- In case, the needling of the E points does not change the pulse quality,
- In case, the patient does not take any beta blockers
- In case, the first ribs are well in place
- In case, the patient does not wear any chain
- In case, despite all, the VAS is not present

One shall look for cancer

Photogram

- It is the study of pulse reactions towards coloured light

- The photogram can be studied only when the white light test is normal and if there is no VAS exhaustion phenomenon.

- Used equipment is Theralight.
Aim of the photogram

- The photogram gives us an idea on the reaction of the organism towards photons.

- The result is the studying of the chemical neuromediation.

White light spectre

**Colours and their wave length:**

- Extreme violet 400 nm
- Middle violet 420 nm
- Violet blue 440 nm
- Middle blue 470 nm
- Middle green 530 nm
- Green yellow 580 nm
- Middle yellow 590 nm
- Yellow orange 590 nm
- Middle orange 600 nm
- Orange red 610 nm
- Middle red 650 nm
- Extreme red 780 nm
- Infra red 904 nm

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Photogram. Principle

- Coloured light is projected onto the skin and pulse reactions are observed.
- Every stimulation with coloured light releases a VAS reaction
- We think that to every colour corresponds to a specific neuromediator.

Neurotransmitters and colours

- Ach
- NA
- Dopamine
- Adrenaline
- Serotonin
- Histamine
- Endorphin
- Glutamic acid
- GABA
- Glycine....
Billions of nervous cells are not in contact one with the other

- There are billions of nervous cells. Every cell is in communication with an other or several other nervous cells using chemical language. This is the way, how a cell is able to assimilate different kinds of information sent from other cells.

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Transmission of the synapse

- There is no anatomic contact between the cells.

- The nervous influx demands chemical transmitters.

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Used filters

- Yellow: 3, 9, 11, 15, 16 WK
- Orange: 21, 22 WK
- Red: 24, 25, 29 WK
- Blue: 44 WK
- Green: 57, 58 WK
- Violet: 98 WK
- Pink: 30, 31 WK

Theralight
1. It is necessary to project coloured light onto the skin (the skin surface shall be large).

1. It is necessary to wait for 10 pulsations before changing the filter.

What is the physiological response?

- In normal situation, every colour shall release a VAS reaction.

- After a filter is changed there is no VAS during 2 pulsations.

- After these two pulsations the pulse becomes stronger for two or three pulsations.

- At least the pulse becomes normal again.
What is the physiological response?

- In case the pulse collapses, we can say that a photo perception gap is present.
- It is possible to find several photo perception gaps in one patient, example: red 25, green 58, etc.

How to treat a gap of cutaneous photo perception?

1. The patient shall be illuminated with the « pathological » colour
2. Detection of points that release VAS using a stick with black ending.
3. Find the points using electrical detection.
4. Needle with ASP
Psoriasis treated in auriculomedicine is a quite interesting matter. If we project coloured light on the skin that look healthy, we will see that there is a gap of photo perception towards blue light.

In contrast, blue light projected on a psoriasis plaque will give a VAS reaction.
Nogier frequencies or the study of photo perception of pulsed light.

Discovery of 7 areas on the skin surface

- Paul Nogier 1976:
  There exist 7 areas on the skin surface of the body and 7 areas on the ear.
  Every area perceives in a referential way specific frequencies.
A frequency: 2.28 Hz

- **Area**: orifices of the organism:
  - eyes, nostrils, meatus acusticus, umbilicus, urinary meatus, vagina, anus.

- **Function**: stimulates cell activity.

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B frequency: 4.56 Hz

- **Area**: abdomen

- **Function**: stimulates the pluri-cellularity: cohesion, coherence, inter cellular exchange.
**C frequency : 9,12 Hz**

- **Area:** upper and lower limbs
- **Function:** stimulates the motricity

**D frequency : 18,25 Hz**

- **Area:** sagittal median line 4 cm bright, running from pubis until anus.
- **Function:** stimulates symmetry - consequently the locomotion.
- **Was considered by mistake as the frequency of laterality.**
E frequency : 37.5 Hz

- **Area:** neck and both sides of the spine until L1.
- **Function:** analgesic (pain relief) frequency.

F frequency : 73 Hz

- **Area:** face
- **Function:** stimulation of locus niger on subcortical level: hypothalamus, thalamus, hypophysis...
**G frequency : 146 Hz**

- **Area**: Front and wings of the nose.
- **Function**: stimulation of cortical functions.

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**2006 - discovery of an area and a frequency**

- Using VAS, **R. Nogier** discovers that the sagittal median line does not respond to the D frequency in the area of the scalp.
2007 - L frequency : 276 Hz

- **Area:** sagittal median line situated on the scalp area.

- **Stimulates laterality.**

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Study of frequencies on the body. GL+ (micropad)

- In order to study the frequencies, we need an equipment which projects red and infrared light.

- **GL+ of micropad gives us the possibility to do first the frequency diagnostic and second to treat the patient.**
Frequencies

- A = 292 Hz
- B = 584 Hz
- C = 1168 Hz
- D = 2336 Hz
- E = 4672 Hz
- F = 73 Hz
- G = 146 Hz
- L = 276 Hz

How to use the frequencies for point treatment

- A-Frequency: anti-inflammatory
to be used in:
- cell hypoxia
- hematome
- crushed or squeezed cells
- burn
- ionic irradiations
- infarctus
- nécroses
How to use the frequencies for point treatment

- **B-Frequency**
  - Nutritive disorders: malabsorption, ionic disorders
  - Vein disorders
  - Immune disorders
    - respiratory, cutaneous, food allergies
    - auto-immune diseases: Polyarthritis, spondylarthritis, diabetis type I
    - dysplasia?

How to use the frequencies for point treatment

- **C-Frequency**
  - muscle contractures
  - Parkinson
  - cardiac insufficiency
  - péristaltique disorders
  - spasms
  - disorders of arterial pression
  - Excretion disorders: bladder vidange, disorders in gall bladder contraction etc..
How to use the frequencies for point treatment

- **D-Frequency**

  All pathologies linked to a symmetry disorder:
  - walking disorders
  - all disorders linked to locomotion
  - eye convergency disorders

- **E-Frequency**

  - All painful pathologies douloureuses. E is the pain relief frequency
  - All pathologies of the bone marrow: lateral amyotrophic sclerosis, sometimes multiple sclerosis.
How to use the frequencies for point treatment

- **F-Frequency**
  - Cicatrisation disorders
  - Nervous depression
  - Breast feeding disorders
  - Menstrual cycle disorders
  - Thyroid disorders
  - Growth disorders
  - Food intake disorders: boulimia, anorexia, snacking

- **G-Frequency**
  - Cortex disorders
  - Psycho somatic diseases
  - Hysteria
How to use the frequencies for point treatment

L-Frequency
Laterality disorders:
• Dyslexia
• Dysorthographia
• Dyscalculia
• Stuttering
• Memory disorders

How to use frequencies to treat an ear point?

1) Repair the points with VAS and lower resistance
2) Taking the pulse, analyse the point with every frequency
3) Note which frequencies are releasing a VAS
4) Treat the point with the frequencies releasing VAS
Symmetry
Laterality

We have two ears, two eyes, two arms
All the animals are built on a symmetric system because of the locomotion.

There is no locomotion without symmetry.
Axe de symétrie

Deux parties en miroir

Chaque hémisphère cérébral contrôle l’hémi-corps opposé
Why is there symmetry?

- The only way for a living organism to displace is to use locomotion. This means that a development of an asymmetry axis is necessary.

- Locomotion implies two functions:
  - Function of motricity
  - Function of symmetry

Symmetry → 2 systems
Symmetry, locomotion, nervous system

- There exist two distinctive parts in respect of the symmetry axis.

- The nervous system has two hemispheres in order to control the two distinctive parts of the body.

Commissures

- The two brain hemispheres function as a unity and are linked one with the other by fibres that form the corpus callosum.
Representation of the commissures on the ear

- The commissures are represented on the ear at the extern side of the tragus.

Only the human being is equipped with laterality

- If we look at a group of apes, we will see that the apes do not have any preference for the use of the right or the left hand.

- 90% of the human beings are right-handed.
- ?????? What are the consequences ???
Only the human being is equipped with laterality

- If we look at a group of apes, we will see that the apes do not have any preference for the use of the right or the left hand.

- 90% of the human beings are right-handed.
- ?????? What are the consequences ????
The human being is right-handed from his birth

- 90% of babies turn their head to the right side in their bed, does not matter if they lay on their back or on their chest.
- 90% of children write with the right hand. 90% of adults turn on the right side when walking up stairs.
- The whole society is build in favour of the right-handed persons.

Fundamental differences between the human being and the animal

**Human being:**
- Notion and consciousness of itself.
- Time consciousness: yesterday, today, tomorrow.
- Consciousness of the death, of the end.
- The word, sentence, writing.
- Abstraction, creation.
Laterality in medicine

- **Broca, XIXth century:**
  - The left hemisphere is the seat of the linguistic ability. Aphasia is in 99% of the cases the result of hemiplegia of the right hemisphere.

- **Pavlov, XIXth century siècle:**
  - We can distinguish persons into thinkers and artists.

- **Sperry, Nobel Price in 1981:**
  - There exist functional differences between the right and the left cerebral hemispheres.

Right-handed.
Human left hemisphere

- **Hemisphere of:**
  - language +++
  - mathematics +++
  - non visual,
  - non hearing,
  - non tactile
  - non spatial
  - pleasant mood
Right-handed.
Right hemisphere of the human being

Hemisphere of:
- Aphasia
- Mathematics: 0/20
- Vision
- Auditive
- Tactile
- Spatial
- Unpleasant mood

How does our world perception happen?

1. All information is gathered by the right hemisphere.

2. This information is transferred to the left hemisphere via the inter hemispheric fibres.

3. The left hemisphere «creates» the abstractions.
L’hémisphère gauche est une machine à fabriquer des abstractions

On se dé-symétrise pour faire des abstractions
Corpus callosum and laterality

- The system of « laterality » can only function when there is a correct functioning of the corpus callosum.

Innervation of the tragus

- Complex, mixed innervation.
- Orthosympathetic and parasympathetic nerve.
- N. glosso-pharyngeus (IX)
- Motoric oculare communis nerve (III).
- Plexus cervical is superficialis (C 2).

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Schema: Dr. René Bourdiol
Tragus and symétry

Copyright: Raphaël Nogier

Tragus and laterality

Copyright: Raphaël Nogier
Laterality tests

1. **Determine:**
   - Master eye
   - Master hand
   - Master foot

2. **Functional eyes:**
   - Eye deviation test: eyes deviate to the opposite side than the working brain.

Copyright: Raphaël Nogier
Eye deviation test

Pathologies of laterality

1. frustrated left handed.
2. Overworking of right brain.
3. Overworking of left brain.
Treatment of laterality disorders

Tragus
frequencies D and L
Comment mesurer la latéralité chez un patient?

- **D = 18,25 Hz**
- **L = 276 Hz**

Sedatelec  
Micropad

**HF**  
**BF**  
Battement
Constellation normale pour un droitier avec l’étude des fréquences

Copyright: Raphaël Nogier

Normal right-handed and left-handed

Copyright: Raphaël Nogier
Frustrated left handed

\[
\begin{array}{c|c}
\text{HF} & \text{HF} \\
\text{BF} & \text{BF} \\
\hline
\text{HF} & \text{HF} \\
\text{BF} & \text{BF} \\
\hline
\text{lateralité contrariée}
\end{array}
\]

Copyright: Raphaël Nogier

Maniac crisis

\[
\begin{array}{c|c}
0 & \text{BF} \\
\hline
\text{BF} & 0 \\
\hline
\text{crise maniaque}
\end{array}
\]

Copyright: Raphaël Nogier
**Typical blockage of a MS crisis**

```
HF   0

0   HF
```

*blocage typique d'une crise de SEP*

---

**Anxiety**

```
HF   HF

HF   HF
```

*troubles anxio dépressifs*

---

Copyright: Raphaël Nogier
Psychotic crisis

Liver disorder

crisis psychotique

troubles hépatiques
Syndrome Norvégien

Copyright: Raphaël Nogier
Be careful : cancer

Attention !
Pathologie cancéreuse

Copyright: Raphaël Nogier

Cervical disorders

troubles cervicaux

Copyright: Raphaël Nogier
How to evaluate the photoemission with the filters

Study of the photo emission on the body

Each coloured filter → VAS when it is the filter corresponding to the area

On the body, we appreciate the importance of the pathology by counting the number of VAS

Example:
Filter B and intestine cancer
number of VAS = 9
How to explain the action of a coloured filter?

Hypothèse: R. Nogier

Study of the photo-emission on the ear

- We study the ear photoemission by the approach of the filter
- Normally, there is a VAS between 6 and 8 cm.
A 21, B 25, C3, D24, E44, F98, G30

The filters correspond to the territories and not to the frequencies

VAS and food hypersensitivity
What shall the human being eat? The human being is a ...


Chemical composition of the organism

<table>
<thead>
<tr>
<th>Elément chimique</th>
<th>Symbole</th>
<th>% en poids</th>
<th>Où trouver ces élément dans le corps humain?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxygène</td>
<td>O</td>
<td>65</td>
<td>fluides et tissus (carbohydrates, protéines, graisses, ADN, ARN, eau corporelle)</td>
</tr>
<tr>
<td>Carbone</td>
<td>C</td>
<td>10</td>
<td>protéine (carbohydrates, protéines, graisses, ADN, ARN)</td>
</tr>
<tr>
<td>Hydrogène</td>
<td>H</td>
<td>10</td>
<td>fluides et tissus (carbohydrates, protéines, graisses, ADN, ARN, eau corporelle)</td>
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<tr>
<td>Azote</td>
<td>N</td>
<td>3</td>
<td>fluides et tissus (protéines, graisses, ADN, ARN)</td>
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<tr>
<td>Calcium</td>
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<td>1.5</td>
<td>protéine (eau en particulier)</td>
</tr>
<tr>
<td>Phosphore</td>
<td>P</td>
<td>1.0</td>
<td>tissus, protéines, graisses, ADN, ARN, os</td>
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<tr>
<td>Potassium</td>
<td>K</td>
<td>0.4</td>
<td>eau corporelle</td>
</tr>
<tr>
<td>Sodique</td>
<td>Na</td>
<td>0.2</td>
<td>fluides et tissus (eau corporelle en particulier)</td>
</tr>
<tr>
<td>Chlorure</td>
<td>Cl</td>
<td>0.2</td>
<td>eau corporelle</td>
</tr>
<tr>
<td>Magnésium</td>
<td>Mg</td>
<td>0.1</td>
<td>protéine (enzymes permettant synthèse ADN)</td>
</tr>
<tr>
<td>Iode</td>
<td>I</td>
<td>0.1</td>
<td>enzymes aidant la synthèse d'hormones</td>
</tr>
<tr>
<td>Fer</td>
<td>Fe</td>
<td>0.1</td>
<td>enzymes permettant transport oxygène du sang</td>
</tr>
</tbody>
</table>
Chemical composition of the organism

<table>
<thead>
<tr>
<th>Element</th>
<th>Symbol</th>
<th>Amount</th>
<th>Function</th>
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</thead>
<tbody>
<tr>
<td>Copper</td>
<td>Cu</td>
<td>traces</td>
<td>enzymes</td>
</tr>
<tr>
<td>Zinc</td>
<td>Zn</td>
<td>traces</td>
<td>enzymes</td>
</tr>
<tr>
<td>Selenium</td>
<td>Se</td>
<td>traces</td>
<td>enzymes (stabilise ces dernières)</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>Mo</td>
<td>traces</td>
<td>enzymes</td>
</tr>
<tr>
<td>Fluor</td>
<td>F</td>
<td>traces</td>
<td>os et dents</td>
</tr>
<tr>
<td>Manganèse</td>
<td>Mn</td>
<td>traces</td>
<td>enzymes permettant synthèse ADN</td>
</tr>
<tr>
<td>Cobalt</td>
<td>Co</td>
<td>traces</td>
<td>enzymes</td>
</tr>
<tr>
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<td>Li</td>
<td>traces minimales</td>
<td>enzymes</td>
</tr>
<tr>
<td>Strontium</td>
<td>Sr</td>
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<td>enzymes</td>
</tr>
<tr>
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<td>Al</td>
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<td>enzymes</td>
</tr>
<tr>
<td>Silicium</td>
<td>Si</td>
<td>traces minimales</td>
<td>matières et peau</td>
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<td>Plomb</td>
<td>Pb</td>
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<td>enzymes</td>
</tr>
<tr>
<td>Vanadium</td>
<td>V</td>
<td>traces minimales</td>
<td>enzymes</td>
</tr>
<tr>
<td>Arsenic</td>
<td>As</td>
<td>traces minimales</td>
<td>enzymes</td>
</tr>
</tbody>
</table>

Composition of the food items

- Water
- Mineral salts
- Carbohydrates
- Fibres
- Proteins
- Lipids
- Vitamins
Water

In the body, we can find water ...:

- Inside the cells: 40% of the body weight
- Between the cells: 15% of the body weight
- In the vessels: 5% of the body weight

Content of the water in the food items:
- cereals: 10 to 20%
- cheese: 40 to 50%
- meat: 60 to 75%
- fresh fruit and vegetables: 80 to 90%
- mushrooms: 90 to 95%

- The more water a food item contains, the less time it can be conserved. --> Dehydrated foods can be conserved for a very long period.

Mineral salts

Definition: elements which intervene in:
- Framework of the organism (calcium)
- Nervous transmission
- Muscle contraction
- Chemical enzymatic reactions

One can distinguish:
- Macro elements > 10 g
- Microelements from 1 to 10 g
- Oligo elements < 1 g
Proteins

- They are responsible for allergies, as the immune system only recognises sequences of amino acids.

Proteins

- Essential amino acids:
  - Isoleucine
  - Leucine
  - Lysine
  - Threonine
  - Tryptophane
  - Valine
  - Arginine
  - Histidine
Proteins

- **Plant proteins:**
  - Prolamins (non-soluble in water)
  - Glutenins (non-soluble in alcohol)
  - Globulins

- **Animal proteins:**
  - Albumins (soluble in water)
  - Pseudoglobulins (non-soluble in water)
  - Scleroproteins

**Nutritional sources:**

- Plant proteins:
  - Wheat flour 10%
  - Beans 19%
  - Lentils 24%

These kinds of proteins are quite poor on 3 essential amino acids, which are: tryptophan, lysine, methionin.

This is the reason why one shall better associate them, as their deficit cannot be always superposed.
Proteins – Sources in food

- **Animal proteins:**
  Their inconvenience is their association to the high level of lipids with an overcharge on saturated acids.
  On the other hand we shall not forget that an animal will consume 10 kg of plant proteins to create 1 kg of meat!

Proteins – their tasks

1. Energetic task: 1 g = 4 Cal
2. They have no reserve property
3. Function of the proteins: **creation of the living tissue**
   - Bone framework
   - Contractile fraction of the muscle
   - Constitution of the cell membrane
   - Task in the water movement
   - Constitution of the enzymes
   - Constitution of the hormones
Proteins: Synthesis

- ADN, ARN, Triplet → amino acids

Proteins: Structure

- Primary structure: sequence of the aa
- Secondary structure: form of the chain
- Tertiary structure: folds
- Quaternary structures: subunits
Proteins: Degradation

- The principal denaturizing agents are:
  - High temperatures
  - Acids and bases
  - Organic solvents
  - Urea and guanidine

Vitamins

- Substances which cannot be synthesised by the organism
- Necessary for the growth
- Presenting no intrinsic caloric value
- Co-factor task in the enzymatic membrane systems
Carbohydrates - Sugars

- Carbohydrates are biochemical components, which are created as first by plants during the photosynthesis.
- They represent an important part in diet: sugar, bread, rice, maize.
- They are called hydrates of the carbon, as their brute formula can be generally written as $C_n (H_2O)_n$, but in fact this term is just a coincidence with no real signification.

Carbohydrates – bio-chemical structure

- Three classes of growing complexity:
  - Oses (simple sugars): fructose, glucose
  - Holosids: are created by the union of a small number of simple sugars
  - Polyholosids: are created by the union of a big number of simple sugars
Carbohydrates

- Oses (simple sugars)

1. Glucose
2. Galactose
3. Mannose

- Diholosids

1. Lactose
2. Maltose
3. Saccharose
Carbohydrates

- Polyholosids
  - **Starch**: is the main form of reserve in plants. **Two types of molecules**:
    - amylose, amylopectin.
  - **Glycogen**: molecular weight of several millions.

Carbohydrates: Task

1. Carbohydrates of the constitution:
   ribose, desoxyribose, mucopolysaccarides.
2. Energetic task.
Lipids

- Lipids form a group of quite heterogeneous substances, with a common aspect of being non-soluble in water. On the other hand they are solvable in organic solvents, to say in warm alcohol, ether, chloroform.

- They represent fat bodies essential for:
  - the nervous cell
  - the cell membrane
  - the energy reserve

- We can distinguish saturated and non saturated fat acids.

Fibres

- Fibres are very complex carbohydrates and cannot be digested by human beings.

- They represent construction elements of all plants and do not have any caloric value.

- They cannot be digested by the help of the digestive secretions because of the lack of specific enzymes. Fibres play a very important role in diet.
Fibres

- Decrease the feeling of hunger and prevent from gaining weight, as they blow up in the stomach;
- Help the contraction of the intestine muscle fibres and fight constipation;
- Harmonise the intestine flora

Food conservation

- **Dehydration**: drying, salting, smocking, lyophilisation.
- **Techniques using heat**: sterilisation, milk pasteurisation, milk sterilisation.
- **Techniques using cold**:
  - Refrigeration between 0 and 4°C
  - Freezing between -18 and –15 °C
  - Deep/Fast-freezing under –18 °C
Food absorption

- The digestive absorption allows water, mineral salts and nutritional elements - like hydrocarbonates, proteins and lipids - to enter into the blood and the lymph, through the mycosis of the digestive tube.
- The seat of the digestive absorption is:
  - Small intestine
  - and intestine villosities (villi)

Protein Absorption
Diseases linked to diet

- Diseases due to excess: diabetes type II, fluorosis, etc...
- Diseases due to deficit: hypovitaminosis, deficit on minerals, protein deficit, etc...
- Diseases due to food toxicity: mushrooms, heavy metals, etc...
- Diseases due to pH:
- Diseases due to the individual sensitiveness: food allergies and intolerances

Diseases due to excess

- Excess on water: diabetes insipidus
- Excess on minerals: fluorosis
- Excess on fibres: abdominal pain, irritation of the colon
- Excess on vitamins: vitamin shock
- Excess on sugars: hyperglycaemia, obesity
- Excess on lipids: overweight, artheritis
- Excess on proteins: cancer, osteoporosis
Diseases due to deficit

- Deficit on water: dehydratation
- Deficit on minerals: osteomalacia
- Deficit on fibres: constipation
- Deficit on vitamins: scurvy
- Deficit on sugars: neurological disorders
- Deficit on lipids: metabolic and neurological disorders
- Deficit on proteins: ...

---

Diseases due to deficit

Deficit on proteins
(celiac disease, malabsorption, malnutrition, heavy hepatitis, cirrhosis)

- Fatigue
- Oedema
Diseases due to food toxicity

- Toxic substances intrinsically linked to the food item:
  - Mushrooms
- Toxic substances extrinsically linked to the food item:
  - Pollution of the food item
  - Pesticides
  - Mercury
  - Radioactivity
  - Antibiotics
  - Anabolicas
  - etc.

Diseases due to individual sensitiveness - allergies/intolerances

- Allergies: individual disorders created by an immune conflict vis-à-vis food proteins.
- Intolerances: individual disorders created by other mechanisms than the immune conflict:
  - One can be intolerant towards proteins, hydro carbonates, lipids, colorants, conservatives, etc.
What is the most important problem of the human being in respect to allergology?
What is the most important problem of the human being in respect to allergology?

- A too big head!

Food allergies

There are several allergy types:

- **Immediate allergies**: reaction within a period of some minutes to some hours
  - IgE dependant
  - Clinical signs: conjunctivitis, rhinitis, oedema, collapsus…
  - Foods: peanuts, tomato, celery…
  - Diagnostic: Prick-Test
- **Semi delayed allergies**: reaction after 24 h
  - IgG dependant
  - Clinical signs: asthma, eczema, aphta, sun allergy
  - Foods: milk, tomato, potato…
  - Diagnostic: IgG dosage
- **Delayed Allergies**: reaction after aprox. 3 days
  - Lymphocytes
  - Clinical signs: numerous
  - Foods: all
  - Diagnostic: TTL
Delayed allergies
= Hidden allergies

Clinical signs:

- General signs: fatigue, hypersomnia
- Neuro-psychic signs: migraine ++++, mood disorder, anorexia
- Digestive signs: constipation, foul smelling gas
- Rheumatologic signs: unexplainable articulation pain
- Cutaneous signs: livedo, eczema, urticaria, alopecia
- Gynaecological signs: premenstrual syndrome, mammal pain
- Cardiovascular signs: hypotension, tachycardia

Causes of delayed or hidden allergies

- Genetic predisposition to an allergy
- Not being breastfed
- Too early introduction of the proteins into the diet of the newborn
- Hyper consumption of a food item
- Medical drugs: anti-inflammatory drugs, antibiotics, vaccines
- Hormones
- Alcohol
- Fever
- Physical effort
Task of the intestine and food allergies

Above all, it is the non-functioning of the intestine which is at the origin of the food allergies.
Foods in question

The immune system does recognise only proteins

- Animal proteins
  - Milk: cheese, yoghurt, butter
  - Meat: beef, chicken…
  - Eggs: white of the egg and yolk
- Plant proteins:
  - Cereals: wheat, rye, barley, oats, maize
  - Leguminous: soy, lentils, peas
  - Fruits: citrus fruits, avocado, olives
  - Solanacea: potato, tomato, coffee

How to make the diagnostic of a delayed allergy?

1. Anamnenses: Have you been breastfed?
   - Diet in the early childhood
   - Do you take the contraceptive pill?
   - Do you have distaste towards specific foods?
2. Physical examination:
   - Aspect of the skin – pale, translucent, infiltrated dermatographism, oedema on the limbs
   - Aspect of the hair
   - Presence of the Chvostek Sign?
   - Constitutive aspect:
     - How is the shape of the person?
   - Blood pressure
3. Biological examination: TTL
4. Study using the cutaneous spectro photo perception
How to recognise a woman taking the contraceptive pill?

Aspect of the eyes
Aspect of the ear

A pronounced prelobular sulcus (groove) signifies a possible allergy towards cereals.

Livedo
General shape

Woman, 30 years old, migraina, pill, distaste of raw milk

Taking the blood pressure: hypo tension can signify a nutrition disorder
Dermographism
Allergy (potato)

Allergy (potato)
Sign of the fold

Very elastic skin
Cutaneous spectro photo perception
(Auriculomedicine - discovery of Paul Nogier 1908 - 1996)

- **Aim:**
  Detect individual hostile reactions to food

- **Technique:**
  Observation of the change in pulse quality, while a projection of light having passed through a food test on the patient’s skin.

---

**RAC or VAS**

![RAC or VAS diagram](Image)
Examination using food tests

Test of approach

- Normally the pulse reacts when the food item is at the distance of 12 – 15 cm. The VAS reaction is present during two or three pulsations.

- When an allergy is present, there will be no VAS reaction!
Detection of food allergies
(R. Nogier)

- The procedure is to put on the thorax of the patient a ring test and to observe the pulse reaction during 5 pulsations.
- Normally, there shall be a « jump » of pulse during the first 2 pulsations after the test have been placed, after which the pulse becomes normal.
- When allergy is present, the pulse collapses after the first 2 pulsations.

This collapse of the pulse can hold on for several seconds, even after the test have been removed.

Frequently, we can observe several hostile reactions to different foods at the first session. This is why, it is necessary to see the patient again (after 1 month of eviction of the food items found) in order to test again the foods that were detected during the first session.
Detection of food allergies (R. Nogier) - Protocol

- To be more efficient during the examination, several substances can be tested at the same time.

Which are the most frequently suspected foods?

- Dairy products
- Meat
- Eggs
- Cereals
- Citrus fruits
- Potato
- etc.
Example 1: allergy to cereals

- Aphtosis: woman, 30 years old.

Example 2: allergy to cereals: paranoiac psychosis

2000 2008
Example 3: allergy to dairy products: inflammatory rheumatism

Inflammatory rheumatism, which began at the age of 12 years. Functional incapacity ++++, VS high, anti-inflammatory treatment, Methotrexate.
Diet without any dairy product.
Restitution ad integrum.

Example 4: allergy to tomato

After two months following a diet with no tomato
Example 5: Total alopecia in case of a 25 year old woman. Hair loss after an angina and treatment with antibiotics. After 3 months of diet with any dairy product.

After 8 months of diet
After 18 months of diet

After 30 months of diet
Example 6:
Eczema in case of a 50 year old man, which began when he was 17.
Allergy towards eggs.

After 2 months of diet.
After 7 months of diet.

After 8 months of diet.
After 16 months of diet.

Example 7: mastodynia in case of a 40 year old woman.

Before and after the eviction of the diary product for a period of one year.
Hypothesis - Raphaël Nogier

- The most allergies are observed very early in life. Principally, they can be observed in the first months of the extra uterine life of the baby. Sometimes even during the uterine life, as consequence of the inhalation of the liquid.

- The organism employs different strategies due to the age. The immediate allergies can principally be observed in childhood.

- After a certain age, the allergenic targets remain the same, but the strategy employed by the immune system changes. Here we will see the appearance of hidden allergies. The IgE are replaced by IgG or the lymphocytes.

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My hypothesis
Raphaël Nogier

- At the age of an adult, the immediate allergies are often the consequence of the delayed allergies.
Thank you