

Battlefield Acupuncture!



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Chapter 1 Introduction

After the terrorist attack on the World Trade Center in New York City in 2001, battlefield acupuncture was born. Colonel Richard C. Niemtow MD, PHD, MPH was researching a more efficient and RAPID form of pain relief through a system called auriculotherapy. Auriculotherapy is a form of acupuncture that focus on the many areas on the ear that influence the body and is often used to stop pain.

Inspired by the events of 9/11, and testing new forms of auriculotherapy with amazing results, Colonel Niemtow coined the term "Battlefield Acupuncture".

So what is battlefield acupuncture, and how can it help you? I am sure that is what you want to know, right? Well you are in for a treat. In this guide I am going to show you the proof that has caused the United States army to start using battlefield acupuncture, exactly how and why it works, and then I am going to teach you how you can use a version of this amazing type of acupuncture to help yourself or a loved one...*in your own home!*

You may or may not be aware that it is actually illegal to perform acupuncture on yourself without a license in America and several other countries. However, you should not let this put you off, as you are going to discover that once you refine

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the techniques in the way I show you, you will not even need needles anymore. You are going to learn about acupressure and its effects on the body, and acupressure is a form of acupuncture that works by applying pressure to the acupuncture pressure points, but without using needles . You may be surprised by acupressure, as many people jump to the conclusion that acupuncture works by shorting out the nerves in some way, but this is not the case. Acupressure can be performed in your own home, and it has the advantage that once you learn what to do, you do not need to buy any equipment, or worry about additional expenses to get started.

Battlefield acupuncture is a type of auricular therapy, in that it works by causing effects to the body by stimulation of the ears. As to why this works, theories abound, but what you need to realize is that the evidence clearly backs the fact that it does work, and therefore will work for you.

Before I get started with this guide in earnest, I need to explain something to you. This is not just another guide that you can read and forget. If you have a chronic pain or a serious pain related issue, what you are going to learn in this guide could be a life changer for you. And let's face it, if you are reading this guide, you or a friend or relative probably does have a serious problem. I want you to not only read this guide, but to implement what I teach you. Having a persistent pain or pain related issue can absolutely destroy a person's quality of life, and the absolute worst reason for not fixing the problem is

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not trying.

I completely understand where you are coming from if you say you find the whole idea of battlefield acupuncture absurd. I agree it is completely crazy that it should have any effect on anything...*but it does!*

I realize where the sceptics are coming from, and understand their confusion. However, you should not let them put you off trying, because a pretty constant theme amongst people that try and discredit battlefield acupuncture is that they have never tried it, or seen it in action. It does sound crazy that it works, and we get that. The point is though...*it works!* And better yet...*it will work for you!*

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Chapter 2 Where Did It Come From?

Acupuncture dates back at least 4000 years, though its exact origins are hard to determine. Due to an intense period of political upheaval in China, much of the truth was altered to fit political ends, and what could have been helpful in determining its exact past has been



rendered untrustworthy. However, acupuncture in its present format has remarkably little to do with the way it was used in the past, and in actual fact far more study and research has been done in the last 100 years, than in all the proceeding years put together.

Acupuncture started out with the trial and error method, that while effective, takes time. Very slowly certain key components were discovered, named and gradually understood to a degree. On the back of these small discoveries later generations have refined, tweaked and tested everything. Only very recently going the proper route of documenting the effectiveness of different strategies.

Over the last hundred years the medical institution in the west had lost patience with the haphazard way in which acupuncture was being taught and tested, and as a result

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acupuncturists realized that previous ways of explaining things were not working.

Finally grasping that they were dealing with western medical boards, they started gathering data, undergoing real scientific research into their craft, and finally started to be able to deliver consistent results, time after time, patient after patient. In many ways you could actually say that the orthodox medical community caused the acupuncturists to up their game to the level it is at now. Though if you are going to say it, make sure they cannot hear you!

Acupuncture has branched into specific fields, and people have focused more on their chosen body part. What this has effectively done, is create people that have far more knowledge of acupuncture of the hand or ear or a specific body part, meaning that they have the time to refine their art in this one area. This detailed study of a small part of acupuncture increases the knowledge-base of acupuncture as a whole.

Consider that if you have ten people passing on knowledge they have gained from one specific type of acupuncture, you end up with a far more detailed picture than if they all just worked on the basics, all relearning the same thing.

One of these areas of acupuncture that has been studied exclusively is auricular acupuncture. Auricular acupuncture is acupuncture administered to the ear, and using normal

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acupuncture needles. It has proven very successful for curing pain, though used with traditional acupuncture techniques it was still the start of something even newer that we will get to in a moment. When performing auricular acupuncture the acupuncturists were experimenting with different acupoints, as the accepted ones seemed to be effective but not quite right. This leads us to Col. Richard Niemtzw's discoveries.

Col. Richard Niemtzw is a senior adviser to the air force surgeon general, as well as being an acupuncturist. He discovered a whole new way of performing auricular acupuncture, using different acupoints, and even a different type of needle. It seems he very methodically experimented using the trial and error technique. Convinced there was much more that could be achieved, if one was to put aside a large portion of what was considered general knowledge regarding acupuncture. He set himself the task of reinventing the wheel, and much to the surprise of everybody involved, it seems he actually did it.

Niemtzow named his own particular brand of auricular acupuncture “battlefield acupuncture”, because as he has said himself, with the ability to reduce the effects of pain so dramatically, the field of battle is the logical place to take it.

Let’s consider Niemtzw's area of expertise other than acupuncture. He knows that in war soldiers are very vulnerable when injured, and that many make stupid decisions either based on the pain they are in, or because of the medicine that helps with the pain, but leaves the soldier acting like a drunkard when

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a cool logical mind is required. Also he knows that because of the debilitating effects of both pain and the standard pain medication, soldiers have died, and continue to die across the world.

Where battlefield acupuncture really excels is that a medic can dash up to an injured person, quickly administer the battlefield acupuncture, and within five minutes the injured person can usually help get themselves to safety.

The advantage of modern battlefield acupuncture is that there are no secret codes, hidden meanings or ancient knowledge being vaguely alluded to. It is literally a refined version of auriculotherapy with full instruction and a proven track record. This is the main reason we are focusing on battlefield acupuncture, because it is simple to learn, understand, and perform.

In the 1980's a Russian therapist named Kuznesov invented a type of acupuncture that relied on pressure rather than needles. Understanding that in some places acupuncture was not an option he decided to test whether pressure applied to the acupoints would have a similar effect to acupuncture. Needless to say his results were positive, and hence forth it became an easily practiced home alternative to acupuncture.

If you have ever seen someone on an airplane wearing a motion sickness wrist band, you have seen acupressure in action. While many benefit from the commonly available wrist

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band, very few are aware it works by pressing on the P6 acupuncture point. Ironically, many people that scoff at the idea of acupuncture, happily use the wrist band without realizing the irony of their actions. This is a very popular treatment for nausea, and hardly anyone realizes the way in which they treat their nausea, actually proves the effectiveness of acupressure.

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Chapter 3 What Is It Good For

Battlefield acupuncture has many uses, and is certainly not specific to only a soldier's needs. Anyone suffering from pain can benefit from battlefield acupuncture, and in this chapter I shall outline some of the main complaints that it is especially effective at dealing with.

If you, or the person you wish to help is having continuing pain due to an operation. Battlefield acupuncture will be very effective for stopping the pain. Let me explain that acupuncture will not actually heal the affected area, but it will allow you to function in the mean time, as you will not be bogged down by the constant sensation of pain.

Battlefield acupuncture is also very effective for sufferers of osteoporosis. With osteoporosis there is a need to move the affected areas to stop the joints from getting worse, but doing this causes pain. What happens inevitably is that the person suffering osteoporosis very rarely moves themselves in anyway that causes pain, and therefore it gets worse. This isn't their fault, it is just human nature to avoid doing something that results in a pain response. By using battlefield acupuncture, the sufferer is able to move about far more because they are not as restricted by pain, and thus their condition improves. This is an example of how eliminating the pain response can allow the

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effected person to treat themselves in the way they need to, without the pain blocking their attempts.

Battlefield acupuncture is also very effective against sprains and strains, as both cause you to require some form of physical therapy to improve your condition. Obviously with a lesser degree of pain you are able to do this without shying away from the activity that causes you pain. After you have sprained an ankle or other body part you will be suffering from pain for an extended period of time, and while normal medication can be used it will leave you drowsy and disorientated. The symptoms of a sprain often require medication that leaves you in no fit state to operate dangerous machinery, and this can even potentially affect your ability to earn a living.

By using battlefield acupuncture the injured person can block up to 75% of the pain, and therefore carry on with their normal life distraction free, and with a clear head.

Another type of affliction that battlefield acupuncture has proven very effective against is migraines. Migraines can be extremely severe, and often leave people completely bed-ridden. Modern medicine has proven absolutely hopeless at dealing with migraines, and most people had all but given up on finding a cure. However, battlefield acupuncture has proven very effective at combating the effects of a migraine, and worked equally well when used for simple headaches.

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Also it is to be remembered that any long-term pain where medication is used to treat it, comes with the risk of addiction. Many pain relief medications have undesirable side effects, and it is not only soldiers that need to keep a clear head. Even if the person suffering from pain refuses the medication in an attempt to stop their work from suffering, pain can also make you just as slow witted as the medication. This is really where battlefield acupuncture has its main appeal. It can be used on any type of chronic pain, including ghost pains, without adversely affecting the patient in any way.

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Chapter 4 Who Uses Battlefield Acupuncture

Other than many sick people around the world using battlefield acupuncture, it is even used by the United States Air Force. As you can imagine, getting the USAF to even look at something like acupuncture must have taken quite a bit of effort, but look, they did, and now they are busily training medics in the use of battlefield acupuncture. Soldiers being sent out to Afghanistan and Iraq will be backed up by these medics, that will be able to administer battlefield acupuncture, and hopefully it will prove even more effective than hoped for.



Previously to the USAF taking up the cause, it was already popular in Germany. In 2008 at the Landstuhl Regional Medical Center (LRMC) battlefield acupuncture was already in use to treat wounded service men. Many soldiers were used to test battlefield acupuncture, and while many were skeptical at first, the vast majority found it helpful. It was used to try and help post-traumatic stress syndrome which is an emotional condition caused by the shock of war, as well as perfectly ordinary injuries. It was found very effective for stopping pain,

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and even did a little to help with emotional and psychological problems like sleep deprivation, and personality disorders.

The LRMC found that 85% of people were helped by battlefield acupuncture, and that the average pain reduction post treatment among those helped is 75%+ which is a significantly higher pain reduction than most medicinal treatments, including morphine. In fact only a 25% increase with most medications would actually be considered a success. That's three times the amount the pain was reduced.

There are now many people around the world everyday, going to their acupuncturist and asking for this type of auriculotherapy, and it is becoming more popular all the time. There are many other forms of pain and illnesses constantly being tested to see what works and what doesn't, and as more previously untreatable causes of pain are cured, its popularity and user base grows. The significant work on this type of Eastern practice actually looks to be significant step in the right direction, a step not to the past but to the future.

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Chapter 5 Other Peoples Results

So everybody is starting to pay attention to Col. Richard Niemtzow's variant of auriculotherapy, but I am sure you are wondering what people are saying after they have used it themselves. After all, it is easy to say something sounds like a great idea in theory, but whether the person feels the same after their treatment can be another story.

Here are some testimonials that show you what the military personal, doctors and patients are saying:

"It allows a provider like me to confidently complete a treatment and expect a good result within minutes... Other advantages are virtually no significant complications, patients are subjected to little or no discomfort, and immediate results that can be "quite spectacular sometimes."

- Major (Dr.) Conner Nguyen

"The doctors who saw it in action and heard about it have been very excited about the opportunity to add acupuncture as an adjunctive therapy to what we already have been able to accomplish with western medicine,"

- Colonel (Dr.) Stephen Princiotta,

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Deputy Commander for Clinical Services, Landstuhl Regional Medical Center

"I love it... It can be life-changing when the patient responds immediately and looks at you like you're a magician... I'm always happy to see a patient break into a smile who was in misery only minutes before"

- Major (Dr.) Teri Simpson, anesthesiologist

"While I'm just standing here I feel a lot better," he said. In addition, the young Soldier edged the closest he'd been to touching his toes in six months due to back pain.

- Bradley Phillips, Army Specialist,
3rd Armored Cavalry Regiment, Fort Hood

"It was amazing [she said of her initial acupuncture treatment that provided total relief from her headache]... I couldn't believe it the first time it happened. I could almost function like a normal person again."

- Senior Airman Jillian Sandbothe,
52nd Component Maintenance Squadron at Spangdahlem Air Base, Germany

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"They put the needles in one point on each side of the ear and the [shoulder] pain was immediately gone... I can't believe in less than 10 minutes my pain is gone!"

- Lt. Colonel (Dr.) Wilbur Peralta, 779 MDOS

"It allows troops to reduce the number of narcotics they take for pain, and have a better assessment of any underlying brain injury they may have... When they're on narcotics, you can't do that because they're feeling the effects of the drugs."

- Colonel Arnyce Pock,
Medical Director for the Air Force Medical Corps

On January 30, 2009, FOXnews.com reported that Chief Warrant Officer James Brad Smith had excellent results with battlefield acupuncture. He had fallen over 20 feet from a Black Hawk helicopter in Baghdad in December of 2008. Smith broke five ribs, punctured a lung and shattered bones in his hand. He was treated by Dr. Niemtow at Walter Reed Army Medical Center in Washington. Officer Smith received acupuncture on several points on his ear, and his pain began to ease.

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"My ribs feel numb now and I feel it a little less in my hand," Smith said, raising his injured arm. *"The pain isn't as sharp. It's maybe 50 percent better."* It was reported that the throbbing pain in his leg didn't change with acupuncture treatment, but the pain levels in his arm and ribs were the lowest they've been since he was injured. He also said that he didn't feel groggy afterward, a side-effect he usually experiences from the low-level morphine he takes.

Clearly battlefield acupuncture is proving itself effective, and passes all the real world tests.

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Chapter 6 The Basics

One of the basic concepts of acupuncture is Qi. Qi is pronounced Ch'i and is in its simplest form just pure energy. The theory goes that Qi runs through all things, but especially living things, and is condensed to make matter. This is quite literally just what we would call energy, but the way in which eastern medical practitioners say it behaves, accounts for some of the major differences between eastern and western thinking.

Before getting into the main conceptual differences, I should point out that the idea that Qi condensed becomes matter follows Einstein's $E=MC^2$. As Einstein proved matter is just pure energy compressed until it becomes a physical object. So if you were doubting the idea you were made of energy, it is already indisputably proven. Though of course, whether these energies are vital life force or not is still disputable, the fact that this energy exists in some form is not.



This means that both the Eastern acupuncture practitioners and some of the greatest minds in Western Science believe that you, I, and all things are merely energy compressed into a

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physical form. However, western medicine at this point completely forgets the energy side of you, and voids any mention of it. According to the Western path once energy has become matter it follows completely separate rules. Eastern medicine on the other hand believes that the energy is still workable and concentrates on affecting the energy to cause change within the body, and it does this through manipulating the energy fields to fix itself.

Chinese medicine is based on the forces of yin and yang, with yin being the physical, and yang the metaphysical. Yang also encompasses the concept of Qi, as an overall description of energy forms, but slanted towards vital energy. The idea is that when someone is sick they are essentially out of balance, and that acupuncture can be used to help re-balance the yin and yang, or just reroute the energy from a certain area so there is little sensation of pain. This of course allows you to seek normal medical help while your Qi avoids the wounded area, and thus does not properly receive the pain sensation.

Acupuncture's use in general relates to numerous points on the human body. I will now explain the most basic of them and how they work. First of all as previously mentioned there is a basic concept of Yin and Yang. There is also the basic concept of the flow of energy around our bodies. The practitioners of acupuncture, acupressure and sonopuncture (acupuncture with sound waves rather than needles.) all believe that medical problems can arise if the pathways that the energy travels through become blocked, and that the release of energy or re-

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pathing the energy can help aid the ailments. Now there are specific areas that these can be targeted and where they occur will cause you the problem in the place it is related to. These major areas are called Meridians.

Pathways / Meridians

Each of these meridians is basically like conjunctions of energy paths. There are modernly six hundred and forty nine acupuncture points and twenty meridians. (Four hundred acupuncture points recognized by the WHO which is the World Health Organization.

Don't worry, it isn't actually that complex after all. You see, out of these twenty Meridians there are but twelve regular Meridians. These Meridians, or sometimes called Channels, are each given association with a main organ, and even easier to understand, these too have been split into categories; the Yin and the Yang.

They are also conveniently placed up and down the legs and the arms, each of the Yin and Yang having points on each appendage. So to reiterate, what is with them, is not the organ but is what the point on the arm or leg corresponds to.

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Arms

For Yin;

Taiyin Lung Meridian of Hand	Lung
Shaoyin Heart Meridian of Hand	Heart
Jueyin Pericardium Meridian of Hand	Pericardium

For Yang;

Yangming Large Intestine Meridian of Hand	Large Intestine
Taiyang Small Intestine Meridian of Hand	Small Intestine
Shaoyang Sanjiao Meridian of Hand	Triple Warmer

Legs:

For Yin;

Taiyin Spleen Meridian of Foot	Spleen
Shaoyin Kidney Meridian of Foot	Kidney
Jueyin Liver Meridian of Foot	Liver

For Yang;

Yangming Stomach Meridian of Foot	Stomach
Taiyang Bladder Meridian of Foot	Bladder
Shaoyang Gallbladder Meridian of Foot	Gallbladder

However, auriculotherapy does not deal with these systems. The idea behind battlefield acupuncture is that the whole body is a repeating construct of the same fundamental design. Much like this universe is made up of repeating patterns like a smaller object rotating around a larger, such as the Electron around the

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Nuclei, or the Moon around the Earth, or the Earth around the Sun. So also are the features of our own body repeated across our body in many places. So that each part of you is also tied into the complete you, a mirrored version of you in various points all over the body. This effectively means that when using battlefield acupuncture, the ear is a microcosm for the rest of the body. By just causing an effect on the ear you can cause changes within the entire body as it is within the same flow of energy, so does it have the same points for appendages that your body has, though not visual. By blocking the sections of the ear that are related to the part you are treating using acupuncture, the relative sections of the body are unable to feel the pain. Though there are also certain areas of your body naturally that are more effective for different things.

A more scientific look at auriculotherapy has come around more recently where the practitioners believe that the points on the ear are not directly linked with the places they correspond to, but that there is a connection between the nerves in the ear and reflex centers within the brain that then are in turn linked with centers down the spine, and then through the body to the specific points.

Some other acupuncture systems deal with both Meridians and Microcosms such as the Korean's Hand acupuncture, and some systems use neither microcosms nor Meridians.

Auriculotherapy first came into its element with the pioneer Dr Nogier who discovered a lot of what is known today. The

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continuing work in France, Germany, China and the United States has continued to push this amazing form of therapy forward. The ear in itself looks much like an inverted fetus, and within this image; our ear, are located all of the auricular therapy acu-points.

But What Can It Treat?

Auriculotherapy can treat a number of things, such as helping you to stop smoking for instance, but also helps on the pain of the lower back, joint pains, carpal tunnel syndrome, dry mouth. It can also cure nausea, reduce stress, reduce pain, and even can be used in aid for weight control. Auriculotherapy, especially the battlefield acupuncture branch of it, is truly a remarkable system revolutionizing alternative medicine today.

The inverted fetus and the points are mapped out almost as though it was a model of our child self, so as where the lobe is, the inverted fetus' head, you can treat eye disorders, thyroids, treat headaches, lessen toothaches and many other features. By the top of the ear, both the arm and the leg of the child are together where the leg is closer to the face, and the part of the ear closer to the back of the head is the arm. This is how the microcosm appears. Most of the inner part of the ear is where you would treat the major organs and where the predominance of auricular acupuncture points are.

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The main points that are started with are the Cingulate Gyrus, the Thalamus Point, the Omega 2, Point Zero and the Shenmen, where needles are placed in each. This is all done with a full physical assessment of the patient in question.

- 1.Omega 2
- 2.Shen Men
- 3.Point Zero
- 4.Thalamus
- 5.Cingulate Gyrus



By Elie Goldschmidt

There is a basic system of using what is referred to as the dominant ear. Only one ear is usually used, and it is that that is referred to as the dominant ear.

Now both of a patient's ears hold the inverted fetus image as obvious to the onlooker however, you must locate the one that is the most sensitive to pain. This is easily done as before anything else, a massaging of the ear is given to help stimulate the points. Once you have found the ear that is most sensitive to pain, you must locate the exact point where the needle should be placed. This is done by again massaging the ear. A sharp pain should be felt by the person in a specific place (in the correct area) and that is the correct place for the acupuncture needle.

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There a number of other ways of locating the dominant ear, Madeleine Turgeon author of Right Brain-Left Brain Reflexology gives the location of the dominant ear as right ear for visual, left for auditory, and body points are to be stimulated for thirty seconds on the side of the person that is affected before asking the patient once again how they feel.

As well as the master points already discussed, such as the Shenmen, there are a number of 'Functional' points on the ear which are named after the effects that they have such as Allergy, Anti-depressant, aggression, asthma, skin condition, Anti-Histamine, and various 'Body' points which just are named what they belong to such as Intestines, Lung, Heart, Hand, Foot, Spinal Cord, Throat, Stomach and many more.

The battlefield method is suited to the modulation of pain in the central nervous system involving the Thalamus, Cingulate Gyrus and Cerebral Cortex structures. In fact Dr. Z.H. Cho with the FMRI studies have suggested this.

The Use Of Needles

The use of needles in acupuncture and auriculotherapy have some varying effects depending on their structure. In a more scientific based view, it is said that the placing of gold needles will stimulate the release of positive ions. However the use of silver needles will stimulate the use of negative ions. In auriculotherapy there a number of alternate ways that you can

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stimulate these points, including the use of magnets, more often electrical stimulation of the points, lasers and ear pellets. Though also ear reflexology comes into play called auricular acupressure.

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Chapter 7 Battlefield Acupuncture Techniques

In battlefield acupuncture there is an interesting development of the use of multiple needles at an acupuncture point.



Niemtzow has theorized that using a second ASP needle will produce a better effect. Now interestingly he goes on to say that the second needle should be of a different metal to the first. Generally speaking the first needle would be gold, whereas he has specified the second touching needle to be either silver or stainless steel.

Now once again the reasoning behind it is quite scientific, he postulates that it may act as a micro-electrical stimulator to the Acu-Zone.

This in turn goes right back to 1780 when Luigi Galvani discovered that he could animate a frog leg, by taking two different metals, placing them at different points in the nerve and then touching the two (different metals) together. He coined it Animal Electricity.

What Niemtzw is doing is exactly that, but instead he is using this scientific effect to stimulate the acupuncture points.

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It is theoretically plausible. The two different types of metal cause a galvanic coupling where the two needles come into contact. Because the needles are exposed to an electrolyte solution a small chemical reaction will occur at each of the needles caused by the small amount of sweat on the surface of the skin. We then know that one of these needles must become a cathode and one an anode, a consumer of electrons and the anode losing the electrons. Because of this the Cathode being swamped in the negative particle; the electron, becomes negatively charged itself, whereas the Anode becomes positively charged due to its loss of negatively charged particles.

A potential difference between these takes place, if you like, a bit like two terminals on a battery that work much the same way.

Interestingly the current flow in such a situation across your acu-points may be as low as 10^{-9} amperes, so you certainly won't have to worry about being electrocuted, you won't actually feel the voltage at all. It is the sweat that is causing the needles to have this effect and once again you do not need to be sweaty, as everyone has a small residue of sweat on the surface of their skin. Remember that sweat itself has no smell at all, it is only when bacteria builds up inside it that it is noticeable with its pungent smell.

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I know that you are asking yourself has this ever been proven in the context of battlefield acupuncture? Well the answer is yes, and I will now explain.

Through a simple test they were able to prove conclusively that auriculotherapy can affect the brain's oxygen metabolism levels. The experimenters rigged up two small electrical stimulation impulse generators behind the ear and then attached them to the battlefield Acu-points where there were two ultra thin needles.

Using various measurement systems of equipment they tested this on a female volunteer of thirty five and found that in the original steady state phase, the near-infrared spectroscopic picked up a minor decrease in Oxyhemoglobin in her brain.

In the next three trials of repetitive stimulation her Oxyhemoglobin rose considerably. This was not only significant proof that the battlefield technique was causing changes that were unexplainable by the scientific community, but also that they were repeatable and thereby verifiable changes.

The specific metals effects are unverifiable however, and many clinics continue to believe that any metal will work, not just the specific silver and gold needles that are commonly used. But the basic fact that two metals can cause a small electrical current in the first place is not under doubt.

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To use auricular acupuncture or acupressure on the auricular, you must first find the dominant ear, as already given in the chapter on Basics there are numerous theories on doing this. The test for increase or decrease in pain on a scale of one to ten is the most used, where it is a trial and error approach. There are also a number of measurement systems used in traditional acupuncture, where a measurement called the Cun is taken from specific landmark points on the body. Palpation for tenderness, as well as for stickiness, tension and feeling the pulse and temperature of the area over the skin is widely used to find the correct position on the patient. Though many of these are ridiculed by those that use the others, the basic area or zones of the points are commonly accepted.

As stated before in Basics the ASP needles are put into the dominant ear in the specific sequence of Cingulate Gyrus, the Thalamus Point, the Omega 2, Point Zero and the Shenmen. However In battlefield acupuncture the ear is usually found as such and two minutes may be taken for the patient to assess the pain levels with a single ASP needle in the Cingulate Gyrus, after that time if the patients levels have not changed, then a needle is placed in to the Cingulate Gyrus (a Master Point) of the opposite ear. Another two minutes is then given to assess whether the pain has relieved.

The ear with the less pain will then have a second ASP needle introduced into the skin of the Thalamus Point. After the

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patient ambulates the pain level is determined and the procedure can continue.

Following the Cingulate Gyrus, and Thalamus in the ear that produced the most pain attenuation, the next needles are inserted in the order as usual. The Omega 2, the Point Zero which is near the center of the ear on a ridge, and the Shenmen.

Subsequent tests are carried out all of the way through evaluating the effects on the patient. With all things going smoothly it should be as low as naught to one out of ten, and if not then the contra-lateral ear is again ASP needled in a similar fashion. It is important not to overload the ear so that the maximum amount of ASP needles is five.

There seems to be a drop in the effectiveness of battlefield acupuncture and in fact any type of auriculotherapy after the initial period, where by it begins to stabilize at a lesser effect. However battlefield acupuncture is a phenomenal resource and is especially useful on the battlefield.

There are a number of reason why battlefield acupuncture would seem to be a much more effective form of acupuncture than the other systems. The most obvious is that the undressing of a wounded or shell-shocked soldier is not in the soldiers best interest during a gun fight. Whereas with battlefield acupuncture one can easily place a pin in the correct acu-point zone to give immediate relief. Even with a helmet on the small size pins used in battlefield acupuncture are easy to get in the

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correct positions and quickly feeling with the thumb and index finger for the dominant ear and points as explained above, will achieve fast support for the soldier to help themselves.

Quite often a soldier can be so relieved from the initial effect of battlefield acupuncture that not only can they help themselves get to safety and be treated with Western Medical aid, but they can continue to defend themselves and others. This is truly why battlefield acupuncture and its easy fast approach is quickly dominating the attention of the United States Military.

The effect of this initial treatment can last for a wide variety of times dependent on the pathology of the patient. This has been known to be as temporary as minutes, hours, days, weeks and even months.

But still all self administered acupuncture, even auriculotherapy as illegal in the United States and a number of other countries. So how are you going to administer this, how can this actually benefit you.

Well the simple answer is that only the direct input of needles is illegal, and there are a number of other ways, using the same acupuncture points.

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Chapter 8 Acupressure and Acupuncture

In battlefield acupuncture we have learned the basic positions of points and what they are associated with. We have learned the benefits of these battlefield Acu-Zones and the techniques should we wish to seriously take a look at seeking help from a professional, but for self help, acupressure is really the thread that sews it all together. Acupressure can be used in a manageable fast and effective system that you yourself can administer to friends, your family, or yourself. Reap the benefits of tying systems together and become an expert in your own right. At the end of this I will give a number of places and organizations that will help you, but for now, here is acupressure at a glance.

Acupressure

Acupressure is an ancient Chinese art. Some claim (though there claims are disputed), that acupressure has been around for five thousand years. It is cheap, requiring little or no equipment as many just use their fingers to activate the acupressure points. It also has over three thousand conditions that it can treat and is especially popular in the countries where it is more widely known, meaning that those of you that know of it, do not want to give it up. With all of this information now spread around the

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world, it is hardly surprising that acupressure is the third most used treatment for pain and illness across the entire world. So if you think that you are copping out on acupuncture with a lesser form, I suggest that you start thinking differently.

Much the same as basic acupuncture the entire system is based on energy flow, and a system of fourteen meridian lines all corresponding to specific organs much the same as in basic acupuncture.

According to sources such as Acupressure.com, acupressure actually predates acupuncture, so if you want to go back to the real basics, then acupressure is where you want to be. It was dropped as the Chinese found what they considered to be better ways of stimulating these points. Where as in acupuncture needles are used, and then even certain types of metals and dissimilar metals in battlefield acupuncture, in acupressure the only things originally used were the firm and yet gentle pressure caused by the skilled fingers, palms, and even feet of the acupressure practitioner. Feel the benefits of an ancient tradition of therapy molded and helped throughout the history of China.

Just the same acupressure believes that illness and pain are blocks of energy, perhaps leaks in energy and the clear way to balance a person is to restore the active Yin and Yang by unblocking, redirecting or healing the specific area. It uses meridians the same. It is used mainly in Asian countries such as China probably being the most obvious and obsessed with this

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wonderful art, but it is also widespread in India, Korea, even the great island of the Ninja, Japan.

But how could such a strange system compared to the West, become so widespread?

Well the truth is that acupressure in some form or another, probably developed simultaneously across many cultures.

In early times where man had not the bullet to kill, people were quite often injured by less accurate weapons such as an arrow from a bow or a snap of a wooden staff. Yes, you could say that an arrow can be fantastically accurate, only look at Byron Ferguson the famous archer who starred in the most famous exhibition shooting program on American television, but most wars were fought in mass. The sky could be clouded with arrows crossing hundreds of feet before they landed on random soldiers in enemy lines. An arrow was unlikely to cause death, but to wound so that the enemy lines were weaker. Accuracy was simply not as important in those days. With such large armies, they needed to cut down the enemy fast, by limiting their ability to fight, and yes by killing them straight out when they could. Think of it like modern day wars. A sharpshooter will be placed to take out one or two men, but if you are facing with any number of enemies, you are met with wide-range guns like sub-machine guns.

In ancient times it is recorded that some people began to actually benefit from these wounds. This is probably the true

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birth of widespread acupuncture as these stories spread from one person to another. So then the areas of these supposed beneficial areas were recorded, and needles were introduced to see if they had the same effect. Mao Tse Tung lead an army in nineteen thirty five unable to rely on complicated Western medicines, it had no choice but to fall back on Chinese arts and the treatments went well received which caused a boost in modern times to the ancient concepts. This links greatly to the modern battlefield acupuncture and its effectiveness on severe pain and ability to treat quickly and safely.

Testing

There is a lot of nonsense about acupuncture and acupressure not being scientifically tested. What is a scientific test but trial and error? Do you really believe that no one thought to ask their neighbor if it had worked on them before they stuck a pin in themselves? Of course they did. Any long standing method of treatment will spread through word of mouth better than any other means and acupuncture and acupressure are no different. Surely there is no greater test than the testimonial of another human being who has tried a system and benefited.

The tie between the five thousand year old mummy and tattoos which correspond to Acu-point seem a little hard to fathom as being anything but made up in my mind, but there is a clear historic recording between the dates of 2697 and 2596 BC. It was by Nei Ching and gives fantastic treatments to a

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wide range of ailments. Some would liken him to the father of acupuncture. Still there seem to be a number of false claims about him which I will not repeat. His work at least does contain some valuable insight into the age of the primitive form, in fact his writings have influence many for thousands of years.

Acupressure is a much safer form and as long as you follow the basic guidelines of how to use it as already given in acupuncture, you will be fine, just use your hands rather than pins and watch the pain miraculously disappear. There is an idea amongst those that believe in the Chi or Qi aspect of the art, who say that when a baby is born, a small amount of Chi moves from the Kidneys of the mother to the baby. So the only warning is that amongst pregnant women they should not mess with the points relating to the kidneys. Some say that pregnant women should void it all together. It is a matter of discussion at the moment and has been for some time with no clear conclusion likely to come about soon.

It is a shame that the Western world has not only attempted to stop the knowledge of ancient arts being spread, but had also influenced the Asian countries to stop teaching it as well. In the eighteen hundreds there was an attempt to establish hospitals based on western medicine. Take in mind that Western medicine was not exactly state of the art back then compare to now. When you consider the dramatic effects that acupuncture and acupressure have over medicinal drugs it is appalling to think that this was allowed to take place.

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In eighteen eighty four once again this was seen in the Chinese government where the practice was actually outlawed within the imperial palace by Emperor Tao Kuang. It is no surprise in my mind that the people continued regardless.

So how did this acceptance come about? Well the most forward thinking countries are Chinese and Japanese where they use a combination of therapies both Western and Eastern. I believe this to be how things should be done to utilize the knowledge of both sides of the globe in order to treat those suffering. Also the French have come forward in accepting this wonderful system where over six thousand doctors actually use acupuncture commonly.

This was no doubt due to Souile de Morant who in nineteen twenty eight translated many documents of acupuncture and acupressure, spreading the knowledge through the Western World. From there, France especially has been keen to keep up with what it has learned. Just as many times throughout history, those who have tried this Eastern system of treatment have clung to it knowing and utilizing its sometimes miraculous treatments.

Has acupressure been used in anything I may have already had?

Well the answer is yes. Do you remember that fantastic massage you had at the day spa? Well guess what, a lot of American Massage parlors actually cater for acupressure points.

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The staff are actually trained in acupressure. So when you feel relaxed and that pain falls away, don't just believe it is because they are relieving the tension from those specific muscles but because they are probably also stimulating the acupressure points that they have been taught.

Shiatsu Massage is not the same, and yet very close. It uses the same points to a large extent and yet was developed in Japan rather than China. Both countries developed these systems independently probably both from noticing the effects on the battlefield of splinters, arrow and staff wounds.

Reflexology could be said to be a form of acupressure, based on its teachings to a significant extent. Jin shin once again incorporates a number of things that include acupressure.

Finding Points in Acupressure

Finding the acupressure points are much similar. Acupressure is also known as Tui Na which basically just means to press or rub. Obviously this is the link to massage over acupuncture. Why have pins in you when you can have a good neck rub.

You are supposed to use a variety of pressures over a repeated period of time on the area or 'zone'. Now modern acupressure is supposed to be all about blood flow and feeling the pulse. After this period the pulse's ferocity is very important. The key is to hold the point until it becomes a steady

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beat if it is unsteady, which on a suffering patient it usually will be. Also if it is either heavy or light, the same is to be done. This is the specific point. You may also feel a twinge if you are doing it yourself or sometimes a simple knot in the muscle. Putting further pressure on the point is then advised. Interestingly acupressure has a lift from the knees approach, where you are to use your upper body to lean in to put pressure, rather than using your hands specifically which can cause strain.

You would not think that acupressure would use cause much strain but if you intend to use this try always to use a larger muscle to put the weight in to the point and massage it. This changes with the three main methods which I will now discuss. So if it is the elbow then lean, if it is the thumb then from the arm.

It is usually advised that the period is between fifteen to thirty seconds pressure on a point, then switching to the other side. If any negative feedback comes from it such as a headache, or perspiration then stop, taking in mind that if you are putting a lot of pressure on something you may perspire to a small extent without worry. The repetition of each fifteen second pressure is three times, giving a total of forty five seconds with one second gaps in between.

Key to acupressure in particular is the need for quiet and peace. This once again is very much like a normal massage; it is hard to feel relaxed when there is a lot of noise like your kids

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running around the living room. Whereas in acupressure it is seen as allowing your energy to calm which simply makes it easier to work with.

Don't worry too much if at first it does not work but another point related does. Sometimes you may have a bad back because of another problem. Use the point that works and repeat when necessary.

When a body is injured it causes endorphins to be sent out which dull pain and the body attempts to quickly heal itself, blood pressure changes and so on. There is a general view that the downwards pressure on the afflicted area or associated afflicted area may cause the same to happen and through practice you will certainly notice the difference in pulse. It is hard to say for certain just how much of the body that we know and understand has anything to do with the effects of acupuncture or acupressure, or if it is completely to do with energy separate completely that we also need like blood. However the clear benefits are what we should truly be concerned with, not the philosophy behind them. Let us take a look at acupressure as a means of legally (as there is no needles) administering the treatment that you need and deserve.

Acupressure and acupuncture share a common interest in the treatment of addiction as well. Both treatment for smoking and Alcoholism are high on the list of benefits.

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Chapter 9 Combining Techniques

So now we have covered the basic concepts of acupuncture, auriculotherapy, acupressure and battlefield acupuncture, how can we then use this knowledge to benefit ourselves?

Well the great thing is that these techniques can be combined into one super and easy to use at home system. Not only that but combining techniques has the advantage of being completely legal. At no point do you have to worry about the laws regarding acupuncture and needles when you can use acupressure instead. As long as you do not puncture the skin you are safe and legal to use this system.

The greatest part of this, is that unlike normal acu-points in acupressure or acupuncture you can utilize the major breakthroughs of recent times. That means that even battlefield acupuncture can be used in an acupressure form, battlefield acupressure if you like.

Battlefield acupuncture, has already proven to have an effect on the thresholds of pain, and to alter the Oxyhemoglobin levels of the brain. The battlefield method developed by Niemtzwow has been proven to show possibly the fastest and most effective relief than any other type of acu-system. As you have now read, even the United States Air Force are using this; a no nonsense organization that cannot afford to make experiments on its force

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and cost lives. The fact is that battlefield acupuncture works! And that you can do it to without piercing the skin. Simply find the dominant ear, as already given instruction in this very book, then after utilizing the point of the Cingulate Gyrus, and Thalamus in the ear that produced the most pain Attenuation, you then move on to the next points as given earlier.

I know that if you are going to actually try this method your immediate thoughts will be that you have run out of hands. In battlefield acupuncture the next needles are inserted in the order of Omega 2, Point Zero and the Shenmen. But you do not have to just use your hands to stimulate these points.

Much like Niemtzwow's dissimilar needles causing an electrical flow, you may also use magnets. These are quite common in acupressure and may just be placed over the places. You can then treat the specific areas with your hand. Press and hold for fifteen seconds, let go for one, ask yourself has the pain lessened. Now repeat a further two times, so that each only has a one second gap in between. You may also use these easily to get a hold of acu-magnets on all of the points.

And the truth behind it is that if an electrical stimulation has proven effect there is simply no reason why a magnet which produces a small field would not have an effect too. Once again these are tried and tested methods. The magnets are usually put on for a much longer period of twenty four hours, then removed for the same time. After that they are then put on for forty eight hours and then removed for the same amount of time. You do

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not have to have these on for such a long time of course. It is likely that using the advanced placing of battlefield acu-points that you will only have them on for a short time before the effect is felt. Once your pain has gone simply remove them.

The magnets are still one hundred percent legal to place on you or another person with their permission. If you wished you can go through the entire acupuncture Meridian system covering the body as some of the magnets are quite large, but I stress that only the advanced battlefield acupuncture is needed. Small magnets will do. The Microcosm of the ear affects all of your body, from eyes, to organs, to feet, to teeth, to joints, to aches, to constipation, anxiety, sexual problems.

Also there are things called Magnetic Cups, these are not to be left on for long periods of time as they will cause bruising or blistering, and they are completely different to magnets in that respect, but do work well. You must follow the instructions on the specific model to know the times to safely use these. They use pressure as well as magnetism. If you are using cups it will be almost impossible to use auriculotherapy with them as they are much too large. Small magnets with tape will work just as well. Another thing is that you can use acupressure with practically anything. As long as it is pressing on your ear you are achieving the effect. With the combination of these systems and any method you wish you will be free to live your life and maybe regain some of your lost mobility, if it is through ailments or pain alike.

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Chapter 10 Step By Step Explanation

This chapter will take what you have learned so far and show you how to transform them into things you can do. First you need to identify which ear is the dominant ear, and you can do this by squeezing your Omega 2 acu-point as shown below. Try both ears and see which ears acu-point is most effective at reducing your pain.



Omega 2

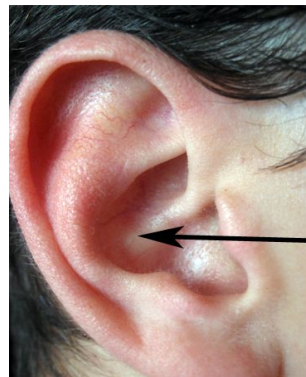
When you know which ear is dominant then either continue applying pressure, or have some one else do this while you locate and work on the other acu-points.

For the best effect you should use something like acu-magnets or even something as simple as some corn stuck in the middle of sellotape to press on the acu-point. This allows you

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to carry on, without having to hold the Omega 2 position with your fingers.

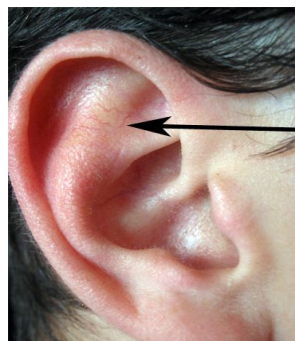
Next you need to locate the Point-Zero acu-point on the dominant ear, and apply pressure as you did with Omega 2. See the picture below for a reference as to the Point Zero position.



Point-Zero

As before, the pressure can be applied through your fingers, or by using some taped on corn, or even some acu-magnets.

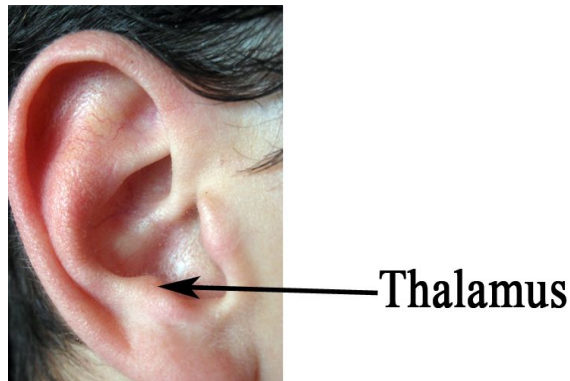
Next is the Shen Men, and as you can see in the picture below this is found at the tip of the triangular groove in the dominant ear.



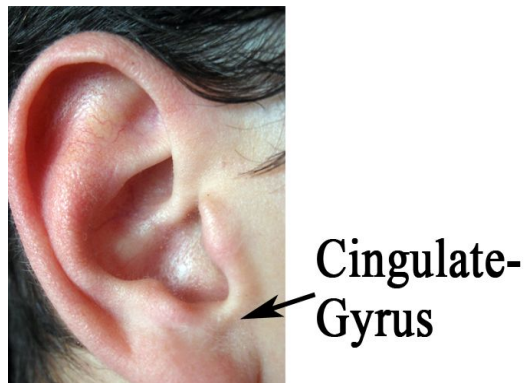
Shen Men

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If the pain is still persistent to some degree, then you can carry on to use the Thalamus and Cingulate Gyrus. You can find the Thalamus at the position indicated below. You should apply pressure as with the other acu-points. However, you will probably not be able to use acu-magnets on the Thalamus due to its location. To apply pressure use a corn seed stuck on a little bit of tape, and attach that to your ear so it presses on the correct point.



The Cingulate Gyrus can be found at the position marked below. For some people this is the most powerful acu-point, but for others it is a lesser one. I suggest trial and error to see which you are.



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Chapter 11 Conclusions

As you have learned in this guide, battlefield acupuncture can be used in your own home just by combining its teachings with that of acupressure. You may remember that at the start of this guide I mentioned that battlefield acupuncture is only to be performed by someone licensed to do it, and this is the law in the United States and many other countries. Though just by using the lessons learned but treating them with acupressure, we completely side step this law, and thus this treatment can be brought right into your own home.

I hope you found the lessons learned earlier in the guide regarding the similarities between $E=MC^2$ and ancient Chinese philosophy as interesting as I did. I believe that while the East and the West are coming at many problems from different sides, in some ways the universal truths will shine through. If you ask a Western doctor if you are made of energy they will answer “No, of course not.” but if you ask the same question to any scientist worth their salt they will reply “Everything is, that is fundamentally proven and obvious.” I mention this now because if you talk to Western doctors about what you have learned in this guide, they are probably not going to understand. Quantum science certainly understands the principals of energy, but has no interest in medical uses. Medical practitioners would certainly be interested, but lack the scientific background to be able to understand how it effects the patient.

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You probably wanted this guide to either help yourself or a loved one, and I suggest the only way it can help is if you try. One of the hardest parts of writing a book that could help people, is knowing that the majority of people that could benefit the most, wont try what they learn. Please prove me wrong by taking action on what you have learned, and then help spread the word about just how misunderstood battlefield acupuncture is.

Now I do not want you to just start trying acupressure on your ears and hoping for the best. What you should do after reading this guide is go back and make notes. Reread the guide until you understand exactly what you need to do to help with the problems you are worried about, but then take action. Another way in which you can seek the same types of benefit from battlefield acupuncture without having to do it yourself is simply to seek out someone that is certified. While many people will be unable to locate someone trained in battlefield acupuncture, if you live in a big city there is a good chance you can. Try phoning up the acupuncturists in your area and ask if they have any experience performing battlefield acupuncture, they may surprise you, as its reach is certainly growing at a rapid rate.

For reference purposes I recommend you print this guide out, as you can then use a highlighter pen to mark where the areas relative to your interest are. I always find ebooks simple

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to read, but from a reference point of view you would be better to make a printed copy.

Good luck with your medical problems, and I hope I have been instrumental at least to some degree in helping you solve them, or at least help with the pain aspects.

Thank you for reading this guide.

The End