

THE LANGUAGE OF THE AURICLE

FHT Accredited Auricular Therapy Trainer **Anna Venables** invites us to consider the ear and how its appearance can reflect our health

WORDS ANNA VENABLES

As we emerge from the festive haze of *Only Fools and Horses* Christmas Special reruns (complete with Uncle Albert's predictable tales of his time 'during the war'), I encourage you to listen to a different type of tale, told not by the spoken word, but a language of a different kind.

Let us take Uncle Albert as an example. Although he was a comical addition to the show, Albert also faced adversity from homelessness and grief from Grandad's passing. Signals of his trauma would probably be imprinted on his anti-tragus, a microsystem of the brain, and reflexive messages would offer insight into his entire system's health.

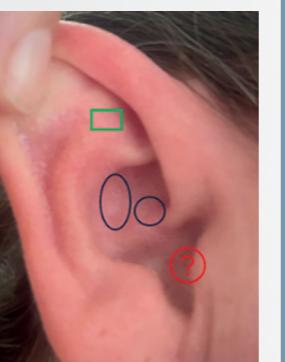
This is a process I call Ear Talk, in which a practitioner can visually inspect the surface of the external ear for skin alterations and use such anomalies to indicate health, as informed by robust clinical studies and evidence-based analysis. It is backed by science, as well as being an ancient Eastern energetic art.

AURICULAR ARCHIVES AND A 'WINDOW TO THE BRAIN'

Prof Li-Chun Huang, Mother of Auricular Medicine, reveals that your medical file is recorded and imprinted on your ears: past, present, and future. Prof Muriel Agnes advises that your ears are a 'window to the brain', enabling you to see the brain and its projected images directly on the ear. From the thousands of ears I have assessed through the NHS and in private clinics, I say that the ears don't lie. They will tell you the health of the patient if you know how to interpret their language, probe their manifestations for feedback, precisely locate active reflexes, or visually inspect the surface of the auricle.

CASE STUDY OF ANNA VENABLES: RECORDED IMPRINTS OF MY MEDICAL FILE

My own right ear bears the hallmarks of my past organ removals, with corresponding indentations where my gall bladder and appendix were extracted 10 years apart. My present hip dysplasia is easily evident at the Chinese hip point, lit up with forking red blood vessel formations, like Orion's Belt, to mark my acute pain. My future health indications appear vivid but less easy to decipher. A white infilled circle charted at the Chinese lung area doesn't marry with any functional symptomatology of lung issues, but Prof Dr Bahr's German auricular system charts this very area as the liver centre and suggests a hepatic health picture.



□ Past ○ Present
○ ? Present

CASE STUDY OF BETSEY*: A JIGSAW PUZZLE



Betsey visited my clinic in Bournville. As a busy mum of two, who is also running a business, she requested my signature Synchronised Ear Acupuncture and Foot Reflexology treatment to help with her debilitating migraines and extreme fatigue. A MTAT Auricular Visual Assessment revealed a story much deeper than migraines and burnout for Betsey, for as Prof Li-Chun Huang shares: "It is as if the ear can speak for and express itself."

Projected onto the ear like a hologram in the pattern of an inverted foetus (a concept pioneered by Professor Nogier), Betsey's triangular fossa provides a microsystem that corresponds to her pelvis and most reproductive organs. It fired distinct auricular alerts. A neat formation of grey, gritty uneven comedones were peppered centrally across the uterus, cervix, and fallopian tube reflex points. Betsey confirmed she'd experienced painful heavy menstruation since her miscarriage 10 years prior. Her anti-tragus (brain area) showed large splodges of nevi exactly where Dr Romoli evidences migraines and headaches to appear. Like pieces of a jigsaw, Betsey's ears offered 'diagnostic signals' of her past emotional trauma, present menstrual suffering, and a potential hormonal link to her migraines that requires future investigation.

An intensive course of MTAT ear acupuncture and reflexology combined treatments have helped alleviate Betsey's decade-long migraines. Understanding the cause of her migraines is complex, but Attuning to Ear Talk helps reduce the guesswork of (in Dr Romoli's words) a "jigsaw puzzle with no knowledge of the final picture", helping to make links across entire body-brain systems within an average 2.5-inch surface area.

Betsey's ears displayed brain imaging downloads, acting as a computer screen that allows us to decipher her whole health picture. The fMRI brain scans of Romoli et al and Alimi evidence digitally specific brain, body, and auricular reflex zone connections, the final guide when interpreting anomalies for health.

*name changed for privacy reasons

A CRASH-COURSE GLOSSARY OF AURICULAR THERAPY

Important people:

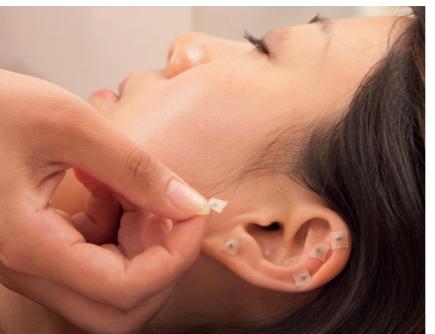
Prof Dr Frank Bahr: The founder of the German Academy for Acupuncture. He trained with Prof Nogier (who created the inverted foetus map) and extended his work. He is credited with advancing neuroanatomical mapping of the ear.

Prof Li-Chun Huang: One of the world's top experts in the field of Auricular Medicine, and globally recognised as the 'Mother of Auricular Medicine'. She wrote *Auricular Medicine* and *Auricular Diagnosis with Colour Photo*. She is also a clinical researcher. Her work has defined the modern Chinese system of ear diagnosis and treatment, integrating visual, palpation, and electrical resistance methods into a comprehensive, evidence-based approach.

Dr Marco Romoli: A world-renowned innovator of auricular diagnosis. He wrote *Auricular Acupuncture Diagnosis*. He was a clinical researcher who contributed to studies validating auricular diagnosis grounded in rigorous scientific and neurophysiological framework.

Prof Muriel Agnes: The founder of the Canadian Institute of Auricular Medicine (CIAM) who uses the German auricular medicine system and VAS-based diagnostics. She wrote *Auricular Medicine: Window to the Brain*.

Prof Paul Nogier: Known as the founding father of Auricular



Medicine. He founded the French School of Auriculotherapy.

His son Raphael still practises his methods. In the 1950s, Nogier discovered the ear as a somatotopic map of the body shaped like an inverted foetus after noticing cauterisation (burn) marks at sciatica point. This propelled ear acupuncture away from Traditional Chinese Medicine.

Dr Terry Oleson: An internationally known lecturer in the field of auriculotherapy. He wrote *Auriculotherapy Manual*, a world-known cornerstone book in the field, contributing to clinical studies that bridge eastern and western traditions of ear acupuncture. He pioneered research on auricular diagnosis, including one of the first double blind studies validating auricular point accuracy for musculoskeletal disorders (1980).

The systems:

The Chinese system (Prof Li-Chun Huang): Emphasises internal organs and applies the principles of Traditional Chinese Medicine, including qi flow, meridian lines, Five Elements, yin-yang balance, and the dynamic interplay of

Zang-Fu organ systems.

The French system (Prof Paul Nogier): Uses an inverted foetus somatotopic map focused on reflex zones.

The German system (Prof Frank Bahr): Maps precise neuroanatomical brain zones using functional imaging and VAS pulse testing.

THE SUMMER AND WINTER OF SKIN ANOMALIES

Like the yang of summer, the ear's own heatwave commonly presents bright red in hue, carved with broken, crimson blood vessels that scream of acute pain, heat, and inflammation in the system. When pressed, they refuse to yield and dim. Quieter and more wintry yin expressions of dysfunction require tracing and unearthing in a gentle game of peek-a-boo: a lone brown nevi hiding underneath a folded down helix or papules perching in inter-tragic folds.

AN INVITATION TO EXERCISE YOUR SUPERMAN POWERS

I invite you to glance at the lugs of a loved one or a stranger's 'shell-likes' with new Superman X-ray vision. The ear offers a gateway to the human brain that enables us to hack into the nervous system using auricular therapy. Anxiety, pain, musculoskeletal issues, and dementia become instantly visible to even a slightly trained eye once the language of the ears is understood. **IT**

Anna Venables MFHT AoR CNHC is owner of Microsystems Therapies and Training. She provides training and treatments at her Woodbrooke Clinic in Birmingham. Anna is an FHT-accredited short-course provider in auricular therapy and an approved NADA GB trainer. She is an experienced auricular acupuncturist of 23 years, advanced reflexologist, NHS ear acupuncture supervisor, and former NHS Substance Misuse Worker. Anna is a registrant of the Auricular Regulatory Authority.

Anna has a special interest in mental health, women's health, and ADHD: she is also a Specialist Social Emotion and Mental Health Teacher (PG Cert). Anna is a pioneer of Ear Seeding To Support ADHD and Executive Function Challenges for care givers, children, and practitioners, in person and in online workshops.

Visit Anna's website at mtat.uk



Your Voice Matters!

Have an article idea, a topic you are passionate about, or perhaps just some feedback?

Email editor@fht.org.uk - and let's discuss!



www.breeze.academy
enquiries@breeze.academy
07897033908



ENTRY LEVEL ACUPUNCTURE COURSE

Are you looking to **offer more to your clients** and **broaden your skills**? As a therapist, you can expand your treatment portfolio with our Entry Level Acupuncture Course—no prior acupuncture experience required.

You can book your place today at
www.breeze.academy

EXCLUSIVE DISCOUNT CODE:
FHTMAG25

"One of the best courses I've been to – good people and a great instructor. Ever since implementing acupuncture into my practice, I've seen a boost of faster recovery times and happier people with quicker results" – Zoe



Let the FHT know if you gain a new therapy qualification or change your contact details so we can update our system

Contact the FHT Team on
023 8062 4350 or info@fht.org.uk

Opt in for
FHT emails
and you'll receive...

Fortnightly news with:

- Industry updates
- Member shop discounts
- Partnership information
- Latest blogs
- FHT Hosted Courses
- Local support group meeting updates

Don't miss out, email
info@fht.org.uk to opt in today!