

## Foreword

Therapists around the world know the following problem from their daily practice: some patients seem to be resistant to treatment despite all diagnostic and therapeutic efforts. Whether it is a young and healthy woman with recurrent inflammation of the bladder or a fit man with tormenting back pain—the symptoms have become chronic, and the key for unlocking the vicious cycle seems to be lost. Quite often the key to solving the health problem is a focus.

Ever since *Ferdinand Huneke* made his first observations about focal disturbances more than 60 years ago, foci have been investigated from various angles over the last decades by committed medical doctors and scientists. In cases of chronic diseases or resistance to therapy, the many disciplines of complementary medicine—but also conventional medicine—have been paying special attention to the diagnosis and therapy of foci that maintain or promote a disease. Unfortunately, many foci (such as minimal chronic inflammation, scars, devitalized teeth) are still inaccessible to diagnosis by means of imaging procedures or laboratory tests. However, **identification** of the focus is the key to treating any focal disturbance.

The method of identifying a focus by means of active acupuncture points in the reflex zones of the ear is simple and easy to learn; thus it comes as no surprise that, in Germany and many other European countries, focus diagnosis has now become a widely practiced method of complementary medicine, especially for patients who are resistant to therapy.

The present book is a practical guide to the identification and treatment of foci. It is exemplary in didactic and systematic terms, simple and precise in its writing, and set up with many instructive illustrations. The author never loses sight of the reader, who will directly profit from the many years of the author's experience in research and teaching as well as in applying the method in her own practice.

During many years of teaching at the University of Nanjing and at the Institute of Applied Chemistry of the Chinese Academy of Sciences in Beijing, I experienced that the phenomenon of focal disturbances has no limits in terms of geography or methodology. The traditional schools of acupuncture have accepted with enthusiasm the methods of focus diagnosis that have been developed by Nogi-er, myself, and our co-workers.

In European countries, the German edition of the present book is already part of the standard literature of many therapists. I would like to see this book become an effective guide to focus diagnosis and therapy in the English-speaking world as well, for application is the first step to experience, and only experience can provide evidence. I hope it will be of help to numerous patients who have not yet found relief by even the best evidence-based methods or to those who are already taking good care of their health by prevention.

*Frank Bahr, M.D., Prof. mult. h.c./China*

## Preface

During almost 20 years of intense teaching activities, I have been repeatedly approached by course participants with requests for a specific book dealing with the diagnosis of focal disturbances.

The testing for focal disturbances is an integral part of the ear and body acupuncture training offered by the German Academy for Acupuncture and Auriculomedicine, Munich, and its affiliated societies in Switzerland, Austria, and The Netherlands. Until recently, however, only those of my medical colleagues who were willing to get involved with training in acupuncture, both in terms of time and content, were able to get to know our practical and comparatively less costly procedure of diagnosing focal disturbances. I always regretted this.

In the present book, I have attempted to explain the concept of focus diagnosis in a way that is not only practice-oriented but also easy to understand for the non-acupuncturist. For this purpose, I have selected only focus-related methods of the standard curriculum on ear acupuncture and have presented them here in detail. They can be used on their own for the sole purpose of focus diagnosis in the medical practice.

The result is a book that can be used as a guide for study, review, and reference even by the experienced ear or body acupuncturist.

I dedicate this book to my mentor, *Frank Bahr, M.D.*, to whom I owe my knowledge of these methods (most of which are his) and the passion for acupuncture in general. He has been urging me for years to write this book.

I wish to thank my family – without their patience and understanding this book would never have been completed.

The success of any book ultimately depends on the quality of the editing and translation process. My special thanks go to *Andrea Wülker, M.D.*, Offenburg, Germany, for editing the 1st German edition, *Liane Platt-Rohloff, Ph.D.* and *Melissa von Rohr*, Editors at George Thieme Verlag, Stuttgart, and Thieme New York, respectively, for handling the translation project, and *Ursula Vielkind, Ph.D., C.Tran.*, Dundas, Ontario, Canada, for translating the book. They not only showed a perfect command of the tools of their trades but have also acquired great competence for the topic during years of collaboration.

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