



## THE CRYSTAL PUNCTURE OF THE ELEMENTS



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healing power of colors

This brochure was prepared with the greatest possible diligence to provide accurate information. Many of our therapeutic protocols and their effects are exclusively based on the empirical knowledge of naturopathic medicine. Medical diagnosis and treatment progression, in particular the methods of treatment and their effects, are extremely individual and variable. Hence the success of a treatment cannot be foreseen or guaranteed. Thus we are taking the precaution to point out that we are using the conditional tense in the presentation of our content to underline that point. The word “can” therefore hints at a mere possibility, in the sense of an assumption or conjecture, yet its existence is uncertain and can be paraphrased by the words “perhaps” or “potentially”. On that score we advise you to not take these terms as a promise of cure, as far as a possible treatment success or the appropriateness of a therapy are concerned.

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## FROM THE “PURE” CRYSTAL TO THE THERAPEUTIC MEDIUM

Many years ago therapy crystals with precisely coded information have been created through a sophisticated special process: large crystals like the crystal activator and faceted crystals for application in specific skin areas and small crystal tattoos for crystal puncture.

The crystal therapy according to Peter Mandel is using holographic structures, in order to add “meaning” to a blank, amorphous crystal. Through a specific cut and engraving the large crystals are enhanced with the holographic archetypal patterns of the Earth hologram and are thus receiving their mode of action. In the 13th century Giordano Bruno had already made this “Earth hologram” the center of his “heretic worldview”.

This hologram corresponds to the body related interference patterns that are anchored in the human being.

Around 1930 the concept of the holograms was established by Prof. Dennis Gabor, and he received the Nobel Prize for it. Further inspiring influences for Peter Mandel’s concept have been the works of two scientists: Prof. Karl Pribram and Prof. David Bohm. In the middle of the 20th century both of these researchers have promoted the thesis, that the universe (Bohm), as well as the brain (Pribram) are based on a holographic model. In addition there was Professor Golod’s investigation of pyramids.

All these ideas have been culminating many years ago in first concepts of translating interference patterns, which form the basis of the holographic principle, into therapeutic models.

### THE TREATMENT WITH CLEAR AND COLORED CRYSTALS

Over the years the clear crystals used for crystal puncture on defined reflex zones have brought extraordinary results. Through meticulous observation and our experience with Colorpuncture we have managed to develop puncture crystals displaying the element colors (soul-spirit colors).

The author Dr. John DeSalvos published in 2001 that the Russian scientist and engineer Dr. Alexander Golod had been constructing large pyramids in Russia as well as in the Ukraine in 1990. The question was how these pyramids had been built, the largest one of them having a height of 44 meters and a weight of 55 tons. Previously Dr. Golod and his team had conducted many experiments, covering medicine, physics, agricultural sciences and many other topics. What is certainly important in this context is the fact that this research and the studies have not been conducted by some lunatics, but by some Russian and Ukrainian scientists of impeccable reputation. They have proven in their studies that the changes taking places within the pyramids are an absolute reality.



The crucial experiment for Peter Mandel was the one concerning those crystals that Professor Golod had charged in the pyramid and that then were used at the space station MIR for scientific experiments.

In a similar manner we are charging the stones for the crystal puncture in a pyramid constructed by Peter Mandel. We have observed that that improves the effectiveness considerably and shows outstanding successes.

## THE EFFECT OF CRYSTAL PUNCTURE

The emeritus Prof. Dr. Rimpler of the Hanover University medical school, who deplorably died way too early, tested the effectiveness of crystal puncture with his students. He provided us with the following excerpts from his hypothesis:

*“The prerequisite for the maintenance of homeostasis as the basis of health is the ability to continuously regulate all the open interlinked systems that comprise the organism. As long as there is vitality certain biophysical structures are forming within the different cells. On one hand they are released and on the other they serve the fine-tuning of the cellular interactions to coordinate the entire metabolism...”*

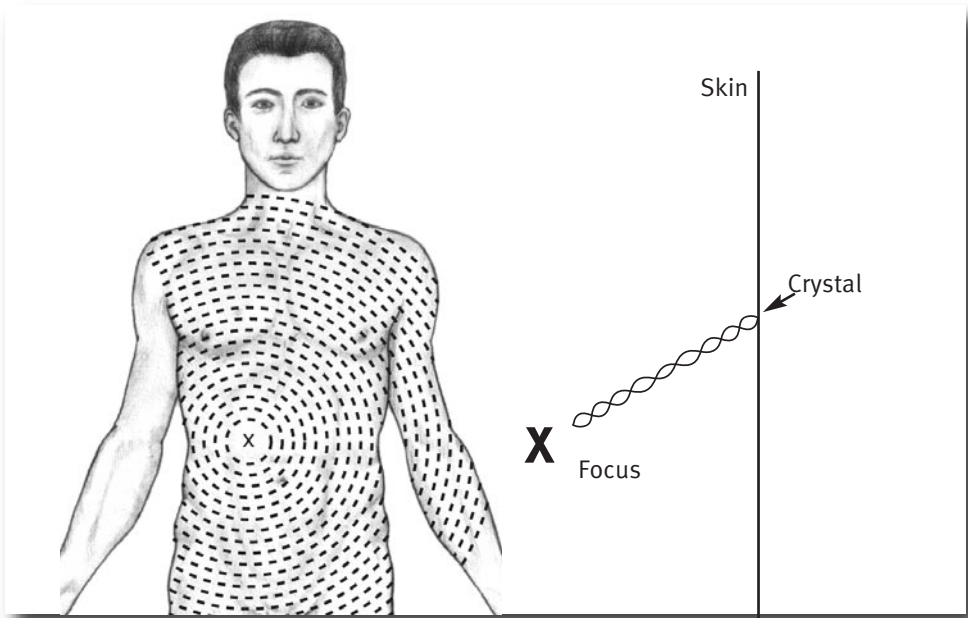
*...Reflexes from the body surface support the assumption that the skin is able to absorb electromagnetic radiation and transfer it to the inside, something that is specifically being used in electroacupuncture. A pathological state can thus be recognized through a modified value of the acupuncture point, which is the result of a change in the regulation state of the system in question. If a pathologically changed emission is nullified through interference with an opposing frequency pattern, the corresponding reactivity is influenced. Thus it should be possible to intervene in pathological processes and induce therapeutically useful modifications.....*

*... Overall it is imaginable that the reflecting surfaces of crystals are suited to erase the pathological emission of a certain state of regulation through interference, and thus provide a stimulus, which encourages the chaperone synthesis and excretion, which contributes to the recovery of the regulatory capacity. Moreover it should also be possible to introduce a certain electromagnetic vibration through the same points on the skin at the same time. We are looking forward to seeing how such a hypothesis might be validated through future clinical observations.”*

So far the excerpts from Prof. Rimpler's hypothesis, which confirm that the mode of action of crystal puncture consists of “constructive interferences”. That is the only way to explain why the results of this treatment can be seen in seconds. Whenever there is an imbalance or disease in the physical - organic system the sector emits wave packages. These waves are received on the entire surface and they result in a change of the electromagnetic potential. Electrical resistance is altered, which creates an interaction with specific assigned reflex points and zones: through an appropriate therapeutic medium and especially in the right location. If an opposing wave is constructed, which covers the negative vibration or more accurately forms an interference with it, then this interference erases the pathological state of reaction - instantaneously. The interrupted dynamic has been recovered.



## EXAMPLE



The crucial factor is the assigned somatotopy that possesses a direct connection with the changed potential in question. Over time we had observed that the somatotopies of the head, the ear and some exactly defined places on the skin had an affinity for crystal puncture. Many of these application systems have been newly revised, like for instance the Chinese points around the ear. Others, like the Ophthalmotropic Genetic Therapy (OGT) are effective in certain combinations.

Here are some suggestions that you can use for yourself as well as with your patients in the clinic.



## APPLICATION OF THE CRYSTAL PUNCTURE TATTOOS

The crystal puncture is glued directly with a non-allergic adhesive on the reflex points of the skin. Crystal puncture does not have anything in common with a “fashion statement”. Nonetheless it is often valued past its therapeutic value as an optical embellishment and is willingly accepted as a “cool” treatment method (which of course does not diminish its therapeutic effect in the least...).

A crystal puncture combination stays on the skin for three to four days. In order to stay on the skin it can be affixed with a skin friendly adhesive, like for instance the one that is available in medical supply stores to place longterm needles in the ear.

The same can be done with the points on the body.

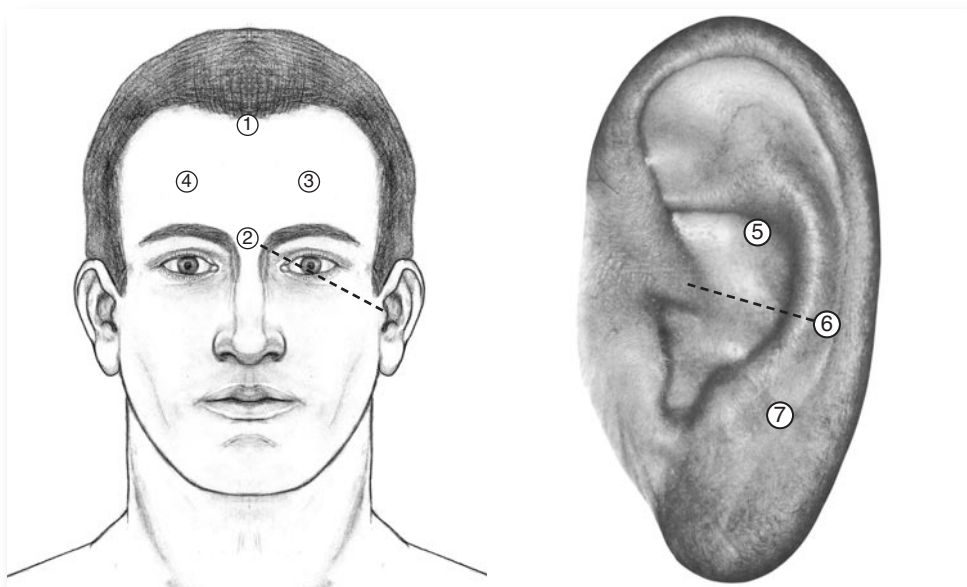
Unless mentioned differently we always treat both ears, when applying the colored crystals to ear puncture points.

In case of any unpleasant reactions the crystals are removed immediately.

Repetitions or combinations of several crystal punctures principally require a hiatus of about four days between the different therapies.

## THE BASIC COMBINATIONS OF CRYSTAL PUNCTURE

### BASIC COMBINATION 1





**Indication:**

Stimulation of lymphatic regulation and physical detoxification.

**Point 1: Esogetic point of memory, center of the miniature brain**

**Location:** Directly at the hairline.

**Crystal Puncture:** Crimson

**Point 2: Yin Trang**

**Location:** Exactly between the eyebrows.

**Crystal Puncture:** Lightgreen

**Point 3 and 4: Hypthalamus points**

**Location:** the middle of the forehead on a line that extends upward on the right and left from the eye, as it is looking straight ahead.

**Crystal Puncture:** right = Turquoise, left = Rose

**Points in both ears:****Point 5: Kidney point (Point 95)**

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification.

**Crystal Puncture:** Lightgreen for joint diseases and migraine crystal puncture

**Crystal Puncture:** Crimson for neurasthenia and anxiety, as well as insomnia with restless dreams.

**Point 6: Lymph drainage points in the ear**

**Location:** On the connecting line from Yin Trang (point 1) through Nogier's zero point to the autonomic groove according to Günther Lange. The point of the 8th tooth has a particular affinity to the retromolar space and the lymphatic drainage behavior.

**Crystal Puncture:** Rose

**Point 7: Polster (Point 29)**

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in hypotonic individuals

**Crystal Puncture:** Crimson

**Note:**

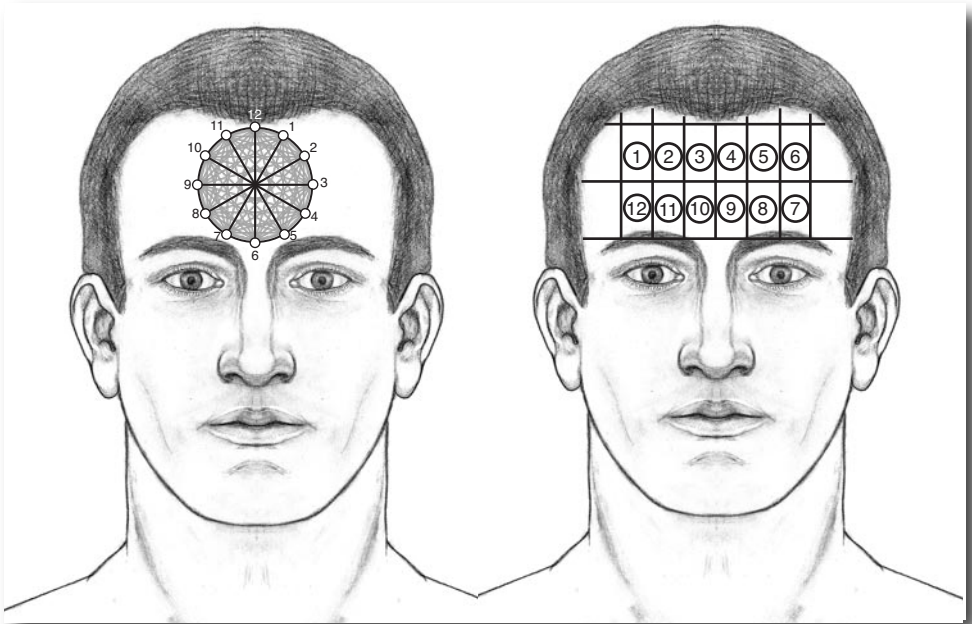
Point 29 is particularly qualified for colored crystal puncture. In people with continuously low blood pressure, who are complaining about fatigue and possibly dizziness, the Crimson crystal should be glued to this point on the right and left sides. Quite frequently and immediately these people experience a sense of feeling liberated.



## THE SYSTEM OF THE PAIN CLOCK AND THE PAIN GRID

The principles of the pain clock and the pain grid are especially well suited to the treatment with the colored crystal puncture.

The forehead as basic zone of the crystal activators has a connection with the pain clock.



Looking at the Earth hologram it is easy to discern twelve outer point areas. These points rule very precise indications.

The treatment of this system with crystal puncture shows extraordinary results, especially when the pain is closely related to the given indications.

Apart from the pain clock Peter Mandel has discovered a second twelvefold system, which reflects similar connections. He calls that system the “pain grid”, because its twelve points are also related to an individual’s pain.

The pain clock and pain grid, combined with the ear points, are an excellent way to influence the causes of disease and pain in the case of an endocrine symptomatology.



At first let me give you the location of the points of the pain clock and the pain grid.

**Point 1 - Pain grid and pain clock**

**Indications:** Muscle and tendon pain, pain from inflammation, gallbladder colic, pain after injuries, headaches. Also as an important support in diseases of the eyes and ears.

**Crystal Puncture:** Crimson

**Point 2 - Pain grid and pain clock**

**Indications:** Larynx pain, oral cavity, otitis media, pharyngeal lymphatic tissue (tonsillitis). Supportive for melancholy and depression.

**Crystal Puncture:** Lightgreen

**Point 3 - Pain grid and pain clock**

**Indications:** Nerve pain (motor), ear pain, pain in hands and fingers, spasms of the lung-chest area. Psychological overstimulation and stress symptoms are further indications.

**Crystal Puncture:** Turquoise

**Point 4 - Pain grid and pain clock**

**Indications:** Stomach pain (gastralgia, ulcers etc.), pain in tumor diseases, psychological mood alterations accompanying endocrine autonomic symptoms (for instance upper abdominal spasms). All lymphatic imbalances react to these points, therefore good support in focal intoxication.

**Crystal Puncture:** Rose

**Point 5 - Pain grid and pain clock**

**Indications:** Cardiac pain (angina pectoris vasomotorica), entire spine, pain in the eyes, pain from spinal cord diseases. Support points for circulatory disturbances, for instance blood pressure instability and rhythm problems.

**Crystal puncture:** Crimson

**Point 6 - Pain grid and pain clock**

**Indications:** Intestinal ulcers (diverticulitis), epigastric syndrome (pain, pressure) with corresponding pain in the segments of the back (for instance liver/ gallbladder or intestinal segments). Support for depression and dejection.

**Crystal puncture:** Lightgreen

**Point 7 - Pain grid and pain clock**

**Indications:** Pelvic pain, kidney pain (stones, concretions), urinary bladder pain (bladder irritation). Supportive in the therapy of people, who are unable to let go or who keep talking about the same old experiences; moreover very obsessive people.

**Crystal puncture:** Turquoise



### **Point 8 - Pain grid and pain clock**

**Indications:** Pain from urinary retention, kidney and urinary bladder pain (combination with point no. 7) Support point for cancer diseases and pain. Post-surgical pain states. I have also observed that these points have a beneficial influence on adhesions and scars.

**Crystal puncture:** Rose

### **Point 9 - Pain grid and pain clock**

**Indications:** Sciatica, hip and iliosacral pain, soft tissue rheumatism (combination with point no. 10), cerebral strain from arteriosclerosis. Recently I have observed that these points can do great things in obesity, in connection with other forms of therapy.

**Crystal puncture:** Crimson

### **Point 10 - Pain grid and pain clock**

**Indications:** Bones and joints, pain in rheumatism and gout, pain in organ degeneration. In all destructive types of disease these points should be used in addition to other therapies.

**Crystal Puncture:** Lightgreen

### **Point 11 - Pain grid and pain clock**

**Indications:** Cerebral pain after meningitis, pain from spinal cord complaints (combination with point no. 5), state after fractures, spasms of the legs and feet. Support for paresthesias, restless leg syndrome and tics.

**Crystal Puncture:** Turquoise

### **Point 12 - Pain grid and pain clock**

**Indications:** Pain after poisonings, pain in the feet and toes (combination with point no. 11), rheumatic diseases (combination with points no. 9 and 10). Support for addictions.

**Crystal Puncture:** Rose



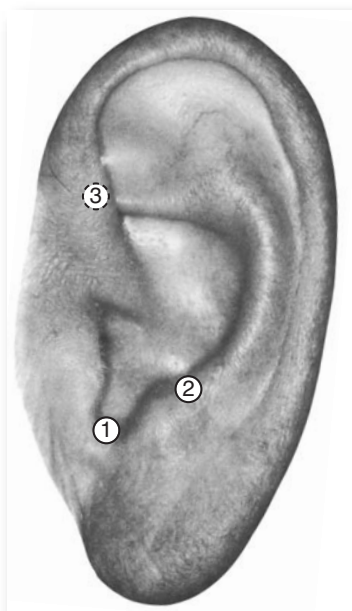
## COMBINATION OF THE EAR POINTS (SELECTED EXAMPLES)

Now I want to introduce some points from the ear acupuncture, which - like all points of the ear - are extraordinary reflex areas for crystal puncture. People tend to react really well to these.

In addition Peter Mandel would like to discuss successful point combinations for the ear in regard to colored crystal puncture. The following points of the ear are connected to the pain clock and the pain grid. Naturally all points of the ear can be combined depending on the indication.

### COMBINATION OF EAR POINTS FOR AN ENDOCRINE SYMPTOMATOLOGY

All the selected points of the pain clock and the pain grid can be combined with the 3 points of the ear, especially when the endocrine-autonomic symptoms are prominent. The points are treated in both ears, first on the left then on the right.



#### **Point 1: Endocrine System (Point 22):**

All endocrine complaints, especially hormonal-autonomic stress and diseases are relevant.

**Crystal Puncture:** Rose

#### **Point 2: Brainstem (Point 25):**

Günter Lange mentions meningeal irritation and developmental childhood issues as indications. Autonomic nervous system symptoms, conflict situations. Moreover an influence on the pituitary, hypothalamus and also for endocrine dysregulation like sweating, restlessness, heart palpitations etc.

**Crystal Puncture:** Rose

#### **Point 3: Autonomic Nervous System (Point 51):**

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all auto-

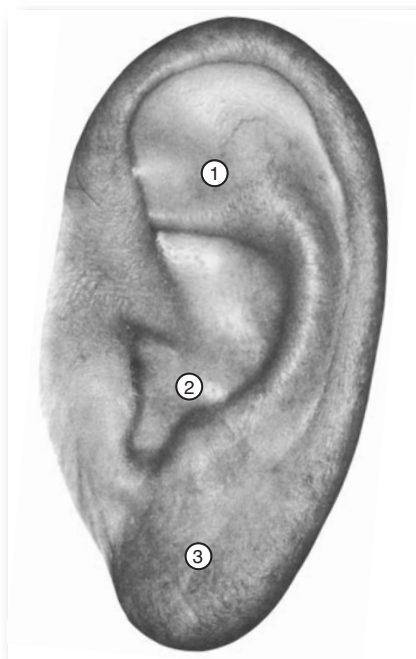
nomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.

**Crystal Puncture:** Turquoise



## THE THREE LEVELS OF THE EAR: HARMONIZATION OF BODY, MIND AND SPIRIT

The following combination shows great effects together with the points of the pain clock and the pain grid.



### Point 1: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

**Crystal Puncture:** Lightgreen in all Yang diseases

**Crystal Puncture:** Crimson for the stimulation of supraordinate functions

### Point 2: Heart (Point 100)

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart.

Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.

**Crystal Puncture:** Rose

### Point 3: Eye (Point 8)

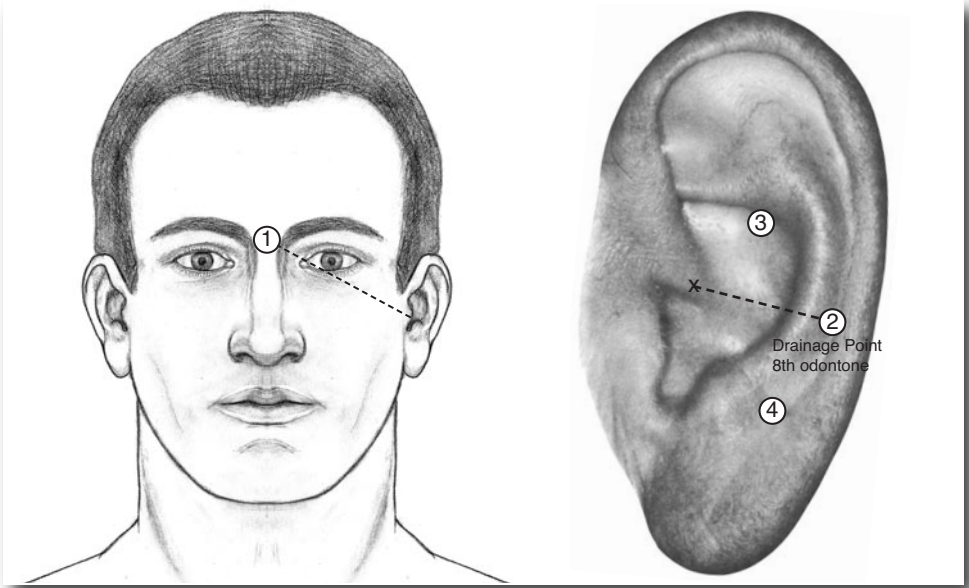
Hordeolum, conjunctivitis, inflammatory eye diseases, atrophy of the optic nerve. Activation of all the “senses” in regard to information (spirit).

**Crystal Puncture:** Crimson

**Crystal Puncture:** Lightgreen for the appropriate indication, inflammation for instance.



## COMBINATION FOR LYMPHATIC IMBALANCES

**Point 1: Yin Trang**

**Location:** Exactly between the eyebrows.

**Crystal Puncture:** Turquoise

**Point 2: Lymph Drainage Point in the Ear**

**Location:** The lymph drainage point is found on the line connecting Yin Trang (point 1), Nogier's zero point and the autonomic groove according to Günter Lange. It corresponds to the 8th tooth and because of its effect it is assigned to the retromolar space and the drainage behavior of the lymph.

**Crystal Puncture:** Rose

**Point 3: Kidney point (Point 95)**

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification.

**Crystal Puncture:** Lightgreen for joint disease and migraine

**Crystal Puncture:** Crimson for neurasthenia, anxiety and insomnia with restless dreams

**Point 4: Polster (Point 29)**

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

**Crystal Puncture:** Crimson



THE POINTS OF THE AUTONOMIC GROOVE  
AND THE FUNCTION CIRCLES

Here we are dealing primarily with the connection to the function circles according to Gleditsch.

bones	Purely physical consciousness	Fear Threats to the 'I' having to prevail
11, 21, 31, 41 12, 22, 32, 42	brainstem	L2, L3, S4, S5 Os Coccygis
M. ileo psoas, M. trapezius pars desc. m. peroneus longiet brev. M. tibialis aut.	Ens naturale	Ear
Sinus frontalis Sinus maxillaris, left	Pharyngeal tonsil	Preservation Security Unfoldment

Kidney/Bladder

Muscles Tendons	Dynamic consciousness	Wrath and anger
13, 23, 33, 43	Limbic system	TH 8, TH 9, TH 10
M. pectoralis pars sternalis, M. rhomboidei, M. deltoideus pars ant. M. popliteus	Ens astrale	Eye
Sinus sphenoidalis	Tonsilla palatina	Dynamism Flush Elasticity Balance

Liver/Gallbladder

Heart

Blood Blood vessels	All - consciousness	Joy
18, 28, 38, 48	Corpus callosum	C7 TH 5, TH 6, TH 7 S1, S2, S3
M. subscapularis, M. quadriceps femoris	Ens dei	Tongue in the sense of speech
Mastoid	Tonsilla lingualis	Joy, Warmth of the heart, Generosity of the heart

Small intestine

Connective tissue	Rational conscio- usness	Worrying Overthinking Contemplating
16, 26, 36, 46 17, 27, 37, 47	Left neocortex	TH 11, TH 12 L1
M. latissimus dorsi, M. trapezius pars trans. u. asc. M. triceps, M. opponens pollicis, M. pectoralis maj. pars clavicul., M. levator scapulae, M. brachioradialis	Ens veneni	Mouth Lips
Sinus maxillaris, right	Lymph area Larynx	Planning Evaluation Categorization

Spleen-Pancreas/Stomach

Skin Hair	Emotional conscio- usness	Intuition
14, 24, 34, 44 15, 25, 35, 45	Right neocortex	C 5, C 6, C 7 TH 2, TH 3, TH 4 L4, L5
M. serratus ant., M. coraco- brachialis, M. deltoideus, M. tensor fasc. latae, M. qua- dratus lumborum, Unter- schenkelreflexoren	Ens spirituale	Nose
Sinus ethmoidalis	Lymph area of the Eustachian tube	Finding Intuiting Sensing

Lung/Large intestine

In this context our focus are the projections of the teeth in the autonomic groove of both ears.

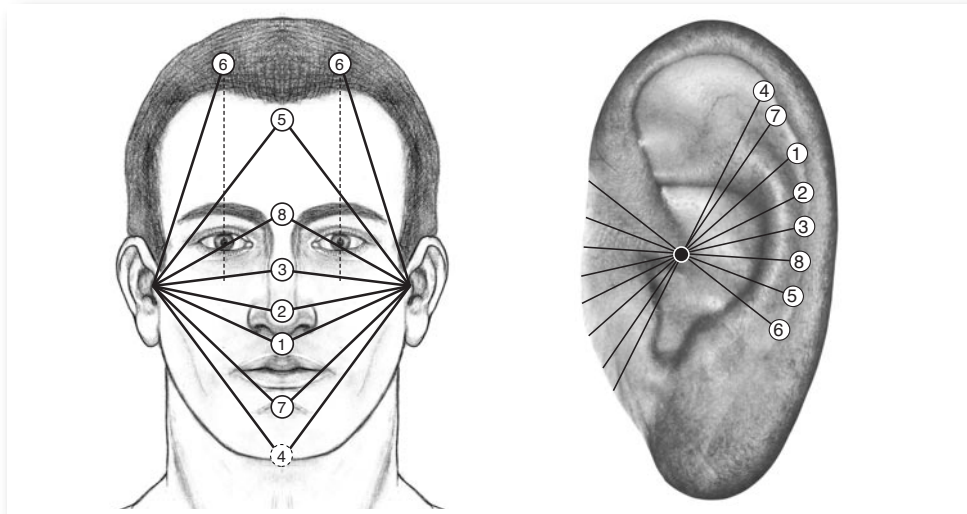




### Location of the Points, Treatment Sequence and Colors – Points Face and Ear:

- |   |                                                                                                                                      |            |
|---|--------------------------------------------------------------------------------------------------------------------------------------|------------|
| 1 | GV 26 – 1st tooth – FC Kidney/Bladder .....                                                                                          | Crimson    |
| 2 | Tip of the nose – 2nd tooth – FC Kidney/Bladder .....                                                                                | Lightgreen |
| 3 | Transition zone cartilage/bone – 3rd tooth – FC Liver/Galbladder .....                                                               | Turquoise  |
| 4 | Master of the voice – 4th tooth – FC Lung/Large Intestine .....                                                                      | Rose       |
| 5 | 1 FW below the hairline – 5th tooth – FC Lung/Large Intestine .....                                                                  | Crimson    |
| 6 | 2 FW behind the hairline on the endoderm line ión a vertical line<br>through the center of the eye – 6th tooth – FC SP/Stomach ..... | Lightgreen |
| 7 | CV 24 – 7th tooth – FC SP/Stomach .....                                                                                              | Turquoise  |
| 8 | Yin Trang – 8th tooth – FC Heart/Small intestine .....                                                                               | Rose       |

The points in the front of the skull are connected to the Nogier's zero point. Then the line continues further towards the outside to the autonomic groove of the ear according to Günter Lange. The points are each covering two quadrants of the jaw, the right ear corresponds to the right side and the left ear to the left side.



The spectral colors of the different teeth have been published by Peter Mandel.

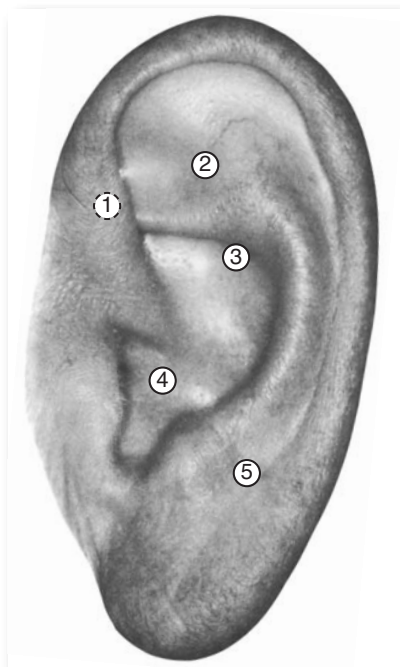
Here we are dealing with the assignments of the element colors (soul-spirit colors). The color sequence repeats itself twice. These are Peter Mandel's crystal color assignments of the points in the ear in the sequence of the numbers.

If the assignment to the function circles according to Dr. Gleditsch's descriptions is clear to you, then please give crystal puncture a try.

On the following pages we would like to show you a few more interesting point projections of the ear acupuncture and encourage you to try the treatments with crystal puncture.



## INSOMNIA



### Point 1: Autonomic Nervous System (Point 51)

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all autonomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.

**Crystal Puncture:** Turquoise

### Point 2: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

**Crystal Puncture:** Turquoise

### Point 3: Kidney (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification.

**Crystal Puncture:** Turquoise (this time in connection with insomnia)

### Point 4: Heart (Point 100)

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart. Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.

**Crystal Puncture:** Rose

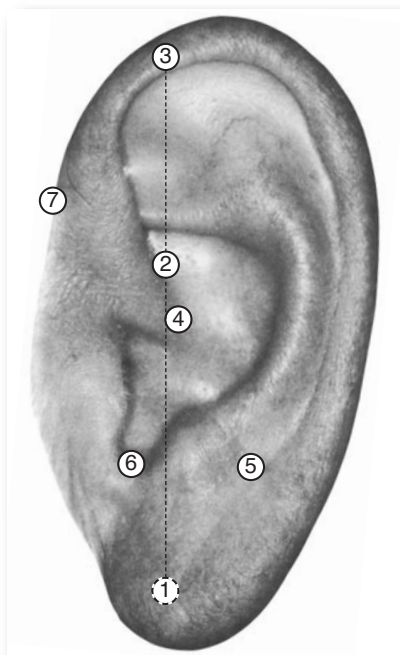
### Point 5: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

**Crystal Puncture:** Turquoise



## THE PSYCHOTROPIC POINTS OF EAR ACUPUNCTURE



**Note:** The treatment is conducted on the left ear in a right-handed person, and on the right ear in the left-handed individual.

**Omega Points: Points 1, 2 and 3**

Effect on an individual's imbalanced psychological behavior.

**Crystal Puncture:** Turquoise

**Point 4: The Zero point**

For Nogier it was the Master point and the energy point of the ear. The Chinese description is 'diaphragm'. That already indicates the relationship to the solarplexus. In crystal puncture it is considered as the "point of opening" and that of physical and psychological activity.

**Crystal Puncture:** Lightgreen, relates to the resolution of tension, spasms in the entire abdominal space.

**Crystal Puncture:** Crimson, generally generates activity.

**Point 5: The point Point de Jerome**

This point relates to psychological imbalances, is indicated when there are difficulties in falling asleep and provides emotional balance.

**Crystal Puncture:** Rose

**Point 6: Endocrine System (Point 22)**

For all endocrine problems, especially hormonal and autonomic nervous complaints and diseases.

**Crystal Puncture:** Rose

**Point 7: R - point according to Bourdiol**

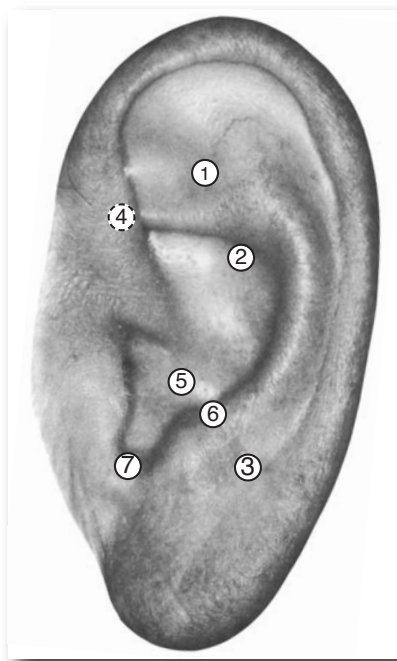
This point can also be seen as the point of reminiscence. In Esogetic medicine it is considered as an important point in lateral disturbances.

**Crystal Puncture:** Crimson



## PSYCHOSOMATIC COMPLAINTS

Here is a second option to treat the human psyche through the ear. Though in this case we are also influencing physical ailments.



This combination of therapeutically effective points comes from Peter Mandel's treasure trove of experiences with ear acupuncture, which he has already been using in his clinic more than 40 years ago. It is a combination of points that promises success in physical as well as in psychological complaints. Today we are also treating these points with crystal puncture after an application.

There are seven points used in treatment.

### Point 1: Chen-men (Point 55)

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**Crystal Puncture:** Turquoise

**Point 5: Herz (Point 100)**

In the Chinese view the heart is the minister of the brain and the brain the civil servant of the heart. Moreover: Cardiac rhythm problems, regulation of circulation, neurasthenia; insomnia, conflict stress.

**Crystal Puncture:** Rose

**Point 6: Brainstem (Point 25)**

Günter Lange mentions meningeal irritation and developmental childhood issues as indications. Autonomic nervous system symptoms, conflict situations. Moreover an influence on the pituitary, hypothalamus and also for endocrine dysregulation like sweating, restlessness, heart palpitations etc.

**Crystal Puncture:** Rose

**Point 7: Endocrine system (Point 22)**

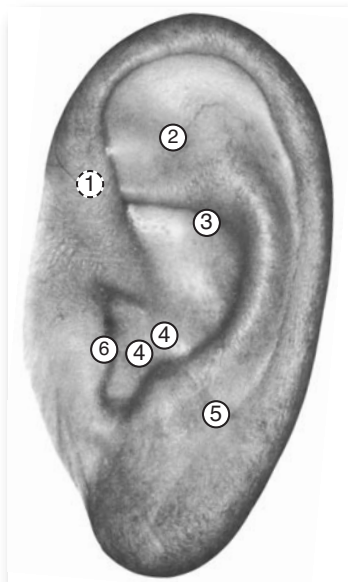
For all endocrine problems, especially hormonal and autonomic nervous complaints and diseases.

**Crystal Puncture:** Rose

Now I want to point out a few other important combinations of crystal puncture.



## ALLERGY



### Point 1: Autonomic Nervous System (Point 51)

This is an important ear point. Today we know that Günter Lange's comment about the connection with the acupuncture point GV 1 is of utmost importance. According to Peter Mandel's observations GV 1 has an absolute relationship to the thalamus area, which is named "the gate of consciousness". Therefore point 51 has an expansive effect on consciousness. Moreover it also is the point for all autonomically influenced complaints, like for instance in the gastrointestinal tract, the lung-chest area and the pelvic organs. Further indications are rhythm abnormalities and fluctuations in blood pressure.

**Crystal Puncture:** Turquoise

### Point 2: Chen-men (Point 55)

Generally anti-inflammatory, sedating, analgesic. Lange describes it as the point of the soul energy that is inducing form. For us, however, the point is assigned to the physical sphere.

**Crystal Puncture:** Lightgreen in all Yang diseases

**Crystal Puncture:** Crimson for the stimulation of supraordinate functions.

### Point 3: Kidney point (Point 95)

Diseases of the urogenital system and the adrenal glands, joint diseases, stimulation of detoxification.

**Crystal Puncture:** Lightgreen for joint complaints and migraine

**Crystal Puncture:** Crimson for neurasthenia and anxiety, as well as insomnia with restless dreams.

### Point 4: Lung (Point 101)

Nearly all diseases of the respiratory system. Skin diseases. Allergies. Important points for the treatment of the function circle lungs/ large intestine !

**Crystal Puncture:** Lightgreen

### Point 5: Polster (Point 29)

Generally anti-inflammatory, pain relief. Headaches, skin diseases, dizziness of unclear etiology. Diseases of the respiratory tract, bronchial asthma, tendency towards fainting in low blood pressure.

**Crystal Puncture:** Crimson

### Point 6: Adrenal gland (Point 13)

One of the most important points. Its treatment stimulates the production of cortisol in the adrenal gland, therefore it is an important point in inflammation. Inflammatory skin diseases. Rheumatic diseases. Physical and psychological strengthening. Blood coagulation (menorrhagia). Decreasing fever.

**Crystal Puncture:** Rose





## ESOGETICS – THE LANGUAGE OF HEALTH



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