A few years ago, Mrs. Brügemann developed a treatment concept for overweight patients. Bioresonance therapy on the ear acupuncture points gives them invaluable support when attempting to lose weight. The theoretical principles and treatment stages are described clearly with a dose of humour in the Regumed text, “Lose weight – but how?”

Treatment lasts approximately 20 minutes. The acupuncture point electrode is placed on the ear acupuncture points and the respective programs are selected. If the therapist has several patients taking part in the weight loss program, then he/she must calculate the overall time required to carry out this session.

The ear is what is known as a microsystem, i.e. all parts of the body are represented here in reduced format, just as on a map. These reflex zones can be used for diagnostic and therapeutic purposes. Body acupuncture is carried out using meridian systems, which refer to the organs as well as to vegetative and hormonal regulative functions. Body acupuncture meridians correspond to various ear acupuncture points (according to BAHR).

Based on these analogies of the ear and body acupuncture points, I thought that it must be possible to transfer the ear acupuncture points treated in the weight loss program to body acupuncture points. So I looked for corresponding meridians and points.

In Traditional Chinese Medicine (TCM), not only are organs and their functions allocated to every meridian system or feedback circuit but also tissue types, sensory organs, colours, taste and emotions, as represented in the 5 element theory. Thus body acupuncture points that correspond to abstract concepts such as “food cravings”, “desire” and “hunger”, etc. can also be detected. Even with the high number of acupuncture points throughout the body, there are several areas that correspond to a site in the ear. We consciously selected points that can be easily accessed and treated by the patient himself/herself.

The tensor is used to determine similar body acupuncture points. The ear acupuncture electrode is placed on the respective ear acupuncture points and connected via a cable and a goldfinger electrode or button electrode is then used to pinpoint the relevant body acupuncture points. When the two points resonate, a positive oscillation is recorded with the tensor (↔). Obviously, other bioenergetic test methods can also be used: In kinesiology, a strong muscle is recorded when both points are in resonance, while a strong pulse reflex is measured when using Nogier pulse diagnosis (ACR).

The acupuncture points detected are mostly highly significant points in terms of energy and possess special functions: as meridian command points (alarm point, tonification point, source point), key point and master point. The effect sometimes extends way beyond the organ reference itself and also incorporates functional and psychovegetative functions. Since food intake and utilisation take place in the stomach/spleen-pancreas feedback circuit (the classic organs at the centre and hub of food-derived energy production) several of the points used have a direct reference.
A few TCM concepts are used below and a brief description is given.

It is difficult to give an exact translation of the energy concept Qi. The Chinese symbol for Qi (see Figure 1) comprises two components: Steam, vapour or gas and uncooked rice – Qi is thus something material and non-material at the same time. It can take various forms of aggregation – when Qi condenses, the energy is transformed and builds up in the physical form. Qi is the driving force behind all life processes. An intact Qi is always flowing and the organs function properly. A stagnating Qi adversely affects organ function and leads to pathological thickening and an accumulation of materials such as mucous, nodes or tumours.

Qi  
气  
Means “Steam”, “vapour” or “gas”

米  
Means (uncooked) “rice”

Figure 1
(taken from: G. MACIOCIA: Die Grundlagen der chinesischen Medizin [The principles of Chinese medicine], 1994, Verlag für Traditionelle Chinesische Medizin)

A cun is an individual unit of length in acupuncture and refers to the measurements of the respective patients. It is used to correctly locate the acupuncture points (see Figure 2).

1 Cun:  Width of the thumb or length of the knuckle of the middle finger
1.5 Cun:  2 finger widths (FW)
2 Cun:  Distance from the tip of the index finger to the knuckle or the width of the fingers D2 – 4
3 Cun:  4 finger widths

Figure 2
(taken from G. KAMPIK: Propädeutik der Akupunktur, Hippokrates 1988)

Moxibustion: The transfer of energy to the acupuncture points by heating the acupuncture needle or burning moxa (Chinese mugwort). At the navel, mugwort is often burnt on a slice of ginger.
The following points could be ascertained:

Point 1: Zero point

The analogy is not difficult here because this is the navel, which is point CV 8 in body acupuncture. It is extremely important in energy terms since it forms the so-called “Middle Axis” together with point GV 4. The “Middle” is highly significant in TCM – with metabolic disorders, reference is often made to a weak or blocked middle, which means that key organs or meridian systems allocated to the middle (e.g. stomach/spleen-pancreas or liver/gall bladder) may be disrupted. This is often the case in patients with weight problems. In body acupuncture, point CV 8 is never punctured but is given energy treatment with moxibustion.

Point 2: Food cravings

CV 12 is the midpoint between the xiphoid process and navel (see Figure 3)\(^1\) It is the alarm point of the stomach meridian and of the central triple warmer and the master point of all hollow organs. It tonifies the stomach and spleen Qi, thus playing a key role in food intake and utilisation.

Point 3: Hunger point

In the body acupuncture program, stomach point 36 is treated here. It is not only a general toning point but is also referred to as the “Sea of food”. It regulates the action of the stomach, spleen and intestine. As the stomach’s “lower influential point”, it assumes an important excretory and metabolic function. It strengthens the Qi from the stomach and spleen. This is often weakened by unfavourable eating patterns (irregular meal times, eating between meals, rushing meals, reading whilst eating, mulling over something, worrying or holding unpleasant conversations whilst eating). Where such eating patterns exist, an “eating code” is recommended as a means of guiding and instructing patients.

Stomach point 36 lies 3 cun below the lower edge of the patella and 1 cun from the crest of the tibia. It is generally pressure-sensitive (see Figure 4).

\(^{1}\) Figure 3 and the following illustrations are taken from S. PÁLOS: consilium cedip acupuncturae, 1989
Point 4: Hormonal command point

A superordinate point is required here. This is virtually equivalent to a “hormonal central control unit” such as the pituitary gland. Correspondence is found with liver point 13. Not only is it the alarm point of the spleen-pancreas meridian, but it is also the master point of all yin organs. It removes food stagnation from the stomach and spleen, and harmonises the liver-Qi flow. An inner branch of the liver meridian leads to the head via the forehead to the crown of the head, leading to point GV 20. These well-known functions in TCM equate to the latest findings on the ACTH point.

Liver point 13 is located at the free end of the 11th rib. With a bent elbow and abducted arm, the tip of the elbow in the mid axillary line touches the point also known as the “elbow point” (see Figures 5 and 6).

Point 5: Desire point

Large intestine point 4 is the source point of the large intestine meridian. It has numerous functions: in addition to balancing energy to the lung meridian, it removes blocks along the large intestine meridian which, starting from the hand, leads to the face and mouth. It is thus an important metabolism and elimination point. Furthermore, it has a marked effect on the mental state and has calming properties.

Large intestine point 4 is located on the back of the hand between metacarpals 1 and 2, on the thumb, at the highest point of the bulge of the muscle (see Figure 7).
Point 6: Thyroid gland point

Hormone-active points are located on the triple warmer meridian. It is to be treated on the left as a Yang meridian. No organ is allocated to the triple warmer meridian; it is traditionally involved in regulating the fluid flow and thus has a specific function in many endocrine and functional disorders (absorption, digestion, transformation, elimination).

Point TW 6 corresponds to the ear acupuncture point of the thyroid gland on the dorsal side of the lower left arm, 3 cun above the dorsal wrist fold between the radius and ulna (see Figure 8).

Point 7: Liver point

Liver 8 is the associated point. It is the tonification point of the liver meridian. The tonification point of a meridian directly activates organ function. Li 8 thus supports the liver both in terms of detoxification (elimination of toxins) and lipometabolism.

Liver 8 is located at the end of the knee joint crease on the inner side of the leg with the knee flexed (see Figure 9) This point is mostly painful on pressure.
Point 8: Frustration point

Several functions are also connected with lung point 7:

Not only is it the point of passage on the lung meridian that leads to the large intestine meridian, but, as a key point, it also activates the conception vessel, a special meridian with four alarm points and a principal energy point. It is also, in mental and an emotional terms, a significant point for suppressed emotions.

Lung point 7 is positioned 2 finger widths above the inner wrist crease on the styloid process of the radius (see Figure 10).

Point 9: Anti-aggression point

In TCM, emotions such as anger and aggression are allocated to the liver meridian – we’re also familiar with the expression: “Es ist ihm eine Laus über die Leber gelaufen” – “something is eating at him/her”.

The equivalent body acupuncture point is the alarm point of the liver: Liver 14.

Liver point 14 is located in the 6th intercostal space, on the mamillary line (see Figure 11).

Point 10: Divine serenity

Here point CV 17 best corresponds to the “Divine serenity” ear acupuncture point. CV 17 is both the alarm point of the upper triple warmer and the meridian system as well as an important crossing point with other meridians (SP, KI, SI and TW), referred to as the “Sea of Qi” or the “Master point of Energy” and the “Main psychosomatic point”. It is frequently used in TCM and highly appreciated for its vegetative balancing function.

CV 17 is located at the midpoint of the breast bone at the height of the 4th intercostal space (see Figure 3)
Point 11: Pancreas

The stomach/spleen-pancreas feedback circuit has a central role in absorbing and using foodstuffs. Common eating errors are: irregular meals, over-eating, eating too quickly and too late, eating in a tense atmosphere or discussing business matters during a meal. This leads to a spleen Qi deficiency. Spleen function is thus limited. Ice-cold drinks and an unbalanced diet lead to food stagnation in the stomach and a weak spleen with moisture and mucous retention. Particular support must be allocated for this feedback circuit. Therapy is thus concluded by treating liver point 13 (alarm point of the spleen-pancreas meridian, master point of the Yin organs) with a metabolism program but this time on the left side (see Figures 5 and 6).

Determining the excretory organs under stress and primarily disrupted element

Most patients with weight problems have already attempted a wide variety of diets but have either had no success or fallen victim to a yo-yo effect ending up with considerable down-regulation of the basal metabolic rate. Metabolism is thus extensively blocked. Common symptoms include flatulence, a feeling of being full, constipation, fatigue and lethargy with a morose and frustrated underlying mood. Moreover, the excretory organs are particularly stressed during weight loss – hence supportive measures are very important.

Various naturopathic measures could also be incorporated into the weight loss program to assist patients. The stressed excretory organs are initially tested kinesiologically or via the tensor method. Anyone with the CTT 5 element test set can still test the initially disrupted element and stabilise it at the end of therapy.

The excretory organs can be stimulated in the following ways:

Lungs

This is where the patient’s lifestyle plays an important role: Patients should exercise outdoors and give up smoking. According to TCM, respiratory energy is stored in the lungs. This not only affects the lungs but also the skin as the body’s most important respiratory organ. Elimination via the skin can be stimulated by brush massages. A visit to the sauna or steam baths will also promote the excretory function of the lungs.

Liver

Liver compresses are a highly effective physical measure. If available, use a warm bag of hayflowers (the coumarins in the bag will promote the circulation of the liver in particular). Otherwise, apply a hot-water bottle to the liver region. A spoonful of honey should be taken at the same time because honey stimulates liver metabolism. The milk thistle (Carduus marianus) is one of the most effective remedies for detoxification of the liver (herbal remedies include Legalon®, Silimarit® amongst others and homeopathic remedies, D4, 3 x 5 glob.).

Gall bladder

Gall bladder function is supported by amaroids. The gallbladder thickens and gallbladder function is disrupted in many patients following diets, especially low-fat and unbalanced diets. Amaroids contained in the foods (e.g. rocket salad, chicory, red endives, dandelions, endives, radishes, wild radishes, artichokes and curcuma) stimulate the flow of bile. Artichoke extracts are also commercially available as herbal remedies (e.g. Hepar SL forte®; Natu hepa 600®). In homoeopathy, greater celandine (Chelidonium majus) has an organotrophic reference to bile (dose of D4, 3 x 5 Glob.).

Intestines

An oil compress will have a soothing effect if the intestines do not readily comply with a weight loss program and protest in the form of flatulence, constipation or diarrhoea. The stomach is rubbed with castor oil (simple salad oil can also be used) and then covered with gauze and a warm towelling hand towel. The compress is left in place overnight. The intestine should not be underestimated as a detoxification organ. It is mainly responsible for
eliminating all metabolic products, dissolved waste products and harmful substances. An enema can also be administered once a week in order to eliminate all toxins more effectively.

Intestinal symbionts are also useful when dealing with disrupted intestinal flora. A wide range is commercially available.

Kidneys

In addition to the mandatory increase in fluid intake during therapy, the kidneys can also be activated by drinking stinging nettle tea, which has a good diuretic effect. In terms of homeopathic remedies, golden rod, Solidago D 4 can be administered (3 x 5 glob.) or Solidago as a herbal remedy, which is available as a single preparation from several manufacturers (e.g. Solidacur 600®, Cystinol long®).

Additional measures

The term “blocked midline” has been mentioned on numerous occasions. The “mid axis” (navel = CV 8 and GV 4) is activated by the addition of heat in order to restore the energy flow: one hot water bottle is placed on the stomach and the other on the back at GV 4 level, for 30 minutes in the evening.

There is an increase in metabolic products during weight loss, thus creating an acid medium. This often leads to general malaise, fatigue and muscle and joint pain. Base salts (e.g. Basosyx®, Bullrich’s Vital Salz, Basen-Caps®) are useful in order to overcome acidaemia.

When participating in a weight loss program, it is also important to ensure an adequate protein intake in order to prevent the dreaded yo-yo effect. 0.8 gram of protein per kilogram of body weight is recommended. In the event of inadequate protein consumption, the body will take the protein it needs from the muscle mass. In the case of vegetarians or patients with intolerance to dairy produce, the addition of protein concentrates or amino acids (e.g. Aminoplus basic®) may prove useful. As an important muscle component, L-carnitine supports fat oxidation in the mitochondria of muscle cells. 1 to 2 grams of this substance (available from pharmacies) prevents muscles from breaking down and is useful during fat oxidation.

Diet plan

Dietary advice for patients is obviously an intrinsic part of any weight loss program. Preference should be given to foods with a low glycaemic index. The glycaemic index states to what extent a foodstuff increases blood glucose levels. Short-chain, i.e. rapidly metabolised carbohydrates (e.g. sugar, white flour, lemonade and beer) have a high glycaemic index whereas long-chain carbohydrates (e.g. vegetables, legumes and nuts) are only slowly absorbed and have a low glycaemic index. Preference should be given to the latter.

Anyone wishing to delve deeper into TCM can include foods according to the 5-element system when advising patients. Foods are referenced according to how they behave under different temperatures, how they taste, how they relate to the elements and also in terms of Yin-Yang.

For instance, anyone wishing to intensify the wood element should include more foods with an acidic taste (e.g. sauerkraut, sprouts, salad) and green-coloured, acidic fruits (such as acidic apples, mangos, sour cherries, currants and citrus fruits) or compotes in the diet:

Naturally sweet, warm foodstuffs (two hot meals a day) are recommended [e.g. a sweet, warm breakfast with cereal porridge and cinnamon, various cereals such as millet, rice, barley, oats or polenta (corn meal), legumes such as beans or peas and vegetables including carrots or potatoes] in cases of particularly common spleen Qi weakness (element is earth, taste is sweet and yellow colour) caused by an irregular eating pattern, slimming treatments, no breakfast, fast food, cold, raw meals, ice-cold drinks and refined sugar.

A tailor-made diet based on the 5 elements to suit individual patients is highly complex as many aspects have to be taken into consideration and mixed diets are often used. However, if the dominant element is
A practical approach

Motivation is the most important factor in the weight loss program because weight loss begins in the head. The best treatment concept in the world serves no purpose whatsoever unless it is accompanied by motivation and collaboration.

The program has been devised for patients who want to lose weight and collaborate accordingly, especially patients whose metabolism is blocked due to previous diets.

A dietary record is initially compiled in order to provide an overview of the patient’s eating and drinking habits. This record is then used to identify and discuss dietary errors. The Regumed text, “Lose weight – but how?” provides the guidelines for the weight loss program.

In order to ensure that the best dietary advice is given, patients should be tested for intolerance to main foods (milk, eggs and wheat). As outlined above, the excretory organs mostly affected are tested kinesiologically or via the tensor method and targeted support is given. Using the 5 element test set, the primarily disrupted element is identified and stabilised during treatment. Aspects of TCM can be incorporated in the diet. There is no point prescribing uncooked vegetables for a Yin type individual sensitive to the cold as this will further exacerbate the problem. Similarly, a mucous-forming diet comprising numerous dairy products should be avoided in patients with a weak spleen Qi.

Reference should be made to more extensive publications since differential TCM diagnosis is extremely complex.

After discussing the therapy concept (diet, movement and fluid intake), the patient is introduced to the device and shown where the acupuncture points are located. Written program instructions are issued (see Table 2) together with a chart illustrating the acupuncture sites. During the initial treatments, the points should be marked out to facilitate locating the more difficult points. Liver 13 point is rather difficult to find – a small pocket mirror is useful.

Compared with the ear acupuncture points, the body acupuncture points used are relatively large points that can have an overall diameter of 2 to 3 cm. Hence it is easy to work with the button electrodes.

In the BICOM optima device, the weight loss program is comfortably integrated in program series K No. 10403. Program 1117 (pancreas) can still be used in addition and is saved accordingly. After testing, ampoules from the 5-element CTT test set can run in channel 2 alongside treatment. Therapy is stored in drops and/or a chip.

The acupuncture points are treated with programs referring to metabolism and hormones. Treatment time is thus shorter (see Table 1).

<table>
<thead>
<tr>
<th>Program No.</th>
<th>Duration of treatment</th>
<th>Stored under:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic programs 3130 and 130</td>
<td>Every 2 mins.</td>
<td>2020 + 2021</td>
</tr>
<tr>
<td>Hormonal regulation 980</td>
<td>1 min.</td>
<td>2022</td>
</tr>
<tr>
<td>Metabolism therapy 530</td>
<td>2 mins.</td>
<td>2023</td>
</tr>
<tr>
<td>Activating thyroid 934</td>
<td>2 mins.</td>
<td>2024</td>
</tr>
<tr>
<td>Improving lipometabolism 520</td>
<td>2 mins.</td>
<td>2025</td>
</tr>
<tr>
<td>Activating vitality 900</td>
<td>1 min.</td>
<td>2026</td>
</tr>
<tr>
<td>Carbohydrate metabolism disorder 819</td>
<td>2 mins.</td>
<td>1117</td>
</tr>
</tbody>
</table>

Table 1
Weight loss with BICOM optima – Instructions for Patients

Program setting:
Switch on device. When the main menu appears, press the “4” key (= program series).
The next screen appears. Press the “6” key (= weight loss program). The program sequence for points 1 to 10 is stored in the device.
Press the “E” button. Press the Start button twice. The Start button is now illuminated and the first programs are running. When the therapy program comes to an end for the respective acupuncture point, a signal is heard and the Start button goes out.
The button electrode must now be set to the next point. Press the “E” button – the start key flashes again and the next program runs.

Note:
Several programs are running with points 1, 6 and 7. Stop the button electrode when the Start button is illuminated.
The program for point 11 (pancreas) must be entered manually: Once the program has ended, use the Home button to go back to the main menu. Press the “2” key (= program number). Enter 1117, confirm with the E button. Press the Start button twice. The program is now running.

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2 The original sheet used in practice (1 page) is reproduced on 2 pages in this RTI Volume.
**Important**: Lie still on the white therapy mat during treatment.

- **Input cup** (black cable): Your saliva and drops of blood – in the case of program 1117, saliva and sugar.
- **Output cup** (red cable): Your BICOM drops
- **Chip storage device**: Your BICOM chip
- **Input** (black cable): Hold the button electrode on the corresponding body acupuncture point

**No alcohol on treatment day.** Drink a lot during the entire treatment series (1 glass of water every hour)

<table>
<thead>
<tr>
<th>Ear point</th>
<th>Body AP</th>
<th>Location</th>
<th>Program No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Zero point</td>
<td>CV 8</td>
<td>Navel</td>
<td>2020 (2 Mins.) + 2021 (2 Mins.)</td>
</tr>
<tr>
<td>2: Food craving</td>
<td>CV 12</td>
<td>Midpoint between the end of the breast bone and the navel</td>
<td>2022 (1 Min.)</td>
</tr>
<tr>
<td>3: Hunger point</td>
<td>ST 36 right</td>
<td>3 cun below the lower edge of the patella and 1 cun from the crest of the tibia.</td>
<td>2022 (1 Min.)</td>
</tr>
<tr>
<td>4: Hormonal command point</td>
<td>Li 13 right</td>
<td>Free end of the 11th rib: Mid axillary line to the right at bent elbow level</td>
<td>2022 (1 Min.)</td>
</tr>
<tr>
<td>5: Desire</td>
<td>Li 4 right</td>
<td>On the back of the hand with the thumb placed on the highest elevation between the thumb and the index finger, right</td>
<td>2022 (1 Min.)</td>
</tr>
<tr>
<td>6: Thyroid gland</td>
<td>TW 6 left</td>
<td>3 Cun above the left wrist crease, upper surface of the forearm between the ulna and radius</td>
<td>2022 (1 Min.), 2023 (2 Mins.), 2024 (2 Mins.)</td>
</tr>
<tr>
<td>7: Liver</td>
<td>Li 8 right</td>
<td>End of the right inner knee joint crease with bent knee</td>
<td>2023 (2 Mins.), 2025 (2 Mins.)</td>
</tr>
<tr>
<td>8: Frustration point</td>
<td>Lu 7 right</td>
<td>2 finger widths above the right Wrist fold (thumb side, “Tiger maul”)</td>
<td>2026 (1 Min.)</td>
</tr>
<tr>
<td>9: Anti-aggression point</td>
<td>Li 14 right</td>
<td>Intersection of the mamillary line with a vertical 1 Cun below the tip of the breastbone, right.</td>
<td>2026 (1 Min.)</td>
</tr>
<tr>
<td>10: Shen Menh</td>
<td>CV 17</td>
<td>Midpoint of the breast bone between the nipples</td>
<td>2026 (1 Min.)</td>
</tr>
<tr>
<td>11: Pancreas</td>
<td>Li 13 left</td>
<td>As under 4 (saliva and sugar in the input cup)</td>
<td>1117 (2 Mins.)</td>
</tr>
</tbody>
</table>

1 Cun = 1 width of the thumb, 1 QF = 1 finger width (FW)

**Table 2**
Treatment with the BICOM 2000 device involves the use of shortened, saved programs as described in the “Lose weight – but how?” text.

After the first few treatment sessions it has proved useful to test for the principal metabolic disorders. The four metabolism zones according to Sissi Karz (lipids, protein, carbohydrates and pancreatic juices) are tested kinesiologically and the primary interference is treated. Carbohydrate metabolism is very often affected. This program is particularly useful for patients who crave sugary foods.

Use of the weight loss program via the body’s acupuncture points saves the therapist or assistant time and energy as there is then no need to stay within the patient’s frequency field for the duration of treatment. The points are easy to access so that only minimal assistance is initially required.

Since the ear acupuncture points are not required during the bioresonance treatment, semi-permanent needles can be inserted to optimise treatment at selected points. The following points are particularly effective: Desire, zero point, frustration point, aggression point and the Shen Menh “Divine Serenity”.

The patients feel extremely well balanced as a result of treatment. Positive reports have been received emphasising that thoughts do not focus continuously on eating. At meal times, patients feel full that much faster – hence less food is consumed. Patients also find it easier to leave a five-hour interval between meals without experiencing annoying hunger pangs. What’s more, patients do not experience low morale, which is often the case when dieting.

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