

The Nogier Frequencies

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Summary: Dr Paul Nogier, a Lyonnais physician and acknowledged father of Auriculotherapy and Auriculomedicine, discovered the reactivity of the human organism to certain specific frequencies, and how they affect the biology of the body. These frequencies can be applied using various discontinuous procedures, including electrical, luminous, magnetic and laser stimulation.

Key words: Nogier; frequencies; auriculotherapy; auriculomedicine

Dr Paul Nogier, a 20th century Lyonnais physician, added acupuncture, homeopathy and osteopathy techniques to his general practice, and discovered the very particular role that the ear pinna could play in decreasing, even almost instantaneously eliminating, some types of pain, such as sciatic.

Being curious and scientific by nature and with a constant thirst to understand and apply his research for the benefit of his patients, he discovered and structured what he named Auriculotherapy, today practised by thousands of physicians around the world.

he developed an entire somatotopic cartography of the body on the ear pinna, stimulating these points with various tools, including acupuncture needles - hence this is also called Auricular Acupuncture, even if the therapeutic logic is very different from the founding theory of traditional Chinese Medicine.

Pursuing his work, and in keeping with his habit of taking his patients' pulses

during the clinical examination, he noticed an unusual reaction lasting a few beats when he stimulated one or other of the zones of the ear, in particular while examining a region representing a somatic pathology. This phenomenon recurred sufficiently often and was specific enough that he continued to explore it systematically.

He then discovered the specific nature and sensitivity of this physiological alarm signal, perceptible throughout the arterial network, which is today called the RAC-VAS (*Reflexe Autonome Circulatoire – Vascular Autonomic Signal*) or the Nogier Sign.

Thus Auriculomedicine was born, applied in diagnosis and treatment, using the body's alarm signals to complement the clinical examination and to inaugurate treatment of the patient.

Use of the RAC-VAS as an analytical tool enabled Dr Nogier to identify the most active and specific stimulation frequencies that are best integrated by the living organism.

He thus observed 7 specific frequencies, since named the Nogier Frequencies.

These 7 fundamental frequencies form a geometric series, and are called A (2.28Hz), B (4.56Hz), C (9.12Hz), D (18.25Hz), E (36.5Hz), F (73Hz) and G (146Hz).

Dr Nogier noted the same efficacy to the upper harmonics of these frequencies. Their action is clinically identical, which would seem to show that the biological receptors are capable of identifying the active frequency over several octaves, depending on their sensitivity. The U frequency (1.14 Hz) has been defined as the Universal, founding frequency.

The bases, presentations and indications of the RAC-VAS, the Nogier frequencies and Auriculomedicine have been reported in numerous works and articles, including, non-exhaustively, books by Drs Nogier, Rouxville, and Leclerc, publications of GLEM (www.glem.org) and ICAMAR (www.icamar.org), etc.

Here we are succinctly presenting the elements that can help you develop your protocols, and which justify the choices of associations of frequencies within programmes, as you can find on Sedatelec devices in particular.

In short, each fundamental frequency has specific therapeutic applications.

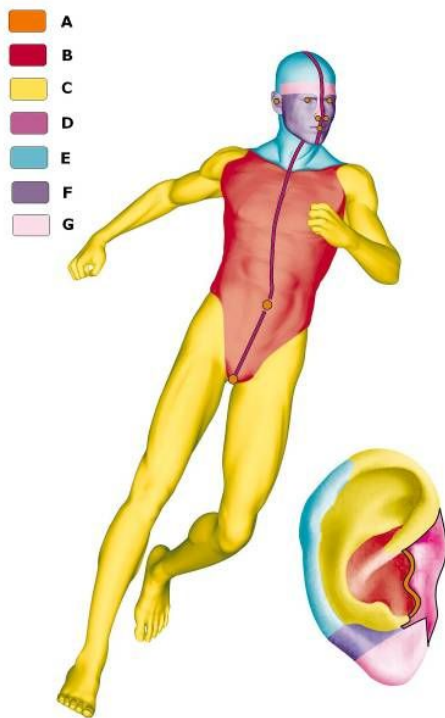
Here are the main applications:

- **Frequency A:** tissue disorders
 - Skin conditions (wounds, epithelial tumours, etc)
 - Cell multiplication disorders
 - "Contact" reaction problems, epidermal problems

- Connected to exteroceptivity
- Degenerative conditions, aplasia or hyperplasia

- **Frequency B:** metabolic disorders
 - Inflammatory problems
 - Trophic disorders
 - Parasympathetic polarity disorders
 - Connected to interoceptivity
- **Frequency C:** musculoskeletal problems
 - Kinetic, paretic or myoclonic pathology
 - Orthosympathetic polarity disorders
- **Frequency D:** laterality disorders
 - Inter-hemispheric blockage
- **Frequency E:** spinal system, reflex arch
 - Pain and nerve conduction
 - Medullary disorders
- **Frequency F:** brain, central commands
 - Metabolic dysfunctions (bone reconstruction)
 - Dysesthesia
 - Dyskinesia
- **Frequency G:** cerebral cortex
 - Cortical disorders
 - Mental disorders

The map, which is the result of Dr Nogier's work, enables you to visualise the normal projection zones for these frequencies, on the body and the ear.



In Auriculomedicine, the RAC-VAS is what guides the choice of frequencies to apply.

The frequencies can also be chosen by deduction, by selecting those likely to be useful in re-establishing a particular functional balance.

Thus, you would opt for:

- **frequency A** to combat inflammation, encourage tissue regeneration, regulate cell multiplication (hypoplasia, hyperplasia);
- **frequency B** for all trophic disorders affecting tissue functions, and therefore, for example, for osteoarthrosis phenomena, and also for the growth phase of tissue regeneration in the scarring process, ischemic pathologies, and so on;

- **frequency C** when the musculoskeletal system is disturbed, so for muscle contractions, sprains and tendinitis, back pain, joint stiffness, etc;
- **frequency D** for laterality problems, in particular right / left, functional or structural imbalance, for example for psychological disorders in reflex treatment of the ear;
- **frequency E** for local pain, whether muscular, joint, dental or cutaneous (burns, for example)
- **frequency F** for central management of nerve impulses, to re-establish balance, relax spasms accompanying any inflammation or disorder, encouraging scarring, tissue regeneration, the restoration of physiological functions;
- **frequency G** when the cortex is involved, for central pain involving conscious suffering, as well as for psychological conditions that affect the normal functioning of the organs (shock, fear, PTSD, etc.)

Thus, the programmes proposed on Sedatelec devices group the frequencies A, B and F together for the regeneration programme, E and G for the analgesic programme and C, D and G for the muscle relaxation programme.

You then project these frequencies on the pathology zones (*loco dolenti*), for one to two minutes, once or twice per week, and you can complement this with stimulation of the auricular points,

if you practise Auriculotherapy or Auriculomedicine.

Remember that there is no "miracle recipe" with guaranteed results; there is your patient, your diagnosis and your choice of adapted therapy, for which using a laser at the Nogier Frequencies may play a role.

The clinical case always comes first, and sometimes you may have to repeat the application several times to trigger or reinforce the action.

The Nogier Frequencies are used around the world.

Other physicians suggest other stimulation frequencies, but most acknowledge Dr Paul Nogier's role as the discoverer of biostimulation frequencies.

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