

mastering the VAS vascular autonomic signal



The Discovery of the Vascular Autonomic Signal (VAS)

The Vascular Autonomic Signal (VAS) was discovered by Dr. Paul Nogier, a French neurologist, in the 1960s during his pioneering work in auricular therapy.

How Dr. Paul Nogier Discovered the VAS?

While working on his research in auricular acupuncture, Nogier noticed a curious phenomenon. When he pressed specific points on the ear or exposed patients to different frequencies of light or laser therapy, he detected a subtle but consistent change in the pulse. After years of meticulous observation, he concluded that this signal, the VAS, was a direct response of the autonomic nervous system to external stimuli, especially related to specific points on the body.

what is the vas ?

The Vascular Autonomic Signal (VAS) is a response from the nervous system that appears in the blood vessels. It's a neurovascular reflex triggered by external stimuli, which can be felt as a subtle change in the radial pulse.

The Vascular Autonomic Signal (VAS)

Distinct from the Chinese pulse:

VAS does not involve traditional pulse qualities (e.g., depth, speed, width).

It is binary: either VAS is present (yes) or it is absent (no).

VAS is a tool to directly engage with the nervous system.

It's used to ask "yes or no" questions to the body's autonomic responses.

What can you do with the vas ?

Ask the nervous system questions and receive a "yes" or "no" answer

Identify the correct frequencies to use and know when to end treatment

Test for food sensitivities

Detect vitamin and mineral deficiencies

Access the patient's subconscious to help shift their mindset

The VAS technique works by bypassing the patient's conscious mind. Unlike methods that involve the patient's active thinking or muscle responses, which can be influenced by their awareness or expectations, the VAS technique focuses on involuntary physiological responses. This makes the results less affected by the patient's conscious thoughts, leading to more objective and reliable diagnostic outcomes.

Why should you study the VAS?

Precision in Assessing the Autonomic Nervous System (ANS): VAS palpation is a highly accurate technique for evaluating the body's ANS response to various stimuli, making it invaluable for clinicians in both Auricular Medicine and other therapeutic practices.

Identifying Pathological Areas: This method enables practitioners to pinpoint active points or areas where pathology may exist, allowing for targeted treatment approaches.

Determining Treatment Priorities: Practitioners can efficiently identify which points are most critical for addressing the patient's needs, ensuring that treatment is both effective and efficient.

Frequency Optimization: The VAS technique aids in selecting the appropriate frequency for laser therapy, enhancing the treatment's effectiveness.

Assessment of Treatment Efficacy: After treatment, VAS palpation can confirm whether the targeted points have been adequately treated, providing immediate feedback on the success of the intervention.

Exploration of Additional Treatment Options: By evaluating the response during the VAS test, practitioners can determine if additional points could contribute positively to the overall treatment strategy.

Uncovering Underlying Issues: The VAS technique can help reveal connections between different points, potentially uncovering insights that the patient may have overlooked or been reluctant to share.

The VAS technique can help uncover issues that the patient may have consciously or unconsciously ignored, or things they might refuse to share or feel too ashamed to mention. Since it bypasses the patient's awareness, it can reveal underlying health problems that they may not be ready to talk about or even realize they have.

By studying VAS, practitioners gain a powerful diagnostic tool that not only enhances their clinical skills but also contributes to more personalized and effective patient care.

With the help of the VAS (Vascular Autonomic Signal), practitioners can test for food tolerance and detect potential deficiencies in minerals and vitamins.

This method can also be used to adjust herbal or homeopathic formulas tailored to the patient's specific needs. Since the VAS provides a direct "yes or no" response from the nervous system, it allows the practitioner to assess the body's reactions to various substances, making it a valuable tool for personalizing treatments and dietary recommendations.

Understanding **Oscillation and Inversion** in Auricular Medicine and laser therapy

Oscillation: A fluctuation in the autonomic nervous system (ANS) affecting nervous system stability, **often involving the reticular formation**, which regulates alertness and sleep-wake cycles.

Symptoms: Mood swings, emotional instability, temperature changes, tremors, or involuntary muscle contractions.

The reticular formation influences the Yin Tang point.

Causes of Oscillation

Oscillation in the body can be caused by various factors that disrupt the balance of the autonomic nervous system. These include:

- 1. Scars: Scar tissue from past injuries or surgeries can create disturbances in nerve signaling, leading to oscillation.**
- 2. Trauma and Injuries: Physical trauma, such as accidents or sports injuries,**
- 3. Chronic Inflammation or Infection**
- 4. Musculoskeletal Dysfunction**
- 5. Emotional and Psychological Stress: Chronic stress can overstimulate the sympathetic nervous system, contributing to autonomic imbalances and oscillation.**
- 6. Nutritional Deficiencies: Lack of essential nutrients can impact nerve function and contribute to oscillations.**
- 7. Toxins or Environmental Factors: Exposure to environmental toxins or chemicals can affect the nervous system, leading to oscillations.**
- 8. Neurological Conditions: Conditions like autoimmune diseases or neurodegenerative disorders can disrupt nerve signaling, causing oscillation.**
- 9. Hormonal Imbalances: Imbalances in hormones, like thyroid dysfunction or adrenal issues, can contribute to autonomic disturbances.**
- 10. Infections and Viral Load: Certain infections, especially viral, can affect the nervous system and cause oscillations due to altered signaling pathways.**

Why Addressing Oscillation & Inversion Matters

Balances the ANS: Restores harmony in essential bodily functions (e.g., heart rate, digestion, stress response).

Preventing Diagnostic Errors

Improves Treatment Outcomes: Creates a stable foundation for other therapies to be more effective.

Enhances Patient Well-Being: Reduces mood swings, improves stress resilience, and supports overall health.

Practical Technique to Address Oscillation and Inversion without essence flowers

Step 1: Check Yin Tang using the gold side or the black side of the three-volt Hammer. If a vascular autonomic signal (VAS) is detected, check the master Oscillation points if it is active lightly stab the Yin Tang point or use a laser with 4624 self-heal frequency. This can temporarily cancel oscillations.

Step 2: Addressing Inversion

Test the GB 14 areas using the gold side of the 3-volt hammer.

Observe if there is a VAS (Vascular Autonomic Signal) response in these regions.

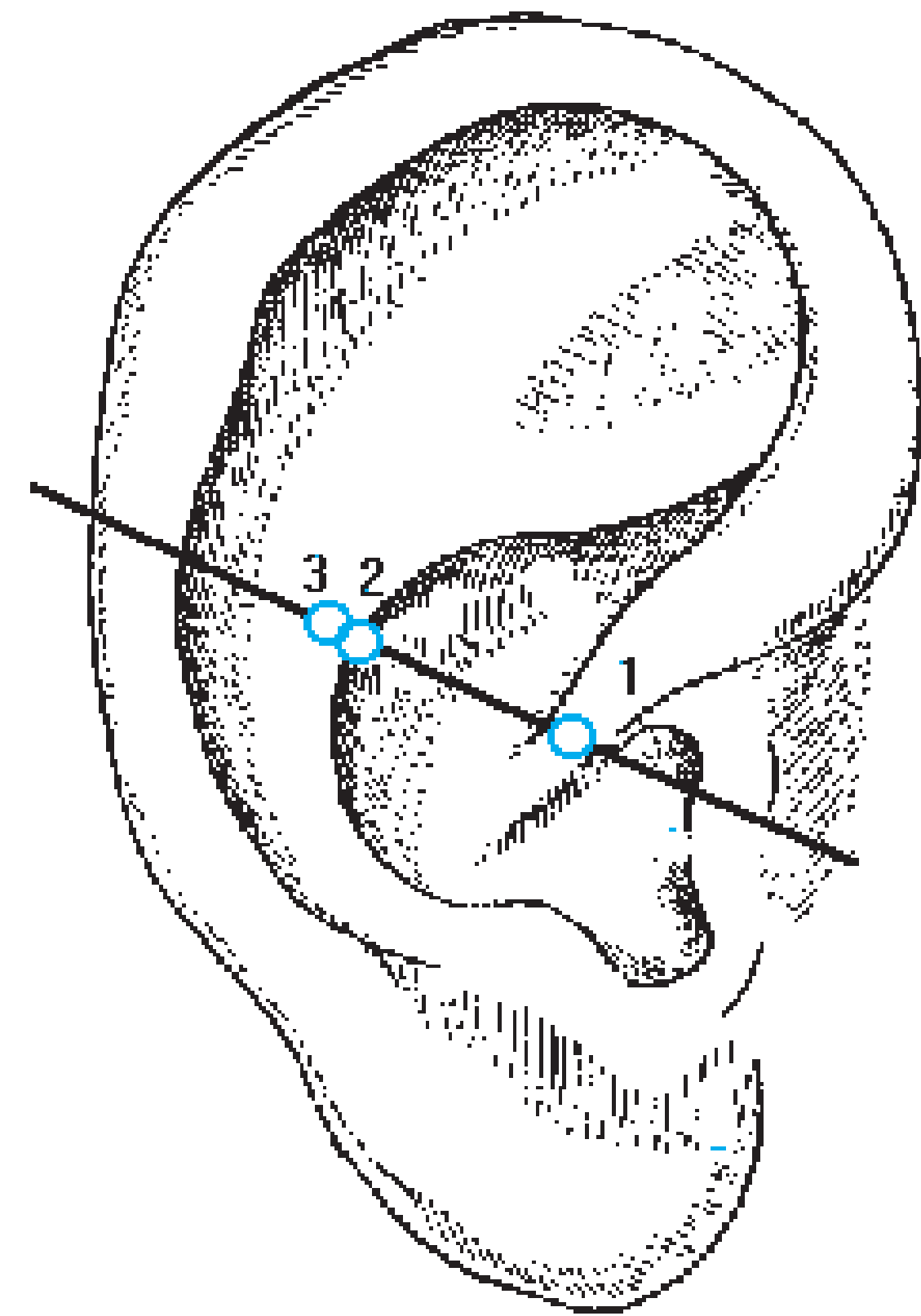
2. If a Positive VAS Response Is Found:

Treat the Following Areas:

Stellate Ganglion: To balance the autonomic nervous system and resolve overstimulation.

Sinus Point: To address sinus-related disturbances.

Temporomandibular Joint (TMJ): To resolve cranial nerve and muscular imbalances affecting the inversion.



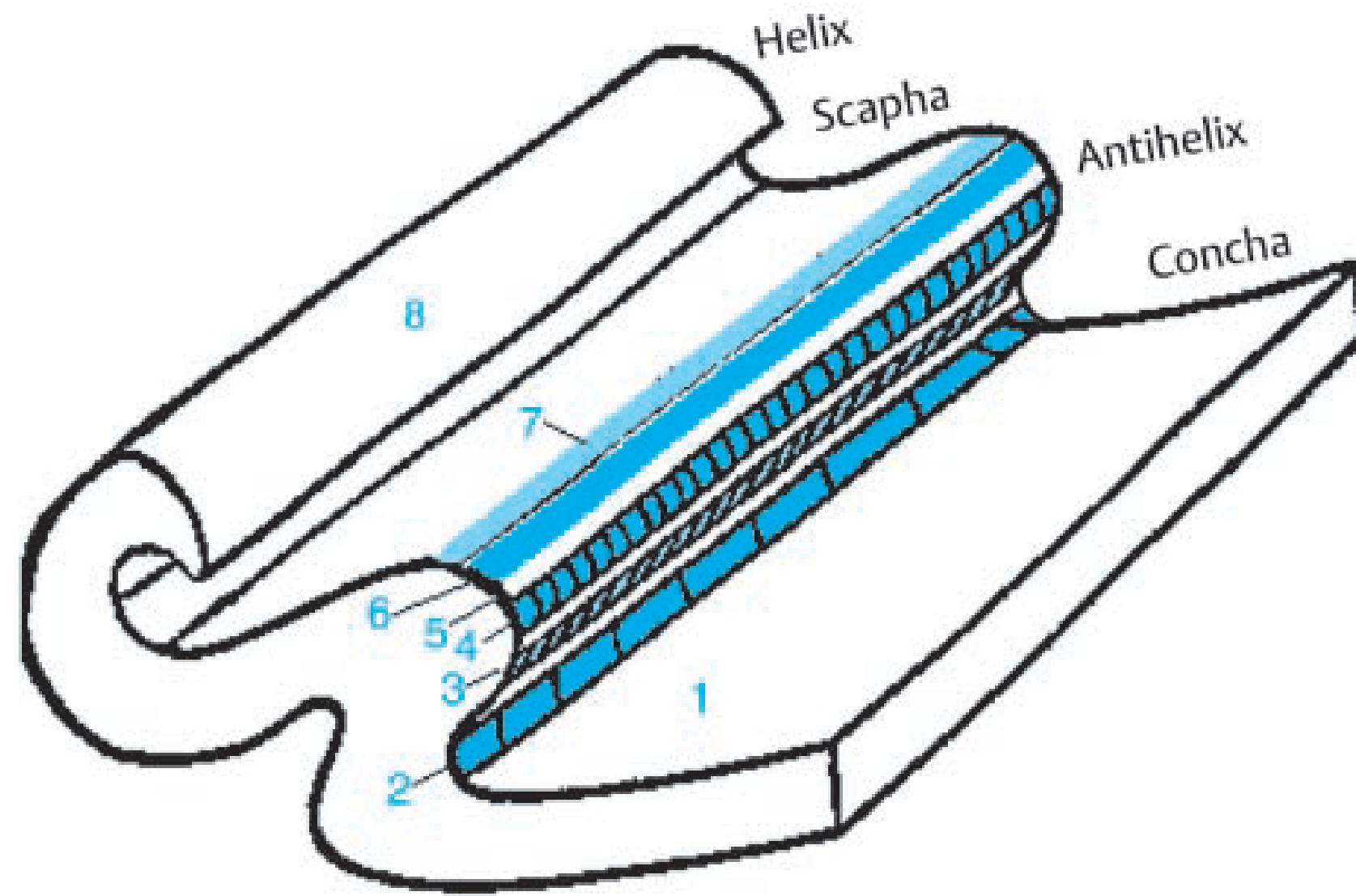
1 Point Zero

2 Point C7/T1

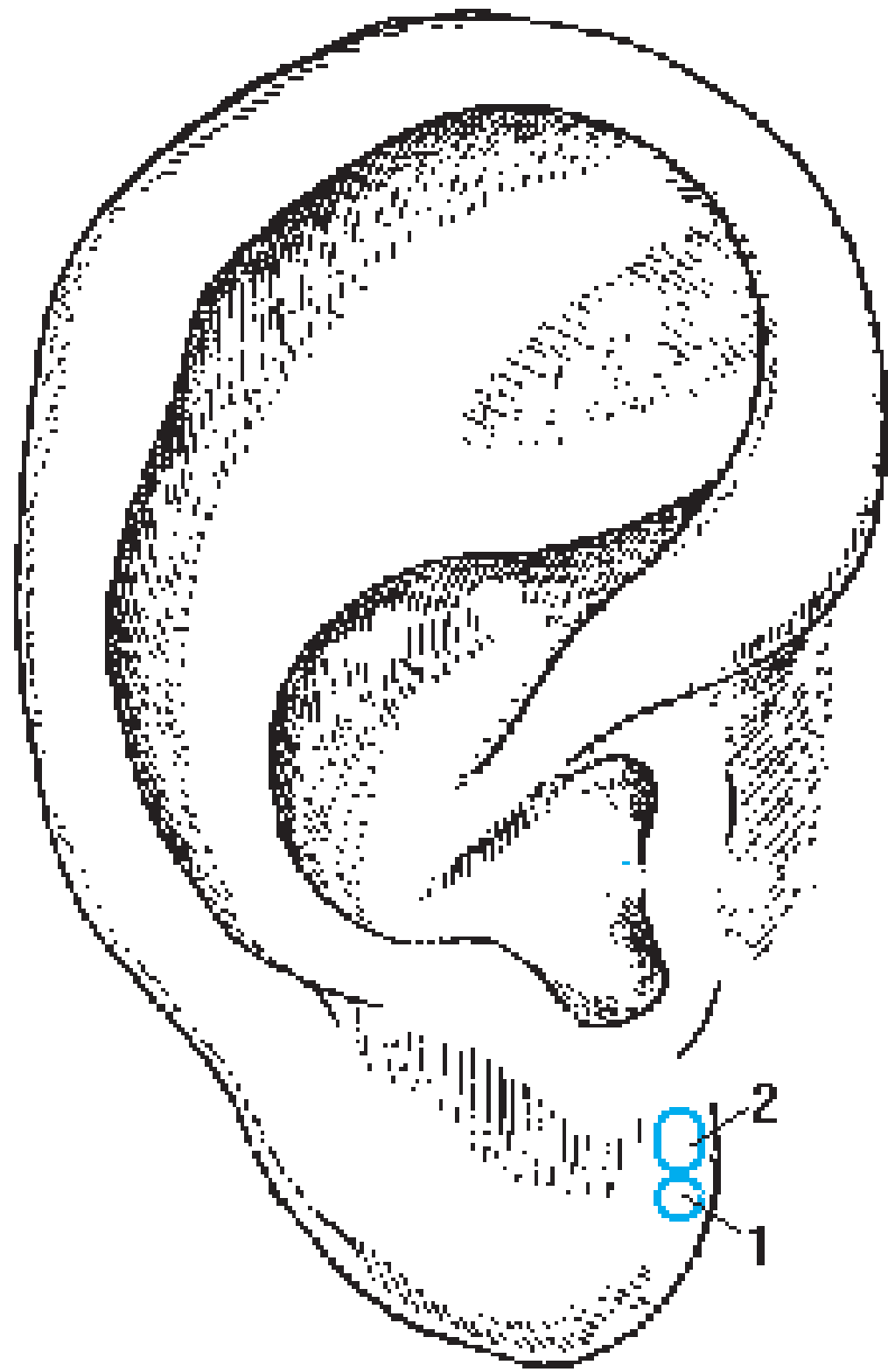
3 First Rib Point, Stellate Ganglion Point

Location:

At the level of Point C7 in the Zone of Sympathetic Trunk.



- 1 Zone of Parenchymal Organs (Concha)
- 2 Zone of Sympathetic Trunk, Neural Organ Points
- 3 Zone of Nervous Control Points of Endocrine Glands
- 4 Zone of Intervertebral Disks
- 5 Zone of Vertebrae
- 6 Zone of Small Vertebral Joints
- 7 Zone of Paravertebral Muscles and Ligaments
- 8 Zone of Spinal Cord



1 Nose

2 Paranasal sinuses

(mucosal portion)

(Cranial: frontal sinus)

(Caudal: maxillary sinus)

Location:

Just superior to the Nose Point.

Here are the reflex areas of the maxillary sinus, sphenoidal sinus, ethmoidal sinuses, and the frontal sinus. They all represent the mucosal portion of these sinuses.



one point to check it all

Frequency Check After Preassessment (No Oscillation or Inversion):

a single point to test all frequencies.

Scan through the frequency range one by one, checking for a VAS response.

If there is no VAS, that frequency is not suitable.

If a VAS is detected, use that frequency for treatment.

If two frequencies trigger a VAS, select the one with the stronger response.

Repeat the process to confirm the best frequency for treatment.

3V Hammer:

Gold/Black Points: Indicate deficiencies or weaknesses points, often related to essential trace elements that are lacking. These points typically appear on the right ear for deficiencies in specific trace elements.



Silver/White Points: Indicate excess or toxicity, such as an overload of trace elements (e.g., iron). These points highlight areas with energy-rich imbalances due to excess substances.

Additionally, the silver side of the 3V Hammer is used to identify emotional or psychological points that relate to the weakest yin organ, helping to detect areas of energetic imbalance.

For example, if a patient has shoulder pain and you find that the area triggers a VAS response when using the white side (silver side) of the 3V Hammer, indicating excess, toxicity, or an emotional issue, it suggests that the pain may be emotionally linked. In this case, you can further assess the Harar 6 frequency to check if it is active and appropriate for treating the shoulder. If the frequency is active, it can help address the emotional or energetic imbalance contributing to the pain. You should then use this frequency to treat the shoulder, helping to restore balance and relieve the pain.

Understanding the VAS

Maxwell's equations, which are the foundation of electromagnetism, show that any object with an electric charge or current creates an electromagnetic field. These fields are produced by electric charges and moving currents, and they apply universally to all objects, whether they are living or non-living.

This means that everything, from stones to foods, and even biological tissues like neurons, has an electromagnetic field. For example:

Stones: Minerals within stones can produce magnetic fields.

Foods: The ions in foods can respond to electric fields.

Biological systems: Cells and neurons generate and react to electric fields due to their ionic composition.

In essence, every object with electric properties carries its own electromagnetic field.

The nervous system is the body's communication network, responsible for sending and receiving signals that control everything from movement to heart rate.

it's an intricate electrical network Neurons, the primary cells of the nervous system, communicate via electrical impulses that travel along their membranes.

electromagnetic field interacts with the nervous system



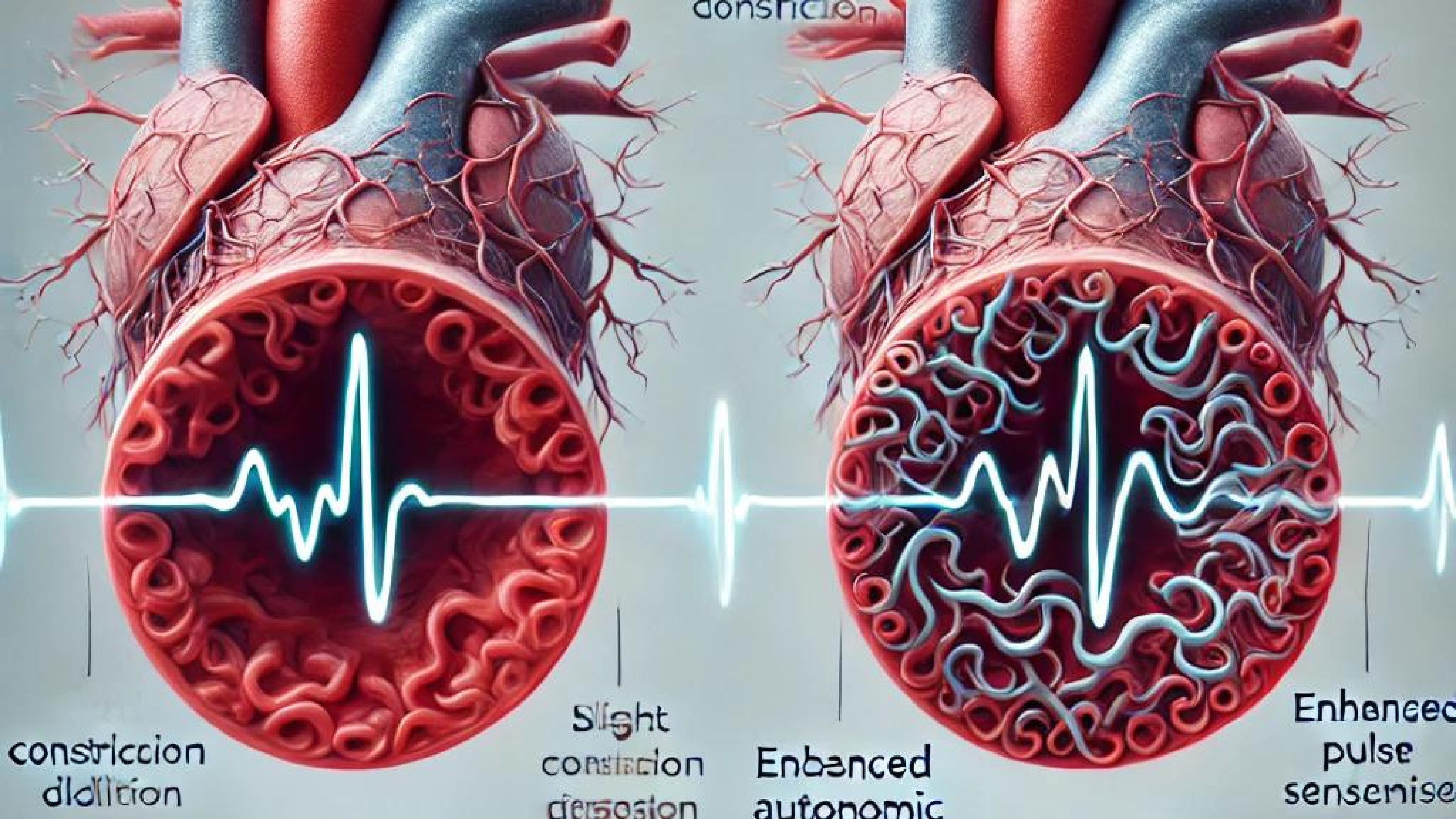
Nervous system response



constriction of blood vessels



change in pulse



constriction

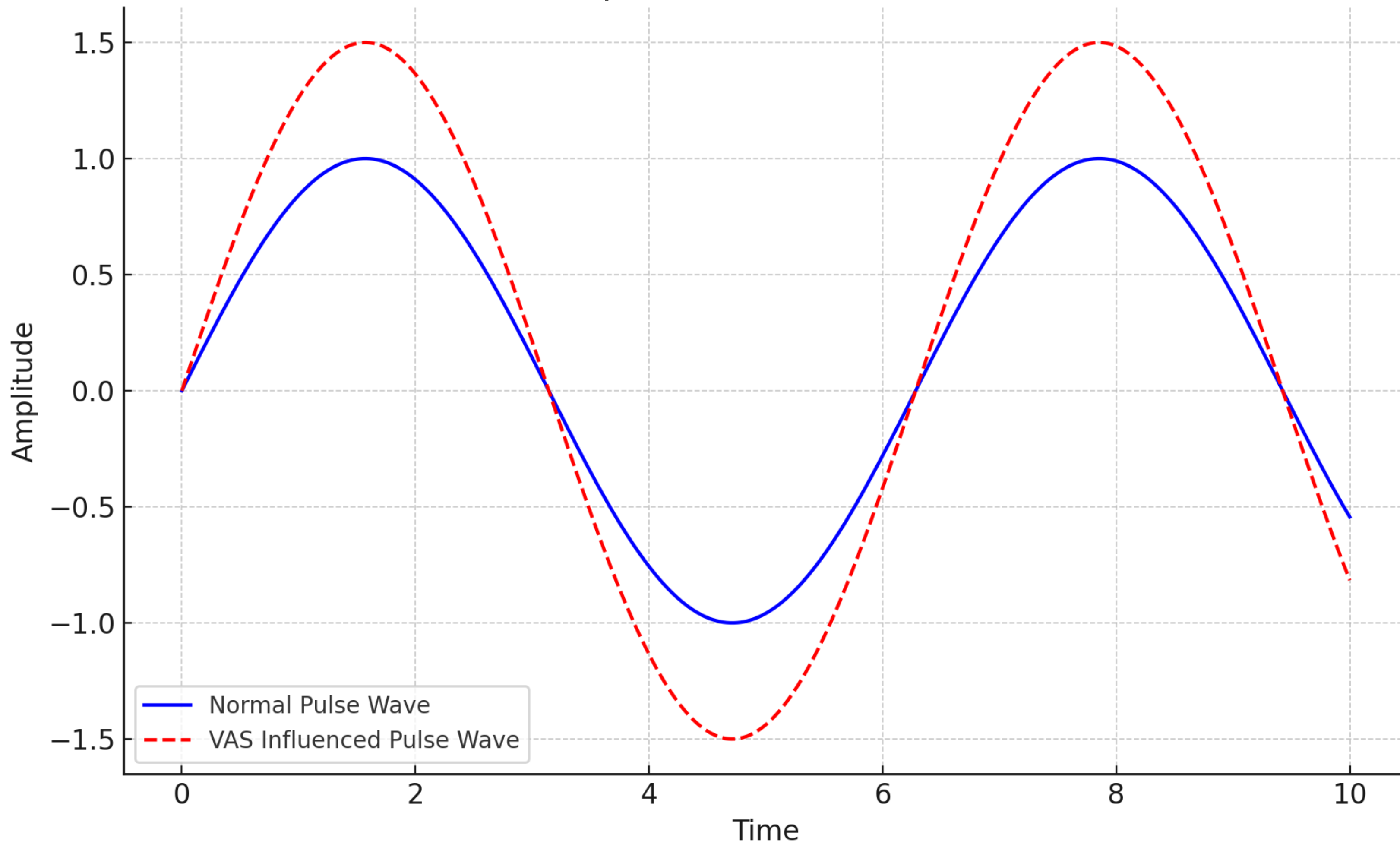
constriction
dilation

Slight
constriction
dilation

Enhanced
autonomic

Enhanced
pulse
sensation

Pulse Wave Comparison: Normal vs VAS Influenced



The nervous system, being an electrical system, naturally responds to electromagnetic fields (EMFs). When exposed to EMFs, the charged ions in neurons—responsible for transmitting signals—can be influenced, affecting how these signals travel. Low-frequency EMFs can stimulate or inhibit nerve function, altering the communication between neurons. This interaction can lead to changes in the body's physiological responses, such as changes in blood flow or nervous activity, which are often observed in techniques like Vascular Autonomic Signal (VAS) testing.

When the nervous system encounters an electromagnetic field, it activates a fight or flight response. This response is triggered when the body perceives a threat. As a part of this reaction, blood vessels constrict to conserve energy, which alters blood flow and changes the pulse. This change in pulse can be detected by the practitioner, reflecting the body's response to the perceived threat.

In the VAS, when an electromagnetic field is applied, the nervous system's response indicates the presence of a potential issue in the body. The constriction of blood vessels and the subsequent changes in pulse signal areas of electrical activity related to pathology. Therefore, a VAS reaction at specific points suggests that these points are electrically active and may indicate underlying health concerns.

the vas is yes or no questions for the nervous system

The VAS test only reacts to electrically active points on the body. When a point reflects a pathology, it shows altered electrical activity, leading to a response in the VAS. In contrast, healthy points without pathologies maintain stable electrical activity and do not produce a VAS reaction. Therefore, only points associated with an underlying pathology will trigger a response during the VAS test.

Acupuncture points that exhibit increased electrical activity often indicate underlying pathologies in the corresponding organs or systems. When these points show heightened electrical responses, it suggests that there is an imbalance or dysfunction present, reflecting the body's overall health. This electrical activity can be detected through various diagnostic methods, such as the VAS test, where active points correlate with specific health issues, guiding practitioners in their treatment approach.

VAS is distinct from the traditional Chinese pulse, which involves interpreting various qualities like depth, speed, or strength. In contrast, the VAS (Vascular Autonomic Signal) is a binary system—it either occurs or it doesn't, making it a simple "yes" or "no" response. You can think of it as a test posed to the nervous system, with the answer being strictly a confirmation or denial of a reaction. There's no room for interpretation beyond that, which simplifies the diagnostic process.



Instructions for Finding the Vascular Autonomic Signal (VAS)

Introduction

The VAS is a subtle pulse response that can be used in diagnosis and treatment. While it can be performed in any setting, it's best to practice it initially when you are relaxed and calm. The goal is to detect changes in the patient's pulse as you apply gentle pressure with your thumb or another finger.

Preparation

Get Comfortable:

For the Practitioner: Sit in a comfortable, stable position. Relax your shoulders and take a few deep breaths to center yourself.

For the Patient: Ensure the patient is either lying down or sitting in a relaxed position. Adjust any pillows or supports to make them as comfortable as possible.

Hand Position:

The VAS is most commonly taken using the **thumb** because it has the highest concentration of sensory receptors. However, you can use other fingers if necessary.

Position your thumb at a **45-degree angle** to the patient's skin for the most effective pulse reading.



Step-by-Step Guide to Finding the VAS

Locate the Radial Artery:

Start by placing your thumb gently on the **radial artery** (located on the inner wrist, just below the base of the thumb).

If you are unable to detect a pulse due to surgery, scarring, or other mechanical issues, you can try other arteries:

ST 41 (Anterior Tibial Artery): Found on the front of the ankle.

Superficial Temporal Artery: Located in the temple region.

Getting to Know the Pulse:

Feel the Pulse: Place your thumb lightly on the artery and take a few slow, deep breaths. Get familiar with the patient's natural pulse rhythm.

Find the Peak: Slowly increase pressure until you feel the pulse at its strongest point. This is where the pulse is most pronounced.

Applying Pressure:

Press Firmly: Gradually press down on the artery until you feel resistance against the bone. This is to understand the full depth of the pulse.

Release Slowly: Slowly start to reduce the pressure while maintaining contact with the skin. The goal is to still feel the pulse but in a weakened form.

to sense the pulse without obstructing it. Allow your thumb to be sensitive to any variations, which indicates a VAS response.

Finding the VAS:

Once you find the pulse at a weaker pressure, hold your thumb in place and observe any changes.

These changes may feel like a subtle "jump" or alteration in the pulse quality.

Adjust Your Pressure: Keep your pressure light and relaxed, just enough

Tips for Success

Stay Focused: The VAS can be very subtle. Staying relaxed and focused will enhance your sensitivity to the pulse changes.

Use Light Pressure: Applying too much pressure can obscure the VAS. Aim for a gentle touch where you can still feel the pulse clearly.

Practice Regularly: The more you practice, the more attuned you will become to detecting VAS changes.

Polaroid paper is used in the context of the Vascular Autonomic Signal (VAS) test, particularly in auricular therapy or other energetic diagnostic systems. Here's a simple explanation:

What is Polaroid Paper?

Polaroid paper has unique properties that allow it to polarize light. When light interacts with it, the paper can filter and organize the light waves in one direction. This property is thought to influence the electromagnetic fields around the body

How Does It Help with VAS?

1. Amplifies Subtle Changes:

- **When placed near the skin or an acupuncture point, the polarized light emitted by or reflected off the paper interacts with the body's bioelectrical signals. This can help amplify the subtle changes that the VAS practitioner detects through the pulse.**

2. Focuses the Practitioner's Sensitivity:

- **By holding the Polaroid paper, practitioners claim that it creates a more "focused" energetic interaction, making it easier to feel changes in the VAS when testing points or remedies.**

3. Detects Resonance:

- **The polarized effect of the paper is thought to highlight whether a specific area or remedy is resonating with the patient's energy system, which is then felt as a pulse reaction.**

4. Used for Testing Remedies:

- **In some protocols, the paper is combined with ampoules or other testing materials to check their effect on the VAS, aiding in diagnostics.**

Summary

Polaroid paper helps enhance the practitioner's sensitivity to the subtle pulse changes felt during VAS testing by interacting with the body's electromagnetic fields and focusing light energy. It acts as a tool to amplify and clarify the energetic interactions in the diagnostic process.

Polaroid Angle Test in Auricular Medicine:

The Polaroid Angle Test is a technique used in auricular medicine to detect imbalances in the body's energy. It involves using polarized lenses to observe changes in light reflection when they are applied to specific points on the ear. The angles at which light is reflected can reveal subtle energetic disturbances or imbalances in the body.

Physics Behind It:

Polarized lenses filter light waves, allowing only light vibrating in one direction to pass through. When applied to the ear, the angle at which light interacts with the ear's surface changes in response to energetic imbalances. This change can help identify areas where the body is out of balance, guiding treatment decisions.

