

ESOGETIC MEDICINE

Energy Reflector Oil according to Peter Mandel

– special Massage Oil –

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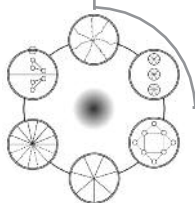
For over 40 years, I have been studying the surface of the body in regard to the points and zones that reflect a reflection to the inner organs, along with the relationship with the individual human "soul".

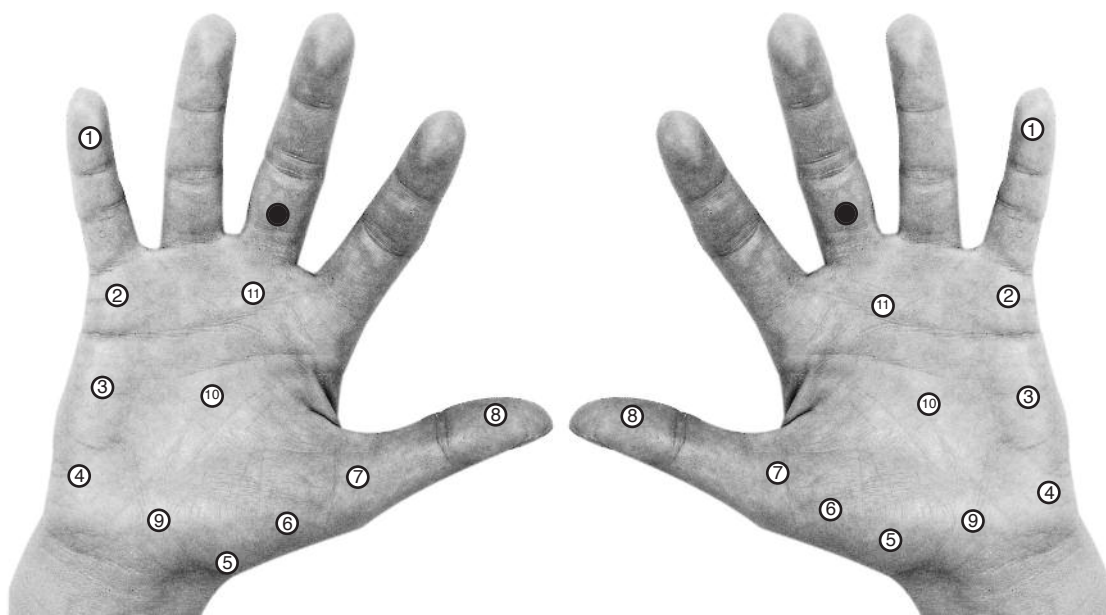
I was able to develop many new systems, which are meanwhile used with great success by doctors and therapists throughout the entire world. I call my medicine "Esogetic medicine", and under this name I have been able to gather together over 200 systems that I have created. I have always sought to interest especially healthy people in simple self-treatments, since it is always better to seek prevention and become active before one becomes ill or suffers pain. In the following, I would like to present you with one of the many possibilities, because this is especially effective, not to mention economical.

On both hands and feet there are defined zones that are shown on both the inner and outer sides, as well as in the middle. The experience of many years has shown, with both healthy and ill people, that by using these simple manipulations according to my instruction, well-being is possible, and in the case of ill people there is relief from discomfort. The starting point for the positioning of the points was the realization that on the outer and inner side of hands and feet are positioned the reflex areas of the four elements fire/earth/air/water (outer side) and the so-called shadow elements (inner side). I associate the middle of the palm of the hand and sole of the foot, and the points 9, 10, 11 and 12, to the middle of our body, whereby point 12 initially plays no role in the treatment.

With a small therapy device (massage stick) the points are massaged intensively and point-by-point in the sequence of the numbers 1 – 11 for 10 to 15 seconds (not beyond the threshold of pain). Both of the possibilities (hands and feet) are not applied on the same day. I was also able to see that the treatment is best implemented in the evening, coupled with the zones of the back.

For a very long time, it has been known that the surface of the body, the skin, has many possibilities of reflection inward to the organs and systems. Based upon my many years of experience, I have assigned areas of muscle and skin to the points of the hands and feet. For staying healthy, for reducing stress and for relaxing, the reflex areas of liver, stomach, heart, kidney and intestine are very helpful. Below is a description of the points of the hands and feet, along with the zones of the back.





Point 1

Left and right in the middle of the tip of the little finger.

Point 2

On the vertical line to Point 1, directly above the joint at the base of the little finger.

Point 3

This point lies in vertical connection to Point 1+2, in horizontal connection to Point 10 in the middle of the palm.

Point 4

Point 4 is located in vertical connection to Points 1, 2 and 3, a finger breadth above the first fold of a joint in the hand.

Point 5

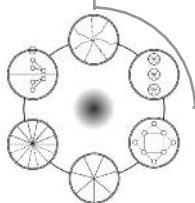
In horizontal connection to Point 4 and the vertical connection to the Points 6, 7 and 8; this point is located a finger breadth above the first fold of a joint in the hand.

Point 6

This lies in vertical connection to Points 7 and 8, circa one-and-a-half finger breadths from Point 5.

Point 7

This point lies above the joint at the base of the thumb, in vertical connection to Point 8.



Point 8

Point 8 lies in the middle of the tip of the thumb.

Point 9

Point 9 is located midway between Points 4 + 5.

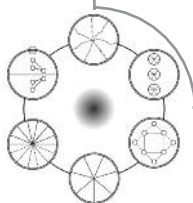
Point 10

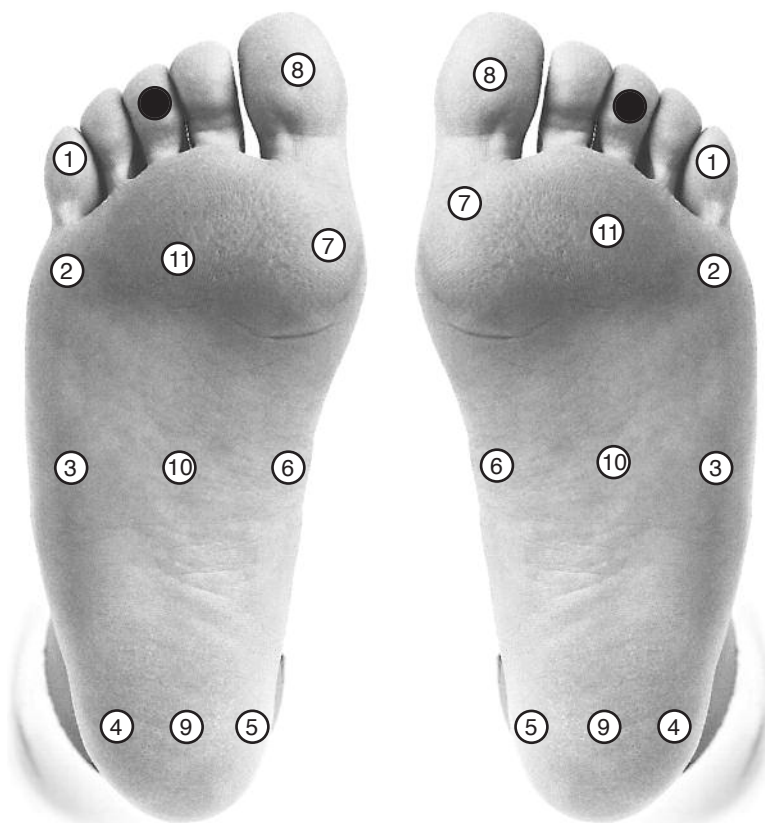
Point 10 is located exactly in the middle of the palm.

Point 11

Point 11 lies above the joint at the base of the middle finger.

Point number 12 (black) is not taken into consideration in the treatment.





Point 1

In the middle of the papilla of the little toe, left and right.

Point 2

This point lies directly above the joint at the base of the little toe, in vertical connection to Point 1.

Point 3

The point is found in vertical connection to the Points 1 and 2, horizontal to Point 10 in the middle of the sole of the foot.

Point 4

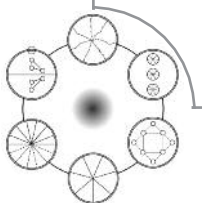
Point 4 is horizontal to Point 9 in the middle of the heel and in vertical connection to the Points 1, 2 and 3.

Point 5

Point 5 lies in horizontal connection to Point 9 and vertical to the Points 6, 7 and 8.

Point 6

This stands in vertical connection to the Points 7 + 8 and horizontal to Point 10 in the middle of the palm.



Point 7

In vertical connection to Point 8, above the joint at the base of the big toe.

Point 8

Point 8 is located in the middle of the big toe.

Point 9

Point 9 lies in the middle of the heel.

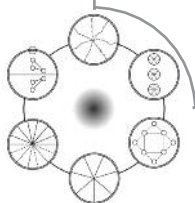
Point 10

Point 10 lies in the middle of the sole of the foot.

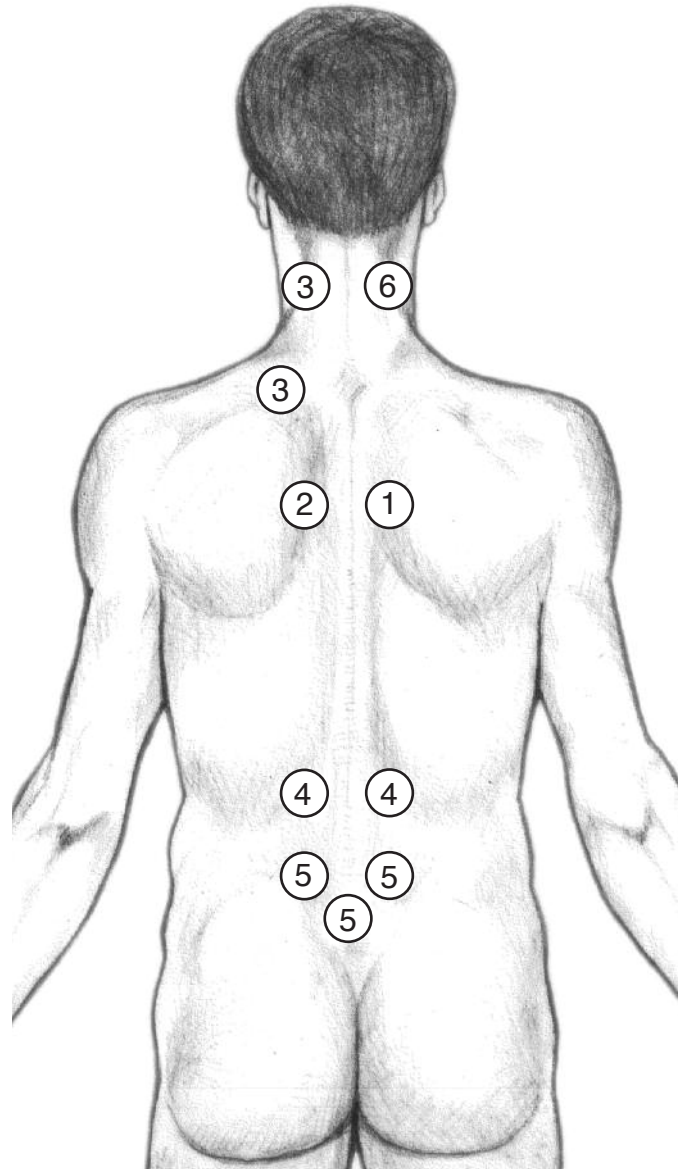
Point 11

In the middle of the arch of the sole of the foot lies Point 11.

Point 12 (black) is not treated here either.

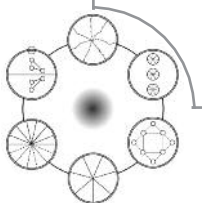


Treatment of the zones of the back



In combination with the points of the hands or the feet, one should subsequently include the zones of the back. The zones are to be massaged intensively and point-by-point with the wide side of the "massage stick" for 10 – 15 seconds, following the numerical sequence. Afterwards, one can intensively rub the zones with the new Energy Reflector Oil. This will also stimulate nightly dreams, thereby stimulating the processing and regulating mechanism in the night.

The assigning of zones to inner organs is an ancient practice, and one can activate the functions by subjecting the assigned sectors to gentle stimulation. This is



practiced around the world by therapists. Over the course of the years, I was able to discover new correlations between functions, for which it is worthwhile to act preventively, particularly in healthy times.

After treatment of the 11 Points of the hands and the soles of the feet, one combines these with the zones of the back. Below is the description of the location and how to find these zones.

Zone 1 – Liver

If one makes a connection of both shoulder blades from the middle outwards horizontally, then one finds on the right side, between the spinal column and the inner edge of the shoulder blade, the "Zone of the Liver".

Zone 2 – Stomach

Across from the "Zone of the Liver" on the left side, also between the spinal column and the inner edge of the shoulder blade, lies the "Zone of the Stomach".

Zones 3 – Heart

There are two zones that we treat here. First, one looks 2 finger breadths above the inner tip of the shoulder blade on the left side. The second zone lies in the middle of the left of the neck, directly next to the spinal column.

Zones 4 – Kidney

These two zones are located directly on the lower costal arch at an angle to the spinal column. First treat the left and then the right zone.

Zones 5 – Intestine triangle

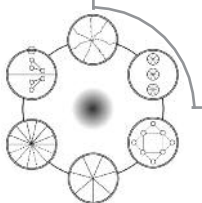
Relating to the large intestine. The two upper zones lie at an angle between the iliac crest and the spinal column. The third zone is positioned in the upper sacral bone area.

Zone 6 – Gall bladder

The zone of the gall bladder is located in the middle of the right side of the neck, directly next to the spinal column.

Procedure:

The points of the hands and soles of the feet should not be treated on the same day. One begins with the 11 points of the inner surface of the hands and combines this with the 10 zones of the back. The time per point is 10 to 15 seconds. Following point-by-point massage, the zones of the back should be rubbed with the new Energy Reflector Oil.



On the following day one treats the points of the soles of the feet, and then subsequently the zones of the back. Afterwards, allow a day of rest before beginning again with the hands.

One can proceed in this manner for a period of 14 days, and subsequently implement the treatment once each per week.

It is worth trying the possibilities shown for self-treatment here. After all of the experience in previous years, this is an effective possibility to remain healthy. For the points and zones there is no indication, but rather they affect the entire being in the trinity of "spirit, soul and body".

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