Application of the Synapsis Programs in Specific Reflex Areas

From our long years of experience of applying the induction programs and the point induction, plus having now successfully completed the development and the trial phases, we have designed the new Synapsis home 2 for different areas of application.

The application through the wrist cuffs

As a new option the specific application through reflex areas, zones as well as points.

At this point two short programs are available for the specific application.

1. The Power Nap Program, running time 15 minutes
2. The Gamma Wave Program, running time 15 minutes

Here are once more the indications of these programs

Indication Power Nap:
Primarily the Power Nap Program has been conceived for daily stress. Applied for 15 minutes a day a person's tension due to the job or outer influences can be greatly decreased.

This induction program has a peculiar feature. According to the type of stress it can be applied through specific zones on the body.

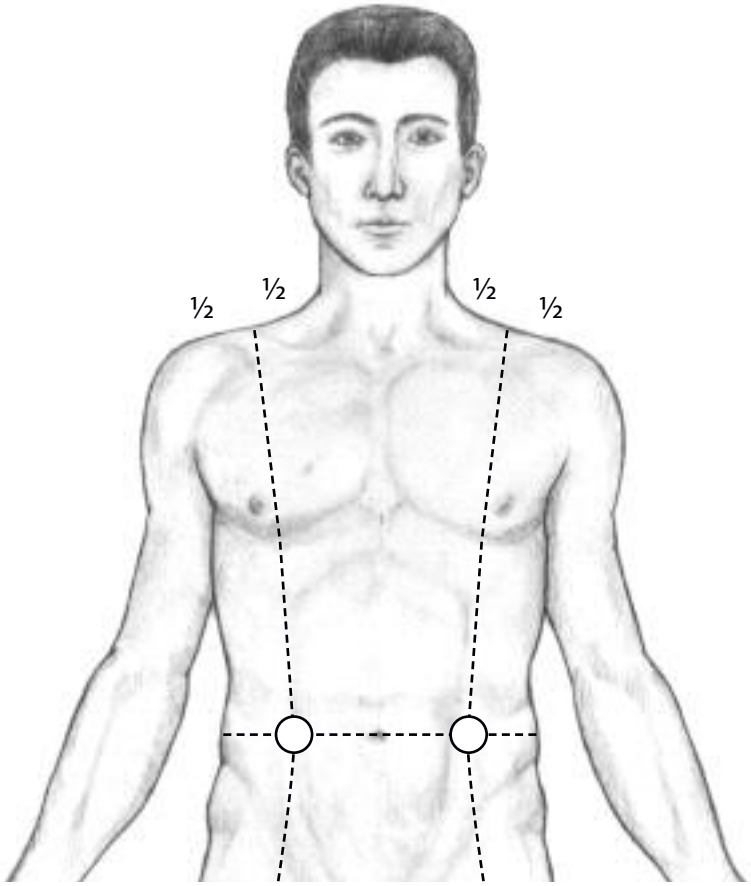
Indication Gamma Short:
The short program is intended to gently stimulate brain synchronization. As in the other short programs the treatment can be applied through specifically defined body zones. It helps in amplifying the ability to concentrate and focus. We have observed that it also addresses tension in the body systems, and that they can be harmonized through the induced gamma frequencies.

Both programs can now be inducted through defined zones. Here are the basic zones for both programs. The discovery of further zones is in process.



© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

The Zones of the Voluntary and Involuntary Rhythms



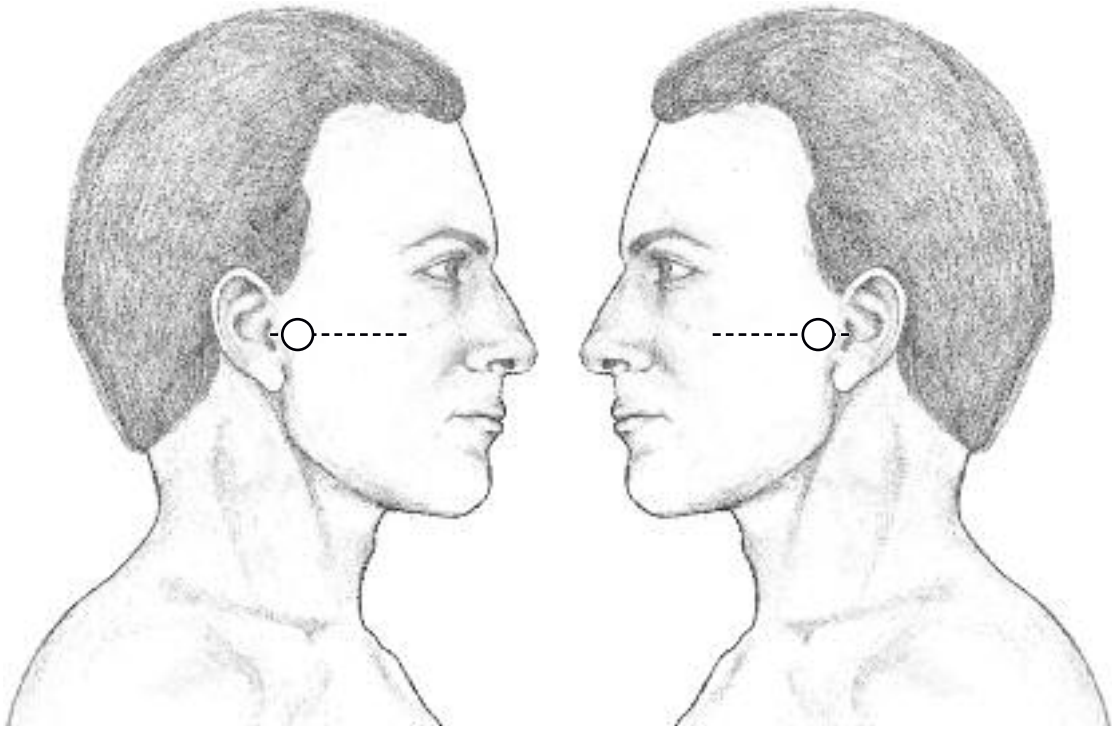
At the level of the navel we find the zones of the voluntary and involuntary rhythms of life. This is where we balance stresses, which disturb the natural rhythms and thus create a disharmony.

Location of the zones:
At the meeting point of a line extending horizontally from the navel and a vertical line moving downward from the middle of the shoulder.

Program: Power Nap And Gamma Short Program

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zones TMJ



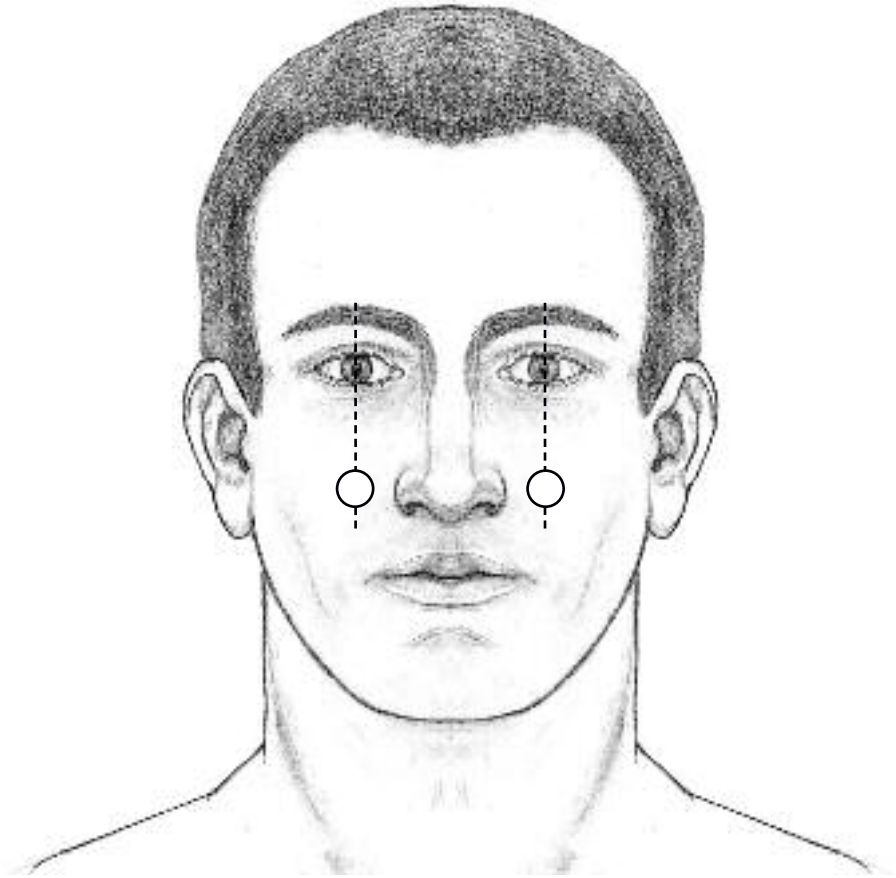
The indication of these zones relates to a person's problem in letting go and processing. There is a nightly or even constant daily teeth grinding. Long standing conflict stress can always be found in the background.

Location of the zones:
The zone can be found in front of the ear above the TMJ.

Program: Power Nap.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zones Maxillary Sinuses



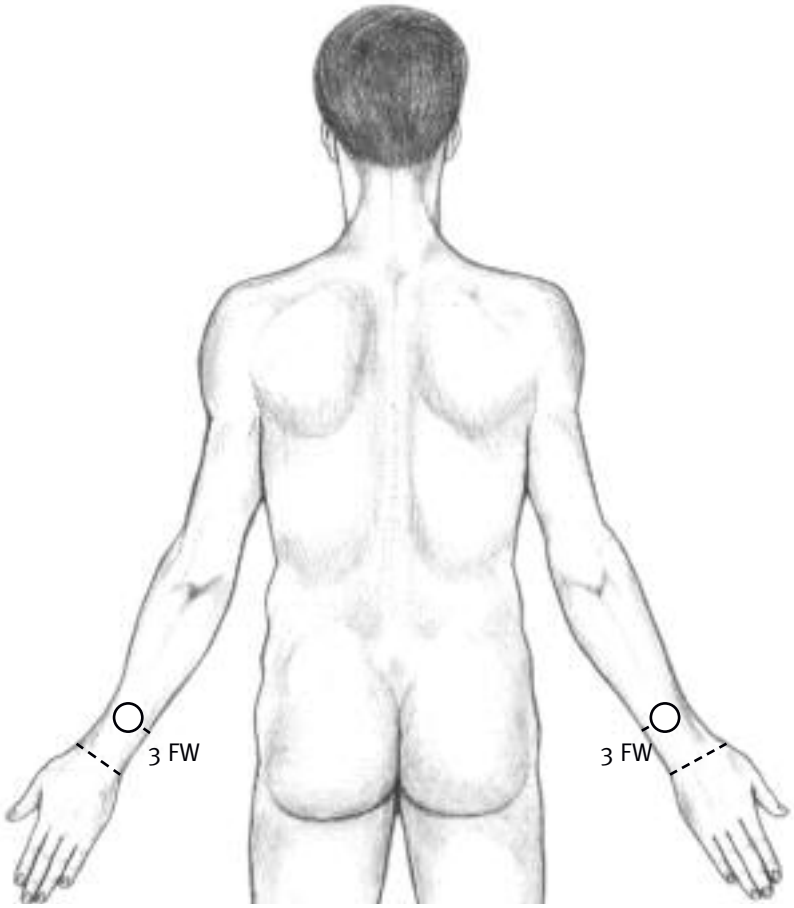
In Esogetic medicine the maxillary sinuses are considered to be a center for cellular information. From here we find connections to the odontones, which in a negative scenario can lead to focal toxicosis. Complaints of the hip and iliosacral joints are also related. For Esogetic medicine this reflex area is important for the entire lymph flow of the head.

Location of the zones:
The midpoint of these zones is on a line, which extends vertically down from the eye (looking straight ahead) to the edge of the zygomatic bone.

Program: Power Nap

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zone Lower Arm, Lateral Aspect – Acupuncture Point TW 5



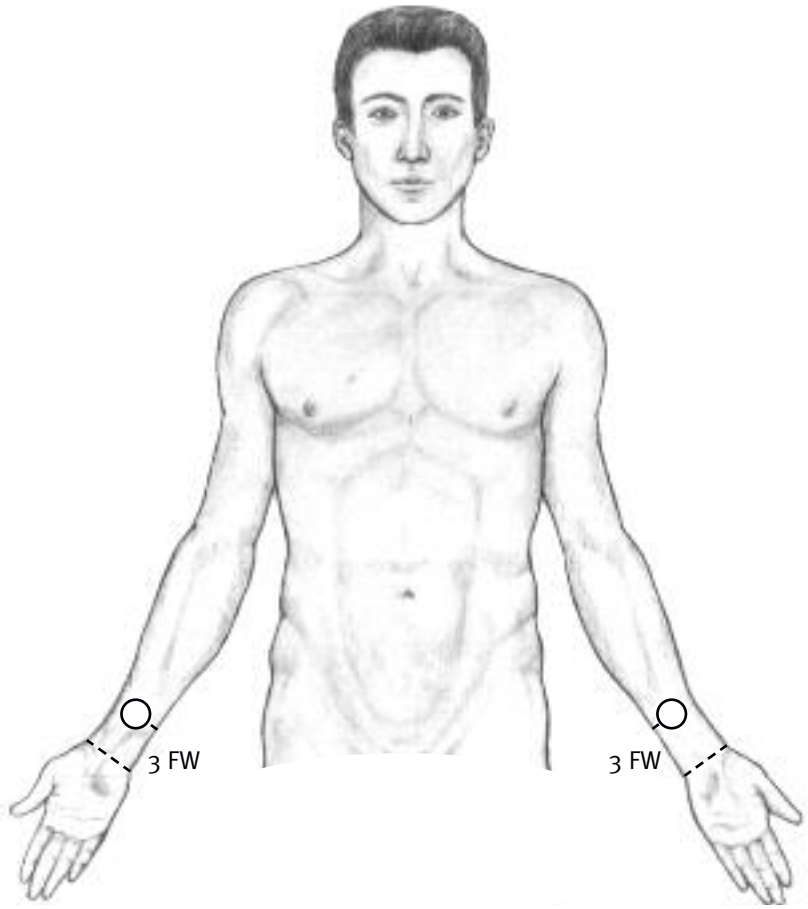
This acupuncture point is particularly important in Esogetic medicine. It relates to rheumatic tendencies especially in the neck/ shoulder area, elbow and wrist joints and stiffness of the fingers. Apart from its other multiple indications, Esogetic medicine considers this point as the center of all rheumatic complaints.

Location of the points:
TW 5 can be found about 3 FW [fingerwidths] proximally from the outer (lateral) wrist crease in the middle of lower arm.

Program: Power Nap, also Gamma Short Program

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zone Lower Arm, Medial Aspect – Acupuncture Point PC 6



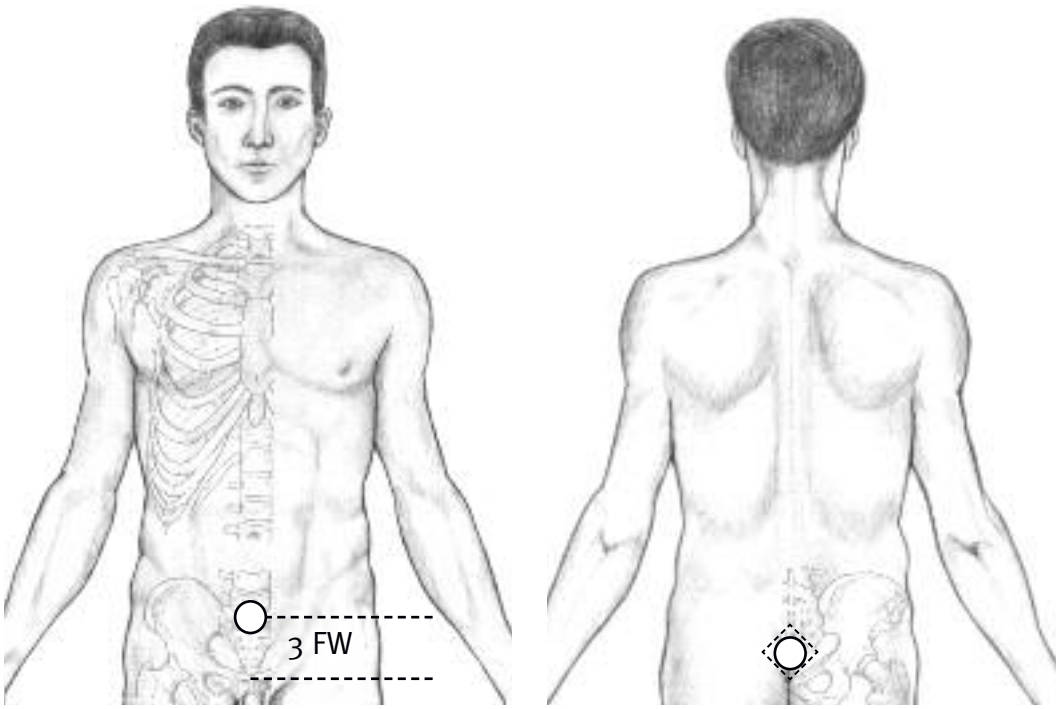
This zone around the acupuncture point PC 6 is also of importance for the short programs of the induction therapy. On one hand the indications are related to the nervous system, especially to anxiety, restlessness, depression, forgetfulness, insomnia and quick excitability (also sexually). On the other hand this zone is important for rheumatic complaints that might affect all joints. In that case there seems to be a connection with the previously mentioned point TW 5, which is found exactly opposite. Apart from its extensive list of indications (according to Bachmann) this point is a way to influence the nervous system, in order to support consecutive therapeutic measures. In this regard it is also noteworthy that in Esogetic medicine the inside of the wrist is the place of the "zone of joy", which can be treated with two drops of Esogetic wildcrafted herbal oil in the morning.

Location of the points:
PC 6 is located about 3 FW proximally from the inner (medial) wrist crease in the middle of the lower arm.

Program: Power Nap or Gamma Short Program.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zone Lower Abdomen and Zone Center of the Sacrum



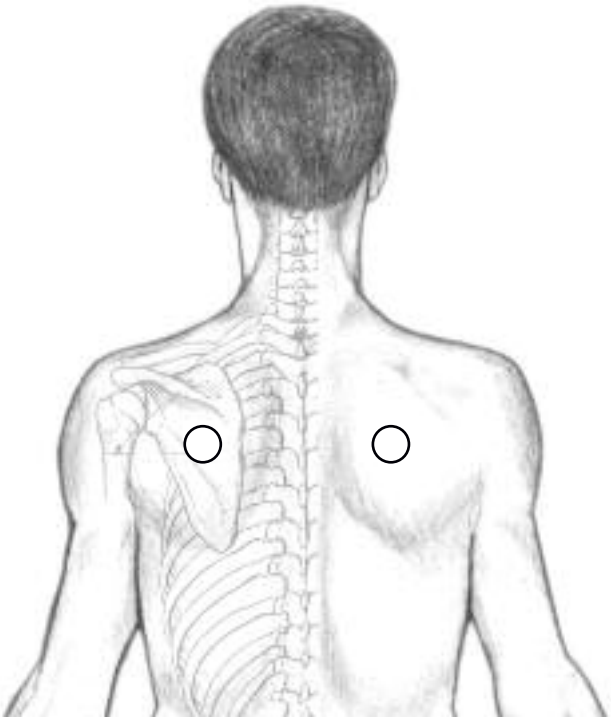
According to our observations this area contains important reflex zones. In the front the zone relates to the occiput, the medulla oblongata and the cerebellum. In the back we have a relationship to the hypothalamus and all associated indications. This option of treatment is of importance to us in regards to brain coordination. Moreover tension and pain in the low back can be treated.

Location of the zones:
The midpoint in the front is located on the median 3 FW above the pubic bone. The posterior midpoint is found in the middle of the sacrum (hypothalamus point).

Program: Power Nap or Gamma Short Program.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zone Center of the Scapula



In the center of both shoulder blades we find the zones of “unfoldment”. I have chosen this name, because sad people and those, who are not particularly favored by life, tend to walk through life bent over and with hanging arms. They are unable to hold themselves “upright” and often complain of pain in the thoracic spine. They have often experienced oppression in their childhood (commonly before age 6) and could not “unfold”. They take that with them in life and their belief systems all show a very similar topic:

I am disadvantaged by life, nothing works out. My family and all other people are burdens to me, and they load everything on my shoulders. I cannot assert myself, nothing makes any sense. These or similar words are what we hear from these folks in our clinic.

This is where the Power Nap Program together with the Program “Conflict Resolution” can provide a first step towards liberation.

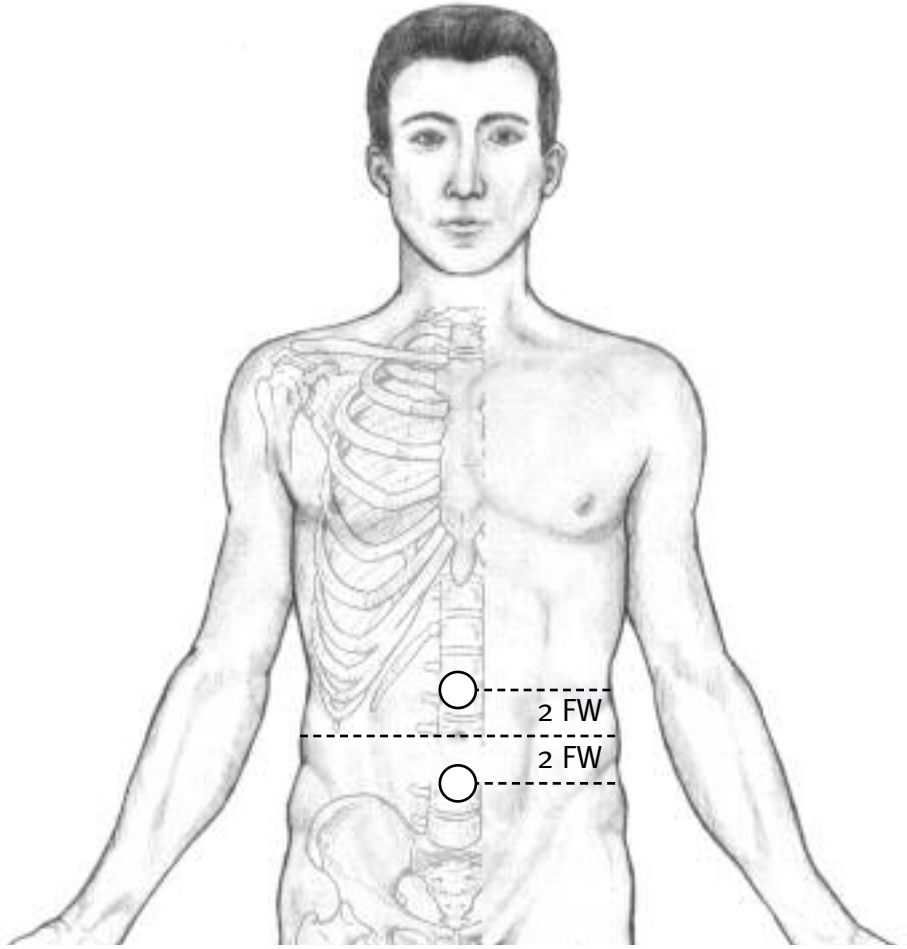
Location of the zones:
In the center of the scapula

Program: Power Nap

It can be alternated with the Conflict Resolution Program, which is applied at the wrist joints.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zone Above and Below the Navel



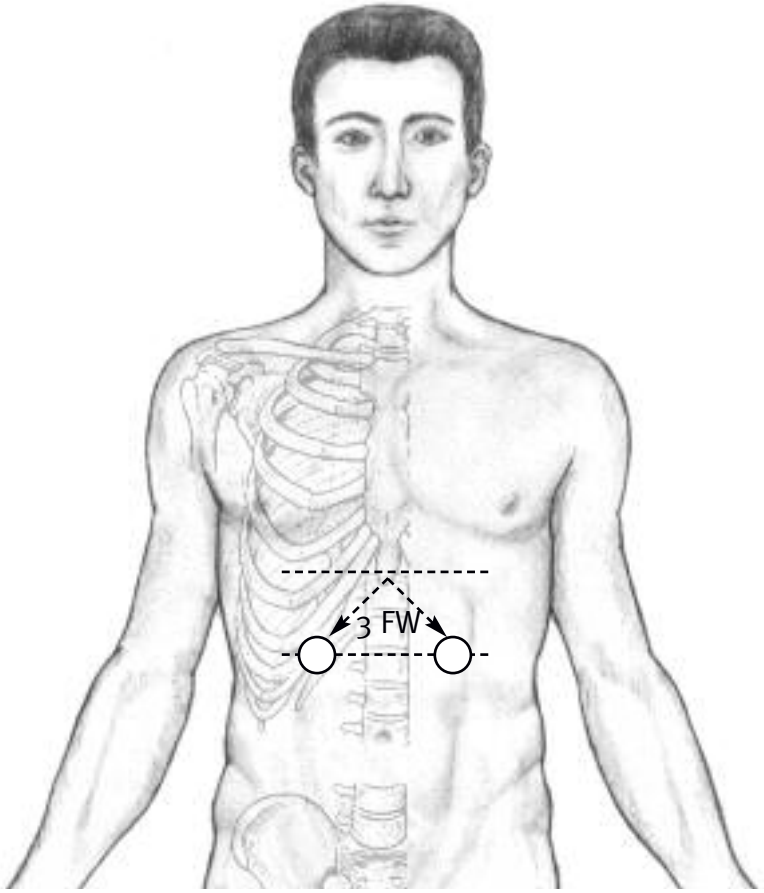
The principle of the inverted human positions the zone of the shoulder area (down from the seventh cervical vertebra) above the navel. Below the navel we find the cervical spine upward from the seventh cervical vertebra. For any complaints in these areas it is worthwhile to set reflexes here before any other treatments.

Location of the zones:
Midpoint is found 2 FW above and below the center of the navel.

Program: Power nap.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Zones Upper Abdomen



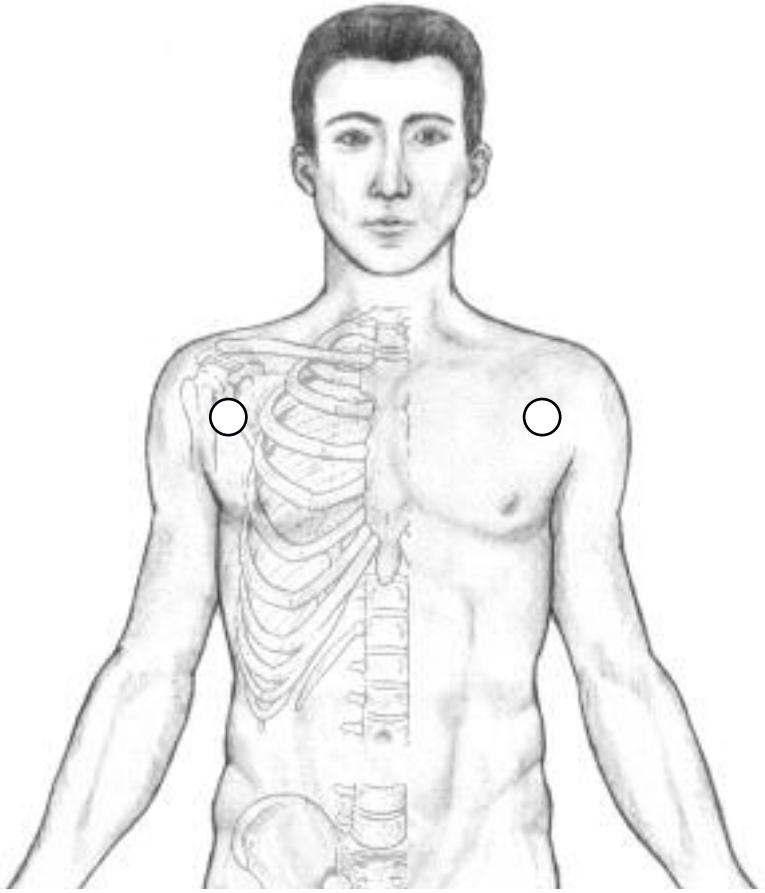
Often people complain about pain or tension in the upper abdomen without any medical findings to explain such symptoms. Mostly they are caused by chronic emotions, which on one hand burden the solarplexus and on the other hand disturb the functions of liver and gallbladder. The pancreas can also be affected.

Location of the zones:
From the tip of the sternum 3 FW along the costal arch to the left and right.

Program: Power Nap.

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal

Reflex Areas of the Zones of Fear in the Front



We have treated the zones below the shoulder joint in the front for a long time already in people who constantly suffer from fear and anxiety. These zones are also significant, when there is pain or tension in the knee joints. The connection seems to be that on a symbolic level pain does not allow the step forward. The knee is necessary for that.

Location of the zones:
In the hollow at the shoulder joint in the front

Program: Power Nap and Gamma Short Program.

San Bao - Instituut voor Kleurt-Licht therapie en cursussen
Eeuwfeeststraat 2 - 3400 Ezemaal (België)
tel: 0032 (0) 491 33 71 71
info@sanbao.be www.sanbao.be

© Copyright by Peter Mandel + Internationales Mandel-Institut für Esogetische Medizin, Bruchsal