



The Solari Report

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Korean Hand Therapy with Astrid Natzler



Catherine Austin Fitts



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C. Austin Fitts: Ladies and gentlemen, welcome to The Solari Report. I'm sitting in a fabulous romantic hotel in Zurich, Switzerland, and I am joined by a very lovely new friend, Astrid Natzler.

Before we begin, I have to tell everyone how I met you. I was sitting at a table in Sofia with your husband and a group of wonderful people. We were there to see the opera at Wagner's Ring series. Someone said something about wives and husbands being unhappy. Your husband exploded in irritation and talked about his passionate love for his wife and how his marriage was the best thing that ever happened to him.

I said, "I have to meet this woman!"

Astrid Natzler: It would have been exactly the same that I would have said about my husband!

Fitts: I know, I've seen you together and is a love affair.

We are here today because you had a very successful career in business, and then you became a healthcare practitioner. You practice an art, which I found absolutely fascinating. I want to know a lot more about it, but I want to make sure that our audience knows about it immediately.

First of all, let me say thank you for joining me.



Natzler: Thank you.

Fitts: Before we begin, I want you to talk a little about yourself. Obviously, we are in Switzerland, but you are originally from one of my favorite cities in the world, Vienna, Austria. Tell us a bit about you and how you came to be a healthcare practitioner. Then I want you to introduce Korean Hand Therapy, which is what we are here to discuss.

Natzler: Thank you, Catherine, for having this interview. After my husband, my second great love affair is Korean Hand Therapy. The story of how I started my practice as healthcare practitioner and how Korean Hand Therapy came along my way dates back only about 15 or 20 years, but in fact it started already back in my 20's. I was a very ambitious young lady in international raw material and trading business. I was so ambitious that I felt very quickly that I had to do something for my health to keep up with the requirement of a stressful work life and all the things connected to a career in international business.

There have been many things that I loved about the business amongst other things to meet people from all over the world, different cultures, and different social backgrounds. I think that to have an understanding of people, and to read a bit between the lines, was a kind of secret of my business career.

On the other side, it condensed through the years that the interest in people was more important to me than all the great materialistic things that I could achieve by working hard.



But I also experienced how this way of life can make you sick - and I learned how to get healthy again.

When I met my husband in my late 30's, I had already completed weekend classes in traditional Western and Chinese medicine. At that time, my main focus was to help myself, but I had the perspective to make that a profession one day, even though I didn't know whether it could happen and when it would happen.

Fitts: Your business took you to Asia, which introduced you to Tai Chi and Chinese medicine, and many of the other things that you use personally now and use professionally.

Natzler: In fact there were many countries that I had contacts and I have been visiting some of them. Besides that I was reading a lot about Asian culture, and I started my first experience doing Tai-Chi in my early 20's. One thing led to the other, and I practiced Qigong. Then I started with education for Traditional Chinese medicine.

Fitts: It's interesting. If you look at all the certifications that you have done, you moved from Austria to Germany, and then Germany to Switzerland. You've had an extraordinary education.

Natzler: Yes.

Fitts: And you get to do it in more than one language.

So, you were working as a health practitioner, and you were doing homeopathy. Tell us how you discovered Korean Hand Therapy.



Natzler: Once I moved to Switzerland, I did four years' training in homeopathy, but in my practice I very soon started to miss the manual work of the Chinese medicine because I had practiced TuiNa-AnMo, which is Chinese massage. During the time in Germany, I did acupuncture, too. Missing the physical aspect to feel people and, not only to connect with them on intellectual levels, which you are mainly doing in homeopathy, led me to the feet reflexology.

I fell in love with feet reflexology, but at that institute I found a class for Korean Hand Therapy. Hands are something very special and were always something very special to me. I love people like Auguste Rodin doing sculptures of hands.

I had very touching moments when I worked as a volunteer in a geriatric hospital. To see that there is a therapy, to some extent, in treating hands was matching very much with my interest in hands. I did a class of Korean Hand Massage, and I immediately knew that was the right thing because it combined the reflexology level that I knew from the feet reflexology, and with the traditional Chinese medicine, with all the meridians, the acupuncture points, with the holistic system of microcosm and macrocosm with the whole body working in a system of the Chinese Five Elements, and with all the possibilities to connect organs to emotions, to seasons, to tastes, and to whatever you find in nature.

For me, it was just, "Wow! Here it is! Here is what I was looking for to take care for the health of my clients." By that time I had already worked in my own practice close to Zurich, and it was something that I immediately felt to have the potential for self-treatment at home for everybody.



Fitts: One of the reasons I am so fascinated by this is because I love foot reflexology, but reaching your foot and doing a good job on yourself with your feet is a real challenge, whereas hands are so accessible. It makes so much sense. We'll talk about it in a bit, but when you look at the materials and the Korean Hand Therapy bible that you showed me, this is very complex. This is not a simple thing and it's a very complex, serious science.

You said that there were 14 meridians in the hand, and then hundreds of points.

Natzler: Right.

Fitts: This is very complex, but it is also so accessible and so easy for a practitioner to reach a hand or a person to do their own hand.

I travel a lot, and this is something that you can do anywhere.

Natzler: Right. You can do it everywhere, and you do not have to have a special situation for treating people. You can do it when you go for a swim and someone has a cramp, or you are going somewhere and you eat something that your stomach doesn't like. You can do it when you are flying around the entire globe and your digestion doesn't work as you would like it to.

Fitts: You don't have to go to the ladies' room or take your shoes off; you can just do it right there.



You were recently in South Korea, and I want to talk about that, but first let's dive in and walk us through the different elements of Korean Hand Therapy. What are the key different areas? Then tell us a few stories about what you've experienced with it.

Natzler: It is really a great pleasure to do it. The first level is the reflexology level, which means, for example, that you are sitting right now and listening to this interview. You can look at your hands. When you are looking at the palm side of your hands, you have the front side of the body. When you look at the back side of your hands, you have the back side of your body.

When you are looking at the back side of your body, you have your spine, you have your neck, you have the back of your head, you have the two arms represented by the ring finger and the digital finger, and you have your two legs represented in the thumb and the little finger. You have that on both hands.

You have access to all your inner organs on the palms of your hands – on the inside. So, you can very easily treat your hands on this level every day for pain and little things which make you feel uncomfortable. It's as easy as taking a stick or a pen and knowing where the area that you want to treat is.

You can easily find the point which is reacting with most pain. When you press on it, you stay with this pressure on the point, move the body part that hurts a little in the musculoskeletal system, and you will feel immediately that your neck pain, or your knee pain, or your hip pain is going away. That is for the problems in doing movement, and for the joints, bones, and muscles.



On the other side, you can also treat things such as if you feel that you have a cold, or you feel that you have talked too much, you can immediately press the area for the nose or you can go into the area for the lungs, and you can treat your voice.

Of course, you can also treat your stomach, and your digestive system, and lack of energy, and fatigue.

Fitts: That was what was so interesting to me. You explained that you can, not only treat, but you can increase energy in the body.

Natzler: Right. That brings me to the second level of treatment – especially now that we are talking on this wonderful October day when it is sunny outside. But soon the winter season comes, and people need more energy. Chinese medicine and Korean Hand Therapy have a wonderful plant that they use; it's mugwort. The Latin name is *Artemisia vulgaris*. It is a plant which is dried, and they make little cones of it. You put the little cones in the Chinese medicine on the body points.

In Korean hand Therapy, you can do it on the palm of the hand, and you are putting little cones that you light that are burning down, and they are bringing warmth, not only into your hand, but through the acupuncture points, and the meridians into all the parts of the body.

To bring warmth into the body or into specific meridians and areas, means that the warmth is moving the energy. It is releasing energy blocks that you have. When you release these blocks, all the energy in the rest of the body can flow better than before.



This means that you have this warmth – this energy – which moves everything, and it leads to a better blood flow in your body, a better blood flow in your brain, and there are neurological studies from Japan clearly stating that it is very helpful for after-stroke treatment, or Alzheimer's, or dementia.

Fitts: The body can really heal itself if it gets the oxygen, and the blood, and the circulation, and all the various things. If the body can get what it needs, it can do the work itself, but it needs that help.

Natzler: Of course, it also needs the nutrition, and a bit of movement, and as good as possible lifestyle. Even when you are under great pressure and you have very little time, you still have time to do the Korean Hand Therapy.

Fitts: And you can do it anywhere, even when you are in the middle seat on the plane, you can do it.

Natzler: Yes, and you can do it before there is a conference or before there are some negotiations and you feel excited. You can put some metal pellets on your hands.

Fitts: You have to tell the story of the young boy who learned how to do this.

Natzler: Oh, I was so impressed by that! It was in November 2016 that I gave my first workshop for Korean Hand Massage. There was a lady there who was working in the school, especially with children who have behavioral problems.



She told me when we met, “Guess what? There is this boy who has ADHD, and he tends to have very aggressive moments.”

She showed him the hand massage, and you couldn't believe it. He went from aggressive and nervous to quite calm. Whenever he started to get such intensity and aggression, she showed him the points on the hand, and he touched his hand and made a little massage.

Fitts: So, she trained him how to manage his own anxiety.

Natzler: Yes. Then he went back to calm, and it was such a relief – not only for the boy, but also for the whole class and for the social environment. It's such a gift to give someone who gets into such a temper. It's a simple means to get calm again.

Fitts: It's interesting. Even though you have your own practice, you told me that what you love doing is teaching mothers because then they can use it for the whole family, or teaching it to teachers because they can use it for the whole class.

This is something that if I learn it, I can use it for all my family and friends, and I can use it for myself. It's a very mobile, flexible therapy.

Natzler: It is, and while it has only been developed since 1971, it's a very modern thing.

Fitts: Chinese medicine is thousands of years old, and when I was in Hong Kong last year, it was so exciting because I toured the Chinese university where I had studied when I was in college.



The Chinese medicine school is just flourishing. I was with the Vice Chairman, who is a doctor. He is a trained Western surgeon, but he understands the Chinese medicine. One of the reasons it is blossoming is because it is so economic.

It's very exciting to be in Asia and watch this blossom, and I know that you were recently in South Korea. Take us back to the founder of this therapy. How did he discover it, and how has it grown and blossomed? Then maybe you could talk about the conference.

Natzler: Dr. Tae Woo Yoo was a very energetic doctor interested in acupuncture in Seoul. He was always looking for a method to make acupuncture more efficient and more practical, and not to work on the whole body, but on a smaller area.

The ear is not so useful for this kind of depth of treatment that he wanted, so it was this genius moment in 1971 when he had a terrible headache in the back of his head, and by chance, he pressed on the area on his middle finger, which is the reflex area for the back of the head. He pressed it, and he noticed that the pain was going away.

He said to himself, "Of course! Why didn't I think of this before?" During years and years of intense studies, including studies in clinical surroundings and in his practice, he found all the meridian systems which you cannot find in the foot, or only on the whole body, or on the hand.

With all these 300 modern acupuncture points, and 14 meridians, and many extras, I am so thankful that there are people who put all their heart into developing a system which actually, _____



——— is not existing as such until the time they had the idea about it. It didn't start from zero because he put all the Chinese medical system into it – for instance, the cycle of the Five Elements, which I mentioned before, and all the thoughts about what organs are related to what functions in the body, not limited to the physical side, but also in the emotional and mental aspects.

He did a wonderful job. There is the main institute in Seoul, and there are other institutes in Korea and all over the world, in North America, in Canada, and for many years it has been spreading into Europe. It is not as well-known as other Chinese medicines.

Fitts: This keeps happening to me, and it has happened to me a lot on this trip and my last trip in Europe. I pride myself on trying to really understand what is available and what is going on. When you and I first met, I thought, “How do I not know about this?”

For someone with my life and lifestyle, I think that it is so valuable to know.

Natzler: That was one of the wonderful things about attending the conference that was organized by the Korean and Japanese societies for the Korean Hand Therapy. During this conference, I not only had the chance to meet all the professional therapists but on one day of the conference, there were all the lay people.

It was in August and the beginning of September this year, and it was amazing to see all these lay people who attended the conference to learn more about what they are doing every day. You can see that they are using the method every day because they had these little pellets and magnets on their fingers and on their hand.



Fitts: You showed them to me. You have all of these ‘gizmos’ that you can use and carry around with you and they are very light.

Natzler: Yes, they are little massage rollers, and finger massage rings, and also, of course, these small metal pellets and all these kinds of things. The attendants of this conference showed them to us because they are using them every day.

On the street in the market in Seoul, you can find booths where they are selling these tools for everybody that you can use to treat yourself.

Fitts: It’s fantastic, and it is blossoming.

Natzler: It is blossoming. Not all the medical doctors have a good feeling about it when people are treating themselves, but that is the same all over the world. We have to see that the insurance systems are different throughout the world. So, where it is too expensive for families to have health insurance or where they just cannot afford to cover alternative methods, the first way is to treat themselves. We do have this position in Europe.

Fitts: That is what I saw in China. They were trying to get healthcare to everybody, and the economics were such that Chinese medicine just filled so many gaps and solved so many problems, and it can’t hurt.

“If there is nothing, then let’s do it”. And it’s working.

I’m listening to this, and I really want to learn more. How do I become knowledgeable? How do I learn more about this? What do I do?



Natzler: The best thing is to ask people, or do an internet search.

Fitts: Find the institute or practitioner who is giving workshops where you are.

Natzler: I know that in Canada and in California people who are the first students of Dr. Yoo like Dan Lobash are doing this. Dan Lobash was a pioneer to bring the method of Korean Hand Therapy to America.

So, what you can do is look up ‘Korean Hand Therapy’ on the internet, or look up ‘Koryo Sooji Chim’ or ‘Seo Keum’. You will find it mainly with therapies doing Chinese medicine, and they can really give you good instructions on how to do it.

Fitts: One way is to find a practitioner of Chinese medicine, and then ask them if they are familiar with Korean Hand Therapy. That’s a good way to do it.

You have to tell us some more stories of different people who have applied it. I’m also very interested in children, and you said that children enjoy learning about this, and they can do it to themselves. It makes them feel powerful.

The other thing that you said was that when you are dealing with geriatric patients, their hands are so easily accessible if they are bedridden.

One of our team members has traditionally gotten migraines, and I can’t wait to tell her about this.



Natzler: Migraines are an excellent thing to treat with the Korean Hand Therapy. There is a level of self-treatment.

Fitts: You can be lying down with your eyes closed to do it.

Natzler: Migraines are sometimes a very complicated thing over many years, and people are suffering so much from it. Sometimes they can be dangerous for your job, too. When you are knocked out for two or three days a month, that can be dangerous for your whole existence, financially speaking.

Korean Hand Therapy has other aspects to it, too. If you have migraines, it's good to see a practitioner who can say, "It's the root element connected to the gall bladder, and the energy has changed direction and is going up to your head instead of spreading the energy through the whole body, or even going to the further stage and affecting your heart energy, and you get depression from all these headaches and migraines."

Fitts: Talking with you and looking at, what I call, the 'Korean Hand Therapy bible', this is a highly complex system; it's not simple.

If you have a problem like a sore throat or a headache, it takes some serious figuring to understand what to do, and how to apply it, and what is going to work.

Natzler: Once you have talked to the patient or to the person suffering, you have to have it in your practice.



When I see a person in my practice, I have a different approach. I have a more complex impression of the person than just to talk to the person by Skype.

Fitts: But you will help somebody by Skype on occasion?

Natzler: Yes, I can do that. I won't do it in all cases, of course, because that wouldn't be professional to say that I can help everybody through a Skype conversation, but I can do that in many cases. I can figure out where the problem is, and I can show the person the points that they should press. I can give the recommendations for how to use the mugwort cones to break some blockages. That is what I can do.

Fitts: I just have to bring this up. It is almost an aside, but I was so struck with it. I was recently at a conference with a group of scientists – mostly physicists – in Italy. They were talking about astrobiology. I have this extraordinary need to gather a group of astrologers – these scientists who know astrobiology – and people who really understand Chinese medicine, and the meridian system in the body, and how they relate to the planets. We go into a room, and create an integrated picture that people can use to help understand the whole system.

I was impressed that you were familiar with astrobiology because I only discovered it last weekend.

Natzler: I'm certainly not an expert on that, but it is great that you mention it because, in Seoul, Dr. Yoo presented some of the studies that we are currently doing using this relationship between the planets and the structures in the body for therapeutic interventions.



Fitts: It is fascinating, and I can't tell you how grateful I am for you to be willing to do this interview.

I'm Madame Curie; I try everything before I put it on the Solari Report. I usually don't do interviews until I've tried it myself, but I love foot reflexology, and this is so much more practical because I can do it anywhere/anyplace. I'm very grateful, and I think that this is going to be an excellent thing to introduce to the Solari audience.

Before we close, is there anything else that you would like to add? How do we keep up with you? Do you have a website?

Natzler: I have a website, www.Asna-Sana.ch, or you can search my name, Astrid Natzler, and you will find it. My practice is close to Zurich, and you can contact me anytime.

Fitts: Your workshops so far have been in German, but if there was a popular demand for English, would you do them in English?

Natzler: Of course! That is the main thing that drives me at the moment. People have me to help take care of themselves, even though some are not yet aware of it.

Once you get to know this method, you can see that it also improves the awareness towards your own body. To practice it in your family deepens the relation to the people you are doing it for.

Imagine sitting on the bedside of your old father or mother and doing hand massage, or sitting at the bedside of your child and doing the hand massage, or your husband or friends or whomever.



You can bring it out in the world and let people know that there is a possibility of what they can do for themselves, and that they can also catch up faster with the Asian therapy. That is my main focus at the moment.

Fitts: I think it is terrific.

Natzler: You can do it across the kitchen table.

Fitts: You can stop in the middle of dinner, solve a headache, and go back to eating.

Natzler: Yes, or you can forget your anti-nausea medicine before going on the boat, and you can treat yourself.

Fitts: One thing that I did want to mention is that it is useful for women who want to get pregnant.

Natzler: Yes, I mentioned the breathing system and the digestion system. Of course, it also helps with the hormonal system. It helps with all the genital system, and it's not only for women who cannot get pregnant. Of course, fertility is not just an issue of the woman who cannot get pregnant; also, men have problems with fertility. So, you can strengthen both men and women, and with this treatment, you can help them to relax about this issue.

You relax them, and you strengthen them at the same time in the right way, and that is so helpful for families. It takes out so much of the tension and suffering.



Fitts: This has been wonderful. We will put up a link to your website and if people have questions, they are going to post them at that commentary. I will send you the link. Could you occasionally check the link to answer their questions?

Natzler: With pleasure. I can answer in English and German, but in French, not quite as good, however, I can give it a try.

Fitts: All the French-speaking subscribers that we have also speak English.

Natzler: That is wonderful and is good news for me!

Fitts: It has been great! Thank you very much for joining me on The Solari Report.

Natzler: Thank you very much for giving me the chance to present it to you and your subscribers.



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