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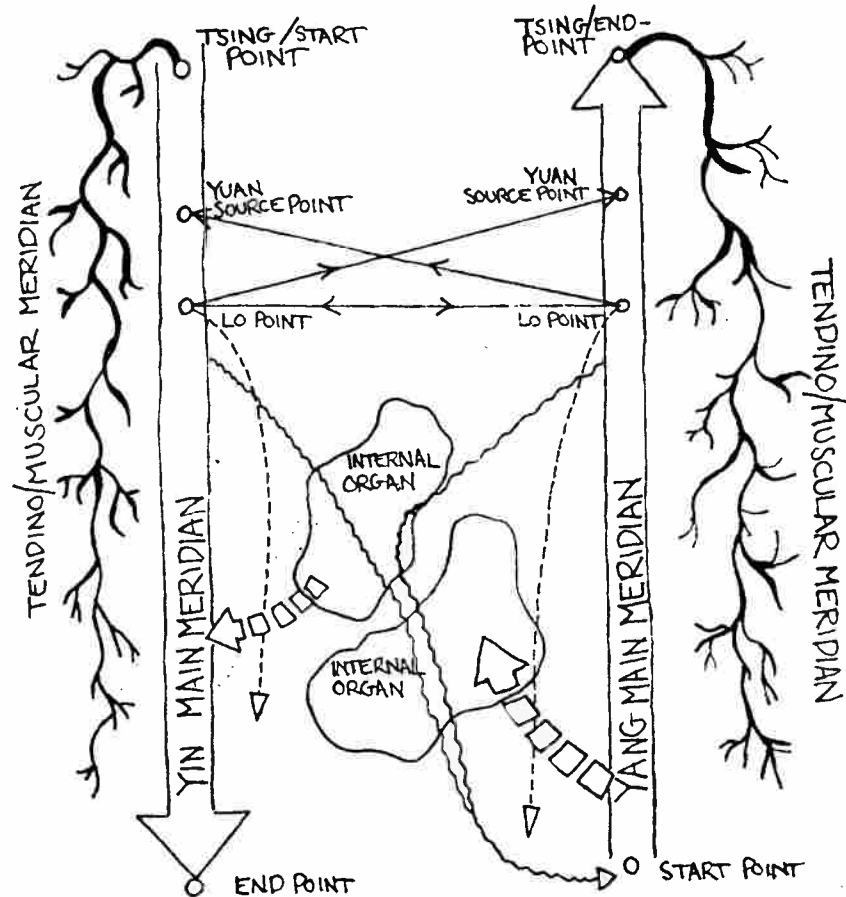
As an acupuncturist, I have enjoyed the system called Applied Kinesiology for three years. By learning about A.K. and developing my sensitivity in the tests, I have grown a thousand times as a therapist. Because of the magnitude of the system I have also broadened my spectrum of therapies much faster than I could have dreamt possible. Since I started with A.K. I have always thought that the importance of the acupuncture aspect of the system has been underestimated. This is why I have taken it upon myself to compile research to broaden the understanding of the system. I believe in comparing the body to an incredibly complicated computer that we have just begun to comprehend. We are just beginning to learn to ask the right questions, obtain the right answers, and treat our clients accordingly with increasing success.

As I once heard one of my acupuncture teachers say, "The body is complicated in an easy way, and easy in a complicated way."

May the following shed some light of understanding.

Illustration #1

This could illustrate any of the coupled leg meridians. The arm meridians are the same with the exception that the yang meridians start at the tsing point and the yin meridians end at the tsing point.



- > = TRANSVERSE LO (MERIDIAN) #1 THIS MERIDIAN GOES FROM LO POINT TO LO POINT
- - - - -> = LONGITUDINAL LO MERIDIAN #2 IT GOES FROM LO-POINT TO YUAN SOURCE POINT
- ~~~~~> = DIVERGENT MERIDIAN
- > = EXTENDED MAIN MERIDIAN TO INTERNAL ORGAN

The chinese believe that the acupuncture channels were a network that cover the body completely to nourish every part with qi(energy). For the meridian system to be able to do this it has to cover more than the regular 12 bilatateral main meridians, govenor and central meridians.

The chinese believed that each one of the 12 main meridians were connected to four additional meridians:

1- The longitudinal lo-meridian. Without any points of its own, it starts at the main meridians lo-point and roughly follows the course of the main meridian though it has a symptomatology of its own. There are 15 longitudinal lo-meridians, one to each of the 12 bilatateral meridians, one each to the central and govenor meridians and the fifteenth is the spleen great lo-meridian which starts at Sp21 and is connected to all 14 yin and yang longitudinal lo-meridians. This meridians condition cannot be estimated through traditional, pulse, or Applied Kinesiology diagnostic methods.

2- The transverse lo-meridian. This is not truly a meridian, but more of a link between two meridians, connecteing, for example, the lung main meridian to the large intestine main meridian and visa-versa.

3- The divergent meridian. In an element there is a yin and a yang main meridian. Only the yang main meridian reaches and nourishes the head, while the yin meridian only reaches up to the level of the chest. There is one divergent meridian connected to each yin and yang meridian(as with the 12 bilateral main meridians), the divergent meridian leaves the main meridian above the knee and/or elbow and travels deep into the body to connect to the organ associated with it. In some cases, the divergent meridian also unite with other organs. From the organ it travels to meet with the divergent meridian of the opposite polarity. The yin and yang divergent meridians meet in the deep of the body and the two divergent meridians unite with the yang main meridian at the neck and travel with the yang main meridian to the end or start point. The main purpose of the divergent meridian is to supply the head with yin energy.

4- The tendino/muscular meridian. This meridian supports only the superior level of the body; skin, muscles, tendons ligaments and joints. The energy in this meridian is to protect the body from outside "evil" forces such as climate and to supply the muscles with qi thereby enabling them to contract. The qi is also supplied to the tendons, ligaments and joints to support them in their work. There is one T/M meridian to each of the 12 bilatateral main meridians. The T/M meridian has no points of its own and starts at the tsing point, the most distal point located at the nail corners on the main meridians. The T/M meridian roughly follows the path of the related main meridian.

The illustration shows the entire network.

An energy blockage could occur in any of the meridians, organs, or any connections between the two. This offers one explanation as to why you can get different readouts when testing pulses, alarm points and muscle in A.K. and T.F.H. Some practitioners deem it impossible to have an excess of energy in pulse or alarm points and a related muscle that is hypnotic at the same time. I assert that it is possible based on the complexity of the network outline on the preceding pages.

Pulse tests could show many deficiencies without a corresponding weakness in the muscles. By studying the illustration on the preceding page we can begin to understand where the energy excess'/deficiencies are hiding. The purpose of this paper is to outline a fast and easy way to find and remedy energy blockages in the meridian network.

In health, the energy level in the meridian network should be normal in the organ, main meridian, longitudinal lo-meridian, divergent meridian, T/M meridian and the transverse lo-meridian should be clear. The energy should flow freely, without any blockages and be strong and vital.

Due to the magnitude of the five element points, good results can be achieved using this system. This research is done to give you a better understanding of what is happening in the meridian network to increase your success rate.

I have found, through experience and research that pulses and alarm points show the organs energy condition only if the organ is hypo or hyper. In many cases the main meridian could also be hypo or hyper, but it doesn't have to be. When a muscle tested is hyper- or hypotonic the organ could be also, but it doesn't have to be. When testing for hypertonic muscles, I use the Richard Utts technic: a muscle tested from contraction toward extension and tests strong, it only shows that it is not hypertonic. Then the muscle is tested from extension towards contraction, which is actually a test for the antagonist muscle. If it is strong, the first regularly tested muscle is normal in tonus, if it is weak, it means that the first tested muscle is hypertonic and the antagonist muscle is hypnotic. When a muscle is hypertonic, it's antagonist muscle is almost always hypnotic, and visa-versa.

HOW TO FIND WHERE THE ENERGY BLOCKAGE IS

The first step is to establish that acupuncture treatment is first priority by using shortcut tests for acupuncture (five fingers on torso, right or left hand in navel, or the hand computer mode: thumb against the little finger- if any of these tests are positive then acupuncture treatment is a priority). Use the navel clock challenge to decide which element the main energy blockage is in.

Now, let the patient neutrally TL the following points:

- 1- The alarm point-for disturbances in the organ. It

is important to use a neutral TL.

2- The element point- to see if the energy blockage is in the main meridian. For example, If you are working with the lung meridian, let the patient TL Lu8? metal point of yin metal meridian.

3-The lo-point- to see if the disturbance is between the yin and yang main meridian or if it is in the longitudinal lo-meridian.

4- The tsing point- to see if the energy blockage is in the T/M meridian or between the main and T/M meridian.

TREATMENT OF THE MERIDIAN COMPLEX

1- When you have a disturbance you only have two accupuncture points to choose from, the alarm point or the associated (back-shu) point. Decide whether the alarm point should be treated with northpole sedation or with southpole, or any other tonification by using positive or negative TL.. Decide whether the treatment of the back-shu point should be a tonification or a sedation, most of the time the treatment of the alarm point and the back-shu point would be the opposite.

2-When you have a main meridian disturbance you decide whether the meridian is over or under active by using positive or negative TL on that meridian's element point.(Note that only underactive main meridian shows on the related indicator muscles.) Decide to stimulate or sedate. Since the main meridian has many points of its own, the energy blockage is usually found on points below the knee and elbow, and very often found in one of the five element points, though it could possibly be in any one of the meridian points.

3- Test to show the energy blockage in the lo-point. By using a negative and positive TL challenge on the point you can decide whether it is hypo or hyper-active. If it is hyper-active, you are going to choose any sedating treatment. (Note that it is often enough to just stimulate that point in any way. The body seems to know for itself what kind of blockage it is it just needs help adjusting the energy to correct the imbalance.) You are correcting one of the following: A- an excess of energy in the longitudinal lo-meridian connected to that point.

B-an excess of energy in that main meridian compared to a deficiency in the coupled main meridian, correcting the imbalance between the yin and yang main meridian of that element.

4- Treatment of tendino/muscular disturbances. It is aid that when a T/M meridian is in excess the main meridian should be in relative deficiency and visa versa. (Please note that there are exceptions to every rule.) A muscle

shows a hypnotic condition, this could mean a hypocondition in the T/M meridian that nourishes this muscle, it could mean that a hypocondition in that muscles related main meridian, it could also be a pathological state in a related organ that has manifested a reflex disturbance in the main (and T/M) meridian, or finally the muscle hypotony could be due to a disturbance in the link between the two connected yin and yang main meridian.

This sounds very complicated but it is a practical way to deal with the problem as long as acupuncture is the priority. By neutrally T1 the four points mentioned above you can pinpoint exactly where the energy blockage is in this complicated network.

TREATMENT OF T/M MERIDIAN DISTURBANCES

Excess in T/M meridian and deficiency in the main meridian.

1- Put the south pole of a magnet on the tsing point. Other tonification methods such as laser and acupuncture needling works well.

2-Apply ice/north pole/needling(with specific technic) or any othersedative method on shi-points*in the muscle belly, tendons or over the joint.(*a-shi is chinese for "ouch that is painful" and refers to when the therapist is palpating a tender spot. The chinese say that wher there is a tender spot, there is an acupuncture point.) This treatment is to make the the a-shi point contract and close. (Note the similar treatment of trigger points with cold spray in Walther's A.K. volume I.)

Deficiency in the T/M meridian and excess in the main meridian.

1- Put the north pole of the magnet on the tsing point. (acupuncture needling, cold spray also work well) This is the main therapy, steps two and three make it even more effective.

2- Moxibustion or other heat enforcement on a-shi points to expand and open them.

3-The use of the alternating hot and cold on muscle injuries is obviously an old tradition.

YIN
NORTH POLE & ICE.

contracts
pain relief
anti inflammatory
decrease circulation

Used for:

1 Sedate/"closing" acupuncture points. North pole or ice on a acupoint will make it contract.

2 Decrease the activity in an organ.

3 Turn off the energy/qi circulation from T/M- to main-meridian, i.e this means that the circulation could only go one way, from main- to T/M-meridian which creates a state were you have a relatively excess off energy in the T/M- compared to the main-meridian. North pole or ice on the tsing-point makes muscles feed by its T/M-meridian hypertonic.

4 North pole or ice on a muscle-belly makes the muscle fibers to contract.

Generally said north pole and ice sedates.

YANG
SOUTH POLE & HEAT.

expands
increase biochemical reaktivity
increase circulation

Used for:

1 Tonify/"open up" acupuncture-points. South pole or heat on a acupoint will make it expand.

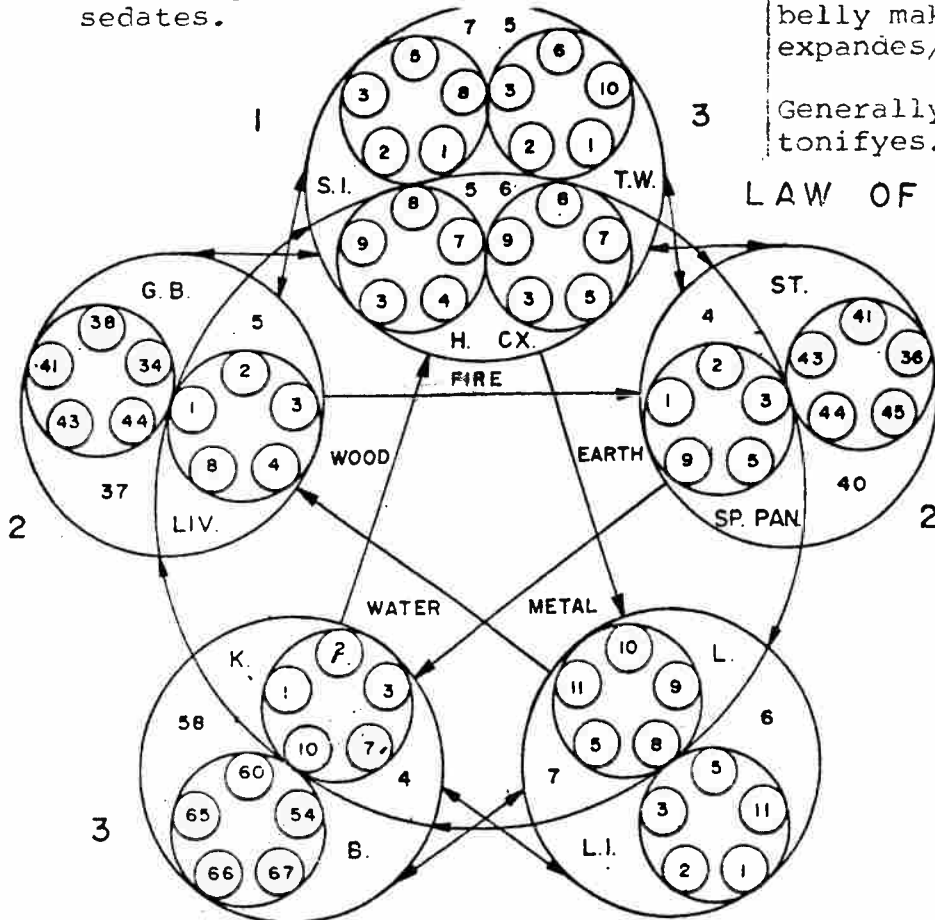
2 Increase the activity in an organ.

3 Turn on the energy/qi circulation from T/M- to main-meridian, i.e this means that the circulation could only travell one way, from T/M- to main-meridian which creates a state were you find a relatively excess in the main- compared to the T/M-meridian which is relatively in deficiency. South pole or heat on a tsing-point makes muscles feed by its T/M-meridian hypotonic provided that there were a homostatic relation between T/M- and main-meridian to start with.

4 South pole or heat on a muscle-belly makes the muscle fibers to expandes/relaxe.

Generally said south pole and heat tonifies.

LAW OF THE FIVE ELEMENTS



LUO POINTS.
ENERGY DIRECTION.