

ORVAL LADD, D.C.

The Six-Element Chart.

Part I: Philosophy and Development.
Part II: Use and Interpretation.

Part II: Use.

"The Chart" is a graphic depiction of physiological relationships among organs, muscles, energies, meridians, acupuncture points, polarities, vertebra, time of day, attitudes, emotions, stress and health.

The development of the chart was made possible by the discovery of a means to identify and/or verify the elemental (wood, fire, earth, etc.) nature of the successive points along each of the twelve major acupuncture meridians. (Drs. Alan G. Beardall and Orval S. Ladd)

The orderly elemental sequence that was found necessitated that there be at least six elements instead of the traditional five, and since the twelve major meridians fell conveniently into a six-element pattern, the chart was eventually arranged as you now see it.

Step 1: Test each of the 13 major muscles. Mark the chart for each weak muscle.

Since a viable body tries to maintain itself as functional as possible, it is most likely that the muscle weaknesses you observe are in muscles which are, in fact, donors of energy

to a more serious problem, so that the real culprit still appears strong - a "hidden Major." So observe, on the chart, a pattern emerge - a strong muscle around which all (or most) of the weak muscles balance or oppose.

Example: weak ST, Li, Lu, LVR, GB. The most likely problem lies at BL. Nine times out of ten, if you correct whatever is necessary for BL (in this example), all muscles and energies will be corrected (a simple case).

Step 2: Test all alarm points for energy and record on the chart as N (normal), C (cold, under), H (hot, over). This information gives you a good clue as to how you may successfully borrow or move energy. Example as above: BL 67 connects BL to the metal element li/Lu. In turn, LiB and Lu 9 $\frac{1}{2}$ connect to the water element BL and K. Be sure when involving an element that its two parts are balanced.

Step 3: Now turn patient onto stomach and locate all vertebra that need attention. Use whatever method you like. (I prefer polarity, or Van Rump, or Tofness.) Here too, usually one or two vertebra will be the major and control all the other vertebra. The major vertebrae will usually correspond to the major organ, muscle, meridian already established. (Note: you cannot depend entirely on the accuracy of the traditional associate points or Merick system; the chart disagrees in some aspect with both.

Step 4: Other information listed in upper part of the sheet:

H₂O₂ is a chemistry test. If Hydrogen Peroxide fails to

cause a strong testing muscle to become weak, it indicates a probable developing degenerative condition involving peroxidase, free radicals, etc.

CR (cranium) test for cranial faults, as you see fit; they are very important. Test also for Rt/Lt Brain, TMJ and Teeth (mercury very devastating to some people).

Respiration: (inhalation/exhalation) important to know in making adjustments and in which phase to adjust.

XX (cross crawl): whole books have been written on this subject! Right, left, bilateral, standing, prone, supine, gait, etc.

Eyes: many problems are associated with eye position, also test for pathology (eyes need adjustment too. Excellent for glaucoma).

Emotional points: great help to know.

Hiatal: most are diaphragmatic slip spasms, a few are for real.

Ileo-cecal valve: frequently associated with AV valve, pyloric valve, GB, back problem, achy joints, and/or emotions.

Piriformis muscle: this and its associated obturators, levator ani and iliacus/psoas are especially important in female problems. Could save some hysterectomies.

Note: the Δ shaped figure in the lower left of chart sheet is a carry-over from the early acupuncture work done by Drs. Beardall and Ladd (making the chart possible), showing the sequence of elemental points found along a meridian, and also along the lower costal border of the rib cage, starting

alongside the base of the zyphoid (wood), and going along the lower border of the cartilage to the tip of the 12th rib (metal).

Part II: Interpretation.

Most of the following information is a condensation of thoughts and experimentation over many months of regular research efforts, guided and encouraged by Drs. Ladd and Püllella. Many others have contributed at various times, among the more faithful - Dr. Art Belski, DMD, Ruth Smith

If the patient still needs help after you have adjusted the proper vertebra, stimulated the correct acupuncture points, and perhaps also the NL/NV points, consult the chart for more information to consider:

1. The adrenals lie at the chart center and the numbers around the center are the adrenal connecting points to the various organs. Example: Lu4 is the Adrenal point for Lung, etc. Many times it is expendant to move energy via the adrenals.

2. Notice the bold-face ∇ Lu CX H (negative) and its positive counterpart LiTW Si. These three elements (six meridians) comprise the "less physical" (originating - causative) elements (forces). I strongly suspect "metal" is a mistranslation.

The other bold-face Δ , earth, wood, water represents the more physical (action) elements.

Metal, air, fire may be considered "cause." Earth, wood, water may be considered "action" (of the cause), and cause+ action → effect.

In light of the above concept, it is interesting to speculate as to the nature of the patient's problems.

3. Many writers associate the following attributes with colors:

Yellow	(li/Lu)	mind, intelligence, WORD	3-7am
Orange	(Sp/St)	intellectual power, mental productivity, research	
Red	(H/Si)	mental action, thought, ideas	7-11am
		vitality, strength, excitation	
		power, MOVEMENT	11am-3pm
Purple	(K/BL)	dedication, humanitarianism	3-7pm
Blue	(Tw/CX)	love, SPIRIT, universal life force	7-11pm
Green	(Lv/GB)	wisdom, growth, renewal	11pm-7am

When our patient's weaknesses and strengths are considered in this light, more understanding comes forth.

Example: a college professor would probably be strong on mind/intelligence, may also be strong physically, but low in real love/spirituality. A national hockey player would be strong on vitality/strength, and very dedicated, but weak on growth/wisdom.

The ideal situation would be to balance the three factors in each Δ and then tie the two together - very exciting results are obtained.

4. Suggestion: we are so accustomed to thinking in terms of duality that we frequently miss the supreme importance of trinity. We are body, mind and spirit (strength/power - intelligence/mind - love/spirit/universal life force, respectively). We must balance

these three energies and connect them to the remaining trinity (wisdom/growth - mental productivity/thought - dedication).

5. "Time of day" as know in traditional acupuncture and shown on the chart becomes quite logical when considered in reference to above associations.

Yellow (metal)	we awaken 3-7am, mind, thoughts.
Orange (earth)	7-11, we get into action, planning.
Red (fire)	11am-3pm, strength/power.
Purple (water)	3-7pm, slowdown and reflection on our day and purpose.
Blue (air)	7-11pm, most valuable time to renew soul and prepare for sleep. Important to fall asleep with thoughts directed to higher channels.
Green (wood)	11pm-3am, growth/wisdom/renewal - contact the higher self.

6. In the circumference of the wheel, each meridian has a C F E or H. This is for quick reference to know where a meridian starts and stops.

Example: K - starts on the foot, F, and ends on chest, C
CX - starts on the chest, C, and ends on hand, H
TW - starts on the hand, H, and ends on eye (head), E
GB - starts on eye (head), E, and ends on foot, F, etc.

It is well to keep in mind the smooth flow of energy and its change of polarity. Each element has two halves (meridians), one goes out, changes polarity, and the other returns.

Most developing serious problems are "hidden." the body tends to borrow support wherever it can; an over-simplified example is muscle "recruiting" and "reactive" muscle. These are attempts to "keep going."

After you have truly found "the major," by two-pointing with it, ALL the weaknesses found will test strong. There are times when a major will not reveal itself until you find a way to break through the patient's defensive shell.

The complexity of human problems is unbelievable; the hope for correction is infinite.

Thoughts worth considering concerning relationships in the chart:

Webster's Dictionary says: cause (spirit - word - motion) --- that which gets, happens, or exists in such a way that some specific thing happens as a result; the producer of an effect (renewal - thought - dedication). In this concept, "effect" is not the final product, but is one ingredient of it.

Genesis says: --- and darkness was upon the face of the deep.
And the Spirit of God moved upon the face of the waters.
And God said, Let there be light and there was light.
--- and God divided the light from the darkness.
--- and the evening and the morning were the first day.

Note: The three underlined words comprise the etheric Δ (Trinity) which is "cause" of creation. Creation is the response to spirit, thought (word), and motion (cause), and is an eternal progressive action into more light. There were six days to creation. There are six creative elements in the chart - 2 groups of 3 parts each (duality and Trinity).

BL 13
T 3/4

BL 18
T 9/10

BL 19
T 10/11

NAME

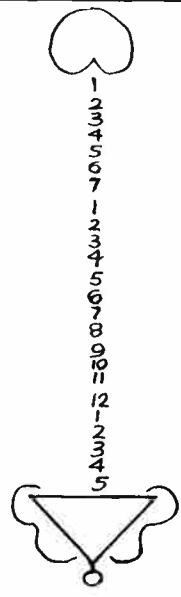
DATE

Cat.

Lig.

Polarity

CV	GV	H2	O2
CR		XX	
Inhal		Endo	
Exhal		Brn	
TMJ		Lymph	
MTP		Emot	
CSF		Hiatal	
Mening		Ileo	
Flowers		Eyes	
Scent			
Color			



BL 25
L 4/5

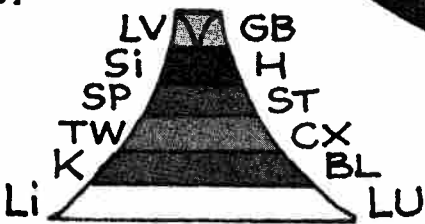
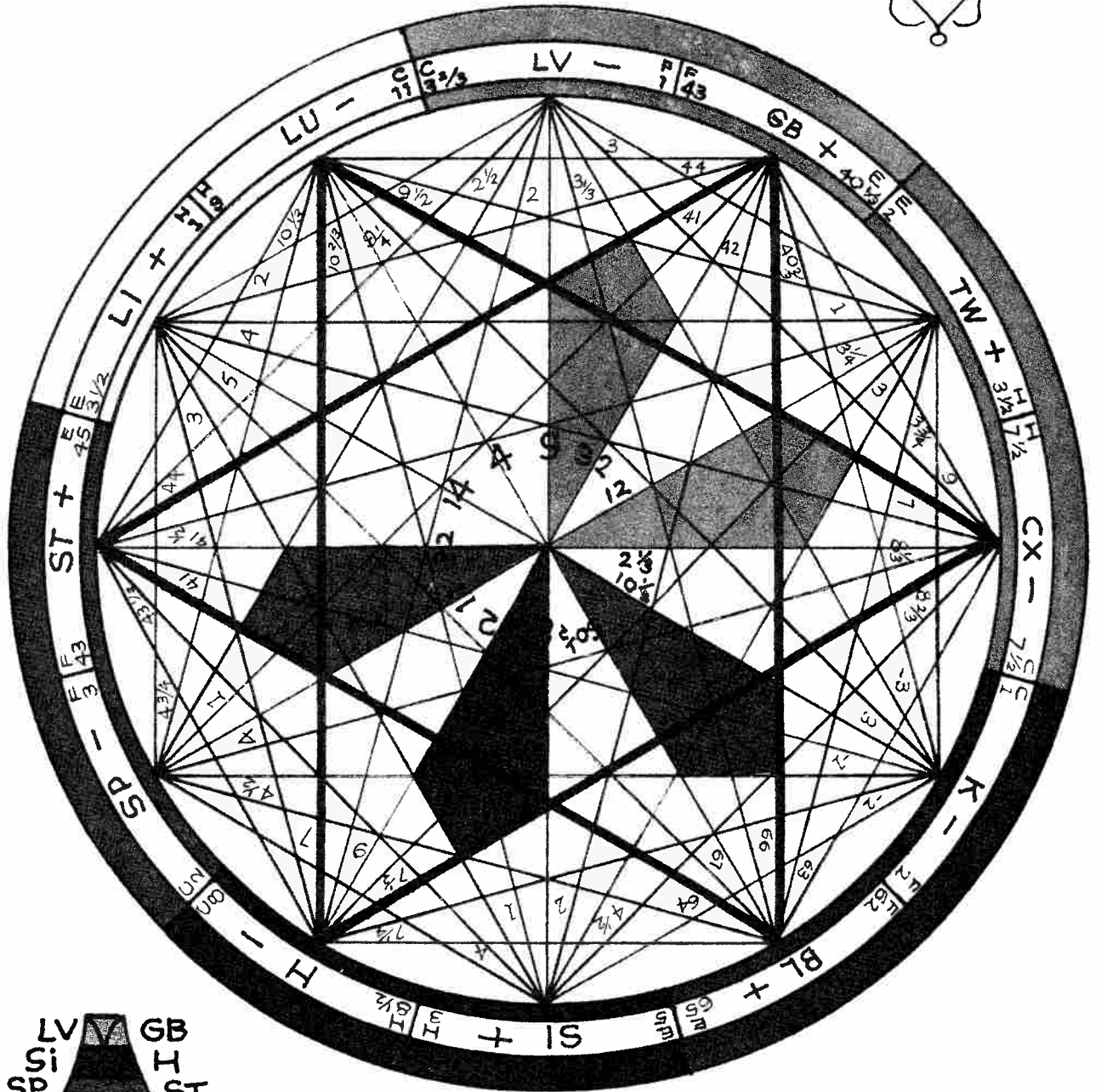
BL 22
L 1/2

BL 21
T 12/L

BL 14
T 4/5

BL 20
T 11/L

BL 23
L 2/3



BL 15
T 5/6

BL 27
L 5/S1

BL 28
S 2/3