
NOW YOU CAN ELIMINATE PAIN FROM YOUR LIFE

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For thousands of years, the Chinese have practiced preventive medicine. Instead of going to their doctors when they were already sick, the way that we are used to doing, the Chinese went to their doctors while they were still well (before they were aware that there was anything wrong with their health). The Chinese doctors could then correct physical malfunctions in their earliest stages, before any damage had been done, or symptoms, such as pain or weakness, had time to appear.

The following quotation from the NEI CHING, the classic of ancient Chinese medicine written over four thousand years ago, is a good illustration of the importance the Chinese attached to prevention. The NEI CHING says, "The superior physician helps before the early budding of disease. The inferior physician begins to help when disease has already developed; he helps when destruction has already set in. Since his help comes when disease has already developed, it is said of him that he is ignorant."

Ancient Chinese medicine was based on the theory that the main cause of health problems is an imbalance of energy in the body. The Chinese were the first to discover that energy passes to all parts of the body along invisible channels (now known as meridians) and that almost all common health problems are caused exclusively by interruptions in the flow of energy along these channels. The main purpose of the treatments by Chinese doctors was, therefore, the maintenance of normal energy flow in the patient's body, by removing any factors, as soon as they occurred, which might interfere with this energy flow. The Chinese doctor knew from experience that as long as the flow of energy along the meridians remained normal, energy imbalances could not occur and the body would remain balanced and function perfectly. The NEI CHING states, "A healthy and well balanced person is not affected by disease."

The Chinese found that if interferences with the normal flow of energy were not removed quickly, some of the meridians would become oversupplied with energy while others would have too little. As a result, the structures which receive energy from these meridians would either receive too much or too little energy. Abnormal function

would then immediately follow and if nothing was done to correct the reasons for the energy imbalance, so as to restore normal flow of energy along the meridians, symptoms and health problems would inevitably develop.

The Chinese discovered that there are six pulses on each wrist—twelve altogether. They found that each of these twelve pulses corresponds to one of the twelve acupuncture meridians. By palpating the pulses the Chinese doctor could, therefore, immediately determine whether the energy was flowing smoothly in the patient's body, or if imbalances were developing because something was interfering with the normal flow of energy along the acupuncture meridians.

Pulse diagnosis made it easy for the Chinese doctors to discover imbalances of energy in their earliest stages. Therefore, they could prevent health problems without difficulty. Consequently, they were paid only as long as their patients remained well. If a patient became sick, this meant that the doctor had made a mistake in diagnosis. He had failed to discover an imbalance in the patient's body in time and the patient had been allowed to become ill. The doctor, therefore, had to treat the patient without charge until he recovered.

SUPERIORITY OF THE CHINESE METHODS

The Chinese methods were superior in many ways to most other ancient forms of healing, and in some respects even to our modern methods. They offered a far better solution to most health problems. The main reason why our doctors cannot prevent health problems the way the Chinese doctors did is because they have failed to recognize the part that imbalances of energy play in causing sickness. Since the existence of the meridians cannot be proven scientifically, modern doctors have disregarded their existence altogether. Modern medicine also has no quick means for determining what should be done to improve general body function.

The different forms of muscle testing offer an ideal solution in this respect. Chinese pulse diagnosis is so difficult that trying to learn it is out of the question. However, muscle testing is so simple that anyone can learn to use this simple tool.

For instance, since muscle testing first began to be used it has been found that deficiencies of minerals and vitamins are often the most important cause of a slowdown in the flow of energy along the meridians, and of pain. In fact, it now seems likely that in many instances pain can be stopped almost immediately if deficiencies of vitamins and minerals can be corrected quickly.

This is one of the most important reasons why modern, scientific methods cannot be used effectively in preventing simple, everyday health problems. It often takes too long to get the results of lab tests. Since deficiencies can vary drastically from day to day, if we have to wait for the results of lab tests or other tests, the information they provide may no longer be correct. We have to have a means of discovering IMMEDIATELY what nutritional supplements a person with pain should take.

PASSIVE MUSCLE TESTING

Passive muscle testing is a new form of muscle testing which was developed when the posturometer shown in the photos began to be used. The posturometer was designed for measuring differences in hip level. At first it was taken for granted that if it showed a person's hips to be uneven this was due to misalignments of the hip bones themselves. However, when lower back X-rays of the same patients were taken an unexpected discovery was made. In many cases, the tilt of the pelvis seen on the X-rays was opposite to that found with the hand posturometer.

Initially, no explanation could be found for these unexpected inconsistencies in measurement. However, it soon became obvious that the posturometer only detects differences in the degree of muscle contraction. Misalignments and tilting of the pelvis cannot be measured with this instrument. It is so light weight that it rests on top of the hip muscles and does not penetrate through to the hip bones themselves.

For instance, if the muscles of the right side of a person's body are more tense and contracted than those of the left, they will lift the posturometer higher on that side. The tilt of the posturometer will then create the illusion that the right

hip is higher than the left. In fact, the left hip bone itself may be higher than the right.

Once this was clearly understood, it soon became obvious that differences in the degree of contraction of the hip muscles can only be caused by imbalances of energy. For instance, if the right side of a person's body is oversupplied with energy while the left is undersupplied, the muscles on the right will be more tense and contracted. On the other hand, the muscles on the left side will be weaker and more relaxed.

Checking for differences in the degree of contraction of the hip muscles involves no active participation on the part of the "patient". He is not aware of the changes in the degree of contraction of his muscles. This procedure has therefore been given the name "passive muscle testing". This new method provides the easiest, fastest and most accurate means for determining deficiencies, misalignments, allergies and other causes of many health problems.

HOW TO CHECK FOR DEFICIENCIES WITH PASSIVE MUSCLE TESTING

It is now known that any stimulus, no matter how slight; which tends to improve the rate of energy flow along the meridians also causes a temporary disappearance of the differences in muscle tension. Therefore, each time such a stimulus is introduced, the posturometer levels out, since the hip muscles on the two sides of the body become equally relaxed.

For example, if a vitamin or mineral tablet a person is deficient in is placed in his hand, this improves the rate of energy flow in his body and the differences in muscle tension immediately cease. Therefore, all we have to do to check what deficiencies a person may have is take each vitamin and mineral tablet separately and place them, one by one, on his hand. All those he is deficient in will cause the posturometer to level out. Those he is not deficient in will cause no change and the posturometer will remain tilted.

This procedure is so simple and accurate that it seldom takes more than a few minutes to find out exactly what deficiencies a person has, and exactly how much of each supplement he should take.

HOW TO DETERMINE THE EXACT AMOUNT NEEDED

When it has been established that a person has a certain deficiency, we can easily discover exactly how many tablets he needs by adding one tablet at a time. When too many tablets of the needed supplement are placed in his hand the differences in the degree of contraction of his hip muscles will begin to reappear. The more the exact amount the person needs is exceeded the greater these differences will become and the more the posturometer will tilt. Too much of a good thing also obviously causes imbalances of energy.

Therefore, the exact amount of a nutritional supplement a person needs is the largest amount which does not cause a return of the differences in the degree of contraction of the hip muscles.

PATTERNS OF SYMPTOMS CAUSED BY CERTAIN DEFICIENCIES

Passive muscle testing makes it possible to check for deficiencies with a degree of accuracy which has been impossible in the past. Now that it has been used for some time, and many thousands of persons have been checked by using this simple method, it has become clear that symptoms caused by deficiencies fall into well defined patterns. HEADACHES result from a deficiency of one or more of the following: iron, zinc, copper, chromium, iodine, pantothenic acid, inositol, thiamine and the trace minerals found in montmorillonite. By correcting these deficiencies it is possible to prevent headaches and migraines in many people.

LOWER BACK PAIN is usually the result of a deficiency of manganese, iron or inositol.

KNEE AND WRIST PAIN is almost uniquely caused by a deficiency of manganese.

NECK AND SHOULDER PAIN is usually caused by deficiencies of calcium, potassium or vitamin C.

MUSCLE CRAMPS are often the result of deficiencies of the vitamins C, E, A, D and calcium and potassium.

In many cases, pain will stop within an hour or two if the needed minerals and vitamins can be taken as soon as discomfort is noticed. If the pain is allowed to continue for some time, the affected tissues may become irritated and this can retard recovery considerably.

For a fuller description of the uses of passive muscle testing, and how it can be used to discover imbalances and prevent health problems, please refer to the book LIVING WITHOUT PAIN. This book is available from the TOUCH FOR HEALTH book store in Pasadena.



When the hand posturometer was first placed on this patient's hips it was found that the hip muscles on the right side of her body were more tense. As a result, the posturometer showed her right hip to be higher. When a zinc tablet was placed in her hand, the posturometer did not even out. This indicated that she was not low in zinc.



When a manganese tablet was placed in the same person's hand, the differences in the degree of muscle contraction immediately disappeared and the posturometer became level. This indicated that she needed manganese.