

Enhancing Your Neurolymphatic Treatment *Working with the Body's Electro Magnetic Polarity Energy Fields*

by Ron C. Wagner, D.C.

Abstract. People can have very sore and tender Neurolymphatic (NL) points. Many of the practitioners and therapists are leaving out and avoid working with these sensitive NL points. This is skipping the most important part of the body's healing system. The body cannot heal and repair as long as it remains toxic. Because of these sensitive NL points, I have studied, researched and correlated many healing arts and techniques. Over 20 years ago, I realized that most of the anterior and posterior NL points are in the same location for balancing the anterior and posterior rib heads. I have received great results (without pain), by simultaneously balancing the anterior and posterior NL points.

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Introduction

In the body, there are twice as many lymphatic vessels, lymph nodes and fluids, than there are blood vessels with the circulation of blood. The lymphatic system is the main sewage drainage for the body. It is very important to massage the body, increase circulation and stimulate the lymphatic system. The lymphatic system transports proteins, hormones and fats, and it makes one fourth of the body's white blood cells. The white blood cells produce antibodies to fight infections in the body.

There are many Neurolymphatic (NL) reflex points correlating the organs with the body. In the techniques of Applied Kinesiology, Touch For Health and Chi Energy Massage, for a complete treatment, it is very important to stimulate these NL points. When the reason is

congestion, irritation or inflammation in the body, many of these NL points may be very sore and tender. Sometimes they are too sensitive to be massaged and the patients ask me to skip this part. Massaging too hard on these points may irritate or may even bruise some people.

Instead of missing a very important part of a complete treatment, I kept searching for and correlating new ideas and techniques. While studying polarity, we held points on the anterior and posterior rib heads to balance the chest cavity. I realized that most of the anterior and posterior NL points were usually located in the same area. Instead of rubbing or massaging these sore NL points, I polarity balance or simultaneously hold the anterior and posterior points. My patients receive their greatest results with gentle rubbing and stimulation of these points and continue holding or balancing the anterior and posterior NL points.

Some doctors use magnets with their treatments. (ref. 10. Lebowitz, p. 70) Some states, including Wisconsin, do not accept Chiropractors using of magnets with their treatments. Therefore, I use the polarity magnetic fields of my hands.

Energy Concepts

Everything in life is energy from the smallest atom with the electrons flowing around it, to the universe with the planets in our solar system. In all life, there is an electrical-magnetic-polarity-energy field. This energy

flow is a magnetic and electrical current flowing like rivers of energy in and around our bodies.

Dr. Randolph Stone states, *"As soon as that circuit is interrupted, changes begin to appear which, in the human body, are interpreted as pain or dis-ease. The interrupted current cannot reach the core to flow through and out again. In the meantime, the opposing currents pile up energy particles at the point of interruption and act as blocks in the area where they occur. This pressure of energy particles in any of the five fields of matter registers as intense pain, or obstruction of normal energy flow, called dis-ease."* (Ref. 1. Stone, pp. 11, 12)

Many natural healing arts, from chiropractic to acupuncture, voice their opinion of the importance *that too much or not enough energy is disease.* (Ref. 2. Palmer, p. 36)

The whole body is like rivers of flowing energy. When there is a blockage or dam in the river, the energy cannot flow. In front of the dam there may be an emptiness, aching, numbness, tingling, stiffness and/or soreness. Some people may feel fatigued with no energy. Others may experience a decrease of their sensational touch. When there is lack of circulation and oxygen, there may be a lack of function or even breaking of tissue and degeneration.

Behind the dam, the blocked up energy may cause the person to experience pressures, congestion, swelling and tightness. These pressures may even cause tension, headaches and even migraine headaches. When excess congestion(s) are backing up, this may cause the person to experience colds, sinus, asthma and pimples. When the toxins are not clearing out, the person may experience pain, irritations and inflammations. In some cases, the energy has to be directed somewhere and the person may have tissue growths.

We need to find and release the blocks. When these blocks are released, then the body's Life Force and Chi Energy can flow and possibly heal their whole Being.

Christopher Hills states, *"When this energy flows in a balanced way, we are healthy.*

When the flow is unbalanced, slowed or blocked, we are not healthy. To acupuncturists, then, bodily symptoms of disease indicate that the flow needs to be corrected." (Ref. 3. Hills, p. 15)

David Walther states, *"Meridian therapy works to balance and release the 'life force' within the body."* (Ref. 4. Walther, p. 206)

Dr. Randolph Stone also mentions, *"one of the main principles of polarity is the attraction and repulsion (like a magnetic field) of everything in life."* (Ref. 1. Stone, pp. 11, 12)

Many books of Oriental Philosophy and Acupuncture, make reference to the harmony and balance between the opposite polarities. Examples are: Positive and Negative, Yang and Yin, Day and Night, Light and Dark, etc. (Ref. 4. Walther, p. 207) (Ref. 5. Essentials, pp. 11-16) (Ref. 6. Comprehensive, pp. 4, 5) (Ref. 7. Kaptchuk, Chapter 1)

"Stimulation of bioenergy flows, as in acupuncture treatment, cures many ailments in our physical body. Application of pulsed electric currents speeds healing of broken bones." (Ref. 3. Hills, p. 18)

This energy, called Chi' is electromagnetic. (Ref. 4. Walther, p. 205)

Christopher Hills further states that Chi' or Qi "is the continuous, unblocked flow of this life energy which carries the pulse of life, 'some researchers explain this flow in terms of an electrical impulse (polarization) or wave of energy'." (Ref. 3. Hills, p. 53)

Many people will tighten and constrict their muscles when they have pain. This will cause a blockage within their body. When a person is uptight, this may cause a decrease of circulation and energy flow in their body. The results may cause a person to feel fatigued, sluggish and congested. Their muscles may constrict or spasm, pulling their bone into a subluxation. When the bone is out of alignment, this may cause discomfort, degeneration, dis-ease, disease, pathology or death.

The lowest form of energy is matter, and the highest form of matter is energy. As a person gets stiffer, more sluggish or congested, more fibromyalgia, old age arthritic symptoms can occur throughout their body. When the tension is gone and the blocks are released, then their Chi' and life force energy can flow more freely and increase all of the body circulation(s). The person will feel lighter, uplifted and more cheerful. By using acupuncture needles, or using acupressure on these acupuncture points, we are increasing circulation(s) and stimulating the persons energy fields, especially with the acupuncture meridians.

Discussion

In 1968-69, while stationed in Viet Nam, I worked with Koreans. There I met Mr. Joe, a Korean and Master of the Marshall Arts. He taught me the importance of using your Chi Energy. Everything in life is energy, from our thoughts to our actions. When a person uses force, this may be very damaging. When a person works with a loving touch, this is a very healing energy.

From 1972 to 1975, while studying chiropractic at Palmer College of Chiropractic in Davenport Iowa, I was introduced to Polarity. The classes were given by Dr. Jarvis D.C. from California. He was using materials and texts written by Dr. Randolph Stone, D.O., D.C., D.N.

While attending the Polarity classes, whenever someone had congestion, rib or chest problems, we were taught to balance the anterior and posterior rib heads. The treatment is to simultaneously hold the front and back points on the rib heads. Holding these points released tension and greatly relaxed the patient. Many people felt lighter, uplifted, breathed easier and healed faster.

I found it very interesting when correlating and examining the location of these rib head points. Many of these points on the chest and back were the same points as the anterior and posterior neurolymphatic (NL) points. These NL points were originally taught by Dr. George Goodheart, D.C. the founder of Applied Kinesiology, and are now part of the Touch For Health synthesis.

I worked with, researched and used these points regularly in my practice. In March 1972 I wrote a paper on these points and presented it in June 1972 to the ICAK (International College of Applied Kinesiology) convention in Dearborn, Michigan. This paper updates this material for the Touch For Health convention in July 1996, San Diego, California.

Over my twenty years of practice, I have studied, correlated, researched and used this material. I have found the treatment to be more effective when stimulating the anterior and posterior NL points simultaneously. Instead of grinding away on these points, I also found that people relaxed more when working with polarity on the NL points. Better yet, these points clear out faster when the tension is massaged and released with the spine first.

After a good treatment, everything should be switched on and test strong. When there is still muscle weakness, their body is trying to tell us something. Search for the cause and not name any symptoms. Some people may not receive results with chest or shoulder tightness and tension. They may be carrying their problems from worry and emotional stresses. Many of these people may be carrying the burdens of the world on their shoulders, holding on to the past and afraid to change. Some people may have a problem of getting out of their comfort zone. Some people may have congestion or toxins in the back, neck and chest areas.

Instead of testing all of the muscles for the chest area each time, I have found a way to save time. I test the chest area with two general muscles, the supraspinatus and the anterior deltoid muscles. (Ref. 4. Walther, pp. 316, 318) When one or both of these muscles are switched off, this may be correlated with lung congestion and possible gall bladder problems.

Many of the anterior and posterior NL points overlap. I received faster results and saved time by using many points, instead of rubbing or stimulating only one point for a specific muscle or organ correlation. (Ref. 4. Walther, p. 47) I found it to be very effective to use all five fingers on both hands, to help all of the

organs related to these points. Balancing and holding the anterior and posterior NL points simultaneously on the chest and the back increases the electrical-magnetic-polarity-energy fields of the body.

Explanation of Procedure and Treatment

The person is laying face up on their back. Test the supraspinatus and the anterior deltoid muscles. When only one, both, or all four of these muscles are switched off or showing any weakness, then balance both sides of their chest and thoracic area. When only one side shows any weakness, balance that side first and retest. This is to show that you are actually energizing their body. Now balance the opposite side so it does not feel jealous and left out or the person feels lopsided.

Always explain what it is you are doing, especially when the person is questioning what this treatment is all about or when there are any signs of doubt. When you finish balancing one side of the body, then retest the muscles and show them that they are now strong. Now test the other side that may be switched off yet. I always balance both sides. This keeps the body in balance and harmony and everything circulating.

Approaching the Patient

I always explain to each person what procedure I am going to use when they have any chest congestion, chest soreness, or show any weakness with the anterior deltoid or supraspinatus muscles. I explain the benefits of the treatment. Before I treat with this technique, I always get the persons permission that if they feel uncomfortable for any reason, they should let me know. If they seem uncomfortable I ask if they would want someone else to work with these points or I show them on my body how they can rub their own points. Usually they never rub their points.

This is how an explanation of how a conversation might go. There are many acupuncture points, trigger points and reflex points on your body. I would like to help you with these points on your chest. Is it okay for me to palpate (touch) these points through

your clothing along the sternum on your chest? Are any of these points tender? When the person is squirming from pain, I ask them, "Would you like to get the tenderness and soreness out of these points and help your body to feel better?"

Most of the time when I balance these NL points, I have a female assistant. She holds the points on one side, while I hold the points on the other side, and we balance the body simultaneously. To balance their posterior NL points, I lift the shoulder with my hand and I slide my other hand under the upper back, across the shoulder blade, to the Bladder meridians along the spine. (Ref. 4. Walther, pp. 226-227) (Ref. 5. *Essentials*, pp. 173-198) (Ref. 6. *Comprehensive*, p. 54)

The medial Bladder meridian is on the back Shu points, also called the Associated points. (Ref. 4. Walther, pp. 226-227, 246 -247) (#5. *Essentials*, p. 88) (Ref. 6. *Comprehensive*, p. 132) The lateral Bladder meridian is the emotional points for the organ level on the medial Bladder meridian.

With my right hand on the person's back, I contact with my fingers between the two Bladder meridians. My index finger is placed on the corner of the superior medial border of the scapula, by the vertebral level of T 3 and the meridian point is Bl 13. I put my middle finger by T 4 (Bl 14) my ring finger by T 5 (BL 15) and my little finger by T 6 (BL 16). The right hand thumb is resting comfortably between SI 12, TW 15 and LI 16. When my right hand is in position on the back, I use my left hand on the front of the body to balance the anterior NL points.

Cup your hands to avoid any misunderstood contact with the breast area. Contact the intercostal spaces along the sternum. These are the points between the ribs along the sternum, on the Kidney meridian. (Ref. 4. Walther, pp. 228-229) (Ref. 5. *Essential*, pp. 207-210) (Ref. 6. *Comprehensive*, p. 55)

The first contact point location is with the little finger on K 22 at the medial corner of the breast of the 5th rib intercostal space. Using the ring finger, the next NL point is on K 23 of the 4th intercostal space. The middle finger is on K 24 the 3rd intercostal space and my

index finger is on K 25 the 2nd intercostal space. My left hand thumb is either placed on CX 1 or LU 1, in that area wherever my hand feels comfortable. My assistant holds the same NL points on the opposite side. (When I am by myself, I repeat the same points on the opposite side.)

When the person has a subscapularis muscle weakness or heart problems, I slide my fingers one or two spaces higher up to stimulate more energy to the heart area. I hold the anterior NL points starting with my index finger on K 26 the 1st intercostal space. On the posterior NL points my index finger is on T 1 (Bl 11) or T 2 (Bl 12). This is in sequence, with the rest of the fingers on the anterior and posterior NL points. (#4. Walther, p. 321)

We can use our hands as magnetic and polarity energy fields by simultaneously holding the anterior and posterior NL points. We are increasing the energy and circulation to the lungs, heart, gall bladder, stomach and balancing everything in the chest and thoracic areas. I also found that balancing, with this magnetic Chi' energy, is very good for the whole chest area. Many times it helps to relax the neck, face and jaw muscles and flows down into the diaphragm. This Chi energy seems to flow wherever it is needed.

Some people do not feel anything while holding these points. Some feel a cooling effect, whereas most people feel a warming and/or relaxing sensation in their chest or even a current flowing through their the body, wherever the energy is needed.

Discussion of Findings

The average time I would hold these points is approximately one minute. When a person has a lot of congestion, I hold these points longer.

For example: One patient came in and asked me to loosen up his neck so he could relax better in the hospital. I had asked him why he was going to the hospital. He stated that his medical doctor said he had pneumonia and needed to go to the hospital immediately. I suggested to him, instead of just loosening up his neck, how would it be if I loosened up his whole body, making it feel better. He said,

"Oh Good", after I treated him, I had rechecked the anterior deltoid and supraspinatus muscles and found these to be switched off yet. I then asked the patient if he wanted me to work further with his lungs, chest and breathing. He said go ahead. I held the anterior and posterior NL points simultaneously on the right side and on the left side. I rechecked the muscles after doing the right side and the right side muscles were strong but the left side muscles were still weak. I thus came to the conclusion, that when treating only one side of the body, the person may feel off balance and I behoove everyone to work with both sides.

When I completed treating the left side, I started treating the right side. While treating the right side, the patient stated, after taking a deep breath, "Wow, I can breathe better, I'm not going to any hospital." I strongly encouraged the patient that, if there was any congestion coming back, he should come back to the office right away. Also he should see his medical doctor or go to the hospital. The patient stated that he would continue with me. His next appointment was scheduled for two days later. When he came back, I worked with his whole body, especially the chest and lungs again. He was doing 75% better. I worked with him for 3 treatments. He received one per week for the next 3 weeks and one month later for another tune-up. He had no further congestion, never went to the hospital, and he was a very happy individual. He told me it was much cheaper to come in than to lay in the hospital.

We are receiving 60% to 75% improvement after holding these anterior and posterior NL points and the person feels much better when leaving.

At times, a person has to come in several times for treatments, especially when the congestion does not fully clear out and tightness keeps reoccurring. When the person has deep chest congestion or a congested lymphatic system, then I proceed to work with the retrograde lymphatic massage. (Ref. 8. Walther, Vol. 1 pp. 217-231) (Ref. 4. Walther, 183,-186)

Conclusion

Ashley Montagu tells us the importance of touching and in his summary tells us "*the evidence points unequivocally to the fact that no organism can survive very long without externally originating cutaneous stimulation.*" (Ref. 9. Montagu, p. 333)

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