

The Touch for Health Kinesiology Association

Annual Journal for Year 2002

*KEEPING YOUR LIFE
IN BALANCE*

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This Journal is intended to provide educational and research information on vital energy balancing techniques that have been successfully used to reduce stress and pain. This Journal is not intended to provide medical diagnostic information, and the exercises presented herein are not intended to replace medical treatment where such is indicated.

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KEEPING YOUR LIFE IN BALANCE

Touch for Health Kinesiology is a non-invasive method, using muscle bio-feedback and body awareness that can help you to reduce stress and pain, improve performance at school, work and home, in sports, in relationships and promote health and well being.

Message from the President

Dear TFH Members and Guests,

On behalf of the TFHKA board, we are pleased to welcome you to the 29th annual USA TFH conference, *Keeping Your Life in Balance*. We hope you will enjoy the conference, new and renewed friendships, laughter, love and the wonderful and unusual sites of Naples, FL. The conference is a unique opportunity to invest in your future, to rejuvenate your energy and spend meaningful, purposeful time with like-minded friends.

Our organization began in 1973 with the Dr. John Thie's publication and training program Touch for Health and his dream to share a most unique preventative self-care program with the families of the United States and the world. It is alive and well; now taught in 50 countries by more than 5,000 certified instructors and has helped more than 10 million people around the world. Be sure to check the back of our directory for the international TFH associations.

Warm appreciations to Anita More-Butts and Judy Williamson for planning our days together, to Hap and Elizabeth Barhydt for compiling and formatting the conference journal, to Debbie Bethel and Judy Levin for the "auctions", to Valerie Biggs for support from the office, to Carola Koenig in Naples and to anyone else who has helped "put it together".

Special recognition to our wonderful speakers who graciously give of their time, energy, talent and finances and to whose commitment to excellence is reflected in their presentation papers for the conference and the journal. As Richard Harnack, annual meeting chairperson 1992, said, "You will find yourself coming back to these articles again and again using the techniques and information they impart."

Refreshed, Renewed, and Inspired from what you've learned and shared, we hope you continue using the new information and this powerful self-care and awareness program for yourself and family, friends, students, and clients. Thank you for helping to make this a successful conference.

Jan Cole, Touch For Health Kinesiology Association (TFHKA) President

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The Touch for Health Foundation (Association) is dedicated to bettering our conditions here on planet Earth through supporting the health of individuals by natural means. We are of the belief that within each human being are the answers and solutions necessary for their optimum wellness, physically, emotionally, mentally, spiritually, and as a society. We believe that the innate intelligence foundation with every living organism is interacting with the universal intelligence that is governing our biosphere. This helps us learn from our body, mind and spirit, just how to heal ourselves and our community. We believe that family health is necessary for the individual and societal wellness.

Robert A. Aboulache, President Emeritus

The Importance of History in Touch for Health Kinesiology

by John F. Thie, D.C

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Touch for Health continues to grow throughout the world as a system that lay people can easily learn to be more aware of their health and vitality and to balance their Chi, their life energy, to live fully and have more meaningful lives. But ever since the beginning of the Instructor Training Workshops, there have been those who have become TFH "practitioners" either by making TFH central to their practice of massage, physical therapy, chiropractic, acupuncture, etc, OR by expertly practicing the simple procedures of TFH alone as a modality for healing. Many natural, "gifted" healers have found in TFH a structure to focus and reinforce their abilities, as well as a context in which to allow others to see and feel in a concrete way what they see in an intuitive way.

For many years, we advocated that TFH instructors only be "practitioners" under already recognized and licensed modalities such as massage therapy, etc. Today, with the growth of many Kinesiology training facilities which offer 2 and 3 year programs in the TFH Kinesiology model of energy balancing, the TFH practitioner is becoming a professional health care modality in its own right. Many governments have formally recognized this fact, as have insurance companies and other third party payers in some countries.

As we develop standards for a professional TFH Kinesiology practitioner, it's important to consider what has kept TFH on the cutting edge of health care for all of the 30 years of its existence, and a few ways things we can adapt from mainstream health care to fit the Touch for Health model, and also make us more effective practitioners.

Let's consider an article from the June 25, 2001 issue of Newsweek, by Melvin Konner, M.D. of Atlanta's Emory University, author of *The Tangled Wing: Biological Constraints on the Human Spirit*. Konner, a medical anthropologist, suggests that the health care professions are going in a direction that may be irreversible if more attention isn't paid to listening to patients as opposed to studying their test results. He is talking about the modern "scientific" premise that information gathered by machines and laboratory analysis is more significant than the holistic assessment of the individual person.

Konner asserts that 85% of the information needed in an exchange with a health care provider comes from the history, the physical examination and a few simple, low-tech tests. He suggests that the attention to technology, the time and cost demands they place on physicians, may serve to side track some of the less glitzy but more productive skills such as listening and watching and touching. He sees that as doctors have not learned to listen or touch, they will become mere technicians, the servants of the machines, rather than having the machines serve them.

He concludes as follows, "But as technological diagnosis replaces physical examination, there is less and less excuse for touching. However scientific they are, doctors are always shamans, too. When we are in their hands, they are magical to us. Pre-scientific shamans claimed to recruit spiritual powers; scientific ones invoke high technology. And we want them to, because this is our wizardry. Yes, it works a lot of the time, but our faith in it goes far beyond its effectiveness. Unless we find a balance

between the old arts of healing, and the new technology, we may lose as much as we gain. And the loss may be irreversible."

From the beginning, TFH has often served to "make up" for what has systematically been eliminated from a lot of "scientific" health care. Even within the ranks of technology driven bio-medicine, there are those who recognize diminishing returns in machine-based diagnosis, particularly of conditions which have no symptoms. You may be hearing more and more advertising slogans advocating full body MRI scans. The hope and claim is that this kind of scanning provides early detection of disease, and allows for early treatment which can only be beneficial. But this approach may result in unnecessary and sometimes dangerous surgery or medication of "pseudo-disease", diseases which left undetected and untreated will NEVER result in any symptoms affecting the health or function of the person. The treatment may be worse than the "disease". The FDA is investigating the claims of benefit related to this kind of testing.

So how can we be more effective as TFH Kinesiology Practitioners? We will need to integrate to some extent with the existing, mainstream health care community, but we must be sure to adopt only those aspects that are in keeping with our holistic model. Although we put more emphasis on understanding individual people than on knowing their "disease", we can benefit from adopting the SOAP notes approach which many health care practitioners use to document the way in which they manage clients and provide reports for other practitioners or third party payers. SOAP stands for Subjective Objective Assessment/Analysis Plan.

The Subjective part refers to what the person tells you that they want to change. In the diagnostic model, it is the complaint, and the symptoms that they want to get rid of. In the TFHK model, we look at any symptoms, and any life issues the person is working on, and also the POSITIVE OUTCOME goals that the person wants in their life. This can include their personal, subjective measurements, on an analog (0-10) scale, of pain, symptoms,

as well as function/attitude related to a positive goal.

The Objective part refers to the objective observations that are made by the health care practitioner. These would be any findings that are objective, including any testing that is done that gives objective evidence that pertains to the complaints. This would include any physical examinations, observations of posture, muscle tightness, spasms, range of motion diagnostic studies, etc. In the TFHK model we would record all of the various muscle testing/monitoring outcomes and changes, as well as measurements of range of motion, changes in attitude, mood, etc.

The A stands for Assessment or analysis of the client/student/patient's status in the biomedical model as well as in the TFHK model. This is the part where we decide how to proceed further with the person seeking help, or whether we should make a referral to another kind of practitioner. In our model we make clear the kinds of outcomes we expect in an energy balancing, and the kinds of goals that are better dealt with by another kind of practitioner. (Treatment of a specific named disease is not done in the holistic TFHK model, for example. Instead we work to balance the energy of the whole person to support the natural healing system and the effectiveness of medical disease-focused treatment). The TFHK assessment and analysis is a cooperative process in which the individual (or their advocate in the case of a child or someone who is very sick) is the authority in their own health awareness. We work with the person to bring their energy into an appropriate balance, considering what things in their life might be blocking the wholeness that they seek.

The P stands for the Plan for care that is tailored to the person seeking help. What kinds of things will be done on any given visit, and what specific progression of treatment will be appropriate for a particular person. This plan may include prescriptions or referrals or other recommendations. In the TFHK model, it will usually involve an *ongoing process of education*, learning to be aware of what affects us, and utilizing the energy balancing tools as we learn them.

It may include an emphasis on particular balancing techniques as appropriate for different kinds of energy issues.

If you do not keep SOAP records of your sessions with clients, you will find it a lot more difficult to integrate with other kinds of health care practitioners who use "medical speak" (the commercial language of the medical profession). As the trend towards integrating the "alternative" therapies with the orthodox bio-medical practice of medicine and other "standard" modalities, it is important to be able to understand some "medical speak" and to describe the work that you do in a context of "medical speak", which is the common language of health care just as English has become the common language of the Western world.

Part of being a professional and taking a good history often requires interpreting the records made by other health care providers. With the increased mobility of individuals, there needs to be a corresponding portability of records, and *an awareness that medical records may have been recorded by someone other than the primary care provider who knows the patient*. So it can be difficult to accurately interpret a person's records without checking with the person. In emergency situations, and in cases of serious illness, you may not be cared for by anyone who knows you, or even by the same person twice. So it can be very beneficial to keep your own records and compare notes with any professional you work with and make sure you're both on the same page.

For the past 10 years I've been emphasizing ways to improve the effectiveness of TFH through taking a good history, and putting the history to good use. Although I have not been able to complete the TFH Interactive Program to my satisfaction, even in its present rough form, it contains a very useful database for keeping records on the computer and for compiling the data centrally and anonymously. So, using the computer, we can keep a kind of SOAP notes that are specifically designed for the holistic TFH approach and techniques. At the same time we can gather data through the Internet and begin the kind of research that is demanded

of any health profession. The program is provided on a CD to anyone who joins my Research Club. Part of the database includes a questionnaire that follows the goal setting process that I have been emphasizing. The basic outline of my goal setting protocol is also provided as an appendix in the back of the latest additions of the TFH manual. In my new book which I wrote with my son, Matthew Thie, M.Ed., *TFH Pocketbook with Chinese 5 Element Metaphors*. We include 21 pages on goal-setting, but even more useful for developing effective history and present awareness are the 5 Element metaphors themselves which can enhance our memory access through sensory and associative reflection.

This brings us to a crucial role of memory in taking a history and keeping records. Often there are clues in our history that can help with our present health if we can remember them. Keeping a record of our experiences over time can be helpful in identifying patterns, but sometimes there are aspects of our experiences that aren't recalled in an oral or even written narrative. Yet these 'memories' of past events can have an effect on our functioning without our being consciously aware of them, without remembering them. Forgetting and letting go of past events is very important for our effective functioning in the present. But forgetting and letting go are not always the same thing.

We cannot be aware of everything at once, so sometimes we need to forget, or not think about things from the past in order to be present in the present. Yet, we may have consciously "forgotten" and still retain postures, attitudes and energetic and behavioral patterns formed in relation to a past event or experience. Often, we can release these patterns through energy balancing without knowing how they came about, but accessing the mental/emotional/sensory associations related to the energy patterns of our current goals.

To better understand and implement this process, we need to consider a couple different aspects of memory. What we most often think of as memory is the verbally accessible aspect of memory. Another aspect

is the situationally accessible memory, which is more holistic, sensory and associative. When we recount a narrative of a memory, we are not always able to access all of the sensory aspects of the past experience. Sometimes we only recall an abstracted "story", and not the event itself. Yet a great deal of sensory data from vision, hearing, smell, taste, and touch, as well as mental and emotional feelings and meanings are automatically recorded and can be "triggered" to replay. Sometimes this occurs at the conscious level, as when a certain aroma takes us back to a vivid Technicolor memory, complete with the unique voices and exact words, and all of the emotions of a moment from the past, however distant. More often, it occurs at a subconscious level as when a similar situation in the present brings back postures, emotions, and reactions related to a previous event. The similarity between the memory and present events can be obvious, as in a conflict with a co-worker, or more subtle, as in a certain perfume, a mannerism, or a phrase.

One of the reasons that so much of this occurs without our being fully aware of it is that it is tied in with automatic survival functions. If you step on a snake, it is very valuable for survival to react automatically. But automatic reactions can be a problem when we respond based on past danger or trauma rather than choose to do what's appropriate right now. We have automatic survival reactions that may be based on genetic instincts, such as the fight or flight response, or on early life experiences, family patterns or childhood trauma or success. They may even be related to accidents of fate where a kind word or thoughtless insult at the right moment happens to "stick", or catalyze a chain of events.

I use the TFH goal setting protocol to maximize our access of the verbal/narrative aspects of memory, and I have found that the

sensory/associative symbols of the 5 Element metaphors can be very effective in activating the sensory associative memory. I find that there can be an amazing amount of relief through an open-ended consideration of the Metaphors in relation to the narrative/verbal memory and the current goal. After a balance with the 5-Elements, we can remember stressful events without reacting to them as if they were happening in the present. Releasing the stress associated with the goal/meridian imbalance and the 5 Element Metaphors allows us to be aware of more aspects of our experience, and to choose a positive response to current situations, rather than simply unconsciously reacting. Finally, our energy balancing is reinforced by re-testing the muscles and establishing balanced postures and positive attitudes, sometimes providing that ever so subtle catalyst that will allow personal growth, blossoming and life transformation.

I hope that each of you will expand your self-awareness and see yourself as a Soul, not a body which has a soul, or a soul that is separate from a physical body, but a Soul that is a completely integrated whole, and that is connected with everything else in the universe. Check out or review the goal-setting, coaching, dialogue, interview process which will help develop your narrative history and vision of the future, and the 5 Element Metaphors to develop your awareness of the sensory/associative aspects of your energy balance. And keep records of your balances. Your records can be as simple as a goal statement with a subjective rating on a scale of 0-10 before and after the balance. Or if you use the TFH interactive program, you can rather painlessly record each muscle imbalance, energy pattern, reflex/technique, and outcome and create an excellent, holistic, TFH/Kinesiology oriented system of SOAP notes.

Keeping High Blood Pressure/Hypertension in Balance Naturally

Dedicated to my dad, Earl Newhouse

by Jan Cole, M.Ed.

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My dad has hypertension! Has had for many years, supposedly "controlled" by drugs - four at a time. Over the years he has gathered information on dealing with high blood pressure naturally, books, numerous articles, advertisements suggesting ways other than drugs to control it. Perhaps, because it's easier than implementing new changes, he continued to take the drugs his doctor prescribed. Numerous side effects are listed in PDR's, as you know. Based on the research for these drugs, I believe taking the drugs over the years has created other problems for him, besides having done little to help his blood pressure. As you will read, lifestyle habits are a major factor in controlling hypertension.

One evening while staying with him in Minnesota last August, he asked me if I thought he should keep one of the many books he'd ordered through the mail, *Acupuncture Without Needles* by J.V. Cerney, D.C., A.B., D.M. Opening the book to page 126, I tried the "Acupressure, U.S.A. Technique for Controlling High Blood Pressure" on myself after taking my own blood pressure reading. It wasn't high, but decided to try the technique anyway. Within minutes of massaging the suggested points, I took another reading. It had dropped significantly! Dad's turn. We took before and after readings with his blood pressure cuff; also significant changes. That night began a fascinating journey and search into the information on high blood pressure and what specifically would cause my dad's to rise or lower.

Reading an article by the American Heart Association intrigued me more. They reported

estimates that as many as 50 million Americans (one in five) have high blood pressure and that a third don't know they have it. "A new study estimates that middle-age Americans have a 90 percent chance of eventually developing high blood pressure, But experts say many can still **beat the odds with diet and exercise.**" The study, published in the Journal of the American Medical Association, prompted warnings from the nation's top health authorities, including Health and Human Services Secretary Tommy Thompson and Dr. Claude Lenfant, director of the National Heart, Lung and Blood Institute. The study, among the first to calculate the lifetime risk of developing the condition, involved mostly whites. Lifetime risks may be even higher for blacks, who are disproportionately affected by high blood pressure. Study co-author Dr. Ramachandran Vasan of Boston University noted that maintaining ideal body weight and getting adequate exercise and nutrition -- including avoiding too much alcohol and salt -- can help prevent high blood pressure.

You can be a calm and relaxed person and still have hypertension. High blood pressure, a potentially life-threatening disease, is known as the "silent killer" because it has no visible symptoms (usually). Without regular medical screening, this condition can go undetected until vital organs are damaged. Infants and children generally have lower blood pressure; adults higher. The vast majority of hypertension cases runs in families and may be related to heredity. Harvard and Boston City Hospital found that a familial influence on blood pressure can be detected in youngsters, contending that whatever is

responsible for essential hyper-tension is acquired in childhood. The researchers further stated that in addition to genetic factors, environmental elements in the home and community are conceivable contributing factors.

**Monitoring the Condition:
Best Measured:**

The best means of controlling hypertension is by monitoring your own blood pressure on a regular basis and with periodic visits to your doctor for evaluation of your progress and any adjustments to your program and by implementing or practicing any of the suggestions to follow later in this article.

Blood pressure (BP), not a constant figure, varies naturally with the activity, weight, age and time of day. After monitoring my 85 year old father for the past nine months, I will emphatically add that "what you are thinking and what your sub-conscious is doing" can be MAJOR factors. Because BP actually changes from moment to moment, diagnosis of hypertension should never be made on the basis of a single reading; it's best to average three or more readings at different times and days of the week. Your readings probably will be highest in the morning and lowest when you sleep. Hypertension comes into the picture when the pressure in your arteries increases to unsafe levels. Stress, activity, excitement, food, salt, coffee and sugar can all

increase BP temporarily. For some, as it did for my dad, the blood pressure goes up significantly at the sight of a white coat (in the presence of a doctor) researched and known as White Coat Hypertension.

Blood pressure is the result of two forces:

- A force created by the heart as it pushes blood into the arteries and through the circulatory system.
- A force of the arteries as they resist the blood flow

Determined by two readings, the pressure is measured in the weight of a column of mercury (mm Hg):

- The first value, **systolic**, measures maximum pressure, when the heart is at work (beating)
- The second value, **diastolic**, measures minimum pressure, when the heart is at rest (between beats)

For an adult, a normal systolic reading is in the 100 to 135 mm Hg range. Normal diastolic pressure should be from 60 to 80 mm Hg. When checked, the **systolic** reading will be given over the **diastolic**. A common normal reading is 100/75 or 110/80 and so on. The greater these readings -- **especially the lower (diastolic) value** -- the greater the threat to your health.

Blood Pressure	Optimal	Normal	High Normal	Hypertension
Systolic (top no)	Less than 120	Less than 130	130-139	140 or higher
Diastolic (bottom no)	Less than 80	Less than 85	85-89	90 or above

Hypertension is classified into two categories:

- **Primary hypertension:** the most common type accounts for 90% to 95% of cases. The underlying cause is indeterminable. Incurable, but can be controlled.
- **Secondary hypertension:** can be directly linked to an underlying disease (especially kidney disease), hormonal disorders, and certain drugs (such as oral contraceptives, alcohol, and corticosteroids). The specific medical reason for the increased blood pressure can be identified and possibly corrected, sometimes with surgery.

Related Symptoms

Hypertension has no visible symptoms. Signs and symptoms that do show up are usually associated with the secondary conditions caused or worsened by high blood pressure. If you have any of these symptoms, see your doctor:

- Frequent headaches
- Recurring dizzy spells
- Any unusual changes in your vision
- Chest pains, with or without exertion
- Cramps in your legs when walking
- Swelling in your ankles or feet
- Difficulty thinking or loss of concentration

Possible Complications and Other Considerations

- Unchecked, sustained hypertension causes damage to your blood vessels, which leads to a reduction in blood flow. This, in turn, can lead to widespread organ damage, especially to your heart, brain, kidney, and eyes. Untreated high BP may eventually cause the formation of aneurysms in various parts of the body, especially the brain (which can cause brain hemorrhage), eyes (which can cause blindness), and aorta (a large blood vessel emanating from the heart, the rupture of which could result in death). Cardiac damage results in heart attack, heart

failure, strokes and thickening of the muscles of the heart (hypertrophy), which may be fatal.

- Hypertension causes kidney damage and eventually kidney failure.
- Hypertension is the number one cause of strokes. Strokes themselves can be caused by the plugging of the arteries to the brain due to increased fatty deposits, blood clot formation, and blood clots coming from distal arteries supplying the brain.
- A number of experiments suggest cadmium as having a role in hypertension. Found in many foods and beverages it tends to accumulate in the kidneys. Autopsies have shown that the kidneys of those dying from hypertension and its complications usually contain higher cadmium concentrations than those with normal blood pressure.
- Abruptly discontinuing your medication without your doctor's approval can result in rebound high BP that could possibly precipitate a condition called hypertensive crisis. This is a rare but life-threatening complication where blood pressure can rise sharply to 200/120 and beyond.)
- Hypertension affects more women as people age. Oral contraceptives are the most frequent reversible cause of secondary high BP. Women on birth control pills, are two to six times more likely to suffer from high blood pressure. If oral contraception are discontinued, blood pressure will probably return to normal within three months. Hypertension can also occur in postmenopausal women taking estrogen replacement therapy.
- Older people with hypertension need to be especially careful when taking any drugs for their conditions. As with any medications, the doctor and pharmacist should know which additional drugs already be taken to prevent any adverse reactions from inappropriately combined drugs. Isolated systolic hypertension (above 160/85 to 160/90) is usually found in older people.

Hypertensive Personality

While anyone can have high blood pressure, there is a suggested profile presented by two psychiatrists, Dr. Robert E. Harris and Dr. Ralph P. Forsythe of the Cardiovascular Research Institute at the University of California San Francisco. Their studies found that people with high BP "seem to experience many kinds of their personal interactions as stressful and as occasions for emotional arousal." Their emotional upsets are more intense, more frequent and longer lasting than those of others and are accompanied by episodes of increased pressure on blood vessels. They were inclined to be irritable, anxious, restless and tense."

Studies of US Air Force officers found similar traits; described as assertive, dominant and decisive with "narrow ranges of interest, rigid, over-controlling and obtuse in their social relationships." In yet another study, with insurance company employees, those with high blood pressure were rated as "apprehensive, guarded, emotionally more responsive and unwilling to talk about themselves."

No one condition will explain all the causes. When we're angry or fearful our BP naturally goes up; one theory with hypertension from the American Heart Association is that people who are "hyper-reactors" or "pre-hypertensives" simply get accustomed to responding to events in daily life as if they were emergencies. Disturbed emotional balance, when a person is no longer able to achieve a meaningful relationship with their environment or when their life is filled with pent-up anger and tension, when one can no longer master their goals and tasks, when setbacks and disappointments are suffered and constantly repeated, then high blood pressure can become fixed at an abnormally high level.

Drug Therapy

There is an arsenal of medications available. Antihypertensive medicines generally fall into three categories: a) those that relax blood vessels directly, b.) those that block the nerves to blood vessels and c) those that eliminate extra fluids from the body. All drugs prescribed can cause adverse side effects,

some dangerous. A few common symptoms may include skin rashes, dry mouth, nasal congestion, potassium loss, sedation, impotence, dizziness, fatigue, night-mares, depression, delusions, hallucinations. Check PDR's and websites. Dr. Earl Mindell's view is that drugs, toxic and often ineffectual, do not even attempt to address the causes of "dis-ease". Instead they block normal body functions so the heart won't have to or be able to work harder in a natural reaction to stressful circumstances. But in so doing, they disrupt fundamental biological functions essential for survival and good health.

Reducing High Blood Pressure: Activity & Diet Recommendations

Although there is **no (supposed) cure for hypertension**, there are many proven ways within your control: diet, exercise, and stress reduction are a few to help reduce the risks of HP.

- **Obesity** – loose weight. Extra weight means your heart has to pump harder to circulate blood through that extra tissue, thereby raising your blood pressure. Weight loss is a cornerstone of BP treatment, with many studies showing that a loss of 10 to 20 pounds can lower BP significantly.
- **Alcohol consumption** – reduce intake; two or more ounces a day can raise BP
- **Excess sodium** - reduce to less than **2 grams of sodium** per day equivalent of **1 tsp**. Best 500mg – 1/4 tsp. As salt consumption rises, the body retains excess water, which raises BP. The Trials of Hypertension Prevention (TOHP) at Tulane University have shown that salt restrictions consistently reduce blood pressure.

-- *General information:* Table salt, the main culprit, is about 40% sodium. Americans consume 20 times more salt than their bodies need – **1- 2,000 mg** is the average daily-recommended amount. About 75% of your salt needs are already in the foods you eat and drink, easily reached without adding more salt to your food.

-- For some people who are especially sensitive to the sodium, even a moderate amount of salt can raise their BP. Some people need less than 200 mg a day.

-- Avoid salty foods and snacks such as bacon, sausage, hot dogs, pretzels, potato chips, mustard, olives, pickles, and some cheeses. Buy **fresh** meats, fruits, and vegetables instead of canned, frozen, or processed ones. Avoid fast foods or convenience foods.

-- Beware of hidden **sodium** in foods/beverages: baking soda/powder, carbonated drinks, beer, soy sauce, nondairy creamers, cookies, and cakes. Read labels. Many over-the-counter medicines contain high levels: alkalizers, antacids, aspirin, cough medicine, mouthwash, toothpaste. Beware of sodium benzoate and sodium propionate and MSG.

- **Avoid sugar** – Several studies have shown that white table sugar (sucrose) raises blood pressure. Instead, satisfy your sweet tooth with fruit, which contains a different type of sugar called fructose.
- **Excess animal protein** – reduce. Become a vegetarian -- or close to it. Studies show that vegetarianism lowers blood pressure. Excess intake of protein in the form of protein-rich foods severely burdens the kidneys and can produce an elevation in BP. Quote from a study done in Bresdan with 2500 butchers, "the compelling conclusion is that blood pressure rises in proportion to the intake of animal protein." Another impressive study, the Dietary Approaches to Stop Hypertension (DASH), conducted by Harvard researchers, placed 459 people with moderately high pressure on one of three diets:
 - A typical American meat-centered, high-fat diet with little fiber and few fruits or vegetables
 - A meat-based, high-fat diet with more fiber, fruits, and vegetables
 - A near-vegetarian, low-fat diet loaded with fruits, vegetables, and whole grains, including fish and some chicken

Participants on the meaty, high-fat diets recorded no drop in BP. But in just eight weeks, participants on the **near-vegetarian, low-fat diet reduced BP significantly** – about as much as people taking prescription blood pressure medications. Fruits, vegetables, and whole grains are all high in fiber. Have at least **eight daily servings**.

- **Eat more salmon.** In addition to calcium, salmon contains a generous helping of omega-3 fatty acids, which reduce blood pressure, according to a review of more than 20 studies by a researcher at Vanderbilt University in Nashville, who suggests eating **salmon once or twice a week**.
- **Food:** others that help lower blood pressure – **artichokes, greens, dairy, mushrooms, quinoa, potatoes, asparagus, cauliflower, broccoli, celery, peppers, carrots, lentils, string beans, apples, apricots, grapefruit, grapes, oranges, figs, melons, plantains.**
- **Switch to decaf.** Caffeine is a powerful stimulant that can raise blood pressure. Tea, cocoa, chocolate, and many over-the-counter drugs contain caffeine.
- **Stress** – lower your stress level. Relaxation exercises can be helpful in reducing hypertension. Some of these activities include **mediation, reading, painting, gardening and biofeedback** programs.
- **Laugh:** switch on your favorite comedy show or video. A good laugh can decrease our level of stress hormones.
- **Rest** as well as enough **sleep** is important, as BP is lowest during sleep.
- **Regular time with mate,** more than with other family members or friends, of course, depending on how healthy the

relationship is, can lower your blood pressure.

- **Physical inactivity** – exercise regularly. Any exercise that is aerobic can be helpful in lowering your blood pressure: walking, swimming, bicycling. Several studies show that a daily brisk walk for 30 minutes helps reduce BP. Avoid isometric exercises such as body building, weight lifting, or push-ups, as they have a tendency to raise BP.
- **Smoking** – stop.. Nicotine constricts arteries and raises your blood pressure.
- **Over-the-counter medications** - some types including laxatives, diet pills, antacids, and nonprescription cold, sinus and allergy remedies that contain ingredients such as ephedrine, pseudo ephedrine, and sodium - **Look for natural solutions to problems.**
- **Care for a pet.** Studies show that caring for a pet is relaxing enough to offer a modest reduction in blood pressure.

Supplements

- **Vit. B:** Suggested: **400 micrograms of folic acid, 1,000 mcg of B 12, 100 –250 mg of B6.** These three B's are important because they help "chew up" homocysteine, an amino acid by-product that can damage arteries. Helps preserve smooth-walled arteries.
- **Vit. C:** Italian researchers found that C helped blood vessels dilate normally and helps reduce the formation of fatty deposits and clots inside blood vessels. **1,000 – 2,000 daily**
- **Calcium:** Helps ability of blood vessels to relax, BP tends to go down; has less effect than magnesium or potassium. More than 50 studies show that as dietary calcium rises, blood pressure falls. Researchers at McMaster University in Hamilton, Ontario, analyzed 33 studies in which supplemental calcium helped lower blood pressure. High-calcium foods include dairy items, salmon, leafy vegetables, and tofu. Most experts recommend **1,000 to 1,500 mg/day.**

(Note: Too much calcium can interfere with magnesium's muscle-relaxing ability.)

- **COQ10:** made naturally in the body, but in short supply, helps heart pump more efficiently, which helps to reduce blood pressure. In one study, over half the 109 people with high blood pressure were able to stop or reduce their medication after four months of treatment. Dr. Decker Weiss, N.M.D recommends **30 mg three times a day.** Best to take with fish or flaxseed oil.
- **Vit. E:** Neutralizes free radicals; a major fat-soluble antioxidant. Helps reduce formation of fatty deposits and clots inside blood vessels. Recommended **400 – 800 IU mixed tocopherols.**
- **Fiber:** There is evidence that fiber can help lower high blood pressure. A 4 yr study of 40,000 nurses found those who had the highest amounts of fiber were least likely to develop high BP. Of the two kinds, soluble and insoluble, the soluble found in fruits, beans and oats, is the most important for lowering BP. For additional fiber look for a supplement that contains mixed soluble fibers such as psyllium, gums and pectin.

Fish oil or Flaxseed oil: (Omega-3 fatty acid) Fish-oil supplements provide the same benefits as salmon. Borage oil supplies Omega-6's. Fatty acids change body chemistry so that you produce fewer harmful prostaglandins, hormone like substances that can increase BP. Most experts recommend **1,000 to 3,000 mg/day.**

- **Potassium:** is depleted by diuretic blood-pressure medication. Affects blood volume because it helps you excrete sodium, also excreting water, which reduces blood volume and in turn reduces BP. Foods low in sodium and high in potassium include: **chicken and turkey, veal, many types of fish (halibut, fresh sardines, scallops), fruits (pears, bananas, apples, apricots, cherries, grapes, plums, peaches, raisins, nectarines, oranges,**

tangelos, grapefruit), fresh vegetables (turnips, asparagus, carrots, cauliflower, eggplant, peas, chickpeas, celery, lentils, kidney, broad, pinto, lima and string beans, peppers, potatoes, romaine and spinach), unsalted peanuts and peanut butter, dry milk. Experts advise supplementation up to **3500 – 7000 mg a day**.

- **Magnesium:** helps to relax smooth muscles in blood vessels, allowing them to dilate. Preferred forms are **magnesium orotate** or **magnesium glycinate**. Up to **350 mg daily**.

Herb

- **Dandelion:** acts as a natural potassium-sparing diuretic for excess fluid.
- **European mistletoe:** can reduce headaches and dizziness associated with high blood pressure. Blood pressure-lowering effects are small and may take weeks to become evident. Should be taken only under careful supervision of physician trained in its use.
- **Garlic:** based on a large number of clinical studies, reduces cardiovascular risk factors. British and Australian researchers analyzed eight studies of garlic as a treatment for high blood pressure. At a dose of **600 to 900 mg/day** – the equivalent of one to two cloves – garlic reduced BP significantly. Garlic liquid extract, aged at least 1 yr. Seems to produce more significant and sustained drops in BP.
- **Hawthorn:** dilates coronary arteries that feed the heart, has a mild blood pressure lowering effect in early stages of congestive heart failure. Recommended **100 to 240 mg** of standardized extract **3x's a day**
- **Hibiscus tea:** in a controlled trial, people with hypertension received either Hibiscus tea or ordinary tea (2 Tbs. in one cup of water) consumed daily for 12 days. By the final day, BP was 11% lower in the treatment group, compared to 4% in the control group.
- **Indian Snakeroot:** contains powerful alkaloids, including reserpine, that affect blood pressure and heart function. Used traditionally to treat hypertension, especially when associated with stress and anxiety. Possible serious side effects, should be taken only under careful supervision with physician trained in its use.
- **Reishi mushrooms:** in a double blind trial, reishi mushrooms significantly lowered blood pressure in humans/ A concentrate extract of reishi (25:1) **55mg 3x's a day** for four weeks was used.

Current Alternative Therapies Available

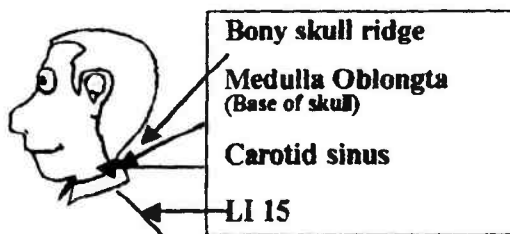
Alternative therapies can reduce or in some cases eliminate your dependence on medication. The following alternative/blended therapies may be useful:

- Acupuncture
- Auricular (ear) acupressure
- Ayurvedic medicine
- Behavioral education
- Biofeedback
- Chinese medicine
- Chiropractic therapy
- Exercise conditioning
- Herbal medicine (Dandelion, Garlic, Hawthorn, Hibiscus)
- Homeopathy
- Hypnotherapy
- Imagery/Visualization
- Meditation
- Music therapy
- Nutritional therapy/Diet
- Qi Gong and Tai Chi
- Social Support
- Yoga and Meditation

Our Protocol

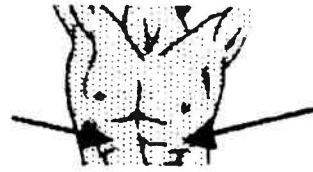
The following are the acupressure points we used to lower my dad's blood pressure, as directed in the book, *Acupuncture Without Needles*. In the beginning we used a rotary motion with the thumb or middle finger and then applied a steady pressure on each point. Soon we used the Natural Energy Stimulator or an Acuspark...much quicker and just as effective, if not more so.

- 1.) **Carotid sinus.** Found at the bifurcation of the common *carotid artery on either side of the neck*. (Locate the top of our Adam's apple and slide your finger back until you feel a pulsation.) This important gland regulates the blood pressure; attached to special nerve-end-organs that have the ability to raise and lower BP by way of a reflex arc over the carotid branch of the glossopharyngeal nerve. Hold fingertip pressure for a slow five count. Breathe deeply. Press once more, letting the breath out. Repeat the process at least **3x's** on both sides of the neck. It may be done simultaneously.

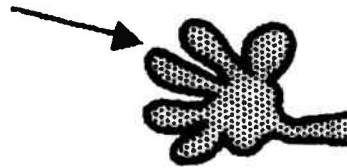


- 2.) **Skull base.** Run your fingertips across the bony ridge that runs from ear to ear at the *base of the skull*. Note any painful areas in the overlying scalp as you apply pressure on each. Repeat at least **3x's**, with increasing amounts of pressure, but never to rough)
- 3.) **Solar plexus** Place fingertips of both hands into your *solar plexus area*, expelling all air from your lungs. Apply

pressure holding for a slow five count and release. Repeat at least **3x's**.



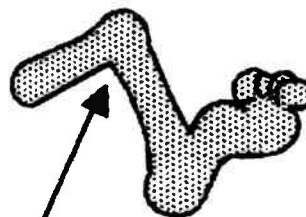
- 4.) **Excite Pericardial meridian** Grasp the *tip of the third finger*, squeeze and pull. Repeat **alternately 5x's** on each hand.



- 5.) **Medulla Oblongata area.** Apply pressure on the medulla oblongata at the *base of the skull*, rubbing until the tenderness is gone in the scalp and underlying tissues. The tenderness should dissipate. (See head diagram above.)
- 6.) **LI 15** Large intestine is just behind the shoulder. Apply rotating pressure, repeat at least **3x's**. (See head diagram above.)

For additional beneficial influence in curbing high blood pressure, you can "activate" the following schedule of action in the following order:

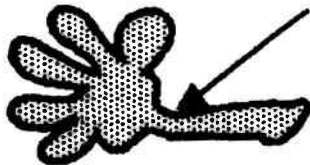
- A.) **B-54** (in crease behind the knee)



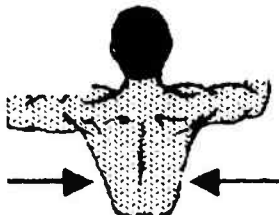
B.) K-1 (bottom of the foot)



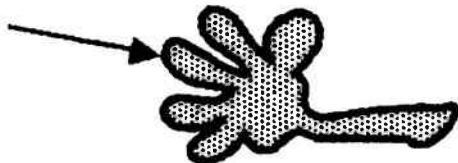
C.) TW-5 (top of the wrist – centrally)



D.) Liv-13 (on the side at the end of the 11th rib)



E.) P-9 (the 3rd fingertip (thumb side))



One day Dad's blood pressure was 197/78 at 2:43 pm — too high. He was out of the blood pressure medicine. Tested him for vitamins, he took a nap, retested blood pressure. To our disappointment, it was even higher (213/96 at 3:15 pm) even after taking the vitamins and the nap. I happened to notice that it went higher after working on his checkbook and bills, so silently surrogated and repatterned his BP to be less than 140/90, as is recommended. Repatterned statements with him not to worry about money, about wanting to be healthy and well, about handling stress, etc. By 4:00 pm, 45 minutes later, it dropped 23 points to 190/78 – still too high. Thought it

would be high after supper — but it wasn't — (172/71 at 6:46 another 18 points lower) We took a reading again at 10:23 pm and it dropped another 15 points to 157/78, **even after** he had been working on balancing his checkbook. This was very exciting to me! What if we could continue to show a change without medication and using only diet, TFH, points and the repatterning technique? This began the search for what specifically stressed him enough to raise the BP and as to what events/thoughts lowered it.

Dad has taken high quality vitamins, "juiced" vegetables and fruits and had made some dietary changes over the past many years. We gradually refined more dietary changes, muscle monitoring much of what he ate, discovering foods/beverages he was sensitive to and eliminating or reducing them. We did periodic Touch for Health balances, as well as muscle checked and repatterned kinesiologically for the following "areas" whenever the blood pressure was too high:

Fears (doctor, clinic, stress test, blood test, knee surgery)

Foods

Relationships (Self / Others)

Money/Checkbook

Being at peace with himself

Life Changes /moving

Vitamin/mineral deficiency (Not enough, too much)

Too much salt

We learned that his BP was consistently **lower:**

-after dancing on Friday nights for 3-4 hours (Ex. *Before* 186/74 *After* 129/61)

-after his Kiwani's meeting (Ex. *After* 129/62)

-after bowling (usually) (Ex. *After* 132/52)

-after socializing/dinner with relatives or friends. (Ex. *Before* 154/61 *After* 129/74)

-after church and lunch with relatives (Ex. *Before* 183/85 *After* 141/55)

His BP has consistently **increased**:

- in doctor's office (Ex. 142/80 nurse took reading 190/80 doctor took 15 min later)
- before going to clinic or hospital for blood tests, stress test, the unknown, etc,

(Ex. 204/84 *before* clinic appointment 142/59 *after* appointment 2.5 hours later)

(Ex. 9 am 162/65 **11:30 am** at Blood bank 234/112 **3:05 pm** after lunch 253/107

3:23 pm after walk to emergency room 224/89 **4:00** 220/95 talk with doctor

12:30 am after 3 hrs of dancing 146/60)
- around conflict situations
- after working on taxes, checkbook or other papers involving money (Ex. 186/69 before Repatterning work)
- interaction with or about my brother as he was dying from cancer last year

Examples of intervention:

- a.) *Before* a **TFH goal balance** and a shower 178/97 *After* 132/44
- b.) *Before* 162/76 at 8:40 pm *After* running **ONLY** the **Heart meridian** and rubbing **K27's** 132./74 at 8:43 pm, three minutes later
- c.) *Before* a **TFH goal balance** 97/50 (too low for him) *After* 135/66
- d.) *Before* **Deep breathing** and stimulating **acupressure points** 167/77
After 116/56 4 min. later

Sometimes we did only some of the acupressure points to see if they all mattered or if just several needed to be used. Each time we were able to monitor with the results with the blood pressure cuff. In my dad's case, K-1

and the deep breathing were crucial nearly always. One time this past March the blood pressure rose after stimulating the points. It was determined through muscle checking, that the kidney energy needed to be de-energized and the heart energized. After this experience, the alarm points were used to determine over energy before stimulating the acupressure points we were originally using. I used corresponding points from the TFH book to de-energize where needed..

- e.) Recently, after dancing for the first time Dad's BP was actually too high rather than lowered, as it always had been in the past eight months of Friday night dancing.

Checking for possibilities as to why, led to his sodium levels being too high. Again muscle checking for something to counteract the sodium effects, he tested for, not a banana, but a **tangelo** we had just bought. Within minutes of eating it, retook his BP; it dropped significantly, but not enough. Amazingly, holding **three potassium** under his tongue while we took a third reading with the BP cuff within 3 minutes of the last reading. It dropped 18 more points; running the **heart meridian** and stimulating **NL for the heart** decreased it another 11 points to an acceptable level.

- f.) Another: *Before* dancing at 6:45 pm 182/103 *After* dancing 158/73 at 12:35 pm
Only pitched and pulled the 3rd finger alternately 5 x's Reading: 138/63 at 12:38 pm

CAUTION: This information was compiled over a 9 month period always with the goal in mind of stabilizing Dad's blood pressure to 140/80. Much to my dismay, as I was typing this paper, I read yet other chapter on blood pressure from **Inner Cleansing Cure** which states, from *JAMA* (262 7:920) "Researchers say many more people eventually had severe or fatal heart attacks

following blood pressure treatments that resulted in drops of less than six points or more than 18 points. People whose diastolic (bottom number) dropped from seven to 17 points had the least amount of heart attacks. People with very large and very small drops in blood pressure face three to four times the risk of heart attack compared with people with moderate declines, the study says.

"Big blood pressure drops are hard on heart. Seen another way, the risks of fatal heart attack were about the same for those whose high blood pressure remained virtually unchanged as for those with a large fall in blood pressure. Why those with big drops in blood pressure should face the same risks as those whose blood pressure remained high is unknown.

"The research indicates that an "ideal" blood pressure figure may be an unrealistic goal and may even be dangerous for many people. One speculation was that a big blood pressure drop may result in poor blood flow through heart arteries, starving the heart muscle and leading to a heart attack... Doctors involved in the research made two suggestions:

- 1.) Your doctor should seek a very specific treatment tailored to each patient that will protect the heart while trying to lower blood pressure and
- 2.) Until this goal is attainable, the cautious physician should seek modest (in the range of seven to 17 mm Hg of diastolic blood pressure) reduction for those with mild to moderate hypertension."

Treating hypertension with drugs, believed by many doctors to cause symptoms of aging, such as fatigue, forgetfulness and impotence, reduces the quality of your life with their unpleasant side effects. A healthy lifestyle can lead to lower blood pressure. When BP is controlled, symptoms of heart failure often improve or vanish; kidney deterioration is arrested and the threat of strokes is greatly minimized. Keeping your BP reading 120/80 and below is best, enough to add 25 years of good health to your life, according to Michael Roien, M.D. author of *RealAge: Are You As Young As You Can Be?*

The real beauty of our work with Touch for Health and the other Kinesiology is being able to discover from the person what the body needs/wants right now. Combined with accessible "medical measuring tools" such as the blood pressure cuff, adds a tremendous dimension for monitoring results not easily recognized by symptoms and feelings in helping our family, loved ones and clients.

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The Importance of Prayer and Intention in the Healing Process

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There has been a growing interest in the scientific community over the last few years in exploring the role of spirituality in the healing process. There have been over 1500 studies of the effect of spirituality to health. At least half of the 80 medical schools in the U.S. are offering courses on spirituality, and some specifically on "spirituality and medical practice". Conferences on spirituality, prayer and healing are being held at some of the most prestigious medical schools in the country. Psychic and spiritual healing are gaining new credibility in contemporary medical circles as well as governmental agencies. The National Institute of Health (NIH) is funding studies on spirituality and healing. Many physicians and hospitals are participating in double-blind clinical trials of spiritual healing.

Given the research over the past thirty years there is much evidence to suggest that healing involves more than just techniques and treatment regimens. We have been aware for years now of the phenomenon of the 'placebo effect' whereby the expectation and belief of the patient or subject can affect the healing outcome. Dr. Herbert Benson of Harvard University, back in the 1970s and 1980s, showed that people who prayed could reduce their stress and lower their blood pressure and heart rate by inducing what he called the Relaxation Response. There is also a growing body of research showing that the belief, intention, prayer and attitude of the doctor can also affect healing outcomes. Research on prayer and intention offer exciting implications

for those of us in the healing arts field. What does the data on prayer suggest and how might we use that knowledge to enhance the effectiveness of what we do in Touch for Health?

What is Prayer?

The word 'prayer' comes from the Latin, precarius "obtained by begging," and precari "to entreat, to ask earnestly, beseech, implore." Larry Dossey, a leading medical authority on the subject of prayer, defines prayer as "communication with the Absolute." In its simplest form "prayer is an attitude of the heart; a matter of being not doing." Prayerfulness is that attitude or state of mind in which we feel a sacred connection with the Absolute. Prayer involves a focused state of mind usually characterized by feelings of quiet, serenity, and stillness.

What is Intention?

The word intention comes from the Latin, intentus "a stretching toward." American Heritage dictionary defines it as "an aim that guides action." Leonard Laskow, physician and researcher, refers to it as "a holding attention on a desired outcome, and holding attention requires will, which is a persistent, focused desire." In Chinese and indigenous healing traditions, intent is what directs the healing energy.

Non-Locality in Quantum Physics and Healing

The term "distant healing" or "distant mental influence on biologic systems" (adopted by NIH) is an attempt to find a way to objectively describe the outcome of what others might call psychic healing, energy healing or prayer.

Intercessory prayer, unlike hands-on healing, does not involve some conventional form of energy (i.e. electromagnetic) that is sent or received, but relies on a mind-to-mind connection which is not dependent on distance. Whether intercessory prayer or distant healing is done from the next room or from the other side of the globe, its effects are effective and immediate. Distant healing has strong correlations to what is referred to in quantum physics as non-local events.

Quantum physics experiments have revealed the existence of what are called "non-local" events. Experiments have shown that if two subatomic particles that have been in contact are separated, a change in one is correlated with a change in the other, instantly and to the same degree, no matter how far apart they may be. Non-local events have three common characteristics. They are unmediated, meaning distant changes do not depend on the transmission of energy. They are unmitigated, which means the strength of the change does not become weaker with increasing distance. Thirdly, the effects are immediate, taking place simultaneously.

Research on Distant Healing and Prayer

In 1998, forty scientists from universities and research laboratories around the U.S. gathered at Harvard University to examine and evaluate the data on distant healing. Preliminary data presented at this conference suggested that we are on the verge of an explosion of evidence to support the efficacy of distant healing. For more than thirty years there have been scores of studies conducted and documented in excellent peer reviewed publications that show high quality, well replicated laboratory evidence of the existence of a mind-to-mind connection. These studies demonstrate that focused mental attention and intention can influence both the physical and mental processes of another person from a distance.

In 1993, psychiatrist, Dr. Daniel Benor, brought together a compilation of over 150 controlled studies of psychic, mental and spiritual healing in his book *Healing Research*. In it, studies on organisms as diverse as enzymes, cell cultures, bacteria, yeasts, plants, animals and humans show that

at least 1/2 to 2/3 of them demonstrate statistically significant results.

One of the most famous studies on prayer at a distant was conducted in 1988 by Dr. Randolph Byrd. This was a double-blind study involving 393 patients in the coronary care unit of San Francisco General Hospital. In a double-blind study, neither the patient nor the researcher knows who are in which experimental group. The results of this study showed that the prayed-for patients did significantly better on several outcomes. It also showed the efficacy of prayer was the same from great distances as it was close to the hospital. While the prayed-for patients showed some improvement over the control group, many see the Byrd experiment as suggestive but inconclusive and ambiguous because of a variety of variables that cannot be controlled: variables such as the control patients praying for themselves or being prayed for by their family or friends.

In view of the potential for the attitude of the subject interfering with the tests results, it has been found easier for researchers to study the effects of intention and prayer in plants, animals and cells of blood, bacteria and yeast. With these subjects, one can rule out the placebo effect as they presumably are not healing due to their belief in the healer or the effectiveness of the treatment; nor are they likely praying for themselves to get better. Several studies have been conducted showing that prayer can affect the germination and growth rate of seeds. Experiments with renowned healer Olga Worrall showed that she could stimulate the growth rate of rye seedlings by 840% from a distance of 600 miles away. She said that she did this during her prayer time, by visualizing the plants filled with light and energy. In another experiment with seeds, Reverend Goodfellow of Guttenberg, Iowa found that when his congregation started praying for seeds, farmers reported higher yields in areas where the seeds and crops had been blessed. Researcher William Braud of the Mind Science Foundation in San Antonio, Texas, found that subjects could influence the rate of hemolysis (bursting of red blood cells) at a distance to a degree unexplainable by chance. Other researchers like Leonard Laskow have

successfully used intention to influence the growth rate of bacteria cells. In one experiment, he was able to reduce growth rate of bacteria cultures 50% over controls. Another researcher, Dr. Bernard Grad, has "demonstrated that the absorption spectrum, surface tension, conductivity and acidity of water can be altered by focused thought or intent."

While studies of distant healing involving human beings are challenging to design because of uncontrollable factors such as hope, expectation, and the healer/patient relationship, there have been several well-designed studies that confirm such an effect. In 1994 California Pacific Medical Center designed a methodologically sound research project with the purpose of determining whether healing intentions over distance is effective. Two double-blind studies were completed using AIDS patients as subjects with findings that showed a 40% mortality in the control group but no death in the prayed-for group. Researchers Braud and Schlitz successfully demonstrated in thirteen experiments the ability of 62 people to influence the physiology of 271 distant subjects, who were unaware of the time that the attempt would be made. The effects proved to be consistent and replicable.

Surprise Findings from Intention Studies

Several research studies have yielded some surprising findings that indicate just how powerful one's belief and intention can be. In three double-blind studies of the use of Vitamin E in treating angina pectoris, an enthusiastic doctor who believed in the efficacy of Vitamin E found it significantly more effective than a placebo, while two studies conducted by skeptics showed no effect. In another study using a minor tranquilizing drug, three of four studies suggested strongly that the effectiveness of the drug over the placebo was correlated with the physician's attitudes and beliefs toward it. Its conclusion was that the beliefs of the prescribing physician can somehow penetrate double-blind conditions of the experiment and shape the action of the drug. In yet another scientifically sound double-blind experiment using human subjects, one researcher who

believed in distant healing, showed that her subjects had statistically significant increases in autonomic nervous system response, while another skeptical researcher following the same procedures did not obtain any significant results. Again, these inconsistent results have lead researchers to postulate the influence of an "experimenter effect," or researcher's bias which can penetrate double-blind studies.

Even more amazing have been studies on intention involving mechanical devices, such as a random event generator (REG). In over 50 million trials over more than 15 years the results overwhelmingly showed that individuals can influence the REG, steering its output from sheer randomness toward a particular pattern. The odds against being a chance happening were a trillion to one. Operators described an emotional bonding with the machines, "becoming one" with the device while they are trying to influence it. These experiments conducted at PEAR lab at Princeton University show clearly that the effects of emphatic bonding transcend space and even time. Operators were asked to influence the machines output 'after' it had run, and the results were identical to efforts made in the present. Helmut Schmidt, a physicist, found similar results showing that subjects can influence the output of a REG after the machine had run. Esteemed statisticians estimate the likelihood of Schmidt's results being due to chance at seven million to one. Schmidt's experiments appear to indicate that past subatomic events are malleable, capable of being influenced mentally, even though they have already occurred and been recorded in some way, so long as they have not been consciously observed. In quantum physics, too, looking, or the 'observer effect,' converts possibilities and potentialities into actual events and fixes them. Could this concept not apply to a person receiving a medical diagnosis?

Distinctions between Energy/ Psychic/ Spiritual Healing

Energy and psychic healers, whether in contact or at a distance from the client, hold a specific intent of replenishing or manipulating the 'energy flows' or symptoms of the client. Psychic and energy healing modalities (in general) involve training, conscious effort,

directing one's attention to a particular part of the body or body functions, and logical decision making on the mental level of the practitioner. An inherent aspect of all three healing modalities involves 'information access and sharing' through a mind-to-mind connection. With many schools of energy healing, the healer acts as a channel to transfer various frequencies of energy to another with the intent of rebalancing the energy field. In non-contact Therapeutic Touch, researcher Janet Quinn considers it possible that through a shift in consciousness, TT practitioners in some way facilitate a "restructuring of the recipient's energy field through a process of resonance, rather than an energy exchange or transfer".

In spiritual healing, the intention of the healer is to allow their "consciousness to be used as an expression of the non-local Infinite Mind, which some know as God." Spiritual healing is not a type of mental force exerted willfully and selectively. Healers hold a peaceful state, surrendering their ego to a source of active, organizing intelligence. Their intention is to be helpful, to be used as an instrument or conduit of information that enables and activates the person's self healing ability. An important part of spiritual healing involves not just maintaining an attitude of openness but also a conscious choice of staying nonattached to the outcome.

Key Elements to Effective Prayer and Intention

What have we learned so far from the laboratory studies and from the experience and wisdom of healers? First of all, research has shown there is no correlation between one's private religious belief and the outcome or effectiveness of prayer. A key factor in the effectiveness of prayer seems to be love, not the religion that accompanies it. The effect of prayer can be strengthened by faith and belief, though prayer does not require belief on the part of the recipient in order to work. The recipient does, however, need to be open and receptive to the possibility of healing. Healers report that the primary precursors to healing effects are a mind-to-mind connection with loving and caring intentions by the healer.

Empathy, compassion and love seem to form a literal bond, a resonance, between living things.

Researcher William Braud feels the "most effective form of intentionality appears to be one that is goal-oriented and thorough, yet not excessively effortful or egocentric." He identifies five techniques that have direct application to the way we pray: "relaxation and quietude, attention training, imagery and visualization, intentionality, and strong positive emotions."

In the *Isaiah Effect*, Gregg Braden offers insight on the lost science of prayer based on the ancient Essene traditions and modern science. The effect of prayer, he says, comes from something other than the words of the prayers themselves. Thoughts are what guide us and give us direction. Emotion is the energy that fuels our thoughts to make them real and is closely aligned with desire. Feeling represents the union of thought and emotion and is what Braden refers to as the key to prayer. Alignment of those three elements of thought, emotion and feeling is what gives power to our prayers. Gregg Braden also says that the secret of the lost mode of prayer is to shift our perspective of life by feeling that our prayers have already been answered. Praying from an attitude of love and gratitude rather than out of need or fear would certainly seem to have more positive effects, on a lot of levels, particularly for the person doing the praying.

Implications for Touch for Health

When we look at the original intention of Touch for Health, Dr. Thie's desire to provide a simple format of skills from Applied Kinesiology for the average person to use for themselves, their family and their friends, we can all appreciate the loving intent behind his creation of TFH. Over the years the teaching of TFH has been modified slightly to encourage even greater self-responsibility on the part of the person being balanced. More involvement in their own healing process adds to a person's sense of self-control in their health and that belief can be helpful in mobilizing an even stronger immune response.

As the research indicates, and as many of us in TFH have discovered over the years, a belief in the effectiveness of the process is not necessary on the part of the recipient. A person being balanced who is open to the process, though perhaps skeptical, will often be surprised by its positive results. As healers find too, what seems more important in healing is the degree of need. The more out of balance a person is the more of a difference they will feel afterwards.

A more significant influence for the person being balanced may be their belief and confidence in the person doing the balancing. Their expectation and belief of the expertise of the practitioner coupled with their openness towards the process may set the stage for more optimal healing results.

Perhaps even more important to the success of the process is the role of the practitioner. Muscle testing is an art, and as such, a certain amount of physical skill is, of course, important. However, could it not be true that the attitude of the person doing the balancing is influencing its effectiveness as well? While new practitioners get good results, there are many times their results are inconsistent. New people often miss the subtle muscle imbalances when muscle testing, and though that is partly due to lack of experience with the physical technique, confidence seems to play a role too. A practitioner's confidence in themselves and the process comes across in subtle ways that can consciously and unconsciously affect the attitude of the client. The more confident the practitioner, the more likely they are to stay focused on 'allowing' for the process to happen; and less distracted by their self doubts. Keeping in mind the adage "energy follows intention" one can see how a person who is having self doubts or confusion on an inner level might find their muscle testing results less than optimal. If science has shown that a researcher's intention can influence the results, it follows that the thoughts and intention of the practitioner would then likely affect the subtle energies that are being tested and balanced. The more confident and clear the practitioner can remain during the process, the more likely they are to get clear, consistent and accurate results with muscle testing.

The TFH balancing process enables the practitioner and client to align their intention, based on their knowledge and desire, by creating a goal, an outcome toward which to have as their focus. A goal articulates our desire of how we want to change. When we ask people to show or tell us how that would be different, to some degree they are accessing that 'feeling' state. For the practitioner, the more they can bring their 'feeling' of confidence, combined with their 'desire' to help, aligned with the 'goal' in mind, the more likely they are to empower the process. As Gregg Braden found with prayer, as practitioner and client merge their thought/knowledge/belief, with emotion/desire/willingness to change, and their feeling/intention/goal of how they want to be different, they engage the formula of having successful results. Also, setting our goals in positive terms in present time, is congruent with Braden's findings of the importance of feeling our prayers, or in this case our goals, as if they were already true and answered.

Setting a goal gives direction to our work as it organizes the energy field into a particular pattern. Richard Gerber (*Vibrational Medicine*) refers to the meridian system as the interface between the subtle energies and physical body. Muscle testing enables us to identify the specific meridian pattern that is in relation to that goal. If we didn't set a goal, then the balance would be in relation to whatever meridian pattern is showing in the moment for that person. By focusing on a goal, the person's energetic pattern can reflect in the present a pattern of energy of another time. Balancing releases the energetic pattern in relation to that issue. The ramifications are that goal balancing are more thorough and longer lasting as they can work beyond the present time to release specific reactive patterns. The changes that occur when the energetic pattern is released can manifest on the physical, mental, emotional, biochemical and spiritual levels.

When we muscle test, we are tapping into that mind-to-mind connection. While the TFH balancing process does not consciously focus on accessing the Universal Mind, or mind-to-mind connection, it appears that the process of

muscle testing is doing just that. The more that the testor can 'get out of the way,' the easier it is for them to access that body/mind wisdom. We have seen that an important part of quality muscle testing for the practitioner involves maintaining confidence but also staying 'clear' to have best results. Staying clear when muscle testing means not having any preconceived ideas about muscle responses. Another important aspect of staying clear for the practitioner is also letting go of any ideas of how we think the results of the balance should look. Staying unattached to the outcome allows for the possibility of 'Thy Will be Done' to intercede when necessary. The practitioner and client may align their intentions in the goal setting, but keeping always as the greater goal that openness to 'divine intention or will' is important to keep in mind.

As practitioners, I think the best that we can offer, aside from our expertise, is an unconditionally loving and compassionate presence, that is open to the highest good of the client. In doing so, we elevate a physically based process to another dimension. This attitude and consciousness that we can bring to our sessions, like prayer in action, can bring a depth of healing beyond simply the physical mechanics involved in the process. What we can offer is a true integration of body, mind and spirit with our work.

The following prayer I often use to help me center and clear my intention when I work with clients.

"O God. Make me as a hollow reed
from which the pith of self hath been
blown, so that I may become a clear
channel through which Thy love may
flow to others"

- Baha'i Prayer

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Energy Psychology

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There is a new field in psychology called Energy Psychology. Energy Psychology works with meridians, chakras and auras to address many of the issues of traditional psychology. The practitioners in Energy Psychology claim to produce very fast and remarkable results for people dealing with phobias, Post Traumatic Stress Syndrome, anxiety, addictions, allergies and other problems.

History

Dr. Roger Callahan, a psychologist, had a patient in 1980 with a phobia about water. He treated her in the traditional manner, but one day tried something different. He had been studying the meridian system and he tapped the end point of her stomach meridian. Her phobia immediately and permanently disappeared.

Dr. Callahan began exploring this connection between meridian tapping and phobia elimination. He created a series of tapping sequences for many problems and called his system Thought Field Therapy (TFT). He eventually began training others in using his discovery. Just like TFH some of his creative students took the technique in new directions. Modified versions of the 'Callahan technique' (as it is sometimes called) sprang up. Alternatives forms that are simpler, address more issues and take the field of 'meridian tapping' in new directions are now spreading.

Some of the better known offshoots of Callahan's Thought Field Therapy (TFT) work are; Emotional Freedom Technique (EFT), Be Set Free Fast (BSFF) and Tapas Acupuncture Technique (TAT). Another system that is used in Energy Psychology is Eye Movement Desensitization and Reprocessing (EMDR). The practitioners of

these techniques often refer to them by their initials.

Association for Comprehensive Energy Psychology

The Association for Comprehensive Energy Psychology - ACEP was founded in 1998. It was started by three psychotherapists who wanted to create a place for emerging systems to be acknowledge, studied and disseminated.

The ACEP website says it's purpose is to 'promotes a comprehensive, integrated understanding of Energy Psychology, in order to establish the field's credibility among health professionals, particularly psychotherapists. ACEP also creates a collegial atmosphere in which innovators, clinicians and researchers of various Energy Psychology approaches might collaborate with and enrich one another in order to produce the highest quality of Energy Psychology treatments for the public. Membership is open to professionals in psychotherapeutic practice, allied health professionals, researchers, organizations, students, and interested lay persons, who wish to develop, support and promote the discipline of Energy Psychology'

Overview

Energy Psychology recognizes three distinct energy phenomenon that impact us and can be used to enhance our psychological health. These are the meridian system, the chakras and the aura/ energy field(s). Energy psychology is holistic and transpersonal. It acknowledges that our physical, emotional, mental and spiritual needs are all important and deserve integration.

The ACEP website has a 'Brief Summary of the Lineage That Feeds Into Comprehensive Energy Psychology' It lists: *CHINA for developing meridian theory and Fung Shui. INDIA for developing Chakra traditions, yoga and pranic healing THE WEST for developing Kinesiology; Therapeutic Touch and other Complimentary Medicine modalities; Aura traditions; HeartMath®; Empirical Research from North America, Europe, and the former Iron Curtain Countries; Theoretical Physics; Psychology; Dowsing; Radionics; and others. HYBRIDS: George Goodheart's (and his protégés'), innovations in Meridian Interventions, Touch for Health, Total Body Modification and its derivatives (e.g., NAET, TAT), Neuro-Emotional Technique, Educational Kinesiology (and Brain Gym), and Thought Field Therapy and its derivatives.*

As you can see the work that we do and teach in TFH is already at the heart of this new field. Trained psychologists who have been using this for 3 years are consider 'old hands.' We in TFH have a lot to offer them. And they have a lot to offer us!

Emotional Freedom Technique

One of Dr. Callahan's students is an engineer named Gary Craig. Fascinated by the results of Thought Field Therapy (TFT) he studied everything he could with Dr. Callahan. Gary Craig then modified TFT and created his own system called Emotional Freedom Technique (EFT). This system is presented in a very simple way that anyone can follow and use. On his website Gary Craig gives a lot of testimonials, background and 'free stuff'. Included in the 'free stuff' is downloadable manual which explains EFT. Gary Craig also has video tapes of him teaching how to work with his system. He states that anyone using the free manual can do a lot of good for themselves, families and friends. (Sounds a lot like Dr. Thie.) Gary also recommends anyone wanting to use this work professionally to buy his tapes for training and for modeling the 'art of delivery'. The tapes are modestly priced for the large amount of information in them. Gary Craig also teaches

workshops on EFT. His website is listed at the end of this article

A synopsis and explanation of EFT technique is presented here.

The procedure consists of 4 steps which EFT calls 'The Basic Recipe'. 1. The Setup 2. The Sequence 3. The 9 Gamut Procedure 4. The Sequence Steps # 2 & #4 use the same procedure and will be explained.

Before getting into 'The Basic Recipe' you need to set a goal or have an issue each time you use this technique. Gary Craig says "The cause of all negative emotions is a disruption in the body's energy system." To counteract this disruption we need to have a specific issue we are addressing. Unlike TFH goals, it need not be stated as a positive outcome.

Emotional Freedom Technique is a form of balancing, just like TFH. When we do a balance with a goal in TFH we are intervening in an energetic pattern held by the meridians around a specific stress or issue. With TFH we re-configure the energetic pattern. The same with EFT. We are going to repattern the energetic system held around a stress or an issue. The nice thing about EFT is that it is quick and you can do it many times in a day. And you can do it on yourself. You can use it for headaches, anxiety, fears, anger and many other inner disturbance.

As the EFT websites says- *'Tuning in to a problem can be done by simply thinking about it.... Thinking about the problem will bring about the energy disruptions involved which then....and only then....can be balanced by applying the technique. Without tuning in to the problem....thereby creating those energy disruptions....The basic Emotional Freedom Technique does nothing.'*

Once we choose an issue, we need a 'Reminder Phrase' to use throughout the balance to keep our focus on the issue. The Reminder Phrase should be short and sum up the issue. It can even be one word if that conveys the issue for you. In STEP 1 we will learn to use a short affirmation around the goal. You can use that short affirmation as the Reminder Phrase.

Besides setting a goal we also need to rate how we feel about the issue on a scale of 1-10, with 10 being a very difficult event or problem and zero being no problem at all. This pre-balance assessment will be used later to determine when we are complete. The assessment is done in the present, how we feel and relate to it NOW. Each time we check in on this issue we notice how it is NOW.

STEP # 1. The Setup is about clearing the energy system to get good, reliable results. In TFH we check for things like switching and hydration. EFT does not check for what is out of balance but just assumes it is useful to address it regardless. EFT explains that this first step is to clear up any psychological reversals. According to the EFT manual

Psychological Reversal is caused by self defeating, negative thinking which often occurs subconsciously and thus outside of your awareness. On average, it will be present...and thus hinder EFT...about 40% of the time.

The set-up requires doing two things at the same time 1. You repeat an affirmation 3 times while you... 2. Rub the "Sore Spot" or, alternatively, tap the "Karate Chop" point

1). The correction for Psychological Reversals is to use a neutralizing affirmation. The standard affirmation is:

Even though I have this _____, I deeply and completely accept myself.

The blank is filled in with a concise statement of the issue you wish to address. Some examples from the EFT manual:

*Even though I have this fear of public speaking, I deeply and completely accept myself.

*Even though I have this headache, I deeply and completely accept myself.

*Even though I have this anger towards my father, I deeply and completely accept myself.

*Even though I have this war memory, I deeply and completely accept myself.

*Even though I have this stiffness in my neck, I deeply and completely accept myself.

*Even though I have these nightmares, I deeply and completely accept myself.

*Even though I have this craving for alcohol, I deeply and completely accept myself.

*Even though I have this fear of snakes, I deeply and completely accept myself.

*Even though I have this depression, I deeply and completely accept myself.

Some points to know about the affirmation. It does not matter if you believe it or not. It is better to say it out loud with feeling. And if you cannot muster enthusiasm, say it anyway.

2). Rubbing the 'sore spot' or tapping the 'karate chop point'. Either one of these spots will do. EFT says the sore spots are slightly more reliable, but both do the job.

Sore Spots are described as 3 inches below K-27 (they don't use the term K-27 but describe it in lay anatomy) and 3 inches out to either side from the sternum. The instructions also say to press vigorously within a 2 inch radius of this spot searching for the 'sore spot'. According to EFT you only need to rub one side, and it does not matter which one.

The *Karate Chop Point* (KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop.

If you use this point it does not matter which hand you do it on. Either side will work. It corresponds to Small Intestine 3.3 - 3.5 on the acupuncture chart. To use this point instead of the 'sore spot' simply have the person karate chop with one hand into the palm of the other hand.

To perform the set-up find the right concise phrase to use with the affirmation and have the person say it 3 times while rubbing the 'sore spot' or karate chopping one hand into the other palm.

STEP # 2 The Sequence.

The sequence involves tapping specific points on the meridians. It is done by using the index

and middle fingers held together and tapping with these two finger tips. Tap firmly but not too hard. Tap each point about 7 times, but the number of taps is not fixed. You only need to tap on one side of the body. It does not matter which side and it is OK to switch sides as you go along. Either hand is OK to use.

The tapping is done in this sequence: (BP= beginning point of meridian & EP = end point of meridian.) **BP Bladder, BP Gall Bladder, BP Stomach, EP Governing, EP Central, EP Kidney, EP Spleen, EP Lung, BP Large Intestine, EP Circulation Sex, EP Heart, and lastly the karate chop point.**

With each point you tap repeat the Reminder Phrase (preferably out loud.)

STEP # 3 The 9 Gamut Procedure

First locate the Gamut point. This point corresponds to Triple Warmer-3. To locate TW-3 look on the back of the hand, at the base of the fingers and find the space between the big knuckle of the ring finger and of the little finger. Now go 1/2 inch down towards the wrist. this is TW-3. This will be the tapping point for the 9 gamut procedure. You will tap the Gamut point continuously while doing the following 9 actions in this order:

The 9 Gamut actions are:

1. Close your eyes
2. Open your eyes
3. Keeping the head steady, look with the eyes down far to the right
4. Keeping the head steady, look with the eyes down far to the left
5. Roll eyes in a circle clockwise, looking fully in each direction. Move the eyes smoothly without skipping.
6. Same as #5 counter clockwise.
7. Hum a song for two seconds (happy birthday will do).
8. Count rapidly from 1 to 5 (preferably out loud).
9. Hum 2 seconds of a song again.

It does not take long to do all 9 steps. 15- 20 seconds is satisfactory.

STEP #4 The sequence repeated

Sometimes the steps up to this point will have cleared the issue. In many cases there is still more to do. The way we know this is by checking back on the pre-balance assessment and notice where it is now between 1-10. If it is not at zero, then continue.

We continue by going back to the sequence of tapping points and doing them again. But we alter The Set-up affirmation slightly. The EFT manual says:

Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal....that interfering blockage that The Setup is designed to correct.

This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether it now blocks any remaining progress. You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from getting any better still.

Since the subconscious mind tends to be very literal, the subsequent rounds of The Basic Recipe need to address the fact that you are working on the remaining problem. Accordingly, the affirmation contained within The Setup needs to be adjusted as does the Reminder Phrase.

The adjusted affirmation would look like this:

Even though I still have some of this_____, I deeply and completely accept myself.

The difference is the addition of the words 'still' and 'some'.

An example of the new adjusted affirmation would be:

Even though I still have some fear about heights, I deeply and completely accept myself.

The Reminder Phrase also needs an adjustment. the word Remaining is added to it. So when we tap and use the phrase it will be 'the remaining fear of heights' or 'the remaining fear'.

We now go back to the sequence and repeat steps #2 and #3 over a number of times until the issue has resolved itself and the pre-balance assessment is down to zero. This might take one repetition, a dozen, or many more. Just stick with it.

Tips

Many issues have multiple aspects. You may clear your fear of heights when thinking about standing on a ladder. But later if you think about a moving ferris wheel, the movement may have an aspect connected with the issue. In this case you would re-do the EFT procedure and include the movement in your goal.

As a newcomer to EFT, you may lack the experience to be able to identify specific aspects and address them individually with The Basic Recipe. That's okay. You need only go with whatever feeling you are having and address that feeling with The Basic Recipe. Your subconscious mind knows what you are working on. You might address this "feeling" with a Setup affirmation that goes..."Even though I have this feeling, I deeply and completely accept myself" and a Reminder Phrase that says..."this feeling." Please understand that the majority of the problems The Basic Recipe addresses are not laden with numerous aspects.

If you do have an aspect laden issue EFT recommends doing The Basic Recipe 3 times a day on it for a month. Your subconscious mind has a way of bringing up what is necessary and you should have relief long before the 30 days are up.

Conversely EFT practitioners sometimes find that people who have had many negatively charged experiences around the same event

(like being hit as a child by their parent), find after a few sessions all the events lose their charge.

EFT claims that about 5% of people have 'energy toxins' that impede or slow down the results of this technique. The EFT website talks about the 'energy toxins' and give general suggestions on what to look for (foods, environmental insults, etc.). But it does not teach you how to specifically find or clear them. It recommends training to learn this skill but does not say what kind of training. The TFH skills you already have hold the knowledge to identify and help clear these 'energy toxins.'

Gary Craig writes

EFT in a nutshell

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Where necessary....be persistent until all aspects of the problem have vanished.

Try it on everything!!

Appendix

Note about the meridian points used in EFT.- Looking this over you may notice that every meridian has a point that is tapped except liver meridian. (Small Intestine has the karate chop point and Triple Warmer has the gamut point.) Yang meridians are tapped at the beginning of the meridian and yin meridians are tapped on their end points.

Emotional Freedom Technique grew out of Roger Callahan's Thought Field Therapy Technique (TFT). In TFT you first have to classify the issue as phobia, anxiety, post-traumatic stress, obsession, etc. Then once you have categorized the issue, each category has a specific set of points that are tapped. Sometimes as few as three points are tapped. To simplify things Gary Craig took all the category's in TFT and developed a system that would work for everything. In EFT you are doing all of Callahan's techniques without having to figure out which one to do. You are tapping ALL the points along all of Callahan's specific categories, and by going over them again and again you are covering all of his

sequences. Any extra points that are tapped the body ignores. Knowing this you may want to experiment by adding the liver meridian endpoint. Gary Craig has simplified EFT so that practitioners do not have to learn anything about meridians or anatomy. All the points in the EFT manual are described in basic anatomy that any schoolchild could use.

I went to a regional conference for Energy Psychology in spring of 2001. I took an introductory workshop on EFT lead by 3 licensed psycho- therapists. They had a drawing showing these tapping points on the face and body. Someone asked what the points were about. The three workshop leaders admitted having no idea, other than the points had something to do with acupuncture. There were about 20 people in the workshop and I was the only one who had a clue. I became the resident expert for the class and explained a little about which point went with which meridian. This work is so simple that people with far less background than TFHers are learning it and using it with great success.

Web Resources

Association for Comprehensive Energy Psychology

www.energypsych.org

Emotional Freedom Techniques (EFT) - Gary Craig's site.

www.emofree.com

Callahan Techniques Ltd.

www.tftrx.com

Be Set Free Fast - A system that extends some of EFT's work

www.besetfreefast.com

Eye Movement Desensitization and Reprocessing

www.emdr.com

Tapas Acupressure Technique (TAT)

www.tat-intl.com

Communication Modes and Conflict Resolution

by Warren Jacobs, M.D.

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Conflict: In growing up I recall conflict with my parents..."Warren, stop playing! It's time to come in and wash up for supper!", with my brother..."Don't touch that radio! We are listening to *Jack Armstrong* and not *The Lone Ranger!*", in school..."Stand up now and recite the poem." All of these memories have a negative flavor for me.

I suggest that we can also look at conflict in a positive way. It can provide an opportunity for increased understanding, both of ourselves and the other, when one mode of reacting in conflict is examined in the way I present to you now.

Sight, hearing, feeling (touch), etc. are senses we each are endowed with. I observe that under stress I find myself markedly sensitive to what I hear, such as the tone of the other's voice, or if I am on the telephone in a stressful

conversation, I have difficulty concentrating if the TV is on in the room, or if there is another conversation nearby. I have learned that I am a Tonal type. When stressed, my usual facility with directions, numbers, facts, seems to leave me. I am so focused on what I hear that I have trouble seeing my car keys even though they are right on the desk. Am I getting old? Actually, when I think back, I have always had such problems... even more so in the past.

What I am suggesting is that under stress each of us experiences a shut- down of all but a single sense and we, in such situations, perceive our world through this channel and are somewhat blind, deaf, or unaware as the case may be to what the world is offering us at that time. No wonder such misunderstanding is commonly encountered.

To Illustrate:

Visual	Phyllis	"The yellow tablecloth is in the wash."
Digital	David	"Didn't I stand right here this morning and say 7:30 P.M. at the NE corner of Nordstrom's in University Town Center?"
Kinesthetic	Nancy	Head is down, sobbing
Tonal	Warren	"If you didn't take Mrs. Schafer's eraser, why didn't you look her in the eye?"

Communication only occurs when the information sent by the sender is received by the receiver. One would say this is obvious. In our examples, the all too common negative outcomes are likely.

With kinesiology as a tool we can provide a path to positive outcomes...understanding, acceptance, and as a consequence, improved relationships.

How to do this:

First muscle test in the clear... pre-tests. I use name, test for water, central and governing.

Next, with a finger over the thymus and the subject thinking of a stress, muscle test. If subject holds, have subject think of another stress.

Subject does **NOT** hold, proceed:

Eye to eye contact___muscle test

Visuals do **NOT** hold

Nose in the air, left ear to tester___muscle test

Digitals do **NOT** hold

Head down___muscle test

Kinesthetics do **NOT** hold

Right ear to tester___muscle test

Tonals do **NOT** hold

Discuss with subject or better, discuss with those close to the subject.

Ask testee if this “fits”?

Most individuals have one mode for light stress and one for deep stress. Some are the same for all levels of stress.

Donna's system of muscle check differs from mine. I suggest you adopt the system that seems right for you.

Of what value is this information to you and the other you often conflict with or have difficulty in communication?

I ask you to consider conflict as a normal, natural consequence of interaction between individuals. Persons being different will naturally have differences.

Refer to reprint of Donna Eden's paper “The Energies of Love” with the “Do's” and “Don't's” for the various communications. She offers strategies for dealing with each type.

We can deal with each other respecting that each has one's own truth. Further, with an understanding of the communication modes, we can view behavior under stress as an expression of the other's personality rather than as an unfeeling, uncaring, unaccepting, unloving response to ourselves.

The paper was delivered by Donna in 2001 at the Kinesiology Conference in Lincolnshire, United Kingdom.

Reference

“The Energies of Love” by Donna Eden

The Patterns of Chinese Command Points and their Relationship to Touch for Health Acupressure Holding Points

by Adam Lehman, ND

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Abstract: In my early days of Touch for Health, of all the balancing techniques I learned, I found that the one I was both most intrigued with and the one I used the least was the Acupressure Holding Points (AHP) technique. When I ask other TFH practitioners, even the most experienced ones usually say the same. I believe the reason for this is a lack of understanding of the points themselves, and difficulty using the technique due to not knowing where the points are. In this paper, I will attempt to better define the points used in the AHP technique, and offer a way of learning these points so that they become easier to use.

What is the Acupressure Holding Points Technique?

Touch for Health uses combinations of acupressure points in a specific sequence as a means of balancing the body. This technique is one of the five main balances taught in the TFH synthesis, along with NeuroLymphatics, NeuroVasculars, Meridian Tracing, and Origin/Insertion technique.

Admittedly my training in TFH was some years ago (longer than I care to admit), so my remembrance of how and what I learned may be a little suspect. As I recall, however, when I learned the AHP technique, very little background was given other than the basic concept of moving energy through the 5 elements. There was a little about the Mother/Grandmother relationship in the elements, "closing the gate", and, of course, how to hold the points. But that was about it. It wasn't until PHP (as PKP was know then) that I learned that the points involved were special points known as Command Points.

A year after finishing my Touch for Health training, I went to Bali to take the PHP series, and then spent several months having fun in the South Pacific. During a 2 month stint in Thailand, with several weeks in a row on one island or another drenching in sun, I decided to figure out a way to learn these points.

Having already memorized the NeuroLymphatics and NeuroVasculars, the meridian pathways and origin/insertions, I now wanted a way to better remember the AHPs. Surely there must be a pattern of some sort to make this easier to use!

I proceeded to chart out these points with my new understanding of Command Points, and then stared at the paper looking for anything that would make it easier to remember and use these points. Sure enough, it was all there. This "discovery" has made it easier for me to use not only the AHPs, but have a better understanding of 5 Element theory and easier use of many other techniques found in Specialized Kinesiology. And while these patterns have existed for thousands of years, and are no doubt familiar to doctors of Chinese Medicine and Acupuncturists, they don't seem to be common knowledge in our circles.

My hope is that by sharing this with you, you will be able to more effectively and more often utilize the AHPs of Touch for Health, as well as other similar techniques you might come across (or already have come across). As well, for those of you that are instructors, by deepening your understanding of these points, you will improve your ability to teach the AHPs.

Command Points

Because the Acupressure Holding Points use a special type of point known as a Command Point, the best place to start is with a definition.

Command Points: Points on each meridian that relate that meridian to each of the elements. Remember that within the 5 Element structure, we are only speaking of the 12 bilateral meridians and do not include Central and Governing.

In other words, on each meridian, there are five points that act as junctions between the meridian and each of the elements. The point is named after the element it relates to. So on each meridian, there is a Fire Command Point, an Earth Command Point, a Metal Command Point, a Water Command Point, and a Wood Command Point. The Wood Command Point on the Spleen meridian connects the Spleen Meridian to the whole Wood Element – which contains the Liver and Gall Bladder Meridians.

If you think of the body as a house, and each meridian as a room, the Command Points act as windows between all the different rooms of the house.

The Acupressure Holding Point Theory

Before we get into the location of the points and the patterns involved, let's revisit the AHP technique to provide the context of why we are using these points to begin with.

There are two effects of working with AHPs relative to a specific meridian: either to tonify it or sedate it. We first hold a pair of points that accomplishes one of these effects. In doing so, we are "opening the gate" of energy to allow the flow between two elements balance the energy of our target meridian. We then hold a second pair of points to "close the gate", so we don't drain too much energy in or out. While the first pair of points differs depending on desired outcome, the second pair of points is the same for that particular meridian. Therefore, each meridian has three pairs of points that can be used for balancing.

When we wish to tonify, the object is to draw energy into the meridian. To do that, we use

points that bring the energy from the "mother" element into the meridian. The mother element is the element one position counterclockwise from the element of the meridian we are working with. For example, to tonify the Lung Meridian, which is in the Metal Element, we want to draw energy from the Earth Element – the mother element to Metal.

When we wish to sedate a meridian, the object is to release energy from the meridian. In this case, the target meridian becomes the mother, and we pass the energy to the "child" element, which is the element clockwise from our meridian. For example, to sedate the Lung Meridian, we want to pass the energy out to the Water Element. Now Metal is the mother, and Water is the child.

To close the gate, we always look to the grandmother. The grandmother is the element two positions counterclockwise from the target meridian's element. Using our Lung Meridian example, the grandmother would be the Fire Element.

So which points do we actually use to accomplish all this balancing? Well, the Command Points!

The Rules

As just mentioned, when we hold combinations of command points to move energy around, we are either drawing energy from one element to our target meridian, or draining energy from the target meridian to another element. We use the command points of the element that we are either drawing energy from or draining to. In other words, sticking with the Lung Meridian as our example, to tonify, we would use the Earth Command points, because the Lung Meridian is in the Metal Element and we are drawing energy from the mother, Earth. However, when sedating the Lung Meridian, we use the Water Element Command Points, because now we are draining the energy from Lung towards Water.

Each element has two meridians. So how do we decide which meridian to use within the element we are either drawing from or draining to? The rule is to use the meridian with the same yin/yang orientation as the meridian you are balancing. Therefore, to

tonify the Lung Meridian, you would use the Earth Command Point on the Spleen Meridian along with the Earth Command point on the Lung Meridian. (Tonify Lung by drawing energy from Earth to Metal. Lung is yin, so we would use the Spleen Meridian – the yin aspect of Earth – to tonify. We are drawing energy from Earth, so we use the Earth Element Command Point on the Spleen Meridian and the Lung Meridian).

Following these rules to sedate the Lung Meridian, you would use the Water Command Points on the Lung Meridian and the Kidney Meridian, because Kidney is yin in the Water Element.

To close the gate, you always use the Command Point of the element of the grandmother. So with Lung, you would use the Fire Element Command Point for Lung and Heart (Heart being yin in the Fire Element).

To actually accomplish the balance, simultaneously hold the tonify or sedate points on one side of the body. Then repeat on the other side of the body. Once complete, repeat this with the second set of points for closing the gate. Voila!

Close Up and Personal with the Command Points

As you can see, this is not a difficult technique to apply. And yet, it is overlooked much of the time. Where are these points anyway? What if I'm not on the right spot? In my experience, this was often answered with, "put your hand over the general area and you'll be sure to get it."

While being general may accomplish desired results, it is my experience that the more you know about what it is you are trying to accomplish and the means of doing so, the better results you will get. If you know where an acupuncture point is located, and you know what that point is and does, your own energy and intent will be more focused in applying the technique. This will lead to better results, and you will probably find the technique showing up more often as a balancing choice for your clients.

So let's spend a little time getting to know the Command Points of Chinese Acupuncture.

There are two patterns we will look at to help us get to know these points. One is the Element Numbering Pattern – seeing how to think about which point on each meridian connects to which element. The other is a Location Pattern – how to get to know where these points are actually located on the body. We will start with the Element Numbering Pattern.

The Element Numbering Pattern

Please refer to the 5 Element Chart in the appendix. If you have one that is in color, it will make it easier to use. However, even in glorious black and white, you will still be able to understand.

On the chart, each element is represented by a large circle. Within that circle are two medium sized circles – one for each meridian in the element. The "inside" circle is the yin meridian, the "outside" circle is the yang meridian.

Inside each meridian circle are five more circles – one for each of the elements. Notice that the location of the 5 circles inside each meridian circle are arranged in the same order as the 5 large element circles – Fire at the top, followed by (clockwise) Earth, Metal, Water, and Wood.

Within each of the small circles of the Meridian circles are numbers. These numbers represent the point on that meridian that are related to the element of the small circle. For example, look at the Spleen Meridian circle located in the Earth Element circle. The number in the Fire Element position circle within the Spleen Meridian circle has the number "2" in it. That means that the second point on the Spleen Meridian, known as "Spleen 2", is the Fire Command Point on the Spleen Meridian. The "9" in the Water Element position means that Spleen 9 is the Water Element Command Point.

So let's look for a pattern. First we will look only at the yin meridians. Notice the numbers for the Wood Command Points in the six yin meridians. You'll see that three of them are the number 1. Those three happen to be the yin

meridians of the leg – Kidney, Spleen and Liver – which all begin on the feet. The other three yin meridians – Lung, Circulation/Sex (also known as Pericardium) and Heart – end at the hand. If we know that the Lung Meridian has 11 points, the Circ/Sex meridian has 9 points, and the Heart Meridian has 9 points, then we see that either the beginning or end of each yin meridian respectively is the Wood Element Command Point.

(**Note:** Because the Command Points are all located between either the elbow and the hand or the knee and the foot, I will refer to the points located furthest away from the trunk of the body as “extremity points”, also known in Acupuncture as “Tsing Points”. Depending on whether a meridian begins or ends at the extremity determines whether it is the first or last point on the meridian.)

Next, look at the Fire Element Command Points for each of the yin meridians. You'll notice that the Kidney, Spleen and Liver Meridians all now move up one to Ki 2, Sp 2 and Lv 2. Meanwhile, the Lung, Circ/Sex and Heart meridians all move back one to Lu 10, Cx 8 and Ht 8 respectively. A pattern begins to emerge.

Now, you guessed it, we are going to look at the Earth Element Command Points. You'll see that we simply move another point in from the extremity. So for the Earth Command Points, we have Ki 3, Sp 3 and Lv 3 on the feet, Lu 9, Cx 7 and Ht 7 on the hands. This brings us to our first rule of the Element Numbering Pattern.

Rule #1: For the yin meridians, the extremity point is the Wood Element Command Point. Continuing around the 5 Element wheel in a clockwise direction, the Fire Element Command Point is the next point on the meridian in towards the trunk of the body from the extremity point, and the Earth Element Command Point is the third point on the meridian in from the extremity. There are no exceptions.

If you know these point locations (and don't worry if you don't, we'll get there), you've just learned 18 Command Points.

Let's jump over to the yangs for a moment and see what we see there.

This time, we're going to look at the numbers in the Metal Element circle positions within the yang meridian circles. And what do we see?

Again, there are three “1”s. These are for the Large Intestine (LI), Triple Heater (TH) and Small Intestine (SI) meridians – the yang meridians of the arms and hands. However, for the yang meridians of the legs and feet, we find Bladder (BL) 67, Gall Bladder (GB) 44 and Stomach (St) 45. Well, if you happen to know that this is how many points are on each of those meridians respectively, then you now see that the extremity point for each of the yang meridians is the Metal Element Command Point.

Moving clockwise to the Water Element, each meridian changes by one number. This is the second point in from the extremity for each of these meridians. And clockwise once more to the Wood Element shows a similar pattern. Except...the Gall Bladder meridian skips a number! Therefore, the Gall Bladder meridian becomes our one exception for the 3 in a row pattern that we've noticed in both the yins and the yangs. If you can remember that one exception, you've now learned 36 Command Points! This brings us to...

Rule #2: For the yang meridians, the extremity point is the Metal Element Command Point. Continuing around the 5 Element wheel in a clockwise direction, the Water Element Command Point is the next point on the meridian in towards the trunk of the body from the extremity point, and the Wood Element Command Point is the third point on the meridian in from the extremity – with one exception; the Gall Bladder meridian Wood Command Point skips one and is the fourth point in from the extremity – Gall Bladder 41.

This brings us to the end of the numbering patterns of the 5 Element Command Points. After the first three points in from the extremity, there is no other specific numbering pattern to help with the identification of the points. However, there are two meridians that do have four points in a row – the Lung and Liver meridians. For each of them, the next element in the sequence (Metal, since they are each yin meridians and their pattern sequence

starts with Wood) is the next point in from the extremity – Lung 8 and Liver 4 respectively.

Location, Location, Location

The above rules have told us about the numbering pattern of the Command Points, but not very much about the location of the points. Let's examine the locations in a little more detail.

The first thing to know is that all the Command Points are located between either the elbows and the hands or the knees and the feet, depending on where the meridian is located. Because we've looked at the sequence of the elements starting at the extremity, there is a pattern that evolves as a necessary result of what we've seen so far.

Because the yin meridians start with the Wood Element at the extremity, and we know that the points go no higher than the elbows and the knees, we can safely say that the Water Element Command Points for all the yin meridians are located either around the elbows or the knees, depending on which meridian we're looking at.

For example, the Spleen Meridian begins on the foot. Spleen 1 is the Wood Element Command Point. The fifth Command Point in the 5 Element sequence starting from Wood and moving clockwise around the wheel is the Water Element Command Point. Because the Command Points can go no higher than the knee, the Water Command Point for Spleen must be located around the knee. In a similar fashion, because the Wood Element Command Point for the Heart meridian is on the hand, the Water Command Point for the Heart meridian is located around the elbow. This brings us to...

Rule #3: The Water Element Command Points for the yin meridians are located at either the elbows or the knees.

For the yang meridians, we use the same comparison, but we start at the Metal Element because of Rule #2. Therefore, what we find is that the Earth Element Command Points for the yang meridians are located at either the elbow or the knees. While this doesn't help us with the numbering of the points, it is the

pattern of the numbers that we looked at earlier that set up this pattern for location.

Rule #4: The Earth Element Command Points for the yang meridians are located at either the elbow or the knees.

Now we're going to look at locations patterns that are based on a metaphor from Chinese Medicine. This should appeal to you right brainers out there!

From Well to Sea

The Chinese have a beautiful way of looking at the world from a different perspective than most western cultures. By applying their observations of the environment to the body and health, a model is presented that offers us a new way of seeing things. Using one aspect of this model for looking at the energy flow of the meridians from the extremities in towards the center of the body as a flow of water, an Earth based water analogy comes to light. This flow is a meridian flow that relates to the 5 Elements.

Starting with the source of water, a well, water collects and flows into ever enlarging bodies. Hence, the well becomes a spring, the spring becomes a stream. From there, the stream enters a river, where it is eventually carried into the largest body, the sea. The "sea" points are those points located at the elbows and knees. The well points, or *source points*, are the extremity tsing points located at the tips of the fingers and toes (with the Kidney 1 point on the bottom of the foot as the exception). We will now look at where these "water zones" are located, and what kind of location patterns exist for this progression of points on the body.

The well/source points are the extremity points, or Tsing points, and are located near the nails of the fingers and toes – with one exception (Kidney, as mentioned above). These "nail" points are usually described as being one tenth of a body inch from the corner of the nail beds of the specific toe or finger.

There are six meridians that either begin or end on the fingers. The thumb side of the hand is also called the "radial" side. The pinky side of the hand is the "ulnar" side. These names come from the bones of the forearm,

and provide a useful means of referring to a position on the finger. The Lung, Large Intestine, Circulation Sex and Heart meridian Tsing points are all located on the radial side of their respective fingers, starting on the thumb itself and going across the hand to the pinky, skipping the ring finger. The Triple Heater and Small Intestine Tsing points are located on the ulnar side of the ring finger and pinky respectively.

Remembering that in Chinese anatomical position, the thumbs are medial (closer to the midline of the body) compared to the pinkies, we see that the yin meridians have tsing points on the medial, protected side of the fingernails, while the yangs – with the exception of the Large Intestine – have tsing points on the lateral sides of the fingernails.

Moving to the feet, we find the other six meridians. The three yin meridians all travel along the medial side of the leg, the yangs on the lateral. The Spleen and Liver meridians start on either side of the big toe, while our “exception” meridian, Kidney, starts on the bottom of the foot. On the yang side, the Stomach meridian begins on the lateral side of the second toe, while Gall Bladder and Bladder have their extremity points on the lateral side of the fourth and fifth toes respectively.

All of these extremity points define the Well Points in our flow of water analogy. If you think of the fingers and toes as antennas, they are like the entry points of energy, in the same way as the rain is the entry point of water into the wells that eventually find their way to the sea.

Looking at our diagram of the foot and hand (front and back), there are zones that define the progression of the flow of water towards the sea. If you visualize these zones, you get an idea of where the Command Points are located as you move from the extremity point of each meridian in towards the trunk of the body.

Let's look at the foot first. We've already identified the well points (Wood Element Command Points for the yin meridians, Metal Element Command Points for the yang meridians – as defined in Rules # 1 and 2 above) as the nail points across the distal ends

of the toes. (**Anatomical definitions:** *Distal* means further away from the trunk of the body. *Proximal* means closer to the trunk of the body.) Sp 1, Ki 1 and Lv 1 are the yin well points, St 45, GB 44 and Bl 67 are the yang well points.

The spring points (Fire Element Command Points for the yins, Water Element Command Points for the yangs) are located at the distal end of the webs between the toes, just where the toes join the foot. For the Spleen meridian, this is distal to the big bump on the medial side of the foot where the big toe joins the foot. Liver is between the big toe and the second toe, Stomach between the second and third toes, Gall Bladder between the fourth and fifth toes, and Bladder distal to the bump on the lateral side of the foot where the small toe joins the foot. Our exception continues to be the Kidney, which has its spring point closer to the center of the middle of the medial side of the foot, at the lower, distal edge of the navicular bone of the foot.

The stream points (Earth Element Command Points for the yins, Wood Element Command Points for the yangs) on the foot are just proximal to the spring points. For Spleen (Sp 3), just move to the proximal side of the bump on the medial side of the foot. Moving laterally across the top of the foot, the points are located at the proximal edge of the web where the bones of the foot, the metatarsals, come together. So Liver (Lv 3) is in the web between the big toe and second toe, Stomach (St 43) between the second and third toes, Gall Bladder (GB 41 – remember our numbering exception?) between the fourth and fifth toes, and Bladder (Bl 65) on the proximal side of the bump on the lateral side of the foot. Kidney continues to be our exceptions, with Ki 3 between the ankle and the Achilles tendon on the medial side of the leg.

The river points (Metal Element Command Points for the yins, Fire Element Command Points for the yangs) of the foot are located around the ankle. The Spleen river point (Sp 5), is located at the medial, distal corner of the medial ankle bone. Moving laterally over the big tendon there, you find the Liver river point (Lv 4 – remember Liver has 4 points in a row?). One more tendon over brings you to the Stomach point (St 41), right in the middle

of the crease of the foot. Skipping Gall Bladder for a moment, the Bladder point (Bl 60), is located between the ankle and the Achilles tendon on the lateral side of the foot (opposite from Ki 3),

Again, Kidney is an exception, along with Gall Bladder. The Kidney river point (Ki 7), is located 3 body inches above Ki 3 on the medial side of the leg. You can measure 3 body inches by lining up the fingers of the hand tightly together and placing them perpendicularly across the side of the leg. Remember that this is relative to the person you are working with, so use *their* hand to measure *their* leg.

Gall Bladder's river point (GB 37), is located 3 body inches up the lateral side of the leg from the ankle, on the front edge of the bone (the fibula).

The sea points are all located around the knee. Spleen (Sp 9), Liver (Lv 8) and Kidney (Ki 10) are all located around the medial side of the knee. Stomach (St 36) and Gall Bladder (GB 34) are on the lateral aspect of the knee, and Bladder (Bl 54) is in the center of the back of the knee. Refer to the drawing for the specific locations.

If you now combine the numbering patterns discussed earlier with the location patterns discussed here, the 18 Command Points from Rules #1 and 2 become quite easy to remember. As well, by applying the water analogy to the river and sea points, you'll know where to go to use the appropriate Command Points when necessary, even without remembering the numbers.

Let's move on to the hands. Here we have enough exceptions that in order to make it easier, I've split the hand in two – the front and the back. Because the back of the hand is similar to the foot, let's begin there.

The well points of the hand (Wood Element Command Points for the yin meridians, Metal Element Command Points for the yangs) are the nail points found on the fingers. There are no exceptions. Starting with the radial side of the thumb, we have Lung (Lu 11). Then, moving across the hand towards the pinky, we find Large Intestine (LI 1) on the radial side of the index finger, Circulation Sex (Cx

9) on the radial side of the middle finger, Triple Heater (TH 1) on the ulnar side of the ring finger, Heart (Ht 9) on the radial side of the pinky, and Small Intestine (SI 1) on the ulnar side of the pinky.

From there, the yang meridians move up the back of the hand. The zone for the yang spring points (Water Element Command Points) is on the distal side of the knuckles where the fingers join the hand, and in the same line as where the meridians extremity point is located. Large Intestine (LI 2) is on the radial side of the index finger, Triple Heater (TH 2) between the ring finger and the pinky, and Small Intestine (SI 2) on the ulnar side of the hand.

The yang stream points (Wood Element Command Points) are found on the proximal side of the knuckles where the fingers join the hand. Just move to that "other side" of the knuckle from where the brook points are, and you'll find LI 3, TH 3, and SI 3 respectively.

The yang river points (Fire Element Command Points) are found across the wrist (whereas on the foot, they were found around the ankle). However, here we run into one exception – Triple Heater. Large Intestine (LI 5) is found on the radial side of the back of the wrist, between the tendons that you can see very clearly if you bend your thumb backwards. This forms a little pocket, sometimes referred to as the "snuff box". Small Intestine (SI 5) is found directly on the side of the ulnar aspect of the wrist. Triple Heater (TH 6), is found 3 body inches up from the wrist in the center of the back of the arm. These three points form a triangle, with the wrist as the base.

Finally, the yang sea points (Earth Element Command Points) bring us to the back of the elbow. A little harder to describe, the Large Intestine sea point (LI 11) is found between the inside crease of the elbow and the bone that forms the radial side of the elbow. Small Intestine (SI 8) is on the ulnar side, between the bones where the upper arm joins the lower arm (the not so funny "funny bone"). Triple Heater (TH 10) is in the depression just proximal to the big bone of the elbow itself, in the center of the back of the arm.

Moving to the front of the hand, we will look at the yin meridians of the arm. The yin well

points (Wood Element Command Points) are as already stated earlier – Lu 11, Cx 9 and Ht 9 on their respective fingers.

The yin spring points (Fire Element Command Points) go across the palm of the hand. Lung 10 is in the mound below the thumb, pointing into the bone that joins the thumb with the wrist. Circulation Sex (Cx 8) is located directly in the center of the palm of the hand in line with the middle finger. Heart (Ht 8) is found on the “line”, at the base of the knuckle of the pinky between the pinky and ring fingers.

The yin stream points (Earth Element Command Points) go across the crease of the wrist. Lung (Lu 9) is on the radial side of the crease, Circulation Sex (Cx 7) is in the middle, and Heart (Ht 7) is on the ulnar side of the crease, but on the radial edge of the tendon there.

Because the stream points go across the wrist, the river points are located proximally to the wrist, differing from where the river points are located on the back of the hand and the foot. They’re still pretty close though.

The yin river points (Metal Element Command Points) form a triangle, similar to the back of the hand. Moving 1 body inch (the width of the thumb at the knuckle) proximal to the stream point, we find the Lung river point (Lu 8 – remember 4 in a row for this one?) on the radial side. One and a half body inches (the width across the knuckles of the index and middle fingers held together and straight) proximal from the Heart stream point is the Heart river point (Ht 4). In between them is the Circulation Sex river point (Cx 5). This is located 3 body inches proximally from the center of the crease of the wrist in the middle of the forearm, directly opposite to our Triple Heater river point on the back of the arm.

Finally, our yin sea points (Water Element Command Points) go across the crease of the elbow. Lung (Lu 5) is between the edge of the visible crease and the bone on the radial side of the elbow. Circulation Sex (Cx 3) is in the middle of the crease. Heart (Ht 3) is on the ulnar edge of the visible crease.

While I’ve attempted to write descriptions of the locations of these points in easy language,

it is recommended that you have at your disposal a good acupuncture point chart and/or book to refer to for more specific and accurate location. However, between these descriptions and the pictures included, I hope this provides a good quick reference for locating the Command Points of the 5 Elements.

How to Think Command Points

Having the concepts explained above relative to numbering and location of Command Points is useful only when finally put into practical application! So let’s look at an example of how to “think” Command Points in a way that can be applied to the Touch for Health Acupressure Holding Points.

Suppose you are working on the Heart Meridian, and you wish to use the AHPs to tonify the meridian. We know that to tonify, we must draw energy from the “mother” element. Heart is in the Fire Element, so the energy must come from the Wood element. Because the Heart meridian is yin, we will also use the yin meridian in the Wood element – Liver. And because we are drawing energy from the Wood Element, we will use the Wood Element Command Points on the Heart and Liver meridians.

Rule #1 applies here. Because these are yin meridians, we know that the Wood Element Command Points are the extremity points found on these meridians. The Heart meridian ends on the hand, so the extremity point is the last point on the meridian – Ht 9. The Liver meridian begins on the foot, so the Wood Element Command Point is the first point on the meridian, Lv 1.

To close the gate, we use the command points for the element of the grandmother - in this case, Water. Again, because we are working with yin meridians and therefore the sequence begins with the Wood Element, going clockwise from Wood, Water is the 5th Element of the 5. This is outside of our numbering rules, but from a location point of view, we will be using the sea points. On the arm, the Heart sea point is located at the elbow – Ht 3. Following the meridian line up the ulnar side of the arm, we find this point on that side of the crease of the elbow.

The Kidney meridian is the yin meridian found in the grandmother Water element. So now we're on the leg. Remembering that the sea points are at the knee, the Kidney sea point is between the hamstring tendons on the back aspect of the medial side of the knee. This is Ki 10.

Sure enough, we hold Ht 9 and Lvl 1 to tonify, then Ht 3 and Ki 10 to close the gate. Voila!

Summary and Conclusion

At the risk of using a lot of paper to descriptively explain the patterns of 5 Element Command Points, if you learn these rules and apply them thoughtfully, you will find that in a short period of time you'll know what points on each meridian are the respective Command Points and where they are located. In doing so, the Acupressure Holding Points technique from Touch for Health, as well as many other techniques found in Specialized Kinesiology, will be much more at your disposal.

The purpose of learning these patterns is two fold. One is that, if so inclined, it will help you memorize the 60 Command Points of Chinese Acupuncture. More importantly, though, is that it gives you a way to *think* about the points. By simply memorizing the 4 rules of numbering patterns, and the location zones of the water analogy, you have a way of figuring out which point and it's likely location for using to balance, even when you don't have your book handy.

Ultimately, the overall purpose of this paper is to bring your attention to the power and usefulness of the Command Points so that you may more effectively use them. By seeing in your mind's eye where these points are, and understanding their relationships as windows between the rooms of the meridians, you will be more effective in applying the Acupressure Holding Technique from Touch for Health.

For those of you who are Touch for Health instructors, with a better understanding of the background of the Acupressure Holding Points, you will be able to share this technique more effectively with your students. While you may not go into the detail here in your Touch for Health class, your understanding will allow you to offer ways of making this technique more accessible to your students.

Then, this underutilized balancing technique will begin to be recognized for the powerful healing tool that it is.

Appendix

What follows is a summary of the 4 rules of Element Numbering, a 5 Element chart, and a chart of the numbering sequences of the Command Points of the meridians. I have found it useful to learn the numbers of the Command Points as 12 different sequences. For instance, Spleen is 1, 2, 3, 5 and 9. Heart is 9, 8, 7, 4 and 3. By learning these, it is easy to overlay the numbers on the element chart knowing that the yins begin with the Wood Element and the yangs begin with the Metal Element. It's not as hard as it sounds! You've probably memorized at least as many phone numbers, and they have seven numbers each!

Rule #1: For the yin meridians, the extremity point is the Wood Element Command Point. Continuing around the 5 Element wheel in a clockwise direction, the Fire Element Command Point is the next point on the meridian in towards the trunk of the body from the extremity point, and the Earth Element Command Point is the third point on the meridian in from the extremity. There are no exceptions.

Rule #2: For the yang meridians, the extremity point is the Metal Element Command Point. Continuing around the 5 Element wheel in a clockwise direction, the Water Element Command Point is the next point on the meridian in towards the trunk of the body from the extremity point, and the Wood Element Command Point is the third point on the meridian in from the extremity – with one exception; the Gall Bladder meridian Wood Command Point skips one and is the fourth point in from the extremity – Gall Bladder 41.

Rule #3: The Water Element Command Points for the yin meridians are located at either the elbows or the knees.

Rule #4: The Earth Element Command Points for the yang meridians are located at either the elbow or the knees.

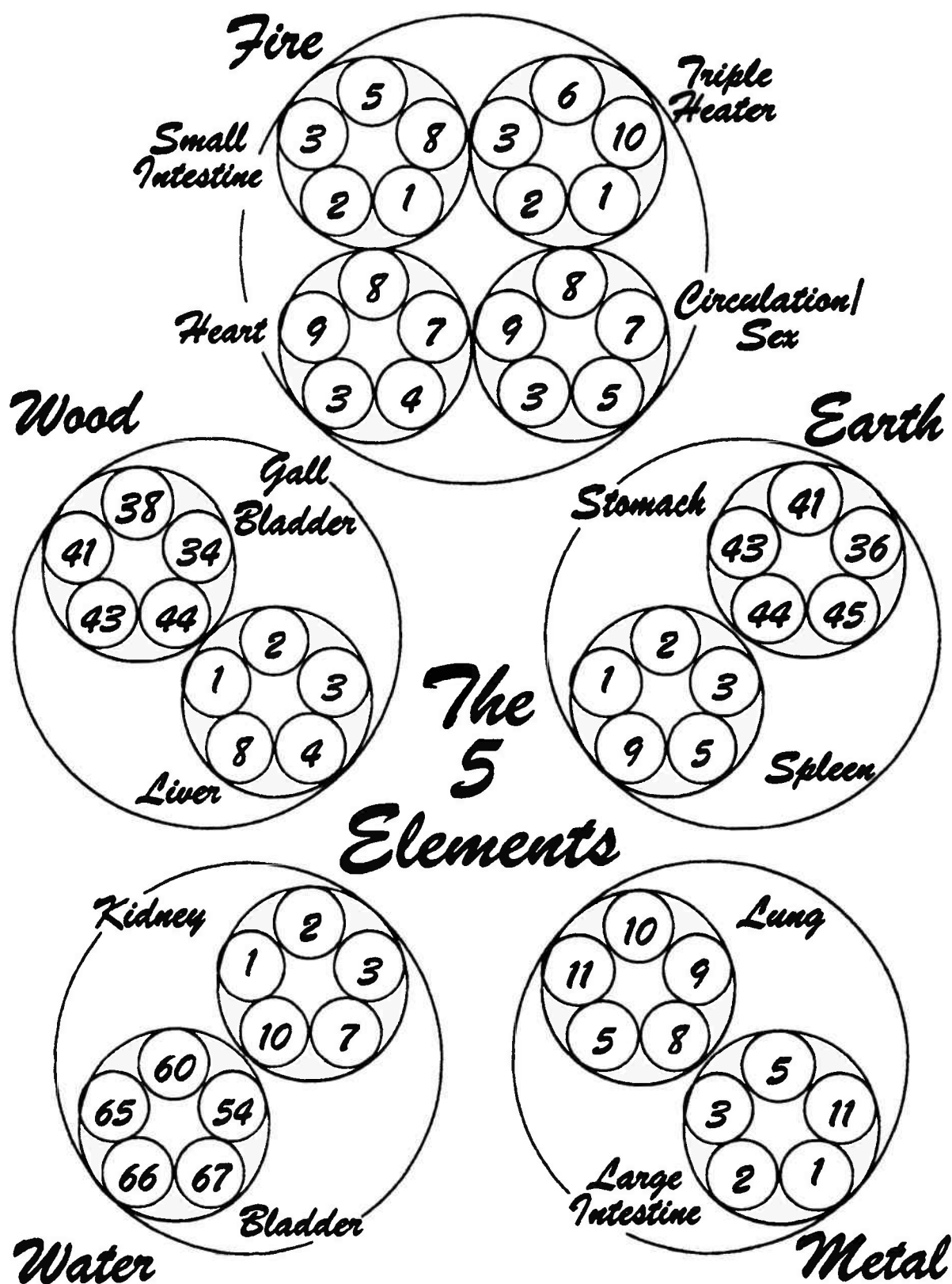
Command Point Pattern Chart

YIN COMMAND POINTS

Element ->	Wood	Fire	Earth	Metal	Water
<i>Shu Pt.</i> MERIDIAN	<i>Well</i> (Jing)	<i>Spring</i> (Ying)	<i>Stream</i> (Shu)	<i>River</i> (Jing)	<i>Sea</i> (He)
KIDNEY	1	2	3	7	10
SPLEEN	1	2	3	5	9
LIVER	1	2	3	4	8
LUNG	11	10	9	8	5
CIRCULATION/SEX	9	8	7	5	3
HEART	9	8	7	4	3

YANG COMMAND POINTS

Element ->	Metal	Water	Wood	Fire	Earth
<i>Shu Pt.</i> MERIDIAN	<i>Well</i> (Jing)	<i>Spring</i> (Ying)	<i>Stream</i> (Shu)	<i>River</i> (Jing)	<i>Sea</i> (He)
STOMACH	45	44	43	41	36
GALL BLADDER	44	43	41	38	34
BLADDER	67	66	65	60	54/40
LARGE INTESTINE	1	2	3	5	11
TRIPLE HEATER	1	2	3	6	10
SMALL INTESTINE	1	2	3	5	8



Vibrational Healing With Chakra Sound Essences

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Vibrational Healing is based on the principle that all matter vibrates to a precise frequency. By introducing healing vibrations to the body, balance of matter is restored. We as humans all vibrate and what makes us unique is that we all vibrate at different frequencies. The same is true for sickness and disease. It is therefore important for health reasons that we keep our vibrations higher than that of sickness and disease. To raise our vibrations and to maintain health we need to keep our energy centers vibrating and balanced. The energy centers referred to here are the aura, charkas and meridians. We need to nourish our energy centers with healing vibrations. Healing vibrations consist of the vibration resonances that arouse the five senses. These include light, color, sound, aroma, crystals and gems, symbols and touch. These vibrations are as vital to our energy systems as air, water, and food are to our physical body.

Essences and Essence therapy are part of the newly emerging field of Energetic Medicine in the western world. This field incorporates information about the mind, the emotions, and the spirit as well as the physical body when addressing illness and health. (Sabina Pettitt, *Energy Medicine*)

Essences are structured water based on the principle of homeopathy. Essences and essence therapy was introduced by Dr. Bach in England in the early 1900s. The value of flower, gem, shell and now sound essences is being readily recognized in the healing arts. Used as an emotional tool, the essences change a person's point of view and allow them to correct the imbalanced thought patterns, which in turn alter the physical manifestation of thought. It is believed that we are what we think and so by changing our perception we can improve our health. Essences nourish the energy centers by

positively affecting the mind, the emotions and the spirit.

Chakra Sound Essences fully nourish the energy centers by offering vibration of color, sound, aroma, crystal and gem, symbology and word affirmations (vibration of positive thought).

The use of various frequencies of sound with crystals for healing is just the beginning of an entirely new approach to healing. The vibrational patterns of sound hold the key to understanding the patterns of manifestation and organization of matter in the physical universe. Remember the universe was created by sound. (Richard Gerber, *Vibrational Medicine*)

The sound essences capture the pure waveform of the singing crystal bowls. The water is then structured with the vibration of the note associated with the singing crystal bowl. Once the vibration of the sound structures the water, inherently the frequency of color has also imprinted the water. The structured water is then made into an elixir that carries the vibration of the quartz crystal and the chakra specific gemstone.

These elixirs are then used to produce the chakra mist and oil, which have the chakra specific colorant and aroma added. The packaging of the essences also brings the significance of healing vibration; the ancient chakra symbol has deep healing capacity in our subconscious and the three positive words on the label give us the thought vibration: positive affirmations.

Each whole note from each of the seven crystal bowls correlates to one of the seven chakras. As each of the seven Chakra Sound Essences relates to the seven crystal bowls and the seven energy centers, it is natural to correspond the physical, emotional, and

spiritual imbalances and corrections. While with other essences one must research the healing attributes of each essence. The Chakra Sound essences you only need to familiarize yourself with the attributes of the seven Chakras. The healing attributes of the color, sound, aromas and gemstones related to each of the Chakras are introduced in the manual. *Vibrational Healing with Chakra Sound Essences*.

When to Use Vibrational Therapy

Nourishing our energy centers is as important as feeding our physical body. We eat three meals a day plus supplement our diet with herbs and vitamins. Exposing them to vibration therapy several times a day can nourish our energy centers. Exposure to vibrational therapy on our energy networks four times a day is like having a meal three times a day that provides strength and stamina to our physical body.

We can assist our bodies in healing and maintaining health using Vibrational Therapy in ways such as:

- When we are not feeling well and this can just be low energy, stress or feeling irritable. The fact that you are stressed tells you that your electrical circuitry has been overloaded. The Chakra Sound Essences help to reconnect and stabilize the weakened electrical area while the body goes through the necessary healing process. The essences support the body's innate intelligence in repairing itself.
- When you are injured or hurt as with bruises, sprains and swelling. An injury is an insult on every level of our being and our electrical circuits are then overloaded, and the essence promotes the recovery and recuperation process.
- When you have a headache or heavy feeling in the head. A headache is an indication and a message from the body that something is not balanced. The essences bring energy back into the system to allow the body to regenerate balance.
- When there is a change in your life. Changes such as a job change or change in relationships. Changes like a newborn coming home or a teenager leaving home. Good changes or bad changes can charge our emotional field and overload the circuits emotionally. The sound essences help stabilize the circuitry and hence stabilize emotions through times of transition.
- When faced with challenges such as a job interview, court case, important meeting, big exam or presentation, a contest or sporting competition. Vibrational Therapy such as the Chakra Sound Essences will support and stabilize the body physically, emotionally, mentally and spiritually.
- When going through therapeutic sessions where you are working on yourself for the purpose of making positive change, gaining understanding or improving your life on some level. Therapeutic sessions, by design stir the body physically and emotionally to effect change. Vibrational Therapy supports us as we move through and integrate the process. The Chakra Sound Essences continue to support the process after the therapy session when used as homework. Use of vibrational therapy as homework benefits both the practitioner and the client. The client can continue to effect the benefits of the balance at home through the support of the Chakra Sound Essences so the following therapeutic sessions are progressive

Chakra Sound Essence Balance

Emotional 8c

The Chakra Sound Essences are used as such. Stock elixir is dispensed as:

- Drops under the tongue
- Oil applied directly on the skin
- Mist-atomized into the auric field

Evaluation

- Find the emotion
- Find the priority chakra
- Find Balance A
 - Balance B
 - Balance C
 - Balance D

The Balance

Balance A:

- Find priority stock elixir
- Place four drops under the tongue

Balance B:

- Find priority sound essence oil
- Apply directly on the skin on priority chakra location

Balance C:

- Find priority sound essence mist
- Mist the auric field

Balance D:

- Use the chart to:
- Find priority sound essence remedy
- Find priority balance procedure

Challenge:

- Retest priority chakra
- Retest priority emotion
- Retest mode

How the Chakra Sound Essences Enhance your Kinesiology Business

The Chakra Sound Essences are very effective in stimulating business because they are fun

and simple to use, and their effects can readily be felt. These essences can be used during a therapy session or used as homework for the client.

Using the sound remedies during a session affects the body on a multi-dimensional level. They clear blockages quickly and easily cutting down working time and producing deep and effective results.

Offering the Chakra Sound Essences to your client for homework adds to the ongoing healing benefits of your session. By using the sound remedies daily, it will further assist your client's ability to accept responsibility for their own healing. Once this begins, it is only natural that your clients will want to share their experience and knowledge with family and friends. Misting a room with the Chakra Sound Essence mist for shared enjoyment is highly effective as family members often share similar health issues.

No matter what your specialty is, the sound remedies are easy to use and fun to integrate into your practice.

Go Ahead and Sing a New Tune

The Wernicke's Connection How You Can Remove Sabotaging Commands From The Brain

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Metatech: <http://www.metatech.org>

As most kinesiologists know, we are not our body. We are a spirit. The brain is not the mind. The mind is an energy field which communicates between you (a spirit) and the brain. The brain is a physical 'switchboard' between the mind and the body.

Research has shown that words are stored in a specific area on the left side of the brain. What is not so well known is that there is an equivalent area in the right half of the brain which is also involved with language. Both these areas are called the Wernicke's area.

According to Professor Julian Jaynes, lecturer in Psychology at Princeton University, up until around 3,000 years ago, mankind was basically not conscious as he is today. He did not think in terms of concepts, and he was not introspective (i.e. he did not turn inwards and think about himself).

Instead he operated with what is called a "bicameral mind". The bicameral mind was man's mind before he developed self consciousness. Early man did not make any decisions on his own. The concept of "self", of being independent and self-reliant, did not exist.

Whenever a decision had to be made, early man looked for a "sign" from an outside authority, such as a king or a god, to tell him what to do. For example, if he went along a road which divided into two roads, he might throw some stones into the air to see which way they fell, to tell him which road to take.

Other signs that early man used to determine what action he should take when he was faced

with a decision were often "voices" which he heard in his head and which brought immediate obedience.

Experiments have shown that if the Wernicke's area in the left half of the brain is electrically stimulated during speech, it will interfere with the ability to talk properly, almost halting speech.

The same type of stimulation to the Wernicke's area in the right brain, however, causes a person to hear "voices" or "commands". These are usually of an authoritarian or dictatorial nature, and can be identified as the voice of one who was feared, admired or "looked up to" by the person being stimulated. We call these commands "Wernicke's commands", because they are commands stored in the Wernicke's area of the brain.

The two Wernicke's areas are connected to each other by a thin bridge of tissue. This is where the term "bicameral mind" comes from. It seems that the "voices of the gods" were in fact internal dialogue coming from the right half of the brain.

If mankind was to become civilized, this simple mind had to greatly improve and consciousness had to develop. However, the bicameral tendency is still present today! It is the bicameral mind, the right side of the Wernicke's area, which we "hear" when we hear those little words of self-invalidation and sabotage.

The 'authorities' who might have put commands into this mind are no longer "gods"

- they are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors.

Have you ever been told to "grow up", "shut up", "eat up", "forget that" or "give up"? Have you ever been told "you're mad", "you're bad", "you're stupid" or "you'll never make it"?

If somebody you thought was powerful said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "you're not good enough", "strong enough", "pretty enough", "clever enough" "you'll go to hell" etc., etc., then they may have made an 'entry' in your right Wernicke's area, an implanted command, which is still influencing you to this day!

When people do any work or therapy to get rid of negative beliefs, the beliefs they try to get rid of things are usually worded as "I ...", eg. "I'm not good enough" or "I'm too fat". But "find the truth, and it will set you free". These beliefs are not filed in the brain (which is like a super powerful computer) under an "I" point of view. The commands are entered as said by another person, as if the person is right there, talking to you! For example, the belief may be "I'm no good" but the original command (which is stored in the brain) was "You're no good".

In 1996 Australian kinesiologist David Bridgman made an astounding discovery. He combined (1) the theories of the mind and how to remove negative beliefs from it as put forward by L. Ron Hubbard with (2) the explanation of the "Bicameral Mind" and authoritarian commands and with (3) Neurological Organization Technique, a kinesiology system involving eye movements which was developed by Carl Ferreri of New York.

The key to removing these beliefs is that they are stored in the brain as though another person said them, e.g. "You won't remember". The brain then tried to make sense of the command and translated it, for example, as "I won't remember". This command then interferes with the person. To get rid of the command you must find the EXACT wording

of the command, which in this case is "You won't remember".

This specific kinesiology procedure enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

These commands are hidden in the brain a bit like the way that 'drop down menus' are hidden on the computer screen. Sometimes you can't see the menus, but they are still there. When you do the correct kinesiology procedure, the sabotaging commands "drop down" and then you can delete them. But they do not all appear at once. It can take a number of sessions to get rid of them.

I can still remember the evening when a group of about 30 kinesiologists learned the Wernicke's correction for the first time from David Bridgman. After being taught by David, we paired up to work on another person and to be worked on. I was surprised how easily the man who was working on me was able to help me to work out what the sabotaging commands in my brain were. He didn't look all that psychic, but after I told him what areas in my life I was having trouble with, he asked me a few questions and within a few attempts he had the sentence we were looking for. When it was my turn to work on him, I saw that it was almost as if the sentence was written on his forehead!

The next day I had a very powerful experience. I was feeling VERY happy, after having a number of Wernicke's commands removed from me. I was sitting on a bus in the early morning, traveling with a lot of people who were going to work. I was seated at the front of the bus facing the rest of the people. I was observing how very sad and depressed they looked, and that they almost had a 'grey' color to their faces. Suddenly, it was almost as though again I could "see" the Wernicke's commands written on their foreheads - and there were hundreds of them!!! Some of them were VERY negative. My heart went out to them.

Now I almost cringe sometimes when I hear the things that people say to their children, for example, in the supermarket. I wish I could

explain to them that they need to find a more supportive way to say what they need to say. I was told once at a seminar that a study showed that the average child hears over 300 negative things a day, and about 30 positive ones. (If anyone can advise me of the reference for this study, I would be very grateful).

This is a simple, revolutionary and very powerful procedure.

The key to doing these corrections successfully is to get the EXACT wording.

How To Test For Wernicke's Commands

1. *As for a normal kinesiology session*, first do the pretests. Test both Anterior Deltoid and Supraspinatus muscles. Then test for dehydration, switching and blocking. Once everything is in order, proceed to step 2.

2. *Find an area in life* that the client is still having trouble with.

3. *Work out a phrase* that could create difficulty in this area, as it is said BY ANOTHER. For example, the sentence would be "You are not good enough" (Not "I am not good enough").

4. *Have the client say the phrase out loud*, while:

a) You test one Anterior Deltoid AND

b) The client touches the right side of the Wernicke's area of the brain, which is about 3 fingers posterior of Neurovascular 9 (just above and just behind the ear).

If the arm goes weak when they say this sentence (while they touch the right Wernicke's area), you have the correct wording.

If the arm stays strong, you have not got the correct wording.

5. *Once you have found the phrase* which causes the arm to test weak, ask the client who said that to them. When they name the correct person, the arm will go weak again when you test.

Ask the client to turn their eyes UP and to the RIGHT, while they continue to touch the right

Wernicke's area of the brain. Have them say the phrase out loud again. It should now test STRONG. If it tests strong now, you have the correct wording. (If it tests weak it is likely that a part of the person's mind does not want to face what happened to the person. Try doing Emotional Stress Release. That is, put a hand on their forehead, covering both sides of their forehead, for a few minutes or more).

How To Correct for Wernicke's Commands

a) DANGER !!! Be careful not to damage the eyes. The touching must be as GENTLE and LIGHT as possible. TRIM ALL NAILS SHORT !!!!! During the breathing do not go too fast. Allow the client to breathe at their own speed so as not to cause hyperventilation.

While doing all corrections, have the client think of the phrase.

Do the "Test for Wernicke's Commands" as outlined above.

1. Ask the client to Look UP to the RIGHT while they Breathe IN and think of the phrase. At the same time you GENTLY touch the left side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release. (This is to lightly stretch the fascia (envelope) of the eye muscles).

Allow the client to Breathe OUT

2. Ask the client to Look UP to the LEFT while they Breathe IN. At the same time you GENTLY touch the right side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

3. Ask the client to Look UP to the RIGHT while they Breathe IN. At the same time you GENTLY touch the left side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

4. Ask the client to Look DOWN to the LEFT while they Breathe IN. At the same time you

GENTLY touch the right side of their UPPER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

5. Ask the client to Look UP to the LEFT while they Breathe IN. At the same time you GENTLY touch the right side of their LOWER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

6. Ask the client to Look DOWN to the RIGHT while they Breathe IN. At the same time you GENTLY touch the left side of their UPPER eyelid and LIGHTLY push in the direction they are looking during the breathing IN cycle, then release.

Allow the client to Breathe OUT.

b) Re-test with the person repeating the phrase and eyes to the front, while they touch the right Wernicke's area of the brain. The muscle should now test strong, indicating that the command has been removed.

c) Say "thank you". That is, acknowledge the client.

d) Say "What's the next one?". This encourages the next command to come to the mind of the client, so that you can find the next phrase to work on. Repeat the test and the correction as above

Helpful Hints

Many clients when asked for commands that sabotage them will say phrases from an "I" point of view. This isn't it. Whatever they say starting with "I . . .", get them to repeat starting with "You . . .".

When they name phrases or people which are not the ones you are looking for, don't invalidate their answer. Merely ask "What else?" or "Who else?"

The phrase is usually associated with whatever the client is talking about. For example, if they say "I can't think of anything" ask them what someone may have

said to stop them thinking. It may be that someone said "you're stupid". If they start talking about an incident from their past, the phrase was probably said during that incident.

If they have a problem with remembering who said the phrase to them I also ask them who may have THOUGHT this at them. I have found that sometimes people pick up a thought from a person if they just THINK it. After all, sometimes it's pretty clear what someone is thinking. They don't really need to say it out loud.

The phrase can sometimes be just a one word insult, such as "fatty".

The key is to get the EXACT wording. You may need to add words such as "very". For example, it may not be "You're hopeless". It may be "You're very hopeless" or "You're bloody hopeless".

If the phrase was said in a language other than English, get them to say the sentence in the language in which it was said, after translating to you what they are saying.

For information and video, send an E-mail to Stephanie@Relfe.com with "Wernicke's video" in the title.

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Balancing the Frequency of Our Bodies

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Frequency is a measure of electrical energy. Every living thing has an electrical frequency, from the food we eat to the diseases that we have. Our bodies have an electrical frequency. This frequency has been measured in megahertz by Bruce Tainio of Tainio Technology in Cheney, Washington. When the body is in balance this frequency is 62 MHz to 78 MHz. When this frequency becomes lower than 58 MHz then disease begins. Helping our body to maintain its frequency is important to our physical, spiritual and emotional health. Food and herbs help with this process, it is interesting to note though that canned/processed food has a zero MHz frequency; fresh produce measured up to 15MHz; dry herbs register from 12-22 MHz; fresh herbs are from 20-27 MHz.

In one test two males, age 26 and 24 both registered at 66 MHz. The first male was given a cup of coffee to hold for 3 seconds then registered his frequency at 58MHz. The second male took a sip of coffee and his frequency dropped to 52MHz in the same 3 seconds. It took 3 days for the frequency of his body to return to 66MHz. Through the use of essential oils we can help maintain and restore the body to its natural frequency. Essential oils register from 52 to 320MHz.

When the frequency of the body is out of balance the physical body reflects this. Often the imbalance shows in the body with one leg being shorter than the other. Before doing a Touch for Health balance, or any other type of balance, it is beneficial to put the electrical frequency of the body in balance first. By having the electrical frequency of the body in balance it creates a place for a more effective Touch for Health balance.

Begin by having the client lie down; a massage table works really well. Ask the client for permission to check for a

misalignment in the legs. The easiest way to do this is take your hands, place your thumbs on the inside of the client's legs, a few inches above the ankles. Have your thumbs touching each other. Move the thumbs down the inside on the client's legs until one touches the anklebone. Stop and see where the other thumb is in relation to the anklebone. More than likely the other anklebone will be lower than where the other thumb is. After determining which leg is shorter, take Valor Essential Oil (obtained from Young Living) place 6 drops in one hand, stir the oil with a finger from the other hand 3 times in a clockwise direction. (By stirring the oil it increases the oxygen effect of the oil.) Then place the oil on the bottom of one of the client's feet. Repeat this procedure and place oil on the other foot.

Now that the oil is on the bottom of the feet, place the right hand on the bottom of the right foot, take the left hand and hold the bottom of the left foot. Continue to hold the feet in this manner until the shorter leg elongates and becomes the same length as the longer leg. (This should take about 5 minutes.)

Recheck the alignment of the legs by running your hands with the thumbs on the inside of the client's legs again. If the legs are in alignment then proceed with Touch for Health balance or whatever type of balance is the priority for the person.

Valor Essential Oil has a frequency of 47Hz; by using this oil prior to any other type of balance, we assist the body in raising its own frequency. By doing this gradually the body accepts the change easier and the client feels better and the balance is more effective.

Another simple thing to do to help keep our body's frequency in balance is to be aware of our thoughts. Research has shown that negative thoughts lower a person's measured frequency by 12 MHz while positive thoughts raise the frequency by 10MHz. Also prayer and meditation are beneficial as these increase the body's electrical frequency by 15MHz.

Overcoming Procrastination

by Wayne Topping

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Procrastination creates unnecessary stress for the individual and those with whom they interact. We will explore the major benefits and reasons why people procrastinate. Then we use kinesiological techniques to begin changing the patterns.

Overcoming procrastination is one of the most useful things we can do to regain control of our time. First, however, we need awareness of the problem, and then we need understanding of what we can do about it.

A Why is Procrastination Harmful?

- 1) It creates much unnecessary stress. Crisis' are created that would not occur had action been taken earlier.
- 2) It creates anxiety for the procrastinator.
- 3) It creates stress for those close to the procrastinator.
- 4) It can lead to alcoholism and depression.

B Why do People Procrastinate?

- 1) Fear of the project – e.g. we put off making an unpleasant phone call.
- 2) Boredom – we put off the mundane, less exciting tasks.
- 3) Dislike of the task – if we forget it, maybe it will get lost, or maybe someone else will step in and complete the task.
- 4) Rebelliousness – maybe we are angry at having to do something, so procrastinating gives us a passive aggressive way to get back at someone.

William Knaus, Ed.D., author of *Do It Now: How to Stop Procrastination* believes there are two major reasons for procrastination:

1. Self doubt

Such procrastinators are “stewers” rather than “doers.” They are indecisive – “should I or shouldn’t I?”. They have shaky self-confidence, tend to be very critical of themselves, and have a high fear of failure. They are often perfectionists : procrastinating is better than trying but falling short.

2. Discomfort dodgers

These people have a low tolerance for tension and frustration. They procrastinate because they are afraid of the anxious or uncomfortable feelings they associate with beginning a task. They procrastinate to avoid anticipated pain.

Dr. Linda Sapadin (1996) identifies six styles of procrastination : the Perfectionist, the Dreamer, the Worrier, the Defier, the Crisis-Maker, and the Overdoer. Completing a questionnaire in her book allows you to identify your major and minor procrastination styles.

Working with Procrastination

When I am working with a client who wants to eliminate their procrastination behavior, I will have them complete the questionnaire referred to above. That then provides us with the raw data from which to create statements that can be used in our stress release work.

For example, let’s say the client circles F (for frequently) with regard to the question: “Am I reluctant to delegate tasks or work with others unless they do things my way?” If the client were to state out loud, “I feel

comfortable allowing others to do things their way," their indicator muscles (IMs) would almost certainly unlock denoting that stress is triggered. Why? Because the statement is not congruent with the client's beliefs, behavior patterns, or experiences. Having the client do eye rotations in clockwise and counter-clockwise directions while holding the tip of the thumb to the tip of the ring finger (bilaterally) and with the pads of the index and middle fingers on the frontal eminences (2 to 2.5 inches above the eyes) while repeating the statement out loud, defuses the stress triggered by saying the statement. Have the client repeat the statement, and the IMs should stay switched on showing that the stressful reaction is no longer being triggered. This doesn't mean necessarily that the client will automatically *feel comfortable*, allowing others to do things their way. However, eliminating the negative emotion, fear, anxiety, discomfort, etc., from this area then allows the client to more easily shift his or her behaviors and to make new choices. It becomes easier to allow people who have been delegated tasks to do things their way. In time the client could even become very comfortable in that role.

Statements can be used to probe an area, to identify where the distress is. They can be stated positively, as in the example above. Or, they can be stated in a double negative format, e.g. "I no longer feel uncomfortable allowing others to do things their way." The client may also be asked to visualize or imagine themselves feeling comfortable, surrounded by people who are accomplishing things – their way – while they do the stress release procedures to defuse stress.

Decreasing the stress clears away obstacles that would normally keep one stuck in certain patterns.

Procrastination Exercise

1. Think of a task that you recognize you have been putting off. What task are you avoiding?

2. Why are you avoiding this task?
(read earlier portions of this paper for ideas; fear of failure, fear of rejection,

anxiety, etc.).

3. Imagine yourself doing the task.
What body sensations or head chatter are you experiencing that indicates a problem?

If you had to rate this discomfort on a scale of 0 – 10, where 0 is no discomfort and 10 is extremely uncomfortable, how would you rate yourself?

Circle the number.

0 1 2 3 4 5 6 7 8 9 10

4. What is the worst thing that could happen?

Could you handle it?

Do ESR while imagining that scenario.
Do ESR while imagining other possible scenarios.

Do ESR while imagining everything working out beautifully.

5. Design and muscle test statements that have a bearing on the issue. Do relevant brain integration or eye rotation corrections and list those statements here. You may want to continue using them as daily affirmations.

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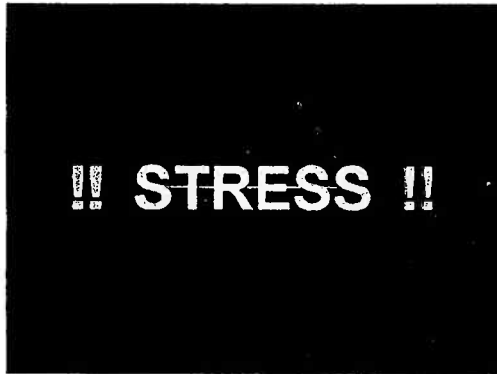
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KEEPING YOUR LIFE
IN BALANCE
NOTES

!! STRESS !! by Joe Bassett

Bassett's Health Foods, 3301 West Central Ave, Toledo, OH 43606, phone 1-800-783-7817



STRESS

- What is it?
- Where did it come from?
- What makes it better?
- What makes it worse?
- How did I get this way?

What is it?

- A negative response to internal or external stimuli.
 - It is generally believed that a certain amount of stress is necessary for biological organisms to maintain their well-being.
 - However, when too much stress occurs in quantities that the system cannot handle, it produces pathological changes.
 - This biological concept of stress was developed by Hans Selye, who intended originally for stress to indicate cause rather than effect.

Where did it come from?

- Emotional
- Nutritional
- Physical
- Chemical
- Environmental

StressI

Where did it come from?

- Emotional
 - Our family
 - Our world
 - Economics
 - Abuse
 - Job

StressII

Where did it come from?

- Nutritional
 - Inadequate diet
 - Poor digestive abilities
 - Insufficient bowel flora
 - Prescription drugs
 - Weakened immune response

(Original work by courtesy Dr. Greg Saunders)

Food allergies

- ✦ The body's immune system generally ignores food proteins but reacts to foreign proteins (e.g., viruses and bacteria). Occasionally, in a process called mimicry, harmless proteins are so similar to harmful ones that the body reacts to them.

- ✦ This accounts for many food allergies, and immune responses to the casein in milk and gluten in wheat and other grains have been well documented in other diseases. A similar process occurs in some cases of MS.

Stress!!!

Where did it come from?

- ✦ Physical
 - Accidents
 - Genetics
 - Lax or poor exercise programs

Stress!!!!

Where did it come from?

- ✦ Chemical
 - Cosmetic
 - Environmental
 - Food
 - Industries
 - Pharmaceuticals

Cosmetic Stress!

- ✦ There are potentially Harmful Ingredients Even in "All-Natural" Personal care products.
 - Sodium lauryl sulfate (SLS).
 - Sodium laureth sulfate (SLES).
 - ✦ Propylene glycol (PG).
 - Diethanolamine (DEA).

Environmental Stress!

- ✦ At home;
 - Detergents
 - Soaps
 - Cleaning solvents
 - Water
 - Lawn care products

Food Stress!

☛ Food additives.

- Nitrites, sulfates, monosodium glutamate, hydrogenated oil, artificial colors & flavors.
- Genetically Modified Food (GMO).
- Hormone latent meats, eggs and dairy.
- Variable unknowns about soil conditions, (use of herbicides, pesticides, synthetic fertilizers and contaminated ground water).

Pharmaceutical Stress!

• Vaccines.

- ☛ At present a lawsuit seek study on the effects of mercury in vaccines. Thimerosal contains mercury and is made from a combination of ethyl mercuric chloride, thiosalicylic acid, sodium hydroxide and ethanol. It is used as a preservative in many recombinant vaccines, such as the Hepatitis B, diphtheria, pertussis, acellular pertussis, tetanus and Hib vaccines and is found in many childhood vaccines.

Pharmaceutical Stress!

The July 8, 1999 press release from the National Vaccine Information Center, points out that, "The cumulative effects of ingesting mercury can cause brain damage."

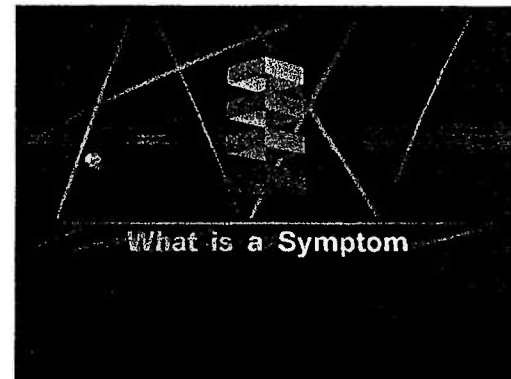
And that "Most infants have received a total of 15 doses of these mercury containing vaccines by age 6.

Pharmaceutical Stress!

Furthermore most children receive individual doses of between 12 and 25 micrograms of toxic mercury that with each injection exceed U.S. Federal Government safety guidelines that no person should be **exposed** to more than 0.4 –0.8 micrograms per kilograms of weight. And most children receive 238 micrograms by the age of 24 months.

Pharmaceutical Stress!

- ☛ Most drugs used will create vitamin and mineral deficiencies.



What is a symptom?

- ↪ A biochemical expression of cellular depletion or deficiency.



What is Disease?

- ↪ Disease is a name given to a group of characterized symptoms.



- ↪ Did you know that in 1988 the Surgeon General's report on Nutrition and health concluded that 15 out of every 21 death (more than two-thirds) in the U.S. involve nutrition.

Disease

- ↪ Based upon most information, my definition of Disease is; **Disease is advanced malnutrition of the immune system.**

What is Food?

What is Food?

- Food is defined as that which nourishes an organism.

After asking players to name the four basic food groups: They didn't hesitate: Wendy's, McDonald's, Pizza Hut, and Burger King.

**- Jackie Berning
Denver Bronco team
nutritionist**

And you wonder about Allergies

What are they, and how do we deal with them?

What is an allergy

- An abnormal immune response to a substance (allergen) that does not normally cause a reaction.
- There are four types of allergenic response.

Type I

- Type I (immediate) (hives, allergic rhinitis, urticaria, asthma) (Systemic anaphylaxis is life threatening).

Type II

➤ (cytotoxic) reactions are antigen-antibody reactions mediated by IgG and IgM that cause transfusion reactions and many drug reactions. These reactions cause lysis of the blood cells (erythrocytes, leukocytes, and platelets) due to the release of complement, q.v..

Type III

➤ (immune complex) reactions occur when IgG or IgM antibodies attach to antigens, creating complexes that circulate in the blood. The complexes cause damage when they adhere to the walls of the blood vessels, thus initiating an inflammatory response. Serum sickness, demonstrated by fever, joint and muscle pain, lymphadenopathy, and urticaria.

Type IV

➤ (cell mediated) reactions are mediated by sensitized T lymphocytes, not antibodies. Contact dermatitis, and many common allergens, including rubber used in elastic materials, poison ivy, chromium in leather, and nickel used in costume jewelry.

How to begin.

- Determine what it is that your client is concerned with.
 - Food sensitivities.
 - Environmental sensitivities
 - Chemical
 - Pesticide
 - Herbicide
 - Cosmetic

Set up your Scan.

- Create a program.
 - Go to (Custom List).
 - Click (New List).
 - Name list (allergy 1).
 - Insert categories.

Our best friends and our worst enemies are our thoughts. A thought can do us more good than a doctor or a banker or a trusted friend. It can also do us more harm than a BRICK.

Dr. Frank Crane

Applied Lymphology The Balance between Metabolism & Autointoxication

by Carola Koenig LMT, MLDT,ICMT

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Applied Lymphology is focusing on the Lymphatic System including Lymphedema of all classifications. Harmonizing with individual health requirements and the goal to stimulate the body's natural recuperative abilities. Selecting eclectic techniques from the field of Physiotherapy including specialized Kinesiology, Balneology, Hydro- and Electrotherapy.

Throughout the years people asked me about my connection to Kinesiology. Back in Germany at the "institut fuer angewandte Kinesiology" in Freiburg. I ran into Jimmy Scott PHD who was teaching "SET" at that time. I was fascinated and wanted to learn more to integrate into my traditional physiotherapeutic techniques. And for some odd reason whatever I did seemed to have a connection to the Lymphatic System!

It is not totally avoidable to get into biochemistry when you talk about metabolism, but I will try to keep it to the bare necessities.

To Get Started

We have to differentiate the terminology. Because most people equate metabolism with calorie burning. Basically, metabolism is "ALL" the chemical reactions that occur in your body. Metabolism consists of absorption of nutrients and the elimination of wastes (toxins). Medical students spend an entire semester studying Carbohydrate metabolism followed by fat metabolism, protein metabolism, liver metabolism, and so on, to realize that it occurs everywhere: brain, liver, digestive tract, muscle, heart, lungs – every tissue or organ. Thousands of metabolic processes are happening every single minute

of every day. Metabolism consists out of many little metabolisms, any one of which can change without indication of specific change. Blood tests for example, are not very reliable, because the change that took place might be so minute that it did not show in common tests, but yet it is important enough to overburden the entire system. Often people show the same symptoms for totally different reasons. Proper investigation of cause is extremely crucial for proper corrections.

My main goal is to explain the unity of the body, the dependence of differently recognized systems to each other. We cannot separate them. Disease does not occur overnight, you don't get fat overnight either, you don't develop rd stage Lymphedema with fibrotic changes overnight. Even though, I deal with mostly cancer patients developing Lymphedema after physical obstruction of Lymphatics caused by surgery, radiation, or chemotherapy. I like to stress here that Lymphedema can also happen to anybody else, unrelated to cancer. Quite often we don't recognize it as Lymphedema.

Mostly those people are told, "You are just fat!!" Stop eating, and then they run out and buy FAT FREE CHEMISTRY and SUGAR FREE POISON!!

The stagnation of Lymph (Lymphostasis) is always an accumulation of toxic metabolic waste (without matter of cause). In order to avoid toxemia == toxicosis == autointoxication, Lymph has to be able to flow freely.

We're born with a fabulous system that is able to repair it self like magic. As long as you keep it active (exercise), you maintain health.

Any doctor can tell you, that patients recover more quickly from injury on their feet than patients laying in bed.

Fat

The human body can make fat out of almost anything. The carbohydrates in bread, pasta, and potatoes can be turned in to fat as well as excess protein will be converted into fat by the liver. Fat is primary fuel for everything, running, dancing, playing tennis.....! The muscle burns both fat and sugar. Sugar burns instantly (quick energy) but the fat continues to burn for a long, long time. You get much, much more energy (calories) from a fat molecule than from a sugar molecule. All athletes will agree: you may run out of sugar playing active sports, but you never run out of fat. Even people who are starving never use up all their body fat. Surprisingly, even anorexic people, looking like skeletons because they lost so much muscle, but still have approximately ten to fifteen pounds of hidden fat. These people do not starve to death, as a matter of fact nobody has ever actually starved to death.

During starvation at some point the body will run out of glucose and it will start using protein for fuel. In the process of burning protein, at some point the body will start to burn the immune system's antibodies, which are proteins which will leave the body highly susceptible to bacteria and viruses. Death will be caused by infection precipitated by lack of protein in the body.

All the proteins we eat end up in the blood as simple amino acids and the carbohydrates all turn into blood glucose. The fats we eat, which go through the exact same digestive processes, saliva, hydrochloric acid and pancreatic enzymes, don't break up to a simple "one-word" end product.

We get:: Fatty Acids
Monoglycerides
Triglycerides
High density cholesterol
Low density cholesterol
and some more tongue twisters.

The fatty acids are extremely small, it is easy for them to pass through semipermeable membranes. They move out of the

bloodstream into a muscle cell to be burned for energy. If they are not used by the muscle cell, they move back into the blood and travel to a fat cell for storage. These highly mobile fat molecules make up less than 1% of the fat contents in blood. They are not associated with heart attacks or other cardiovascular disease, but they can make us fat if they are not used for energy since free fatty acids are the basic fuel for energy.

When fatty acids hang out in fat cells for to long, they tend to form Triglycerides (stored form of fatty acids). Triglycerides do two things, they sit with fat deposits, and they are dissembled back into fatty acids when the muscles need fuel. Once your body starts to metabolize fatty acids, the Triglycerides will diminish.

70% of energy (calories) muscles need, comes from fat,

30% from sugar.

Typically, muscles burn fatty acids and glucose at the same time, but it requires OXYGEN!! Without oxygen, there is only anaerobic, sugar burning.

There are three classes of Enzymes

1. Metabolic Enzymes

Enzymes are protein chemicals that are involved in trillions of chemical activities. All life, plant or animal, requires enzymes. Enzymes are involved in building, repairing, or maintaining. Therefore it is no surprise that the activity of the Lymphatic System entirely depends on metabolic enzymes.

Metabolic enzymes are the body's "construction workers" without them nothing would happen.

2. Digestive Enzymes:

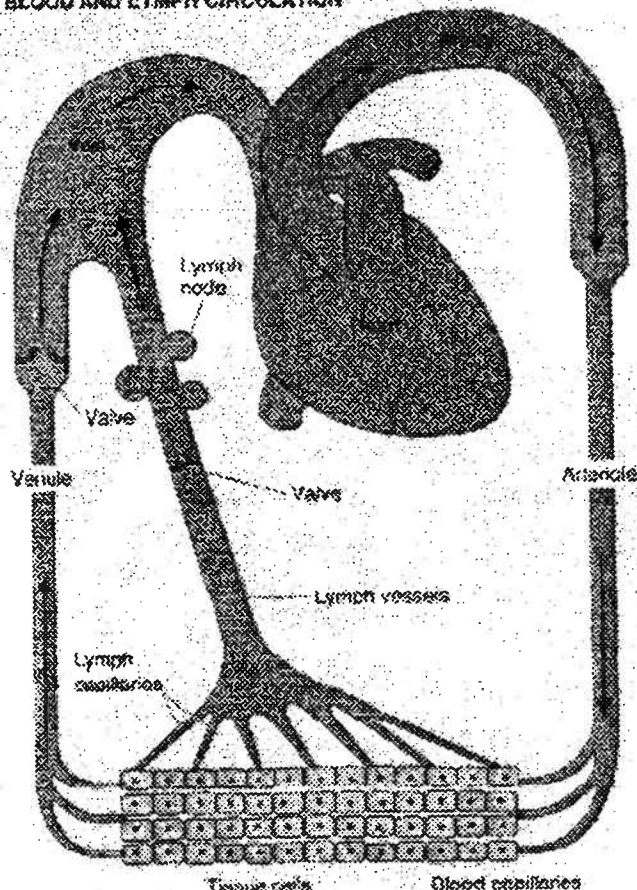
Required to digest food

3. Food Enzymes:

Naturally grown food would contain all the necessary enzymes to break it down in the body for digestion.

Unfortunately we destroy those by cooking. Since food inside the stomach needs to be dealt with immediately, even though all the

BLOOD AND LYMPH CIRCULATION



digestive enzymes have been “cooked out” (destroyed), the body will force the metabolic enzymes mechanism to produce digestive enzymes. This will drastically lessen the effectiveness of your labor force to build, repair and maintain!

Here we are again!!

The Lymphatic System becomes overburdened! Stagnated accumulated amounts of metabolic waste can ultimately make you sick.

Lymphology

Describes the science about the function of the Lymphatic System. The Lymphatic System builds the major part of the body's immune defenses, it fights against infectious pathogens, like bacteria and viruses, it collects interstitial fluids and filters out impurities. Lymph is formed when high arterial pressure forces fluid out of the capillaries into the tissue

spaces. From there it is taken up into the lymphatic vessels.

Anatomy/Physiology

Like the Venous System, the Lymphatic System builds a Superficial System and a deeper system consisting of larger vessels. The Superficial System builds a network of valveless lymph capillaries covering the entire body; (60,000 miles of capillaries) the deeper the lymph vessel are formed by little segments called Lymphangions, which are separated by one-way valves allowing the lymph to flow in one direction towards the nearest filter station made of lymph nodes. Valves prevent back flow of lymph.

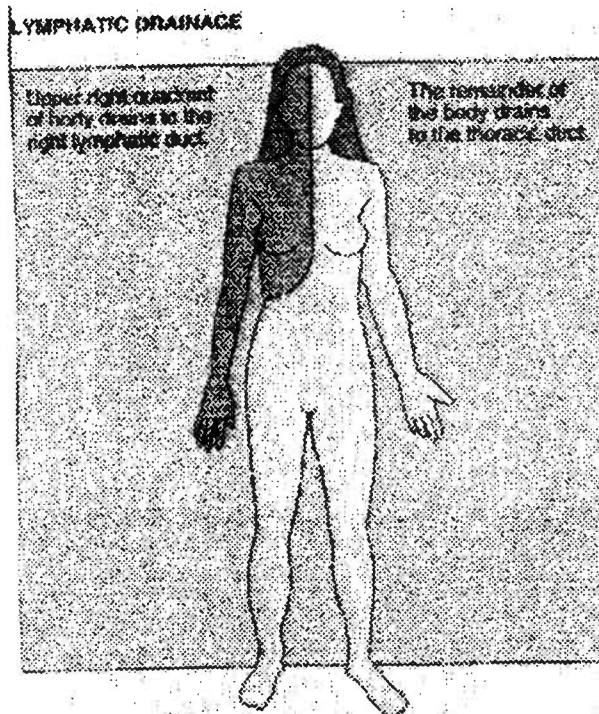
As the number of lymph vessels decreases towards the center of the body, their size in diameter increases (thoracic duct).

On its way thorough the body, the lymph fluid is cleansed and concentrated by passing through regional lymph nodes arranged in groups or chains. There are approximately 600 lymph nodes throughout the body. Form and size of lymph nodes vary between 2mm and 25mm. Lymphocytes are able to migrate throughout the lymphoid tissues and circulate between different organs via lymphatic channels.

The Lymphatic System interacts with the Circulatory System acting as a Filter and Drainage Network. Arteries transport oxygenated blood, plasma and nutrients towards every single cell.

The Venous System reabsorbs 90% of the deoxygenated, carbon dioxide rich fluid and metabolic waste, 10% remain as lymph obligatory load.

The heart pumps blood under pressure through the arterial and venous system. Lymph is only circulated by muscle contraction.



The human body consists out of approx. 70% water.

We distinguish between:

- Intracellular fluid (inside the cell)
- Extracellular fluid (surrounding the cells)
- Interstitium or interstitial spaces
- Interstitial fluid

The interstitial fluid serves as Food Supplier and Garbage Dump at the same time. Minerals and Vitamins are supplied and cell residue and metabolic waste is reabsorbed.

Lymphostasis

The correct function of lymphangions can be hindered or stopped due to fatigue, stress, emotional shock, severe colds, infections, lack of mobility, chemicals and food additives causing Lymphostasis. Which means lymph circulation stagnates, fluids, proteins, hormones, fatty acids, immune cells as well as toxins accumulate and cellular functioning is comprised. Long term Lymphostasis can also affect the liver, lungs and intestines, which will lead to dysfunction or even damage of the specific organs.

Cyst formation

Other lymphatic tissue

Thymus gland

Tonsils

Adenoids

Appendix

Spleen

Peyer's patches in the small intestine

Lymph Edema

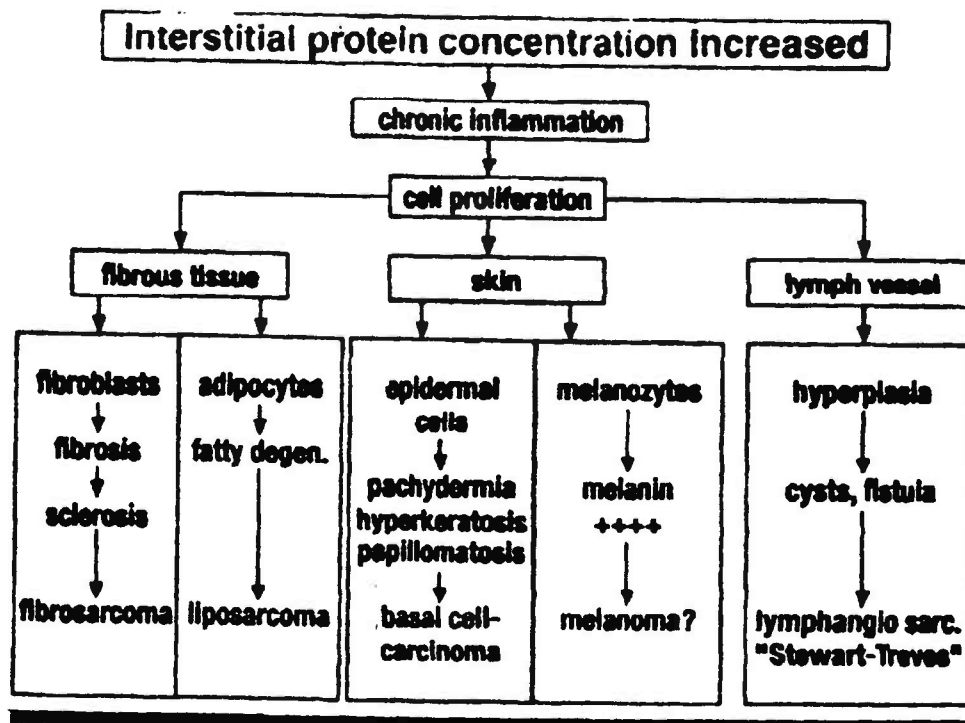
Ignored lymphostasis will lead to Lymph Edema. Untreated Lymph Edema is progressing! Protein rich interstitial fluid will be replaced by fibrotic tissue causing low oxygen tension and severe secondary infections (erysipelas/cellulite).

Lymph Edema is a malfunction or insufficiency of the lymphatic transport capacity for several reasons: cancerous and non cancerous tumors, surgical or non surgical scar formation due to normal wound healing, radiation, or chemotherapy. Even minor disturbances in the micro circulation of the connective tissue can result in congestion and edema. It is essential to differentiate the cause of swelling, location, leading lymph vessels and lymph nodes (Troubleshooting).

- Lymph nodes may swell to block access for bacteria or virus towards vital organs
- Lymphatics may swell to protect the trunk from invasions of allergens (sinus, tonsils, neck)
- Lymphostasis of the face e.g. may be a result of adhesion formed by scarring after accidents, injuries, surgeries and radiation of sublingual lymph nodes. Relieving congestion and lymph Edema through Manual Lymph Drainage has been scientifically proven to prevent pathology.

Immunity

Immunologists have proven that lymphocytes are responsible for the production of antibodies, which combat viral or bacterial infections. The ability to survive in an environment filled with micro-organisms highly depends on the strength of our functioning lymphatic system.



Long term effects of a chronically increased interstitial protein concentration

Two types of lymphocytes, T and B lymphocytes, are known. These cells do not originate in the spleen or in the lymph nodes. They originate inside the red bone marrow, but they migrate into these organs of lymphatic tissue during an early stage of their development.

T-lymphocytes can kill directly. They are responsible for cellular defense and usually assist the B-lymphocytes in recognizing antigens. A successful defense against infection by microorganism depends on the presence and resistance of immunity.

Specificity of Immunity

Under immunity we understand the protection the body builds against a second attack of an infectious disease. But immunity against measles does not protect us against other infectious diseases.

Resistance is the entire defense complex the body is able to mobilize. Resistance is not antigen specific. It is determined by genetic and environmental factors (nutrition, exhaustion, disease). Manual lymph Drainage

is able to strengthen the resistance of the body in fact that pathogenic substances (if present in the body fluids) are transported rapidly by manual manipulation towards the lymph nodes where those are inactivated or destroyed.

Manual Lymph Drainage

Manual Lymph Drainage is a gentle, non invasive, rhythmical massage technique redeveloped and refined in the 1930's by Dr. Emil Vodder in Europe. Having its roots in a technique first introduced by Alexander von Winniwarter in the late 1800. Manual Lymph Drainage relaxes the sympathetic nervous system, reduces pain and appears to enhance the body's immune defense. It is effective in the treatment of acute and chronic lymph edema, acne, headache, sinus congestion, neuromuscular disorders and fascial dysfunction. It is indicated to remove congestion and minimize scar formation as pre- and post surgical procedure. Manual Lymph Drainage facilitates removal of metabolic waste, excess water, toxins, bacteria and large proteins from the tissue via initial lymph vessels and capillaries. Manual Lymph Drainage enhances the action of lymph

angions applying a specific, directional pumping force over them.

Most of the techniques involve a rotary motion that torques the lymph vessels in a way to stretch receptors inside the angion walls. Manual Lymph Drainage applies longitudinal and lateral stretch to the lymph vessel.

Lymph flow is affected through direct action on the lymph vessel which stimulates drainage of the connective tissue by increasing the resorption into the venous capillaries.

Main Effects of Manual Lymph Drainage to Improve Lymph Flow

1. Increasing lymphatic vasomotor activity
 2. Mobilization of stagnated fluid
 3. Softening of fibrous connective tissue
- > Decongestion

Reflectoric application of sports tape after Manual Lymph Drainage (if allowed by skin condition) can improve lymph circulation by applying stretch force over lymph capillary. It increases range of motion as well.

Lymph Edema Classifications

We differentiate between:

- Lymph Edema congenital (present at birth)
- Lymph Edema praecox (starts to develop from puberty to age 35)
- Lymph Edema tarda (develops after age 35)

Classification by Cause:

Primary Lymph Edema (ca.10%) due to a congenital absence of Lymphatics or congenital obliteration of the thoracic duct.

Praecox Lymph Edema occurs when some functioning Lymphatics are present but not in adequate numbers to return flow as the child grows.

Secondary Lymph Edema or acquired Lymph Edema occurs due to the disruption of Lymphatics after surgery, trauma or radiation.

Neuro-Lymphatic Reflexes (Chapman's reflexes)

The Neurolymphatic Reflex correlates to the Sympathetic Nervous System. Whenever the neurolymphatic reflexes are blocked, the Sympathetic Nervous System is overloaded. Extreme or continuous stress causes "sympathetic dominance", or adrenal exhaustion, which weakens the body's immune defenses. The lymphatic system becomes impaired, lymphatic drainage blocks and metabolic waste accumulates.

- Painful lumps
- Neurolymphatic points become palpable

Touch for Health Kinesiology recognizes neurolymphatic reflexes as switches, which promote lymph flow changes via the sympathetic and spinal nerves. Neuro-lymphatic reflex points of the liver are mostly found anterior and posterior to the intercostal spaces. "These I mostly integrate into my treatments". The NL's are reflex points or switches, which effect changes in the lymph flow. The stimulation of the Neurolymphatic reflexes help the body to "turn on" the mechanism to aid the lymph flow, but not the flow of the lymph brings about the change, the stimulation of a specific communication system activates a whole series of impulses which "unblock" (remove static) and allow the body to communicate more effectively. During detoxification therapy it is most important to assure that the excretion of toxins from the superficial, the deep and the intermediate tissue layers is balanced. The removal of toxins from the tissues should **never** be faster than the possible elimination, to avoid unpleasant reactions select carefully.

Chronic Disease and Detoxification

Most chronic diseases are caused by intoxication which over the years triggered acute reactions suppressed with allopathic drugs.

- Minor intoxication of the liver, after repeated suppressive therapy can develop into malignant diseases of liver or other organs.

Fibrocystic Breast

May be a sign of hyperestrogenism or poor hormonal metabolism.

Polycystic Kidneys

Appendicitis, often caused by bowel toxemia, liver burden and constipation.

Chronic Pain:

Can involve the vascular, lymphatic, neural and humoral systems singly or in combination. An old muscle injury may gradually turn fibrotic. This in turn constricts the neighboring blood and lymphatic vessels and may compress both afferent and efferent nerves. Without the blood and lymphatic system to bring in the necessary tissue scavengers and collagen lysing agents the fibrosis becomes more and more pronounced. In the meantime the affected nerves transmit and receive with impaired efficiency, and the blood supply to and from the area distal to the obstruction is diminished. As the lymphatic system gradually backs up, the tissues proximal to the obstruction are not properly drained, and muscles may begin to exhibit some of the side effects of local lactic acidosis, and the condition gradually spreads. There is no single definition of pain, however, as with other medical disease entities, pain is usually a symptom of some other physical or even mental abnormality. The roles of nociceptive impulse neurotransmitters such as acetylcholine, substance P, serotonin, bradykinin, dopamine and some of the prostaglandins are gradually being clarified. The complexity of the receptors, and how they initiate the electrochemical neural impulses, which the brain translates as 'pain', is a study of its own.

Chronic Tonsillitis and Enlarged Tonsils:

Indicates lymphatic insufficiency (tonsils guard against ingested or inhaled intruders).

- Requires long term support of liver, kidneys and immune system. Manual Lymph Drainage often improves situation.

Substances that directly enter systematic circulation through the skin in a dissolved solution, diffuses into extracellular fluids and

then through the lymphatics. Substances readily absorbed include oxygen, carbon dioxide, fat-soluble vitamins, steroids, plant resins like poison oak and poison ivy, paint thinners, & heavy metal salts.

Specific Industrial Toxins:

Chromium
Nickel
Acids
Radioactive Substances
Arsenic
Aluminum

Special Environmental Toxins:

Insecticides
Pesticides
Fungicides
Herbicides
Dyes
Preservatives
Petrochemicals

Vaccines

Tetanus
Diphtheria
Small Pox

Iatrogenic Toxins:

Antibiotics
Corticosteroids
Gold
Hormones
Psychotherapeutics
Neuroleptics

Improving Lymph-Flow by Supporting the Liver

Lipotropic Nutrients:

B-vitamins: choline, inositol and methionine
Milk Thistle
Turmeric (curcuma)
Red Root
Dandelion
Burdock

The liver has to metabolize hormones and fats in circulation as well as removing wastes from the bloodstream, which explains why liver disease may lead to hyperestrogenism and fibrocystic breast.

Improving Lymph-Flow by Increasing Circulation

Therapeutic Massage, Myofascial and Deep Tissue Massage assist to remove accumulated lactic acid and waste products from the muscle by increasing the arterial blood flow, which might be contraindicated in cases of lymph Edema of all classifications due to increased release of fluid into the interstitial spaces. Massage is well indicated in cases of lymphostasis due to stress, lack of physical activity or general adhesions.

Hydrotherapy

Use of hot or cold wet packs of different sizes.

Fango or Clay:

The drying action of the wet clay draws toxins out of the tissue for absorption into the clay.

Hot Towels, Wet Towels or Lavender Towels:

Promote oxygenation, detoxification which increases the body's immune defense.

Hydrotherapy describes the strategic use of water for therapeutic use. Temperature is most important ranging from hot to ice application. Hydrostatic pressure plays an important role as well.

Mud Bath:

Extracts from clay and earth samples have powerful antibacterial properties by binding toxins with function of heart and kidneys as well as heat regulating centers remain undisturbed. A 39 degree Celsius mud bath has stimulating effect on metabolism, absorption of inflammatory masses and regeneration of tissue.

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Basic List

- Amino Acids
- Bacteria
- Enzymes
- Molds & fungi
- Phenolics

Basic List

- Hormones
- Vitamins
- Flower essences
- Matrix

Begin scan

- 1. In results:
 - Print the top 100 falls.
 - MPRS.
 - Duration.

Review Data

- Compare the greatest Falls to the MPRS and Duration.
- Highlight the common relationships.
- Load to single channel all substances that you wish to address.
- GO TO SINGLE CHANNEL.

Single Channel.

- Go to Work Set.
 - Click to active (do not highlight).
 - Test all points that might be affected.
 - Lungs, lymph, nerve, heart, allergy food, allergy chemical, sugar metabolism.

Active hold.

- Highlight hold tank.
- Set potency to 1v.
- Recheck points
 - (In most cases the points will change substantially).
 - Insert into hold tank 1

Create New Hold Tank.

- De-activate Hold tank 1.

Create New Hold Tank.

- Go to Mini Scan of Work set, by pressing Alt and F1 keys.
 - Click mini scan, and a dilution will appear at the top, (highlight) and double click.
 - Now a potency set will appear, click Mini scan again and a potency will be selected by the unit. Highlight top potency and double click.
 - You will now be asked which Hold Tank to load too, (load to Hold tank 2).
 - Repeat this process 3 times.

Retest affected Points.

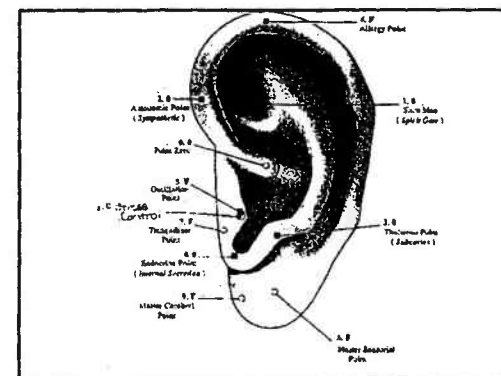
- Recheck the points that showed the most deviation in the original test.
- If points are balanced at this time move on to the clearing process.
- If not, repeat the steps of loading from work set 4 more times (loading approximately 7 sets in hold tank 2).
- Recheck points. (generally points will balance at this time).

Balance body.

- Step 1.
 - With client holding brass conductor and the second hold tank active, have them cover with their thumb, the nail beds of the little finger and the ring finger.
 - Using a laser pen hit and hold light on the allergy point in the ear (either one) for at least 15 seconds.

Balance body.

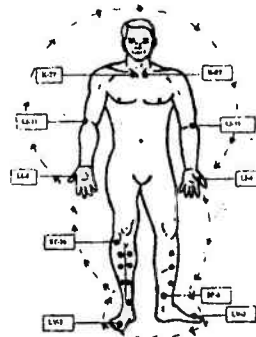
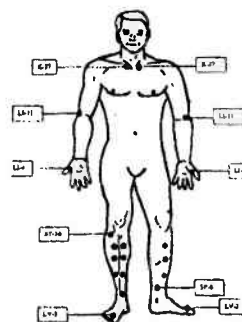
- Step 2
 - Repeat the process, only now have the client place their thumb, ring finger and little finger with tips touching tips.
 - Again using the laser pin hit the ear point for allergies.
 - (These two steps balance positive and negative polarity).



Balancing the body.

Step 3.

- Again with client holding active brass conductor, starting on the Right side physically stimulate the acupressure points starting with LI-4, LI-11, K-27 right, K-27 left, LI-11, LI-4, ST-36, gently squeeze on both sides of the tibia (moving down) about 3 movements, SP-6, LV-3 left, LV-3 right, SP-6 right, moving up the tibia (3 movements) to ST-36 and finishing on LI-4 right.



Balancing Body.

Step 4.

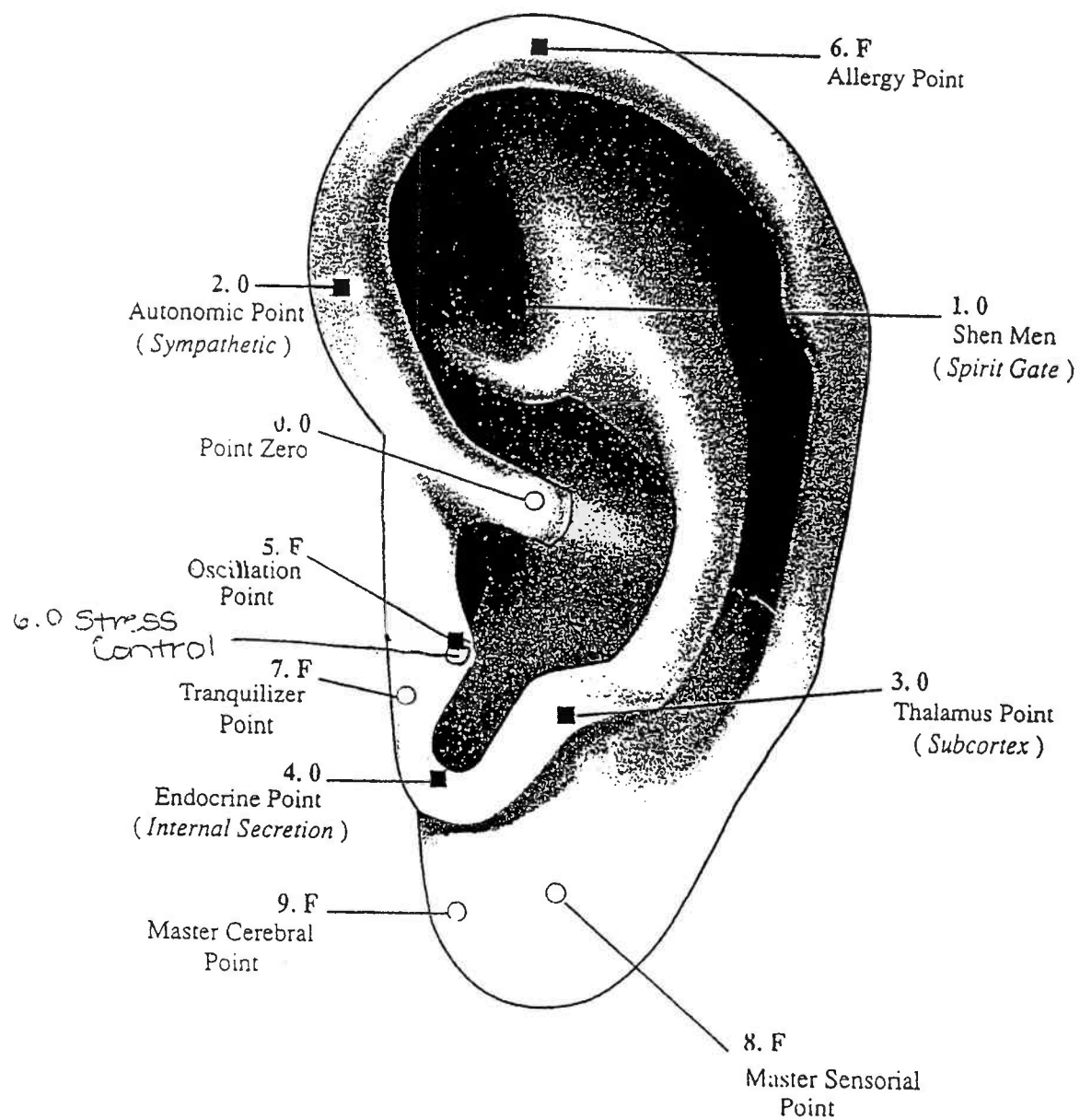
- Attach the right middle-finger to the harness middle-finger conductor.
 - (this will make the unit output a sound, indicating that a circuit has been established with the Phazx device.)
- Now click the Imprint icon and allow the vibration load to reset the body.

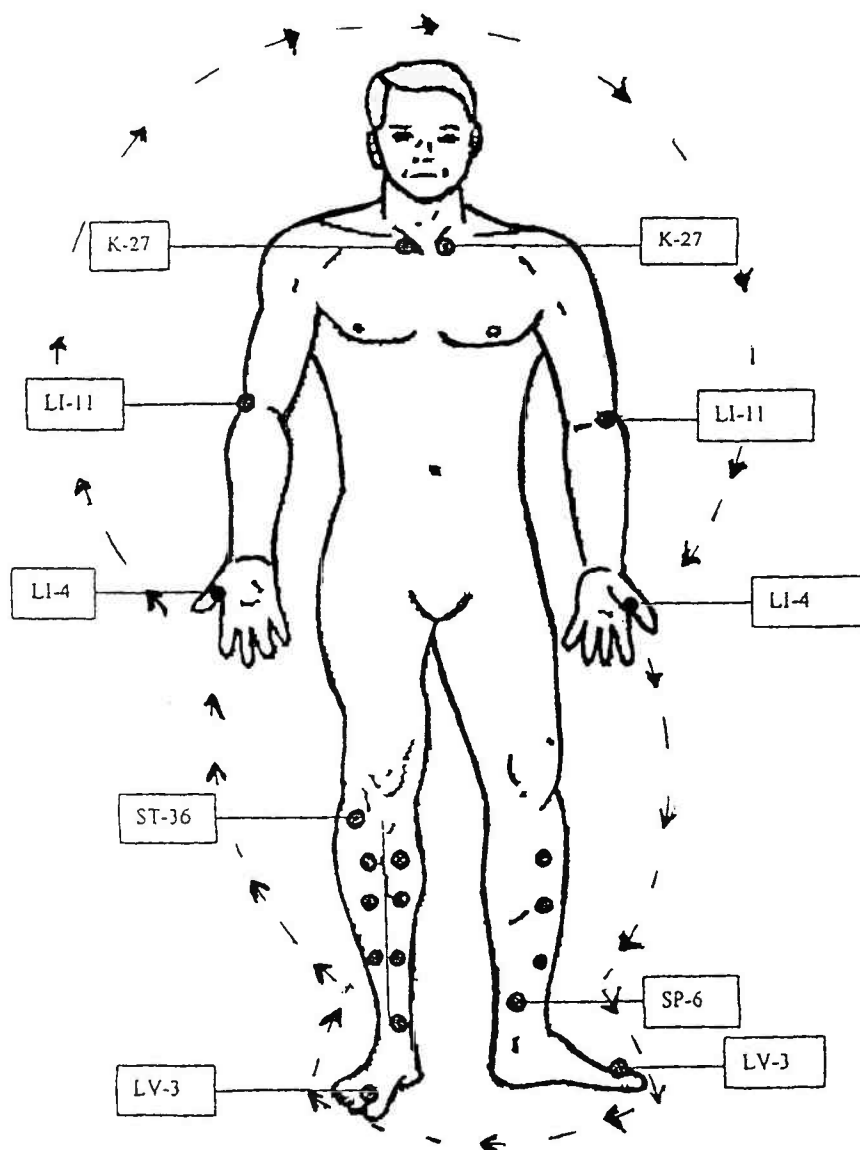
Recheck

- After the load, remove the harness strap from the finger.
- De-activate the hold 2 Tank.
- Activate the hold 1 Tank.
- Recheck the points.
 - If the process was complete, all the points should be balanced.

However!!

- In about 85% of the people this will provide major improvements in the allergenic symptoms.
- In about 15% of the people with deep seated allergenic burden a phenolic must be used. I find that The Phenolics from Deseret Biologicals work well. They can be reached at (800) 827-9529





SEQUENCE: (CLOCKWISE)

RIGHT: LI-4, LI-11, K-27, LEFT K-27, LI-11, LI-4, ST-36, SP-6,
LV-3, RIGHT LV-3, SP-6, ST-36, LI-4