

## Jet Lag and Touch for Health

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*Jet Lag* can occur following a flight when the energy body lags behind the rapid movement of the physical body in the course of the flight. The "physical body" is the first to arrive at the destination with the "energy body" lagging behind, arriving hours or even days later. During this interim we may experience *Jet Lag*, i.e., a disassociation of our energy body from our physical body. We not only fly around the world, we also fly through time zones. *Jet Lag* wastes our best resources, time and vitality. Every year hundreds of millions of dollars are lost through bad decisions, faulty communication, accidents, and impaired productivity as a result of *Jet Lag*. With the help of the following method it is now possible to avoid the negative effects of *Jet Lag*. In a gentle and simple way one can tap specific acupressure points on the hands, knees and feet.

### What is Jet Lag?

*Jet Lag* is not an illness. It is a special form of electromagnetic impairment that occurs only in situations where one travels at high speed through a series of time zones. As one changes geographic position in relation to the electromagnetic energy field, this impairment is often expressed through symptoms of headaches, indigestion, tiredness and sleep disturbances. These symptoms can last for hours, days or even weeks.

In searching for the scientific basis for *Jet Lag*, many believed the solution to be involved with the sun within the polarity of light to darkness. It is now considered to be more a function of the influence of the electromagnetic waves of solar energy upon our planet. Even at night, in darkness, there is no place on earth that is free of the electromagnetic wave energy of the sun. This constant radiation influences all life on our planet.

The electromagnetic system of the human body was discovered some 3000 years ago. This is known today as the Acupuncture Meridian System. There are 12 main pairs of acupuncture meridians. Each pair of meridians has a right and left member. The influence of the sun on the rotating earth results in a flow of electromagnetic waves through the 12 meridian pairs every 24 hours. When one travels rapidly through different time zones this flood effect either slows or speeds. Our biological clock is then out of sync with the time zone, leading to the phenomenon known as *Jet Lag*.

Traveling east is more of a problem than traveling west. Traveling contrary to the movement of the earth (in relation to the sun) results in a greater change in the electromagnetic system of the human body. The effect is one of speeding time for the traveler. The electromagnetic "flood" moves more rapidly through the meridian system of the body. For example, one can imagine a film that is running at greater than normal speed.

It is easier to travel in a westerly direction, where the movement of the earth relative to the sun is slowed. The impression is that time is also slowed. The electromagnetic flood passes more slowly through the body. As an example, imagine a film that is played in slow motion.

This meridian tapping method is very gentle and risk free, assisting the electromagnetic system while it moves toward your destination. Normally this process of adjustment can take a matter of hours to days depending on the length of the travel and the health of the traveler. By practicing the tapping method this change can be affected more rapidly and in an orderly manner while sitting on the plane. By tapping specific acupressure points, the meridian system can be stimulated

in such a way that upon arrival in the new time zone the body has already adjusted. The new electromagnetic flood effect is also in sync with the body.

### **What is Jet Lag not?**

There are other negative side effects of flights that are falsely attributed to *Jet Lag*. These negative effects can be accentuated by the existing *Jet Lag* even though the roots of these other negative forces lie elsewhere. Traveling in a northerly or southerly direction does not bring about *Jet Lag*. Symptoms similar to those of *Jet Lag*, which may be encountered in traveling north or south are not due to *Jet Lag* but may be due to dehydration, decompression or hypoxia. Recovery from these symptoms may occur rapidly because there is no electromagnetic *Jet Lag* stress involved.

Dehydration often occurs in flight because cabin air typically contains only 9% humidity and therefore is relatively dry. Most flights travel at high altitude, above clouds, where the outside temperature is very low and the humidity of the outside air is also very low. This dry cabin air draws moisture away from the body, negatively affects metabolism, and dries the eyes, lips, and skin.

Decompression and hypoxia result from the lower air pressure at higher altitudes. Most flights are conducted with a cabin pressure corresponding to the pressure normally found at 1800 meters above sea level. At such a low pressure the oxygen saturation of the cabin air is reduced in relation to that at sea level. This results in slowing of metabolism, reduction in stamina, and collection of fluid in the tissues. This can be recognized by how tight our finger rings become and the need to loosen our shoelaces.

Often there is a disturbance in our sleep cycle with *Jet Lag*. One usually adjusts more rapidly to a normal sleep cycle at the destination if *Jet Lag* stress is gone. The greater the distance you travel to the east or west, the greater the change in your sleeping cycle. The act of tapping in this method helps to normalize the sleep cycle as you avoid electromagnetic *Jet Lag* stress.

## ***Jet Lag Tapping***

### **What does Jet Lag come from?**

The internal meridian clock, that each of us has, is connected with the time of day. Each meridian remains active for two hours, and then the next meridian comes into play.

When traveling to other time zones, our meridian clock continues to work in a two-hour cycle which no longer fits with local time, leading to the problems of Jet Lag.

### **What can you do about this?**

You can reset your meridian clock. If you are traveling in a westerly direction, you can slow it down or set it back. Traveling to the east, you can speed it up or set it forward by stimulating the corresponding meridian. Tapping the appropriate acupuncture points can accomplish this.

### **How do you do it?**

Ideally every hour you would spend one minute tapping the meridian points that correspond to the local time. However it is not easy to know what the local time is on a long flight. But knowing the local times of departure and arrival and the length of the flight, you can figure this out. Going clockwise around the meridian chart, divide the flying time between the meridian points corresponding to departure and arrival.

### **Example 1: Traveling in a westerly direction**

Flight from Zurich, Switzerland, to Los Angeles

Departure time: 12 noon => HEART meridian

Arrival Time: 2 pm => SMALL INTESTINE meridian

Flying Time: 12 hours

In this case there are only two meridian points between departure and arrival time. Dividing the hourly tapping between them, tap the HEART meridian points every hour for one minute during the first six hours of the flight and the SMALL INTESTINE meridian points for the remainder of the flight.

**Example 2: Traveling in an easterly direction**

Flight from Los Angeles to Zurich, Switzerland

Departure time: 3 pm => BLADDER meridian

Arrival time: 11 am => HEART meridian

Flying time: 11 hours

In this case there are 11 meridian points between departure and arrival time. Dividing the hourly tapping between them, you have to tap every hour new meridian points, starting with the BLADDER and ending with the HEART meridian points.

**Sleep during the flight and arrival**

If you fall asleep on the flight and miss the regular hourly tapping, you can catch up with the meridian clock by tapping the points in their proper order one after another without waiting, until you arrive at the meridian that corresponds to the local time.

Once you have arrived at the local time, you can help your body adjust to the new time by continuing to tap the corresponding meridian points at two-hour intervals.