



Balancing The Acupuncture System –In Four Minutes

By

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Using the Traditional Chinese Medicine (TCM) protocols to determine and treat an energy (CHI) imbalance in the body can be very complex and time consuming. There is confusion sometimes, as to which or where the proper treatment points are to be found. They involve complex formulas and sequences. The current Touch for Health protocol follows these traditional methods.

With travel to China, 25 years ago, for study and observation of acupuncture methods, the author has developed, a quicker and easier method of balancing the CHI. With only three steps, in less than four minutes, you can find one acupuncture point that will correct and balance a person's Chi.

The author has been using this new technique for six years in a clinical setting with over 500 patients treated successfully. The results are long lasting and seem to be permanent.

Step #1. Establish that a Chi imbalance is present:

Find a strong indicator muscle (IM). Touch the end of the Governing Meridian (#27) on the upper lip & test the IM. Touch the end of the Central Meridian (#24) on the lower lip & test the IM. If either of these two acupuncture points weaken the IM, a CHI imbalance is evident.

Step #2. Determine which Acupuncture meridian is over energized & on which side(R or L):

Lightly touch the pulse points on the wrist. (See chart on p.70, Touch for Health, The Complete Edition) Repeat, using a *heavy* touch on the pulse points on the same wrist. If the IM weakens with either contact, heavy or light, retest the points one at a time, to discover which meridian is over energized. If none of the circuit localized (CL) points weaken the IM, repeat the test on the opposite wrist. One of them will weaken the IM. After determining the unbalanced meridian, CL the beginning or ending point of that meridian, on a toe or finger. One of these two points (beginning or ending) will weaken the IM. This is the correction point. Occasionally, this point will be on the face or torso. (For the Kidney meridian, use KI#1 on the ball of the foot or KI#27 below the clavicle next to the sternum.)

You now know which meridian is imbalanced, on which side and where the correction point is located.

Step #3. Stimulate the correction point & balance the CHI:

Once you have discovered correction point on the over energized meridian, you can correct the energy flow by tapping, massaging or otherwise stimulating this point for about 10 – 15 seconds. Once the 'backup' or 'block' of CHI is removed, return to the original test in #1. The test should not show any imbalance of CHI.

After presentation and demonstration, there will be a class workshop to demonstrate this new protocol and with a question and answer period for participants.

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