

MUSCLE TESTS FOR THE EIGHT EXTRA MERIDIANS

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ABSTRACT

The eight extra meridians regulate the function of the twelve regular meridians. Muscle tests for the extra meridians will be demonstrated and all twenty meridians balanced by means of an eight-muscle test that can be done with the person standing. Energy flow through the extra and regular channels and ten major plexuses will be demonstrated and use of emotions and nutrition explained.

MUSCLE TESTS FOR THE EIGHT EXTRA MERIDIANS

Chinese traditional medicine considers that "blood" and "qi" (chi: vital energy) circulate throughout the body in channels and collaterals and that these passageways (59 according to Felix Mann¹) form a network connecting the superficial and interior portions of the human body, regulating the whole body. Channels are the main trunks running lengthwise, while the collaterals are their branches. Channels can be classified into two groups: the regular channels and the extra channels.² The regular channels, the Twelve Channels, are the meridians we Touch For Health Instructors are familiar with when we work with the wheel. The Chinese considered the Eight Extra Channels to be different from the Twelve Channels as they did not seem to pertain to any of the internal organs.² Two of the extra channels -- the central (conception vessel) and the governing vessel meridians have their own acupuncture points. The other six extra channels join together certain of the regular channels and one or two points on them are supposed to activate the whole channel.¹ These meridians are generally known as: Belt, Vital, Mobility Yin, Mobility Yang, Regulating Yin, and Regulating Yang.

At the 1982 TFH International Annual Meeting, I presented a paper³ showing that all twenty meridians are represented by pulses at the wrists. The superficial and deep pulses on the wrists correlate with the twelve regular channels (twelve primary meridians). Intermediate level pulses on the thumbs correlate with the central and governing meridians and the intermediate pulses on the wrists correlate with the other six extra meridians.

The Chinese considered the twelve regular channels to flow through the body like rivers and streams and the eight extra channels to be a system of channels and lakes which regulated this flow.⁴ With the exception of the central and governing meridians, the energy is not considered to flow continuously through the extra channels as it does through the twelve regular channels. Instead, energy is considered to flow through these extra channels when there is a need for the body to adjust the balance of energy flow in the regular channels. "If this regulating system of eight (extra) channels were always functioning properly, there would be no problem. They would continuously adjust and regulate the twelve organ meridians. These would be balanced, their (qi) flow would be smooth and unimpeded, and the body would be harmonious."⁵ An entire system of acupressure -- Jin Shin Do -- is based on balancing out the body's energy flows by working with the eight extra channels.

My research supports the regulatory function of the eight extra meridians. However, my research further suggests that

energy flows continuously along the eight extra meridians, a conclusion at variance with other writers on the extra meridians. By deliberately placing the body under stress John Barton and I were able to detect what appears to be a surge of energy that travels progressively throughout the meridian system. Each organ has a reflex on the skin which is temporarily thrown out of balance and emits a frequency of 69.5 gegahertz as the extra energy surges through that organ and its associated meridian. The sequence of flow through the twelve regular channels is exactly that of the wheel that we use in Touch For Health. However, there are two major differences. The Chinese recognized that each of the twelve regular meridians had a two hour period of maximum energy flow as well as a two hour period of minimum activity twelve hours later within the overall twenty four hour cycle. At least one other biorhythm was recognized by the Chinese⁶ but I have not seen in the literature a biorhythm corresponding to the one John Barton and I first discovered in September, 1982 and since clarified further by my research. This surge of energy apparently does not travel through the system at a constant speed. Each meridian may be "active" for from one to ten minutes with an average of about five minutes.

The second difference is that the cycle does not include just the twelve regular meridians but also the eight extra meridians and a twice-repeated cycling through the ten major plexuses (about one minute per plexus).

Research by John and Margaret Barton of the Biokinesiology Institute has shown that the extra meridians are associated with organs such as the hypothalamus, anterior and posterior pituitary, pineal, thymus, spleen, adrenal medula and adrenal cortex. These organ-meridian correlations are consistent with the ability of the extra meridians to regulate the twelve primary channels and their corresponding organs. Thus I could see the necessity to have some muscle tests to measure the function or efficiency of the extra meridians. The Bartons have already published information on over 900 different tissues -- muscles, tendons, ligaments, fascia, synovial membranes etc.⁷. I selected from tissues associated with the extra meridians those that would be suitable as muscle tests. I then proceeded to determine where the neuro-lymphatic points and neuro-vascular holding points for those tissues were located.

As I began working with the 35 muscle tests that appear in the soon-coming book "Balancing the Body's Energies: Muscle Tests for the Eight Extra Meridians"⁸ I began finding that correcting all imbalances in the extra meridians also corrected imbalances in the twelve regular channels. Would this extend to just working on one indicator muscle test for each of the extra meridians? Yes. Sometimes we are in the position of wishing to give a friend a Touch for Health balance and there

is not enough room for the friend to lie on his back or it would attract too much attention to do so. Anyway, I saw the attractiveness of being able to balance out all the regular and extra meridians by testing muscles on the upper body only. The eight muscle tests I have selected give us the desired result with a minimum of movement, allowing for an extremely fast muscle balance.

In Touch for Health we are interested not only in balancing out the fourteen meridians but also in strengthening muscles that can otherwise allow certain very specific conditions to develop. For example, although working with the gluteus medius muscle test is sufficient to restore energy flow along the circulation-sex meridian, if we work with the piriformis muscle test, also on the same meridian, we may prevent a sciatic condition from developing or help correct it if it already exists. It is, therefore, obviously to our advantage to have information to correct other imbalanced tissues associated with the same meridians.

Some of the muscle tests I have included because of the conditions that commonly develop if they are out of balance within an individual. As an example, the obliquus abdominis externus #1 muscle test is included because it is one of two major tissues which when out of balance allows the symptoms we recognize as "morning sickness" to develop. No, you do not have to be pregnant to have morning sickness! The tissue commonly goes further out of balance during a pregnancy but I know of men who have had the condition and have worked on such a client. (His wife was certainly well beyond childbearing years). The additional muscle tests have been selected for various reasons. At least three muscle tests are described for each meridian. These include both upper and lower body so that if the person is injured in the shoulders and/or arms then a lower body muscle test can be used, and vice versa. The Regulating Yin and Regulating Yang meridians are associated with the parathyroid, adrenal cortex and adrenal medulla; and parotid, spleen, anterior pituitary and posterior pituitary, respectively. Muscle tests associated with each of these organ functions have been included.

Undoubtedly many of you have already found muscle tests that would not correct with the available techniques. You may have already found that sometimes the tissue seems to be associated with a different meridian. Why is this? When we test a specific muscle, such as the hamstrings, what are we actually testing? Is it the entire hamstring group of muscles and tendons? Is it the bicep femoris long head muscle or its tendons? Is it the semimembranous muscle or its tendons? Or, is it the semitendinosus muscle or its tendons?

Sometimes a specific Touch for Health muscle test that fails is not even related to part of the tissue it is named after.

For example, when the coracobrachialis muscle test of Touch for Health fails it is often the coraco-humeral ligament that is actually out of balance. Correcting the imbalance in the ligament will allow the muscle test to test strong. There are quite a number of other examples but this illustrates the point.

The conclusion, then, is that when doing a specific Touch for Health muscle test, we must realize that we may not actually be testing the tissue we think we are. If we keep this limitation clearly in mind then we should have no difficulty. When a muscle test fails, then there is some tissue out of balance which can be strengthened by using the appropriate Touch for Health techniques. Whether the tissue named "A" is in fact "B" doesn't really matter as far as our aims are concerned. Eventually others are going to find a means of determining exactly which tissue is being tested. When they find the tissue being tested is not what we Touch for Healthers thought was being tested there will be a temptation to say that Touch for Health does not work. That would be a wrong conclusion: we would not all be here if it did not work!

How do we know what we are testing then? Let's say that you have just completed the latissimus dorsi muscle test on a friend and found it to be weak on the right side. What imbalance allowed that muscle test to fail? Was it the latissimus dorsi muscle or its tendon, or some other tissue? Therapy localization is a means by which we can determine this. Standing behind your friend, test a strong indicator muscle, such as the deltoid, then point the fingers of your other hand directly into the latissimus dorsi muscle. Does the indicator muscle then weaken? If not, point into the tendon. Usually, it is the tendon that is out of balance when the latissimus dorsi muscle test fails. This imbalance is related to the pancreas, whereas the muscle imbalance is related to the heart.

Sometimes over a period of weeks we may find ourselves continually having to strengthen the same muscle or muscles. We suspect that negative emotions are involved. Until now, we have not had a way to determine what those very specific emotions are. As an illustration, let us again consider our friend with the latissimus dorsi muscle testing weak on the right. Test an indicator muscle while therapy localizing the tendon. If the indicator weakens say "Love, love" audibly to your friend. If the indicator muscle now tests strong while you therapy localize the tendon, you have determined that positive emotions may be helpful in correcting the imbalance. Saying "Willing and accepted" aloud while continuing to therapy localize the tendon should result in a strong indicator muscle. Conversely, saying "Unwilling and unaccepted" should again weaken the tissue and its muscle test. The relevant emotions to restore or throw out of balance a particular tissue will be different from those associated with other tissues. The

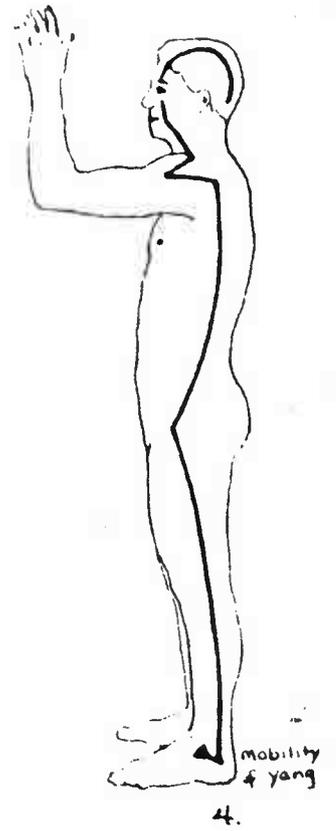
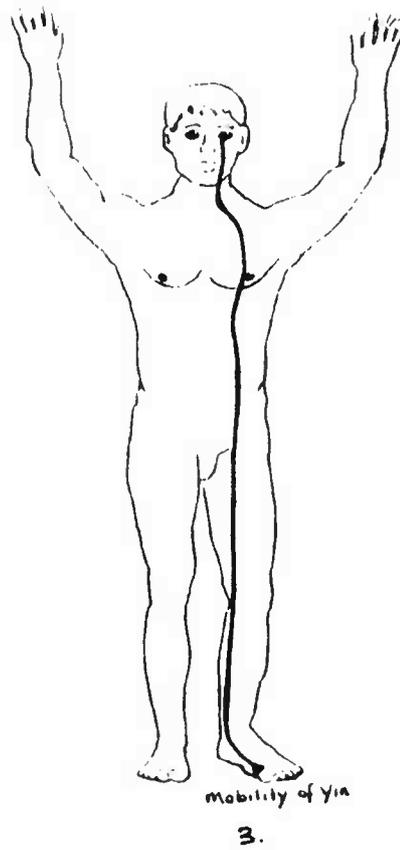
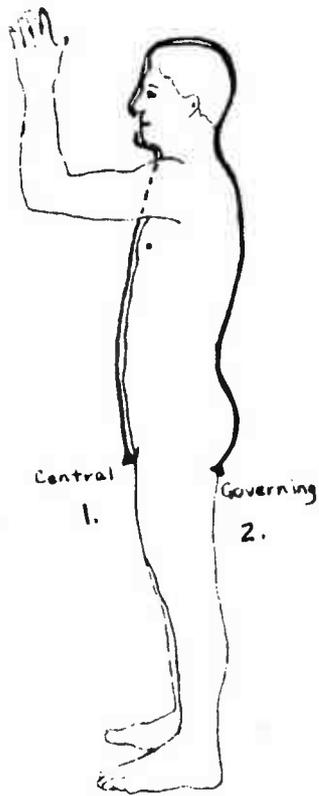
latissimus dorsi muscle, for example, would respond to "Willing and forgiveness" and "Unwilling and bitter". Whether the person went through a situation where they experienced the negative emotions, or not, working with the positive emotions will usually be very beneficial in helping the tissue to return to, and stay in, balance.

Another major cause of continued imbalance in a specific muscle test can be nutrition. Sometimes a tissue can weaken because the person lacks sufficient amount of a specific vitamin or mineral in the diet. Sometimes the reason a deficiency has established is that the person is allergic to that particular nutrient and is unable to handle it whether it is in the diet or not. For further information see the paper I presented at the 1981 TFH International Annual Meeting⁹.

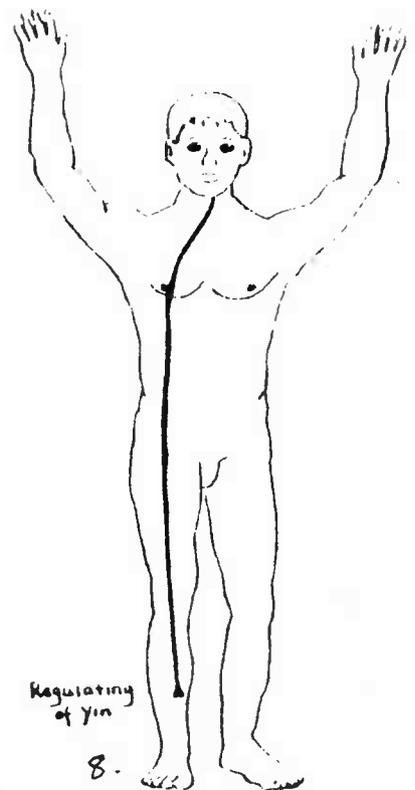
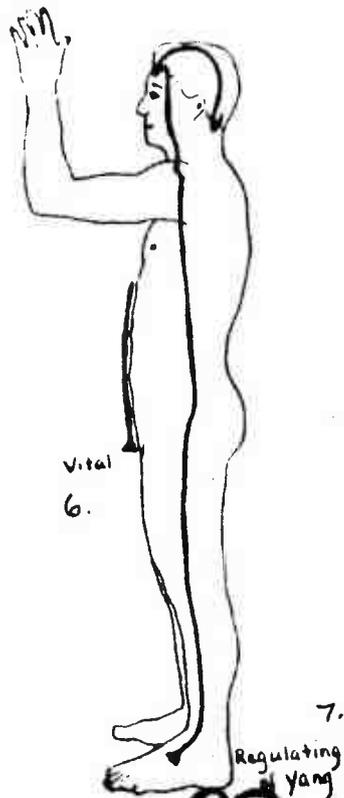
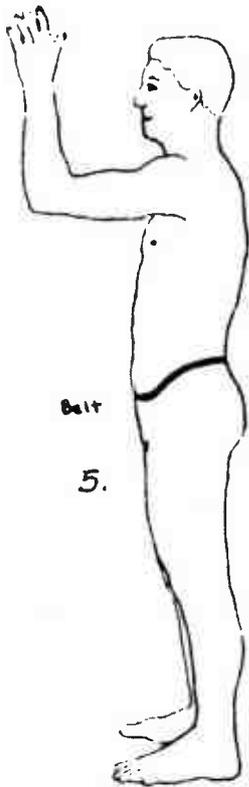
Additional strengthening techniques for each muscle and tendon include massage and biokinetic exercises. The latter are passive exercises that involve shortening the specific tissue we are interested in, without the tissue being used, as a physical means of restoring balance.

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THE EIGHT EXTRA MERIDIANS



Regulating of yin

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