

Meridian Therapy

Thousands of years ago, Chinese healers discovered a remarkable system of treating pain, discomfort, mood disorders, cognitive dysfunction, and every kind of medical disease. In effect, this system we now call acupuncture was found to successfully treat what we now call the body, the mind, and the soul or spirit. Acupuncture refers to the use of needles. However, the principles of acupuncture can be very effective even if needles are not used. Instead, practitioners have found that tapping the points or gently touching them or applying pressure directly upon them in clockwise or counterclockwise circles or using tiny magnets in place of needles or even visualizing specific procedures can be very effective. Over the course of five millennia treating billions of patients during that span, acupuncture, broadly defined, has become refined, fabulously effective, clinically proven, and practiced by more physicians around the world than any other form of therapy.

Meridians might be considered a sort of information pathway used by something called Qi (chi). Now, forget that foreign or perplexing word for a moment. Simply consider that some form of electromagnetic energy or quantum particles or something more than blood or lymph, but yet to be named, flows through these pathways. Did I just make it more difficult to understand? The concept of Qi is not easy to explain to those who grew up with the concepts of blood and lymph. So, whatever Qi is discovered to be, the facts are that: 1. This system of medicine has worked and worked and worked; 2. It works so well that physicians and healthcare providers around the world use it millions of times each day in every kind of medical and therapeutic setting; 3. Many variations of the traditional forms of acupuncture have been discovered and used throughout the world; 4. Peer-reviewed medical journals are devoted to publishing evidence-based acupuncture research; 5. Even psychology has “discovered” ways of using the concepts of acupuncture to treat all sorts of disorders in a fraction of the time usually devoted to more westernized therapies.

According to fundamental acupuncture theory, there are 12 meridians, or pathways found symmetrically on each side of the body. Each meridian is related to a specific organ. In addition, there are two single meridians following the midline of the body, one at the front and the other along the spine. Many points are distributed along the meridians. These points help move whatever we understand as Qi around the body.

In disease, imbalances, disruptions, or complete congestion of that flow develops. The result is some form of disorder for which we seek out professional care. A correct diagnosis of what is causing the imbalance, disruption, disturbance, or congestion of this flow can restore the healthy movement of Qi.

So, what's my point and what do I want you to know:

- This system of healing works, and it works for just about every kind of complaint;
- Needles are not necessary;
- You can be taught how to use effective treatments on your own as self-help techniques;
- Physical and psychological maladies can be treated equally well;
- This system can be used along with any other treatments, therapies, or medications;
- This system can be used to improve mental and physical performance for school, sports, business, and life;
- This system can produce results relatively quickly, painlessly, and effectively - - often when other therapies cannot.
- So, if I recommend Meridian Therapy as a part of my treatment, now you may know something about it. I can teach you how to use it to help yourself. It can help me

ADDENDUM

Just to give you a sense of how this works, consider some of the conditions associated with an unhealthy flow of energy in what is called the “Liver” meridian. A selection of particular acupoints on the meridian can help restore a healthier flow of Qi via stimulation of these locations with touch, pressure, movement, magnets, thoughts, breath, tapping, or microcurrent stimulation (completely below the threshold of sensation).

- anger
- depression
- frustration
- trouble planning
- indecision
- procrastination
- hopelessness
- guilt
- judgmental
- intolerant
- headaches
- eye disorders
- dizziness
- tendons and ligaments
- constipation
- waking between 1 – 3 a.m.
- nausea
- unable to fall asleep
- sciatica

- inflammation
- fat intolerance
- aching joints and muscles
- shingles
- and others