

# MERIDIAN THERAPY: ITS ROLE IN TREATING THE TOTAL PERSON

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**A**s noted in our preceding articles, optimum health is composed of a harmonious balance between the structural, chemical and mental-emotional sides of an individual.

Some treatment modalities used to remove structural interferences and treat nutritional imbalances discussed previously, were chiropractic adjustments, Applied Kinesiology methods, and nutritional supplementation.

Another potent modality which is very useful in restoring and maintaining health, is acupuncture.

Briefly, acupuncture originated many thousands of years ago in the Orient. This system correlated with the Oriental philosophy of life, and its secrets were handed down from generation to generation.

The term acupuncture implies that a puncture of the skin with a needle is necessary for treatment. However, researchers have discovered that the use of a needle is actually unnecessary in many instances and was not used in all cases in the past. The new term given to this non-invasive system is called "Meridian Therapy."

Taoists (Oriental philosophers) called the life-giving force "chi" (pronounced "chee"). This life-force travelled along predetermined electromagnetic pathways called meridians.

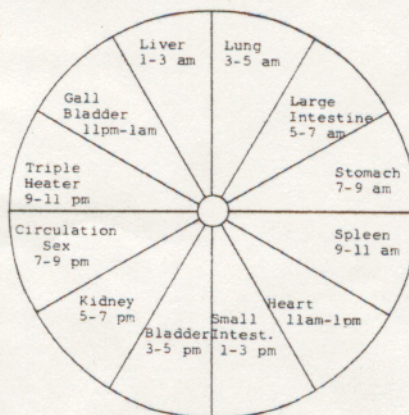
There are twelve meridians on each side of the body. The energy flows from meridian to meridian in a predictable sequence.

The flow is on a 24-hour cycle beginning with the lung at 3:00 am. Each meridian has a two-hour peak energy time, and 12 hours later, has a two-hour lowest energy time. For each of the twelve major meridians, there are points which will tonify the meridian, and points which will sedate the meridian.

In the book "The Kirlian Aura", William Tiller, a professor at Stanford University, discusses the research of North Korean Professor Kim Bong Han. Kim injected radioactive phosphorus into an acupuncture point, then traced the radioactivity. The phosphorus travelled along the meridian even though there is no known anatomical pathway along the meridian. Upon further evaluation of radioactivity, it was shown that the

highest concentration of activity was at the acupuncture points.

Each meridian is associated with an organ function of the body which is dependent upon a normal energy level in its associated meridian for normal



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health.

The Orientals evaluate the energy level in the meridian for over, or under activity of Chi, then proceed to either stimulate or sedate the meridian by treating different acupuncture points. Stimulation can be accomplished through needles, digital pressure, acu-aids, and more recently with electrical stimulation.

Oriental doctors also used diet and herbs to balance the chemistry of the body, manipulation of the spine and extremities, along with massage, as part of their armamentarium against disease.

The psychological aspects of health also correlate with the philosophy of acupuncture.

In current Western Natural Health Care, there are many similarities between our approach and that of past and present day Orientals.

To begin with, we are concerned with the control of organs, glands, and tissues via the nervous system. The Doctor, rather than prescribing drugs to influence an organ, finds out why the organ is not functioning as it was designed to, and then releases that in-

terference. This approach correlates with the Orientals' attempt to balance Chi within the body.

Secondly, we are involved with optimum diet and nutrition to give the body the building blocks it requires for optimal physical performance. We are also concerned that there are no adverse chemicals and pollutants interfering with normal body function.

Finally, we are interested in evaluating the mental-emotional status of the patient, making sure that there are no adverse effects on health and that poor health is not affecting or influencing the mental-emotional balance of an individual.

One of the many methods used by Western Natural Health Care Doctors is Applied Kinesiology, which makes use of the body's muscle strength to evaluate structure, nerves, nutrition and other health-involving factors.

Using Applied Kinesiology methods, the meridian system can be evaluated to determine which meridians are over or under active. If a meridian is under active, a muscle associated with the energy level of that meridian will be weak; however, if it is over active a muscle associated with that meridian will be hypertonic (tight). The use of the classic acupuncture points restores immediate balance in the meridian, and the muscle will return to its normal strength.

Stimulation of these points is usually done with digital pressure by the doctor. There is little or no discomfort to the patient.

Through scientific evaluation we are learning increasingly more about the meridian system and the type of energy that is present. Researchers are still uncertain as to exactly what "chi" is; however, they have shown that it is of an electromagnetic nature which can be influenced and altered through electrical stimulation.

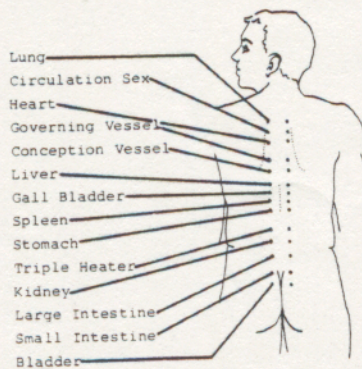
Applied Kinesiologists through continued use of meridian therapy have uncovered many ways meridian balance can be disturbed. A patient may incur an injury along the pathway of a meridian which affects its energy flow. This injury can then lead to an interference directly involving that particular meridian or others which inter-connect with that



meridian.

Western Doctors who specialize in Natural Health Care have been treating meridians before there was Western knowledge of Meridian Therapy or acupuncture. There are 14 points along the spine called associated points, in classical acupuncture.

Each of the 14 points is associated with a specific meridian. The traditional acupuncturist treats these points as reflex points when he finds a meridian out of normal balance. Interestingly enough, most of these points are in the same location that a Doctor of Chiropractic would stimulate when adjusting the spine, thus affecting meridian balance unknowingly. For example, when lung conditions are involved in reference to spinal treatment, the associated point for the lung meridian is typically treated.



ASSOCIATED POINTS

Diet and nutritional therapy will also affect meridian energy balance. Meridians can either be over or under active as a result of nutritional deficiencies, harmful pollution or chemical stimulation. In order to permanently rebalance the meridians involved, removal of the cause of the poison or nutritional inadequacy must be implemented.

Meridian Therapy, just as any other single mode of treating illness, is by no means a cure-all or panacea. However, it has been shown to play a very important part of the total energy pattern, control mechanism and normal health maintenance picture. It allows your Doctor another tool to further enable the provision of better health care to athletes and the general public.

Please direct any questions to Dr. Borys M. Chambul, D.C., c/o Canadian Runner Magazine. ☐

**Suggested Reading:** Holistic Medicine, Tracy Deliman and John S. Smolowe, M.D., Reston Publishing Company, Inc., 1982. Acupuncture: Cure of Many Diseases, Felix Mann, Tao Books and Publications, Inc., 1972.

**References:** 1. Applied Kinesiology Manual, David Walther, D.C., Systems D.C. 275 W. Abriendo, Pueblo, Co. 81004, 1976. 2. The Kirlian Aura, Stanley Krippner and Daniel Rubin, Garden City, N.Y., Anchor Books, 1974. 3. Meridian Therapy Pamphlet, David Walther, D.C., Systems D.C. 275 W. Abriendo, Pueblo, Co 81004, 1981.