

**FREE RADICAL REDUCTION THROUGH THE USE OF  
ELECTRO STIMULATION OF ACUPUNCTURE  
NEEDLES ON THE SHEALY RING OF CRYSTAL**

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The work reported in this thesis is original and carried out by me solely, except for the acknowledged direction and assistance gratefully received from colleagues and mentors.

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## DEDICATION

My brother, Joseph Cadillac, gave this poem to me. It has served as my staff over the years. It is now dedicated to everyone in the acknowledgement section and to all those who dare to move out of their comfort zone!

There is no chance, no destiny, no fate that can  
Circumvent or hinder or control  
The firm resolve of a  
Determined soul.

*Ella Wheeler Wilcox*

## ABSTRACT

### **Free Radical Reduction with Electro-Stimulation of Acupuncture Needles On Meridian Points Known as the Shealy Ring of Crystal.**

The purpose of this study was to statistically correlate the electro-stimulation of key acupuncture points with a reduction in free radicals and an improved emotional state. It built upon previous work conducted by Dr. C. Normal Shealy, but differed in several key areas. This experiment employed a different electro-stimulation than was used in Shealy's experiments, and only a subset of the original points was stimulated with the electro-stimulation. Pre- and post-intervention free radical values were obtained by using an OxiData urinalysis test to measure the presence of malondialdehyde, a precursor to the free radical lipid peroxidase. OxiData was administered to all subjects before and after the experiment. The subjects' stress levels were also measured using two tools. The first was a mechanical measurement of the conductivity of key acupuncture points using an MSA-21, a recognized tool for acupuncture practices. The second was a battery of self-assessment tests whose results were then interpreted by the principal investigator.

More than eighty subjects were used in this test. Respondents covered a wide diversity in ages and backgrounds, although seventy-two percent of them were female. The intervention group received three acupuncture treatments (one per day over three consecutive days) along specific acupuncture points known as the Shealy Ring of Crystal. These were a combination of needling and electro-stimulation. Both the intervention group and control group received lectures and teaching materials about free radicals and acupuncture. Both were also tested at the same time for the presence of free radicals and a measurement of stress levels. Pre-treatment values were compared with post-treatment values.

Statistical data were mixed. OxiData results indicated a trend ( $p=0.11$ ), but did not show a close statistical significance. The MSA-21 Bio-Meridian stress test was used to assess the variance of energetic values linked to emotional values. Three out of more than 20 test combinations indicated a statistical significance, correlating reductions of stress to the intervention treatment. However, these reductions were not detected in the self-assessment evaluations.

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## INTRODUCTION

*Dis-ease* and *dis-ease processes* have intrigued mankind for centuries. The understanding and management of free radical activity and its role in the disease process may well offer a new possibility to regaining balance in physical health and well being. Free radicals appear to be both naturally occurring and yet influenced by many variables including diet and physical and emotional stress. This research seeks to measure the influence of acupuncture in combination with electro-stimulation of specific acupuncture points known as the *Shealy Ring of Crystal* on the body's ability to reduce free radical activity as well as to assess the effects of the intervention treatment on the recipients' emotional states. This dissertation consists of an overview of the research, the relevant concepts of acupuncture that are involved, description of the Rings developed by Dr. C. Norman Shealy, M.D., Ph.D., description and explanation of the research and finally, the research results.

### Problem Overview

The presence of free radical activity in the body has been linked to nearly all disease states. Additionally, free radicals are considered an accelerating agent in the aging process itself. While there are a wide variety of approaches and nutritional supports available to mitigate free radical tissue injury, there appear to be individuals who still produce significantly high levels of free radicals regardless of nutritional supports and or antioxidant support.<sup>1</sup> Until recently, nutritional and antioxidant supplements were the only options for the successful reduction of free radical activity.

Emotional states have also been associated with either the increase in the production of free radical activity or as a result of the presence of high levels of free

radicals<sup>2</sup>. Shealy has developed a direct approach to the reduction of free radical activity through electro-stimulation of a series of acupuncture points known as the Shealy Ring of Crystal. The stimulation of the Ring of Crystal has been shown to result in a significant reduction in free radical activity.<sup>3</sup>

## Introduction Endnotes

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<sup>1</sup> J. Reston, "Now about my operation in Peking," the *New York Times*, July 26, 1971, p. 1,6.

<sup>2</sup> E Suzuki, G. Yagi G., T. Nakaki, S. Kanba, and M. Asai, "The Role Of Nitric Oxide and Depressive States," *Journal of Affect Disorder*, 2001 Mar;63(1-3):221-4.

<sup>3</sup> C. Norman Shealy, *The Methuselah Potential for Health and Longevity* (Brindabella@Books, 2002), 26-32.

# **CHAPTER 1: THE RESEARCH PROJECT**

## **Purpose**

In previous studies, Dr. C. Normal Shealy demonstrated that electro-stimulation of the Shealy Rings (a series of acupuncture points) resulted in a trend towards increased levels of balance and homeostasis.<sup>1</sup> Homeostasis has been defined as an internal state of balance that moves throughout the body.<sup>2</sup> He also demonstrated a reduction in the presence of lipid peroxidase through the stimulation of the Shealy Ring of Crystal by the *Shi-li Giga TENS* unit (described later).

This research examines the efficacy of an intervention process that employs a different electro-stimulation device on the acupuncture points along the Shealy Ring of Crystal in an attempt to reduce the presence of malondialdehyde, a precursor to free radical activity, as well as to determine the effect of the intervention on emotional states. The OxiData urinalysis test was used to assess pre- and post-intervention free radical values. Other tests were used to measure changes in emotional state.

## **Overview of the Methodology**

Acupuncture needles were inserted in specific acupuncture points on the *Shealy Ring of Crystal*.

Four points known as Governing Vessel 20 (GV20), Spleen 4 bilateral (Sp4L and Sp4R), and Conceptual Vessel (CV8.5) were selected for electro-stimulation using the KWD-808-I Multi-Purpose Health Device (described later). The Bio-Meridian Emotional Stress Assessment Device (MSA-21)<sup>3</sup> was used to measure pre-and post-intervention changes in the balance states on GV20, Sp4L and Sp4R. CV8.5 was



intuited. An intuited point is one that is discovered through an intuitive awareness and not necessarily documented as a confirmed acupuncture point. CV8.5, having no recorded history, was not included in the computer program and had no known emotional correlate in the MSA-21.

GV20 was chosen because it is known for raising clear yang and has influence on the pituitary gland.<sup>4</sup> According the parameters of the MSA-21's *Meridian Stress Program*, *I am churning inside* is the emotional correlate in a state of imbalance while *I am comfortable, I experience this comfort and support* is the emotional correlate for the balanced state. Additional emotional issues assessed on GV are listed in Table 1.

<b>Point</b>	<b>Imbalanced State Issue</b>	<b>Balanced State Affirmation</b>
GV general emotion	I am churning inside.	I am comfortable; I experience this comfort and support.
GV issue #1	I am competitive	I am supportive
GV issue #2	I am apathetic	I am interested. I am motivated.
GV issue #3	I am stubborn, rigid.	I am flexible.

**Table 1. Emotional Correlates for Governing Vessel 20 (GV20)**

Spleen 4 (Sp4) was selected because it is the connecting Luo point on the spleen channel joining the stomach channel. A Luo connecting point denotes a point at which connecting vessels join primary channels in conjunction with the channels' interior-exterior counterparts<sup>5</sup>. It is actually two points located bi-laterally one inch behind the base joint of the great toe.<sup>6</sup> This point was measured on the Right (Sp4R) and the Left (Sp4L). Its imbalanced emotional correlate is *I am lost and tired in "doing,"* while its balanced emotional correlate is *I flow with Faith.* Additional emotional issues for Sp4 are listed in Table 2.

<b>Point</b>	<b>Imbalanced State Issue</b>	<b>Balanced State Affirmation</b>
SP4 general emotion	I am lost and tired in “doing.”	I flow with Faith.
SP4 issue #1	I am unsafe and on the brink of disaster.	I am safe and secure.
SP4 issue #2	I am confident only in familiar settings.	I am confident exploring new settings.
SP4 issue #3	I am awkward and unsure in new settings.	In new settings I have confidence and assurance that I have what it takes.

**Table 2. Emotional Correlates on Spleen 4 (Sp4)**

Time constraints prohibited assessing of all points along the Shealy Ring of Crystal. Eighty-four volunteers between the ages of 28 and 78 were randomly divided into two groups of forty-three subjects. **Group A** was known as the **Intervention Group**. **Group B** was known as the **Control Group**. All participants were evaluated using several assessment tools:

- **State Trait Anxiety Inventory (STAI).** This tool assessed the subjects’ pre- and post-intervention anxiety states as reported by the subjects. See **Appendix G** (page 121) for an example of the self-assessment form.
- **OxiData Urinalysis Test.** This chemical tested the quantity of lipid peroxidase, a precursor of free radical activity, in the subjects’ urine on Day One and Day Three of the research study. See **Chapter 3** (page 53) for details about this test.
- **Research Intake Form and Release of Information for Study Results.** This test assessed the general health status of the subjects as reported by them. See **Appendix C** (page 108) and **Appendix D** (page 111) for examples of these forms.

- **Chinese Assessment Exam.** This assessment was used pre- and post-intervention as a means of obtaining both subjective and objective findings regarding the subjects' intake to assess the subjects' health status according to Chinese principles. It was included in order to meet the Acupuncture internship requirements of the State of Georgia Medical Board. The findings are not represented in this study other than as subjective material. See **Appendix J** (page 172) for examples of the assessment and key.
- **Bio-Meridian Stress Computer Analysis (MSA-21).** This device was used to detect and measure balance states on the previously identified acupuncture points. It is discussed in greater detail in **Chapter 3** (page 51).
- **Symptom Index.** This test served as a subject self report regarding personal health status. See **Appendix F** (page 117) for an example.
- **Personal Stress Assessment.** This test served as a subject self report regarding personal stress. See **Appendix D** (page 111) for an example.

Data collection with the intervention group took place over three consecutive days. Day One included conducting all of the assessments, while Day Three included only the pre- and post-intervention assessments. Electro-stimulation of the selected acupuncture points along the Shealy Ring of Crystal took place on all three days. Fifteen subjects in the control group were assessed on Day One and Three one week prior to the primary research period at the office of this researcher. The remaining controls were asked to come to the research location on Day One and Three of the research.

This current research employed a different electro stimulation device than Shealy on a subset of the Ring of Crystal points. It was unable to detect a statistically significant

reduction in the presence of lipid peroxidase (Shealy's research demonstrated an eighty percent reduction in the presence of lipid peroxidase).<sup>7</sup> This research, however did demonstrate that the intervention had an effect of statistical significance on balancing emotional states. Additionally, there was a subjective observation by the researcher on the final day of the study that indicated a tendency of increased level of well-being as subjectively reported by the research subjects in casual conversation. The research results are discussed in **Chapter Five** (page 74).

### **Study Questions**

The following are questions to be answered as part of the research effort. Each is presented below, with a response.

- What is known about acupuncture medicine?
- How unique are acupuncture points?
- Is there any evidence that electrical stimulation of needles on skin is better than twirling needles?
- What is the path physiology of free radicals?
- What techniques are currently accepted and/or recommended for reducing free radicals?

### **What Is Known About Acupuncture Medicine?**

“For the human body is a microcosm or small space-time field within a larger field. If we can maintain this view, we can recognize that acupuncture is one of the first empirical demonstrations of biological scaling within the universe.”  
Hurtiak<sup>8</sup>

Acupuncture medicine has its roots in ancient history. Its supporters have described it as a sovereign, self-sufficient, unique, a logical practice reflecting both philosophical and cultural perspectives that have been evolving over two millennia.<sup>9</sup> It

has been studied, ignored, refuted and lauded by Western culture since its introduction to the West in the early seventeenth hundreds.<sup>10</sup>

George Soulie De Morant, a French diplomat, translated numerous articles and texts on Chinese and Japanese healing during his years of service (1901-1917) in the Far East. It was he that formally introduced the concepts of meridians and energy to the medical communities of France and Europe.<sup>11</sup>

A twelve-member panel of varying professions, public representatives, and twenty-five experts met in 1998 for 2½ days to discuss the potential use of acupuncture in support of traditional medicine. The conclusions of the deliberations were that addictions, stroke rehabilitation, chemotherapy nausea and vomiting, headaches, osteoarthritis, low back pain, carpal tunnel syndrome, asthma cramps, tennis elbow, Fibromyalgia, and myofascial pain were deemed useful or acceptable for adjunct or alternative treatments.<sup>12</sup>

1971 was the year that acupuncture was officially launched into forefront of popular American culture by a *New York Times* article describing the effects of acupuncture on post surgery pain management.<sup>13</sup>

The discovery that acupuncture reduced post-surgery pain; lead to a hypothesis that the insertion of acupuncture needles activates endogenous opioid peptides. In studies, this analgesic affect has been reversed by the introduction of naloxone hydrochloride, an antagonist of uploads, further supporting this hypothesis.<sup>14</sup> Other areas of physiology objectively influenced by the insertion of acupuncture needles are stimulation of the hypothalamus, pituitary, neurotransmitters, and neurohormones, and blood flow fluctuations.<sup>15</sup>

One of the most recent studies by Dr. Kathleen Hui, et al, presents MRI evidence of acupuncture's effects on the human brain. Hui's research papers (published in *Human Brain Mapping*), demonstrated acupuncture's ability to stimulate the limbic system and reduce the signal mechanism of stress, depression and pain.<sup>16</sup>

In addition to the application of acupuncture to the physical body via standard needles, there are three additional styles of application. The French approach, known as *Auricular Acupuncture*, maps reflex points located on the ear to major body parts and organ groups. *Korean Hand Acupuncture* can also be a reflex map of the body and its meridian system. *Scalp Acupuncture* correlates points to neurological and cerebral cortical pathways on the body.<sup>17</sup>

Research by Shealy demonstrated the ability of electrical stimulation of specific acupuncture points to be effective in raising calcitonin and DHEA, the reduction of free radicals, and the enhancement of intuition, and neurotensin.<sup>18</sup>

*Esoteric Acupuncture* is based on the work of Mikio Sankey Ph.D., L.Ac. This paradigm states there are three process stages to extraordinary acupuncture experiences, and that acupuncture points are *gateways* to encoded information. In a healing process, information must first be installed in the gateways, then activated and finally reach a level of actualization.<sup>19</sup> The gateways are *spin points* that are located along acupuncture meridian pathways. According to Sankey, "...transmissions at the *spin points* provide a regenerating instruction for the manufacture of enzymes and proteins which are the building blocks for the "new tissue" or the "new" organ form" which is regenerating on the physical plane."<sup>20</sup> The energy that is activated by the

stimulation of these spin points is believed to create sound-light vibrations that enable the cells to “spin at higher and faster rates.”<sup>21</sup>

### **How Unique are Acupuncture points?**

Acupuncture points are simultaneously unique and ubiquitous. Acupuncture points have stirred global fascination and have been adopted by and found expression in many forms of healing. They are originally credited to the Chinese meridian theory, yet many other healing modalities and techniques also use some or all of the points along the meridians to successfully relieve symptom ontology. A subset of these practices is described below.

*Amma Therapy* is one such technique. It uses a sequence of movement and stimulation techniques of specific trigger points along the meridians.<sup>22</sup>

Acupressure is another healing art related to acupuncture. It, too, uses and recognizes meridian pathways that conduct energy, but functions by locating and stimulating points using pressure.<sup>23</sup>

*Jin Shin Do* is an ancient Japan acupressure healing technique whose name translates to, “The Way of the Compassionate Spirit”.<sup>24</sup> This art uses specific acupressure points to create circuits of healing.<sup>25</sup> *Esoteric acupuncture points* act as a bridge point for the axiatonal grid system connecting the etheric body to the physical body by “using the physical body as a bio-magnetic battery. The universal electric currents cross then over each other in endless pulsation.”<sup>26</sup>

Reflexology is the ancient Egyptian art of applying pressure to specific points on the soles of the feet. These mapped points refer back to organs and systems within the body.<sup>27</sup>

Acupuncture is one way to achieve this internal balance.<sup>28</sup>

### **Is there any evidence that electrical stimulation of needles on skin is better than swirling needles?**

The twirling of acupuncture needles has been termed “acupuncture-like stimulation” in the research studies where needles were used or referenced. Two studies indicated a direct influence of needle manipulation.<sup>29</sup> Traditionally speaking, a clockwise spin of a needle is used to strengthen or “tonify” the Qi” while the counterclockwise spin of the needle is used to sedate or disperse the Qi.<sup>30</sup> A comparison of the rotation of acupuncture needles and electro-stimulation of needles indicated that the electro stimulation of the needles provided significant relief.<sup>31</sup>

In addition there have been many studies on the efficacy of electro stimulation as a healing modality<sup>32</sup> of acupuncture points<sup>33</sup>. Shealy has conducted much research on a series of acupuncture points forming circuits known as the Rings of Earth, Fire, Air, Water, and Crystal. These Rings have been stimulated with the She-Li TENS and LISS units both in both transcranial and transdermal applications and have demonstrated<sup>34</sup>

### **What is the pathophysiology of free radicals?**

Free radicals have been shown to impact nearly every part and process of the body. They are formed as the direct result of the mechanics of energy production and other metabolic processes.<sup>35</sup> Free radicals are atoms or particles with at least one unpaired electron in the outer orbit, creating a strong potential for increased chemical reactivity and instability. Within living organisms, this reactivity is hypothesized to potentiate toxicity. Recognized free radical etiopathogenesis includes tissue and organ damage. Toxic free radicals are frequently byproducts of the creation of cellular energy and normal metabolism. Other potential sources of free radical production include the catalytic reaction of enzymes such as superoxide dismutase, glutathione peroxidase



reductase and catalase, natural antioxidants like vitamin C and E, and hazardous environmental states.

Toxic metals can impede the absorption of vital nutrients. Lead is known to occupy the molecular space normally held by calcium. When lead is present, neurotransmitters are not released. Cell metabolism is also impeded as lead binds to second-messenger calcium receptors, which then blocks calcium transport by calcium channels and calcium-sodium ATP pumps. This occurs because lead competes for calcium-binding protein sites and uptake by mitochondria. Subnormal levels of calcium, iron and zinc amplify lead's impact on cognitive behavioral development and anxiety disorders.

Oxidative stress creates marked increases in free radicals especially when metal ions (principally iron) are present. Toxic hydroxyl free radicals are mediated by iron, especially during dopamine metabolism. Substantia nigra neurons are impeded by the formation of these peroxides, noted as particular to Parkinson's disease.<sup>36</sup>

### **Free Radical Dis-ease Processes**

These processes have been classified as inflammatory-immune injury, ischemia reflow states, drug toxicity, iron overload, nutritional deficiencies, alcohol toxicity, radiation, injury, aging, cancer, and amyloid diseases.

Toxic free radicals are frequent byproducts of the creation of cellular energy and normal metabolism. Cellular metabolization using oxygen leads to the "Oxygen Paradox," where oxygen can be viewed as both friend and foe.<sup>37</sup> The paradox is that, while oxygen is necessary for life, it becomes a casual factor for diseases in reactive states.<sup>38</sup> For example, oxidative stress creates marked increases in free radicals, especially when metals ions are present.<sup>39</sup>

Louis Pasteur first described the “oxygen paradox” when he exposed anaerobic organisms to air that was life supporting for aerobic organisms. The introduction of air (containing 20% oxygen) led to their demise. In the mid-1950s, Gerschman, et al and Harman followed up on Pasteur’s hypothesis, studying animals exposed to X-ray irradiation with simultaneous high oxygen tension. They noted that the ensuing accelerated aging and death process was related to the subjects’ inability to metabolize oxygen, the result of toxic free radical reactions.<sup>40</sup>

Oxygen can combine with one-electron donors, or with light.<sup>41</sup> It can be a substrate for enzymes or a byproduct of their activity. The presence of the byproduct lipid dismutase can serve as the marker for the presence of free radical activity.<sup>42</sup>

The influence of free radical activity on health seems to fall into multiple categories. According to Halliwell and Gutteridge:

“Diseases may be classified into two groups: *Group A* consists of inflammatory-immune injury, ischemia reflow states, drug toxicity, iron overload, nutritional deficiencies, alcohol toxicity, radiation injury, aging, cancer, and amyloid diseases, while *Groups B* hosts erythrocytes, blood vessels, lung, heart, cardiovascular system, kidney, gastrointestinal tract, joint abnormalities, brain, eye, and skin.<sup>43</sup>

In 1990, Sinclair, et al (96) noted distinctions of intracellular, extra-cellular, and combined intracellular and extra-cellular manifestations of free radical activity. Hyper-oxygenation, hypo-oxygenation, chemicals and drugs, alcoholic liver disease and excess iron all mediate intracellular free radical activity. Extra cellular processes manifest in inflammatory diseases, Parkinson’s disease, aging, autoimmune disorders, diabetes mellitus, arteriosclerosis and cataract genesis. Radiation damage, chemical carcinogens, smoking and air pollutants are noted to create both intra and extra cellular disease states.<sup>44</sup>

In his studies on disease states and free Radical states, Bulky further classified disease states as chemical and xenobiotic toxicity, radiation injury, hyperoxygenation, inflammatory conditions, post ischemic reperfusion injury and degenerative processes.<sup>45</sup>

### **What techniques are currently accepted and/or recommended for reducing free radicals?**

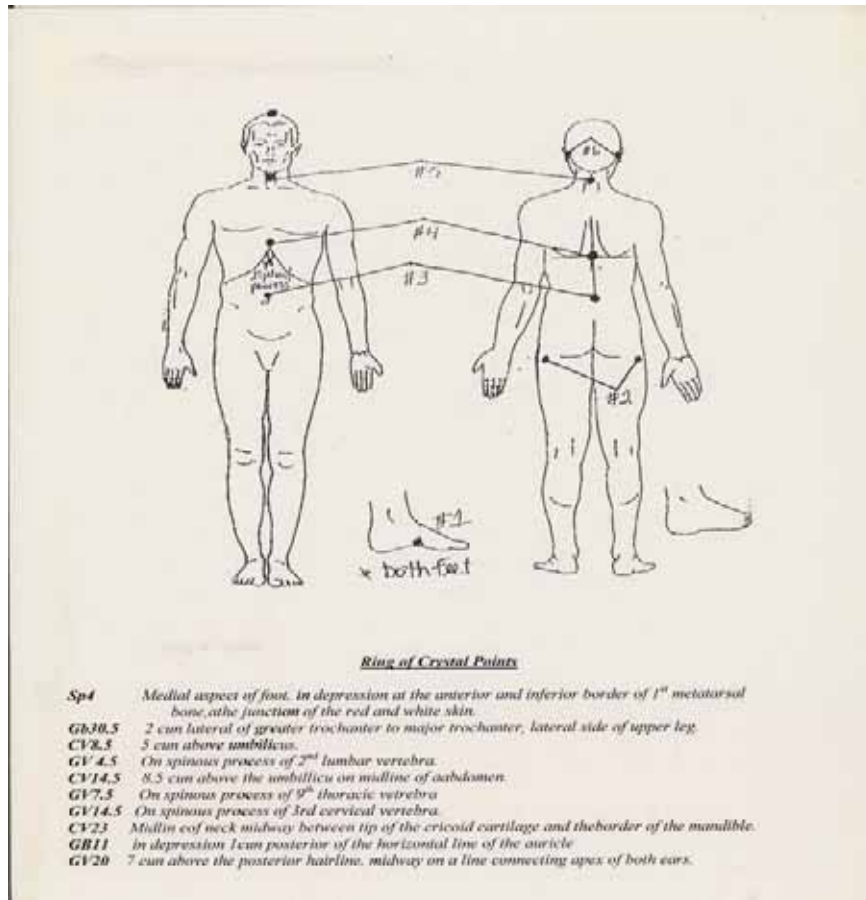
The only proven technique for the reduction of free radicals at this present time is the application of electro-stimulation with the Shi-Li TENS and LISS on Ring of Crystal acupuncture points.<sup>46</sup> Dietary recommendations include foods and vitamins; yet, foods such as polyphenols have not yet been conclusively demonstrated to reduce free radicals. However, fruits and vegetables with high antioxidant substances have demonstrated antioxidant value.<sup>47</sup> Monitored doses of Vitamin A, Vitamin C, Vitamin E and beta-carotene have shown promise with cancer patients.<sup>48</sup> In addition L'carnitine and Co-enzyme Q10 are suggested for the management of free radical activity including mitochondria disease.<sup>49</sup>

### **Description of the Ring of Crystal**

These are acupuncture points are along specific meridians which together form what is termed the Ring of Crystal. Shealy developed the concept of these points as a circuit. He then used these *combined points* in conjunction with electro-stimulation devices to create an effective procedure for the reduction of free radicals. The following points comprise the ring of crystal: **Sp4; GB30.5; CV8.5; GV4.5; CV14; GV7.5; GV14.5; CV23; GB11; and GV20.**<sup>50</sup> See Figure 1, page 16 for a graphic depiction of the points.

Shealy's research demonstrated an 80-percent reduction in free radical activity through the use of electro-stimulation of the Ring of Crystal points.<sup>51</sup> The procedure also

appeared to encourage the body to produce its own antioxidants as fifty- percent of the subjects experienced a complete elimination of free radicals.



**Figure 1. Shealy Ring of Crystal Diagram and Point Location**

## Chapter 1 Endnotes

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## CHAPTER 2: LITERATURE REVIEW

This chapter examines the definition of Qi, history of acupuncture, the differences between the Eastern and Western Philosophies, contemporary uses of acupuncture and some of the principles of energetic medicine. It also discusses the tools used in this study.

### Qi

Any discussion of acupuncture or of Eastern philosophy must start by understanding the fundamental principal of Qi. It is the foundation, the underlying principle of all that follows.

Qi can be defined or interpreted as life force and is represented by many aspects. Qi (energy) is constantly circulating in the body, and in a healthy body the *Jing Qi* (meridian channel energy) stays fairly balanced through the twelve channels. This *Jing Qi* essentially comes from three places: food or *Ku Qi*; air or *Zong Qi*; and kidney or *Jeng Qi*. *Yuan Qi* is the basic energy that a person is born with, and *Xian Tian Qi* is the genetic energy or predisposition of a person. The *Yuan Qi* and the *Xian Tian Qi* feed the *Jeng Qi*.<sup>1</sup>

Xian Tian Qi, Yuan Qi	Qi born with from genetic predispositions stored in Kidney
Ku Qi	Food eaten + air we breathe Determine our health.
Ku Qi and Zong Qi	Strengthen the persons basic Qi, (Jing Qi)
Ku Qi and Zong Qi	Strengthen our immune health, (Wei Qi )
Wei Qi	(defensive energy that travels the meridians).

**Table 3. Definition of Types of Qi**

Qi is the energy that flows within the structure of the body. Chinese medicine holds that we are born with excess amounts of energy, which ultimately declines with

age.<sup>2</sup> The concept of Qi is that it rides on the surface of as well as diving deep within the body. It travels in circuits known as meridians.<sup>3</sup>

The ancient Chinese healers, as well as other ancient cultures, understood that man and nature are interrelated. They also conceptualized that two forces converge and evolve into a new force.<sup>4</sup> They called these two dynamic “Qi” forces Yin and Yang, opposing yet complementary types of energy whose balance is in perpetual flux. “Qi” means energy, while Yin and Yang describe the type of energy.<sup>5</sup> Yin and Yang are the principle dual dynamic forces from which all other energy patterns arise.<sup>6</sup> Both are seen as necessary parts of a whole.<sup>7</sup> When they flow in harmony there is forward movement, stamina, and health. When there is an imbalance, there is stagnation, fatigue, and disease.<sup>8</sup> Yin is seen as a soft, cool, dark, feminine aspect. Yang is seen as an action oriented, heat, light, masculine aspect.<sup>9</sup> For example, midnight is Yin while noon is Yang. Yin Organs are solid and contain energy, while Yang Organs are hollow and involve movement.<sup>10</sup> Yin energy is restive while Yang energy involves movement and force.<sup>11</sup>

Yin and Yang function as complementary parts, which together make the whole. They are the forces of all things and the forces of no thing. Yin/Yang Qi is tangible and intangible simultaneously. One cannot exist without the other and each will balance out the other. Neither is desirable as a sole force and neither is superior to the other.

The Zang-Fu organs are the underlying principles of internal balance in the Chinese theory. This theory states that all organs are paired with their complimentary energy counterbalance. This means that there is always a yin organ that is paired with a yang organ so that harmony and balance can be maintained.<sup>12</sup> Zang’s function is to



hold; organs whose job it is to store Qi. Fu organs, by contrast, are hollow and involve movement.

<b>Yin</b>	<b>Yang</b>
Lung	Large Intestine
Spleen	Stomach
Heart	Small Intestine
Kidney	Urinary Bladder
Pericardium	Triple Warmer
Liver	Gallbladder

**Table 4. Yin and Yang Organ Pairs**

*Shen* is considered to be a form of Qi. *Shen* is that which makes humans more than an object *in motion*.<sup>13</sup> The mind / spirit concept is considered to originate from the Five Element school of thought. These five aspects of the mind are Wood - Hun, Fire - Shen, Earth - Yi, Metal - Po, and Water - Zhi. Collectively these comprise the Shen.<sup>14</sup>

<i>Shen – Mind</i> <b>Fire</b>	Waking consciousness, waking thought	resides in the Heart
<i>Hun - Ethereal soul</i> <b>Wood</b>	Somewhat like western notion of spirit	resides in the Liver
<i>Po - Corporeal soul</i> <b>Metal</b>	Soul of the body, provides physiology	resides in the Lungs
<i>Yi – Intellect</i> <b>Earth</b>	Scholarly memory	resides in the Spleen
<i>Zhi – Will</i> <b>Water</b>	Urge to exist, urge to do, willpower	resides in the Kidneys

**Table 5. Spirit/Mind Emotions (Shen)**

### **Eastern Philosophy on Acupuncture vs. Western**

Eastern and Western medicines differ in their respective views of the body and health, and yet, at their core, each attempts to define the body in terms of function, dysfunction and attempts to correct dis-ease. To truly understand the differences in these medicines one must have a clear grasp of the cultures in which they unfold. The East is centered on relational aspects of the whole and questions why there is an imbalance in

that harmony; while the West is centered on a linear, mechanistic view, separating the parts from the whole.<sup>15</sup>

Eastern philosophy holds that the health of the body is contingent upon many aspects of balance. Cultural interpretations of balance and views of the body often create the dynamics for health as well as the dynamics for dis-ease. Therefore culture influences the recognition of the dis-ease process as well as the therapeutic approach towards the creation of health.<sup>16</sup> In many ways “*all sickness is home sickness*”.<sup>17</sup>

Western concepts have traditionally differed dramatically from Eastern philosophies. This contrast goes beyond the medical perspectives and perhaps more accurately portrays how a culture whose penchant for the external form (Greek) and its isolated parts expanded its philosophy into its medicine, while the Chinese view of the interaction of the whole, dependent on the balance of its parts, is reflected in the theories of Mo (meridian/channel) and pulse examination.<sup>18</sup>

The Greeks set out to understand the body by dissecting it while the Chinese diagnosed according to the internal rhythms of the organs as detected through feeling the mo (pulse blood and Qi).<sup>19</sup> “Greek sphygmology was created with the assumption that whatever similarities they might present to the touch, pulsation, palpitation, tremor, and spasm differ in the structures that underlie them. Palpitations, trembling, and spasm all belong to the nerve-like parts of the body.”<sup>20</sup> The pulse, on the other hand, occurs only in the arteries and the heart.”<sup>21</sup> This predisposed Greek doctors to interpret their findings of the pulse as limited to these areas of the circulatory system. Today it is nearly impossible to shake loose of this tradition in Western Medicine. “You put your fingers on the wrists and you immediately envision the pulsing artery.”<sup>22</sup>

The Chinese art of listening to the pulses was therefore viewed by Western medicine as “Phantastical Notions.”<sup>23</sup> This misunderstanding arose from a lack of comprehension of the Chinese theory/system of healing that espoused the coordination of the body and its complimentary organ functions. While visitors to China were being accurately diagnosed and treated for the diseases, there was no logical correlation for these phenomena by Western standards of scientific proof.

The question is one of perspective. How can one explain that which is understood without vivisection? “The divergence was as much a matter of experience as it was of theory. Greek and Chinese doctors knew the body differently because they felt it differently.”<sup>6</sup> An interesting note is that practitioners of Chinese medicine, “still consult the classics for clinical guidance...pulse taking in Western medicine barely survives; now it has become a shriveled, meager science - mostly the bare counting of beats.”<sup>7</sup>

Chinese medicine is the art of restoring harmony (balance) and function of Qi: It is the immaterial becoming the material, and the material becoming the immaterial.<sup>24</sup> Dr. Candace Pert, Neuropharmacologist and Ph.D. in Physiology and Bio-Physics Research, described in her book Molecules of Emotion a similar phenomena. Pert’s research implied that emotions are linked to a specific molecules; she also asserted that every *molecular/emotional event* is linked to a *biological event*, and visa versa.<sup>25</sup>

Natural chemical messengers, called neuropeptides, were once thought to be found only in the brain. Pioneering research by Pert revealed that these neuropeptides are present on both the cell walls of the brain *and* in the immune system. These information substances affect our emotions as well as our physiology and there appear to be cells of the body that have their own receptors on the surface that act like satellite dishes.<sup>26</sup>

Depok Chopra offers another perspective of how the body communicates through its innate wisdom that he calls the body's *Interior Pharmacy*. This means the body contains all the intelligence it needs to balance itself.<sup>27</sup> Chopra describes this concept as the Mind is immaterial while the Body is material.<sup>28</sup>

Dr. Valerie Hunt states in her book Infinite Mind that both the material and immaterial are constantly in motion. Hunt discusses how the human energy field has been measured, showing that it permeates the entire body and yet radiates inches to feet beyond the physical body surface.<sup>29</sup> This field has been validated in scientific laboratories as light emissions through the use of photometers and color filters. According to Hunt her research harnessed the complex waveforms and resonance that connect us to "our source." She speculates that the human energy field vibrations were as much as 1000 times higher frequency than the electrical signals of nerve and muscle, and possessed continuous, dynamic modulation unlike the pulsating signals of the nervous system.<sup>30</sup> However, Hunt's research has not been replicated to date.

There are complex yet simple basic foundational pieces in Chinese medicine. Chinese medicine is deeply rooted in the mystical experience of the body, though it might appear that pulse-taking is just a physical experience.<sup>31</sup> Additionally, the Chinese describe conditions in very poetic terms that often mirror or mimic environmental conditions. All aspects are important, a concept that reductionist medicine does not easily accommodate.

Greek medicine evolved from theories that supported the body and spirit as interacting together.<sup>32</sup> However, it seems to have forgotten that, "the soul and the organ body were linked from the beginnings of anatomy." Aristotle, who pioneered dissection

as a way of knowing, also forged the theory of organism.<sup>33</sup> “Just as mind acts with some purpose in view so too does nature. In living creatures the soul supplies such a purpose, for all natural bodies are instruments of the soul.”<sup>34</sup>

By the seventeenth century, in the West the human body was being analyzed and defined in mechanical terms.<sup>35</sup> Chinese medicine, on the other hand, continued in its view of the body’s organs as compliments of Zang-Fu energy patterns.

It is a long and deeply rooted paradigm of Chinese medicine that balanced health comes from following living in a balanced environment, making healthy food choices, participating in exercise, maintaining a positive mental attitude, and performing a type of spiritual centering practice. According to the *Neijing of the Yellow Emperor*, an ancient Taoist classic:

(Translation) Health and well-being can be achieved only by remaining centered in spirit, guarding against the squandering of energy, promoting the constant flow of Qi and blood, maintaining harmonious balance of yin and yang, adapting to the changing seasonal and yearly macrocosmic influences, and nourishing one’s self preventively. This is the way to a long and happy life.<sup>36</sup>

Acupuncture evolved as a way to enhance the body’s ability to maintain balance, thus, restore and maintain health. Its history spans more than 5,000 years<sup>37</sup> and, from its inception, it claimed to regulate Qi. Its earliest recorded appearance is in the writings of the Yellow Emperor, dating back to 2,700 BC. The meridians, energy pathways, were mapped/engraved on bronze statues by 1000 AD.<sup>38</sup> These original concepts have been preserved and expanded over the years.

Acupuncture is based on the Eastern perspective of viewing the body as a system of systems, a unit in constant communication with all of its parts. Symptoms arise when Qi is blocked or out of balance.<sup>39</sup>

Medical Qi Gong is an ancient medical practice with similar features to acupuncture. It considers the physical, mental, emotional, psychological and spiritual levels, including ways in which a person can become separated from his soul, as valid aspects of the dis-ease process.<sup>40</sup> It feels that this separation is often the root cause of diseases that do not respond to other methods of balancing. A key Qi Gong concept is that a soul may be stolen, splintered, or adrift. Thus, healing scenarios require the re-acquisition of the primary soul for the person to be able to be restored to a state of harmony and health.<sup>41</sup>

Additionally, according to Chinese medicine, when there is an imbalance in the body, it is manifest somewhere in the system. The brain is no exception. Psychiatric conditions such as Attention Deficit Disorder, Bipolar states, Psychosis and Schizophrenia are not seen by Chinese medicine as dis-ease states, but rather as imbalances that can be corrected by balancing the appropriate Zang-Fu pair or pairs of organs.<sup>42</sup>

### **East/ West Paradigms**

In its search for medical knowledge, the West became enamored with structure, mechanical aspects of the body, including muscles, bones and cells, and all the attributes of the physical material body.<sup>43</sup> The East by contrast became enamored with the internal, including the immaterial Qi.<sup>44</sup> Acupuncture offers a potential bridge between the two camps, as it seeks to understand how the immaterial manifests in the material.<sup>45</sup> Perhaps the East and West can merge concepts and technologies and identify or create more healing options that allow both the physical and emotional aspects to be restored to increased states of balance.

## **Predisposition to Free radical Activity**

Early anaerobic life forms used non-oxygen related sources to create and sustain their life force energy, probably because little oxygen was available. As the underlying metabolism of life forms evolved to sustain themselves by using oxygen in their energy production, a toxic family of metabolic byproducts called free radicals became a potential health challenge. While free radicals are a natural byproduct of metabolism, excess amounts of them (and especially the Hydroxyl (OH) radical) can cause significant cellular and DNA damage. When collagen in the skin is damaged, one experiences premature aging, inflammation, ischemia, hypoxia, cataracts, retinopathy, arthritis, allergies, auto-immune diseases and disorders, heart disease, Parkinson's disease, cancers and damage to Telomeres. Besides Hydroxyl, the collection of free radicals includes Superoxide, Hydrogen Peroxide, molecular Oxygen, Nitric Oxide, and six others.

Predisposition to high free radical levels includes unhealthy ideas and lifestyle, exposure to radiation, ultraviolet light, bacterial & viral toxins, smoking, alcohol, excess exercise, and psychological/emotional stress. All of these activities or conditions place additional stress on the physical body. The stress response then leads to the creation of free radicals as body metabolism is raised. Once cells are damaged and weakened by free radicals, then viruses and bacteria are more readily able to infiltrate and create or advance disease states.<sup>46</sup>

The review of literature regarding free radical and disease states supports the paradigm that there is a definite correlation between the two. In addition, the literature review of concomitant emotional states is also tied to the presence of free radical

activities.<sup>47</sup> Finally, there is supporting evidence that the body, mind and spirit are instruments reflecting each other's states of balance and imbalance.<sup>48</sup>



## Chapter 2 Endnotes

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- <sup>33</sup> Ibid.
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## **CHAPTER THREE: BACKGROUND AND PRINCIPLES**

Chapter three includes a discussion on the science of acupuncture

### **The Science of Acupuncture:**

#### **Qi and Meridian Theory as they relate to Energy Medicine**

As stated earlier, acupuncture evolved as a way to enhance the body's ability to maintain balance, thus, restore health. It is based on an eastern perspective of viewing the body as a system of systems.

The ancient Chinese healers mapped Qi in relationship to bodily organs and biorhythms and believed that each energy pathway, called a meridian, has a time where there is a "peak flow" of Qi.<sup>1</sup> Peak flow time is when the energy flow of Qi is at its zenith. These meridian pathways are specific and nourish specific organs.<sup>2</sup> Organs also correspond to the seasons and certain elements.<sup>3</sup> Each season is seen as an energy cycle. The five elements mirrored the natural earth cycles and have been named Fire, Earth, Metal, Water and Wood. Organs and organ systems were cleansed and tonified according to these specific seasons through diet, exercise, herbs, and acupuncture.<sup>4</sup>

The ancient Chinese also understood that we are a microcosm of the macrocosm.<sup>5</sup> In other words, our bodies reflect the biorhythms and other influences of the environment. In fact, many of the acupuncture points are named after environmental locations such as spring points, river points and sea points, each of which disburse a "cooling affect" on the system.<sup>6</sup>

Ancient Chinese culture emphasized balance in all areas. For example, a balanced diet and lifestyle were geared to enhance performance and longevity.<sup>7</sup> Therefore, foods, spices, herbs and teas were incorporated into their lifestyle as a way of harmonizing their entire body systems.<sup>8</sup>

According to the Chinese, energy flowing through the meridians governs the functions of organs that relate to these specific energy pathways.<sup>9</sup> Organs are seen as a part of the whole man.<sup>10</sup> They coordinate the balance of the body function by communicating with each other.<sup>11</sup>

Just as the five elements of nature work together to create and maintain a sense of harmony and balance, the “elements” of the body system also join together to create balance.<sup>12</sup> This concept states that the organs are divided into five essential elements: *wood, fire, water, metal, and earth*. These elements are considered to be fundamental forces without which life could not be sustained. Each element refers to a specific constellation of emotions, colors, seasons, directions, organs and times of peak function. Each of these forces is seen as influencing the function and balance of the Qi.<sup>13</sup> The five elements are listed in Table 6 (page 32).

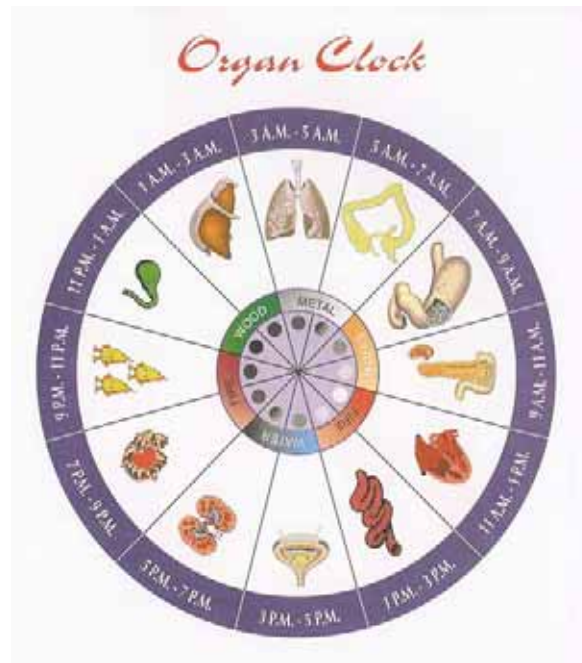
<i>Water</i>	puts out	<i>Fire</i>	balanced with	<i>Wood</i>
<i>Fire</i>	melts	<i>Metal</i>	balanced with	<i>Earth</i>
<i>Metal</i>	chops	<i>Wood</i>	balanced with	<i>Water</i>
<i>Wood</i>	suffocates	<i>Earth</i>	balanced with	<i>Fire</i>
<i>Earth</i>	absorbs	<i>Water</i>	balanced with	<i>Metal</i>

source<sup>14</sup>

**Table 6. Balancing the Five Elements**

A close look at these principles will broaden one’s perspective regarding balance, stagnation, or dis-eased states of individuals. It also provides one with

the capability for self-awareness and, through the relationship of the organs, peak function time (each organ system holds an abundance of Qi for a two hour period) and emotional characteristics as they relate to organ imbalances.<sup>15</sup> These peak times and organ relationships are illustrated in Figure 2 (page 33).



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**Figure 2. Chinese Diurnal Organ Clock**

The acupuncture points lie along specific meridians, discharging Qi.<sup>17</sup> Points that are very sensitive to touch or pressure are generally indicative of an imbalance within that meridian line.<sup>18</sup> The majority of points that appear on the meridian lines can be found in the natural soft tissue areas that lie between the bones, muscles, and tendons.<sup>19</sup> These vary according to each meridian's pathway. *Alarm points* are designated points on the front torso that link up with specific organs they serve. *Ashi points* are those that are sensitive but do not have assigned point locations or names.<sup>20</sup> They are quick reference points, usually

found where soreness indicates stress for the organ that is paired up with the specific alarm point.<sup>21</sup>

### **Chinese View of Dis-ease States:**

Chinese medicine places an emphasis on the function of Qi and its role in restoring harmony and balance in several physical, mental, emotional, and spiritual relationships correlating to overall well-being. Yin and Yang are the principle determinants that provide an overall clinical picture (that is then subdivided).<sup>22</sup> Yin states drive all deficient, cold and interior conditions while Yang states drive all excess, hot and exterior symptoms. For example, fever, inflammation, and hyperactivity are Yang, while chronic pain with no inflammation, paleness, and a lack of activity are considered Yin. It is generally recognized that both elements (which are in a perpetual state of flux) contribute to the state(s) of imbalance.<sup>23</sup>

Yin and Yang are then further defined as either *excess* or *deficient*. Deficient states are treated first because it is easier to “build” Qi then to “sedate” it.<sup>24</sup> Qi is transferred from the excess channels to the deficient channels.<sup>25</sup> Additionally, each organ has a paired emotional element so that the body is viewed and treated as a whole with the recognition that physical and emotional states are inseparable entities.<sup>26</sup>

Acupuncture, through manipulation of the Qi in the meridians, simultaneously treats both the immaterial and the material body (and through them, the emotions), because the material and immaterial are inseparable.<sup>27</sup> The five elements (and their corresponding aspects of Qi) are held within the body viscera, which is considered one entity that houses concurrent emotions.<sup>28</sup> According to

Chinese theory, a person is comprised of Qi, viscera, and emotions.<sup>29</sup> If dis-ease stems from the mind or the body, then as acupuncture, for example, moves the Liver Qi or tonifies Kidney Yang, it leads to the balance of both the material body and the corresponding emotional state (immaterial body).<sup>30</sup> Table 7 (page 35) lists the primary acupuncture patterns that strengthen these areas:<sup>31</sup>

		<b>Actupuncture Patterns</b>
<b>Corporeal Soul</b>	<b>Po</b>	<b>Lu3 Bl42</b>
<b>Ethereal Soul</b>	<b>Hun</b>	<b>BL18 Bl47 Lv2</b>
<b>Yi</b>	<b>Thought</b>	<b>Sp5</b>
<b>Zhi</b>	<b>Will</b>	<b>Bl52 K4 K6</b>
<b>Spirit</b>	<b>Shen</b>	<b>HT5 HT7 Bl15 P4 P7 TW10 CV14 CV15 DU12 DU16 DU20</b>

Deadman<sup>32</sup>

**Table 7. Acupuncture Spirit Points**

## **The Principles of the Science of Energy Medicine**

### **Cellular Function and Optimum Resonance:**

In 1925, Georges Lakhovsky discovered that human DNA resonated at 50+ billion cycles per second, or Gigahertz (GHz).<sup>2</sup> In 1993, quantum physicist Sergei Sitko found that human DNA actually vibrates at fifty-two to seventy-eight GHz.<sup>33</sup> Sitko noted the cells of each organ created a merging stream/flow of energy vibrating in the GHz range and traveling along a path of least resistance to some point on or near the surface of the body. The greatest accumulation of energy appeared at the end of a finger-or toenail. He also noted a bi-directional flow to and from this point.<sup>34</sup> Sitko also reported that the amplitude of vibrations diminished in dis-ease states.<sup>35</sup> Physicists point out that the sun bathes the earth with fifty-two to seventy-eight GHz radio frequency energy (along with a very broad spectrum of energy vibrating at other rates) at one ten-billionth of a

watt/cm.<sup>36</sup> Based on this fact, it strongly appears as if solar energy is a major influence in maintaining life energy, Qi.<sup>37</sup>

Electrical stimulation as therapy has seen use dating as far back as 2751 B.C., when live torpedo fish capable of discharging an electrical shock were strategically placed at the site of pain. Reportedly, one or two treatments brought immediate relief.<sup>38</sup> In more recent times, pain was treated by the application of electrical current beginning in the early 1900's.<sup>39</sup> In 1971 Shealy collaborated with engineers to develop a contemporary device for pain management known as the Transcutaneous Electrical Nerve Stimulator (TENS) unit. Ultimately, this device was clinically proven to be ineffective in the treatment of pain. Despite this potential setback, there are many versions of these units presently used in a variety of therapies. The majority of TENS units create a square wave pulse of two to one hundred Hz (cycles per second) and a maximum current of sixty milliamps.<sup>40</sup> In 1992, Sitko and others studied Quantum Medicine and Microwave Resonance Therapy (MRT) as potential energy medicine tools. They noted that the, "electro magnetic frame of the human body field consisted of quantum fluxes," along a scale of from fifty-two to seventy-eight Gigahertz.<sup>41</sup> This suggests that healing can occur by applying frequencies ranging from 52 to 78 GHz. Healers in Russia and Ukraine have reported successfully treating many disease processes, including drug addiction and arthritis, through the application of transcutaneous conductors placed in direct contact with the skin that transmit these frequencies.<sup>42</sup> Separately, through his own research, Shealy measured the most favorable frequency(ies) with which to balance the body through the



stimulation of his Ring and found them to be the natural resonance frequency of DNA.<sup>43</sup>

Though a human is comprised of over fifty trillion cells, there are no macroscopic physiologic functions in our bodies that are not already pre-existing in the biology of the single, nucleated (eukaryotic) cell.<sup>44</sup> Single-celled organisms, such as the amoeba or paramecium, possess the cytological equivalents of a digestive system, an excretory system, a respiratory system, a musculo-skeletal system, an immune system, a reproductive system and a cardiovascular system, among others.<sup>45</sup> In humans, these physiologic functions are associated with the activity of specific organs.<sup>46</sup> At the cellular level, these same physiologic processes are carried out by diminutive organ systems called *organelles*.<sup>47</sup>

Cellular life is sustained by tightly regulating the functions of the cell's physiologic systems.<sup>48</sup> The expression of predictable "behavioral" responses by a cell implies the existence of a cellular "nervous system."<sup>49</sup> This system reacts to environmental stimuli by eliciting appropriate behavioral reactions.<sup>50</sup> The organelle that coordinates the adjustments and reactions of a cell to its internal and external environments would represent the cytoplasmic equivalent of the "brain."<sup>51</sup>

Since the breaking of the genetic code in the early 1950's, cell biologists have favored the concept of *genetic determinism*, the notion that genes "control" biology.<sup>52</sup> Virtually all of the cell's genes are contained within the cell's largest organelle, the *nucleus*.<sup>53</sup> Conventional opinion considers the nucleus to be the

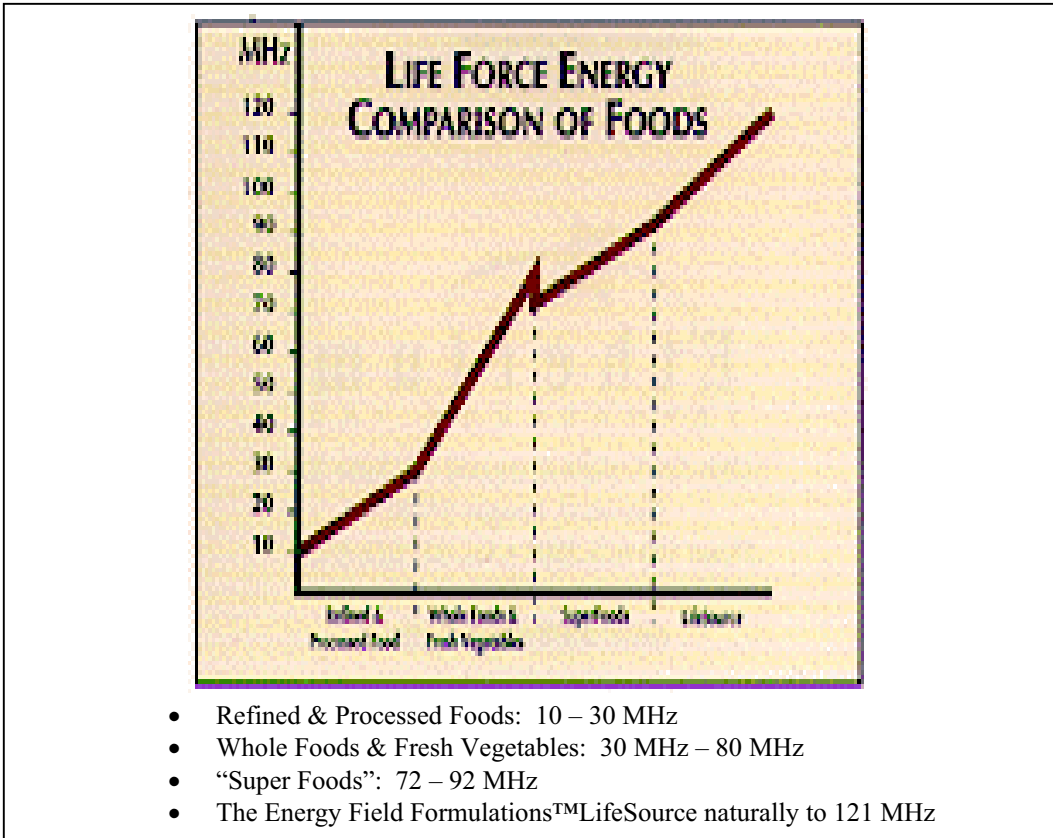
"command center" of the cell. As such, the nucleus would represent the cellular equivalent of the *brain*.<sup>54</sup>

In 1985, cellular biologist Dr. Bruce Lipton hypothesized in several research studies that, instead of the nucleus (as was commonly thought), the cell membrane is more properly deserving of the title of the "brain" of the cell, and now believes that this membrane allows cells to recode existing gene programs based on their interpretations of an experience. Lipton's research implies that the cell then is, in essence, "controlled by the perception of the environment," suggesting that a change in our perceptions or beliefs sends different messages to our cells, thus reprogramming them.<sup>55</sup>

### **Cellular Resonance and the resonance of foods**

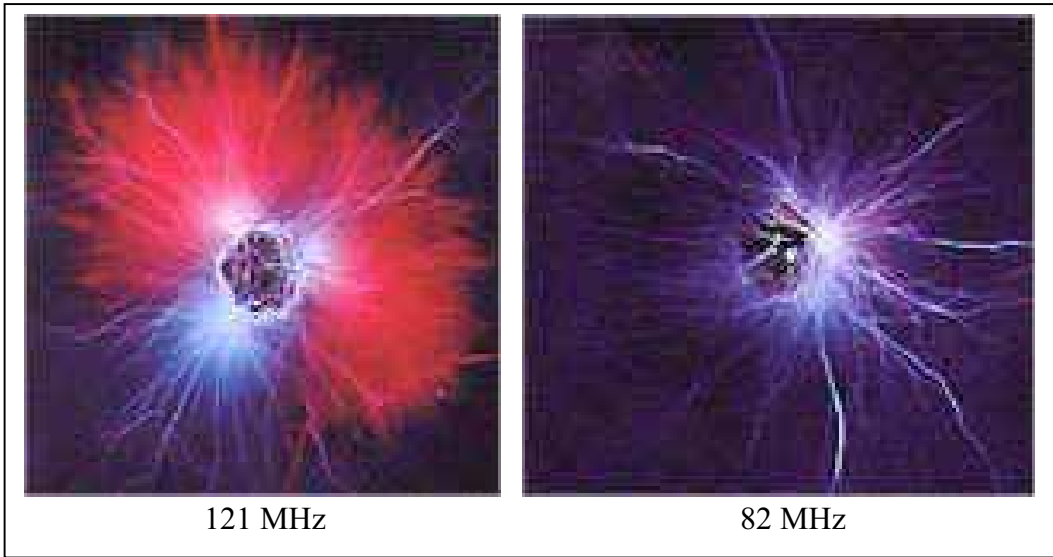
There are some studies that indicate that high-energy foods increase our own subtle body energies.<sup>56</sup> Dr. Valerie Hunt conducted research at UCLA on bio-electric energy fields and demonstrated that field resonance in human subjects higher than 65 MHz positively influenced intelligence and emotional balance, there was an increased ability to manage stress, and contributed to faster ability to learn and improved health states.<sup>57</sup>

Foods with an *override frequency* of 72 MHz or higher have the ability to raise the body's bio-electric energy,<sup>58</sup> while foods with lower than 72 MHz deplete the body's energy.<sup>59</sup> The override frequency is on that is higher than 56 MHz which is considered to be a standard resonance for optimal health.<sup>60</sup>



© Robert Becker, 1985<sup>61</sup>

**Table 8. Life Force Energy Comparison of Foods**



© Robert Becker, 1985<sup>62</sup>

**Table 9. Kirilian Photography view of two “Super Foods” demonstrating life Force MHz. Values.**

## Stress

Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. What is stressful to one person is not necessarily stressful to another. Stress is a normal part of life. In small quantities, stress is good -- it can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful: it can set you up for general poor health as well as specific physical or psychological illnesses like infection, heart disease, or depression.<sup>63</sup> Persistent and unrelenting stress often leads to anxiety and unhealthy behaviors like overeating and abuse of alcohol or drugs.

A self-report assessment device which includes separate measurements of state and trait anxiety,<sup>64</sup> was initially developed by Charles D. Spielberger, Richard L. Gorusch, and Robert E. Lushene as a research instrument for the study of anxiety in adults. According to the test's authors, state anxiety reflects a "transitory emotional state or condition of the human organism that is characterized by subjective, consciously perceived feelings of tension and apprehension, and heightened autonomic nervous system activity."<sup>65</sup> State anxiety may fluctuate over time and can vary in intensity. In contrast, trait anxiety denotes "relatively stable individual differences in anxiety proneness,"<sup>66</sup> and refers to a general tendency to respond with anxiety to perceived threats in the environment.<sup>67</sup>

For the purposes of this study the State Triat Anxiety Inventory (STAI) was used to assess self-reported stress levels of the research participants. The STAI was selected for use in this study because it would be easy to administer

and could demonstrate changes over brief periods of time. This means that it could be used as a pre- and post-intervention measurement tool to assess all participants in the research study.

### **Stress and Anxiety in Association with Free Radical Activity**

Anxiety is a feeling of apprehension, fear, uncertainty, or doubt that is chronic (lingers over a long period of time).<sup>68</sup> Once anxiety becomes chronic, there is often no longer an overt source of the “irritation.” This, in turn, increases the individual’s suffering because the anxiety appears to come from nowhere and lingers without end, often resulting in a self-perpetuating and escalating cycle.<sup>69</sup> The symptoms of anxiety have been recognized under the following terms: *stress; tension; apprehension; and panic attack*. Anxiety is the result of stress exceeding normal levels (beneficial ones that serve to motivate) and that have become debilitating patterns.<sup>70</sup>

Stress is not unusual, nor is it in and of itself a disease. In fact, it is a common and integral aspect of life. Hans Selye’s research referred to stress as having two categories, *eustress* (pleasant) and *distress* (unpleasant). Stress, Selye noted, is the “spice of life.”<sup>71</sup> As any cook knows, spices, in appropriate amounts, create inviting and delicious nourishment. So, too, stress can invite us to re-assess our choices or find solutions instead of dragging our feet; responding positively increases one’s effectiveness.<sup>72</sup>

However, as we all know, there is such a thing as “too much of a good thing.” Excess stress can easily become unhealthy and counterproductive.<sup>73</sup> According to Selye, each exposure to increased levels of stress diminishes the

immune response.<sup>74</sup> The physiological affects of stress were noted in a study on the impact of duress or injury to animals.<sup>75</sup>

Emotional stress has been shown to increase free radical activity. Studies conducted in 2001 by Dr. E Suzuki, et al, have implicated Nitric Oxide, a free radical, in depressive states.<sup>76</sup> Malondialdehyde (a by -product of lipid peroxidation) as well as superoxide dismutase, glutathione peroxidase and catalase have been associated with Obsessive Compulsive disorder.<sup>77</sup> Oxidative stress has been linked to endothelial dysfunction in atherosclerosis.<sup>78</sup> Psychoneuroimmunology holds the view that emotional states directly impact our immune function and have a relationship with free radical production.<sup>79</sup>

Stress has many sources. Some of the more important physical, emotional and/or environmental effects and influences that can trigger stress are listed in Table 10 (page 43). Furthermore, according to Shealy, stress is “cumulative” when physical, emotional and chemical effects are collectively assessed.<sup>80</sup> Carolyn Myss reminds us our “biology is our biography,” noting that our dis-ease states are reflections of our unprocessed emotional histories/memories that remain active in our present lives, literally pulling our energy from the present to feed the past. This imbalance eventually drains our health.<sup>81</sup> Bruce Lipton, a cellular biologist, confirms this. “Every time you engage in a protection response, you are ‘deducting’ energy from your reserves. Every deduction for protection leaves less energy available for growth. The more protection behavior you engage in, the more limited your growth potential becomes.”<sup>82</sup> Therefore holding onto to old outmoded thoughts and beliefs traps energy that could otherwise be used for

growth and also cumulatively stresses the physical, mental and emotional systems.

<b>Anxiety and Stress Triggers</b>
<b>Immediate danger</b> (leads to stress as an appropriate reaction stimulus known as the “fight or flight response”).
<b>Prolonged grief and depression</b> (can become floating states of anxiety).
Physical stress (as a result of medical illness).
<b>Medicinal side effects.</b>
<b>Drugs</b> (including caffeine, cold remedies (e.g., cough/cold combinations – oral), decongestants (e.g., antihistamines and decongestants – oral), bronchodilators, tricyclic antidepressants, and thyroid supplements)
<b>Withdrawal from drugs or addictive substances</b> (including prescription drugs, alcohol, caffeine, and nicotine).
<b>Improper dietary choices</b> and deficiency of Vitamin B12.
<b>Hyperventilation syndrome.</b>
<b>Thyroid problems</b> (primarily hyperthyroidism).
<b>Low blood sugar</b> (hypoglycemia).
<b>High blood sugar</b> (diabetes).
<b>Cardiac problems.</b>
<b>Tumor of the adrenal gland</b> (pheochromocytoma) (in rare cases).

DSM-IV<sup>83</sup>

**Table 10. Anxiety and Stress Triggers**

***External Stress***

External stress can originate from lifestyle, work related stress, chemical exposure, and electro-magnetic influences from the environment where city living can have many toxins, including air and traffic pollution.<sup>84</sup>

***Internal Stress***

The level of internal stress an individual experiences can be the direct result of *internal information* and *emotional processing*.<sup>85</sup> Blushing is an example of an external physical experience of emotion. Butterflies in the stomach, a gut feeling and a chill up one’s spine are all cases where emotions manifest themselves on a physical level. This is a similar affect as being happy until walking into a room full of depressed people and suddenly becoming depressed.<sup>86</sup>

Dr. Ken Wilber, transpersonal theorist, noted that “Quarks and all holons (a holon is a part that contains a piece of the whole) respond only to that which *fits their world space*; everything else is a foreign language, and they are outsiders.”<sup>87</sup> This condition is no less true for humans who are asked to make daily adjustments to their environment.<sup>88</sup> Dr. Ann Nunley has developed a therapeutic technique called *The Inner Counselor*<sup>89</sup> that recognizes that there are boundaries within the mind that constrict emotional development until they are disengaged.<sup>90</sup> Dr. V. Vernon Woolf, with degrees in physics, education, religious education, and psychotherapy, has long studied the inner interpretations/values of the mind. He has studied family beliefs, cultural beliefs, and the comfort zone that allows us to join the family belief system with that of one’s surrounding culture.<sup>91</sup> Woolf was interested in transformative work and focused on families with members who were drug abusers, the mentally ill, problem youth and prisoners.<sup>92</sup> What he learned was that in order to achieve a new pattern, the integrative body/mind/spirit developmental stages plus the interest wave ( the new or desired outcome) must move past all the other aforementioned beliefs/parameters.<sup>93</sup> When this is not possible the end result is usually a cessation of growth as the wave of intention bounces off of the various internalized beliefs.<sup>94</sup>

### **Words as sources of stress**

In human interaction and exchange, both parties must understand that their own personal filters may create a basis of misinterpreting information that could ultimately lead to stress.<sup>95</sup> Assagoli notes that *evocative words* “evoke and make operative the meanings and *ideas-forces* that they signify.”<sup>96</sup> Simply put,



evocative words carry and manifest the action of their meaning.<sup>97</sup> The word *joy* for example not only carries the sound of the word but the vibrancy and uplifting energy of joy.<sup>98</sup> This is an automatic response that encompasses both physical and mental levels, which can then create relief or stress depending upon the individual's interpretation.<sup>99</sup>

### ***Physical Stress***

Physical stress can stem from over exertion. Whether it is the result of play, working on a home project or exercising, the end result is an impact on the overall well being of the individual.<sup>100</sup>

Most Western medical diagnosis uses symptom categorization and pathological states that are related to physical presentation, with the result that emotions and mental states have held less focus in the treatment of disease.<sup>101</sup>

Table 10 (page 43) describes the ways in which stress has been directly linked to disease.

### ***Medical Model***

Dr. Richard Gerber states that, "it is well known, even by traditional physicians, that the body and mind greatly influence each other."<sup>102</sup> His illness/wellness continuum, adapted from the work of J. Travis M.D., in 1972, John Travis, MD, developed his Illness/Wellness Continuum to illustrate the relationship of treatment to wellness outlines the states that comprise true wellness.<sup>103</sup> Wellness is accomplished by achieving balance in all areas of life.<sup>104</sup> Symptoms are often considered the first sign of dis-ease or illness; however, the absence of alarming signals means the absence of disease.<sup>105</sup> The continuum creates a visual tool as a guide to states of wellness; it also implies that there must

be an integration between the body, mind and spirit is essential for optimal health.<sup>106</sup> Therefore, health and wellness include a shift in consciousness that accommodates new ideas and understanding of self and the world at large.<sup>107</sup>

True wellness, by its very nature, invites psychological and spiritual growth.<sup>108</sup>

The Tiller/Einstein positive–negative space-time model shows how we are now able to create and witness Einstein’s’ law of the conservation of energy,  $E=mc^2$ . According to Dr. William Tiller, this model proposes that positive space/time energy and substance vibrate; that is, they travel at speeds less than or close to the speed of light. Energy and substance can also have electromagnetic qualities. Negative space/time energy and substance vibrate or travel at speeds higher than the speed of light, and are magnetic in quality. This energy can travel through the integrative fields of body, mind and spirit to enhance health. When they are out of balance they lead to dis-ease states.<sup>109</sup> According to Hunt, our etheric bodies are comprised of vibrations at speeds faster than light.<sup>110</sup> The ability to sense and see subtle energy patterns by using one’s etheric and astral bodies to gather information is made possible because these body energy fields also vibrate at these higher levels.<sup>111</sup>

### ***Attitudinal Stress***

According to Selye attitude does influence our interpretation of events, which then influences our responses to these events.<sup>112</sup> A 2004 study by J. K. Connor-Smith compared how two different cultural groups, college students in Oregon and Spain, dealt with coping and involuntary responses to stress.<sup>113</sup>

Culture influences our definition of dis-ease, healing and spiritual interpretations.<sup>114</sup> The Native American definition of healing is to return to one’s

own original state of beauty.<sup>115</sup> Haitians dance to become God, while Christians go to church to talk about God. Haitians gaze at the sky and see stars and clouds and they see God behind it all.<sup>116</sup> Westerners only see stars and clouds. What, then, accounts for this difference in perception? The difference is a matter of consciousness, perception, or attitude.<sup>117</sup>

Dr. Valerie Hunt, university professor and physiology researcher notes that the concept that there are two contrasting emotional states categorized as *primary/rational* and *secondary/irrational* as suggested by Wilhelm Reich does not take into account that it is the context in which we use and experience emotions that makes them rational or irrational. The context in which one has the experience then greatly influences the interpretation of the event and the subsequent stress that follows.<sup>118</sup>

Dr. C. Norm Shealy has specialized in studying the sources and effects of and methods of dealing with pain and depression. Years of study have led him to the following observation. “depression is an existential crisis of sorts that is psycho-spiritual in origin. Indeed, most anxiety and depression are psycho-spiritual problems”.<sup>119</sup>

## **Defining Consciousness and Its role in Dis-ease Processes**

### ***Consciousness***

It can be difficult to come to a common definition of *consciousness*.

Webster’s defines it as

“**1:** awareness esp. of something within oneself; also: the state or fact of being conscious of an external object, state, or fact; **2:** the state of being characterized by sensation, emotion, volition, and thought: mind; **3:** the totality of conscious states of an

individual; **4:** the normal state of conscious life; **5:** the upper level of mental life as contrasted with unconscious processes.”<sup>120</sup>

while one medical dictionary describes it as

“the part of the mind where psychic activity takes place of which the person is unaware.”<sup>121</sup>

Consciousness covers a wide range of states that encompass the internal and external worlds of the individual as well as beyond. For example, Jan Christian Smuts, Boer general and Prime Minister of South Africa, described a growing “consciousness in the universe” in his paper “*Holism and Evolution*,” and Dr. Larry Dossey notes that consciousness exists beyond our personal mind. He states, “our mind [consciousness] is non-local, without borders, and as such is infinite in time.”<sup>122</sup>

Cells do not run on automatic pilot. Our mental attitudes create a shifting climate that impacts the cells because these attitudes become their environment. Thus, negative thoughts are “perceived instantly” and drain the cell’s life force, while positive thoughts (also perceived instantly) increase the vitality of the cell.<sup>123</sup> John Cairns, geneticist proposed a theory of adaptive mutation; which states that genes can be recoded to allow an organism to adapt to the stress of its environment.<sup>124</sup> According to this paradigm, “beliefs ‘control’ biology.”<sup>125</sup> Additionally, behaviors (responses) based on beliefs occur simultaneously, both at the cellular level and at the level of the organism.<sup>126</sup>

### ***Psychosomatic:***

Pierre Janet noted the existence of somatic illness in the 19<sup>th</sup> century.<sup>127</sup> An English Psychiatrist, Daniel Hack Tuke, noted the phenomena of mental processes effecting somatic function in 1878.<sup>128</sup> *The Diagnostic and Statistical*

*Manual of Mental Disorders* (DSM II) acknowledged the term *Psychosomatic Disorders*.<sup>129</sup> This term was changed in subsequent editions to *Psychological Factors* as affecting medical conditions. Increasingly, there has been research demonstrating a link between stress and dis-ease. One recent example is the work of Dr Eric Brunner, who led the research at the University College London in 2002. Brunner studied the *biological* rather than *psychological effects of stress* in 183 men between the ages of 45 to 63. According to him, “This study provides biological and therefore more objective evidence than ever before of the link between stress and metabolic syndrome.”<sup>130</sup>

### ***Psychoneuroimmunology (PNI)***

Psychoneuroimmunology focuses on the series of neural pathways that interconnect the brain’s endocrine and immune systems.<sup>131</sup> This communication occurs via various neurotransmitters, hormones, and peptides, which, in turn, are a strong influence on the mind, and body. Due to alterations in the individual’s brain endocrine system and immune systems, these changes impact the individual’s ability to function in their personal life; all areas suffer due to the intercommunication of these physiological systems with the beliefs and behavioral systems. This then cascades into a macroscopic effect on family and social systems through this communication network.<sup>132</sup>

### ***What are we experiencing: Molecules or Emotions?***

The *immaterial becoming the material as well as the material becoming the immaterial* is a well-understood concept by the Chinese and has been recently given new light in the Western world through the work of Pert.<sup>133</sup> She described a similar phenomenon in her book *Molecules of Emotion*, suggesting that there is a

close connection between emotions and molecules.<sup>134</sup> Pert pointed out that these neuropeptides are present on both the cell walls of the brain and in the immune system,<sup>135</sup> and that these *information substances* affect our emotions as well as our physiology.<sup>136</sup> Put another way, the cells of the body have their own receptors on the surface that act like satellite dishes, sending signals and receiving signals similar to antennas on cell phones.<sup>137</sup>

The sending and receiving of signals between cells can also be interpreted in a different way. Deepak Chopra, for example claims that the body has an *Interior Pharmacy*, and that the *Mind* is *immaterial* while the *Body* is *material*, *each knowing what the other needs*.<sup>138</sup> One could ask if this is the sending and receiving of signals from the receptors on the surface of cells as described above.

The human energy field both permeates the entire body and yet radiates inches to feet beyond the physical body surface.<sup>139</sup> This field has been detected in the laboratory as light emissions using photometers and color filters, and, during a research that harnessed the complex waveforms and resonance that connect us to our source, life force.<sup>140</sup> Hunt found that the human energy field vibrations were as much as 1000 times higher in frequency than the electrical signals of nerve and muscle, with continuous, dynamic modulation, unlike the pulsating signals of the nervous system.<sup>141</sup> Additional evidence exists to indicate that cells are able to detect our thoughts, feelings and attitudes so acutely that their well-being is determined by these factors.<sup>142</sup>

## **Tools Employed in This Study**

### ***Meridian Stress Assessment***

The MSA-21 was used to evaluate stress in the subjects as measured by direct contact on specific meridian points. Bio-Meridian Stress Assessment device (MSA-21) was developed by Bio-Meridian Corporation.<sup>143</sup> The MSA-21 is a computerized galvanic skin response testing device used for assessing stress loads on meridians channels, and is FDA registered.<sup>144</sup> It is based on the acupuncture principles of a network of energy channels known as *meridians*.<sup>145</sup> A German, Dr. Reinhold Voll, developed the original model in 1950 as an electronic means of detecting and measuring electrical resistance in the meridians.<sup>146</sup> The MSA-21 is a similar device that does not diagnose disease; rather it identifies energy imbalances within meridians.<sup>147</sup> It is considered safe and non-invasive as it is based on cutaneous point of contact on specific acupuncture points.<sup>148</sup> The accompanying MSA style assessments have been found to be a reliable means for detecting energetic and emotional imbalances.<sup>149</sup> For the purposes of this study, the MSA-21 was used to assess pre and post intervention stress values on specific meridian points and to detect any shifts in emotional states.

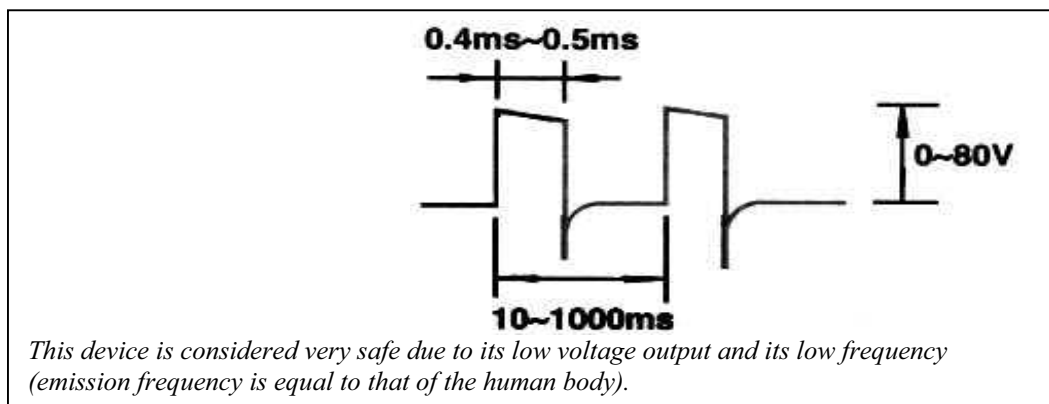
### ***KWD-808-I Multi-Purpose Health Device***

- The KWD-808-I Multi-Purpose Health Device was used to electrically stimulate specific The KWD-808-I Multi-purpose Health Device has been exported to the USA and Japan, China, France, Italy and Canada.<sup>150</sup> It is based on traditional Chinese medicine (acupuncture & Jing Luo theory plus contemporary techniques.<sup>151</sup> Jing Luo theory states that Jing luo is comprised of *channels* (meridians) and *collaterals* (sub-meridians).

Jing Luo are the main channels of communication and energy distribution in the body. They connect different superficial areas of the body. In this way they allow for internal adaptation to external change. The Jing Luo are more external and cover the entire body.<sup>152</sup>

For this study, the KWD-808-I Multi-Purpose Health Device used probes that were attached to acupuncture needles at the specific locations of Gv20, Cv 8.5, Sp4l, and Sp4R. By the principles of Jing Luo, the electro-stimulation of these points allowed the current to traverse the meridian system.<sup>153</sup>

The KWD-808 Multi-Purpose Device is described as combining advantages of other similar products into a single device. Along with its capability to detect acupoints, it serves as an alternative to hand massage and acupuncture.<sup>154</sup> The manufacturer notes that the KWD-808-I provides efficient treatment without pains and side effect.<sup>155</sup> The manufacturer also considers it to be safe and effective in pain relief caused by headaches, toothaches, muscle pulls and stomachaches.<sup>156</sup> Figure 3 (page 52) shows what the device (and its waveform) looks like.



**Figure 3. KWD-808-I and Base Pulse Waveform**



### ***OXIDATA Urine Test***

The OXIDATA urine test is a one-step, visually read calorimetric method adapted from Miksch, et al to detect and measure the amount of malondialdehyde, a precursor to free radical activity, in the subjects' urine.<sup>157</sup> The researcher purchased this test through Apex Energetics, Santa Ana, CA. The OXIDATA test was considered comparable to the complex laboratory fluorometric assay (where urine malondialdehyde (MDA) is measured by fluorometric and visually read colorimetric assay.)<sup>158</sup> The test was chosen because it is fifty times more sensitive than blood serum free radical tests, it is easy to use, and it is less expensive.<sup>159</sup>

### ***Personal Stress Assessment***

This assessment tool was developed by Shealy to compare a Total Life Stress Score with the total number of symptoms experienced by the subject. It accomplishes this by having an individual self-measure the effects of emotional, chemical and physical stress.<sup>160</sup> See **Appendix D** (page 111) for an example.

### ***Symptom Index***

Shealy designed this quick assessment tool in 1999. It contains 143 general items, with six additional items for males and ten for females. It takes less than ten minutes to complete and score and gives an immediate impression of the individual's physical and emotional issues and areas that require adjustment.<sup>161</sup> See **Appendix F** (page 117) for an example.

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## **CHAPTER FOUR: STUDY DESIGN**

This chapter discusses the research infrastructure, study design, devices, techniques and assessments involved. It also includes a brief discussion about the post-research participant information packets. There is also a description of the subjects, research parameters and inclusionary/exclusionary criteria for this study.

### **Purpose of the Study**

The objective of this study was to explore the research results of the reduction in free radicals through an intervention process that employed electro-stimulation of specific acupuncture points. The experiment sought to detect a change (reduction) in the presence of free radicals as a direct result of the intervention, as well as observe any effect(s) that the intervention might have had on the subjects' emotional states.

### **Overview of Materials and Components**

#### **Tests and Assessments Used**

The components that make up the Free Radical Release through the use of electro-stimulation of the Shealy ring of crystal are divided into five parts:

- **1)** The assessment of free radical activity through the use of the OxiData urinalysis. The OxiData urinalysis test was the assessment tool to determine the presence of lipid peroxidase, a precursor to free radical activity.
- **2)** The assessment of stress and anxiety levels as a self report by the subjects in responding to the State Trait Anxiety Inventory and the Shealy Personal Stress Assessment (**Appendix D**, page 111).

- **3)** An assessment with the Shealy Symptoms Index of personal lifestyle and well-being as experienced by the subject (**Appendix F**, page 117).
- **4)** An assessment by the principle investigator of overall well-being as defined by the parameters of a traditional Chinese assessment, which includes the use of tongue and pulse assessment, (**Appendix J**, page 172).
- **5)** A bio-meridian electro-dermal screen on acupuncture points used during the intervention process. The MSA-21 was used to measure pre- and post-energetic meridian channel balances with specific emotional correlates tied to two specific acupuncture points that were part of the circuit known as the Shealy Ring of Crystal.

### **Assistance**

The extensive testing and collection of the data was made possible through the combined, dedicated efforts of several research assistants:

- **J.C.:** Performed OxiData tests.
- **M.C. & D.F.:** Organized files.
- **M.A.:** Entered data for the statistical information.
- **P.T.:** (Ph.D.) Ran the statistics.
- **M.C.:** Acupuncturist (Intake provided by MC modified by the PI to accommodate research parameters).
- **C.L.:** Acupuncturist
- **R.M.:** Provided and designed the Chinese Assessment Key and the age and gender charts.

The *principle investigator* (PI) (also an acupuncturist) created the filing systems and charts for collecting the final data, organized the work flow of the experimental environment, modified the traditional Chinese medicine (TCM) chart for each day, and gathered MSA-21 assessments. The PI also assembled, organized, and coded OxiData charts prior to the study to match the schedule for each participant.

## **Study Design, Methods and Techniques**

### **Experiment Design**

The study took place over three consecutive days.

The first step of the experiment would be to obtain a statistically significant test population and divide the subjects roughly in roughly equal numbers between a control and an intervention group. Pre-experiment screening of medical histories would verify the subjects' suitability for the study.

On Day One of the study, all of the subjects would be tested using the STAI (to assess their pre-study emotional state and level of stress), OxiData urinalysis test (to evaluate their pre-study levels of the free radical precursor *lipid peroxidase*), and the MSA-21 (to determine the pre-study energetic value of each participant's Ring of Crystal points).

Once a day for a three consecutive days, the intervention group would receive counseling and acupuncture with electro-stimulation treatments on specific acupuncture points. At the same time, the control group would only receive the counseling.

On Day Three of the study at the conclusion of the interventions, all of the subjects would be retested using the STAI, OxiData urinalysis test and the MSA-21 to determine post-study values.



At the conclusion of the experiment period, the data acquired through testing would be analyzed for any statistical significance.

Although not part of the experiment per se, at the conclusion of the experiment period the subjects would also be given a “Thank You” packet containing educational material to help them better understand and possibly begin practicing some of the Chinese healing concepts and techniques.

### **Experiment Environment**

The actual testing period occurred from Thursday, February 5, 2004 through Saturday, February 7, 2004. The experiment took place at a local acupuncture clinic where area supervision could be provided. The PI provided comfortable rooms that were heated and ensured privacy for all of the testing.

During the period of the experiment, the subjects were assigned a code number in conjunction with initials of their choosing. These numbers were used in lieu of names for all data records. All record information related to the study was considered confidential and the files maintained in a secure location.

Day One MSA-21 assessments took place in a portion of the intervention room that was screened off for privacy. Subsequent MSA-21 assessments were conducted in a separate office space.

The primary intervention room (used during Days One and Two) was sixteen feet by 20 feet with privacy screens erected to allow for three tables to be set up in relatively isolated positions. Disposable gowns and wraps were provided to each subject. The tables were draped with sanitary disposable paper liners. A central station was set up with disposable needles, a hazardous waste catch, alcohol swabs, q-tips, and extra sanitary tubes in case the acupuncture tubes were dropped. Enlarged graphic depictions

of the Ring of Crystal (with sticky notes attached to each screen at the selected points) were attached to each privacy screen so that each acupuncturist could have a quick reference available if needed.

On Day Three, the experiments were conducted in three smaller examination rooms, as the original, larger room was double-booked. The individual set-ups described above were duplicated in each of these smaller rooms.

The PI interacted with all subjects in a clear and calm manner.

During the experiment, the PI provided all of the supplies, which included sterile 10 needle packets, drapes, paper liners, urinalysis, extra sterilized needle tubes, biohazard waste disposal unit, the privacy screens, alcohol swabs, all printed materials pre- and post-intervention, fee for special supervision, fee for use of the room and lunch for the those involved in the research.

### **Pre-Experiment Procedures**

The initial meeting between the PI and the subjects took place during the announcement phase at local churches, and health food stores, or afterward by phone or in person as the subjects volunteered. The subjects received their urinalysis kits and questionnaires one week prior to the first day of the actual investigation.

Each subject was asked to read and sign the consent form for the research prior to Day One of the research. At this time, the Personal Stress Assessment, Symptom Index, STAI, MSA-21, OxiData urinalysis and Chinese assessment were administered to determine the subjects' pre-intervention health status prior to applying the intervention process. Further, all subjects were pre-screened for the exclusionary criteria defined in the original announcement/sign up sheet (**Appendix C**, page 108).

During pre-test counseling, all subjects in both the intervention and control groups were introduced to the concept of free radicals and their possible contribution to disease states. This was accomplished by background data in the original research announcement and the research consent form and through personally answering follow-on questions by the subjects. At the same time, all subjects in both the control and the intervention groups were asked to review their own lifestyle and current emotional states. During this self-assessment, they were introduced to the Chinese concept of well-being and the potential that acupuncture offered to obtain and potentially maintain better levels of health.

### **Procedures Common to Both Groups**

Each subject supplied a urine sample to another research assistant (J.C.), who handled all of the testing. The research assistant wore gloves and used new pipettes for each sample to maintain an uncontaminated laboratory condition. Scores were then read and transferred to the research template (Figure 4, page 63). The entire process for each of the subjects took approximately 30 minutes to complete.

<b>Sub.</b>	<b>Sub. #</b>	<b>M</b>	<b>L</b>	<b>H</b>	<b>VH</b>	<b>S</b>
<b>Int.</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Figure 4. OxiData Urinalysis Sample Score Card**

The research subject then sat in a chair to the left of the MSA-21 computer station. The PI donned gloves and shifted the computer screen out of the view of both the PI and the subject so as to avoid influencing the outcome.

The MSA-21 device employs a metal probe and brass bar designed to operate in contact with the skin to achieve its readings. The probe was dampened by water from a

squeeze bottle dropped onto a paper towel (this paper towel was changed with each subject) prior to touching the tip to the acupuncture points. The brass bar was also moistened with water prior to being placed into one of the subject's hands and being held by the subject for the duration of the test. Both bar and probe were cleaned before and after use by each subject.

During the measurement of the points, the PI relied on tones emitted by the MSA-21 to indicate the energetic value of the each point. The MSA-21 is designed to include a tone tracking of point readings that, in use, reaches a specific pitch and then subsequently declines once the reading has occurred. The PI had more than four years experience with MSA-21 and was very familiar with the tone. Each point (GV20, followed by Sp4R and then Sp4L) was assessed according to the Meridian stress program.

The PI answered all questions during this process (as well as at any time during the study) and each subject was invited to have their personal results of the study reviewed with the PI once the study was completed.

### **Procedures Involving the Intervention Group**

Three subjects were assigned to each forty-five minute time slot. Appendix A (page 105) lists the time subjects and their assigned time slot. The processing of three subjects simultaneously and adhering as closely as possible to the planned schedule permitted the study to process 43 subjects over a ten-hour period in a single day. This diligence was needed so as to prevent conflicting with the operating hours of the facility in which the testing was conducted.

Before the intervention, the subjects underwent STAI assessments and OxiData urinalysis and MSA-21 testing.

## **Day One**

The research subject was greeted by the PI and by a research assistant (D.F.), who organized and kept track of the questionnaires that each subject was asked to fill out prior to the testing and bring in on Day One. Extra forms were on hand in case someone forgot to bring their form. The extra forms were not used until the final day when some subjects forgot to bring in the second STAI. The PI collected the Chinese Assessments from the subjects and took approximate 10 minutes to complete them.

Each group of three research subjects was lead through an identical intervention process. Following the pre-testing described above, each intervention subject was then escorted to the intervention room. There, each research subject was once again screened just prior to the intervention by all three acupuncturists in order to meet the internship requirements established by the State of Georgia Medical Board. The screening consisted of reviewing the Chinese Intake and Assessment guide.

Each of the three acupuncturists asked his/her assigned subject to lie face down. When the subject was in the proper position, the acupuncturist inserted the needles into the following points on the subject:

- GV7.5 on the spin-out process of the 9th thoracic vertebra;
- GV14.5 on spinous process of the 3rd cervical vertebra;
- GB11 in the depression 1 cun posterior of the horizontal line of the auricle;
- GB30.5 2 cun lateral of greater trochanter to major trochanter, lateral side of upper leg; and
- Gv4.5 on spinous process of 2nd lumbar vertebra.

(Note: a cun is a proportional system of measurement where the width of the clients thumb represents 1 cun.)

After the needles were inserted, the acupuncturist set the KWD-808-I timer for ten minutes. When the timer went off, the acupuncturist removed the needles from the subject and disposed of them appropriately in accordance with the clean needle standards.

The subject was asked to turn over and lay face up. The acupuncturist provided a pillow for each subject to make the subject more comfortable. The acupuncturist then inserted needles into the subject in the following locations:

- \* **GV20** 7 cun above the posterior hairline, midway on a line connecting apex of both ears;
- \* **CV8.5** .5 cun above the umbilicus;
- \* **Sp4** on the medial aspect of foot, in a depression at the anterior and inferior border of 1st metatarsal bone, at the junction of the red and white skin.  
(Spleen right was needled first then spleen left, as this was the order of the previous MSA-21 Testing); and
- **CV23** midline of neck, midway between tip of the cricoids cartilage and the border of the mandible.

(Note: “\*” above indicates the points that also received electro-stimulation.)

The acupuncturist attached leads between the appropriate needles and the KWD-808-I. When complete, the acupuncturist set the timer for another 10-minute period. At the conclusion of the 10-minute period, the acupuncturist removed the needles from the subject and disposed of them in the aforementioned manner. The wave pattern chosen was the one noted by the manufacturer of the KWD-808 to be the closest pattern to that

of the human body. The device was applied to Governing Vessel 20 and Spleen 4 and CV 8.5 (CV 8.5 was not measured by the MSA-21 nor was it included as an emotional measure because it was an intuited point not registered on the MSA-21 program therefore was without an identified emotional correlate).

### **Day Two**

Day Two intervention procedures duplicated those of Day One, with the exception that STAI, OxiData urinalysis and MSA-21 testing were not performed.

### **Day Three**

On the final day of the study, the PI was asked to set up in individual suites because the group room that was used previously was double booked. This proved fortuitous, as it allowed several of the subjects to shift their times slots to accommodate personal changes that would have precluded their ability to be present for testing on Day Three.

Intervention testing was conducted using standard protocols outlined above. STAI, Urine samples and MSA-21 assessments were performed after the intervention, also using standard protocols outlined above.

### **Procedures Involving the Control Group**

The control group only participated on Day One and Day Three.

A privacy area was set up to accommodate the MSA-21 testing, and all protocols were as described above. Control group subjects were assigned times for the STAI, urinalysis and MSA-21 testing that interleaved with the times when the intervention group subjects were in session so as to permit the PI to conduct all of the MSA-21 assessments. The control group subjects were tested before the interventions were performed on Day One and after all of the interventions were completed on Day Three.

## **Post-Experiment Procedures**

### **Immediately After the Study**

The nutritional data from the surveys were compiled using a Chinese energetic foods list that provided a quick reference to the nature (Qi) of a food. This data could then be cross-referenced by the looking up the principle organ imbalance and locating the foods and herbs that support a restoration of balance through a toning chart to harmonize internal systems.

### **30 Days After the Study**

The PI conducted a post-research interview with each subject either by phone or in person approximately four weeks after the study. The purpose of this interview was to release the personal results to each subject and to discuss with them the meaning of these results. There was also an informal effort to discover how they were doing.

A secondary purpose of the interview was to review the options enclosed in a participant “Thank You” packet. This packet included several options for continued well-being, under the assumption that offering a variety of options permits an individual to select one those that appeal to or are compatible with the individual’s beliefs, personality and life style. In the belief that it would be useful in helping the participants create change in their lives, the packet also included a self-explanatory visual chart that provided the participants with a Western interpretation of Chinese concepts.<sup>1</sup> The packet (some of the contents of which are found in **Appendix H**, page 125) included the following:

- Certificate of participation
- Participants research personal results.
- Information on Free Radicals



- Chinese view of the body and its systems
- Chinese Zang-Fu organ/emotional profile
- Chinese energetic food list
- Information on water
- Acid/ alkaline foods as well as known
- Antioxidant food options.
- Inspirational thoughts
- A coupon to a local health food that was generously supplied by the proprietor upon learning about the research.

## **Subjects**

### **Source of the Subjects**

Subjects responded to a number of solicitations that included in-house announcements to clients, referrals by colleagues, local radio announcements, postings at health food stores and several local churches, and one on-line (through a group bulletin board). The most common reason given for participating was an expressed interest in learning more about acupuncture and getting the free radical evaluations.

### **Subject Demographics**

Eighty-eight clinically healthy individuals ranging from twenty-three to seventy-eight years of age volunteered for the study. One intervention subject declined to participate just prior to the intervention process, thus reducing the Intervention group by one. These groups were divided roughly equally in number, with forty-four in the intervention group and forty-three in the control group. Seventy -two percent of the

subjects were female and twenty-eight percent were male. Demographic data is presented in Table 11 (page 70), Figure 5 (page 71) and Figure 6, (page 72).

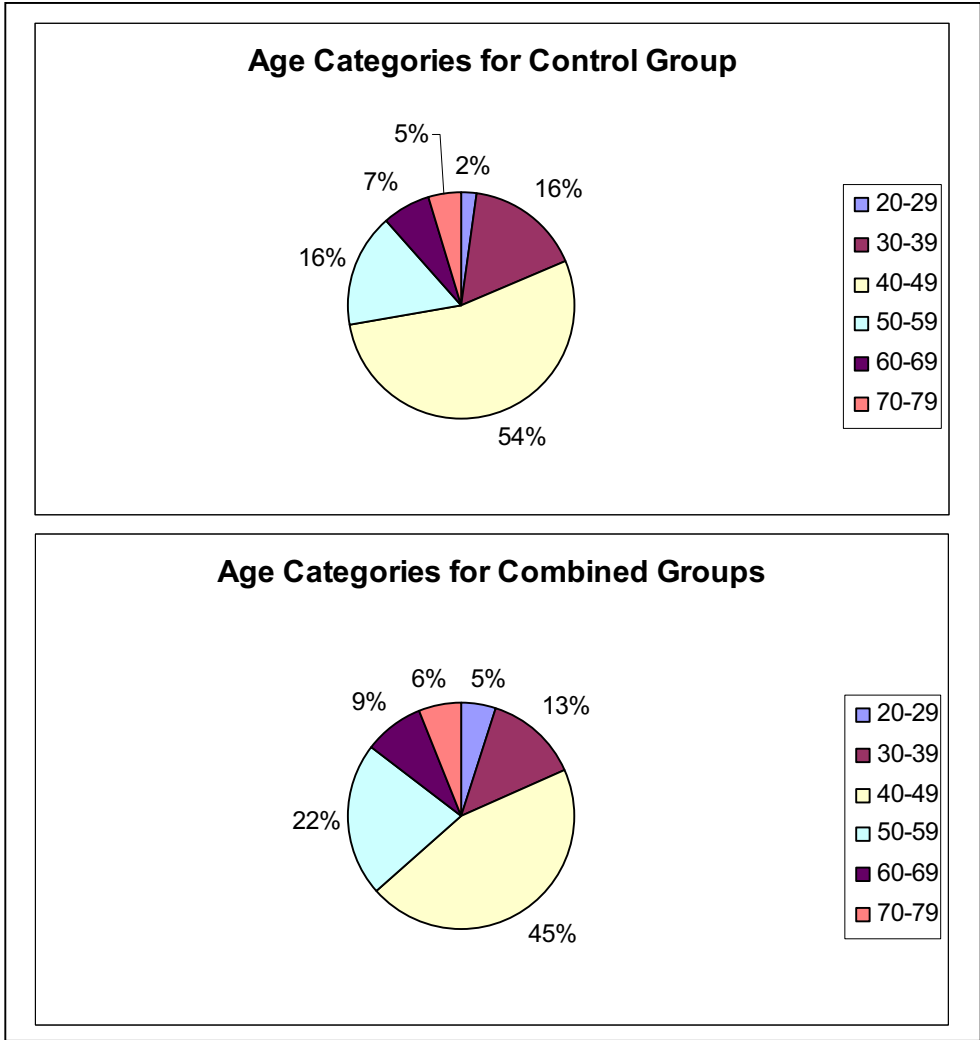
<b>Age</b>	<b>intervention</b>	<b>control</b>	<b>total</b>
20-29	3	1	4
30-39	4	7	11
40-49	16	23	39
50-59	12	7	19
60-69	5	3	8
70-79	3	2	5
<b>Sex</b>			
M	11	13	24
F	33	30	63

**Table 11. Age and Sex of Intervention and Control Groups**

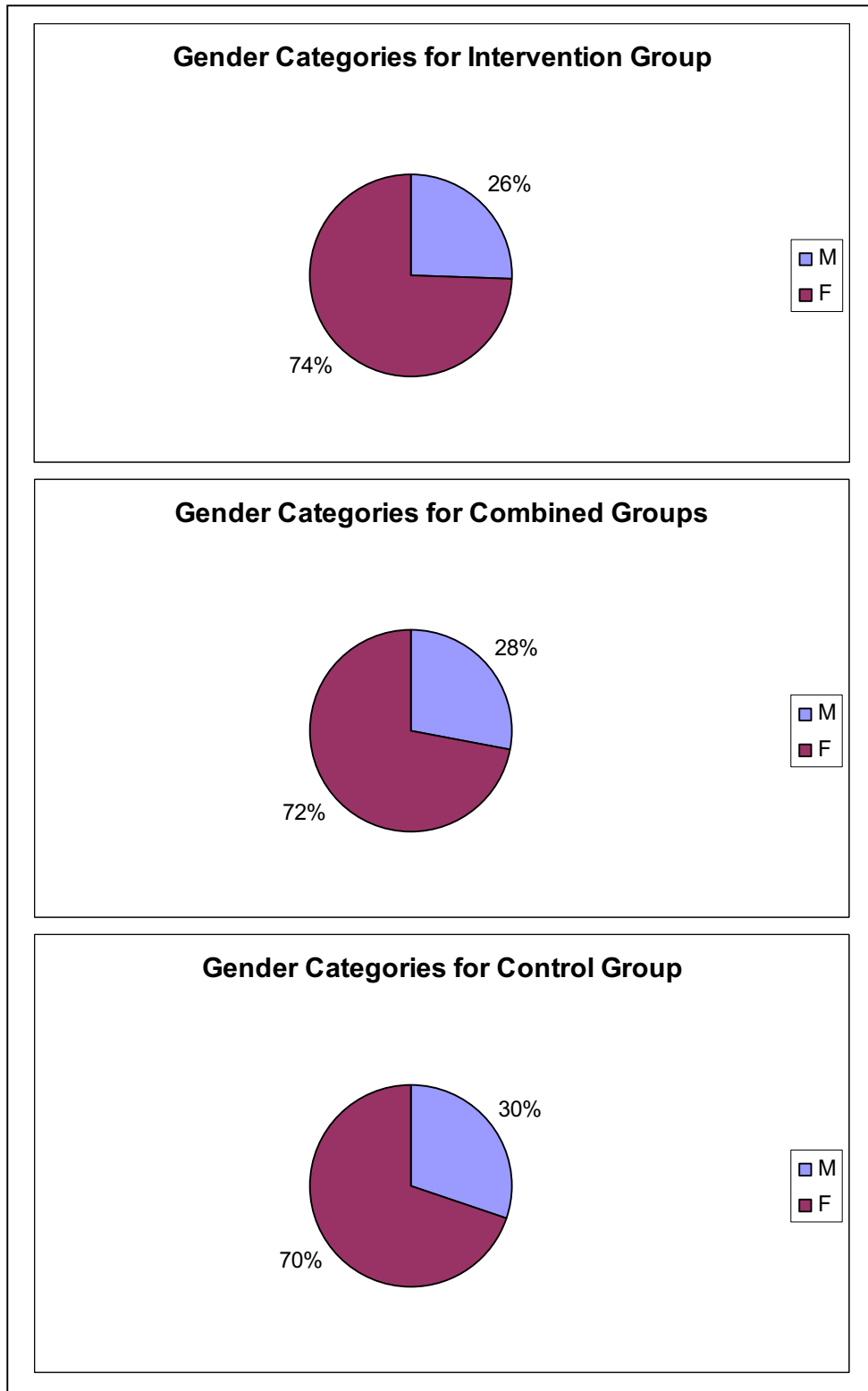
### **Subject Screening**

All subjects were pre-screened through the consent form and announcements for exclusionary criteria or contraindications. These included the following:

- Cancer
- Hypertension
- High blood pressure
- Cardiac disease
- Electrical implants
- Cardiac pacemakers of any type
- Pregnancy



**Figure 5. Age Data Breakdown of the Research Subjects**



**Figure 6. Gender Data Breakdown of the Research Subjects**

## Chapter 4 Endnotes

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<sup>1</sup> Harriet Beinfield and Efrem Korngold, *Between Heaven and Earth: A Guide to Chinese Medicine* (New York: Ballantine Publishing Group 1991).

## CHAPTER FIVE: RESULTS AND DATA ANALYSIS

This chapter discusses the general and specific results of the study. It includes both anecdotal reports from the subject as well as objective research data that reflect a subject's status at a specific moment in time pre- and post-intervention. For all numerical analyses, a statically significant change is defined as  $p > 0.05$ .<sup>1</sup>

### Statistical Results

Statistical data results for the intervention indicated a *trend* but showed no significant effects on the presence of free radicals as measured by the OxiData, as there was no significant interaction of intervention by time ( $F(1,83)=2.62$ ,  $p=0.11$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the OxiData, as was hypothesized in this study.

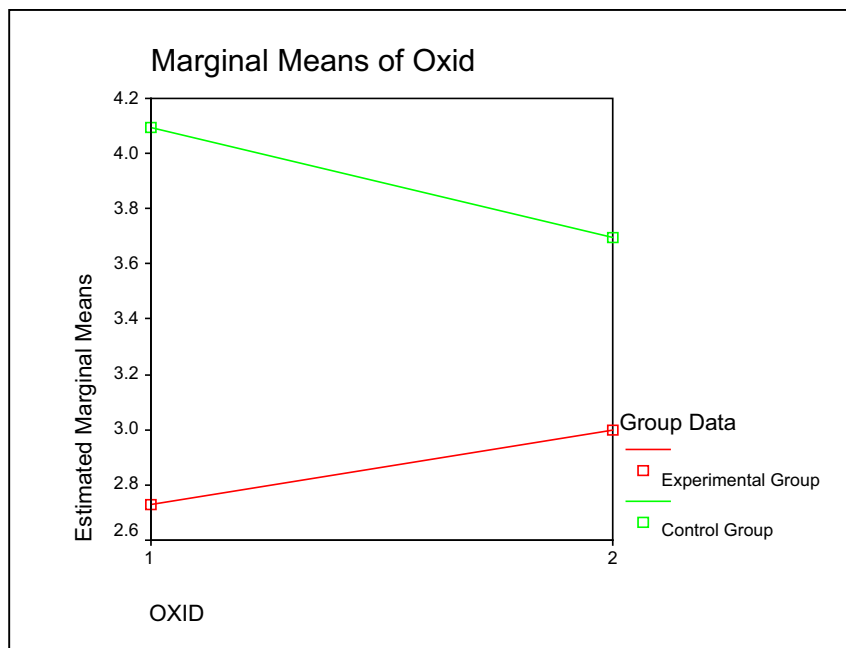
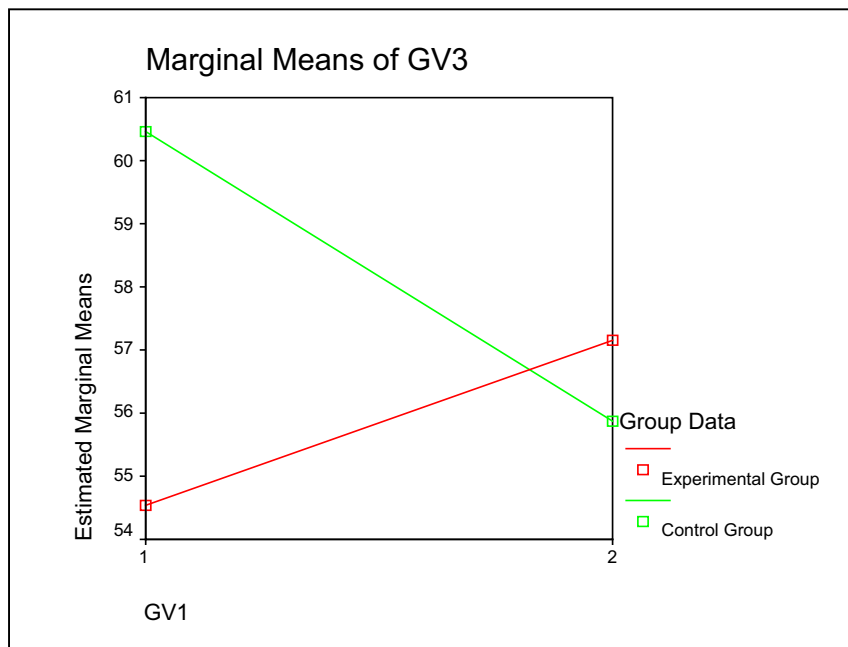


Figure 7. Oxidata Test Results for Both Groups

This data is shown in Figure 7 (page 74). The Y-axis located on the left of this chart indicates on the OxiData urinalysis test. The left side shows pre-intervention scores while the right shows post-intervention scores. The green line represents the control group and the red line represents the experimental group. Figure 7 also helps to more fully understand these results, which show that at pre-test measurement, the experimental group was substantially lower in free radical activity than was the control group, and this activity increased among the experimental group at post-testing, while the control group demonstrated higher pre-test measurements of free radical activity with a decrease at post-testing. This pattern is the reverse of the expected hypothesis and is explored further in the results portion of this paper (Chapter Six, page 88).

While no statistical significance was detected on the reduction of free radicals, there was a definite *statistical significance* of the intervention on emotional states as measured by the MSA-21 on the acupuncture point GV20, MSA-21 emotional reference point GV3. In this test, there was a significant interaction of intervention by time ( $F(1,83)=3.63, p=0.05$ ). This finding indicates that the control and experimental groups showed *significantly divergent patterns of means* on the State portion of the MSA-21, as was hypothesized in this study. This data is illustrated in Figure 8 (page 76).



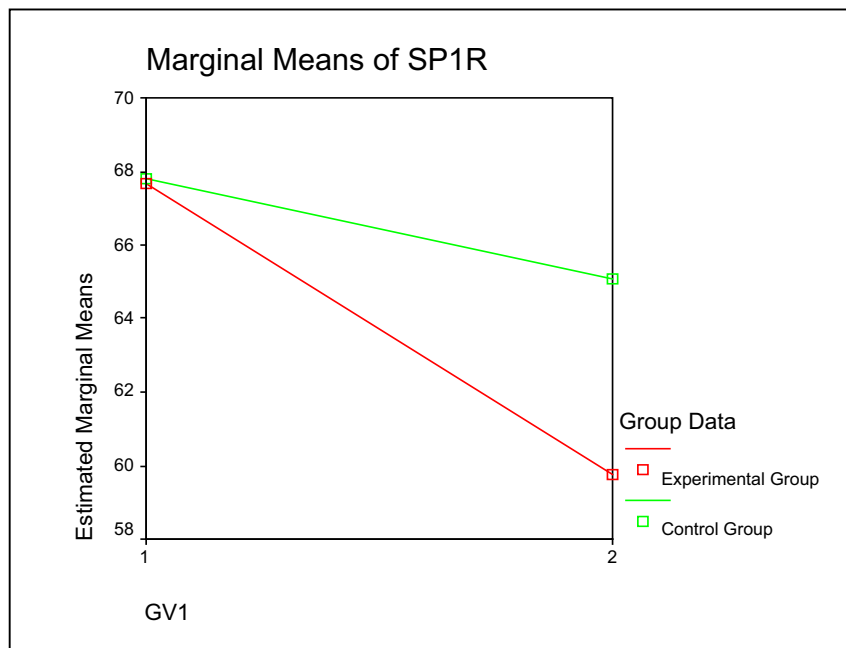
**Figure 8. Intervention and Emotional States Results for Both Groups (GV3)**

The y-axis located on the left of this chart indicates on the MSA-21 emotional balance/imbalance assessment scores. The left side shows pre-intervention scores while the right shows post-intervention scores. The green line represents the control group and the red line represents the experimental group. Figure 8 also helps to more fully understand these results, which show that at pre-test measurement, the experimental group was substantially lower in Trait anxiety than was the control group, and this Trait



anxiety did moved in both the intervention and control groups at post-testing. In sum, this pattern achieved a statistical significance of .05.

The intervention also showed a *statistical significance* on emotional states as measured by the MSA-21 on the acupuncture point known SP4R, MSA-21 emotional reference point Sp1R, as there was significant interaction of intervention by time ( $F(1,83)=3.44, p=0.05$ ). This finding indicates that the control and experimental groups showed significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study. This data is illustrated in Figure 9 (page 77).

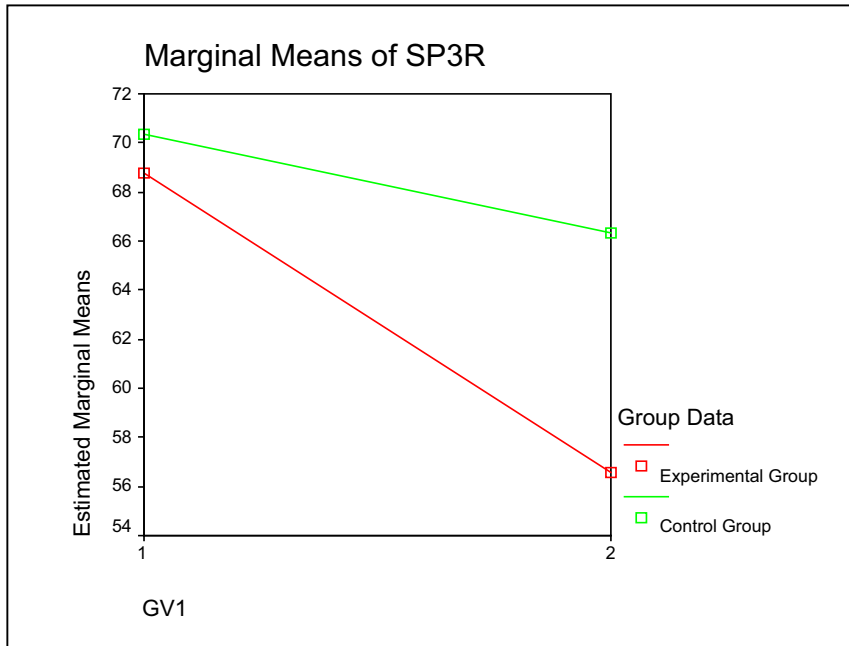


**Figure 9. Intervention and Emotional States Results for Both Groups (SP1R)**

The y-axis located on the left of this chart indicates on the OxiData urinalysis test. The left side shows pre-intervention scores while the right shows post-intervention scores. The green line represents the control group and the red line represents the experimental group. Figure 9 also helps to more fully understand these results, which show that at pre-test measurement, the experimental group and control groups were similar, while the posttest scores did move significantly downward among the experimental group and shifted to a lesser degree in the control group. In sum, this pattern achieved a statistical significance of .05.

The intervention showed a *statistical significance* on emotional states as measured by the MSA-21 on the acupuncture point known as Sp4, MSA-21 emotional reference point Sp3R, as there was no significant interaction of intervention by time (**F(1,83)=7.39, p=0.008**). This finding indicates that the control and experimental groups showed significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study. This data is illustrated in Figure 10 (page 79).

The y-axis located on the left of this chart indicates the MSA-21 emotional balance/imbalance assessment scores. The left side shows pre-intervention scores while the right shows post-intervention scores. The green line represents the control group and the red line represents the experimental group. Figure 10 also helps to more fully understand these results, which show that at pre-test measurement, the Control group was substantially higher in emotional imbalance than was the control group, and this emotional imbalance did move downward among the experimental group at post-testing, while the control group showed a lesser shift towards balance at post-testing. In sum, however, this pattern of differences did achieve a statistical significance of 0.0008.



**Figure 10. Intervention and Emotional States Results for Both Groups (SP3R)**

		Interaction of intervention by time
GV3 * GROUP	Model Female	F(1,83) = 3.763, p = 0.05
SP3R * GROUP	Model Female	F(1,83) = 4.86, p = 0.03

**Table 12. Statistical Significance of Female Emotional States**

Table 12 (page 80) delineates the scores for the female control and female experimental groups that demonstrated statistical significance. While no statistical significance was detected on the reduction of free radicals, there was a definite *statistical significance* of the intervention on emotional states as measured by the MSA-21 on the acupuncture point GV20, MSA-21 emotional reference point GV3. In this test, there was a significant interaction of intervention by time (**F(1,83)=3.763, p=0.05**). This finding indicates that the female control and female experimental groups showed *significantly divergent patterns of means* on the State portion of the MSA-21, as was hypothesized in this study.

The intervention showed a *statistical significance* on emotional states as measured by the MSA-21 on the acupuncture point known as Sp4, MSA-21 emotional reference point Sp3R, as there was no significant interaction of intervention by time (**F(1,83)=7.39, p=0.008**). This finding indicates that the control and experimental groups showed significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.

The remainder of these measurements showed no statistical significance. They are listed below and their graphs presented in **Appendix K**.

- Control and Experimental Groups on *Intervention and Emotional States* as measured by the STAI (Figure 12, page 194).

- Control and Experimental Groups on *Free Radicals* and *Emotional Traits* as measured by the STAI (Figure 14, page 195).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as Measured by the MSA-21 on GV20 (Figure 16, page 196).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as Measured by the MSA-21 on GV20 emotional reference point GV1 (Figure 18, page 197).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV2 (Figure 20, page 198).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4R (Figure 22, page 199).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4L (Figure 24, page 200).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2R (Figure 26, page 201).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp1L (Figure 28, page 202).

- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2L (Figure 30, page 203).
- Control and Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp3L (Figure 32, page 204).
- Male Control and Male Experimental Groups on *Free Radicals* as measured by the Oxidata (Figure 34, page 205).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by STAI (Figure 36, page 206).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the STAI (Figure 38, page 207).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 (Figure 40, page 208).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV1 (Figure 42, page 209).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV2 (Figure 44, page 210).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV3 (Figure 46, page 211).

- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4R (Figure 48, page 212).
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4L (Figure 50, page 213).

**The following results showed no statistical significance.** A table of their data can be found in Appendix K, Table 13, page 214.

- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp1R.
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2R.
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp3R.
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp1L.
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2L.
- Male Control and Male Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp3L.

**The following results showed no statistical significance.** A table of their data can be found in Appendix K, Table 15, page 215.

- Female Control and Female Experimental Groups on *Free Radicals* as Measured by the OxiData.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the STAI.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional Traits* as measured by the STAI.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV1.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV2.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on GV20 emotional reference point GV3.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4R.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp4L.



- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp1R.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2R.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp1L.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp2L.
- Female Control and Female Experimental Groups on *Free Radicals* and *Emotional States* as measured by the MSA-21 on Sp4 emotional reference point Sp3L.

### **Anecdotal Results**

In the treated subjects, there was an increased sense of well-being. Less irritation and increased confidence were also subjectively reported during casual check-in. One subject reported relief from hearing loss one hour after leaving the research on Day One. (This problem had been noted as ongoing for five years with much medication and treatment previously with no resolution.)

All the research participants subjectively expressed gratitude for participating in the research and felt they had learned a lot of information about their own health and

well-being, as well as a variety of options for promoting optimal health in their lives. Many of the subjects noted an increased awareness of a sensation of energy. One control subject who scored high in free radicals purchased antioxidant tea and dropped by the office to have a free radical screen after drinking the tea for several days. The presence of free radical activity was dramatically reduced. The subject has since noted that this tea is now incorporated into the office, providing all of the employees who work here the opportunity to drink it instead of coffee.

The two aspects of the research that assisted with cognitive awareness of physical well-being were the visual results of the free radical screen and the MSA-21 readings of the emotional balance. The research subjects subjectively reported a correlation with the emotional imbalances as indicted by the MSA-21. This sparked an interest in most of the subjects to learn how to move out of their limiting beliefs and perceptions. For example, one subject noted that it had been difficult to ask for a raise because the subject believed “I don’t have the skills, I am not good enough.” After completing the study, the subject self-reported that the subject had asked for a raise, noting the prior belief had shifted to, “I am growing and learning and am competent.” This subject additionally reported that the subject’s boss agreed to the raise as requested!

## Chapter 5 Endnotes

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<sup>1</sup> R. Rosenthal and R. Rosnow, R., *Essentials of Behavioral Research: Methods and Data Analysis* (2<sup>nd</sup> ed.). (New York: McGraw-Hill Publishers, 1991), 122-129

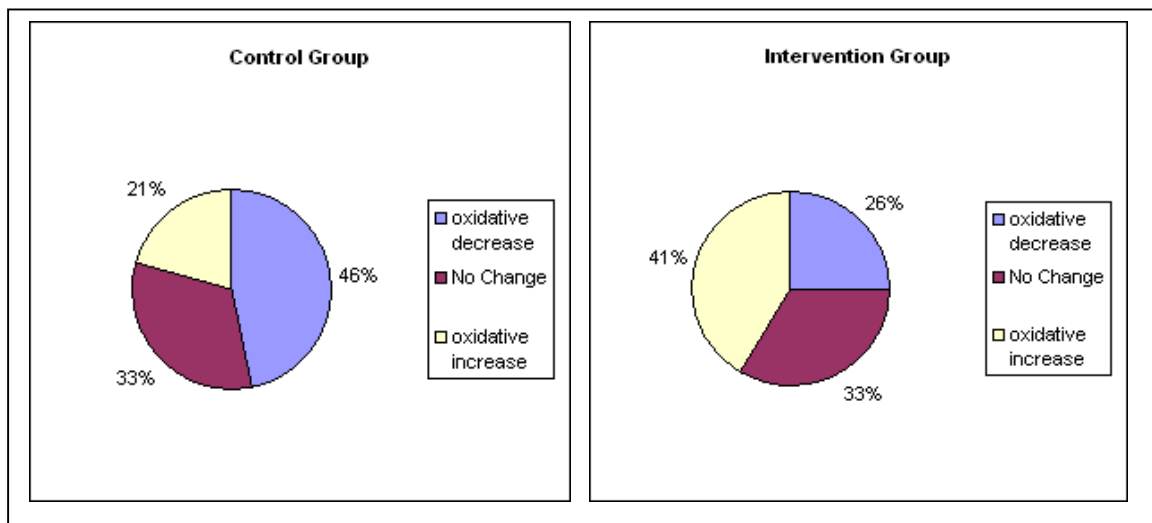
## **CHAPTER SIX: STATISTICAL SIGNIFICANCE OF STUDY**

This chapter discusses the research findings, both objective and subjective, and explores the differences in results between this study and the original study performed by Shealy on which this study was loosely based.

This study used a KWD-808-I to provide electro-stimulation of the acupuncture points rather than a She-Li TENS or LISS device. Although indicating a trend, the data did not demonstrate any statistical significance in the reduction of free radicals through the use of electro-stimulation of acupuncture needles on the Shealy Ring of Crystal when using the KWD-808-I. It is difficult to speculate on a reason for this beyond the existing pre- and post-research data. However there are some distinctive differences between the research projects.

The study is not without some interesting results. For example, as depicted in the charts in Figure 11 (page 89), the control group experienced lower levels of free radical activity posttest, while the intervention group demonstrated an increase. Figure 7 (page 74) indicates that there was a baseline marked difference in the two groups. The control group demonstrated a significantly higher level of free radical activity while the intervention group demonstrated a significantly lower level. Posttest the controls dropped significantly while the intervention group shifted to higher levels of free radical activity. Could pre testing fifteen controls one week prior in the PI office have impacted these results? Could the control group have subconsciously modified their diets over the research period after seeing their results? Could the three consecutive days of intervention in close quarters have influenced the intervention group free radical scores to

higher levels? Could post testing on a Saturday a non-work day have influenced the lower levels in the control group in contrast to the intervention group that would have been undergoing the stress of intervention all three days have influenced the reduction of free radical activity in the controls while increasing the scores of the intervention group? Another interesting point is that, in each group, thirty-three percent experienced no change.



**Figure 11. Oxidative Percentages of decrease and Increase Post-Intervention**

Each group appears as almost mirror image opposites, almost as though each group was balancing the other.<sup>1</sup> Sixty-seven percent of each group shifted either increase or decrease combined. Did one group go Yin to the counter balance of the other's Yang direction?<sup>2</sup> Yang could be speculated to be represented by mobilizing the release of free radicals as the controls demonstrated to balance the Yin profile of the intervention group who demonstrated higher states of free radical activity.

While this research examined the use of electro-stimulation of certain acupuncture points on the circuit known as the Shealy Ring of Crystal, The PI elected not to activate all of the thirteen points on the Ring of Crystal due to monetary and time constraints.

This may have been a mistake. Further research is needed to explore if there are other points along the Ring that would be better suited to activating a reduction in free radical activity. In contrast, Shealy stimulated all thirteen points along the circuit with each of two devices, the LISS and the Shi-Li TENS, for five minutes per day for two to four consecutive days. This raises a number of questions. *(1) Does stimulation of the full circuit have a higher rate of efficacy than only using acupuncture needles on all thirteen points with electro-stimulation on four of the points? (2) Does the number and duration of interventions have an effect on free radical reduction? (3) Is the Shi-Li TENS device more effective and more subtly attuned to the body fields?* Research is needed to determine if the Shi-Li TENS and LISS are (mechanically) more effective devices than others presently available.

According to Ukrainian research, acupuncture, combined with electrical micro current, has proved 200 times more effective than acupuncture without electro-stimulation. This could then raise additional speculation regarding the intensity of the human Qi in contemporary times. *Given our current fast-paced culture and stressful environment, does micro current stimulation of acupuncture points provide superior results because the human body field has diminished in its core capacity to emit higher levels of Qi?*

In ancient times one had to pass specific criterion in order to study to be an acupuncturist. There were four levels that one had to pass. (1) Virtue of living. The person had to be willing to live by high health standards. Widespread alcohol and fast food consumption of today's culture surely would not have passed the test. (2) One had to have a virtuous body. That is, have the stamina to bring a higher level of Qi to the

session than the client. (3) One had to have a virtuous spirit, to be spiritually aligned. 4) One had to be willing to attain a virtuous emotional life and work on eliminating negative thoughts and habits. Today's Western practitioners are not required to attain these virtues; rather, they are required to attain good grades. In China, those who study Chinese Medicine learn not only acupuncture but also Feng Shui (the art of the placement and energy flow) and Qi Gong (to build their own Qi field as well as to transmit Qi to the patient during the session --and through the needles when used). One can speculate that the lack of these requirements as a prerequisite to practice acupuncture has adversely affected the efficacy of direct needling versus micro current stimulation.

Another possibility that the results were skewed is that the intention of the practitioners influenced the effectiveness of the equipment. A related question might be: ***Did Dr. Shealy's focused intent while researching and custom-creating the She-Li TENS increase it's efficiency over a mass-produced device?***<sup>3</sup>

There are some issues about field coupling that form the basis of some interesting questions. In one case, all three acupuncturists were female (theoretically Yin). ***Could this have had an effect on the results?*** In another, since three subjects received the intervention in the same room, it is possible that coupling could have occurred between them to influence the controls without actually having the controls experience the intervention. ***Did the presence of the controls in the immediate area during intervention create field coupling between the two groups? Was there a mutually reinforcing condition that led to a combined field expansion on the Ring of Crystal?***

In another case of potential field coupling, the controls underwent a TCM assessment just like the intervention group. The PI and two other acupuncturists would

have just stepped out of the Ring of Crystal field to perform the assessment on the control group. This means that a practitioner read their pulses at the same time as the intervention group was having the electro-stimulation procedure performed on them. The addition of the Chinese assessment post MSA-21 and prior to intervention might have influenced the outcome, as pulse reading could be viewed as a form of field coupling.<sup>4</sup> ***Is it possible that not disconnecting from the intervention group's field(s) while working with the controls influenced the control group's results?***

Also, the PI mediated each morning and visualized that the day went smoothly, easy traffic flow, non stressful to reduce drop out. A friend of the PI a Buddhist Monk chanted as well for a smooth easy flow. ***What influence could these processes have had in enhancing field coupling or influencing the field?***

Was there an issue in the way the experiment was physically laid out? ***Was there any field coupling due to the proximity of location of the tables and/ or MSA-21 screening on day one?***<sup>5</sup> ***How much field coupling occurred due to the interaction with the acupuncturists?***

This research did indicate a trend (a reduction) in free radicals, thereby suggesting that the Shealy Ring of Crystal influences the body's ability to reduce free radical activity. Higher results, however, appear to be achieved by stimulating all the points as opposed to selecting a few points and by using different electrical pulse parameters. The LISS and She-Li TENS have both been found to neurochemically activate acupuncture points. It is possible that the KWD-808-I may not be able to achieve these same signal characteristics. More studies are needed to evaluate the differences to understand why



the controls moved out of the abnormal range into a balance state at a higher rate than the intervention group.

It is possible that the expectations of the participants may have played a role in the ambiguous results. ***How much influence did the expectation of the participant impact their results?*** It is also possible that the PI was unable to properly focus on the study's activities because of distraction. ***How much impact did the principle investigator's management of multiple tasks on the day of the testing impact the results?***

"No movements of Qi are identical."<sup>6</sup> Superstring Physicist Dr. Brian Greene notes, "new kinds of laws come into play when the level of complexity of a system changes [increases]." ***Was the difference in style, Qi and approach of each acupuncturist an impact on the final results?***<sup>7</sup>

The very act of observing an object can influence it in subtle ways. ***Did something along the lines of the Heisenberg Uncertainty Principle affect the outcome by the mere act of participating?***<sup>8</sup>

This was only one study, albeit with a relatively large population. However, it is possible that repeated studies could provide a greater mass of data to conclusively prove or disprove the hypothesis of this study.

Shealy's research was divided over a two-week period,<sup>9</sup> while this study saw the entire group on three consecutive days. Each set of assessment was completed within ten minutes of the each other. ***Is it possible that experimentation over a longer period of time would improve the results?***

The room temperature was the same on Days One and Two. However, this might not have been true for Day Three when the research tasks shifted to individual suites from the original group room setting.<sup>10</sup> **Is it possible that changing the rooms in the middle of the experiment could have somehow influenced the results?**

The nature of the tools that were used in the experiment may have played a role in the results. The Bio-Meridian is considered a valid assessment and biofeedback tool.<sup>11</sup> All participants were eager to receive their results and eager to understand how to implement changes in their lives. This might suggest that visual display of information could form an impetus to create lifestyle changes.<sup>12</sup> Similar responses were noted during the OxiData urine screen. The MSA-21 is a non-invasive painless tool however its reliability can be influenced by the skill of the practitioner in the application of the probe on specific acupuncture points<sup>13</sup>. The MSA-21 has multiple assessment programs organized around Chinese theory and assesses imbalance in relationship to balance points.<sup>14</sup> In Chinese theory one dis-ease can have many causes, and many dis-eases can be treated by one pattern. The MSA-21 is useful in creating an overall assessment of balance and imbalances within the body energetic as a whole, but it is not a diagnostic tool. The self-reported state traits (from the STAI) did not indicate statistical significance in emotional states, while the MSA-21 device did measure stress states at a given point in time.<sup>15</sup> ***Could the energy changes in the subtle fields have been too subtle to detect by self report? Were the research participants able to accurately self assess immediately after receiving treatment?***

Of interest to the PI is the indication of the MSA-21 assessments that suggest a shift in emotional well being post-intervention. This correlates with the participants who

generally subjectively reported feeling more focused and felt an increase in self confidence and patience. GV20 is an acupuncture point known to raise clear Yang as well as to influence the pituitary<sup>16</sup>. Spleen 4 is a Luo connection point.<sup>17</sup> These points combined with Cv8.5 may have supported the experience of clarity and confidence and well being, as they are each considered major Qi activation points.<sup>18</sup> The sense of well-being could also have been associated with the reduction of free radicals.<sup>19</sup>

Further research might clarify the discrepancy between the control and intervention groups by taking a look at the effects of morphogenetic fields.<sup>20</sup> Morphogenetic fields are described as fields that carry only information (no energy); there is no loss of intensity with distance and, once created, are available to travel throughout time and space. Physical forms (including such things as crystals and biological systems) are the source of the creation of these fields. These physical forms help guide the formation of later similar systems. A newly forming system then "tunes into" a previous system vis-à-vis a "seed" that is contained within it. "This seed resonates with a similar seed in the earlier form."<sup>21</sup> This theory would suggest that fields are capable of conforming to existing "blueprints." The Ring of Crystal was noted as having influenced emotional state change as measure by the MSA-21. This might then prove as an additional benefit to enhance a restoration of health since body and mind interact in all process of well-being as well as dis-ease states.<sup>22</sup>

## Chapter 6 Endnotes

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- <sup>1</sup> James L. Oschman, *Energy Medicine: The Scientific Basis* (Churchill Livingstone, 2000).
- <sup>2</sup> James L. Oschman, *Readings on the Scientific Basis of Bodywork, Movement, and Energetic Therapies* (Dover, NH: NORA Press, 1997), 122-130.
- <sup>3</sup> Larry Dossey, *Recovering the Soul* (Bantam Books, 1989), 44.
- <sup>4</sup> Oschman (1997), 58-63; Oschman (2000), 82-89; Oschman (1997), 77-82.
- <sup>5</sup> Barbara A. Brennan, *Light Emerging – The Journey of Personal Healing* (Bantam, 1994), 18.
- <sup>6</sup> Yuan-su Zhong, *Treatise on Stomach and Spleen* (Boulder Colorado, Blue Poppy Press, 2002), 65-77.
- <sup>7</sup> Mark Seem, *Acupuncture Energetics: A Workbook for Diagnostics and Treatment* (Rochester, VT: Healing Arts Press, 1987), 55.
- <sup>8</sup> S.R. Barone, E.E. Kunhardt, J. Bentson, J., and A. Syljuasen, “Newtonian Chaos + Heisenberg Uncertainty = macroscopic indeterminacy”, *American Journal of Physics*, May 1993, 61(5): 56-59.
- <sup>9</sup> C. Norman Shealy, “Microwave Resonance Therapy - Innovations from the Ukraine” *Bulletin of the Greene County Medical Society*, March, 1993, 8.
- <sup>10</sup> Valerie Hunt, *Infinite Mind: Science of the Human Vibrations of Consciousness* (Malibu: Malibu Publishing Co., 1989,1995,1996), 165-168.
- <sup>11</sup> Brent Peterson and Elmo Gruwell, et al, *Healthcare Study: The Use of Meridian Stress Assessment June 1998 Through February 2000*, ICON Health and Fitness, Inc., March 17, 2000, 65-74.
- <sup>12</sup> Visual display of information.
- <sup>13</sup> Peterson and Gruwell, 72-76.
- <sup>14</sup> Ibid.
- <sup>15</sup> Ibid.
- <sup>16</sup> LiFang Liang, *Acupuncture and IVF : Increase IV Success by Forty to Sixty Percent* (Blue Poppy Press, 2003), 25.
- <sup>17</sup> Nigel Ellis and Ken Wiseman, *Grasping the Wind* (Brookline, Massachusetts: Paradigm Publications, 1989), 103.
- <sup>18</sup> Ibid., 150, 383.
- <sup>19</sup> E Suzuki, G. Yagi G., T. Nakaki, S. Kanba, and M. Asai, “The Role Of Nitric Oxide and Depressive States,” *Journal of Affect Disorder* , March, 2001, 63(1-3):221-4.
- <sup>20</sup> David Peat and John P. Briggs, *Looking Glass Universe: The Emerging Science of Wholeness* (New York: Simon and Schuster, 1983), 93-99.
- <sup>21</sup> Ibid.
- <sup>22</sup> Jerry Alan Johnson, *Chinese Medical Qigong Therapy: A Comprehensive Clinical Text* (Pacific Grove, CA: The International Institute of Medical Qigong, 2000), 41-51.

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## Appendix A: Time Slots

<b>Times</b>	<b>Feb. 5th</b>	<b>Feb. 6th</b>	<b>Feb. 7th</b>
<b>9:00-9:45pm</b>	MP A2004-14 ME A200415 JS A2004-16 PR A2004-8	ME A200415 JS A2004-16 PR A2004-8	IP A2004-21 DE A200417 JH A2004 - 10
<b>9:45-10:30am</b>	SV A2004-2 DE A2004-17 LM A2004-18	SV A2004-2 LM A2004-18 LL A 2004- 07	AH A2004-5 MM A2004- 2v3 SV A2004-2 JV A2004 3 RL A2004-6
<b>10:30am-11:15am</b>	GM A2004 – 19 MC A2004- 20 IP A2004-21	LW A2004- 47  GM A2004 – 19	GM A2004 – 19 SF A2004 – 45 DF A2004 – 46
<b>11:15am-12:00</b>	KH A2004 – 22 MM A2004- 23 LL A 2004- 07	MG A2004-25 NL A2004 – 4 EB A2004-24	DT A2004-11 ME A200415 JS A2004-16
<b>12:00-12:45pm</b>	EB A2004-24 MG A2004-25 NL A2004 – 4	JR A2004- 34 SM A2004 – 35 KH A2004 – 22	JB A2004 28 DM A2004 – 38 M VA2004 -12
<b>12:45pm-1:30pm</b>	M A2004 -12 PM A2004-26	M A2004 -12 PM A2004-26 MM A2004- 23	LC A2004 – 33 HG A2004- 41 M A2004 -12
<b>1:30pm-2:15pm</b>	AH A2004-5 DT A2004-11 RR A2004-27	AH A2004-5 DT A2004-11 RR A2004-27	NL A2004 – 4 RR A2004-27 KG A2004- 44
<b>2:15pm-3:00pm</b>	JB A2004 28 KG A2004- 29 RL A2004- 06	JB A2004 28 RL A2004- 06 JH A2004 – 10	PM A2004-26 MG A2004-25 LL A 2004- 07
<b>3:00pm-3:45pm</b>	KC A2004-13 PC A2004- 30 CC A2004-31	KC A2004-13 PC A2004- 30 CC A2004-31	KC A2004-13 AZ A2004 – 39 MH A2004- 40
<b>3:45pm-4:30pm</b>	JG A2004 – 32 LC A2004 – 33 JV A2004 – 3	JG A2004 – 32 JV A2004 – 3 LC A2004 – 33	PC A2004- 30 CC A2004-31 JG A2004 – 32
<b>4:30pm-5:15pm</b>	JR A2004- 34 SM A2004 – 35 RM A2004 36	KG A2004- 2 DM A2004 – 38 RM A2004 36	RM A2004 36 KG A2004- 29 MP A2004-14
<b>5:15pm-6:00pm</b>	AA A2004 – 37 DM A2004 – 38 LW A2004- 47	AA A2004 – 37 MP A2004-14 IP A2004-21	LM A2004-18 PM A2004-26 AA A2004 – 37
<b>6:00pm-6:45pm</b>	AZ A2004 – 39 MH A2004- 40 HG A2004- 41	AZ A2004 – 39 MH A2004- 40 HG A2004- 41	LW A2004- 47 PR A2004-82
<b>6:45pm-7:00pm</b>	EDuC A2004 42 SK A2004-43 KG A2004- 44	EDuC A2004 42 SK A2004-43 MC A2004- 20	A2004 42 SK A2004-43
<b>7:00pm-7:45pm</b>	SF A2004 – 45 DF A2004 – 46 JH A2004 - 10	SF A2004 – 45 DF A2004 – 46 KG A2004- 44	EB A2004-24

## **Appendix B: Research Announcement**

### **Dissertation Research Project**

*This research project is being conducted by Susan Frances Russell, a Th.D. in Holistic Theology and Ph.D. in Energy Medicine. Susan is currently a student studying with Dr.C. Norman Shealy of HUGS (Holos University Graduate Seminary). The HUGS program, specializes in energy medicine and psycho-spirituality.*

*This research project is to study the effectiveness of reducing Free Radicals, through the use of electro-stimulation of specific acupuncture points on the Shealy Ring of Crystal.*

*The second aspect is to measure the hypothesis that the Ring of Crystal has the potential to balance emotional states.. This is measured through the use of a psycho-spiritual assessment tool, the STAI.*

*This study included 80 volunteer participants who were randomly selected to participate in one of two groups:*

***Group A:** Was the intervention group. This group received electro-stimulation on acupuncture points known as the Ring of Crystal.*

***Group B:** Was the control group. This group participated in providing urine samples to measure the levels of free radical activity in a population without any intervention.*

*This study with **Group A** occurred over three consecutive days. This was scheduled for: February Thursday 5<sup>th</sup>, Friday 6<sup>th</sup> and Saturday 7<sup>th</sup>, 2004. Times can be assigned to facilitate participation.*

*All participants will be asked for **urine samples** on day **one** and **three**.*

***Group B**, the control, will drop off urine samples only on days one and three.*

*All participants will be asked to complete:*

- **STAI State Trait Anxiety Inventory (Pre and Post research)**
- **OxiData Urinalysis, (Pre and Post research)**
- **Research Intake form and Release of information for study results,**
- **Chinese assessment exam (Pre and Post research)**
- **Bio-meridian stress computer analysis (Pre and Post research)**
- **Symptom Index**
- **Personal Stress Assessment**

***Benefits of participating:***

*Receive \$300.00 worth of assessments on free radical levels learn about emotional impact on your health and well being.*

*Further the understanding of the affects of acupuncture in assisting the body to reduce levels of free radicals.*

***\*anyone with a pace maker or known heart problems , cancer currently pregnant may not sign up for this research.***

*If you are interested in participating please and being formally contacted please sign up: Or email me back with a yes plus information below.  YES, I am interested  No, I am not interested.*

*Name \_\_\_\_\_ address \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_*

**If you would like to try Acupuncture now is the time!**

**3 FREE SESSIONS**

**as part of the study**

**by participating**

**in**

**a supervised study for Doctoral student of Energy Medicine  
and Holistic Theology**

**Free Radical Urinalysis Free**

**Chinese Assessment Free**

**Electro Dermal screen on specific acupuncture points Free**

**All Free**

**Thursday Feb.5<sup>th</sup>, and Saturday Feb.7<sup>th</sup>**

**Reserve Your session time**

**Location: 455 East Paces Ferry Road**

**Suite 201**

**404 641 1588**

**Contact: Susan Russell**

***Please read the student consent form for details***

## **Appendix C: Student Consent Form**

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### **STUDENT CONSENT FORM**

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Holos University Graduate Seminary and Greenwich University supports the protection of human subjects participating in research. This consent form is designed to allow you to choose whether or not you wish to participate in this research study. Please note that should you agree to participate you are free to withdraw from the research at anytime.

This research is looking at the effects of acupuncture on reducing evidence of Free Radicals. Free Radical activity has been known to be linked to many major health issues. We will also analyze the possible anxiety reduction effects of the intervention.

Free radicals are considered to be integral parts of the mechanics of energy production and other metabolic processes. Free radicals are atoms or particles with at least one unpaired electron on the last orbital creating increased chemical reactivity and instability hypothesized to create the potential for toxicity, including tissue and organ damage. Toxic free radicals are frequently by-products of normal cellular metabolism and the creation of energy. The catalytic reaction of some enzymes, natural antioxidants like vitamins C and E, and hazardous environmental states, are also considered initiating factors in free radical production.

Free radicals have been shown to impact nearly everything of the body, creating dis-ease processes. These processes have been classified as inflammatory-immune injury, ischemia reflow states, drug toxicity, iron overload, nutritional deficiencies, alcohol toxicity, radiation, injury, aging, cancer, and amyloid diseases.

The only technique for the reduction of free radicals at this present time is the application of electro-stimulation on specific acupuncture points known as the Ring of Crystal. Dietary recommendations include foods and vitamins yet, foods such as polyphenols do not demonstrate conclusive evidence. However, fruits and vegetables with high antioxidant substances demonstrate antioxidant value. Monitored doses of Vitamin A, vitamin C, E and beta-carotene have shown promise with cancer patients.

This research will assess the presence of Free Radicals through the use of the OxiData urinalysis test. The OxiData test identifies the presence of lipid peroxidase, a known precursor to Free Radicals. Electro-stimulation on specific acupuncture points known as the Shealy Ring of Crystal will be used to stimulate the body's natural responses which have been shown to reduce Free Radical activity. This study will take place on three consecutive days, tentatively scheduled for *Thursday, February 5<sup>th</sup>, Friday, February 6<sup>th</sup>, and Saturday, February 7<sup>th</sup>,*



If you agree to participate in this study and are randomly selected to be in the **Control Group**, you will be asked to come to the research location on **the first and third day of the study**. The first day will include three intake questionnaires: General Well Being, State-trait Anxiety Index (STAI), Traditional Chinese Medicine (TCM) Assessment, in addition to Bio-meridian Stress Test, and the OxiData urinalysis. It is estimated that the questionnaires will only take an additional 30 minutes to complete. The third day will only include the OxiData urinalysis, as well as a follow-up STAI and Bio-Meridian Analysis.

If you agree to participate in this study and are randomly selected to be in the **Intervention Group** you will have the addition of separate consecutive acupuncture sessions. The first day will include three intake questionnaires: General Well Bring, State-Trait Anxiety Index (STAI), Chinese Four Pillar, in addition to the Bio-Meridian Stress Test and the OxiData urinalysis test, followed by a forty-five minute acupuncture session with electro-stimulation of specifically selected acupuncture points. It is estimated that the questionnaires will only take an additional 30 minutes to complete. The second day will include a forty-five minute acupuncture session with electro-stimulation of specifically selected acupuncture points. The third day will include a forty-five minute acupuncture session with electro-stimulation of specifically selected acupuncture points and the last OxiData urinalysis test. You will then complete the STAI and Bio-Meridian tests again.

The content of the questionnaires vary: The General Well Being assessment concerns a self report of overall health. The STAI analyzes your usual trait of anxiety as well as your state of anxiety at the moment. The Chinese Four Pillar questionnaire is based on self-reported health issues, and is based on Chinese descriptions of patterns of disharmony. The Bio-Meridian Stress Test is a computer energetic response tool. It measures the balance or imbalance of the twelve primary Chinese meridians. This assessment is used only to assess pre- and post- intervention reflections of energy changes within the meridians of the individual. These results are not intended to diagnose nor prescribe any physical condition.

Participation in this research study is voluntary, therefore, you may refuse to answer any question and you may also ask to withdraw from the research at anytime. Confidentiality will be maintained at all times, and your name will not be associated in any manner with the research findings. An ID number will be assigned to each research participant that remains anonymous and is used only for research purposes.

By participating in this study you will receive, at no cost to you, an estimated \$300.00 worth of assessments, including your free radical levels, and learn about the emotional impact on your current health and well being. Your personal research results will be made available to you within one month of the conclusion of the study.

Investigator  
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Supervising Investigator  
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Holos University  
521 Fifth Street  
Rapid City, SD 57701  
888 272 6109  
[@HolosUniversity.edu](mailto:@HolosUniversity.edu)

With my signature I am agreeing to participate in this study involving the use of acupuncture to assist the body in reducing the level of free radicals. I understand that I will be randomly assigned to either the Control or Study Group, and that my participation will enhance the body of knowledge of the effect of acupuncture on reducing free radicals in the body. I understand that my participation will be of no cost to me, and that I may withdraw from the study at any time without negative consequence.

I state that I am at least 18 years of age and have received a copy of this consent form to keep.

I state that, to the best of my knowledge, I do not have cancer, hypertension, high blood pressure, cardiac disease, and do not wear electrical implants and or cardiac pacemakers of any type.

Signature of subject agreeing to participate

- 
- A** *Intervention Group*       **B** *Control Group*

PLEASE PRINT:

Name:

Address:

E-Mail Address:

Telephone Number(s):

**Location** Intervention group meets at: 455 East Paces Ferry Rd. Suite 201 Atlanta Ga.  
30305

Control Group meets at: 4343 Shallowford Road suite H-5 , Marietta Georgia 30062

## Appendix D: Personal Stress Assessment

### PERSONAL STRESS ASSESSMENT

#### Total Life Stress Test

NAME \_\_\_\_\_ DATE \_\_\_\_\_

*Record your stress points on the lines in the right-hand margin, and indicate subtotals in the boxes at the end of each section. Then add your subtotals (on page 4) to determine your total score.*

#### A. **DIETARY STRESS**

##### **Average Daily Sugar Consumption**

Sugar added to food or drink	1 point per 5 teaspoons	_____
Sweet roll, piece of Pie/cake, brownie, other dessert	1 point each	_____
Coke or can of Pop; candy bar	2 points each	_____
Banana split, commercial milk shake, sundae, etc.	5 points each	_____
White flour (white bread, spaghetti, etc.)	5 points	_____

##### **Average Daily Salt Consumption**

Little or no “added salt	0 points	_____
Few salty foods (pretzels, potato chips, etc.)	0 points	_____
Moderate “added” salt and/or salty foods at least once per day	3 points	_____
Heavy salt user, regularly (use of “table salt” and/or salty foods at least twice per day)	10 points	_____

##### **Average Daily Caffeine Consumption**

Coffee	½ point each cup	_____
Tea	½ point each cup	_____
Cola drink or Mountain Dew	1 point each cup	_____
2 Anacin® or APC tabs	½ point per dose	_____
NoDoz®, Vivarin®, etc.)	2 points each	_____

##### **Average Weekly Eating Out**

2-4 times per week	3 points	_____
5-10 times per week	6 points	_____
More than 10 times per week	10 points	_____

#### A. **DIETARY SUBTOTAL**

**B. ENVIRONMENTAL STRESS**

**Drinking Water**

Chlorinated only	1 point	_____
Chlorinated and fluoridated	2 points	_____

**Soil and Air Pollution**

Live within 10 miles of city of 500,000 or more	10 point	_____
Live within 10 miles of city of 250,000 or more	5 point	_____
Live within 10 miles of city of 50,000 or more	2 point	_____
Live in the country but we use pesticides, Herbicides and/or chemical fertilizer	10 points	_____
Exposed to cigarette smoke of someone else more than 1 hour per day	5 points	_____
Television Watched For each hour over 1 per day	½ point	_____

**B. ENVIRONMENTAL SUBTOTAL**

**C. CHEMICAL STRESS**

**Drugs (any amount of usage)**

Antidepressants	1 point	_____
Tranquilizers	3 points	_____
Sleeping pills	3 points	_____
Narcotics	5 points	_____
Other pain relievers	3 points	_____

**Nicotine**

3-10 cigarettes per day	5 points	_____
11-20 cigarettes per day	15 points	_____
21-30 cigarettes per day	20 points	_____
31-40 cigarettes per day	35 points	_____
Over 40 cigarettes per day	40 points	_____
Cigar(s) per day	1 point each	_____
Pipeful(s) of tobacco per day	1 point each	_____
Chewing tobacco — “chews” per day	1 point each	_____

**Average Daily Alcohol Consumption**

1 oz. Whiskey, gin, vodka, etc.	2 points each	_____
8 oz. Beer	2 points each	_____
4-6 oz. Glass of wine	2 points each	_____

**C. CHEMICAL SUBTOTAL**

## D. PHYSICAL STRESS

### Weight

Underweight more than 10 lbs	5 points	_____
10 to 15 lbs. overweight	5 points	_____
16 to 25 lbs. overweight	10 points	_____
26 to 40 lbs. overweight	25 points	_____
More than 40 lbs. overweight	40 points	_____

### Activity

Adequate exercise*, 3 days or more per week	0 points	_____
Some physical exercise, 1 or 2 days per week	15 points	_____
No regular exercise	40 points	_____

### Work Stress

Sit most of the day	3 points	_____
Industrial/factory worker	3 points	_____
Overnight travel more than once a week	5 points	_____
Work more than 50 hours per week	2 points per hour over 50	_____
Work varying shifts	10 points	_____
Work night shift	5 points	_____

## D. PHYSICAL SUBTOTAL

## E. Holmes-Rahe Social Readjustment Rating \*

(Circle the mean values that correspond with life events listed below which you have experienced during the past 12 months.)

Death of spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50
Fired at work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gain of new family member	39
Business readjustment	39
Change in financial state	38
Death of close friend	37
Change to different line of work	36
Change in number of arguments with spouse	35
Mortgage over \$20,000	31
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29

**E. Holmes-Rahe Social Readjustment Rating (continued)**

Trouble with in-laws	29
Outstanding personal achievement	28
Spouse begin or stop work	26
Begin or end school	25
Change in living conditions	24
Revision of personal habits	23
Trouble with boss	20
Change in work hours or conditions	
Change in residence	20
Change in school	19
Change in recreation	19
Change in church activities	18
Change in social activities	17
Mortgage or loan less than \$20,000	16
Change in sleeping habits	15
Change in eating habits	15
Vacation, especially if away from home	13
Christmas, or other major holiday stress	12
Minor violations of the law	11

(Add the mean values to get the Holmes-Rahe total. Then refer to the conversion table to determine your number of points.)

## Appendix E: Conversion Table

Holmes-Rahe less than	60	110	160	170	180	190	200	210	220	230	240	250	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	Anything over 351=40+
Total number of points	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

### E. Holmes-Rahe Social Readjustment Rating (Converted)

\* The Social Readjustment Rating Scale: See Holmes, T.H. and Rahe, R.H.: The social readjustment rating scale. *Journal of Psychosomatic Research*. 11:213-218, 1967, for complete wording of these items. Reproduced with permission of the authors and publishers.

### F. EMOTIONAL STRESS

#### Sleep

Less than 7 hours per night:	3 points	_____
Usually 7 or 8 hours per night	0 points	_____
More than 8 hours per night	2 points	_____

#### Relaxation

Relax only during sleep	10 points	_____
Relax or meditate at least 20 minutes per day	0 points	_____

#### Frustration at work

Enjoy work	0 points	_____
Mildly frustrated by job	1 point	_____
Moderately frustrated by job	3 points	_____
Very frustrated by job	5 points	_____

#### Marital Status

Married, happily	0 points	_____
Married, moderately unhappy	2 points	_____
Married, very unhappy	5 points	_____
Unmarried man over 30	5 points	_____
Unmarried woman over 30	2 points	_____

#### Usual Mood

Happy, well adjusted	0 points	_____
Moderately angry, depressed or frustrated	10 points	_____
Very angry, depressed or frustrated	20 points	_____





## Appendix F: Symptom Index

### SYMPTOM INDEX

NAME \_\_\_\_\_ DATE \_\_\_\_\_

When people are chronically ill, they often have other symptoms. Do you have any of the following? PLEASE CHECK ONLY THOSE THAT YOU HAVE NOW OR HAVE HAD WITH YOUR CURRENT ILLNESS.

- \_\_\_\_\_ Depressed mood.
- \_\_\_\_\_ Loss of interest or pleasure in things you used to enjoy.
- \_\_\_\_\_ Significant weight change (loss or gain).
- \_\_\_\_\_ Frequent eating between meals.
- \_\_\_\_\_ Insomnia.
- \_\_\_\_\_ Hypersomnia.
- \_\_\_\_\_ Sleep walking.
- \_\_\_\_\_ Agitation
- \_\_\_\_\_ Sluggishness, slow to function.
- \_\_\_\_\_ Fatigue, low energy, feeling tired a lot of the time
- \_\_\_\_\_ Feelings of worthlessness or guilt.
- \_\_\_\_\_ Difficulty concentrating, thinking, and remembering.
- \_\_\_\_\_ Indecisiveness.
- \_\_\_\_\_ Recurrent thoughts of death or suicide.
- \_\_\_\_\_ Suicide attempts.
- \_\_\_\_\_ Nervous exhaustion.
- \_\_\_\_\_ Worrying excessively or being anxious.
- \_\_\_\_\_ Frequent crying.
- \_\_\_\_\_ Being extremely shy or sensitive.
- \_\_\_\_\_ Lumps or swelling in your neck.
- \_\_\_\_\_ Blurring of vision.
- \_\_\_\_\_ Seeing double.
- \_\_\_\_\_ Seeing colored halos around lights.
- \_\_\_\_\_ Pains or itching around the eyes.
- \_\_\_\_\_ Excess blinking or watering of the eyes.
- \_\_\_\_\_ Loss of vision.
- \_\_\_\_\_ Difficulty hearing.
- \_\_\_\_\_ Ear ache.
- \_\_\_\_\_ Running ear.
- \_\_\_\_\_ Buzzing or other noises in the ears.
- \_\_\_\_\_ Motion sickness.
- \_\_\_\_\_ Teeth or gum problems.
- \_\_\_\_\_ Sore or sensitive tongue.
- \_\_\_\_\_ Change in sense of taste.
- \_\_\_\_\_ Nose stuffed up.
- \_\_\_\_\_ Runny nose.

- \_\_\_\_\_ Sneezing spells.
- \_\_\_\_\_ Frequent head colds.
- \_\_\_\_\_ Bleeding from the nose.
- \_\_\_\_\_ Sore throat even without a cold.
- \_\_\_\_\_ Enlarged tonsils.
- \_\_\_\_\_ Hoarse voice even without a cold.
- \_\_\_\_\_ Difficulty or pain in swallowing.
- \_\_\_\_\_ Wheezing or difficulty breathing.
- \_\_\_\_\_ Coughing spells.
- \_\_\_\_\_ Coughing up a lot of phlegm.
- \_\_\_\_\_ Coughing up blood.
- \_\_\_\_\_ Chest colds more than once a month.
- \_\_\_\_\_ High blood pressure.
- \_\_\_\_\_ Low blood pressure.
- \_\_\_\_\_ Heart trouble.
- \_\_\_\_\_ Thumping or racing heart.
- \_\_\_\_\_ Pain or tightness in the chest.
- \_\_\_\_\_ Shortness of breath.
- \_\_\_\_\_ Heartburn.
- \_\_\_\_\_ Feeling bloated
- \_\_\_\_\_ Excess belching.
- \_\_\_\_\_ Discomfort in the pit of your stomach.
- \_\_\_\_\_ Nausea.
- \_\_\_\_\_ Vomiting blood.
- \_\_\_\_\_ Peptic ulcer.
- \_\_\_\_\_ Change in appetite.
- \_\_\_\_\_ Digestive problems.
- \_\_\_\_\_ Excess hunger.
- \_\_\_\_\_ Getting up frequently at night to urinate.
- \_\_\_\_\_ Urinating more than 5-6 times a day
- \_\_\_\_\_ Unable to control your urine.
- \_\_\_\_\_ Burning or pains when you urinate.
- \_\_\_\_\_ Black, brown, or bloody urine.
- \_\_\_\_\_ Difficulty starting your urine.
- \_\_\_\_\_ Constant urge to urinate.
- \_\_\_\_\_ Constipation.
- \_\_\_\_\_ Diarrhea.
- \_\_\_\_\_ Black or bloody bowel movement.
- \_\_\_\_\_ Grey bowel movement.
- \_\_\_\_\_ Pain when you move your bowels.
- \_\_\_\_\_ Bleeding from your rectum.
- \_\_\_\_\_ Stomach pains which double you up.
- \_\_\_\_\_ Frequent stomach trouble.
- \_\_\_\_\_ Intestinal worms.
- \_\_\_\_\_ Hemorrhoids.
- \_\_\_\_\_ Yellow jaundice.
- \_\_\_\_\_ Biting your nails.
- \_\_\_\_\_ Stuttering or stammering.
- \_\_\_\_\_ Any kind of problem with your genital or sexual organs.
- \_\_\_\_\_ Sexual problems.
- \_\_\_\_\_ Hernia or rupture.
- \_\_\_\_\_ Kidney or bladder disease.
- \_\_\_\_\_ Stiff or painful muscles or joints.
- \_\_\_\_\_ Swelling joints.
- \_\_\_\_\_ Pain in your back or shoulders.
- \_\_\_\_\_ Painful feet.

- \_\_\_\_\_ Swelling in your armpits or groin.
- \_\_\_\_\_ Trouble with swollen feet or ankles.
- \_\_\_\_\_ Cramps in your legs at night or with walking.
- \_\_\_\_\_ Itching or burning skin.
- \_\_\_\_\_ Excess bleeding from a small cut.
- \_\_\_\_\_ Easy burning skin.
- \_\_\_\_\_ Dizziness or light headedness.
- \_\_\_\_\_ Feeling faint or fainting.
- \_\_\_\_\_ Numbness in any part of your body.
- \_\_\_\_\_ Cold hands or feet even in hot weather.
- \_\_\_\_\_ Paralysis.
- \_\_\_\_\_ Blacking out.
- \_\_\_\_\_ Fits, convulsions, or epilepsy.
- \_\_\_\_\_ Change in your handwriting.
- \_\_\_\_\_ Tendency to shake or tremble.
- \_\_\_\_\_ Tendency to be too hot or too cold.
- \_\_\_\_\_ Sweating more than usual.
- \_\_\_\_\_ Hot flashes.
- \_\_\_\_\_ Being short of breath with minimal effort.
- \_\_\_\_\_ Failure to get adequate exercise.
- \_\_\_\_\_ Being overweight.
- \_\_\_\_\_ Being underweight.
- \_\_\_\_\_ Having lost more than half your teeth.
- \_\_\_\_\_ Bleeding gums.
- \_\_\_\_\_ Badly coated tongue.
- \_\_\_\_\_ A lot of small accidents or injuries.
- \_\_\_\_\_ Varicose veins.
- \_\_\_\_\_ Headaches.
- \_\_\_\_\_ Other aches or pains.
- \_\_\_\_\_ Feeling pessimistic or hopeless.
- \_\_\_\_\_ Have had any kind of surgery within the past year.
- \_\_\_\_\_ Being upset easily by criticism.
- \_\_\_\_\_ Having little annoyances get on your nerves and make you angry.
- \_\_\_\_\_ Getting angry easily.
- \_\_\_\_\_ Getting nervous around strangers.
- \_\_\_\_\_ Feeling lonely.
- \_\_\_\_\_ Having difficulty relaxing.
- \_\_\_\_\_ Being troubled by frightening dreams or thoughts.
- \_\_\_\_\_ Being disturbed by work or family problems.
- \_\_\_\_\_ Wishing that you could get psychological or psychiatric help.
- \_\_\_\_\_ Being tense or jittery.
- \_\_\_\_\_ Being easily upset.
- \_\_\_\_\_ Being in low spirits
- \_\_\_\_\_ Being in very low spirits.
- \_\_\_\_\_ Believing that your life is out of your hands and controlled by external forces.
- \_\_\_\_\_ Feeling that life is empty, filled with despair.
- \_\_\_\_\_ Having no goals or aims at all.
- \_\_\_\_\_ Having failed to make progress towards your life goals.
- \_\_\_\_\_ Feeling that you are completely bound by factors outside yourself.
- \_\_\_\_\_ Feeling sad, blue, or down in the dumps.
- \_\_\_\_\_ Feeling slowed down or restless and unable to sit still.
- \_\_\_\_\_ Being confined to bed by illness.

For men only:

- \_\_\_\_\_ Having urine stream that is very weak or very slow.
- \_\_\_\_\_ Having prostate trouble
- \_\_\_\_\_ Having unusual burning or discharge from your penis.

- \_\_\_\_\_ Having swelling or lumps in your testicles.
  - \_\_\_\_\_ Having your testicles painful.
  - \_\_\_\_\_ Having trouble getting erections (getting hard)
- For women only:
- \_\_\_\_\_ Having trouble with your menstrual period.
  - \_\_\_\_\_ Bleeding between your periods.
  - \_\_\_\_\_ Having heavy bleeding with your periods.
  - \_\_\_\_\_ Getting bloated or irritable before your periods.
  - \_\_\_\_\_ Taking birth control pills (in the last year).
  - \_\_\_\_\_ Having lumps in your breasts.
  - \_\_\_\_\_ Having excess discharge from your vagina.
  - \_\_\_\_\_ Feeling weak or sick with your periods.
  - \_\_\_\_\_ Having to lie down when your periods start.
  - \_\_\_\_\_ Feeling tense and jumpy with your periods.
  - \_\_\_\_\_ Having constant hot flashes and sweats.
  - \_\_\_\_\_ Have had a hysterectomy or on hormonal replacement.

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**Appendix G:**  
**State Trait Anxiety Index (STAI)**

**SELF-EVALUATION QUESTIONNAIRE**

STAI Form Y-1

**Please provide the following information:**

Name \_\_\_\_\_ Date \_\_\_\_\_ S \_\_\_\_\_

Age \_\_\_\_\_ Gender (Circle) M F T \_\_\_\_\_

**DIRECTIONS:**

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you feel *right now*, that is, *at this moment*. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

VERY MUCH SO  
MODERATELY SO  
SOMEWHAT  
NOT AT ALL

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I feel calm .....                                       | 1 | 2 | 3 | 4 |
| 2. I feel secure .....                                     | 1 | 2 | 3 | 4 |
| 3. I am tense .....  | 1 | 2 | 3 | 4 |
| 4. I feel strained .....                                   | 1 | 2 | 3 | 4 |
| 5. I feel at ease .....                                    | 1 | 2 | 3 | 4 |
| 6. I feel upset .....                                      | 1 | 2 | 3 | 4 |
| 7. I am presently worrying over possible misfortunes ..... | 1 | 2 | 3 | 4 |
| 8. I feel satisfied .....                                  | 1 | 2 | 3 | 4 |
| 9. I feel frightened .....                                 | 1 | 2 | 3 | 4 |
| 10. I feel comfortable .....                               | 1 | 2 | 3 | 4 |
| 11. I feel self-confident .....                            | 1 | 2 | 3 | 4 |
| 12. I feel nervous .....                                   | 1 | 2 | 3 | 4 |
| 13. I am jittery .....                                     | 1 | 2 | 3 | 4 |
| 14. I feel indecisive .....                                | 1 | 2 | 3 | 4 |
| 15. I am relaxed .....                                     | 1 | 2 | 3 | 4 |
| 16. I feel content .....                                   | 1 | 2 | 3 | 4 |
| 17. I am worried .....                                     | 1 | 2 | 3 | 4 |
| 18. I feel confused .....                                  | 1 | 2 | 3 | 4 |
| 19. I feel steady .....                                    | 1 | 2 | 3 | 4 |
| 20. I feel pleasant .....                                  | 1 | 2 | 3 | 4 |

## SELF-EVALUATION QUESTIONNAIRE

STAI Form Y-2

Name \_\_\_\_\_ Date \_\_\_\_\_

### DIRECTIONS

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

ALMOST NEVER  
SOMETIMES  
OFTEN  
ALMOST ALWAYS

- |   |   |   |   |   |
|---|---|---|---|---|
| 21. I feel pleasant .....   | 1 | 2 | 3 | 4 |
| 22. I feel nervous and restless .....   | 1 | 2 | 3 | 4 |
| 23. I feel satisfied with myself .....  | 1 | 2 | 3 | 4 |
| 24. I wish I could be as happy as others seem to be .....   | 1 | 2 | 3 | 4 |
| 25. I feel like a failure .....   | 1 | 2 | 3 | 4 |
| 26. I feel rested .....   | 1 | 2 | 3 | 4 |
| 27. I am "calm, cool, and collected" .....  | 1 | 2 | 3 | 4 |
| 28. I feel that difficulties are piling up so that I cannot overcome them .....                   | 1 | 2 | 3 | 4 |
| 29. I worry too much over something that really doesn't matter .....                              | 1 | 2 | 3 | 4 |
| 30. I am happy .....  | 1 | 2 | 3 | 4 |
| 31. I have disturbing thoughts .....  | 1 | 2 | 3 | 4 |
| 32. I lack self-confidence .....  | 1 | 2 | 3 | 4 |
| 33. I feel secure .....   | 1 | 2 | 3 | 4 |
| 34. I make decisions easily .....   | 1 | 2 | 3 | 4 |
| 35. I feel inadequate .....   | 1 | 2 | 3 | 4 |
| 36. I am content .....  | 1 | 2 | 3 | 4 |
| 37. Some unimportant thought runs through my mind and bothers me .....                            | 1 | 2 | 3 | 4 |
| 38. I take disappointments so keenly that I can't put them out of my mind .....                   | 1 | 2 | 3 | 4 |
| 39. I am a steady person .....  | 1 | 2 | 3 | 4 |
| 40. I get in a state of tension or turmoil as I think over my recent concerns and interests ..... | 1 | 2 | 3 | 4 |

**State-Trait Anxiety Inventory for Adults Scoring Key (Form Y-1, Y-2)**

Developed by Charles D. Spielberger in collaboration with R.L. Gorsuch, R. Lushene, P.R. Vagg, and G.A. Jacobs

To use this stencil, fold this sheet in half and line up with the appropriate test side, either Form Y-1 or Form Y-2. Simply total the scoring **weights** shown on the stencil for each response category. For example, for question # 1, if the respondent marked 3, then the **weight** would be 2. Refer to the manual for appropriate normative data.

Form Y-1	NOT AT ALL	SOMEWHAT	MODERATELY SO	VERY MUCH SO	Form Y-2	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1.	4	3	2	1	21.	4	3	2	1
2.	4	3	2	1	22.	1	2	3	4
3.	1	2	3	4	23.	4	3	2	1
4.	1	2	3	4	24.	1	2	3	4
5.	4	3	2	1	25.	1	2	3	4
6.	1	2	3	4	26.	4	3	2	1
7.	1	2	3	4	27.	4	3	2	1
8.	4	3	2	1	28.	1	2	3	4
9.	1	2	3	4	29.	1	2	3	4
10.	4	3	2	1	30.	4	3	2	1
11.	4	3	2	1	31.	1	2	3	4
12.	1	2	3	4	32.	1	2	3	4
13.	1	2	3	4	33.	4	3	2	1
14.	1	2	3	4	34.	4	3	2	1
15.	4	3	2	1	35.	1	2	3	4
16.	4	3	2	1	36.	4	3	2	1
17.	1	2	3	4	37.	1	2	3	4
18.	1	2	3	4	38.	1	2	3	4
19.	4	3	2	1	39.	4	3	2	1
20.	4	3	2	1	40.	1	2	3	4

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STAI-D Scoring Key



**Appendix H:**  
**Research Participant “Thank You” Packet**

(Provide a brief description of the packet as it was handed to the participant.)



*This Certificate is to acknowledge the participation of*

---

*In the research project known as  
Free Radical release through the use of electro-  
stimulation of the Shealy Ring of Crystal.*

*February 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> 2004*

*With Gratitude, Blessings and Abundance*

*Susan Russell L.M.S.W., Dipl. Ac.*

Dear,

Please find your results from the research study. Thank you very much for being a participant.

Subject	Number	Pre	Post	Pre	Pre	Po	Po	Per	Sym	age	sex
---------	--------	-----	------	-----	-----	----	----	-----	-----	-----	-----

			Oxid	Oxid	ST	TR	ST	TR	stress	ind		
S	BC-12		5	2	27	25	20	20	23	9	52	F

OxiData free radical screen 0-5 screens .5 or less or above a 3 indicate an imbalance.  
 State / Trait range 10-80  
 Personal Stress 60-360  
 Symptom Index 0-120

**BioMeridian ectro-dermal screening Control group (PRE)**

**GV20 GV1 GV2 GV3 Sp4R Sp4L Sp1R Sp2R Sp3R Sp1L**

**Sp2L Sp3L**

S-BC-12	53	58	57	58	32	23	42	37	31	17	29	29
SR-BC-12	55	48	47	43	53	65	60	60	42	51	30	34

*Biomeridian scores between 50-60 indicate a normal range while a score above a 60 indicates a stress state and a score below a 50 indicate a depletion of Qi. (Please note that – is the issue, and + is what needs to happen to change it.) If you are very high or very low you should be cleared for that particular issue.*

**Info Stress emotional correspondences of acupuncture points**

- GV20** -I am churning inside **+ I am comfortable I experience this comfort and support.**
- GV issue 1** - I am competitive. **+ I am supportive.**
- GV issue 2** -I am apathetic. **+ I am interested. I am motivated.**
- GV issue 3** - I am stubborn, rigid. **+ I am flexible.**
- Sp issue 1** -I am unsafe and on the brink of disaster. **+ I am safe and secure.**
- Sp issue 2** - I am confident only in familiar settings. **+ I am confident exploring new settings.**
- Sp issue 3** - I am awkward and unsure in new settings. **+ In new settings I have confidence and assurance that I have what it takes**
- Sp4** - I am lost and tired in “doing”. **+ I flow with faith.**

*\*\*\* This information is based on the Info Stress Biomeridian data and may differ from other schools of thought on the emotional representation of each of the aforementioned points.  
 You are encouraged to consider how these emotional issues might be relevant to you specifically and how they affirmatives may help to serve you in your own area of personal growth.  
 Your Biomeridian readings are reflective of the time in which you were being assessed as we are dealing with subtle energies that may be easily influenced by multiple factors.*

*F  
R  
E  
E*

*R  
A  
D  
I  
C  
A  
L  
S*

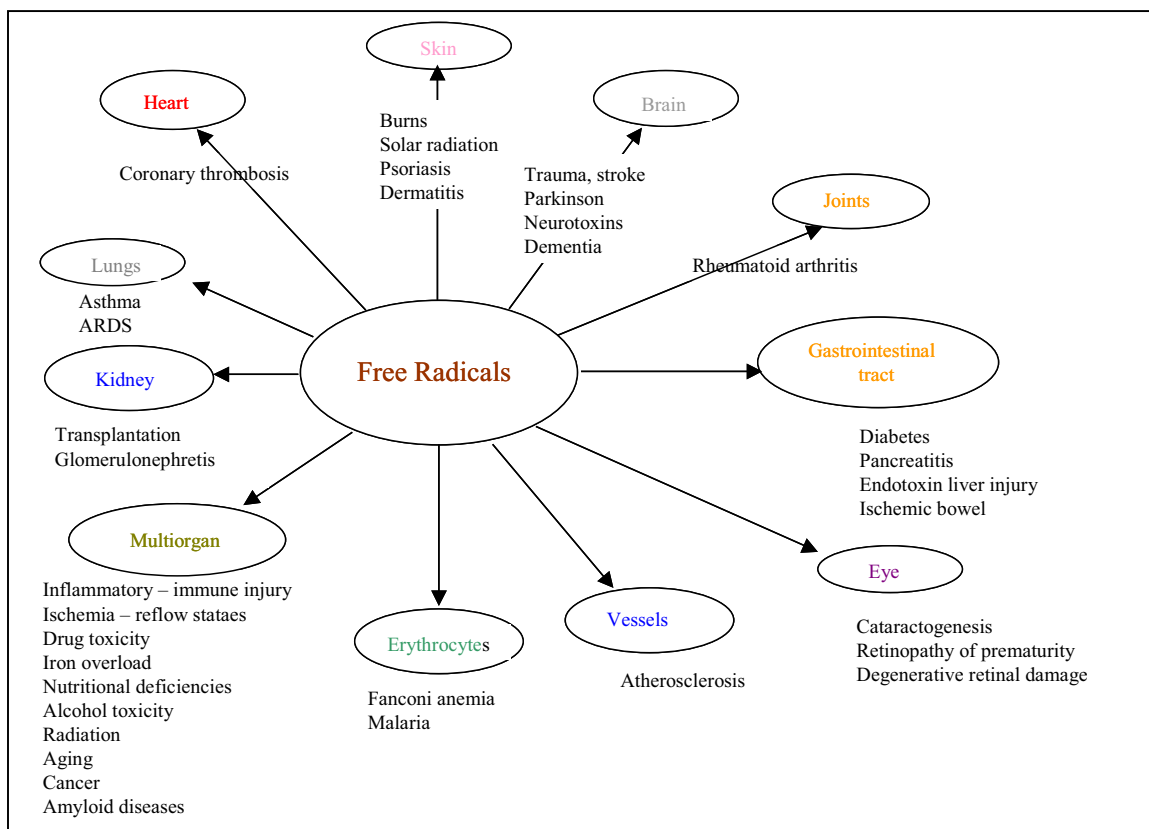


Fig. 1 Spectrum of human diseases where an excessive free radical production is thought to play a significant role in developing tissue injury. (pg 87 Analysis of Free Radicals in Biological Systems AE Favier, J.Cadet, B. Kalyanarajan, M. Fontecave, J.L.Pierre Bikhauser Vartig, Boston1005)

Emotions are also being implicated in the production of free radical activity, Nitric Oxide an identified free radical has been implicated in depressive states. (SuzukiE.,YagiG.,Nakaki T., KanbaS.,Asai M. Journal of Affect Disorder 2001 March:63(1-3); 221-4)

Free radicals are considered to be integral parts of the mechanics of energy production and other metabolic processes (Cardiovascular Surgery, University of Liggs CHU 835Sari Tilman B4000 Liegg Be;gium)

Free radicals are atoms or particles with at least one unpaired electron on the last orbital creating increased chemical reactivity and instability, oxidative stress creates marked increases in free radicals Levels.

(Free radicals and Antioxidants in Human Species, J. Pincemail, department of Cardiovascular Surgery,, University of Leige, CHU B35, sart Tilman B-4000 Leige, Belguim 1995)

*Wisdom*

*The*  
*Chinese*  
*Perspective*  
*On The*  
*Inter-relationship*

*Between*

*The*  
*Body*

*And*

*Emotional*  
*Aspects*

## *The Twelve Officials of the Court*

<b><i>Heart</i></b>	<b>Emperor KING</b>	<b>Source of Shen and clear sight</b>
<b><i>Lung</i></b>	MINISTER TO KING	Receives the pure Qi from heaven
<b><i>Liver</i></b>	<b>GENERAL</b>	<b>Sets strategy</b>
<b><i>Gallbladder</i></b>	<b>JUDGE</b>	<b>Decisions of courage and wise judgment</b>
<b><i>Pericardium</i></b>	<b>MESSENGER FOR KING</b>	<b>Protects King</b>
<b><i>Spleen</i></b>	<b>OFFICIAL</b>	<b>In charge of grainery transformation &amp; transportation</b>
<b><i>Stomach</i></b>	<b>OFFICIAL</b>	<b>In charge of grainery rotting &amp; ripening</b>
<b><i>Large Intestine</i></b>	<b>OFFICIAL</b>	<b>Drainage</b>
<b><i>Small Intestine</i></b>	<b>RECEIVING OFFICIAL</b>	<b>Separates the pure from the impure</b>
<b><i>kidney</i></b>	<b>MINISTER OF HEALTH</b>	<b>Strength of body, control water</b>
<b><i>San Jiao</i></b>	<b>IRRIGATION OFFICIAL</b>	<b>Water channel balance &amp; Harmony</b>
<b><i>Urinary Bladder</i></b>	<b>MINOR DISTRICT OFFICIAL</b>	<b>Controls storage of water &amp; excretes fluids</b>



<p><b>Fire</b></p> <p>Compassionate, communicative, likes pleasure, seeks excitement, likes to be in love, doesn't like to be bored.</p>
<p><b>Earth</b></p> <p>Moderate, sense of loyalty, harmonious, likes to belong, pays attention to detail, Likes company needs to be needed, can be stubborn.</p>
<p><b>Metal</b></p> <p>Organized, likes control, precise, discriminating, needs to be right, likes order and cleanliness, appreciates quality.</p>
<p><b>Water</b></p> <p>Imaginative, honest, clever, seeks knowledge, original, tough, independent, can be secretive, needs to be protected.</p>
<p><b>Wood</b></p> <p>Expansive, purposeful, active, likes to be busy, can be domineering, needs to win, practical.</p>

# Who am I ?

## **Fire –Huo- The Magician**

Heart/Small Intestine/Triple Warmer/ Pericardium

**Desires contact, intimacy- Needs solitude  
Loves sensation and feeling-Fears being overwhelmed by intensity  
Loves to say yes- can't say no  
Yearns for fusion-Dreads dissolution  
Lives in the moment –Dreads the future**

## **Earth –Tu- The Diplomat**

Stomach Spleen

**Being at the still point-Feeling stuck  
Wanting to be full-Feeling weighted down, overstuffed, and  
overwhelmed  
Seeking emptiness-Feeling that there is nothing at the core  
Desiring change-Wanting things to stay the same  
Wanting to be needed-Wary of being absorbed, losing the self**

## **Metal –Chin-The Catalyst**

Lungs Large Intestine

**Wants relationship-Needs distance  
Knows what is right - Accepts what is safe  
Aspires toward beauty - Settles for utility  
Wants joy - Fears spontaneity  
Likes creativity, ingenuity -Intolerant of disorder, dissonance**

## **Water –Shui- The Philosopher**

Kidney Bladder

**Yearns for truth-Fears exposure  
Yearns for connection-Intolerant of contact  
Likes to be squeezed-Scared of being squashed  
Wants to penetrate inside-Detests being absorbed**

## **Wood –Mu- The Pioneer**

Liver Gallbladder

**Wants to be in charge-Misses the companionship of equals  
Yearns to do, to act- Subject to uncontrollable impulse  
Makes rules- Likes to break them  
Demands freedom- Needs to struggle  
Feels invincible- Fears vulnerability and loss of control**

<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<ul style="list-style-type: none"> <li>○ Struggle</li> <li>○ Action</li> <li>○ Arousal</li> <li>○ Practicality</li> <li>○ Uniqueness</li> <li>○ Challenge</li> <li>○ Achievement</li> <li>○ Agility</li> <li>○ Independence</li> <li>○ Contest</li> </ul>	<ul style="list-style-type: none"> <li>○ Excitement</li> <li>○ Intimacy</li> <li>○ Sensuality</li> <li>○ Spontaneity</li> <li>○ Expression</li> <li>○ Yielding</li> <li>○ Merging</li> <li>○ Passion</li> <li>○ Self exposure</li> <li>○ Performing</li> </ul>	<ul style="list-style-type: none"> <li>○ Relationships</li> <li>○ Stability</li> <li>○ Family</li> <li>○ Sharing</li> <li>○ Harmony</li> <li>○ Loyalty</li> <li>○ Commitment</li> <li>○ Diplomacy</li> <li>○ Involvement</li> <li>○ Interdependence</li> </ul>	<ul style="list-style-type: none"> <li>○ Order</li> <li>○ Purity</li> <li>○ Reason</li> <li>○ Aesthetics</li> <li>○ Definition</li> <li>○ Simplicity</li> <li>○ Quality</li> <li>○ Correctness</li> <li>○ Standards</li> <li>○ Precision</li> </ul>	<ul style="list-style-type: none"> <li>○ Solitude</li> <li>○ Mystery</li> <li>○ Continuity</li> <li>○ Originality</li> <li>○ Toughness</li> <li>○ Self-sufficiency</li> <li>○ Privacy</li> <li>○ Anonymity</li> <li>○ Caution</li> <li>○ Conservation</li> </ul>

## Affinities: Desires and Values

<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<ul style="list-style-type: none"> <li>○ Clumsiness</li> <li>○ Slowness</li> <li>○ Ambiguity</li> <li>○ Interference</li> <li>○ Authority</li> <li>○ Compromise</li> <li>○ Frustration</li> <li>○ Constancy</li> <li>○ Submitting</li> <li>○ Confinement</li> </ul>	<ul style="list-style-type: none"> <li>○ Inactivity</li> <li>○ Separation</li> <li>○ Confusion</li> <li>○ Roughness</li> <li>○ Boundaries</li> <li>○ Deliberation</li> <li>○ Dullness</li> <li>○ Ordinariness</li> <li>○ Conservation</li> <li>○ Suspicion</li> </ul>	<ul style="list-style-type: none"> <li>○ Separateness</li> <li>○ Disloyalty</li> <li>○ Conflict</li> <li>○ Change</li> <li>○ Aloneness</li> <li>○ Impermanence</li> <li>○ Greediness</li> <li>○ Insecurity</li> <li>○ Emptiness</li> <li>○ Displacement</li> </ul>	<ul style="list-style-type: none"> <li>○ Intimacy</li> <li>○ Complexity</li> <li>○ Chaos</li> <li>○ Nonsense</li> <li>○ Spontaneity</li> <li>○ Carelessness</li> <li>○ Impropropriety</li> <li>○ Intemperance</li> <li>○ Vagueness</li> <li>○ Shapelessness</li> </ul>	<ul style="list-style-type: none"> <li>○ Sharing</li> <li>○ Rashness</li> <li>○ Vulnerability</li> <li>○ Ignorance</li> <li>○ Dishonesty</li> <li>○ Superficiality</li> <li>○ Faith</li> <li>○ Exposure</li> <li>○ Waste</li> <li>○ Softness</li> </ul>
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## Aversions: Fears and Difficulties

*Between Heaven and Earth A Guide to Chinese Medicine*  
 Harriet Beinfield L.Ac. & Efreem Korngold L.Ac., O.M.D.

## ***SPIRIT /MIND/ EMOTIONS***

### **SHEN**

The mind / spirit concept is considered to originate from the Five Element school of thought.

These five aspects of the mind are **Wood - Hun**, **Fire - Shen**, **Earth - Yi**, **Metal - Po**, **Water - Zhi**. Collectively these comprise the **Shen**.

#### ***SHEN***

*That which makes humans more than an object in motion.*

#### **Shen - Mind**

Waking consciousness, waking thought, the **Shen resides in the Heart**

#### **Hun - Ethereal soul**

Somewhat like western notion of spirit, **resides in the Liver.**

#### **Po - Corporeal soul**

Soul of the body, provides physiology, **resides in the Lungs**

#### **Yi - Intellect**

Scholarly memory, curiosity to learn **resides in the Spleen**

#### **Chi – Will Zhi Intelligence**

Urge to exist, urge to do, willpower, **resides in the Kidneys.**

These five aspects are held within the body viscera. The body is considered one entity that houses concurrent emotions.

The immaterial affects the material and the material affects the immaterial. Qi manifests at each of these levels as one person.

It has been observed that Acupuncture moves Qi; as acupuncture moves the Liver Qi or Tonifies Kidney Yang both the material body as well as the immaterial corresponding emotional state experience a balance.

*Chinese Medical Qigong Therapy: Clinical Text*  
*Jerry Alan Johnson, PH.D., D.T.C.M., D.M.Q. (China)*

A Guide To The Energetics of Food  
based on *A Guide to Chinese Food Energetics* by Daiverick Leggett

## *How to use this Chart*

### ***Temperatures of Food***

*The temperature of a food is a measure of its effect on the metabolism after initial digestion. People with cold constitutions or temporary cold conditions need to eat more warming foods and vice-versa. Foods may also be chosen according to season and prevailing weather.*

*The preparation of food will increase or decrease its innate temperature as follows:*

<i>Raw, Chilled</i>	<i>mostly cooling</i>
<i>Steamed, Poached</i>	<i>cooling</i>
<i>Boiled</i>	<i>neutral</i>
<i>Stir-fried</i>	<i>mildly warming</i>
<i>Casseroled, Baked</i>	<i>warming</i>
<i>Deep-fried</i>	<i>heating</i>
<i>Roasted, Grilled</i>	<i>mostly heating</i>

### ***Tonifying Foods:***

Tonifying foods strengthen a bodily substance or function. They are especially helpful for chronic conditions when our system is deficient in some way. Foods with notable tonifying properties are indicated by the symbols below:

- tonifies Qi
- tonifies Blood
- ☯ tonifies Yin
- tonifies Yang

### ***The Five Flavors of Food***

*Each food is classified as having one or more flavors. Each flavor has a specific effect and benefits a particular Organ. The balance of flavors may be tilted to suit our energetic needs.*

*The flavors of foods are indicated by the following symbols:*

- +      sweet*
- \*      pungent*
- △      salty*
- ⊗      sour*
- bitter*

*The **sweet** flavor arises from the Earth element and benefits the Spleen. Sweet foods strengthen, moisten and help tonify deficiency.*

*The **pungent** flavor arises from the Metal element and benefits the Lung. Pungent foods disperse stagnation and promote flow.*

*The **salty** flavor arises from the Water element and benefits the Kidney. Salty foods moisten, soften and detoxify.*

*The **sour** flavor arises from the Wood element and benefits the Liver. Sour foods stimulate absorption and contraction, helping break down fat.*

*The **bitter** flavor arises from the Fire element and benefits the Heart. Bitter foods drain and counteract Dampness.*

### ***The Routes and Actions of Foods***

*The tonifying and regulating actions of foods are described in the columns to right and left of the chart. These actions have a general influence on the whole system and a specific influence on certain Organs to which they are carried by the meridians. This enables us to direct a particular effect towards a particular Organ. The Organs are abbreviated as follows:*

- L      Lung*
- LI     Large Intestine*
- St     Stomach*
- S      Spleen*
- H      Heart*
- SI     Small Intestine*

*B*     *Bladder*  
*K*     *Kidney*  
*Pe*    *Pericardium*  
*TH*   *Triple Heater*  
*GB*   *Gall Bladder*  
*Liv*   *Liver*  
*U*     *Uterus*

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***Qi***            ○

Qi tonics maintain and improve the quality and quantity of available energy in the body. Qi tonics include:

Beef, Cherry, Chicken, Coconut, Dates, Eel, Fig, Ginseng, Goose, Grapes, Ham, Herring, Lentil, Licorice, Longan, Mackerel, Macroalgae, Molasses, Oats, Octopus,  
*Potato, Rabbit, Rice, Royal Jelly, Sweet Potato, Shitake Mushroom, Squash, Sturgeon, Tofu, Yam.*

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***Blood***            ●

Blood tonics maintain and improve the quality of immediate nourishment available to the body. Blood tonics include:

Azuki Bean, Apricot, Beef, Beetroot, Bone marrow, Chicken Egg, Cuttlefish, Dandelion, Dark Leafy Greens, Date, Dang Gui, Fig, Grape, Kidney Bean, Liver, Longan, Microalgae, Nettle, Octopus, Oyster, Parsley, Sardine. Spinach, Sweet Rice, Watercress.

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***Yin***                ☯

Yin tonics maintain and improve our deepest reserves of subtle nourishment and soothe our system. Yin tonics include:

Apple, Asparagus, Cheese, Chicken Egg, Clam, Crab, Cuttlefish, Duck, Duck Egg, Honey, Kidney Bean, Lemon, Malt, Mango, Milk, Oyster, Pea, Pear, Pineapple, Pomegranate, Pork, Rabbit, String Bean, Tofu, Tomato, Watermelon, Yam.

***Yang***                ☯

Yang tonics maintain and improve our ability to generate warmth and stimulate our system. Yang tonics include:

Basil, Cassio Fruit, Chestnut, Chive Seed, Cinnamon Bark, Clove Dill Seed, Fennel Seed, Fenugreek Seed, Garlic, Ginger (dried), Kidney, Lamb, Lobster, Nutmeg, Pistachio, Raspberry, Rosemary, Sage, Savory, Shrimp, Star Anise, Thyme, Walnut.

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### *A Note on Dampness*

Dampness is the over-retention of moisture in the body either as water or as phlegm. It is frequently caused by combinations of over-nutrition, lack of exercise and exposure to damp environments. Some foods will aggravate the tendency towards Dampness and need to be reduced by people with damp conditions. The following foods are especially Damp- forming:

Dairy Products (sheep and goat products are less dampening)

Pork and rich meats, roasted peanuts, concentrated juices especially orange and tomato, wheat, bread, yeast, beer, bananas, sugar and sweeteners, saturated fats.

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<b>GRAINS</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Amaranth</i>	+ □	<i>L</i>		<i>D</i>	<i>Cool</i>
<i>Barley</i>	+ △	<i>S, St</i>	● ☯	<i>H, W</i>	<i>Cool</i>
<i>Buckwheat</i>	+	<i>LI, S, St</i>		<i>D, H</i>	<i>Cool</i>
<i>Corn</i>	+	<i>K, LI, St</i>	● ○	<i>D, W</i>	<i>Neutral</i>
<i>Flax</i>	+	<i>LI, Liv, S</i>			<i>Neutral</i>
<i>Job's Tears</i>	+	<i>K, LI, L, S, St</i>	● ○	<i>D, H,W</i>	<i>Cool</i>
<i>Linseed</i>	+	<i>LI, Liv, S</i>			<i>Neutral</i>
<i>Millet</i>	+ △	<i>K, S, St</i>		<i>H, T</i>	<i>Cool</i>
<i>Oats</i>	+	<i>K, S</i>	● ○	<i>QC</i>	<i>Warm</i>
<i>Quinoa</i>	+ ⊗	<i>K, Pe</i>	☯		<i>Warm</i>
<i>Rice</i>	+		● ○		<i>Neutral</i>
<i>Rye</i>	□	<i>GB, Liv, S</i>		<i>D, W</i>	<i>Neutral</i>
<i>Sorghum</i>	+	<i>LI, L, S, St</i>		<i>C, D</i>	<i>Warm</i>
<i>Spelt</i>	+	<i>S</i>	☯		<i>Warm</i>
<i>Sweet Rice</i>	+	<i>S, St</i>	● ○		<i>Warm</i>
<i>Wheat</i>	+	<i>H,K,S</i>		<i>H</i>	<i>Cool</i>
<i>Wheat Bran</i>	+	<i>LI</i>	● ○		<i>Cool</i>
<i>Wheat Germ</i>	*	<i>H, SI</i>		<i>BC, H</i>	<i>Cold</i>
<i>Wild Rice</i>	+ ⊗	<i>K, B</i>			<i>Cool</i>

<b>VEGETABLES</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Alpha Sprout</i>	△□	<i>K,LI</i>	☾●	<i>D, T, W</i>	<i>Neutral</i>
<i>Artichoke</i>	+△□	<i>GB, Liv</i>	☾●	<i>OC, T, W</i>	<i>Cool</i>
<i>Asparagus</i>	+ □	<i>K, L</i>	☾	<i>D, H</i>	<i>Cold</i>
<i>Aubergene</i>	+	<i>LI, Liv, S, St, U</i>		<i>BC, H</i>	<i>Cool</i>
<i>Bamboo Shoot</i>	+	<i>LI, L, St</i>		<i>D, H, W</i>	<i>Cold</i>
<i>Beetroot</i>	+	<i>H, Liv</i>	●		<i>Neutral</i>
<i>Black Fungus</i>	+	<i>LI, St</i>			<i>Neutral</i>
<i>Broccoli</i>	* □				<i>Cool</i>
<i>Cabbage</i>	+ *	<i>LI, St</i>		<i>H</i>	<i>Neutral</i>
<i>Caper</i>	* □			<i>BC, C, D</i>	<i>Warm</i>
<i>Carrot</i>	+	<i>Liv, L, S</i>		<i>QC</i>	<i>Neutral</i>
<i>Cauliflower</i>		<i>LI, S, St</i>			<i>Cool</i>
<i>Celery</i>	+ □	<i>Liv, St</i>		<i>D, H, W</i>	<i>Cool</i>
<i>Chicory</i>	□	<i>GB, Liv</i>		<i>W</i>	<i>Cool</i>
<i>Chinese Cabbage</i>	+	<i>LI, St</i>		<i>D, H, W</i>	<i>Neutral</i>
<i>Courgette</i>	+				<i>Cool</i>
<i>Coriander Leaf</i>	*	<i>L, S</i>		<i>BC</i>	<i>Warm</i>
<i>Cucumber</i>	+	<i>LI, S, St</i>		<i>H, T</i>	<i>Cool</i>
<i>Daikon (Mooli)</i>	+ *			<i>D, P</i>	<i>Cool</i>
<i>Dandelion Leaf</i>	+△□	<i>GB, Liv, S</i>	●	<i>H, W</i>	<i>Cold</i>
<i>Kale</i>	+ □	<i>L, St</i>			<i>Warm</i>
<i>Kelp</i>	△	<i>B, K, Liv, St</i>	☾●	<i>T, W</i>	<i>Cool</i>
<i>Kolrabi</i>	+ * □			<i>BC, C, D</i>	<i>Neutral</i>
<i>Leek</i>	+ *	<i>Liv</i>		<i>BC, C</i>	<i>Warm</i>

<i>Lettuce</i>	+ □	<i>LI, St</i>		<i>D, H, W</i>	<i>Cool</i>
<i>Marrow</i>	+				<i>Cool</i>
<i>Mungbean Sprout</i>	+	<i>LI</i>	☾	<i>H, T</i>	<i>Cold</i>
<i>Mushroom (Button)</i>	+	<i>LI, L, SI, St</i>		<i>P, QC, T</i>	<i>Cool</i>
<i>Mustard Leaf</i>	*	<i>L, St</i>		<i>BC, C, P</i>	<i>Warm</i>
<i>Nori</i>	+ △		☾	<i>H, P</i>	<i>Cold</i>
<i>Olive</i>	+ ⊗	<i>L, St</i>		<i>T</i>	<i>Neutral</i>
<i>Onion</i>	*	<i>L</i>		<i>BC, C, D, T</i>	<i>Warm</i>
<i>Parsnip</i>	+ *	<i>Liv, L</i>			<i>Warm</i>
<i>Pepper</i>	*	<i>St</i>		<i>BC</i>	<i>Warm</i>
<i>Plantain</i>	+	<i>LI, SI</i>	☾	<i>H, P</i>	<i>Cold</i>
<i>Potato</i>	+	<i>K, S, St</i>	☾○	<i>H</i>	<i>Neutral</i>
<i>Pumpkin</i>	+	<i>L, S</i>		<i>D</i>	<i>Neutral</i>
<i>Radish</i>	+ *	<i>L, St</i>		<i>D, P, QC, T</i>	<i>Cool</i>
<i>Scallion</i>	* □	<i>H, LI, L</i>		<i>BC, C, D</i>	<i>Warm</i>
<i>Seaweed</i>	△	<i>K, St</i>	☾	<i>H, P, T, W</i>	<i>Cold</i>
<i>Shiitake Mushroom</i>	+	<i>St</i>	○	<i>P</i>	<i>Neutral</i>
<i>Spinach</i>	+	<i>LI, St</i>	●		<i>Cool</i>
<i>Spring Onion</i>	*	<i>L, St</i>			<i>Warm</i>
<i>Squash</i>	+	<i>S, St</i>	○	<i>C, QC</i>	<i>Warm</i>
<i>String Bean</i>	+	<i>K, S</i>	☾		<i>Neutral</i>
<i>Sweet Potato</i>	+	<i>K, S</i>	☾○	<i>C</i>	<i>Warm</i>
<i>Swiss Chard</i>	+	<i>LI, L, S, St</i>		<i>H, T</i>	<i>Cool</i>
<i>Tomato</i>	+ ⊗	<i>Liv, St</i>	☾		<i>Cold</i>
<i>Turnip</i>	+ * □	<i>St</i>		<i>BC, C, D, H, T</i>	<i>Neutral</i>
<i>Water Chestnut</i>	+	<i>L, St</i>	☾	<i>H, P</i>	<i>Cold</i>
<i>Watercress</i>	* □	<i>LI, L, S, St</i>	●	<i>P, QC, T, W</i>	<i>Warm</i>

<i>White Fungus</i>	+			<i>D</i>	<i>Neutral</i>
<i>Yam</i>	+	<i>K, L, S</i>	☯		<i>Neutral</i>

<b>FRUIT</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Apple</i>	+ ⊗	<i>H, L, St</i>	☯	<i>H</i>	<i>Cool</i>
<i>Apricot</i>	+ ⊗	<i>L</i>	☯●		<i>Neutral</i>
<i>Avocado</i>	+	<i>LI, Liv, L, S</i>	☯●		<i>Cool</i>
<i>Banana</i>	+	<i>LI, L</i>	☯	<i>H, T</i>	<i>Cold</i>
<i>Blackberry</i>	+ ⊗	<i>Liv, K</i>			<i>Warm</i>
<i>Blackcurrant</i>	+ ⊗	<i>Liv, K</i>			<i>Cool</i>
<i>Blue/Bilberry</i>	⊗	<i>L, S, St</i>		<i>D, H, T</i>	<i>Cool</i>
<i>Cassio Fruit</i>	*	<i>K, Liv</i>	☯		<i>Warm</i>
<i>Cherry</i>	+	<i>H, S, St</i>	○	<i>BC, C</i>	<i>Warm</i>
<i>Coconut</i>	+		○		<i>Neutral</i>
<i>Crabapple</i>	+ ⊗	<i>H, Liv, L</i>			<i>Neutral</i>
<i>Cranberry</i>	+ ⊗	<i>B, K, LI</i>		<i>D, H</i>	<i>Cold</i>
<i>Date</i>	+	<i>Liv, L, S</i>	●○		<i>Warm</i>
<i>Fig</i>	+	<i>LI, L, S</i>	●○	<i>H, T</i>	<i>Neutral</i>
<i>Gooseberry</i>	+ ⊗				<i>Cold</i>
<i>Grape</i>	+ ⊗	<i>K, Liv, L, S</i>	●○	<i>W</i>	<i>Neutral</i>
<i>Grapefruit</i>	+ ⊗			<i>H, P, QC</i>	<i>Cold</i>
<i>Lemon/Lime</i>	⊗	<i>GB, K, LI, Liv, S</i>	☯	<i>BC, H, QC, T</i>	<i>Cold</i>
<i>Longan</i>	+	<i>H, S</i>	●○	<i>BC, C</i>	<i>Warm</i>
<i>Lychee</i>	+ ⊗	<i>Liv</i>		<i>BC, C</i>	<i>Warm</i>
<i>Mango</i>	+ ⊗	<i>St</i>	☯	<i>H</i>	<i>Cold</i>
<i>Melon</i>	+	<i>H</i>			<i>Cold</i>
<i>Mulberry</i>	+	<i>K, Liv, L</i>	☯●		<i>Cold</i>
<i>Orange</i>	+ ⊗	<i>Liv</i>			<i>Cool</i>

<i>Papaya</i>	+ □	<i>L, St</i>		<i>D</i>	<i>Neutral</i>
<i>Peach</i>	+ ⊗	<i>LI, SI, St</i>		<i>BC, C, QC</i>	<i>Warm</i>
<i>Pear</i>	+ ⊗	<i>L, St</i>	☯	<i>H, P</i>	<i>Cool</i>
<i>Persimmon</i>	+	<i>H, LI, L, S</i>	☯	<i>H</i>	<i>Cold</i>
<i>Pineapple</i>	+ ⊗			<i>H</i>	<i>Neutral</i>
<i>Plum</i>	+ ⊗	<i>Liv</i>		<i>H</i>	<i>Neutral</i>
<i>Pomegranate</i>	+ ⊗	<i>B</i>	☯		<i>Neutral</i>
<i>Quince</i>	⊗	<i>Liv, S</i>			<i>Warm</i>
<i>Raspberry</i>	+ ⊗	<i>Liv, K</i>	☯		<i>Neutral</i>
<i>Rhubarb</i>	□	<i>LI</i>		<i>BC, H, T</i>	<i>Cold</i>
<i>Strawberry</i>	+ ⊗	<i>K, Liv, L, S</i>			<i>Cool</i>
<i>Tangerine</i>	+ ⊗	<i>L, St</i>		<i>QC</i>	<i>Cool</i>
<i>Water Mellon</i>	+	<i>B, H, St</i>	☯	<i>H, W</i>	<i>Cold</i>

<b>HERBS &amp; SPICES</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Aniseed</i>	+ *	<i>H, L, S</i>		<i>D, QC</i>	<i>Warm</i>
<i>Basil</i>	+ * □	<i>K, L</i>	☯	<i>C, P, QC</i>	<i>Warm</i>
<i>Bay</i>	*		○	<i>BC, C</i>	<i>Warm</i>
<i>Caraway</i>	+ *	<i>B, K, S</i>		<i>P, QC</i>	<i>Warm</i>
<i>Cardamom</i>	+ * □	<i>L, S</i>		<i>P, QC</i>	<i>Warm</i>
<i>Carob</i>	+ ⊗				<i>Warm</i>
<i>Cayenne</i>	*	<i>L, S, St</i>	☯	<i>BC, C, QC</i>	<i>Hot</i>
<i>Chili</i>	*	<i>H, S</i>		<i>BC, C</i>	<i>Hot</i>
<i>Chive Leaf</i>	*	<i>K, Liv, St</i>		<i>BC, QC</i>	<i>Warm</i>
<i>Chive Seed</i>	* △	<i>K, Liv</i>	☯	<i>C</i>	<i>Warm</i>
<i>Cinnamon Bark</i>	* □	<i>K, L, S</i>	☯	<i>C, D, QC</i>	<i>Hot</i>
<i>Cinnamon Twig</i>	+ *	<i>B, H, L</i>			<i>Warm</i>
<i>Clove</i>	*	<i>K, S, St</i>	☯	<i>C, QC</i>	<i>Warm</i>

<i>Coriander Seed</i>	* ⊗	<i>St</i>		<i>C</i>	<i>Neutral</i>
<i>Cumin</i>	*	<i>Liv, S</i>			<i>Warm</i>
<i>Dill Seed</i>	*	<i>K, S</i>		<i>C, QC</i>	<i>Warm</i>
<i>Fennel Seed</i>	+ *	<i>B, K, S</i>	☞	<i>C, P, QC</i>	<i>Warm</i>
<i>Fenugreek Seed</i>	□	<i>K, Liv</i>	☞	<i>QC, W</i>	<i>Warm</i>
<i>Garlic</i>	+ * △	<i>H, Liv, L, S</i>	☞	<i>D, P, QC</i>	<i>Hot</i>
<i>Ginger (dry)</i>	*	<i>L, S, St</i>	☞	<i>BC, C</i>	<i>Hot</i>
<i>Ginger (fresh)</i>	*	<i>L, S, St</i>		<i>C, P</i>	<i>Warm</i>
<i>Hawthorn</i>	+ ⊗	<i>H, Liv, Pe, S, St</i>		<i>BC, QC</i>	<i>Warm</i>
<i>Horseradish</i>	*	<i>B, K, L, St</i>	☞	<i>D, P, QC, W</i>	<i>Hot</i>
<i>Juniper</i>	+ * □	<i>S, K</i>		<i>C, P, QC, W</i>	<i>Warm</i>
<i>Licorice</i>	+	<i>All</i>	○	<i>H, P, T</i>	<i>Neutral</i>
<i>Marjoram</i>	+ * □	<i>H, K, S, L</i>	☾	<i>QC</i>	<i>Cool</i>
<i>Mint</i>	*				<i>Cool</i>
<i>Mustard</i>	*	<i>L</i>		<i>P, QC</i>	<i>Hot</i>
<i>Nettle</i>	+ △	<i>B, K, Liv, S</i>	● ☾	<i>D, T, W</i>	<i>Cool</i>
<i>Nutmeg</i>	*	<i>LI, S</i>	☞	<i>BC, C, QC</i>	<i>Warm</i>

<b>HERBS &amp; SPICES (cont.)</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Oregano</i>	+ * □	<i>L, St</i>			<i>Warm</i>
<i>Parsley</i>	* △ □	<i>B, St</i>		<i>T</i>	<i>Warm</i>
<i>Pepper (black)</i>	+ *	<i>K, H, LI, St</i>		<i>C, D, P, T, QC</i>	<i>Hot</i>
<i>Pepper (white)</i>	* □	<i>LI, SI, St</i>		<i>D, P</i>	<i>Hot</i>
<i>Purslane</i>	⊗	<i>B, LI, Liv</i>		<i>BC, H, T</i>	<i>Cold</i>
<i>Rosemary</i>	+ *	<i>H, K, Liv, L, S</i>	☞	<i>C, P</i>	<i>Warm</i>
<i>Saffron</i>	*	<i>H, Liv</i>		<i>QC</i>	<i>Neutral</i>
<i>Sage</i>	*	<i>L, St</i>			<i>Warm</i>
<i>Savory</i>	+ * □	<i>K, L</i>	☞	<i>C, P, QC</i>	<i>Warm</i>

<i>Tamarind</i>	+ ⊗	<i>LI, SI</i>		<i>D, H</i>	<i>Cool</i>
<i>Thyme</i>	* □	<i>L, S</i>		<i>P, QC</i>	<i>Warm</i>
<i>Turmeric</i>	* □	<i>S, St</i>		<i>BC, QC</i>	<i>Warm</i>

### **OILS & CONDIMENTS**

<b>Food</b>		<b>Route</b>	<b>Action</b>	<b>Temp</b>
<i>Olive Oil</i>	+	<i>S, Liv</i>		<i>Neutral</i>
<i>Peanut Oil</i>	+	<i>LI, L, S</i>		<i>Neutral</i>
<i>Sesame Oil</i>	+	<i>St</i>		<i>H, T</i>
<i>Soya Oil</i>	+ *	<i>LI</i>		<i>BC, C</i>
<i>Agar</i>	+	<i>Liv, L</i>		<i>H, T</i>
<i>Amasake</i>	+	<i>L</i>	●	<i>BC, C</i>
<i>Brown Sugar</i>	+	<i>Liv, S</i>		<i>Warm</i>
<i>Honey</i>	+	<i>LI, L, S</i>		<i>T</i>
<i>Kuzu</i>	+	<i>LI, S, St</i>		<i>H</i>
<i>Malt Sugar</i>	+	<i>L, S, St</i>		<i>BC, C</i>
<i>Miso</i>	△			<i>Warm</i>
<i>Molasses</i>	+	<i>K, Liv, S</i>	●○	<i>Warm</i>
<i>Rice Syrup</i>	+			<i>Warm</i>
<i>Salt</i>	△	<i>K, LI, SI, St</i>		<i>H, P, T</i>
<i>Soya Sauce</i>	△			<i>Cool</i>
<i>White Sugar</i>	+			<i>Neutral</i>
<i>Vinegar</i>	⊗ □	<i>Liv, St</i>		<i>BC, C, T</i>

### **BEVERAGES**

<b>Food</b>		<b>Route</b>	<b>Action</b>	<b>Temp</b>
<i>Beer</i>	+ □	<i>H, S, St</i>		<i>Cool</i>
<i>Chamomile</i>	+ □	<i>LI, Liv, L, Pe, S</i>		<i>QC</i>

<i>Chrysanthemum</i>	+ □	<i>Liv, L</i>		<i>H, T</i>	<i>Cool</i>
<i>Coffee</i>	+ □	<i>H</i>			<i>Warm</i>
<i>Dandelion Root</i>	+ △ □	<i>GB, Liv, S</i>		<i>H, W</i>	<i>Cold</i>
<i>Elderflower</i>	+ * □	<i>B, Liv</i>		<i>H, P, W</i>	<i>Cool</i>
<i>Jasmine</i>	+ *	<i>K, Liv, S</i>	☯	<i>C, P, QC</i>	<i>Warm</i>
<i>Lemon Balm</i>	* ⊗	<i>Liv, L</i>			<i>Cool</i>
<i>Limeflower</i>	+ *	<i>Liv, L</i>		<i>H, QC</i>	<i>Cool</i>
<i>Peppermint</i>	+ *	<i>Liv, L, S</i>		<i>P, QC</i>	<i>Cool</i>
<i>Raspberry Leaf</i>	⊗	<i>St</i>		<i>D</i>	<i>Cool</i>
<i>Rosehip</i>	△ ⊗	<i>B, K, LI</i>			<i>Neutral</i>
<i>Soya Milk</i>	+	<i>L, St</i>	●	<i>P</i>	<i>Neutral</i>
<i>Star Anise</i>	+ *	<i>K, Liv, S</i>	☯	<i>QC</i>	<i>Warm</i>
<i>Tea</i>	+ □	<i>H, L, St</i>		<i>P, T, W</i>	<i>Cool</i>
<i>Wine</i>	+ * □	<i>H, Liv, L, St</i>		<i>BC, C, QC</i>	<i>Warm</i>

<b>SUPPLEMENTS</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Algae</i>	+ △	<i>All</i>	●○	<i>T</i>	<i>Neutral</i>
<i>Dong Quai</i>	+ *	<i>S, Liv</i>	●		<i>Warm</i>
<i>Ginseng (American)</i>	+ □	<i>K, L, S, St</i>	○☯		<i>Neutral</i>
<i>Ginseng (Chinese)</i>	+	<i>L, S</i>	○		<i>Warm</i>
<i>Ginseng (Korean)</i>	+		○☯		<i>Hot</i>
<i>Kelp</i>	△	<i>St</i>		<i>H, P, W</i>	<i>Cold</i>
<i>Pollen</i>	<i>All</i>	<i>All</i>	●○		<i>Neutral</i>
<i>Royal Jelly</i>	+	<i>Liv, S</i>	○☯		<i>Neutral</i>



<b>BEANS</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Aduki Beans</i>	+ ⊗	<i>H, K, St</i>	☾ ●	<i>D, T, W</i>	<i>Neutral</i>
<i>Black Bean</i>	+	<i>K</i>	☾ ●	<i>W</i>	<i>Warm</i>
<i>Broad Bean</i>	+	<i>K, S</i>			<i>Neutral</i>
<i>Chick Pea</i>	+	<i>H, St</i>			<i>Neutral</i>
<i>Kidney Bean</i>	+	<i>K</i>	☾ ●	<i>D, H</i>	<i>Neutral</i>
<i>Lentil</i>	+	<i>H, K, S, St</i>		<i>D, W</i>	<i>Neutral</i>
<i>Lima Bean</i>	+	<i>Liv, L</i>	☾		<i>Cool</i>
<i>Mung Bean</i>	+	<i>H, St</i>	☾	<i>H</i>	<i>Cool</i>
<i>Pea</i>	+	<i>S, St</i>		<i>W</i>	<i>Neutral</i>
<i>Soy Bean (black)</i>	+	<i>K, S</i>	☾	<i>W</i>	<i>Neutral</i>
<i>Soy Bean (yellow)</i>	+	<i>LI, S</i>		<i>H</i>	<i>Cool</i>
<i>Tofu</i>	+	<i>LI, S, St</i>	☾	<i>H, T</i>	<i>Cool</i>

<b>NUTS &amp; SEEDS</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Almond</i>	+	<i>L</i>		<i>P</i>	<i>Neutral</i>
<i>Chestnut</i>	+	<i>K, S, St</i>	☾	<i>BC</i>	<i>Warm</i>
<i>Coconut</i>	+	<i>H</i>			<i>Warm</i>
<i>Coconut Milk</i>	+		☾	<i>C</i>	<i>Warm</i>
<i>Hazel Nut</i>	+				<i>Neutral</i>
<i>Peanut</i>	+	<i>L, S</i>			<i>Neutral</i>
<i>Pine Kernel</i>	+	<i>LI, Liv, L</i>	☾	<i>BC, C</i>	<i>Warm</i>
<i>Pistachio</i>	+ ⊗ □	<i>K, Liv</i>	☾		<i>Neutral</i>
<i>Pumpkin Seed</i>	+ □	<i>LI, S</i>			<i>Neutral</i>

<i>Sesame (black)</i>	+	<i>K, Liv</i>	☯ ●		<i>Neutral</i>
<i>Sesame (white)</i>	+		☯		<i>Neutral</i>
<i>Sunflower Seed</i>	+	<i>S</i>			<i>Neutral</i>
<i>Walnut</i>	+	<i>K, L</i>	☯ ☯ ○	<i>C, P</i>	<i>Warm</i>

<b>FISH</b>					
<b>Food</b>		<b>Route</b>	<b>Action</b>		<b>Temp</b>
<i>Abalone</i>	+ △		☯	<i>H</i>	<i>Neutral</i>
<i>Anchovy</i>	+		☯	<i>C, D, W</i>	<i>Warm</i>
<i>Karp</i>	+	<i>K, S</i>		<i>W</i>	<i>Neutral</i>
<i>Clam (freshwater)</i>	+ △	<i>K, Liv</i>	☯	<i>H</i>	<i>Cold</i>
<i>Clam (saltwater)</i>	△	<i>St</i>	☯	<i>H, P</i>	<i>Cold</i>
<i>Crab</i>	△	<i>Liv, St</i>	☯	<i>BC, H, P</i>	<i>Cold</i>
<i>Cuttlefish</i>	△	<i>H, K, Liv</i>	☯ ●		<i>Neutral</i>
<i>Eel</i>	+	<i>K, Liv, S</i>	○	<i>D</i>	<i>Warm</i>
<i>Frog</i>	+	<i>B, LI, SI, St</i>	○	<i>H, T, W</i>	<i>Cool</i>
<i>Herring</i>	+	<i>L, S</i>	○	<i>T</i>	<i>Neutral</i>
<i>Lobster</i>	+ △	<i>K</i>	☯	<i>P</i>	<i>Warm</i>
<i>Mackerel</i>	+	<i>Liv, St</i>	○	<i>D, W</i>	<i>Neutral</i>
<i>Mussel</i>	△	<i>K, Liv</i>	☯ ○	<i>BC, C</i>	<i>Warm</i>
<i>Octopus</i>	+ △		☯ ● ○	<i>H</i>	<i>Cold</i>
<i>Oyster</i>	+ △	<i>K, Liv</i>	☯ ● ○		<i>Neutral</i>
<i>Salmon</i>	+	<i>S, St</i>			<i>Neutral</i>
<i>Sardine</i>	+ △	<i>S, St</i>		<i>W</i>	<i>Neutral</i>
<i>Shark</i>	+ △	<i>S</i>	☯		<i>Neutral</i>
<i>Shrimp/Prawn</i>	+	<i>K, Liv</i>	☯	<i>BC, C, P</i>	<i>Warm</i>
<i>Sturgeon</i>	+	<i>L, Pe</i>	○		<i>Neutral</i>
<i>Trout</i>	⊗	<i>St</i>	○	<i>C</i>	<i>Hot</i>
<i>Whitefish</i>	+	<i>Liv, L, S, St</i>			<i>Neutral</i>

<i>MEAT</i>					
<i>Food</i>		<i>Route</i>	<i>Action</i>		<i>Temp</i>
<i>Beef</i>	+	<i>LI, S, St</i>	☯●○		<i>Neutral</i>
<i>Chicken</i>	+	<i>S, St</i>	○	<i>BC, C</i>	<i>Warm</i>
<i>Duck</i>	+	<i>K, L</i>	☯		<i>Neutral</i>
<i>Goose</i>	+	<i>L, S</i>	☯○		<i>Neutral</i>
<i>Ham</i>	△	<i>S</i>	○		<i>Warm</i>
<i>Kidney (beef)</i>	+	<i>K</i>	☯		<i>Warm</i>
<i>Kidney (pork)</i>	△	<i>K</i>	☯		<i>Neutral</i>
<i>Kidney (sheep)</i>	+	<i>K</i>	☯	<i>BC, C, QC</i>	<i>Warm</i>
<i>Lamb</i>	+	<i>K, S</i>	☯		<i>Hot</i>
<i>Liver (beef)</i>	+	<i>Liv</i>	●		<i>Neutral</i>
<i>Liver (chicken)</i>	+	<i>K, Liv</i>	○	<i>BC</i>	<i>Warm</i>
<i>Liver (pork)</i>	+ □	<i>Liv</i>	●		<i>Warm</i>
<i>Liver (sheep)</i>	+ □	<i>Liv</i>	●		<i>Cool</i>
<i>Mutton</i>	+		○	<i>C</i>	<i>Warm</i>
<i>Pheasant</i>	+ ⊗	<i>H, St</i>	○		<i>Warm</i>
<i>Pigeon</i>	+ △		☯○		<i>Neutral</i>
<i>Pork</i>	+ △	<i>K, S, St</i>	☯●		<i>Neutral</i>
<i>Quail</i>	+	<i>LI, S, St</i>	○	<i>D, H</i>	<i>Neutral</i>
<i>Rabbit</i>	+	<i>LI, Liv</i>	☯○		<i>Cool</i>
<i>Turkey</i>		<i>S, St</i>			<i>Warm</i>

<i>DAIRY</i> ● ○ ? ☯ ⊗ △ □					
<i>Food</i>		<i>Route</i>	<i>Action</i>		<i>Temp</i>
<i>Butter</i>	+			<i>BC, C</i>	<i>Warm</i>
<i>Cheese</i>	+ ⊗	<i>L</i>	☯		<i>Neutral</i>
<i>Egg (chicken)</i>	+	<i>H, K, L, St</i>	☯ ●		<i>Neutral</i>
<i>Egg White (chicken)</i>	+	<i>L</i>		<i>H</i>	<i>Neutral</i>
<i>Egg Yolk (chicken)</i>	+	<i>H, K</i>	☯ ●		<i>Neutral</i>
<i>Egg (duck)</i>	+	<i>H, L, St</i>	☯		<i>Cool</i>
<i>Milk (cow)</i>	+	<i>H, L, St</i>	☯		<i>Neutral</i>
<i>Milk (sheep/goat)</i>	+	<i>St</i>			<i>Warm</i>
<i>Yogurt</i>	+ ⊗				<i>Cold</i>

### **Regulating Foods**

*Regulating foods help remove Stagnant or Excess conditions. Foods with notable regulating properties are abbreviated as follows:*

<i>QC</i>	<i>Promotes Qi Circulation</i>	<i>D</i>	<i>Counteracts Damp</i>
<i>BC</i>	<i>Promotes Blood Circulation</i>	<i>W</i>	<i>Drains Water</i>
<i>H</i>	<i>Counteracts Heat</i>	<i>P</i>	<i>Resolves Phlegm</i>
<i>C</i>	<i>Counteracts Cold</i>	<i>T</i>	<i>Removes Toxins</i>

### **Qi Circulation      QC**

Qi circulation is stimulated by the sweet and pungent flavors. Foods which particularly influence Qi circulation include:

Basil Caraway, Cardamom, Carrot, Cayenne, Chives, Clove, Coriander, Dill Seed, Garlic, Marjoram, Mustard Leaf, Orange Peel, Radish, Star Anise, Tangerine Peel, Tumeric.

### **Blood Circulation      BC**

Since Qi moves the blood, blood circulation is also stimulated by the sweet and pungent flavors. Foods which particularly influence Blood circulation include:

Amasake, Aubergine, Brown Sugar, Chestnut, Chilli Pepper, Chive, Crab, Hawthorn Berry, Mustard Leaf, Onion, Peach, Scallion, Sturgeon, Vinegar.

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### ***Heat***

### ***H***

Hot conditions are improved by cooling foods. In chronic cases cooling foods are used to steadily cool and moisten. In acute cases of pathogenic invasion cool foods are combined with the pungent flavor to drive out the Heat. Effective foods include:

Asparagus, Aubergine, Bamboo Shoot, Banana, Chicken Egg White, Clam, Elderflower, Grapefruit, Lemon, Lettuce, Millet, Mung Bean, Mung Beansprout, Peppermint, Potato, Salt, Tofu, Watermelon, Wheat.

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### ***Cold***

### ***C***

Cold conditions are improved by warming foods. In chronic cases warm and sweet/pungent foods are used which warm us steadily. In acute cases of pathogenic invasion warm or hot foods are combined with stronger pungent flavors to drive out the Cold. Effective foods include:

Anchovy, Basil, Bay, Black Pepper, Cayenne, Cherry, Chestnut, Chicken, Coriander Seed, Dill Seed, Fennel Seed, Garlic, Ginger, Kohlrabi, Lamb Kidney, Leek, Mussel, Mustard Leaf, Mutton, Nutmeg, Onion, Peach, Pine Kernel, Rosemary, Scallion, Shrimp, Squash, Sweet Potato, Sweet Rice, Trout, Turnip, Vinegar, Walnut, Wine.

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### ***Damp***

### ***D***

Dampness results from the body's failure to burn off or transform moisture. Dampness is treated by avoiding dampening foods, by strengthening the body and by including bitter foods and foods which counteract Dampness. Effective foods include:

Aduki Beans, Alfalfa, Anchovy, Barley, Celery, Corn, Daikon, Garlic, Green Tea, Horseradish, Jasmine Tea, Job's Tears, Kidney bean, Kohlrabi, Lemon, Mackerel, Marjoram, Mushroom (button), Mustard Leaf, Onion, Parsley, Pumpkin, Radish, Rye, Scallion, Turnip, Umeboshi Plum.

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### ***Water***

### ***W***

Water refers to a condition of Dampness where moisture is retained as water as in oedema. Water-draining foods include:

Aduki Beans, Alfalfa, Anchovy, Barley, Black Soybean, Broad Bean, Celery, Clam, Fenugreek, Frog, Grape, Job's Tears, Kelp, Lettuce, Mackerel, Sardine, Seaweed.

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***Phlegm***

***P***

Phlegm refers to a condition of Dampness where moisture is retained as Phlegm or Mucus. Phlegm-resolving foods include:

Almond, Apple Peel, Clam, Daikon, Garlic, Grapefruit, Lemon Peel, Licorice, Marjoram, Mushroom (button). Mustard Leaf, Mustard Seed, Olive, Onion, Orange Peel, Pear, Black and White Pepper, Peppermint, Persimmon, Plantain Radish, Seaweed, Shitake Mushroom, Shrimp, Tea, Thyme, Walnut, Watercress.

*Water*

*Its*

*Value*

*In*

*Our*

*Lives*

## Alkaline Water Cleanses and Detoxifies

Water is our most important nourishment and fundamental for good health. A human being consists of 70 % water. Water is the key to all bodily functions. Polluted water may pose a significant health risk.

The quality of drinking water, which has surface water as its source, is steadily deteriorating because of pollutants and acid rain. Even water is becoming acidic. At a pH of 6 crabs die, roach and salmon die at 4, and all fish die at a pH of 3. Bacteria, algae, chloroform (from chlorinating), nitrates and not least dangerous heavy metals, for example cadmium and aluminum, may have acidified poor quality water. These pollutants may come from factory discharges, agriculture, sewer pipes, water mains and acid rain.

### The Importance of Water:

Did you know?

Water is found throughout the body, both inside and outside the cells.

Water is the key to all body functions.

Our blood contains of 90 % of water.

It is the water that carries nourishment to all living cells.

Nourishment for body cells and waste products that are formed in connection with metabolism are transported with water

Water must be so pure that the organism's various cells are not damaged.

Under normal conditions, a person needs 1.5 - 2.5 liters per day.

Water sustains all forms of life, in fact as humans our bodies are 70-90% water and most of the food we eat contains 70-90% water. All body fluids contain water. Water adjusts the body's temperature and, through urination and perspiration, is the main way to rid the body of toxins. Most of us do not drink enough water and are, therefore, dehydrated to some extent. For the body to function properly, it is imperative to be properly hydrated. Drinking the ionized alkaline water daily, assists the body in flushing out toxic, acidic wastes.

### How ionized alkaline water helps:

Alkaline water works in two ways:

First, let's look at pH or the degrees of acidity or alkalinity. pH ranges from 0-14 with 7 neutral, 1-6 is acidic and above 7 basic or alkaline. Our body systems work to keep our blood and the fluids surrounding our cells slightly alkaline. The process of metabolism - the digestion and burning of our foods to produce energy - results in waste products.

These waste products are acidic. If conditions were ideal, we'd get rid of our acidic wastes as fast as they formed through breathing and through the kidneys, bowels and skin.

Even under the best conditions a diet of largely fresh alkaline foods and regular exercise - acidic wastes build up in our bodies. Air pollution, processed foods, pesticides, and too much stress are adding to the toxic waste burden our systems struggle to eliminate from the body

*"We age because we accumulate acidic waste products." - Sang Whang.*



Many health experts agree that an overly acidic system also burdens the immune system and leads to disease.

### **How we can flush out these acidic wastes:**

Drinking alkaline water daily assists the body to flush out the build-up of toxic wastes. To safely rid the body of stored acidic wastes, the alkaline water must contain, however, the original alkaline minerals that occur naturally in water.

In addition to the alkaline minerals, the alkaline water is rich in oxygen. Electrolysis separates water molecules into acidic water-positively charged hydrogen ions (H<sup>+</sup>) and alkaline water-negatively charged hydroxyl ions which have both an oxygen and a hydrogen atom (OH<sup>-</sup>). The alkaline water is, therefore, rich in oxygen.

### **Free radicals, disease and aging:**

The disarming of free radicals is the second way in which alkaline water works to improve our health. You've probably heard about free radicals - they are mentioned frequently in health articles and in advertising for antioxidant supplements. Many health researchers point to free radicals as the cause of disease and aging. Antioxidants are, therefore, recommended to scavenge free radicals. Our bodies as part of the chemical reactions in cell respiration, although destructive, produce free radicals, naturally. The problem, today, is one of overproduction of free radicals. In response to an overload of toxic wastes, our bodies produce an abundance of free radicals. A free radical is an unstable, or active, form of oxygen with an urgent need to find an electron. They usually rip these electrons from cell membranes. When too many free radicals are produced, they attack the membranes of healthy cells. Over time, the damage shows up as a disease or the signs of aging.

### **A safe way to disarm free radicals:**

Alkaline ionized water, produces a safe source of free electrons to neutralize free radicals. Here's how the alkaline water works to disarm free radicals:

It has a mass of electrons to donate to free radicals. For example, water with a pH of 7 has an oxidation-reduction potential (ORP) of +400 mV to +500 mV. This means, it is apt to take rather than to give electrons. Alkaline with a pH of 8,6, on the other hand, has a negative redox-potential of approximately (-) 150 mV to (-) 250 mV. This means it has a large mass of electrons ready to donate to electron-thieving free radicals.

- Is a natural antioxidant.
- Enhances delivery of nutrients.
- Increases stable oxygen.
- Improves the taste.
- Oxidation - Reduction Potential

' The new way to prevent your body from oxidation'

In nature, oxidation-reduction reactions occur incessantly. Irons rust, oils deteriorate, metal accessories discolour, foods rot, all because oxidation. Liver spots (chloasma), freckles, etc., about which one may worry are also a result of oxidation, as also is atmospheric pollution, which is not other than a process or an outcome of oxidation reductions.

On the other hand, similar reactions also take place ceaselessly in human body. In chemical terms, oxidation-reduction reactions are exchanges of electrons, where electric potential is bound to arise. This electric potential is called "oxidation-reduction potential". In-vivo abnormalities of this potential seem to be heavily related to human health.

You may have heard of the term "active oxygen". Of course, oxygen is a vital substance, which is indispensable for not only humanity but also all the rest of life on this planet. Be that as it may, oxygen in an active state has the property of violently reacting with other substances. Often it even destroys normal cell tissues (in a phenomenon partly reported to be cancerous). Moreover, arteriosclerosis, diabetes, ageing, etc., have much to do with in-vivid oxidation. Indeed, our environment has large varieties of oxidizing substances that adversely affect human organism.

Oxidizing substances, as such, may be the same but their actions vary with their environment, acidic or alkaline. Estimates are that in an acid environment, oxidizing substances act violently, where in an alkali environment they act moderately.

Minerals are ionized in a phenomenon chemically described as "ionization through emission of electrons". In other words, other substances have thereby been reduced chemically. In its long travel underground, natural spring water chemically reduces oxidizing substances below ground and emerges as mineral-rich reducing water. Its electric potential is stabilized at a level suitable for human body.

### **Starting point of water -- Natural water (natural spring water)**

Natural spring water dissolves minerals; is low and stable in electric potential, and affords huge energy to the growth of organism (living things). The "oxidation-reduction potential" of natural water roughly ranges between plus 300 mV and minus 30 mV. By contrast, city tap water has an electric potential of plus 700 mV or thereabouts, it being "artificial" water with chlorine added to it as an oxidizing agent.

When [coral calcium](#) is used as a portable water purifier available in packs, the city water thereby treated turns highly reduced and reducing water in a minute or two, its electric potential being drastically lowered and minerals being ionized.

### **Drink Alkaline Ion Water**

Research in Japan since the 1950's and testimonials indicate the following conditions have been improved from drinking alkaline ion water:

**Arthritis, Chronic constipation, Diabetes, Chronic diarrhea Heartburn, Chronic fatigue, Indigestion, High blood pressure, Leg cramps, Poor circulation, Migraines, Nausea, Obesity Osteoporosis, Psoriasis, Stress.**

Athletic performance is enhanced as alkaline ion water reduces over acidic body chemistry and increases stabilized oxygen. *Nutrients are also more readily absorbed.*

*Reverse Aging Sang Whang*  
*Copyright 1990*  
*Sang Whang*

# Body Essentials

Chronic cellular dehydration painfully and prematurely kills. Its initial outward manifestations have until now been labeled as diseases of unknown origin.

Your Body's Many Cries for Water by F. Batmanghelidj, M.D.

**The body is 98% water.**

**Almost every function in the body requires water.**

**The body is an electromagnetic organism.**

**Water is a conductor of electricity.**

**1 cup of coffee                      extracts                      5 cups of water from the body**

**1 Alcoholic beverage              extracts                      5 cups of water from the body**

**1 can of soda                      extracts                      3 cups of water from the body**

**1 can of soda contains                      9 teaspoons of sugar**

**1 cup of juice                      extracts                      1 cup of water from the body**

**You lose water from your body faster than you can replace it.**

**The body will draw water from other parts of itself to meet the demand.**

**How much water do you lose from your body each day?**

- **75% of all Americans are chronically dehydrated.**
- **In 37% of Americans, the thirst mechanism is so weak it is often mistaken for hunger.**
- **Even mild dehydration will slow one's metabolism as much as 3%.**
- **One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington Study.**
- **Lack of water is the #1 trigger of daytime fatigue.**
- **Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.**
- **A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or a printed page.**
- **Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, the risk of breast cancer by 79%, and the risk of bladder cancer by 50%**

*Acid*

*Alkaline*

*Antioxidant*

*Foods*

*Juice*

*Recipes*

### ***ACIDIC FOODS***

These foods lower pH level – limit to 20% of diet

Adzuki Beans  
Bacon  
Barbecued meats  
Barley  
Barley (pearl)  
Basmati Rice,  
Beans (dried all varieties)  
Beef  
Blueberries  
Brazil Nuts  
Bread (rye, sourdough, white, whole wheat)  
Bream  
Buckwheat  
Butter (either pasteurized or processed)  
Cookies (all kinds)  
Cane Sugar (white)  
Candy (all)  
Carp  
Cashews  
Caviar  
Cheese (all varieties)  
Chia Seeds  
Chicken  
Chicken Soup  
Clams  
Coconut (dried)  
Coffee (including decaffeinated)  
Corn Flaks  
Corn Nuts  
Cornmeal  
Crab Meat  
Cranberries  
Cream (processed, Ice Cream)  
Eggs (yolks)  
Filberts  
Fish (all)  
Garbanzo Beans  
Gelatin (Jell-O)  
Goat (kid – cabrito)  
Honey (processed /pasteurized)  
Blueberries  
Kidney Beans  
Lentils  
Macadamia Nuts  
Macaroni  
Maple Syrup  
Mayonnaise  
Milk (homogenized is much more acidic than near neutral)  
Molasses (blackstrap)  
Mung Beans  
Mustard  
Navy beans  
Oatmeal  
Oats (raw)  
Oysters  
Peanut Butter  
Pecans  
Pheasant  
Pickles (sweet)  
Pinto Beans  
Peanuts

Plums  
Popcorn  
Pork  
Pancakes  
Pistachios  
Postum  
Prunes  
Puffed Rice  
Puffed Wheat  
Pumpkin Seeds  
Rice (all kinds- bran, brown, long grain, and white)  
Rye  
Salmon  
Scallops  
Shredded Wheat  
Shrimp  
Squid  
Sugar  
Sunflower Seeds  
Syrup  
Tapioca  
Tea (Black)  
Tuna  
Turkey  
Veal  
Vinegar (white – avoid)  
Walnuts  
Wheat Berries  
Wheat (Bleached)  
Wheat Germ  
Wheat Gluten  
Wheat (Processed)  
White Beans  
Yeast (Dry)

### ***ALKALINE FOODS***

These foods raise pH levels – should make up 80% of diet

Acidophillus Bacillus  
Agar-agar  
Alfalfa Sprouts  
Almond Butter  
Almonds  
Amaranth  
Apple Cider  
Apple Cider Vinegar  
Apple Juice  
Apples  
Apricots  
Arrowroot Starch  
Artichokes  
Asparagus  
Avocado  
Baking Soda (A & H)  
Bamboo Shoots  
Bananas  
Barley Greens  
Beans(green, lima, string, snap)  
Beet Greens  
Beets  
Beet Sugar  
Blackberries  
Boysenberries  
Brewers Yeast (red star)  
Broccoli

Brussel Sprouts  
Cabbage (red,green,Chinese)  
Cactus (fruit, Leaf)  
Cantaloupe  
Carob  
Carrots  
Cauliflower  
Cayene Pepper  
Celery  
Chard (Swiss)  
Cherries  
Cherry Juice  
Chestnuts (roasted, raw)  
Chia Seed (Sprouted)  
Chicory Beverages  
Cinnamon  
Citron  
Coconut (fresh)  
Coconut Milk (raw)  
Coconut Water  
Collard Greens  
Cornstarch  
Cucumbers  
Currants  
Curry  
Dandelion Greens  
Egg Whites  
Eggplant  
Elderberry Tea  
Endive  
Essene Bread  
Fruit Punch  
Garlic  
Ginger  
Gooseberries  
Granola  
Grapefruit  
Guava  
Green Beans  
Honey (raw)  
Horseradish  
Kale  
Kelp (ocean)  
Kiwi  
Kohirabi  
Kumquat  
Leeks  
Lemons/Limes  
Lettuce  
Loganberries  
Mangos  
Margarine  
Milk (goat, soy)  
Millet  
Mineral Bullion  
Miso  
Moss (Irish)  
Mushroom  
Mustard Greens  
Nectarines  
Oil (Veg - pH of 7)  
Okra  
Olives (ripe,sundried, green)  
Onions  
Orange Juice  
Oranges  
Oyster Plant  
Papaya  
Paprika

Parsley  
Parsnip  
Peaches (fresh, not dried)  
Peppers (hot, and bells)  
Persimmons  
Pickles (dill)  
Pine Nuts (pignolas)  
Pineapple  
Pomegranates  
Potatoes (all kinds)  
Pumpkin  
Quince  
Radish Sprouts  
Radishes  
Raisins  
Raspberries  
Rhubarb  
Rice Syrup (brown)  
Rutabaga  
Salt (Vegetable)  
Sapote  
Sauerkraut  
Sea Salt  
Seaweed  
Sesame Seeds (raw)  
Shitake mushrooms  
Soy Beans  
Soy Sauce  
Spinach  
Squash  
Strawberries  
Sugar Beets  
Tamarind  
Tangerines  
Taro  
Tea (green, Lipton lemon flavor)  
Tempeh  
Tofu  
Tomatoes  
Tropical Fruit  
Turnip Greens  
Umboshi plums  
Vinegar (brown rice)  
Wasabi  
Water Chestnuts  
Watercress  
Watermelon  
Wheat Grass  
Whey (cows or goats)  
Wine (dry, sweet, organic)  
Yogurt

# Recipes from Healthy Healing an Alternative Healing Reference

Linda G. Rector Page, N.D. Ph.D.

## Potassium Juice

*The single most effective juice for cleansing, neutralizing acids, and rebuilding the body. It is a blood and body tonic to provide rapid energy and system balance.*

Juice in a Juicer:

3 carrots  
½ bunch of spinach  
optional. 1-2 teaspoon Braggs' Liquid aminos

½ bunch of parsley  
3 stalks of celery

**Nutritional analysis:** per serving: 69 calories; 3gm. Protein; 15mg. carbohydrates, 6gm. fiber; trace fats; 0 cholesterol; 100mg. calcium; 2mg. iron; 52mg. magnesium; 788mg. potassium; 144mg. sodium; 1mg. zinc.

## Blood Builder

*A blood purifying drink with iron enrichment.*

2 bunches of grapes; or 2 cups grape juice  
6 oranges, peeled; or 2 cups orange juice  
8 lemons peeled; or 1 cup lemon juice  
Stir in: 2 cups water and ¼ cup of honey

## Diuretic Melon Mix

*A good morning drink with diuretic properties. Take on an empty stomach – 3 to 5 glasses daily.*

For 1 quart: Juice in the blender  
3 cups watermelon juice  
½ cup Persian melon juice  
½ cup honeydew melon juice

## Good Digestion Punch

*Natural sources of papain and bromelain for enzyme activity, and ginger to break up excess stomach acids.*

1 papaya, peeled and seeded; or 1 cup papaya juice  
1 pineapple, skinned and cored; or 1 ½ cups pineapple juice  
1 to 2 oranges, peeled; or ¼ - ½ cup orange juice  
¼" slice fresh ginger

\*Other good fasting fruit juices: black cherry juice for gout conditions; cranberry juice for bladder and kidney infections; grapes and citrus juices for high blood pressure; watermelon juice for bladder and kidney malfunction, celery for nerves, and apple juice to overcome fatigue.

## Cleansing Broths & Hot Tonics

***Clear broths** are a very satisfying form of nutrition and during a cleansing fast. They are simple, easy, inexpensive, can be taken hot or cold, and provide a means of “eating” and being with others at mealtime without going off a liquid program. This is more important than it might appear, since solid food, taken after the body has released all its solid waste, but before the cleanse is over, will drastically reduce the diet’s success. Broths are also alkalizing, and contribute toward balancing body pH.*

***Hot Tonics** are neither broths nor teas, but unique hot combinations of vegetables, fruits and spices with purifying and energizing properties. The ingredients provide noticeable synergistic activity when taken together – with more medicinal benefits than the single ingredients alone. Take them morning and evening for best results.*

### **Onion & Miso Broth**

*A therapeutic broth with antibiotic and immune-enhancing properties.*

For 6 small bowls of broth:

Sauté 1 chopped onion in ½ teasp. Sesame oil for 5 minutes. Add 1 stalk celery with leaves, and sauté for 2 minutes. Add 1 quart water or vegetable stock. Cover and simmer 10 minutes.

Add 3 to 4 TBS. light Miso. Remove from heat.

Add 2 green onions with tops, and whirl in the blender.

**Nutritional analysis:** per serving: 42 calories; 7gm. carbohydrate; 1gm. fat; 2gm. protein; 2mg. iron; 0 cholesterol; 27mg. calcium; trace iron; 12mg. magnesium; 121mg. potassium; 410mg. sodium; trace zinc.

### **Purifying Daikon & Scallion Broth**

*A clear cleansing drink with bladder flushing activity.*

For one bowl.

Heat gently together for 5 minutes

4 cups vegetable broth

One 6” piece Daikon radish, peeled and cut into matchstick pieces

2 scallions, with tops

1 TB. Tamari, or 1 TB. Bragg’s Liquid Aminos

1 TB. Fresh Chopped Cilantro

Pinch Pepper

**Nutritional analysis:** per serving: 25 calories; 1gm. protein; 2gm. fiber; 0 fat; 1gm. carbohydrate; 0 cholesterol; 31mg. calcium; trace iron; 15mg. magnesium; 172mg. potassium; 194mg. sodium; trace zinc.

### **Alkalizing Apple Broth**

*This drink alkalizes, gives a nice spicy energy lift and helps lower serum cholesterol.*

For 4 drinks:

\*Sauté ½ chopped red onion and 2 cloves minced garlic in 1 teasp. Oil till soft.

\*While sautéing, blend in the blender

1 small red bell pepper

2 tart apples cored and quartered



1 lemon partially peeled, with some peel on  
2 TBS. fresh parsley  
2 cups Knudsen's very veggie-spicy (or another spicy tomato juice)  
\*Add onion mix to blender and puree. Heat gently and drink hot.

**Effective Herbs For Blood Cleansing:**

Echinacea (Angustifolia and Purpurea), Red Clover, Chaparral, Pau de Arco, Licorice, Burdock, Sarsaparilla, Ginger Rt., Oregon Grape Root, Dandelion, Garlic.

**A sample tea combination for blood cleansing might include:** Red Clover, Hawthorne, Pau de Arco, Nettles, Sage, Alfalfa, Milk Thistle Seed, Echinacea, Horsetail, Gotu Kola, and Lemon Grass.

**Effective Herbs For Mucous Cleansing:**

Garlic, Chlorella, Mullein, Elicampane, Ephedra, Comphrey Root, Pleurisy Root, Fenugreek, Ginger, Cayenne, Hawthorne, Licorice.

**A sample tea combination for mucous cleansing might include:** Mullein, Comfrey, Ephedra, Marshmellow, Pleurisy Rood, Rosehips, Calendula, Boneset, Ginger, Peppermint, and Fennel Seed.

**Effective Herbs For Colon and Bowel Cleansing:**

Psyllium Seed, Flax Seed, Butternut Bark, Cascara Sagrada, Rhubarb, Fennel, Acidophilus, Senna Leaf & Pod, Peppermint.

**A sample tea combination for cleansing the bowel and digestive system might include:** Senna Leaf, Papaya Leaf, Fennel Seed, Peppermint, Lemon Balm, Parsley Leaf, Calendula, Hibiscus, and Ginger Root.

**Effective Herbs For Bladder Cleansing:**

Uva Ursi, Cleavers, Dandelion Leaf, Buchu, Parsley Leaf, Ginger Root, Couchgrass, Juniper Berry, Cornsilk, Gravel Root, Watermelon Seed.

**A sample tea combination for gentle bladder and kidney flushing might include:** Uva Ursi, Juniper Berries, Ginger Rt., and Parsley Leaf.

**Effective Herbs For Respiratory Cleansing:**

Fenugreek Seed, Comfrey, Mullein, Licorice Root, Eucalyptus, Lobelia, Marshmallow Root, Hyssop, Pleurisy Root, Rosehips.

**A sample tea combination for clogged chest and sinuses might include:** Marshmallow Root, Rosehips, Mullein Leaf, and Fenugreek Seed.

**Effective Herbs For Stomach & Digestive Cleansing:**

Dandelion, Hibiscus, Chlorophyll-rich herbs, Catnip, Rosemary, Peppermint, Fennel, Papaya Lf.

**A tea combination for good digestion might include:** Peppermint, Hibiscus Papaya Leaf, Rosemary.

*Additional recipes upon request!*

# The Top 10 Antioxidant Foods

by Lisa Turner

Better Nutrition, Jan. 2002

## Natural Protection

We've known for years that antioxidants can help prevent heart disease and cancer, reduce blood pressure and slow the effects of aging. These naturally occurring compounds protect the body from harmful, excess free radicals, sweeping them up before they can cause damage. And the best way to lay an antioxidant-rich foundation that's inhospitable to toxins and free radicals is through a combination of whole foods.

### BERRIES

Few fruits have quite the provocative allure, the fragile charm or the nutrients of berries. They're full of fiber, minerals and vitamins, and loaded with healing antioxidants. Blueberries, raspberries and blackberries are rich in proanthocyanidins, antioxidants that can help prevent cancer and heart disease. Strawberries, raspberries and blackberries contain ellagic acid, a plant compound that combats carcinogens. Blueberries also appear to delay the onset of age-related loss of cognitive function.

**Quick Tips:** Stir raspberries into vanilla yogurt, add whole blueberries to salads, or dress up sliced strawberries with a little honey, balsamic vinegar and black pepper.

### BROCCOLI

Maybe you never listened when Mom said, "Eat your broccoli." So listen now. Broccoli and other cruciferous vegetables like cabbage, cauliflower and Brussels sprouts, can help prevent cancer and ward off heart disease. Cruciferous vegetables contain a compound called indole-3-carbinol (I3C - a potent antioxidant that breaks down estrogen in the body) that reduces the risk of breast cancer and other estrogen-sensitive cancers, like cancer of the ovaries and cervix. Other studies have shown that broccoli can help fight cervical dysplasia, a precancerous condition. Broccoli also contains other protective constituents like beta-carotene, which can help prevent cancer and heart disease.

**Quick Tips:** Wrap cooked, chilled broccoli with roasted pepper strips, or toss steamed broccoli with olive oil, chopped black olives and crushed red pepper flakes.

### TOMATOES

Tomatoes are fast becoming one of our favorite modern foods, and for good reason -- they can ward off certain kinds of cancer, prevent macular degeneration and cataracts, and help maintain mental function as we age. Tomatoes contain lycopene, a relatively rare member of the carotenoid family, also found in pink grapefruit and twice as powerful as beta-carotene. Studies have shown that men who eat more tomatoes or tomato sauce have significantly lower rates of prostate cancer. Other studies suggest lycopene can help prevent lung, colon and breast cancers. Tomatoes also contain the antioxidant glutathione, which helps boost immune function. Note: cooked tomatoes are preferable, since heat allows more desirable antioxidants in tomatoes to be made available to the body. And because lycopene is fat-soluble, eating tomatoes with oil can improve absorption.

**Quick Tips:** Add minced sundried tomatoes to mashed potatoes, or toss Roma tomatoes with chopped fresh basil and olive oil and serve over pasta.

### RED GRAPES

A little red wine can keep your heart beating longer and stronger. Why? Mostly because of substances called resveratrol and quercetin found in red grapes. These potent antioxidants boost heart health by acting as free-radical scavengers, reducing platelet aggregation and helping blood vessels remain open and flexible. Resveratrol can also protect against cancer and reduce the risk of inflammatory diseases, gastric ulcers, stroke and even osteoporosis.

**Quick Tips:** Snack on frozen red grapes for a sweet treat, or heat organic red wine with cinnamon sticks and a few whole cloves.

## GARLIC

The "stinking rose," perhaps the world's oldest known medicinal and culinary herb, is packed with antioxidants that can help fend off cancer, heart disease and the effects of aging. The sulfur compounds that give garlic its pungent odor are thought to be responsible for its healing benefits. Studies have shown that garlic keeps the heart healthy by lowering cholesterol levels, reducing blood pressure, fighting free radicals and keeping blood from clotting. Other studies suggest that eating garlic regularly can help prevent cancer. It also has potent anti-fungal properties and can help treat asthma and yeast infections.

**Quick Tips:** Roast whole heads of garlic until soft, and spread on warm baguette slices or puree roasted peppers with garlic for a fast sauce.

## SPINACH

Popeye may have thought eating spinach gave him strength, but it also allowed him to hit a nutritional jackpot. Because lutein (an antioxidant found in spinach) is the main pigment in the macula - the region of maximum visual sensitivity - it can help protect your vision. Studies have shown that people who eat spinach are less likely to develop cataracts and macular degeneration, the two most common causes of vision loss. Lutein appears to work by shielding the retina from sun damage and fighting free radicals that can harm the eyes. Some preliminary studies have suggested that lutein can also help prevent heart disease.

**Quick Tips:** Stir chopped, fresh spinach and crushed walnuts into steamed brown rice, or lightly wilt baby spinach leaves and toss with olive oil.

## TEA

The most frequently consumed beverage in the world may also be one of the best ways to prevent a number of degenerative diseases. Tea has been shown to significantly reduce the risk of cancer, heart disease, stroke and other diseases. It was originally thought that green tea had more antioxidants than black tea, but recent studies suggest that they are equally beneficial. The catechins in green tea are oxidized in the manufacturing process of black tea, forming free-radical fighting theaflavins.

**Quick Tips:** Poach salmon in an infusion of green tea and ginger. Or boil soba noodles in green tea and toss with sesame seeds and a dash of toasted sesame oil.

## CARROTS

Carrots are loaded with a potent antioxidant called beta-carotene, a member of the healing family of carotenoids. Also found in beets, sweet potatoes and other yellow-orange vegetables, beta-carotene provides protection against: cancer, especially lung, bladder, breast, esophageal and stomach cancers; heart disease, and the progression of arthritis by as much as 70 percent. Note: Cooked carrots have considerably higher levels of antioxidants than uncooked, probably because heat breaks down the active compounds and makes them more available.

**Quick Tips:** Puree cooked carrots with low-fat chicken broth, rosemary and a dash of cream, or steam whole baby carrots and toss with nutmeg, honey and a little butter.

## SOY

The enduring favorite of health-foods aficionados, soy can help prevent cancer, lower cholesterol, ward off osteoporosis and lessen the effects of menopause. Most of the health benefits of soy have been attributed to its content of Genistein and other isoflavones, which resemble natural estrogens in the body. Studies have shown that Genistein can help prevent breast, colon and prostate cancers. Additionally, soy can reduce both overall cholesterol levels and LDL (low-density lipoprotein or "bad") cholesterol levels, without affecting the levels of beneficial HDL. Soy can also prevent osteoporosis and help alleviate the symptoms of menopause, such as hot flashes.

**Quick Tips:** Add cubed tempeh to pasta sauce, spread soy butter on a whole-wheat pita instead of peanut butter or toss soy sprouts on a salad or in stir-fry dishes.

#### WHOLE GRAINS

Your morning bowl of cereal may be a more potent source of phytochemicals than you think -- as long as it's whole-grain variety. Vitamin E in grains is a potent antioxidant that plays a role in preventing cancer, especially prostate cancer. Other studies have found that it can boost immunity, slow the progression of Alzheimer's disease, treat and possibly prevent arthritis, prevent sunburn and treat male infertility. Grains are also rich in phytic acid, known as IP-6, a potent antioxidant that can help protect against breast, colon and liver cancers.

**Quick Tips:** Combine cooked bulgur wheat with chopped parsley, scallions and olive oil, or add raisins, dried apricots and minced basil to brown rice.

*Words*

*Of*

*Wisdom*

*WE ARE NOT HUMAN BEINGS HAVING A PROPORTIONAL EXPERIENCE  
WE ARE PROPORTIONAL BEINGS HAVING A HUMAN EXPERIENCE*

*Feilhard de Chardin*

I was regretting the past and fearing the future. My name is I AM. He paused and waited. He continued. When you live in the past with it's mistakes and regrets, It is hard.... I AM not there. My name is not I WAS. When you live in the future with it's uncertainties and fears, I AM not there. My name is not I Will be. When you live in this moment, It is NOT hard.... I AM there. My name is I AM.

~~Helen Mallicoat~~

*Whenever we are angry or upset with others for their unkindness towards us, the hardest thing to see in such moments is that the person we are about to punish is already in more pain than he or she can bear... and that this ache in their soul is the secret driving force behind their thoughtlessness. To see this suffering of the one before us, before we increase it, is how we learn to consciously bear our own."*

*Keys to Choosing In Favor of Your True Self*

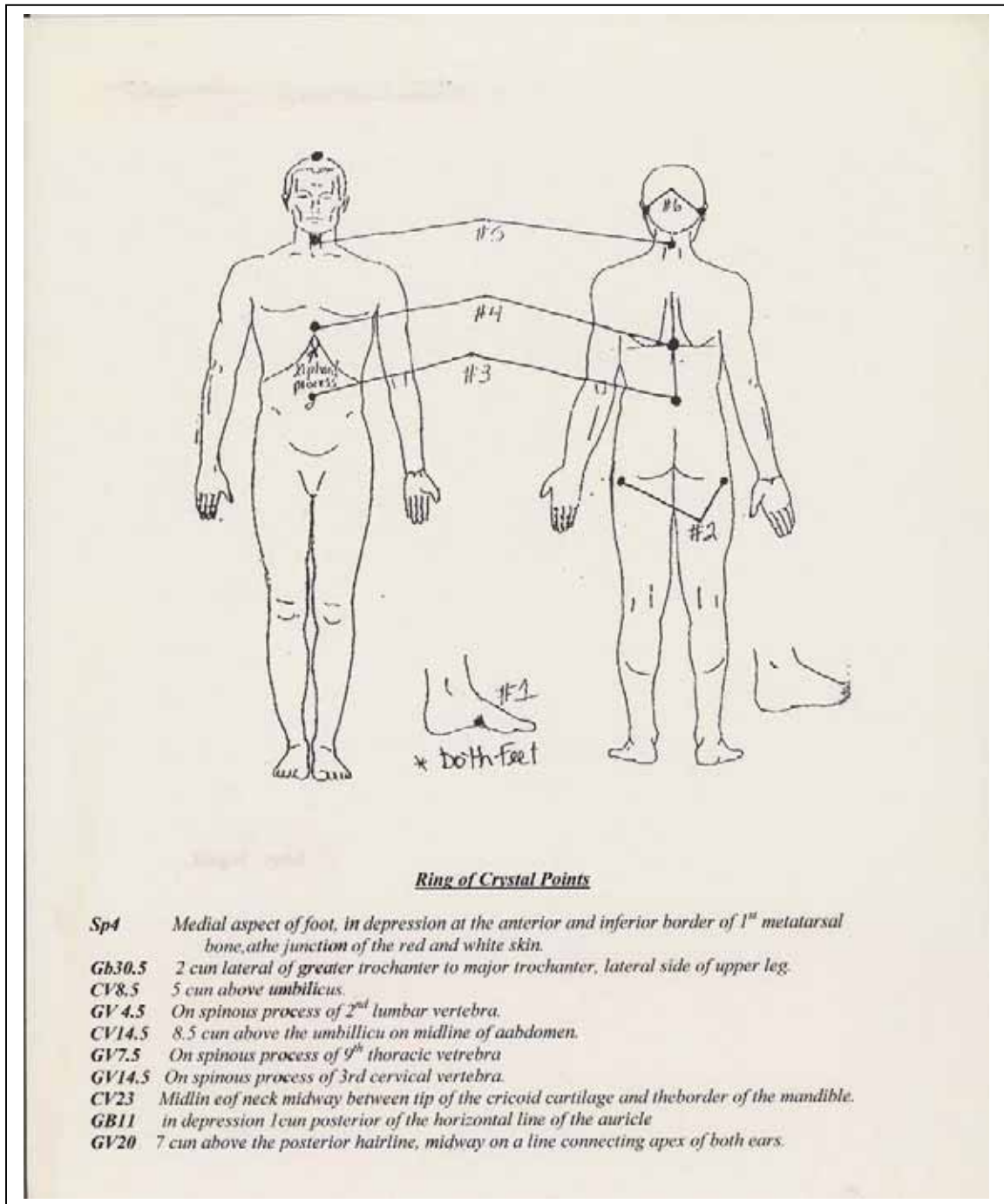
*It is never the unwanted condition itself that has us stuck, but that we are unknowingly hung up in habitual thoughts and feelings about our situation. To be New we must learn to see ourselves from that part of us that knows who we really are, our True Nature, was not created to be a captive of anything!*

*Just as the echo of a voice that has shouted out, "Stop making all that noise!" is itself powerless to stop the one shouting, or to otherwise effect a change in its own harsh tone, so too is the level of self that negatively reacts to any unwanted condition powerless to change its unpleasant experience of that moment, or to transcend its own unconsciously self-produced stress as it goes through this struggle.*

*We must stop searching for some kind of happiness "to come" and learn what it means for us to be Whole in the present moment... For all forms of momentary happiness have proven themselves as little more than brightly colored clouds briefly set alive by the setting sun. The more we learn how to choose in favor of being true to our own True Being, the sooner we will come to realize the Timeless happiness that already awaits anyone who will seek It first.*

*-Guy Finley*

## Appendix I: Ring of Crystal



**Appendix J:  
Research Chinese Assessment**

Client Initial \_\_\_\_\_ M/F Age \_\_\_\_\_ Date 2/  
/04\_Tx # 1,2,3\_\_ Research # \_\_\_\_\_

Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

Presenting

Issues::1). \_\_\_\_\_ 2). \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

OB/Gyn :nMoody PMS Bloating Cravings Hypo pain LMP / / Days in  
between \_\_\_\_\_ Hypo Pain LMP / / Length \_\_\_\_\_

Color \_\_\_\_\_ Thickness/Clots Pain: Before During After Better

With: Heat /Cold/Pressure

BPM (L)Cun:HT Guan:Liv Chi:KI Color

Draw Tongue

(R) LU SP Kid Coating

Body

)Head/Ears/Eyes

5)Pain

9)Stool

14)Sweating

2)Chest

6)Appetite

10)Sleep

15)Chills/Fever/Temp

3)Ab

7)Digestion

11)Energy

4)Limbs/Joints

8)Urine

12)Emotion

DX: \_\_\_\_\_

TX: \_\_\_\_\_ Herbs \_\_\_\_\_

Points (name, depth, time-in & out, and Tech :

Sp4 GB 30.5 CV8.5 GV4.5 CV 14.5 GV 7.5 GV 14.5 CV 23 GB 11 GV 20

E. Stim : GV 20, CV8.5, Sp4

Clinical Supervisor \_\_\_\_\_

INTERN \_\_\_\_\_ Dipl. Ac..date 2/ /04

Dipl. Ac.

Dipl. Ac.



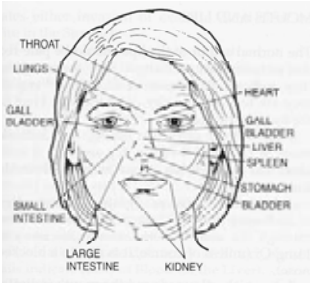
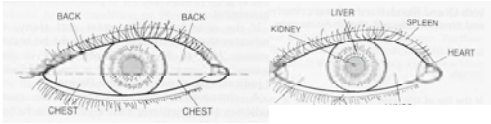
## Client Intake Evaluation and Score sheet based on Chinese Theory

<b>Client Intake Evaluation – Page 1</b>	
<b>Client Name:</b>	<b>Date:</b>
<b>Primary Issues Client Would Like to Address</b>	
1. 2. 3. 4.	
<b>Occupation (stress)</b>	<b>Recreation (rest)</b>
<b>Family Medical History</b>	<b>Personal Medical History</b>
<input type="checkbox"/> Allergies <input type="checkbox"/> Cancer <input type="checkbox"/> Seizures <input type="checkbox"/> Diabetes <input type="checkbox"/> Stroke, Heart Disease <input type="checkbox"/> Alcoholism <input type="checkbox"/> Drug Use <input type="checkbox"/> Asthma <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Other	<input type="checkbox"/> Allergies <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes <input type="checkbox"/> Hepatitis <input type="checkbox"/> HIV <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Heart Disease <input type="checkbox"/> Seizures <input type="checkbox"/> Alcoholism <input type="checkbox"/> Drug use <input type="checkbox"/> Rheumatic fever <input type="checkbox"/> Surgeries <input type="checkbox"/> Venereal disease <input type="checkbox"/> Thyroid disease <input type="checkbox"/> Birth Trauma <input type="checkbox"/> Vaccinations <input type="checkbox"/> Accidents

## Client Intake Evaluation – Page 2

Medications	Vitamins/Herbs/Homeopathics
Exercise	Diet
<input type="checkbox"/> Daily <input type="checkbox"/> 5 times per week <input type="checkbox"/> 3 times per week <input type="checkbox"/> 1 time per week <input type="checkbox"/> Occasionally  <b>Type of Exercise:</b>	<input type="checkbox"/> Smoking _____ per day <input type="checkbox"/> Coffee, Cola _____ per day <input type="checkbox"/> Tea _____ per day <input type="checkbox"/> Alcohol _____ per day  <b>Daily Diet</b> <input type="checkbox"/> Meat Servings _____ per day <input type="checkbox"/> Grain Servings _____ per day <input type="checkbox"/> Fruit Servings _____ per day <input type="checkbox"/> Vegetable Servings _____ per day <input type="checkbox"/> Water (oz.) _____ per day <input type="checkbox"/> Snack Foods _____ per day <input type="checkbox"/> Sugar _____ per day <input type="checkbox"/> Dairy Products _____ per day <input type="checkbox"/> Wheat _____ per day <input type="checkbox"/> Fast Foods _____ per day

### Client Intake Evaluation – Page 3

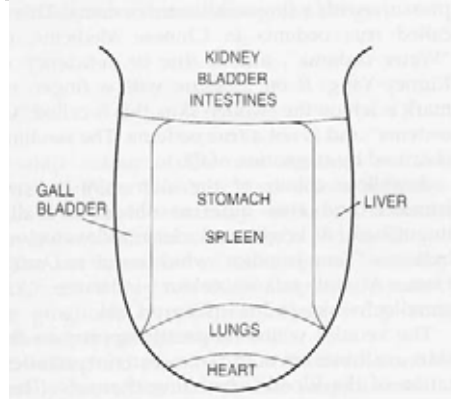
Overall Vitality	Body Type	Vital Shen	Unhealthy Shen
<input type="checkbox"/> Strong <input type="checkbox"/> Weak <input type="checkbox"/> Excess, rapid, jerky movement <input type="checkbox"/> Lack of movement, slow movements	<input type="checkbox"/> Tall & Slender <input type="checkbox"/> Small pointed head and small hands <input type="checkbox"/> Broad square shoulders, strong build, triangular face <input type="checkbox"/> Slightly fat, large head, large belly and thighs, wide jaws <input type="checkbox"/> Round face and body, long spine	<input type="checkbox"/> Bright Focused Eyes <input type="checkbox"/> Bright Complexion <input type="checkbox"/> Firm Muscles <input type="checkbox"/> Mind seems clear and relaxed	<input type="checkbox"/> Dull eyes, eyes that move uncontrollably <input type="checkbox"/> Dark, unhealthy complexion <input type="checkbox"/> Withered Muscles <input type="checkbox"/> Mind seems dull or scattered
Face Color			
<input type="checkbox"/> Overall clear and moist (no matter what color) <input type="checkbox"/> Overall dry and lifeless look <input type="checkbox"/> Deep Color <input type="checkbox"/> Floating Color <input type="checkbox"/> Clear, bright Color <input type="checkbox"/> Dull Color <input type="checkbox"/> Lustrous <input type="checkbox"/> Dark, Haggard			
Red			
<input type="checkbox"/> Red- Whole Face <input type="checkbox"/> Red – Malar Flush <input type="checkbox"/> Red – Red and White Splotches			
Pale			
<input type="checkbox"/> Pale – Bright, Puffy <input type="checkbox"/> Pale and Emaciation <input type="checkbox"/> Pale – Withered. Dull <input type="checkbox"/> Pale – Dark (lumbar soreness)			
Yellow			
<input type="checkbox"/> Yellow – Whole Body <input type="checkbox"/> Yellow – Puffy Face <input type="checkbox"/> Yellow – Bright Orange <input type="checkbox"/> Yellow – Smoky dark <input type="checkbox"/> Yellow – Withered, Dried <input type="checkbox"/> Yellow – Sallow <input type="checkbox"/> Yellow – Pale <input type="checkbox"/> Bluish Yellow and malnutrition			
Blue/Green			
<input type="checkbox"/> Green – Whole or Partial Face <input type="checkbox"/> Blue-green <input type="checkbox"/> Blue – Pale with Blue Tinge <input type="checkbox"/> Blue – Purplish <input type="checkbox"/> Blue - Greyish			
Black/Dark			
<input type="checkbox"/> Dark – with scaly skin <input type="checkbox"/> Dark and Moist <input type="checkbox"/> Black			
		Appearances	
		<input type="checkbox"/> Barrel chest and epigastrium <input type="checkbox"/> Very large upper thighs <input type="checkbox"/> Thin emaciated body <input type="checkbox"/> Overweight and Depression <input type="checkbox"/> Thin and Dry Skin  <input type="checkbox"/> Great Loss of Weight During Illness <input type="checkbox"/> Slow movement (likes to lie down) <input type="checkbox"/> Violent Movement in Limbs <input type="checkbox"/> Continuous fidgeting <input type="checkbox"/> Weakness, Motor Impairment, Atrophy  <input type="checkbox"/> Pain, Soreness, Heaviness, Numbness <input type="checkbox"/> Numbness or Impaired Movement on One Side <input type="checkbox"/> Growth and Development Problems <input type="checkbox"/> Paralysis <input type="checkbox"/> Hair loss  <input type="checkbox"/> Premature gray hair <input type="checkbox"/> Dull hair with splitting	
			
			

### Client Intake Evaluation – Page 4

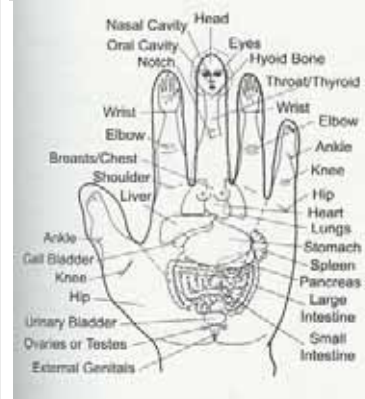
Client Intake Evaluation – Page 4	
<p><b>Eyes</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Redness, Swelling</li> <li><input type="checkbox"/> Needle like pain and redness</li> <li><input type="checkbox"/> Yellow Sclera</li> <li><input type="checkbox"/> Ulceration of the Canthus</li> <li><input type="checkbox"/> Staring</li> <li><input type="checkbox"/> Blurred Vision</li>   <li><input type="checkbox"/> “Floaters”</li> <li><input type="checkbox"/> Red in Corners</li> <li><input type="checkbox"/> Red Sclera</li> <li><input type="checkbox"/> Swelling Under Eyes</li> <li><input type="checkbox"/> Feeling of Pressure in the eyes</li> <li><input type="checkbox"/> Dryness</li> </ul>	<p><b>Nose</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flapping of ala nasi</li> <li><input type="checkbox"/> Clear Nasal Discharge</li> <li><input type="checkbox"/> Turbid Nasal Discharge</li> <li><input type="checkbox"/> Nosebleeds</li> <li><input type="checkbox"/> Runny Nose</li> </ul>
<p><b>Ears</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dry, black withered auricles</li> <li><input type="checkbox"/> Purulent Discharge</li> <li><input type="checkbox"/> Deafness</li> <li><input type="checkbox"/> Tinnitus <ul style="list-style-type: none"> <li><input type="checkbox"/> sudden onset</li> <li><input type="checkbox"/> gradual onset</li> </ul> </li> <li><input type="checkbox"/> Deafness, chronic</li> </ul>	<p><b>Gums</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pale</li> <li><input type="checkbox"/> Red and Swollen</li> <li><input type="checkbox"/> Ulcers</li> </ul>
<p><b>Lips &amp; Mouth</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pale</li> <li><input type="checkbox"/> Blue Purplish</li> <li><input type="checkbox"/> Dry Deep Red</li> <li><input type="checkbox"/> Loose Teeth</li> </ul>	<p><b>Throat</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Red with swelling and soreness</li> <li><input type="checkbox"/> Red and swollen with yellow or white spots</li> <li><input type="checkbox"/> Bright red and mild soreness</li> <li><input type="checkbox"/> Grey or white false membrane</li> <li><input type="checkbox"/> Itchy</li> </ul>
<p><b>Tongue Body</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pale</li> <li><input type="checkbox"/> Bright Red</li> <li><input type="checkbox"/> Deep Red</li> <li><input type="checkbox"/> Purple <ul style="list-style-type: none"> <li><input type="checkbox"/> Deep, dry</li> <li><input type="checkbox"/> Pale, moist</li> </ul> </li>   <li><input type="checkbox"/> Swollen and Red</li> <li><input type="checkbox"/> Swollen with Tooth Prints</li> <li><input type="checkbox"/> Thin and Pale</li> <li><input type="checkbox"/> Thin and Deep Red (no moss)</li>   <li><input type="checkbox"/> Cracked and deep red</li> <li><input type="checkbox"/> Cracked and pale</li> <li><input type="checkbox"/> Thorny</li> <li><input type="checkbox"/> Deviated</li> <li><input type="checkbox"/> Rigid</li>   <li><input type="checkbox"/> Flaccid and Pale</li> <li><input type="checkbox"/> Flaccid and Red</li> </ul>	<p><b>Tongue Moss</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thick</li> <li><input type="checkbox"/> Thin</li> <li><input type="checkbox"/> Moist</li> <li><input type="checkbox"/> Wet, Slippery</li> <li><input type="checkbox"/> Dry</li>   <li><input type="checkbox"/> Granular</li> <li><input type="checkbox"/> Sticky</li> <li><input type="checkbox"/> Peeled</li> <li><input type="checkbox"/> Glossy</li> <li><input type="checkbox"/> White</li>   <li><input type="checkbox"/> Yellow</li> <li><input type="checkbox"/> Yellowish and Dry</li> <li><input type="checkbox"/> Grey-white and Moist</li> <li><input type="checkbox"/> Black and Dry</li> <li><input type="checkbox"/> Black and Moist</li> </ul>

## Client Intake Evaluation – Page 5

### Tongue Locations



### Hand Locations



### Voice

- Loud
- Feeble
- Hoarseness/loss of voice
- Incoherent and loud with impaired consciousness
- Repeated, feeble, with listlessness

### Respiration

- Feeble
- Forceful
- Feeble asthmatic with shortness of breath
- Feeble with preference for exhalation
- Forceful asthmatic with preference for exhalation
- Coarse cough
- Feeble cough
- Unproductive cough
- Sputum
- Bloody Sputum

### Smelling

- Stench
- Unpleasant, but less offensive
- Putrid – water
- Rancid – wood
- Rotten – metal
- Scorched – fire
- Sweet -- earth

### Emotions/Mental

- Anger
- Anxiety
- Depression
- Frightens easily
- Grief with sadness
- Joy
- Rumination, pensiveness
- Dull mind
- Indecisiveness
- Irritability
- Mania
- Poor Memory
- Timidity

## Client Intake Evaluation – Page 6

<p><b>Chills and Fever</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Severe Chills with Mild Fever</li> <li><input type="checkbox"/> Mild Chills with Severe Fever</li> <li><input type="checkbox"/> Alternate Chills and Fever</li> <li><input type="checkbox"/> High Fever after Chills at Definite Times</li> <li><input type="checkbox"/> Fever only with aversion to heat</li>   <li><input type="checkbox"/> Tidal Fever in the Afternoon &amp; Night Sweats</li> <li><input type="checkbox"/> Afternoon Fever with constipation and abdominal pain or fullness</li> <li><input type="checkbox"/> Chills only- alleviated by warm covers</li> <li><input type="checkbox"/> Chills only- not alleviated by covers</li> <li><input type="checkbox"/> Aversion to cold</li>   <li><input type="checkbox"/> Aversion to heat</li> <li><input type="checkbox"/> Aversion to wind</li> <li><input type="checkbox"/> Cold limbs</li> <li><input type="checkbox"/> Constant low-grade fever</li> </ul>	<p><b>Perspiration</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Absence of in exterior syndrome</li> <li><input type="checkbox"/> Presence of in exterior deficiency syndrome</li> <li><input type="checkbox"/> Presence of in exterior excess heat syndrome</li> <li><input type="checkbox"/> Night Sweating</li> <li><input type="checkbox"/> Spontaneous or after small exertion</li> <li><input type="checkbox"/> Profuse with heat signs</li> <li><input type="checkbox"/> Profuse with deficiency signs</li>   <li><b>Interior Conditions</b></li> <li><input type="checkbox"/> Sweat only on head</li> <li><input type="checkbox"/> Oily sweat on forehead</li> <li><input type="checkbox"/> Sweat only on arms and legs</li> <li><input type="checkbox"/> Sweat only on hands</li> <li><input type="checkbox"/> Sweat on whole body</li>   <li><input type="checkbox"/> Sweat in five centers</li> <li><input type="checkbox"/> Sweat during day</li> <li><input type="checkbox"/> Sweat during night</li> </ul>
<p><b>Appetite</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Poor with loose stools and emaciation</li> <li><input type="checkbox"/> Poor with stuffiness in chest, fullness in abdomen</li> <li><input type="checkbox"/> Excess appetite in skinny person</li> <li><input type="checkbox"/> Always hungry</li> <li><input type="checkbox"/> Hunger with no desire to eat</li>   <li><input type="checkbox"/> Lack of thirst</li> <li><input type="checkbox"/> Thirst</li> <li><input type="checkbox"/> Thirst for large amounts of cold liquid</li> <li><input type="checkbox"/> Thirst but no desire to drink</li> <li><input type="checkbox"/> Bitter Taste always present</li>   <li><input type="checkbox"/> Bitter Taste in morning after sleepless night only</li> <li><input type="checkbox"/> Sweet Sticky Taste</li> <li><input type="checkbox"/> Sour Regurgitation</li> <li><input type="checkbox"/> Salty Taste</li> <li><input type="checkbox"/> Pungent Taste</li>   <li><input type="checkbox"/> Tastelessness</li> <li><input type="checkbox"/> Feels bloated after eating</li> <li><input type="checkbox"/> Desires hot food</li> <li><input type="checkbox"/> Desires cold food</li> <li><input type="checkbox"/> Feels better after eating</li> <li><input type="checkbox"/> Feels worse after eating</li> </ul>	<p><b>Sleep</b></p> <p><b>Difficulty Falling Asleep</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Restless mind</li> <li><input type="checkbox"/> Stomach discomfort</li> <li><input type="checkbox"/> Dizziness and palpitations</li> <li><input type="checkbox"/> Waking during the night</li> <li><input type="checkbox"/> Disturbed by Dreams</li> <li><input type="checkbox"/> Wake Early and Can't go Back to Sleep</li>   <li><input type="checkbox"/> Restless sleep</li> <li><input type="checkbox"/> Overall lethargy with dizziness</li> <li><input type="checkbox"/> Overall lethargy with cold</li> <li><input type="checkbox"/> Half asleep with general lassitude</li> <li><input type="checkbox"/> Excessive sleep</li> <li><input type="checkbox"/> Lethargy after eating</li> </ul>

## Client Intake Evaluation – Page 7

<b>Urination</b>	<b>Stools</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Copious Urination</li> <li><input type="checkbox"/> Scanty Urination</li> <li><input type="checkbox"/> Yellow Urine</li> <li><input type="checkbox"/> Clear, profuse urine</li> <li><input type="checkbox"/> Clear, increased or nightly volume</li>   <li><input type="checkbox"/> Turbid Urine</li> <li><input type="checkbox"/> Red Urine</li> <li><input type="checkbox"/> Scanty Yellow Urination</li> <li><input type="checkbox"/> Dribbling Urination</li> <li><input type="checkbox"/> Retention of Urine</li>   <li><input type="checkbox"/> Strong Smelling</li> <li><input type="checkbox"/> Burning Urination</li> <li><input type="checkbox"/> Enureis or incontinence</li> <li><input type="checkbox"/> Difficulty urinating</li> <li><input type="checkbox"/> Frequent copious urination</li>   <li><input type="checkbox"/> Frequent scanty urination</li> <li><input type="checkbox"/> Pain before urination</li> <li><input type="checkbox"/> Pain during urination</li> <li><input type="checkbox"/> Pain after urination</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Feels better after passing stools</li> <li><input type="checkbox"/> Feels worse after passing stools</li> <li><input type="checkbox"/> Constipation with small compacted stools</li> <li><input type="checkbox"/> Constipation from dry stools plus thirst</li> <li><input type="checkbox"/> Constipation from dry stools but no thirst</li>   <li><input type="checkbox"/> Constipation in elderly</li> <li><input type="checkbox"/> Difficulty passing stools but not dry</li> <li><input type="checkbox"/> Constipation and abdominal pain improved by warmth</li> <li><input type="checkbox"/> Loose Stools</li> <li><input type="checkbox"/> Diarrhea and pain</li>   <li><input type="checkbox"/> Diarrhea and abdominal pain</li> <li><input type="checkbox"/> Chronic daily diarrhea in the early morning</li> <li><input type="checkbox"/> Watery Stools with Undigested Food</li> <li><input type="checkbox"/> Alternating Constipation and Diarrhea</li> <li><input type="checkbox"/> Not loose or slightly loose stool that the client cannot easily hold and are very frequent</li>   <li><input type="checkbox"/> Bloody stools with mucus</li> <li><input type="checkbox"/> Four smelling stools</li> <li><input type="checkbox"/> Chronic Diarrhea</li> <li><input type="checkbox"/> Mucus in Stools</li> <li><input type="checkbox"/> Dark Stools</li>   <li style="text-align: center;"><input type="checkbox"/> PALE STOOLS</li>   <li><input type="checkbox"/> Black Stools</li> <li><input type="checkbox"/> Burning pain in the anus</li> <li><input type="checkbox"/> Borborygmus and loose stools</li> <li><input type="checkbox"/> Borborygmus and distension</li> <li><input type="checkbox"/> Flatulence               <ul style="list-style-type: none"> <li><input type="checkbox"/> smelly</li> <li><input type="checkbox"/> no odor</li> </ul> </li> </ul>
<b>Reproductive</b>	<b>Dizziness</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Infertility</li> <li><input type="checkbox"/> Impotence</li> <li><input type="checkbox"/> Morning Sickness</li> <li><input type="checkbox"/> Vomiting during pregnancy</li> <li><input type="checkbox"/> Miscarriage in first trimester</li> <li><input type="checkbox"/> Miscarriage in later trimesters</li> <li><input type="checkbox"/> nausea and bleeding after birth</li> <li><input type="checkbox"/> sweating and fever after birth</li> <li><input type="checkbox"/> post natal depression</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Severe giddiness and loss of balance</li> <li><input type="checkbox"/> Slight dizziness plus heaviness in the head</li> <li><input type="checkbox"/> Slight dizziness aggravated when tired</li> <li><input type="checkbox"/> Sudden onset</li> <li><input type="checkbox"/> Gradual onset</li> </ul>

## Client Intake Evaluation – Page 8

Type of Pain	Location of Pain
<input type="checkbox"/> Better with pressure <input type="checkbox"/> Worse with pressure <input type="checkbox"/> Better with warmth <input type="checkbox"/> Better with cold <input type="checkbox"/> Distending  <input type="checkbox"/> Distending headache <input type="checkbox"/> Pain “inside” the head <input type="checkbox"/> Sharp, fixed, pricking pain <input type="checkbox"/> Pain with a heavy sensation <input type="checkbox"/> Acute abdominal pain  <input type="checkbox"/> Spasmodic, cramping pain <input type="checkbox"/> Burning pain <input type="checkbox"/> Cold pain <input type="checkbox"/> Dull lingering pain <input type="checkbox"/> Hollow pain  <input type="checkbox"/> Overall Body Ache <input type="checkbox"/> Moving Pain <input type="checkbox"/> Numb Extremities <input type="checkbox"/> Numb fingers, elbow, and arm on one side <input type="checkbox"/> Headache –recent onset  <input type="checkbox"/> Headache – gradual onset <input type="checkbox"/> Headache – daytime <input type="checkbox"/> Headache – evening <input type="checkbox"/> Pain aggravated by fatigue & improved by rest <input type="checkbox"/> Fixed pain with swelling and numbness	<input type="checkbox"/> Whole body –sudden onset with chills & fever <input type="checkbox"/> Whole body – plus feelings of tiredness <input type="checkbox"/> Pain in all muscles with hot sensation of flesh <input type="checkbox"/> Head – frontal <input type="checkbox"/> Head – temporal  <input type="checkbox"/> Head – top <input type="checkbox"/> Head – occipital <input type="checkbox"/> Whole head <input type="checkbox"/> Chest <input type="checkbox"/> Chest pain with cough and yellow sputum  <input type="checkbox"/> Hypochondriac <input type="checkbox"/> Hypochondriac distension and stuffiness <input type="checkbox"/> Hypochondriac –severe pain <input type="checkbox"/> Epigastric <input type="checkbox"/> Epigastric fullness  <input type="checkbox"/> Abdominal – above navel <input type="checkbox"/> Abdominal – below navel <input type="checkbox"/> Abdominal – sides of lower abdomen <input type="checkbox"/> Abdominal – general <input type="checkbox"/> Lumbar, continuous dull pain  <input type="checkbox"/> Back pain extending up to the shoulders <input type="checkbox"/> Upper limbs <input type="checkbox"/> Lower limbs <input type="checkbox"/> Persistent recent pain <input type="checkbox"/> Intermittent  <input type="checkbox"/> Chronic <input type="checkbox"/> Pain moving from joint to joint



## Client Intake Evaluation – Page 9

### Palpation

#### Epigastric

- Hard, pain with pressure
- Soft, painless

#### Abdomen

	F	E	W A	W D	M
Alleviated by pressure					
Aggravated by pressure					
Distension					
“bag of water” feeling					
Immovable hard masses					
Moveable masses					

#### Mu points

- LU-1
- ST-25
- CV-12
- LV-13
- CV-14
- CV-4
- CV-3
- GB-25
- CV-17
- CV-5
- GB-24
- LV-14

#### Shu Points

- BL-13
- BL-25
- BL-21
- BL-20
- BL-15
- BL-27
- BL-28
- BL-23
- BL-14
- BL-22
- BL-19
- BL-19

#### Source Points

- LU-9
- LI-4
- ST-42
- SP-3
- HT-7
- SI-4
- BL-64
- KI-3
- PC-7
- SJ-4
- GB-40
- LV-3

### Menses/Leukorrhea

- Pain before period
- Pain during period
- Pain after period
- Pain in lower abdomen and breasts
- Cold pain in lower abdomen
  
- Dull pain in lower abdomen relieved by pressure
- Irregular cycle
- Early cycle
- Late cycle
- Short cycle –deep red, thick
  
- Short cycle – light, profuse, thin
- Prolonged cycle – scanty
- Thin, scanty light colored
- Excessive flow
- No period
  
- Watery, white, profuse Leukorrhea
- Thick, yellow, red, smelly Leukorrhea
- Greenish discharge

### Skin Palpation

- Skin feels hot
- Skin feels cold
- Skin feels hot, but not with sustained pressure
- Skin feels hot on heavy pressure
- Skin feels moist
  
- Skin feels moist with no exterior symptoms
- Skin feels dry
- On pressure pit is left
- On pressure no pit is left
- hand and feet cold

### Client Intake Evaluation – Page 10

#### Pulse

	LEFT			RIGHT		
	Cun	Guan	Chi	Cun	Guan	Chi
Superficial						
Deep						
Rapid						
Slow						
Surging						
Thready						
Rolling						
Hesitant						
String Taut						
Tense						
Skips at irregular intervals						
Skips at regular intervals						

#### Abdominal

Fire	
Earth	
Water	
Metal	
Wood	

#### Chakras

Polarity	Physical			Emotional			Mental		
	+	-	0	+	-	0	+	-	0
1 <sup>st</sup>									
2 <sup>nd</sup>									
3 <sup>rd</sup>									
4 <sup>th</sup>									
5 <sup>th</sup>									
6 <sup>th</sup>									
7 <sup>th</sup>									

## Client Intake Scoresheet – Page 1

Overall Vitality	Body Type	
<input type="checkbox"/> Strong <input type="checkbox"/> Weak <input type="checkbox"/> Yang <input type="checkbox"/> Yin	<input type="checkbox"/> Wood <input type="checkbox"/> Fire <input type="checkbox"/> Metal <input type="checkbox"/> Earth <input type="checkbox"/> Water	
Face Color	Appearances	
<input type="checkbox"/> Good Stomach Qi <input type="checkbox"/> Exhausted Stomach Qi <input type="checkbox"/> interior <input type="checkbox"/> exterior <input type="checkbox"/> yang <input type="checkbox"/> yin <input type="checkbox"/> good prognosis <input type="checkbox"/> bad prognosis (exhaustion of HT vital essence)  <b>Red</b> <input type="checkbox"/> excess heat <input type="checkbox"/> yin deficiency heat <input type="checkbox"/> floating yang  <b>Pale</b> <input type="checkbox"/> deficiency of yang Qi <input type="checkbox"/> blood deficiency <input type="checkbox"/> blood deficiency <input type="checkbox"/> kidney yang deficiency  <b>Yellow</b> <input type="checkbox"/> jaundice <input type="checkbox"/> SP deficiency and damp <input type="checkbox"/> yang jaundice from damp heat (heat prevails) <input type="checkbox"/> yin jaundice from cold damp or stagnant blood, damp heat (damp prevails) <input type="checkbox"/> heat in Stomach and Spleen <input type="checkbox"/> Stomach and Spleen deficiency <input type="checkbox"/> deficiency of Qi and blood, cold damp in Stomach and Spleen <input type="checkbox"/> parasites  <b>Blue/Green</b> <input type="checkbox"/> liver, interior cold, interior wind <input type="checkbox"/> LV fire; excess LV Qi + SP deficiency (women) <input type="checkbox"/> yin excess cold <input type="checkbox"/> blood stagnation (HT) <input type="checkbox"/> HT yang deficiency + HT blood stasis  <b>Black/Dark</b> <input type="checkbox"/> blood stagnation, kidney yin deficiency heat <input type="checkbox"/> Cold <input type="checkbox"/> KI yang deficiency; interior excess cold	<input type="checkbox"/> excess in stomach; fluid & phlegm retention <input type="checkbox"/> spleen deficiency <input type="checkbox"/> blood/yin/Qi deficiency <input type="checkbox"/> deficient Qi, phlegm excess <input type="checkbox"/> SP yang deficiency  <input type="checkbox"/> blood deficiency, yin deficiency, hyperactive fire <input type="checkbox"/> exhaustion of essential Qi <input type="checkbox"/> wind <input type="checkbox"/> KI yin deficiency; deficiency heat (HT) <input type="checkbox"/> Wei syndrome <ul style="list-style-type: none"> <li>• Lung heat damaging fluid</li> <li>• Damp heat</li> <li>• LV/KI</li> <li>• ST/SP</li> </ul> <input type="checkbox"/> Bi Syndrome from cold, wind, damp <input type="checkbox"/> plegia, wind stroke <input type="checkbox"/> kidney Jing deficiency <input type="checkbox"/> jing and Qi deficiency, fluid deficiency, damp heat <input type="checkbox"/> Blood deficiency  <input type="checkbox"/> decline in Kidney Essence <input type="checkbox"/> deficiency of Lung Qi  <b>Facial Area Correspondences</b> <b>Lung</b> - Forehead, between eyebrows <b>Heart</b> - Upper Nose <b>Liver</b> - Mid Nose <b>GB</b> - Sides of Nose <b>SP/ST</b> - Tip of Nose <b>Kidney</b> - Sides of Mouth	

## Client Intake Scoresheet – Page 2

<p><b>Eyes</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> wind-heat, liver fire</li> <li><input type="checkbox"/> Fire in the heart</li> <li><input type="checkbox"/> jaundice</li> <li><input type="checkbox"/> damp heat</li> <li><input type="checkbox"/> liver wind</li> <li><input type="checkbox"/> LV Blood stagnation</li>   <li><input type="checkbox"/> LV Blood deficiency</li> <li><input type="checkbox"/> heart fire</li> <li><input type="checkbox"/> lung heat</li> <li><input type="checkbox"/> kidney deficiency</li> <li><input type="checkbox"/> kidney yin deficiency</li> <li><input type="checkbox"/> Liver and/or kidney yin deficiency</li> </ul>	<p><b>Nose</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> lung heat, LU/KI Qi deficiency</li> <li><input type="checkbox"/> cold</li> <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> ST/LV/LU heat</li> <li><input type="checkbox"/> wind-cold (SP/LU)</li> </ul>
<p><b>Ears</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> exhausted KI essence</li> <li><input type="checkbox"/> damp heat in LV, GB</li> <li><input type="checkbox"/> sudden (SJ, LV), chronic (KI)</li> <li><input type="checkbox"/> low pitch (KI def), high pitch (LV yang, fire, wind) <ul style="list-style-type: none"> <li><input type="checkbox"/> LV fire; LV wind</li> <li><input type="checkbox"/> KI deficiency</li> </ul> </li> <li><input type="checkbox"/> Ht blood deficiency; Qi deficiency; Yang Qi deficiency</li> </ul>	<p><b>Gums</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> blood deficiency</li> <li><input type="checkbox"/> stomach fire</li> <li><input type="checkbox"/> stomach fire</li> </ul>
<p><b>Lips &amp; Mouth</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> blood deficiency</li> <li><input type="checkbox"/> blood stagnation, <b>cold</b></li> <li><input type="checkbox"/> excess heat</li> <li><input type="checkbox"/> spleen Qi deficiency</li> </ul>	<p><b>Throat</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> excess heat in ST, LU</li> <li><input type="checkbox"/> toxic heat in ST, LU</li> <li><input type="checkbox"/> yin deficiency heat</li> <li><input type="checkbox"/> LU heat damaging <b>yin</b></li> <li><input type="checkbox"/> wind</li> </ul>
<p><b>Tongue Body</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> yang deficiency, blood and Qi deficiency</li> <li><input type="checkbox"/> excess heat, yin deficiency heat</li> <li><input type="checkbox"/> extreme heat, extreme yin deficiency</li> <li><input type="checkbox"/> Purple <ul style="list-style-type: none"> <li><input type="checkbox"/> blood stagnation due to heat</li> <li><input type="checkbox"/> blood stagnation due to cold</li> </ul> </li>   <li><input type="checkbox"/> excess heat in HT and SP</li> <li><input type="checkbox"/> SP and KI yang deficiency</li> <li><input type="checkbox"/> blood and Qi deficiency</li> <li><input type="checkbox"/> yin deficiency</li>   <li><input type="checkbox"/> excess heat consuming fluid</li> <li><input type="checkbox"/> blood deficiency</li> <li><input type="checkbox"/> excess interior heat</li> <li><input type="checkbox"/> wind stroke</li> <li><input type="checkbox"/> heat (excess heat, phlegm, heat in PC)</li> </ul>	<p><b>Tongue Moss</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> interior, excess, retained phlegm, food, fluid</li> <li><input type="checkbox"/> exterior, deficiency</li> <li><input type="checkbox"/> normal</li> <li><input type="checkbox"/> cold damp, ascending harmful water</li> <li><input type="checkbox"/> excess heat drying fluid/yin</li>   <li><input type="checkbox"/> excess heat, retained phlegm, fluid, food</li> <li><input type="checkbox"/> retained phlegm, fluid, food</li> <li><input type="checkbox"/> consumption of Qi/yin of ST</li> <li><input type="checkbox"/> exhaustion of Qi/yin of ST</li> <li><input type="checkbox"/> cold</li>   <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> heat consuming fluid</li> <li><input type="checkbox"/> retained phlegm, cold damp, fluid</li> <li><input type="checkbox"/> extreme heat</li> <li><input type="checkbox"/> extreme cold</li> </ul>

### Client Intake Scoresheet – Page 3

<b>Voice</b>	<b>Respiration</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> excess</li> <li><input type="checkbox"/> deficiency</li> <li><input type="checkbox"/> acute-excess, chronic-deficiency</li> <li><input type="checkbox"/> excess heat damaging the mind</li> <li><input type="checkbox"/> deficient HT Qi</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> deficient</li> <li><input type="checkbox"/> excess heat</li> <li><input type="checkbox"/> LU/KI Qi deficiency</li> <li><input type="checkbox"/> KI Qi deficiency</li> <li><input type="checkbox"/> retention of pathogens in the lung</li>   <li><input type="checkbox"/> excess</li> <li><input type="checkbox"/> deficiency</li> <li><input type="checkbox"/> pathogenic dry, deficiency heat</li> <li><input type="checkbox"/> LU/SP/ST cold-phlegm or hot-phlegm</li> <li><input type="checkbox"/> heat in lung, lung yin deficiency</li> </ul>
<b>Smelling</b>	<b>Emotions/Mental</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> cold</li> <li><input type="checkbox"/> Putrid – water</li> <li><input type="checkbox"/> Rancid – wood</li> <li><input type="checkbox"/> Rotten – metal</li> <li><input type="checkbox"/> Scorched – fire</li> <li><input type="checkbox"/> Sweet -- earth</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> liver wind, heat, emotional imbalance – causes Qi to rush up, impairs the liver</li> <li><input type="checkbox"/> heart – obstructs Qi, impacts LU Qi</li> <li><input type="checkbox"/> stagnated phlegm (LV, HT, PC); Qi stagnation (particularly LV);</li> <li><input type="checkbox"/> LV Qi stagnation – causes Qi to sink</li> <li><input type="checkbox"/> lung – causes Qi to wither, stagnation</li>   <li><input type="checkbox"/> disperses HT Qi</li> <li><input type="checkbox"/> stagnates Qi (HT, SP)</li> <li><input type="checkbox"/> blood deficiency (HT, KI)</li> <li><input type="checkbox"/> gallbladder; LV stagnation causing LV fire + phlegm disturbing the mind</li> <li><input type="checkbox"/> blood deficiency, in deficiency, phlegm heat in LV</li>   <li><input type="checkbox"/> Heat, phlegm, wind(HT, PC, LV)</li> <li><input type="checkbox"/> blood deficiency (KI, HT), jing deficiency</li> <li><input type="checkbox"/> gallbladder Qi deficiency</li> <li><input type="checkbox"/> SP/LU</li> </ul>

### Client Intake Scoresheet – Page 4

<b>Chills and Fever</b>	<b>Perspiration</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> wind-cold; 6 division Tai Yang stage</li> <li><input type="checkbox"/> wind-heat; 4 level Defensive Qi stage</li> <li><input type="checkbox"/> six divisions intermediate syndrome LV (Shao Yang)</li> <li><input type="checkbox"/> malaria</li> <li><input type="checkbox"/> excess heat</li>   <li><input type="checkbox"/> yin deficiency heat</li> <li><input type="checkbox"/> excess heat in yangming (ST, LI) channels</li> <li><input type="checkbox"/> interior heat</li> <li><input type="checkbox"/> external wind-cold</li> <li><input type="checkbox"/> yang deficiency</li>   <li><input type="checkbox"/> excess heat, wind-heat</li> <li><input type="checkbox"/> wind</li> <li><input type="checkbox"/> yang deficiency</li> <li><input type="checkbox"/> Damp-heat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> wind-cold; excess</li> <li><input type="checkbox"/> wind; deficiency condition</li> <li><input type="checkbox"/> wind heat</li> <li><input type="checkbox"/> yin deficiency of KI, SP</li> <li><input type="checkbox"/> Qi and Yang deficiency</li> <li><input type="checkbox"/> excess heat</li> <li><input type="checkbox"/> yang Qi exhaustion</li>   <li><b>Interior Conditions</b></li> <li><input type="checkbox"/> heat in the ST; damp-heat</li> <li><input type="checkbox"/> collapse of yang</li> <li><input type="checkbox"/> ST and SP deficiency</li> <li><input type="checkbox"/> LU Qi deficiency; nervous condition</li> <li><input type="checkbox"/> LU Qi deficiency</li>   <li><input type="checkbox"/> Yin deficiency</li> <li><input type="checkbox"/> Yang deficiency</li> <li><input type="checkbox"/> Yin deficiency; possible damp-heat</li> </ul>
<b>Appetite</b>	<b>Sleep</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> ST/SP Qi deficiency</li> <li><input type="checkbox"/> ST/SP Qi stagnation from retained food, phlegm</li> <li><input type="checkbox"/> excess stomach fire</li> <li><input type="checkbox"/> heat in the stomach</li> <li><input type="checkbox"/> retained food/phlegm damages ST yin</li>   <li><input type="checkbox"/> no fluid loss, cold (usually ST/SP)</li> <li><input type="checkbox"/> loss of fluid, phlegm blocking fluid ascending</li> <li><input type="checkbox"/> Excess heat pattern</li> <li><input type="checkbox"/> Damp-heat</li> <li><input type="checkbox"/> liver/ gallbladder fire</li>   <li><input type="checkbox"/> Heart Fire</li> <li><input type="checkbox"/> spleen deficiency; spleen/stomach damp heat</li> <li><input type="checkbox"/> liver / stomach heat</li> <li><input type="checkbox"/> Kidney yin deficiency</li> <li><input type="checkbox"/> Lung heat</li>   <li><input type="checkbox"/> spleen deficiency</li> <li><input type="checkbox"/> food retention, SP Qi deficiency, damp</li> <li><input type="checkbox"/> cold syndrome</li> <li><input type="checkbox"/> hot syndrome</li> <li><input type="checkbox"/> Deficiency condition</li> <li><input type="checkbox"/> Excess condition</li> </ul>	<ul style="list-style-type: none"> <li><b>Difficulty Falling Asleep</b></li> <li><input type="checkbox"/> HT fire</li> <li><input type="checkbox"/> Stomach Qi disorders</li> <li><input type="checkbox"/> HT/SP deficiency (HT blood deficiency)</li> <li><input type="checkbox"/> HT/KI yin deficiency</li> <li><input type="checkbox"/> LV/HT fire</li> <li><input type="checkbox"/> GB deficiency</li>   <li><input type="checkbox"/> Phlegm fire disturbing HT</li> <li><input type="checkbox"/> Interior phlegm damp</li> <li><input type="checkbox"/> deficiency of kidney yang</li> <li><input type="checkbox"/> HT/KI yang deficiency</li> <li><input type="checkbox"/> deficient Qi, deficient yang, damp</li> <li><input type="checkbox"/> deficient spleen Qi</li> </ul>

## Client Intake Scoresheet – Page 5

<b>Urination</b>	<b>Stools</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Kidney yang deficiency</li> <li><input type="checkbox"/> Kidney yin deficiency</li> <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> cold</li> <li><input type="checkbox"/> KI/BL dysfunction</li>   <li><input type="checkbox"/> damp heat</li> <li><input type="checkbox"/> heat damaging vessels</li> <li><input type="checkbox"/> damp heat</li> <li><input type="checkbox"/> KI Qi deficiency, stones, damp, blood stagnation</li> <li><input type="checkbox"/> same as above</li>   <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> heat in BL</li> <li><input type="checkbox"/> kidney deficiency</li> <li><input type="checkbox"/> kidney deficiency; damp-heat in the bladder</li> <li><input type="checkbox"/> kidney deficiency</li>   <li><input type="checkbox"/> Qi deficiency</li> <li><input type="checkbox"/> Lower burner Qi stagnation</li> <li><input type="checkbox"/> Heat in bladder</li> <li><input type="checkbox"/> Qi deficiency</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> excess</li> <li><input type="checkbox"/> deficiency</li> <li><input type="checkbox"/> liver Qi stagnation, <b>heat in intestines</b></li> <li><input type="checkbox"/> heat in the intestines consuming fluid</li> <li><input type="checkbox"/> kidney or stomach yin deficiency</li>   <li><input type="checkbox"/> Blood deficiency</li> <li><input type="checkbox"/> SP Qi deficiency, LV Qi stagnation</li> <li><input type="checkbox"/> LV and Heat involved</li> <li><input type="checkbox"/> interior cold in the intestines</li> <li><input type="checkbox"/> Kidney Yang deficiency</li>   <li><input type="checkbox"/> Cold, deficiency of KI yang</li> <li><input type="checkbox"/> SP deficiency, damp in SP</li> <li><input type="checkbox"/> SP/KI yang deficiency</li> <li><input type="checkbox"/> LV Qi stagnation invading spleen</li> <li><input type="checkbox"/> ST/SP Qi deficiency; sinking SP Qi</li>   <li><input type="checkbox"/> damp heat</li> <li><input type="checkbox"/> heat</li> <li><input type="checkbox"/> SP/KI yang deficiency</li> <li><input type="checkbox"/> Damp <b>in intestine</b></li> <li><input type="checkbox"/> heat</li>   <li><input type="checkbox"/> cold</li> <li><input type="checkbox"/> Blood stasis</li> <li><input type="checkbox"/> Heat</li> <li><input type="checkbox"/> Spleen deficiency</li> <li><input type="checkbox"/> Stagnation of Liver Qi</li> <li><input type="checkbox"/> Stagnation of Liver Qi               <ul style="list-style-type: none"> <li><input type="checkbox"/> Damp Heat in Spleen ; Stomach heat</li> <li><input type="checkbox"/> Spleen Yang deficiency</li> </ul> </li> </ul>
<b>Reproductive</b>	<b>Dizziness</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Jing deficiency (KI, LV); blood deficiency damp-heat in lower burner, blood stasis in uterus</li> <li><input type="checkbox"/> kidney yin/yang deficiency</li> <li><input type="checkbox"/> ST/SP Qi deficiency, LV invades SP</li> <li><input type="checkbox"/> stomach and chong mai deficiency</li> <li><input type="checkbox"/> blood or essence deficiency</li> <li><input type="checkbox"/> liver blood stasis, sinking spleen Qi</li> <li><input type="checkbox"/> exhaustion of chong mai</li> <li><input type="checkbox"/> exhaustion of Qi and blood</li> <li><input type="checkbox"/> blood deficiency, heart blood deficiency</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Interior wind</li> <li><input type="checkbox"/> Phlegm obstructing the head blocking clear</li> <li><input type="checkbox"/> Yang</li> <li><input type="checkbox"/> Qi deficiency</li> <li><input type="checkbox"/> Excess</li> <li><input type="checkbox"/> Deficiency</li> </ul>

### Client Intake Scoresheet – Page 6

Type of Pain	Location of Pain
<input type="checkbox"/> deficiency <input type="checkbox"/> excess <input type="checkbox"/> cold <input type="checkbox"/> heat <input type="checkbox"/> Qi stagnation  <input type="checkbox"/> fire and heat ascending <input type="checkbox"/> KI deficiency <input type="checkbox"/> blood stagnation <input type="checkbox"/> Damp, phlegm <input type="checkbox"/> invading pathogens obstructing  <input type="checkbox"/> liver disorders, liver wind <input type="checkbox"/> pathogenic fire <input type="checkbox"/> cold, yang deficiency <input type="checkbox"/> cold; possible blood deficiency <input type="checkbox"/> blood deficiency  <input type="checkbox"/> wind-cold, damp <input type="checkbox"/> wind, Qi stagnation <input type="checkbox"/> LV blood deficiency <input type="checkbox"/> internal wind and phlegm <input type="checkbox"/> exterior wind-cold  <input type="checkbox"/> interior <input type="checkbox"/> Qi or yang deficiency <input type="checkbox"/> blood or yin deficiency <input type="checkbox"/> Qi deficiency <input type="checkbox"/> dampness	<input type="checkbox"/> Exterior wind-cold <input type="checkbox"/> Qi deficiency; blood deficiency <input type="checkbox"/> Stomach heat <input type="checkbox"/> GB, ST (ST heat; blood deficiency) <input type="checkbox"/> GB, SJ, SI (ext. wind-cold; wind-heat; LV (GB fire rising)  <input type="checkbox"/> BL, GB (def LV blood) <input type="checkbox"/> exterior wind-cold <input type="checkbox"/> BL, GB (ext. wind-cold; KI deficiency) <input type="checkbox"/> Heart, Lung; HT blood stasis from deficient Yang <input type="checkbox"/> lung heat  <input type="checkbox"/> LV, GB <input type="checkbox"/> stagnation of LV Qi <input type="checkbox"/> stasis of LV blood <input type="checkbox"/> cold in ST, LV Qi invading ST, food retention ST heat if less severe <input type="checkbox"/> Spleen deficiency; dampness  <input type="checkbox"/> SP <input type="checkbox"/> KI, BL, LI, SI, Uterus – internal Cold; LV Qi stagnation; LV blood stagnation; Damp-heat; blood stasis in uterus or intestines <input type="checkbox"/> LV <input type="checkbox"/> cold, heat, Qi/blood stagnation, Qi/blood deficiency, damp, food retention <input type="checkbox"/> kidney deficiency  <input type="checkbox"/> exterior attack <input type="checkbox"/> pathogen blocking Qi and blood <input type="checkbox"/> same <input type="checkbox"/> excess <input type="checkbox"/> deficiency  <input type="checkbox"/> deficiency <input type="checkbox"/> wind



## Client Intake Scoresheet – Page 7

<b>Palpation</b>						<b>Menses/Leukorrhea</b>																																										
<b>Epigastric</b> <input type="checkbox"/> excess <input type="checkbox"/> deficiency						<input type="checkbox"/> blood and Qi stagnation <input type="checkbox"/> blood and Qi stagnation due to cold <input type="checkbox"/> blood deficiency <input type="checkbox"/> blood and Qi stagnation <input type="checkbox"/> blood stagnation due to cold  <input type="checkbox"/> deficiency of blood and Qi <input type="checkbox"/> LV Qi stagnation, LV blood stagnation; SP/KI deficiency, disharmony in Ren/Chong <input type="checkbox"/> Qi deficiency, heat <input type="checkbox"/> cold, blood deficiency; blood stagnation <input type="checkbox"/> heat in blood  <input type="checkbox"/> blood deficiency <input type="checkbox"/> cold causing blood stagnation <input type="checkbox"/> Qi not commanding blood <input type="checkbox"/> heat, Qi deficiency <input type="checkbox"/> SP/KI Qi deficiency, blood stagnation  <input type="checkbox"/> cold, deficiency (SP KI yang), cold-damp <input type="checkbox"/> excess, heat, damp heat in lower burner <input type="checkbox"/> Damp-heat in the liver channel																																										
<b>Abdomen</b>																																																
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 5%;">F</th> <th style="width: 5%;">E</th> <th style="width: 5%;">W A</th> <th style="width: 5%;">W D</th> <th style="width: 5%;">M</th> </tr> </thead> <tbody> <tr> <td>Deficiency</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Excess</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Qi stagnation</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Fluid retention</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Blood stagnation</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Qi stagnation</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>								F	E	W A	W D	M	Deficiency						Excess						Qi stagnation						Fluid retention						Blood stagnation						Qi stagnation					
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Blood stagnation																																																
Qi stagnation																																																
<b>Mu points</b> <input type="checkbox"/> LU-1 <input type="checkbox"/> ST-25 <input type="checkbox"/> CV-12 <input type="checkbox"/> LV-13 <input type="checkbox"/> CV-14 <input type="checkbox"/> CV-4 <input type="checkbox"/> CV-3 <input type="checkbox"/> GB-25 <input type="checkbox"/> CV-17 <input type="checkbox"/> CV-5 <input type="checkbox"/> GB-24 <input type="checkbox"/> LV-14		<b>Shu Points</b> <input type="checkbox"/> BL-13 <input type="checkbox"/> BL-25 <input type="checkbox"/> BL-21 <input type="checkbox"/> BL-20 <input type="checkbox"/> BL-15 <input type="checkbox"/> BL-27 <input type="checkbox"/> BL-28 <input type="checkbox"/> BL-23 <input type="checkbox"/> BL-14 <input type="checkbox"/> BL-22 <input type="checkbox"/> BL-19 <input type="checkbox"/> BL-19		<b>Source Points</b> <input type="checkbox"/> LU-9 <input type="checkbox"/> LI-4 <input type="checkbox"/> ST-42 <input type="checkbox"/> SP-3 <input type="checkbox"/> HT-7 <input type="checkbox"/> SI-4 <input type="checkbox"/> BL-64 <input type="checkbox"/> KI-3 <input type="checkbox"/> PC-7 <input type="checkbox"/> SJ-4 <input type="checkbox"/> GB-40 <input type="checkbox"/> LV-3																																												
<b>Skin Palpation</b>																																																
<input type="checkbox"/> Damp-Heat <input type="checkbox"/> Cold pattern (lower abdomen or lower back indicates kidney yang deficiency) <input type="checkbox"/> exterior wind-heat <input type="checkbox"/> yin deficiency heat <input type="checkbox"/> exterior wind-cold, more usually ex. Wind heat <input type="checkbox"/> deficiency of lung Qi <input type="checkbox"/> blood deficiency, lung yin deficiency <input type="checkbox"/> edema <input type="checkbox"/> dampness <input type="checkbox"/> yang deficiency																																																

### Client Intake Scoresheet – Page 8

Pulse																											
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
Superficial	X	X										X									X						
Deep			X	X	X																	X					
Forceful				X			X			X							X						X				
Forceless		X			X			X			X							X			X	X		X		X	X
Slow						X	X	X																		X	X
Rapid									X	X	X	X	X											X	X		
Wide		X										X	X														
Thin																											
Surging														X													
Thready															X						X	X					
Rolling																X											
Hesitant																		X	X								
String Taut																				X							
Tense																					X						
Skips at irregular intervals																							X	X	X		
Skips at regular intervals																											X

1	<b>Superficial</b>	Exterior syndromes
2	<b>Superficial</b>	Vacuous yang floating upwards (exuberant yin repelling yang)
3	<b>Deep</b>	Interior syndromes
4	<b>Deep</b>	Interior excess syndromes, blocked Qi and blood
5	<b>Deep</b>	Interior deficiency syndromes
6	<b>Slow</b>	Cold, obstruction
7	<b>Slow</b>	Excess yin cold
8	<b>Slow</b>	Deficient yang Qi
9	<b>Rapid</b>	Heat
10	<b>Rapid</b>	Excess yang Qi, excess heat
11	<b>Rapid</b>	Deficient yin
12	<b>Rapid</b>	Floating yang
13	<b>Rapid</b>	Qi vacuity
14	<b>Surging</b>	Excess heat
15	<b>Thready</b>	Deficiency of Qi, blood, yin
16	<b>Rolling (Slippery)</b>	Phlegm; retained fluid; retention of food; excess heat (common in pregnancy)
17	<b>Hesitant (Choppy, Rough)</b>	Stagnation of Qi; stagnation of blood – blocked vessels
18	<b>Hesitant (Choppy, Rough)</b>	Impaired essence, blood deficiency
19	<b>String-taut</b>	Gallbladder disorders, liver depression, painful syndromes, phlegm, retained fluid
20	<b>Tense (Tight)</b>	Cold, pain, food retention
21	<b>Soft</b>	Damp
22	<b>Weak</b>	Qi and Blood deficiency
23	<b>Abrupt (Hurried, Skipping)</b>	Excessive yang heat, stagnation of Qi and blood, retention of phlegm, retention of food
24	<b>Abrupt (Hurried, Skipping)</b>	Prostration
25	<b>Knotted (Bound)</b>	Excessive yin, accumulation of Qi, retention of cold phlegm, stagnant blood
26	<b>Regularly Intermittent</b>	Declining yang Qi, wind syndromes, painful syndromes, fear and fright, contusions and sprains

## Client Intake Scoresheet – Page 9

### Abdominal

Fire	
Earth	
Water	
Metal	
Wood	

### Chakras

		<b>Organs</b>	<b>Out of Balance</b>	<b>Rotation (Male)</b>		
7th	Connectiveness	Brain Cerebellum Skull <b>Pineal</b> Headaches Mental disorder	Unable to let go of anxiety and fear; depressed and unsatisfied	Clock →		Channel
6th	Perceptions	Face Eyes Nose Sinus <b>Pituitary</b> Cerebellum	Focus on intellect; Sees obvious only	Counter ←	Divine Eye	Control
5th	Expressions	Lungs Vocal chord Bronchials Throat <b>Thyroid</b> Voice Jaw Neck	Cannot express one's self. Fear of rejection. Fear of silence	Clock →	Divine Will Lower mental body	Retrieve
4th	Feeling	Heart Upper back Ribs Chest Skin Lower lungs Circulatory Abdominal <b>Thymus</b> Blood disorders Lack of joy	Cannot give or accept love genuinely	Counter ←	Key balance between upper and lower chakras	Generate/ Empower

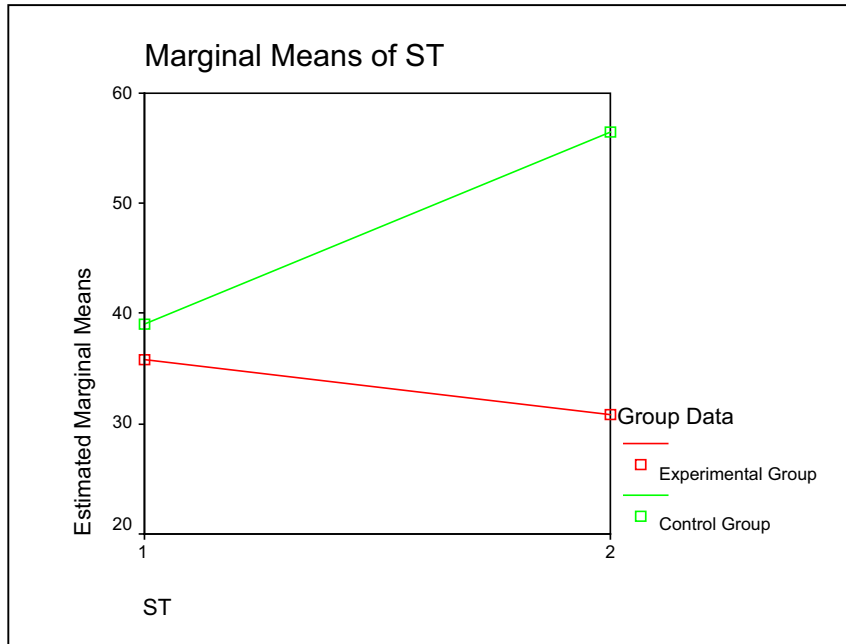
### Client Intake Scoresheet – Page 10

<b>3<sup>rd</sup></b>	Emotions	Abdomen Lower back Stomach Liver Spleen Digestive Gallbladder Nervous Arthritis Stubbornness Indecision Diabetes Fatigue	Need to dominate, cannot trust in the natural flow. Emphasis on the material.	Clock →	Emotions Astral body	Regulate
<b>2<sup>nd</sup></b>	Desires	Reproductive Kidney Bladder Pelvic area Sperm Body fluids	Unsure and unstable in sexual and emotional matters. Cannot express feelings. Suppresses natural needs	Counter ←	Power, fame, money Will to survive	Dynamise
<b>1<sup>st</sup></b>	Instinctive	Bones Teeth Nails Legs Arms Intestines Anus Prostrate	Unable to trust Nature. Focus on material possessions. Need to satisfy one's desires and wishes.	Clock →	Survival Group Consciousness Common Sense	Release/ Receive

## **Appendix K: Intervention Statistical Data**

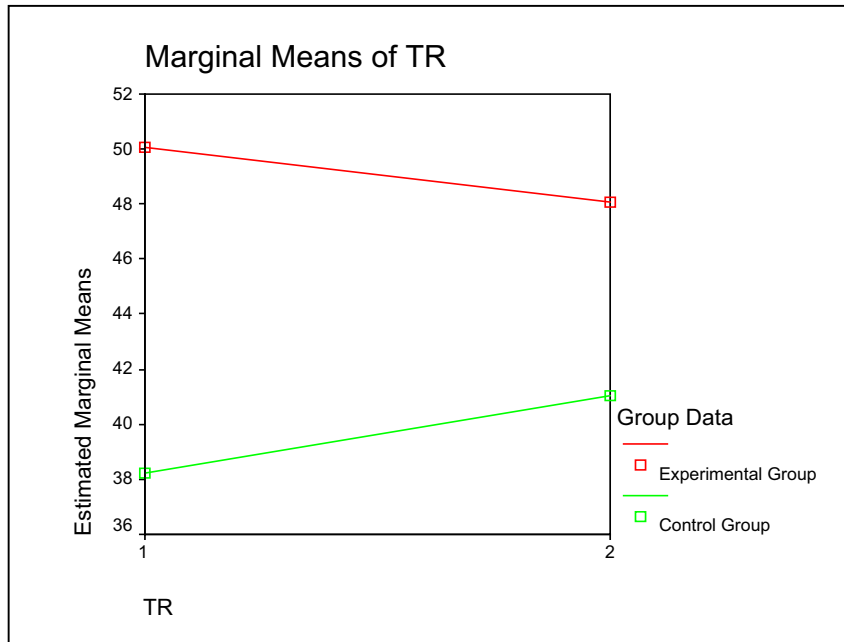
The following intervention data showed no significant effects on emotional states as measured by the State Trait Anxiety Inventory, as there was no significant interaction of intervention by time ( $F(1,83)= 3.40, p=.70$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means as was hypothesized in this study. Stated differently, although there was an elevation in State anxiety from pre-test to posttest on the part of the control group (see green line in Figure 12), and a slight decrease in State anxiety for the intervention group (see red line in Figure 12), these differences were not of sufficient magnitude to achieve statistical significance because the results, which show that at pre-test measurement, the experimental group was substantially higher in Trait anxiety than was the control group, and this Trait anxiety did move downward among the experimental group at post-testing, while the control group showed an elevation at post-testing. In sum, however, this pattern of small differences did not achieve statistical significance.

For all graphs that follow, the *y-axis* located on the left of the chart indicates assessment scores of OxiData, state trait *state* or anxiety portion, or MSA-21 emotional assessments. The *left* side shows *pre-intervention scores* while the *right* shows *post-intervention scores*. The *green line* represents the *control* group and the *red line* represents the *experimental* group.



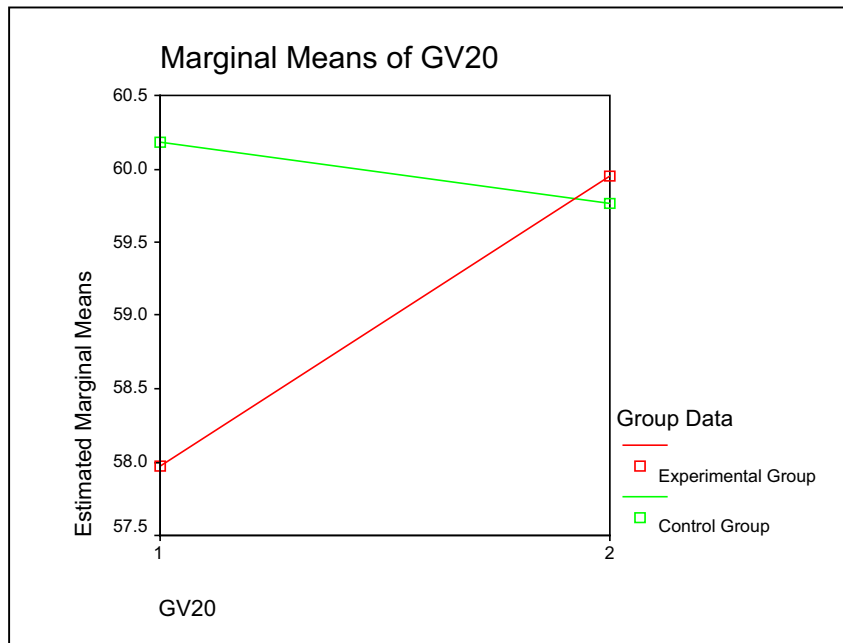
**Figure 12. Intervention and Emotional States Results for Both Groups (STAI)**

The intervention showed no significant effects on emotional states as measured by the State Trait Anxiety Inventory, as there was no significant interaction of intervention by time ( $F(1,83)=.144, p=.70$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the state trait anxiety inventory, as was hypothesized in this study.



**Figure 14. Intervention and Emotional Traits Results for Both Groups (STAI)**

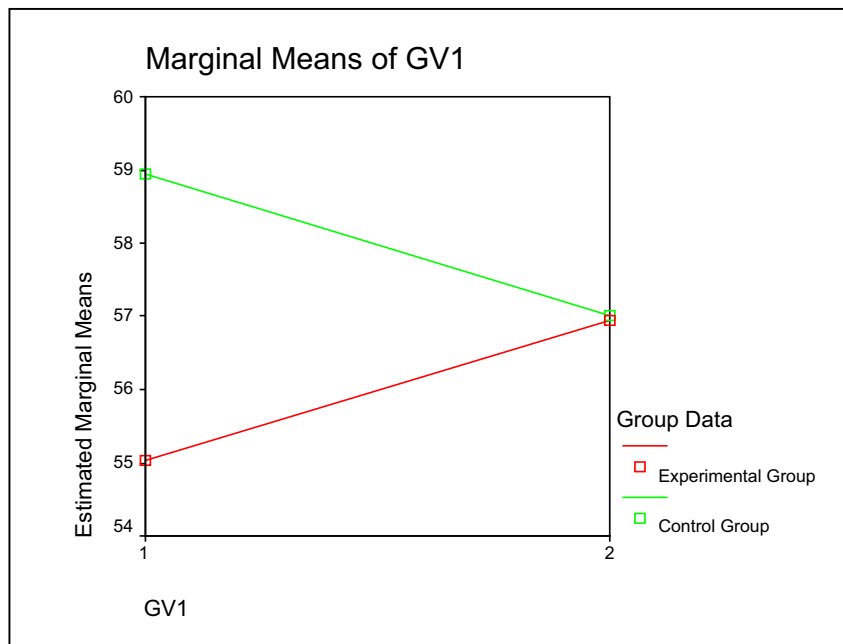
The intervention showed no significant effects on emotional states as measured by the MSA-21 on the Acupuncture point known as Governing Vessel 20 (GV20), as there was no significant interaction of intervention by time ( $F(1,83)=.392, p=.533$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



**Figure 16. Intervention and Emotional States Results for Both Groups (GV20)**

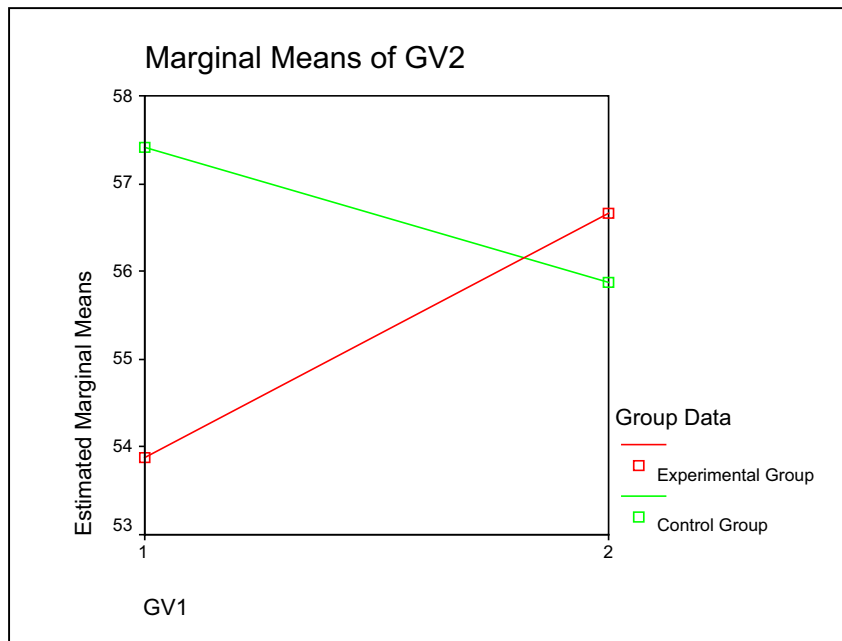


The intervention showed no significant effects on emotional states as measured by the MSA-21 on the Acupuncture point known as Governing Vessel 20 (GV20), emotional reference GV1 as there was no significant interaction of intervention by time ( $F(1,83)=.663, p=.42$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



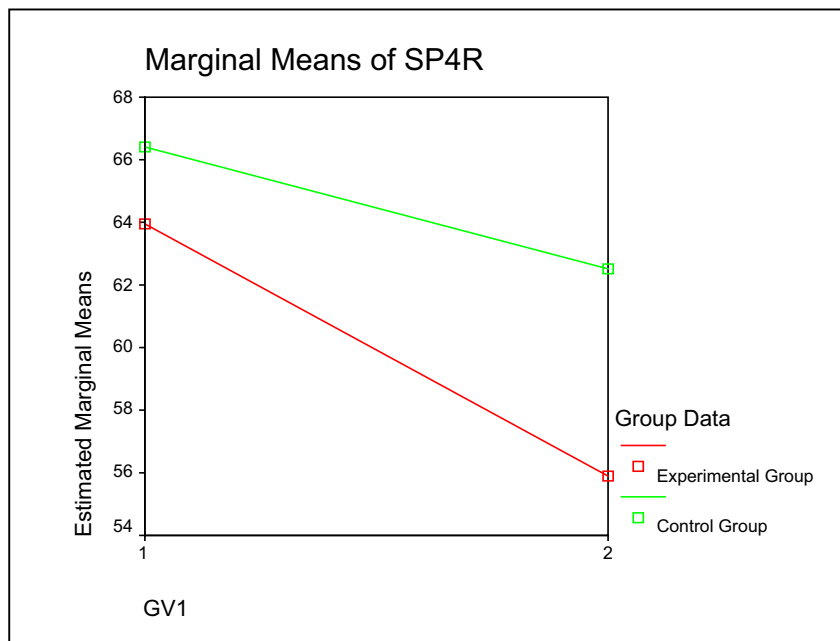
**Figure 18. Intervention and Emotional States Results for Both Groups (GV1)**

The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Governing Vessel 20 (GV20), emotional reference GV2, as there was no significant interaction of intervention by time ( $F(1,83)=.972$  ,  $p=.33$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



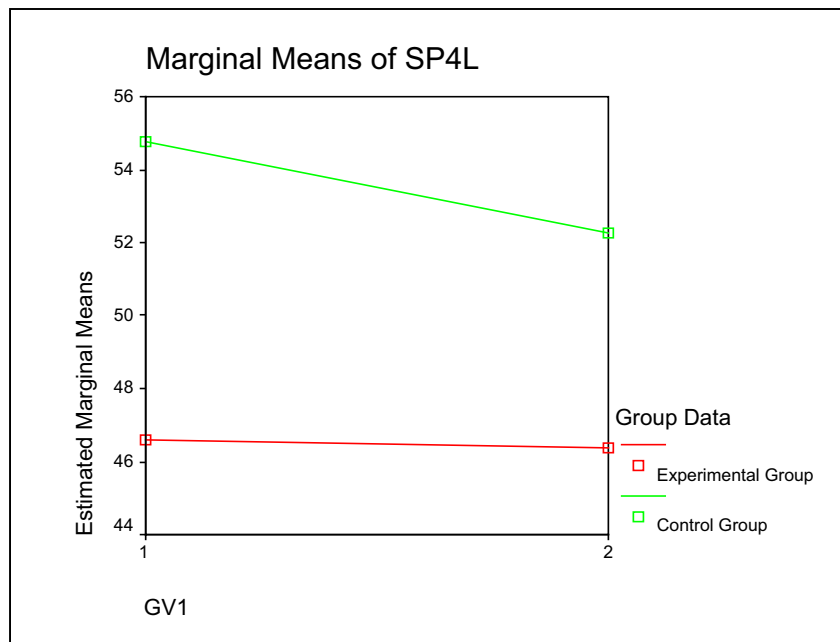
**Figure 20. Intervention and Emotional States Results for Both Groups (GV2)**

The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4 (Sp 4), MSA-21 emotional reference point Sp4R (right side measure), as there was no significant interaction of intervention by time ( $F(1,83)= 1.47 , p=..229$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



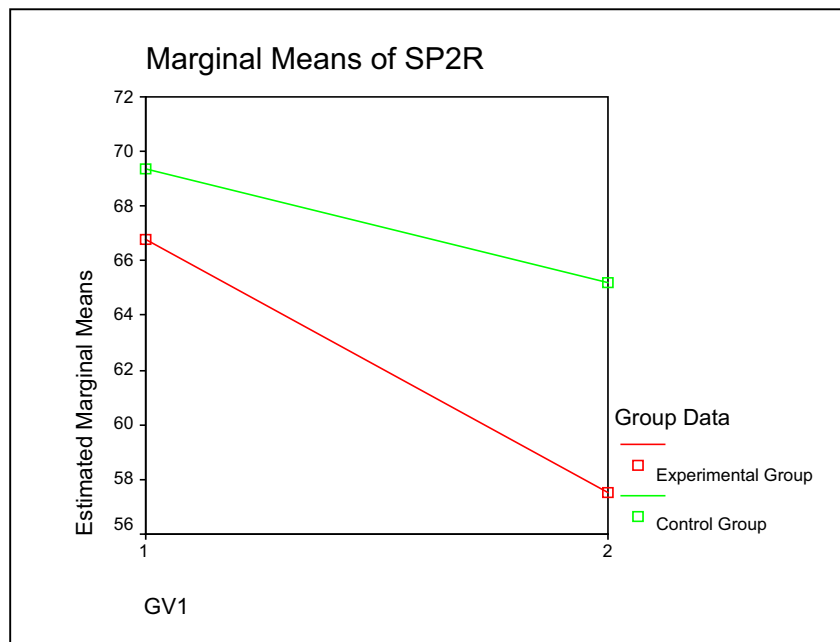
**Figure 22. Intervention and Emotional States Results for Both Groups (SP4R)**

The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4( left side measure, SP4 L), MSA-21 emotional reference point Sp4L, as there was no significant interaction of intervention by time ( $F(1,83)=.324, p=.57$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



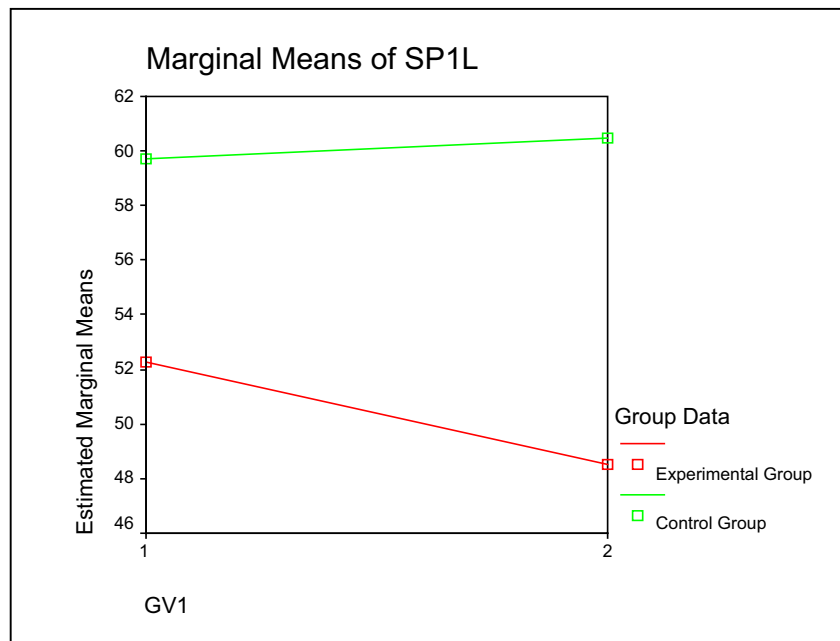
**Figure 24. Intervention and Emotional States Results for Both Groups (SP4L)**

The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4 (Sp4), MSA-21 emotional reference point Sp2R (right side measure), as there was no significant interaction of intervention by time ( $F(1,83)=2.44$  ,  $p=.122$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



**Figure 26. Intervention and Emotional States Results for Both Groups (SP2R)**

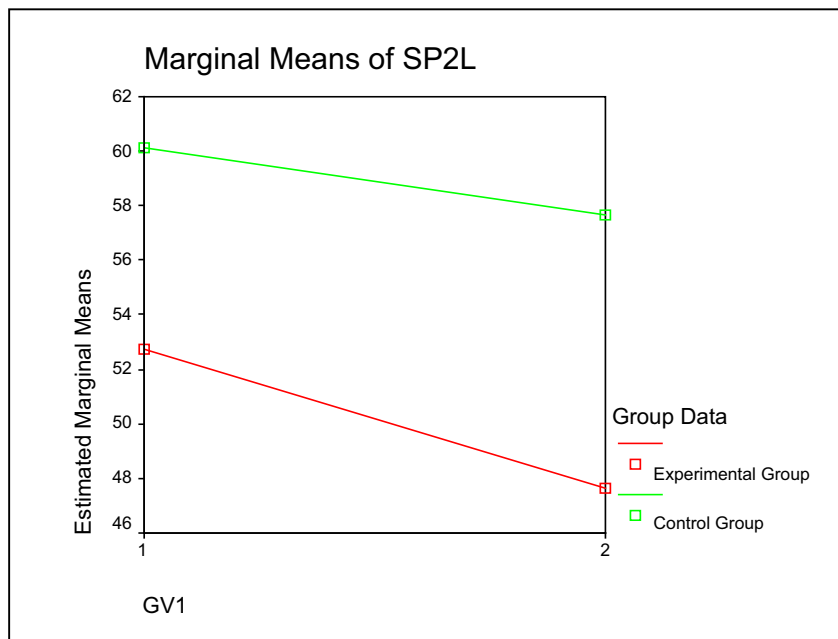
The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4 (Sp4), MSA-21 emotional reference point Sp1L (left side measure), as there was no significant interaction of intervention by time ( $F(1,83)= 1.50, p=.225$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State



portion of the MSA-21, as was hypothesized in this study.

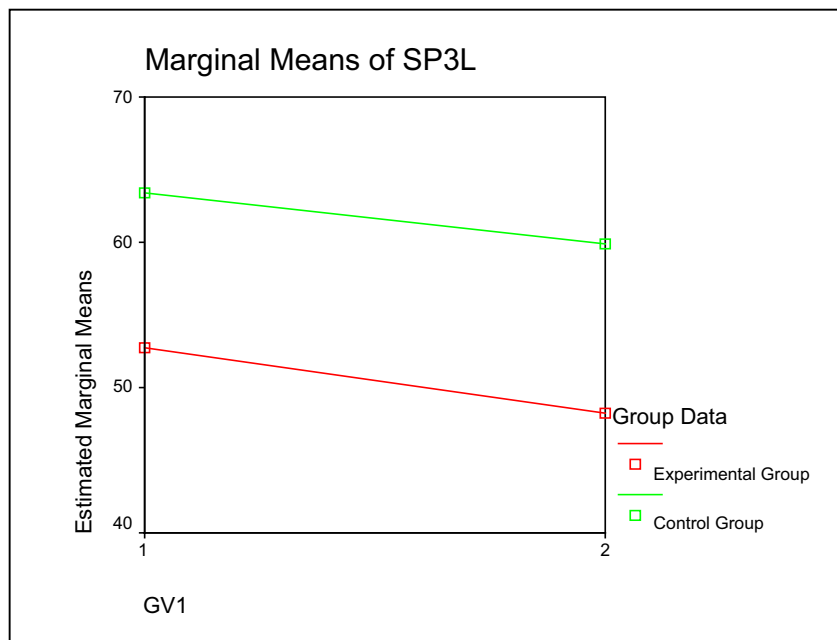
**Figure 28. Intervention and Emotional States Results for Both Groups (SP1L)**

The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4 (Sp4), MSA-21 emotional reference point Sp2L (left side measure), as there was no significant interaction of intervention by time ( $F(1,83) = .553, p = .46$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



**Figure 30. Intervention and Emotional States Results for Both Groups (SP2L)**

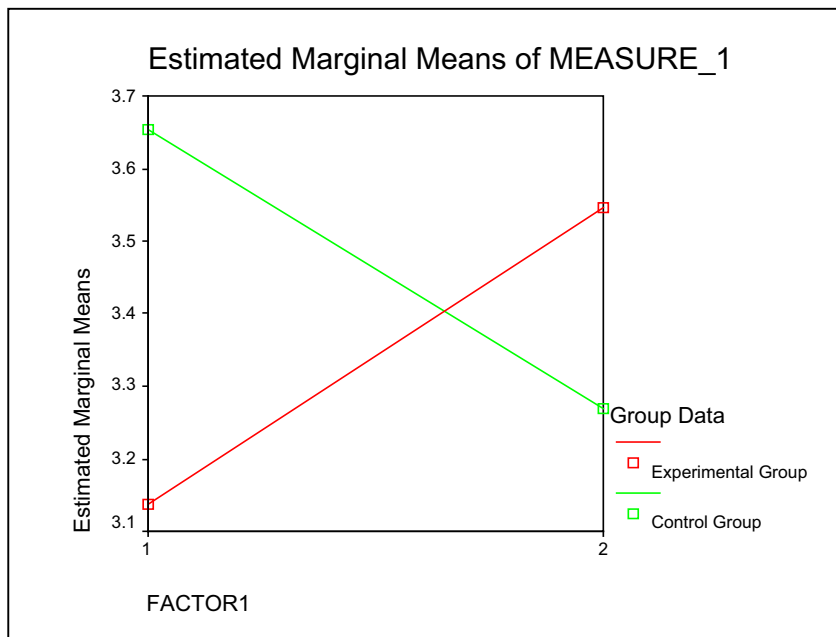
The intervention showed no significant effect on emotional states as measured by the MSA-21 on the Acupuncture point known as Spleen 4 (Sp4), MSA-21 emotional reference point Sp3L (left side measure), as there was no significant interaction of intervention by time ( $F(1,83) = .090, p = .76$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study.



**Figure 32. Intervention and Emotional States Results for Both Groups (SP3L)**

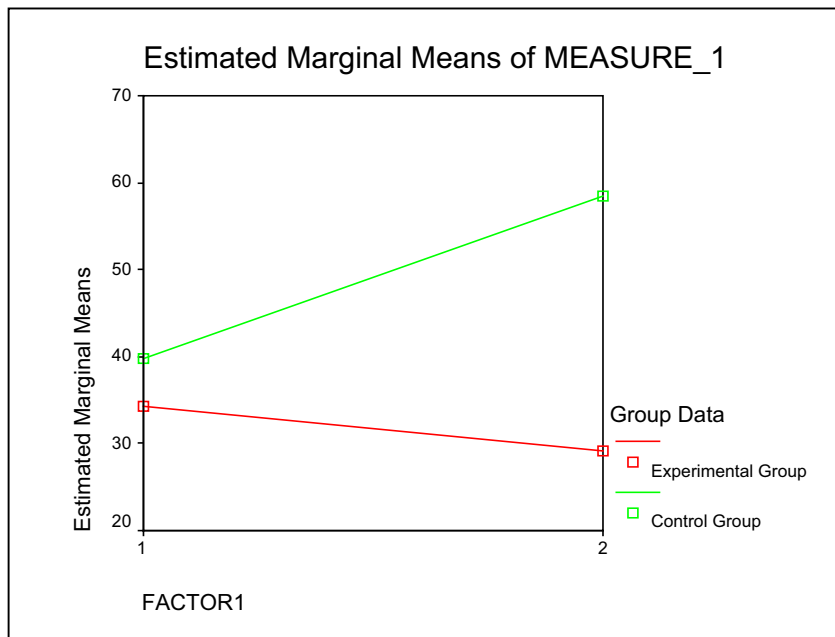


The intervention showed no significant effects on the presence of free radicals in the Male subjects as measured by the OxiData as there was no significant interaction of intervention by time ( $F(1,83)= 1.54, p=.227$ ). This finding indicates that the control and experimental groups did not show significantly divergent patterns of means on the State portion of the MSA-21, as was hypothesized in this study. This indicates a trend but further research would be necessary to in order to draw any conclusions.



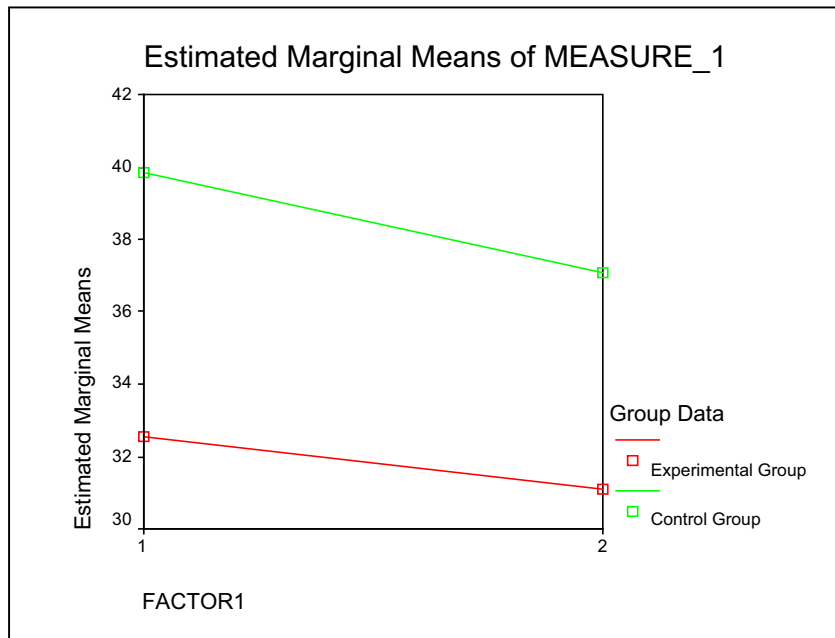
**Figure 34. Free Radical Results for Males in Both Groups (OxiData)**

The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the State Trait Anxiety Inventory, as there was no significant interaction of intervention by time ( $F(1,83)=.841$ ,  $p=.37$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the State portion of the state trait anxiety inventory, as was hypothesized in this study.



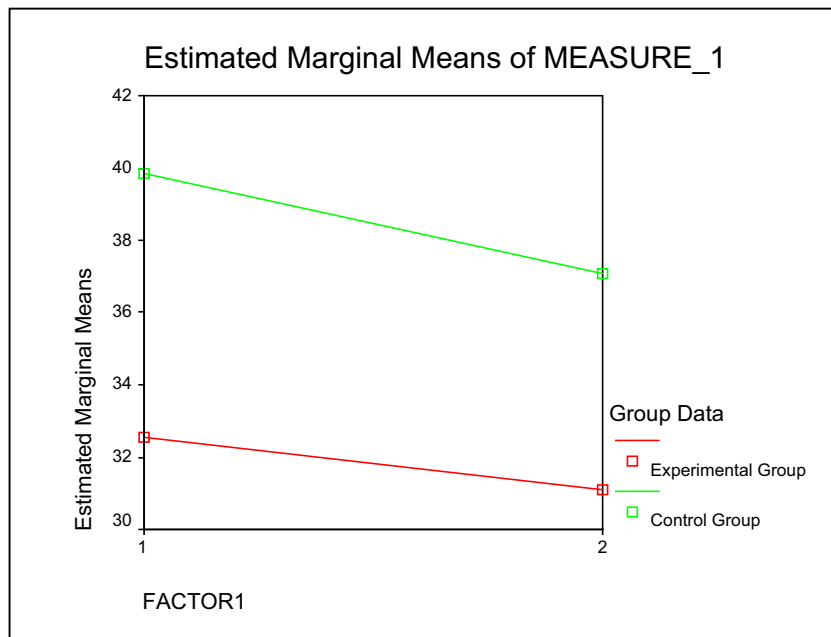
**Figure 36. Intervention and Emotional States Results for Males in Both Groups (STAI)**

The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83)=.841, p=.37$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as was hypothesized in this study.



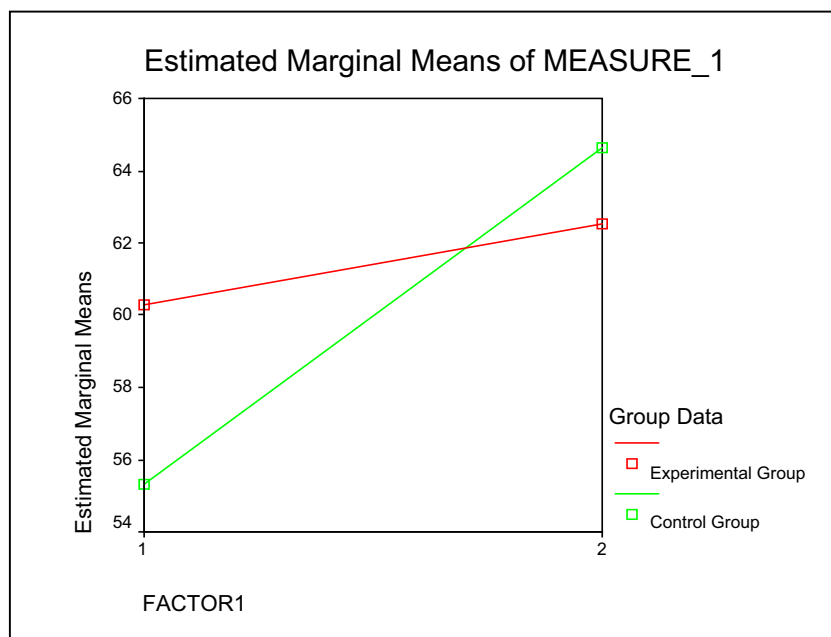
**Figure 38. Intervention and Emotional States Results for Males in Both Groups (STAI)**

The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83)=.382$ ,  $p=.54$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as was hypothesized in this study.



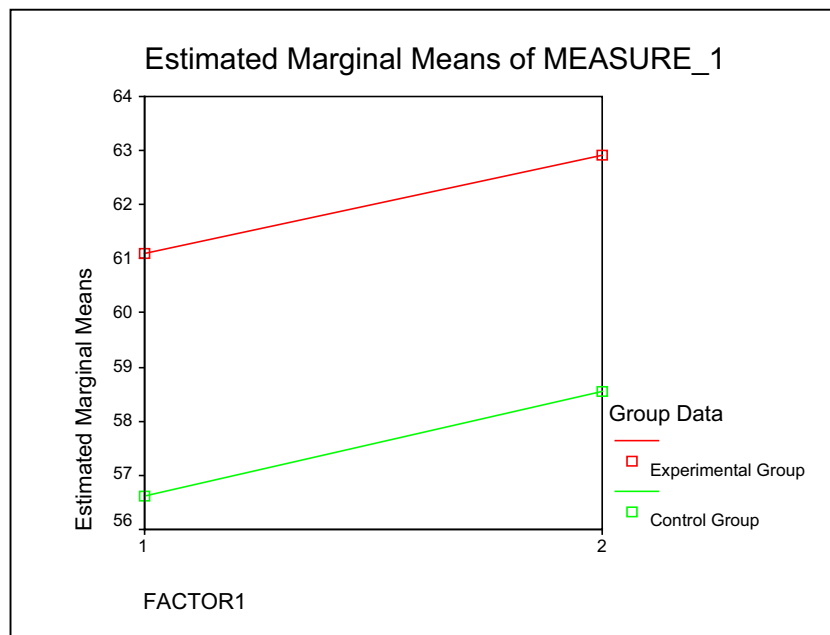
**Figure 40. Intervention and Emotional States Results for Males in Both Groups (GV20)**

The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83)=.942$  ,  $p=.34$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as was hypothesized in this study.



**Figure 42. Intervention and Emotional States Results for Males in Both Groups (GV1)**

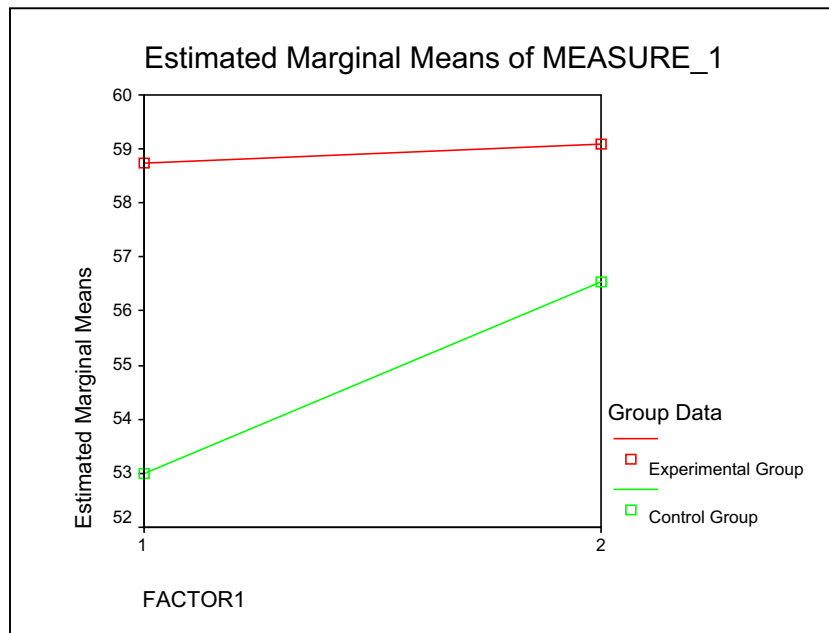
The intervention showed no significant effects on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83) = .000$ ,  $p = .992$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as



was hypothesized in this study.

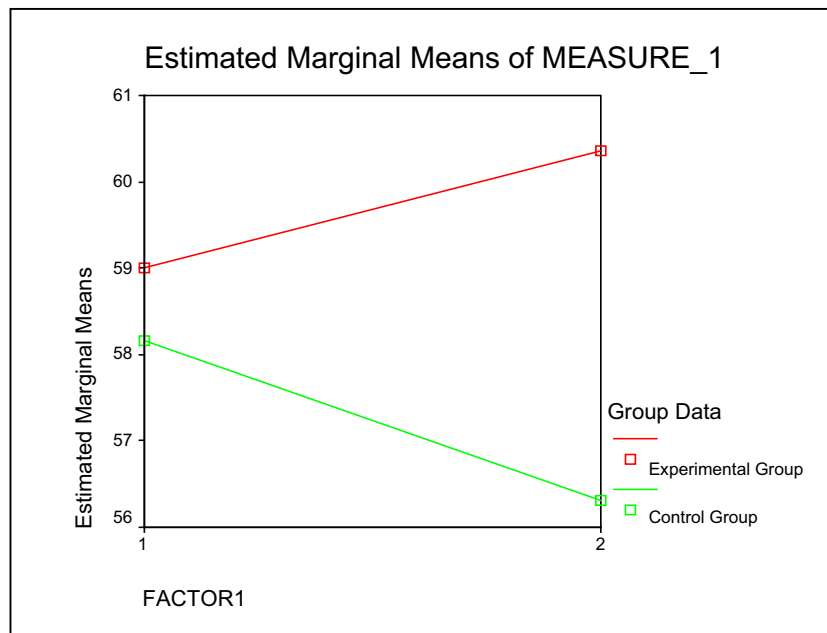
**Figure 44. Intervention and Emotional States Results for Males in Both Groups (GV2)**

The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83) = .000$ ,  $p = .992$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as was hypothesized in this study.



**Figure 46. Intervention and Emotional States Results for Males in Both Groups (GV3)**

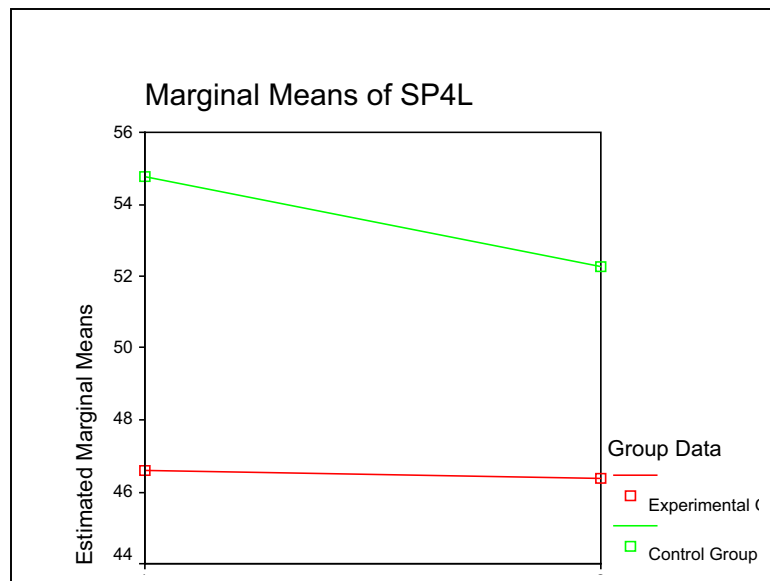
The intervention showed no significant effect on emotional states between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83) = .165, p = .68$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the Trait portion of the state trait anxiety inventory, as was hypothesized in this study.



**Figure 48. Intervention and Emotional States Results for Males in Both Groups (SP4R)**



The intervention showed no effect on emotional states post intervention between the male control and male experimental groups as measured by the MSA-21, as there was no significant interaction of intervention by time ( $F(1,83) = .419, p = .52$ ). This finding indicates that the male control and male experimental groups did not show significantly divergent patterns of means on the MSA-21 meridian stress analysis, as was hypothesized in this study.



**Figure 50. Intervention and Emotional States Results for Males in Both Groups (SP4L)**

The remainder of models without plots showed no effect on emotional states post intervention as measured by the MSA-21, as there was no significant interaction of intervention by time. This indicated that the male control and male experimental groups did not show significantly divergent patterns of means on the MSA-21 meridian stress analysis.

<b>Male</b>		<b>Intervention by time</b>
SP1R * GROUP	Model Male	(F(1,83)=1.19, p=0.287)
SP2R * GROUP	Model Male	(F(1,83)=0.000, p=0.987)
SP3R * GROUP	Model Male	(F(1,83)=1.59, p=0.221)
SP1L * GROUP	Model Male	(F(1,83)=0.392, p=0.538)
SP2L * GROUP	Model Male	(F(1,83)=0.020, p=0.889)
SP3L * GROUP	Model Male	(F(1,83)=0.042, p=0.840)

**Table 13. Male Models That Showed No Post-Intervention Effect on Emotional States**

The remainder of models without plots showed no effect on emotional states post intervention as measured by the MSA-21, as there was no significant interaction of intervention by time. This indicated that the female control and female experimental groups did not show significantly divergent patterns of means on the MSA-21 meridian stress analysis.

<b>Female</b>		<b>Intervention by time</b>
OXID * GROUP	Model Female	(F(1,83)=1.04, p=0.313)
ST * GROUP	Model Female	(F(1,83)=2.605, p=0.112)
TR * GROUP	Model Female	(F(1,83)=0.187, p=0.667)
GV20 * GROUP	Model Female	(F(1,83)=2.303, p=0.135)
GV1 * GROUP	Model Female	(F(1,83)=0.954, p=0.333)
GV2 * GROUP	Model Female	(F(1,83)=2.669, p=0.108)
SP4R * GROUP	Model Female	(F(1,83)=0.538, p=0.466)
SP4L * GROUP	Model Female	(F(1,83)=0.363, p=0.549)
SP1R * GROUP	Model Female	(F(1,83)=1.484, p=0.228)
SP2R * GROUP	Model Female	(F(1,83)=2.47, p=0.12)
SP1L * GROUP	Model Female	(F(1,83)=0.617, p=0.43)
SP2L * GROUP	Model Female	(F(1,83)=0.736, p=0.39)
SP3L * GROUP	Model Female	(F(1,83)=0.104, P=0.75)

**Table 15. Female Models that Showed No Post-Intervention Effect on Emotional States**