

*Non-Needle
Point
Activation*



Introduction

The TCM theory of channels and points now forms a foundation for belief and practice among many non-TCM practitioners.

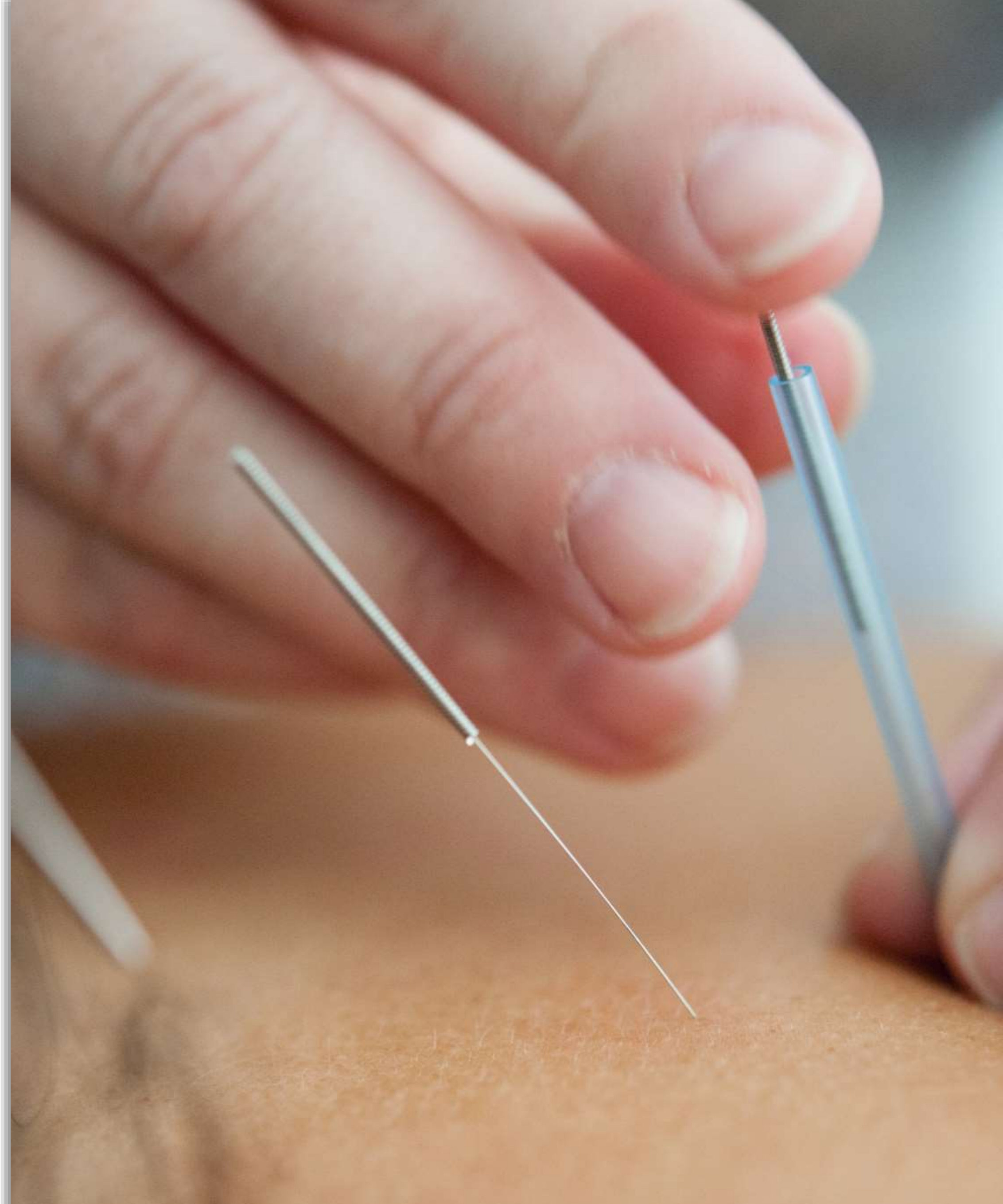
It is the aim of this presentation to raise awareness among TCM practitioners of how other therapists activate the acupuncture points using non-needle technique by concentrating on the more unusual methods.

A more detailed explanation will be given in an article in the next Jing Lou magazine.



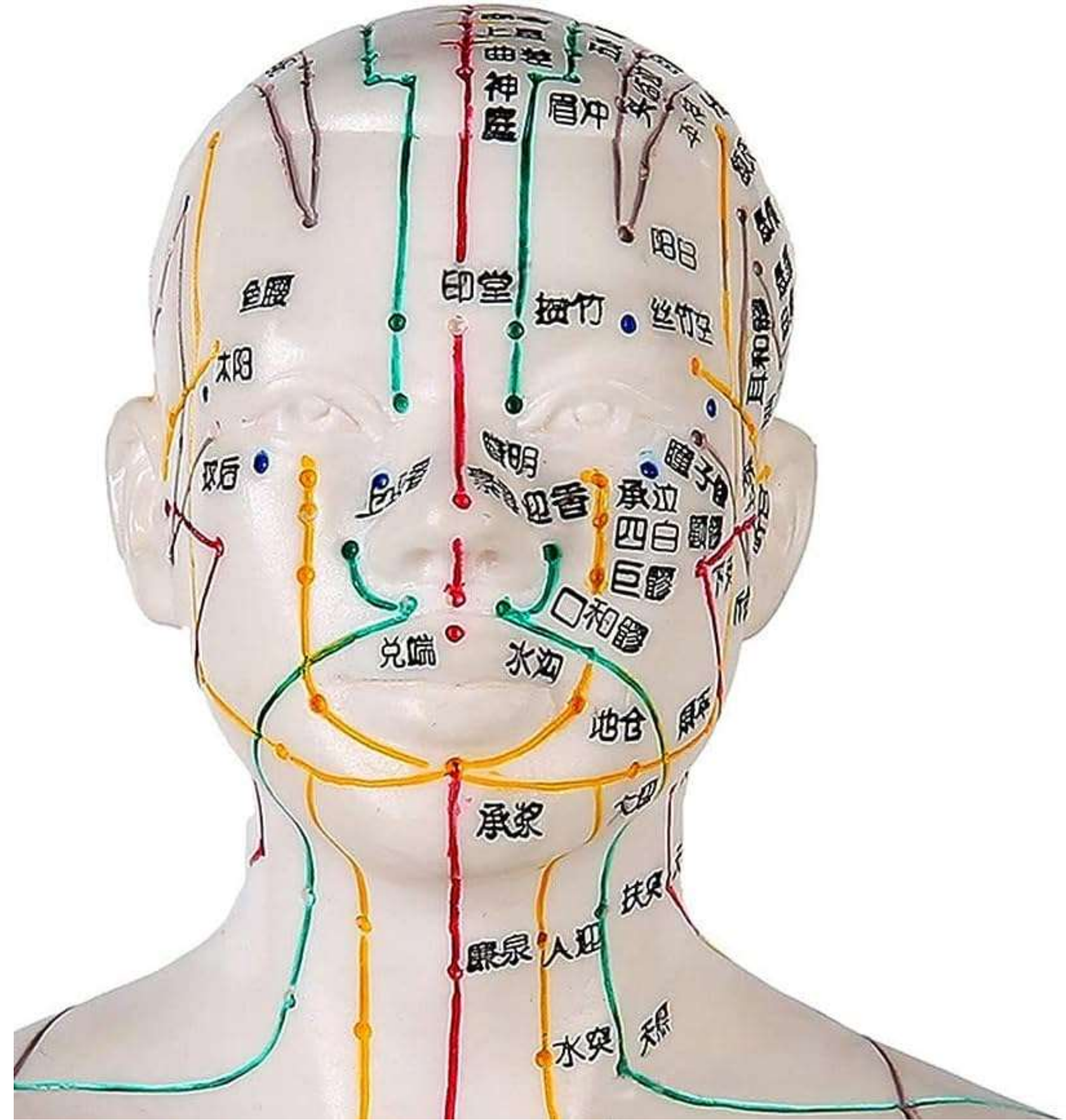
Discussion

- Acupuncture points have been activated (by stimulation or dispersion) for centuries by many well known techniques including massage, needles, heat (moxa), pressure, cupping and meditation (Qi Gong).
- Ancient healing techniques using crystals/gems, essential oils, colour and magnets are now being specifically used on acupuncture points.
- More contemporary activation includes Laser, acupoint injection, electroacupuncture and piezo electricity (piezo pen).
- The newest techniques include vibration with tuning forks and tapping.



Discussion

- In this presentation the more unusual activation methods used by acupuncturists and non-acupuncturists will be discussed. These include the piezo pen, magnets, vibration with tuning forks, tapping, essential oils, colour and gems/crystals.
- Research on the effectiveness of each of these methods will be addressed.



Piezo Pen (Piezo Electricity)

Use - acupuncturists/ other therapies


- The pen was developed by a Japanese doctor, Takeyoshi Yamaguchi.
- It is a portable electro stimulator with a ceramic quartz crystal inside. When pressure is applied to the top it passes over the crystal and a small piezo electric charge is transferred to the tip.
- It is used in the Eileen Han Balance Method of acupuncture.
- Research on it's effectiveness is hard to find.
- 📷 – own photo





Magnets

Use - acupuncturists, physios and masseurs,

- Magnets have been used for centuries for healing in Chinese, Greek and Egyptian cultures via the use of lodestones or magnetic rocks.
- Research on the effectiveness of magnets on acupuncture points towards further investigation, however, much research conducted is of poor quality.
- QMagnets (an Australian company) are producing multipolar magnets for pain relief. The effectiveness of their research is on the website and it is shown to be effective.
-  – own photo

Vibration with Tuning Forks

Use - acupuncturists, masseurs, kinesiologists, many other energetic healers

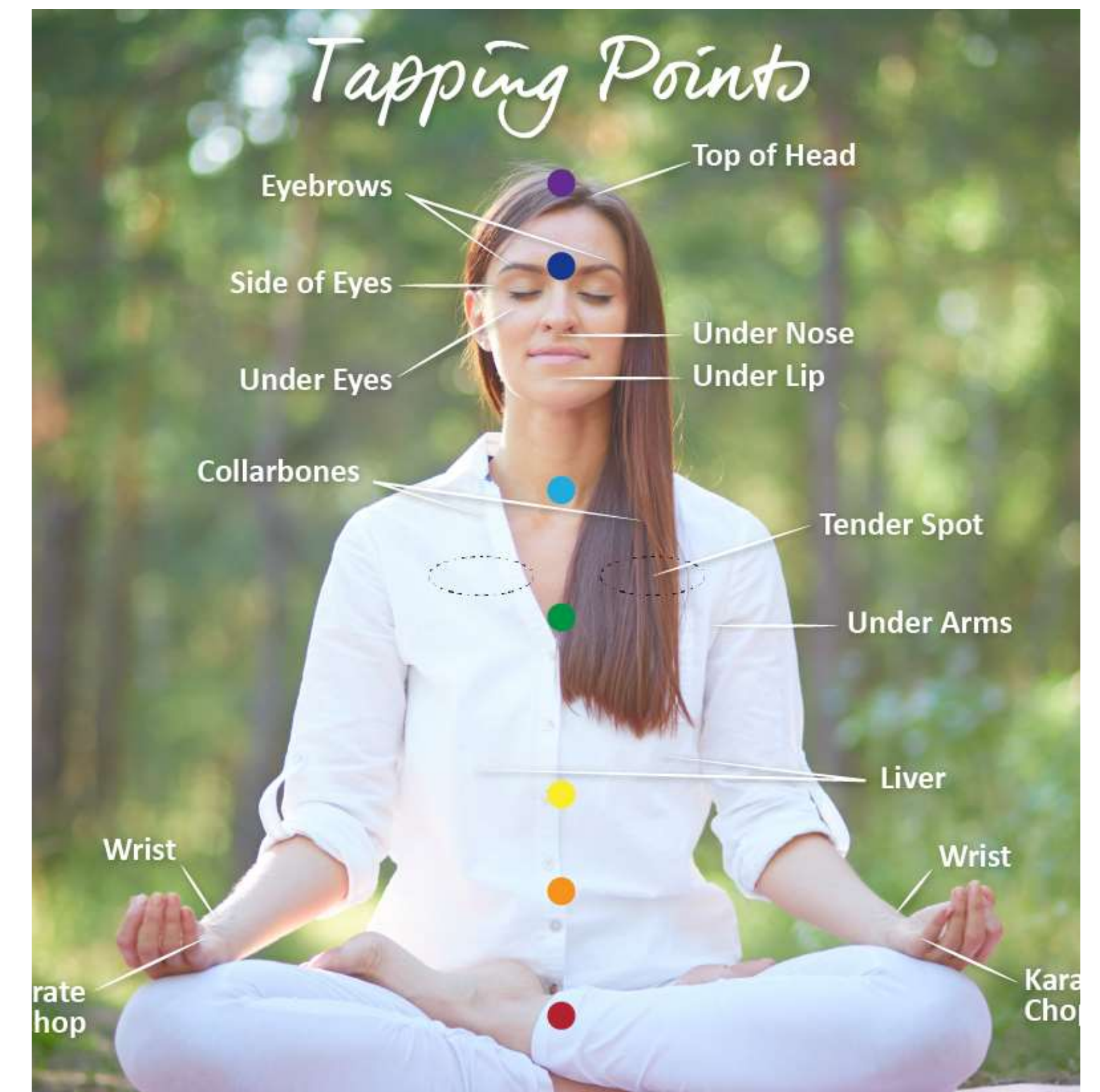
- Sound healing is ancient, however tuning fork therapy was developed around 1978 by a Swiss mathematician and musicologist, Hans Cousto.
- The forks vibrate at different frequencies to create a therapeutic effect and can be used directly on acupuncture points or over the body in the energetic field
- Acutonics and Biofield Tuning are two methods of activating points with vibration. The Acutonics website has many case studies and research projects available to read.



Tapping Emotional Freedom Technique (EFT)

Use - acupuncturists, EFT practitioners, neurolinguistic programmers.

- EFT was founded in the 1990s by Gary Craig, a Stanford engineer.
- The individual identifies an issue they wish to address, they rate the level of distress it causes and then tap on upper body acupuncture points using a script to reduce the distress. The process is repeated until the distress is lowered.
- Research shows it is an evidence based practice for psychological and physiological conditions ranging from anxiety to Autoimmune conditions
- The Australian Tapping Institute (ATI) has a video demonstration.
- 📷 – permission to use image from the Australian Tapping Institute





Essential Oils

Use - acupuncturists, masseurs, kinesiologists and aromatherapists

- An ancient therapy (frankincense as a gift from the Magi)
- Today Peter Holmes, a TCM practitioner/Aromatherapist has developed Aroma Acupoint Therapy which uses different oils to stimulate the acupuncture points in similar ways to needles. For example, geranium regulates female hormones and can be used on Sp 6 and Ren 4.
- There are some small studies on the effectiveness of essential oils, however, they have not yet been extended to clinical trials.



Colour

Use- acupuncturists,
kinesiologists, colour
therapists

- An ancient therapy in Egypt and Greece.
- Peter Mandal, a German acupuncturist/naturopathist has created Esoteric Colorpuncture over the last 40 years. A handheld instrument directs different colours at the acupuncture points for a therapeutic effect.
- Russian research shows light is conducted through the body along the acupuncture channels.
- Studies in the 1990s showed some improvements in clinical conditions, however, there were limitations in research design. Research is limited.

Crystals and Gems

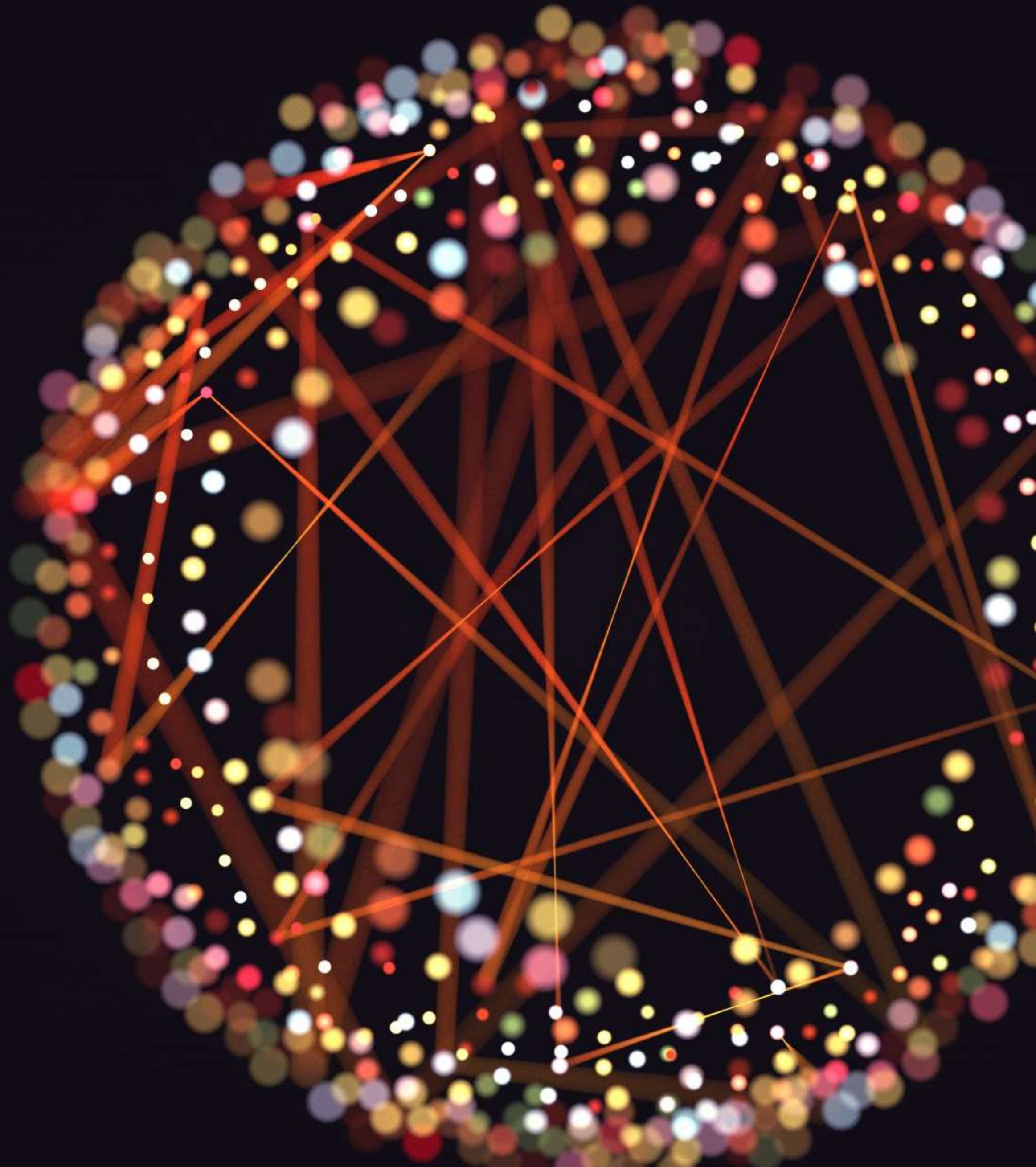
Use - acupuncturists, crystal healers, kinesiologists

- An ancient therapy in Rome, Greece, China and Egypt. The Egyptians are said to have shone sunlight through coloured gems, such as rubies and sapphires onto people seeking healing.
- The shape/colour of the gem/crystal can affect the channels. Acutonics tuning forks can have gems attached at the end of the forks. Red garnet, for example, clears negative energy from the chakras.
- There is a lack of current research into the effects of gems/crystals on the body. In 2001 research in this area by the British Psychological Society had inconclusive results.



Other

- Symbols - Esoteric Acupuncture - Mikio Sankey - combines acupuncture points to form sacred geometry.
- Pendulums - a few references on the internet.
- Marital arts - Dim Mak/kyusho-jutsu/Pressure point fighting. some points struck are acupuncture points eg Bl 10, St 9.



Conclusion

As TCM medical theory of points and meridians is being used as a foundation of belief and practice among non-acupuncturists, it is important to have some knowledge of this phenomenon.

Some of the non-needle techniques of acupuncture point stimulation are clinically effective and could be used on such patients as the needle phobic.



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