

# Microcurrent Success Secrets

## Autonomic Regulation Using Microcurrent & Color Light Through Back-Shu Points For Neuro-Muscular Degenerative Diseases

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The method detailed in this article has been used with significant effectiveness to support and help heal patients presenting with multiple sclerosis, Parkinson's, ALS, fibromyalgia and other degenerative conditions.

This method of autonomic nervous system regulation is a direct application of what is commonly called vibrational energy medicine, or VEM for short. VEM refers to the application of frequencies of light, sound, electricity or subtle energy to the body for a wide range of healing, pain relieving and beautifying purposes. VEM's success is based on the truth that the human body, and all matter, consists of a complex network of vibrating energy fields. Any intervention that benefits our bodies must do so by creating positive energetic resonance with some aspect of our energy fields. This is where the statement comes from: "All medicine is energy medicine".

What we experience as good health and well-being is a state of relative harmony, or coherence, of our energy fields. This condition promotes release of neuro-peptides associated with good feelings, such as dopamine, serotonin and sex hormones, and smooth functioning of the nervous system. What we experience as pain or poor health is a state of greater disharmony, or sustained incoherence in our energy fields. This is associated with high levels of stress hormones such as cortisol and prostaglandins, which lead to feelings of stress, increased physical and emotional pain. It also causes various dysfunctions of the nervous system.

We can therefore see that neuro-muscular degenerative diseases are a result of, or at least intimately associated with, energetic incoherence. Where does this state of incoherence originate? To find the answer to this question we must look beyond the physical body only. Metaphysics reveals that human beings have at least 7 energetic bodies, with the dense physical body being only one of them – but the one our medical system primarily addresses. The physical body, however, is not the body we are most aware of in most cases! We are usually far more aware of our thoughts (Mental body) and feelings (Emotional or Astral body), and only pay attention to our physical body when its needs, pleasures and pains sufficiently grab our attention. When you consider how mentally and emotionally stressed and scattered so many people are, it is not hard to understand a major reason for the rise in degenerative conditions.

Some of the most effective acupuncture treatments are those that work with the linkage systems that bridge between the physical and more subtle energetic bodies. These appear to be the autonomic nervous system, or ANS (electrical regulation system) and the endocrine gland system (chemical regulation system). The ANS and endocrine systems are closely associated with the chakras described by Indian Ayurveda. In fact, I often refer to the chakras to my more medical colleagues as the PNE system, short for Psycho-Neuro-Endocrine system.

The VEM techniques I will detail here are methods to apply electrical frequencies and wavelengths of light through acupuncture points on the Urinary Bladder channel to support the healthy functioning and communication of these systems.

## Back-Shu Regulation

As explained in one of my previous articles in Acupuncture Today, the Back-Shu acu-points have a strong regulating and tonifying effect on the viscera through the autonomic nervous system<sup>1</sup>. These points directly stimulate the ganglia that have sympathetic and parasympathetic effectors to the major organs. Depending on which needling techniques are used on Shu points, acupuncture can strengthen organs or drain toxic energy from them.

Each Organ<sup>2</sup> also powerfully responds to specific colors of light. The strongest healing effect of moxibustion is probably the release of valuable infrared, and possibly other, wavelengths of light as the herb is burned. This is why it is more effective than other heat sources. Much greater precision can be had, however, by applying the specific colors actually needed by the affected Organs.

The following chart shows which colors of light are therapeutic for each Organ. Colors are classified according to Yang and Yin.

ORGAN	PRIMARY COLORS		SECONDARY COLORS	
	Yang	Yin	Yang	Yin
<b>Lungs</b>	Red	Green	Orange	Indigo
<b>Pericardium</b>	Scarlet or Magenta	Violet	Orange	Blue
<b>Heart</b>	Scarlet or Magenta	Purple	Orange	Blue
<b>Gall Bladder</b>	Yellow	Violet	Red	Green
<b>Liver</b>	Yellow	Violet	Red	Green
<b>Stomach</b>	Yellow	Violet	Orange	Blue
<b>Spleen/Pancreas</b>	Yellow	Violet	Orange	Blue
<b>Triple Warmer</b>	Yellow	Violet	Red	Green
<b>Small Intestine</b>	Magenta	Green	Yellow	Violet
<b>Large Intestine</b>	Orange	Blue	Yellow	Violet
<b>Kidneys</b>	Red	Green	Scarlet or Magenta	Purple
<b>Urinary Bladder</b>	Red	Green	Scarlet or Magenta	Purple

For each Organ, there are two Yang colors and two Yin colors listed<sup>3</sup>. The warm (Yang) colors have a more stimulating effect, and so helps to increase sympathetic tone and energize the Organ. The cool colors (Yin) have a more calming, nurturing effect, and help to increase parasympathetic tone. For examples, for an inflamed Liver you would use select cool colors

<sup>1</sup> See AT archives at: <http://www.acupuncturetoday.com/mpacms/at/article.php?id=30321>

<sup>2</sup> The word Organ has its first letter capitalized by common use when referring to the energetic functions more than the “meat” of the organ

<sup>3</sup> The Primary Colors are those taught by Dinshah, the Secondary Colors are those taught by Mandel. Either set can be beneficial.

from the chart such as Green or Violet, while for a deficient Spleen you could use warm colors such as Yellow or Orange.

I will now explain how this information can be used for treatment of Back-Shu points.

### **Technique I – focusing on one or two Organs**

As is common in acupuncture treatment, you can simply select one or two target Organs/meridians you are focusing on in a treatment session, and treat those. For example, when performing a treatment for fatigue, insomnia and depression due to disharmony of the Heart and Kidneys, the Shu points of the Heart and Kidneys can be selected – UB 15 and UB 23<sup>4</sup>. For digestive upsets with nervous tension, the Shu points of the Liver and Stomach can be selected – UB 18 and 21. These can be combined with other acupuncture or electro-acupuncture methods.

To perform this technique, a combination of microcurrent and color light stimulation is used. These can be applied separately in a two-step sequence using a microcurrent stimulator and color light pens, or the microcurrent and light can be applied simultaneously using the Acutron Mentor device. A series of 3 electrical frequencies are applied in sequence for each set of Shu points. Follow these steps:

- 1) Set your microcurrent device to 100 – 200  $\mu$ A, biphasic polarity, 2.5 Hz frequency. Use a set of two probe electrodes with wetted cotton tips. Set the device timer to 1 – 2 minutes. If simultaneous color light is available, select a color that will help balance the Organ according to the guidelines and chart above.
- 2) Place the probe tips bilaterally on a set of Shu points that require treatment. Activate treatment for the time selected. You will likely notice a reddening of the area of treatment, as micro-circulation is activated by the microcurrent stimulation.
- 3) Move to the next set of Shu points and repeat procedure, changing the color of light to one that is appropriate for the Organ treated by those points.
- 4) If you need to apply color light as a separate step, after completing the microcurrent stimulation of the points go back and treat each Shu point with appropriate color pens for 20 – 60 seconds each.
- 5) Change the electrical frequency to 5 Hz and repeat steps 1 through 4.
- 6) Change the electrical frequency to 10 Hz and repeat steps 1 through 4.

### **Technique II – Treating All Organs (Systemic Balancing)**

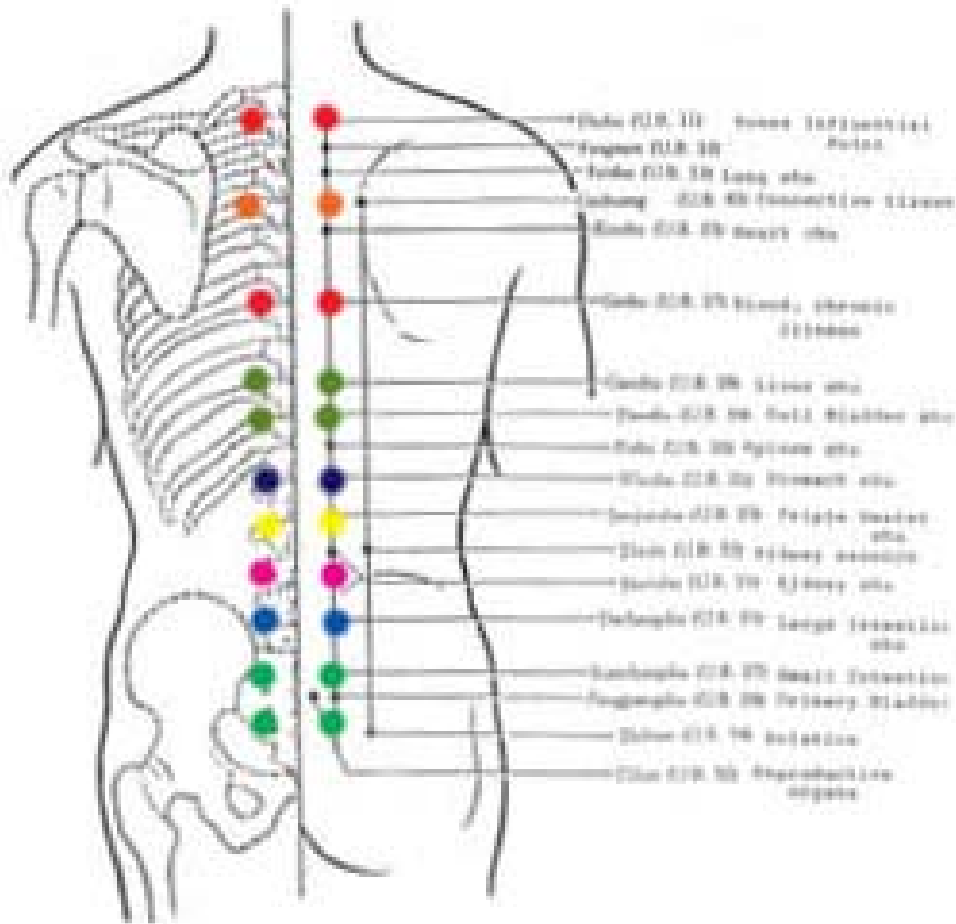
This second technique is most appropriate for treatment of degenerative neuro-muscular diseases. It is more time consuming than technique I, but is well worth it.

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<sup>4</sup> This form of microcurrent stimulation will not disturb the Heart in except in rare highly susceptible cases. If the patient has a history of heart disease it may be advisable to refrain from electrical stimulation or to treat the Kidney Shu points only.

The steps of treatment are the same as Technique I. The only difference is that all the Back-Shu points are treated. Each set of Shu points receives at least one minute of each electrical frequency along with a color of light that helps balance it. Again, if the Organ is in an inflamed or hyper state, select a cool, or Yin color from the chart. If the Organ or function is in a weakened or hypo state, select a warm, or Yang color from the chart.

Here is an example of a treatment plan using this technique:



Total treatment time may reach up to 30 minutes or more for treating all the Shu points.

There are other variations on this method that can be used for treating Ren (conception vessel), Du (governing vessel) and systemic auricular points.

*Darren Starwynn has 25 years experience in the acupuncture and energy medicine fields, and teaches seminars throughout the USA. He is the author of the book Microcurrent Electro-Acupuncture. For questions or comments about this article, you may write to Dr. Starwynn at [http://www.east-westseminars.com/ask\\_dr\\_starwynn.php](http://www.east-westseminars.com/ask_dr_starwynn.php)*