

Three Methods to Improve Results and Reduce Treatment Times for Your Pain and Injury Patients

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When I attended acupuncture school starting in 1982 I was taught to insert needles into appropriate acupuncture points and leave them in place for up to 20 minutes. Then turn the patient over and put needles in their back, if needed, for another block of time. This method produced positive results for many forms of internal medical imbalances and sometimes worked well for pain. But it was inconsistent and very time-consuming. I took lots of classes and experimented with various needling techniques and energy applications to try to find ways to have better, more consistent results in less time. Eventually I hit the jackpot and started enjoying my practice SO much more. Great news for you – you can now have the benefit of my years of tedious experimentation right here and now!

The key is using microcurrent electro-acupuncture. Why does it work faster and better in many cases? The reason is that electronic acupuncture-type stimulation can do many things needles or standard electric or laser stimulation cannot do. The body is exquisitely sensitive to the factors of specific frequency, polarity and color, and is also very responsive to gentle stimulation (as opposed to harsh, high level currents). A good microcurrent device will make it simple and easy to utilize all of these factors.

Here are three methods I use in my practice for getting better results in less time:

METHOD #1: Kinetic Microcurrent Therapeutics (KMT)

You know what's great about this method? It's extremely simple! No knowledge of acupuncture or advanced anatomy is needed. Simply place four microcurrent interferential pad electrodes around a painful or injured joint or body area, start the flow of current, and then have the patient exercise that area. What kind of exercise? Just about any appropriate exercise will work, including simple range of motion movements, isometrics, rehab exercises, use of rehab machines or weight training. The key is to get a range of microcurrent frequencies circulating through the injured or painful area while simultaneous mobilization is being performed. A good device will allow you to deliver true interferential currents which automatically set up complex frequency patterns deep in the target tissues that deepen the effect.

METHOD #2: Great Loops Balancing treatments

This is done with polarized probe electrodes, placing a positive probe on a painful extremity joint area, and a negative probe on a reflex point on the opposite quadrant of the body. Here is an example of doing that for shoulder pain:



Again, this technique can be done successfully without knowledge of acupuncture points and meridians (although more knowledge is always helpful). Simply palpate the opposite quadrant joint for the maximally tender point. Place the + probe on the painful area and the – probe on the opposite tender spot and treat. This technique, when properly done, can relieve significant to severe pain in two minutes or less. The addition of color light (Blue or Purple for pain and inflammation) will significantly enhance effectiveness.

METHOD #3: Auricular Micro-Macro technique

I really love this one! You probably already know about the power of using auricular (ear) acupuncture points for relieving pain and balancing the body's energies. You may have learned that in school. What they probably didn't teach you is that the results of auricular therapy can be greatly augmented by creating a polarized microcurrent circuit between the ear point and its corresponding painful, injured or diseased body area. This dynamic, powerful technique accomplishes a great deal of symptomatic relief



and systemic balancing within seconds. Review the picture on the previous page, showing the use of Micro-Macro technique for relief of shoulder pain.

I've also used it with great success for low back pain, digestive upsets, Kidney weakness, migraines, cancer pain (remarkable) and knee pain. It is valuable for pain relief, internal regulation (through the autonomic nervous system connections) and can even be used for overall energetic balancing and as a support for creating balance with emotional disorders.

The ear not only contains points for the various anatomical features of the body. It also has corresponding points and regions for dermatomes, chakras and points of special effect. Micro-Macro technique can be used to for augmenting the results of almost any kind of therapeutic treatment.

The common feature to all three of the methods described in this section is that they utilize principles of therapy that are in accord with Universal Laws of energy balance and movement. Kinetic microcurrent therapy applies added gentle energy to enhance the benefits of exercise, working with the body's marvelous proprioceptive feedback system. The Great Loops and Micro-Macro techniques tap into the holographic nature of the body: the universal "as above – so below" principle. When these great principles of energy are utilized in therapy, there is an economy of time and effectiveness that greatly exceeds conventional acupuncture and electro-therapeutic methods. This then opens the power of "less is more".