

Reference Notes

Root Treatments:

Color Therapy
Mu-Shu Technique
PNE Balancing

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Color Therapeutics for the Physical Body

Color	Physical Effects of the Color
RED	Stimulates liver, sensory nerves & immune system, increases metabolism, resolves scars, benefits bones, reduces chronic constipation, hemorrhoids, speeds circulation
ORANGE	Builds and stimulates lungs, thyroid, bones. Decongestant (Lemon also). Balance endocrine (w/blue). Warms urinary, GYN, intestines, sexual organs, cold feet, helps poor assimilation of nutrients, fatigue
YELLOW	Stimulates nervous, lymphatic & intestinal systems. Improves digestion, liver/GB imbalances
GREEN	"Great Balancer/Healer" of body and brain, stimulates pituitary, benefits liver, lungs, eyes, diabetes, cysts, tumors, allergies, joint pain. Disinfectant, builds muscles/tissues
BLUE	Major anti-inflammatory effect, burns, fever, Excess conditions, anti-bacterial. Relieves pain, nervousness, insomnia (Purple also).
INDIGO	Respiratory, thyroid, mammary <u>depressant</u> , contracts tissue, reduces abscesses, discharges and bleeding. Promotes phagocytic activity & parathyroid. Lessens over-excitement.
VIOLET	Builds spleen, <u>reduces</u> activity of muscles, heart, lymphatic, pancreas, nervous system. Promotes leukocytes. Benefits menopause, reduce stress, anti-viral.
MAGENTA	Builds and balances function of kidneys/adrenals, heart, circulatory and reproductive systems
SCARLET	Kidney/adrenal stimulant, raises blood pressure, heart rate. Stimulates sexuality and reproductive organs
PURPLE	Induces relaxation and sleep. Lowers kidney/adrenal function, blood pressure, temperature and heart rate. Reduces pain.
TURQUOISE	Promotes healing in recent disorders, rebuilds burned skin, cleansing/anti-inflammation. Benefits skin, immune system, lungs/large intestine, thymus, relaxation
LEMON	Helps resolve chronic conditions through liver/blood effects. Dissolves blood clots, is expectorant, bone builder, brain stimulant, thymus and digestive stimulant

Psycho-Emotional Indications for Color Therapy

Color	Positive Qualities	Helps Correct
Red	Energizing, increases Yang Qi, brings passion, courage & circulation	Ungrounded, cold, stuck, disassociated, timid, yin depression
Scarlet	Passion, sexual aphrodisiac, stimulates emotions	Lack of passion and purpose, burnout, asexual, frigid
Orange	Joy, creativity, security, abundance	Low self-esteem, fragmented, emotionally congested, shame, gives power away
Yellow	Cheerfulness, empowerment, optimism, confidence, outgoing	Hopeless, powerless, shy, frustrated, weakened
Lemon	Mental clarity, protection, friendliness, accepting	Stagnation, inner conflicts, anger, hate
Magenta	Emotionally balanced, creative, deep inner resources	Many kinds of emotional imbalances, imbalance of Fire & Water elements
Green	Physically/energetically balanced, peace, harmony, restoration, in tune with natural cycles	Stagnation, lack of motivation, emptiness, sadness/grief, feelings of abandonment
Turquoise (Cyan)	Calm, centered, emotionally intelligent	Overly mental, moody, hypersensitive
Blue	Calm, centered, emotional intelligence, far-seeing, emotionally appropriate	Lack of communication, harsh communication, fears confrontation, insomnia
Indigo	Clarity, emotional containment, able to focus & stand up for oneself	Obsessive or scattered thought, indecisive, over-excitement/mania, memory issues
Violet	Intuitive, inner connected, trusting, appreciative	Dogmatism, paranoia, out of touch with reality, cannot trust, introverted
Purple	Abundance, power, beauty	Inflammation, hypersexuality
White	Integration, purity, protection	Fragmented, contradictory, unsafe, feeling polluted

Mu-Shu Organ Balancing Using Complementary Colors

Purpose: To balance and enhance function of internal Organs and the autonomic nervous system

Applications:

- Apply through Organs to support treatment of internal medical diseases
- Provide deeper level treatments for pain relief and injury rehab – can improve carry-over of treatment results. In this case treat the Organs most connected to the afflicted body part or meridian. For example, treating the Kidney Mu-Shu points for chronic knee pain or the Gall Bladder for hip osteoarthritis
- Apply through PNE centers (chakras) to anchor emotional or Soul healing in conjunction with intuitive counseling
- In most cases apply Mu-Shu technique after doing symptomatic techniques for pain, rehab, facials, etc.

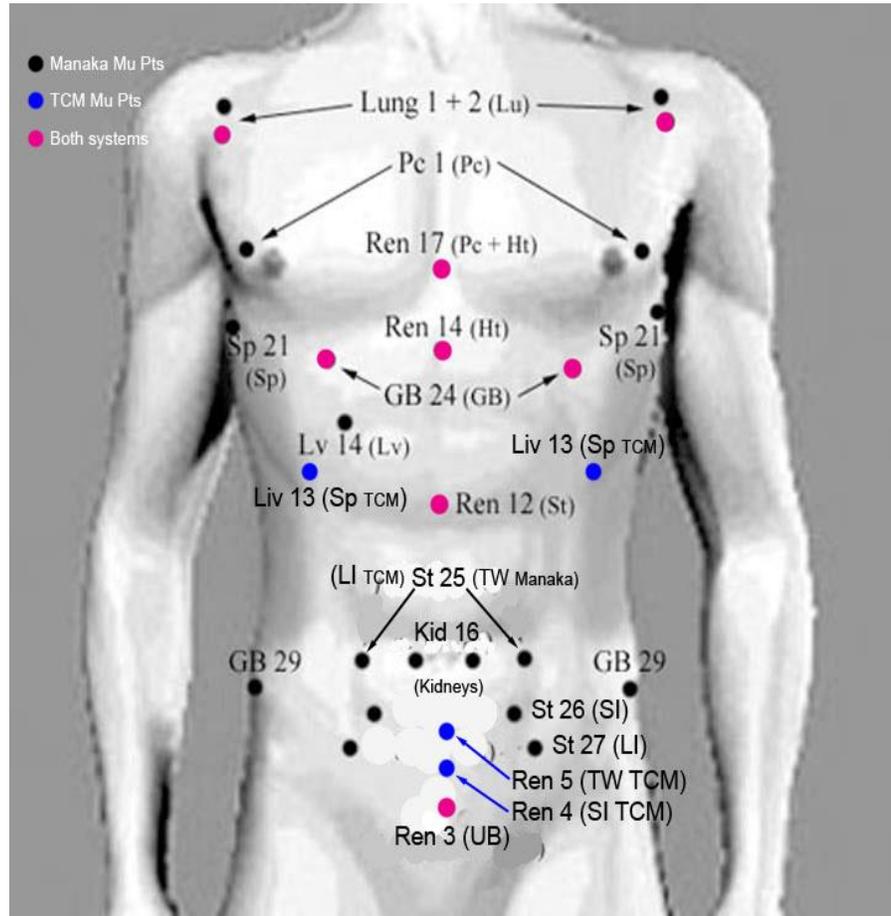
Alarm points are also called Mu points, these terms are used interchangeably here

Method:

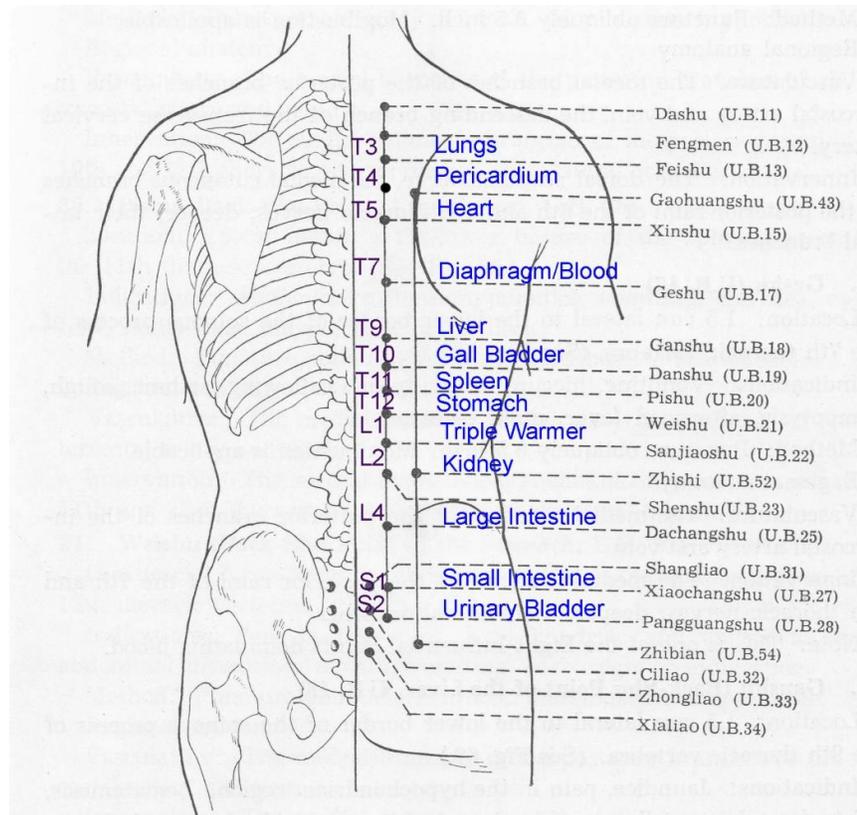
- 1) Use Alarm Point Kinesiology or other diagnostic methods to identify or confirm the Organs that are most imbalanced (according to Chinese Medicine), and most related to the patient's main complaint. The most imbalanced Organ is called the Key Imbalance. This testing is done by having the patient successively touch each Alarm point while you test the O Ring or other indicator muscle with the patient's other hand. The Alarm points that, when touched, cause the muscle test to go weak are imbalanced.
- 2) If necessary, also select a secondary imbalanced Organ. In most cases select one that is related through either Extraordinary Vessel pairs or Polar Meridian pairs (see chart below).
- 3) Use therapy localization challenge testing to select the color filter that is strongest to correct the imbalance of the Key Imbalance Organ. This is the color that makes the muscle test very strong while the patient touches the test point that previously made the muscle go weak.
- 4) Once Organ and corrective color are identified, ask patient to either sit up or lie in sideline position on a table so you can get to front and back of the body at the same time.
- 5) Select polarized probes (Acutron Probe Preset #2) with wetted Q Tip electrodes, and place the + probe on the front Alarm point of the Organ, and the – probe on the back Shu point of the same Organ. If the Alarm points are bilateral, treat the left one first with the left Shu point, then repeat with right set. If the Alarm point is midline and singular, hold + probe on that while treating the left, then right Shu points on the back. Treat each set of Mu-Shu points for 18 – 20 seconds.
- 6) While treating ask patient to breathe into the area of the afflicted Organ and visualize the same color of light there that is being applied by the equipment.

7) After completing treatment of the Key Imbalance Organ, try to then treat a secondary imbalanced Organ in the same way. You will often find that using a complementary color on the secondary Organ confirms well with muscle testing. This is a powerful balancing for the autonomic nervous system.

Mu Points



Back Shu Points



Complementary colors

Yang colors

Red
Yellow
Magenta

Yin colors

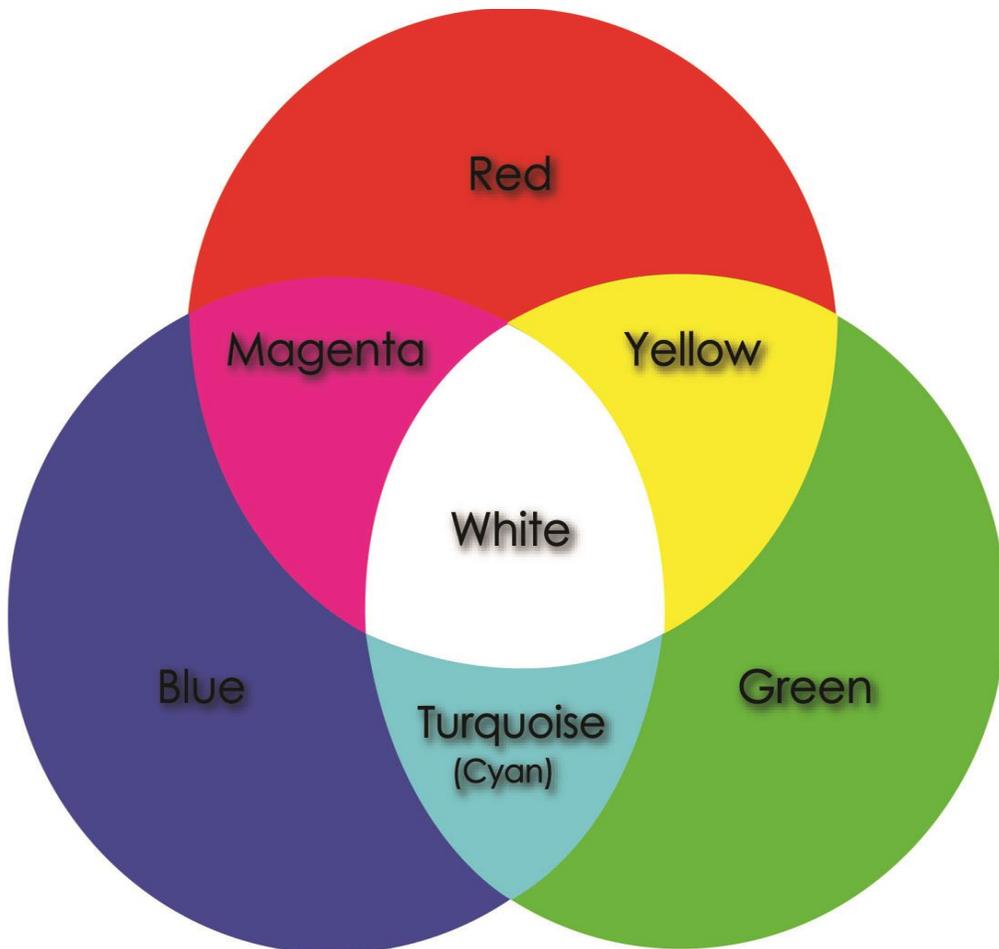
Turquoise
Blue
Green

Not pure complementary colors, but are often used together in therapy:

Lemon
Scarlet
Red

Turquoise
Purple
Green or Blue

8) After completing Mu-Shu treatments, re-test the Alarm points of the Organs treated without the color filter in place and see if the muscle test remains rock solid. If it is the technique was successful. If not, try re-treating with another color and test again.



The following two charts provide good reference for selecting Mu-Shu treatment Organs. The first is according to symptoms, the second by Key Imbalances:

Organ	Primary Colors		Secondary Colors	
	Yang	Yin	Yang	Yin
Lungs	Red	Green	Orange	Indigo
Pericardium No current, light only!	Scarlet or Magenta	Violet	Orange	Blue
Heart No current, light only!	Scarlet or Magenta	Purple	Orange	Blue
Gall Bladder	Yellow	Violet	Red	Green
Liver	Yellow	Violet	Red	Green
Stomach	Yellow	Violet	Orange	Blue
Spleen/Pancreas	Yellow	Violet	Orange	Blue
Triple Warmer	Yellow	Violet	Red	Green
Small Intestine	Magenta	Green	Yellow	Violet
Large Intestine	Orange	Blue	Yellow	Violet
Kidneys	Red	Green	Scarlet or Magenta	Purple
Urinary Bladder	Red	Green	Scarlet or Magenta	Purple

Extraordinary Vessel Symptomology
translated from the *Ling Shu* (chapter 13)
Application to Mu-Shu Technique

Ren mai: gynecological problems; hemorrhoids; asthma; bronchitis; lung problems, neurosis; toothache; ear, nose and throat problems **Lu + Kid**

Yin Qiao mai: urination problems; gynecological problems; cold feet; intestinal problems **Lu + Kid**

Chong mai: heart problems; neurosis; stomach problems; gynecological problems; cold feet; liver and gallbladder problems; problems of the anus **Pc + Sp or Liv**

Yin wei mai: nervousness; heart problems; palpitations; psychological problems; insomnia; stomach problems **Pc + Sp or Liv**

Du mai: epilepsy; fatigue; problems of the spine and neck; neurosis; insomnia; superficial invasion of cold or external qi; early stages of catching cold, (*Shang Han Lun*, taiyang disease) **SI + UB**

Yang qiao mai: whiplash; epilepsy; speech disorders; shoulder pain; lumbar pain; unusual sweating; trigeminal neuralgia **SI + UB**

Dai mai: feelings of coldness or aching in the lower back; gynecological problems; menstrual problems; problems in the lower abdomen **GB + TW**

Yang wei mai: dizziness, headache, whiplash, sweating problems, trigeminal neuralgia, tiredness, ear and eye problems **GB + TW**

Color Light Acupuncture for Endocrine Imbalances

Hormone Action	Gland, PNE Centers	May Use For:	Extra-ordinary Vessel	Points	Colors
Stimulate cortisol and DHEA – long term	Adrenals 2, 3	Arthritis or lupus, allergies / excema, lymphadema Pre-cancer Arteriosclerosis CFIDS or other immune deficiency	none	K 7, UB 43, pt below S.P. of cervical 3 OR: Sp 2, Sp 6, UB 18 + 20, pt below S.P. of cervical 2, Du 16	Magenta or Scarlet
				Release ACTH to stimulate adrenal cortex	
Increase gonadotrophic hormone	Gonads/ Pituitary 1, 2, 3, 6	Diabetes Varicose veins Hot flashes Gall bladder disease Menstrual irregularities	Yang Wei	TW 5, GB 41, UB 1	Magenta or Scarlet
			Yin Chaio	K 6, Lu 7, UB 1 may add K 13, Ren 4 + 7 for hot flashes	Magenta or Scarlet
Decrease gonadotrophic hormone	Gonads/ Pituitary 1, 2, 3, 6	Venous circulation disorders Acne vulgaris Bipolar disorder Migraines Kidney stones Excess hair growth	Du Mai	TW 5, GB 41, add Lv 13 for migraines caused by excess sex hormones	Purple
Increase thyroid function (for hypo-thyroid)	Thyroid 2, 3, 4, 5, 6	Fatigue or lack of energy Weight gain Feeling cold Dry skin and hair Heavy menstrual periods Constipation Slowed thinking		Ren 22, St 9 - 10, K 7	Orange
				OR: Pc 6 + 8, UB 15 17 + 43, pt at top of S.P. of cervical 4	
Decrease thyroid function (for hyper-thyroid)	Thyroid 2, 3, 4, 5, 6	Jitteriness, shaking, increased nervousness, irritability Rapid heart beat or palpitations Feeling hot Weight loss Fatigue, feeling exhausted More frequent bowel movements Shorter or lighter menstrual periods		Ren 22, St 9 -10, H 7	Indigo (also consider Violet or Blue)

S.P. = Spinous Process of Listed Vertebrae ACTH – Adreno-Corticotrophic Hormone

For all extraordinary confluent points (**bold**), test for correct microcurrent polarity and apply with light probe

PNE Balancing

PNE Center	Bodily System	Psychic Positive Quality	Nervous System	Endocrine
1 st - Root	Reproductive	Stability, vitality, groundedness	Sacral-coccygeal plexus	Male gonads, Leydig cells
2 nd - Sacral	Genito-urinary	Fear, sexuality, creativity, intimacy	Sacral plexus	Female gonads, pituitary – lymph-adrenal axis
3 rd - Solar	Digestive	Assertiveness, confidence, anger	Solar plexus	Pancreas islets of Langerhans
4 th - Heart	Circulatory	Love, compassion, empathy, integration	Heart plexus	Thymus
5 th - Throat	Respiratory	Self-expression, communication	Cervical plexus, brain medulla	Thyroid, parathyroid
6 th - Brow	Autonomic Nervous System	Insight, intelligence, clarity	Limbic brain, hypothalamus	Pituitary, hypothalamus
7 th - Crown	Central Nervous System control	Intuition, spiritual connectedness	Cerebral cortex	Pineal

Common Chakra – Color Matches

1 - Root **Red** – to energize, increase vitality, ground

- Green – Balance 7 (crown) and 1st (Root)
- Scarlet – Sexual dysfunction (with 2nd)
- Note- A good cranial-sacral balancing can be given by placing + probe on Du 20 and – probe on Du 1 with appropriate color. Test for electrical frequency, consider 256, 440 or 10 Hz

2 - Sacral **Orange** – Depression, low sex drive, creative block

- Blue or Magenta – Balance excess emotionality
- Scarlet – Increase sexual energy, adrenal function

3 – Solar Plexus **Yellow** – Boost vitality, support digestion, fluid metabolism

- Violet – Overly mental, raise consciousness for emotional power/disempower issues, rage
- Green or Magenta – Balance emotional energies
- Turquoise – Bring truth to denied feelings

4 - Heart **Green** – Strengthen heart, balance mental function

- Magenta – Benefit circulatory system, emotional balance, balance Fire-Water axis (also with 2nd)
- Red – Strengthen immune system through thymus
- Turquoise – Connect human and spiritual heart

5 - Throat **Blue** - Strengthen expression, reduce throat

- inflammation
- Orange – Build and strengthen lungs and thyroid, decongestant (with Lemon)
- Indigo – Reduce excess energy in lungs, thyroid

6 – Brow **Indigo or Violet** – Bring mental peace

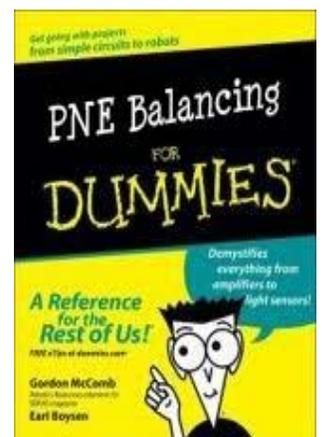
- Blue – Head tension, balance endocrine system (add Orange on Ren 3)
- Orange – Depression (w/ Du 20 + 19)

7 - Crown **Violet** – Spiritual connection, calm manic states

- Indigo – Calm over-excitement, nervousness
- Yellow – Promote mental function
- Red – Sacral, hip pain, raise energy

The Simple Version – PNE Balancing For Dummies

- 1) Muscle test each PNE center while patient touches it with fingertip (or use pendulum). Note weak tests (indicating imbalance). Choose one or two centers to treat per session.
- 2) Help patient create and speak strong resonant intentional statement
- 3) Use challenge testing to determine most balancing color for each PNE



center you have chosen to treat

3) Ask patient to sit up straight, apply + probe on front, - on back of center with indicated color of light (Probe preset #2 on Acutron, timer 20 seconds). Heart center – use light only, no microcurrent

4) Treat center for 1 – 2 minutes, toning the appropriate tone with your patient. Colors will probably be different for each center needing treatment

5) Retest each affected center – see if muscle test is now strong

6) Debrief patient

Tones for Balancing PNE Centers

PNE Center	Sanskrit Tone	Chinese Soul House Tone
Root – 1 st	Lam	Hei or Hei-Ya
Sacral – 2 nd	Vam	Hung or Hung-Ya
Solar – 3 rd	Ram	Hong or Hong-Ya
Heart – 4 th	Yam	Ahh or Ay-Ya
Throat – 5 th	Ham	Xi (Shi) or Xi-Ya
Brow – 6 th	Om or A	Yi or Yi-Ya
Crown – 7 th	Aum	Hung or Hung-Ya

PNE Center Associated Symptoms/Diseases

PNE Center Corresponding fingers	Healthy Qualities	Medical Manifestations Of Imbalance	Psycho-Emotional Imbalances From Overactivity	Psycho-Emotional Imbalances From Underactivity
Root heel of palm or foot	Grounded and strong <u>life-force</u>	<u>A host of diseases related to displaced red energy and repressed anger</u> : heart attack, cancer, colitis, Alzheimer's, rheumatoid arthritis, PIDs, anemia, hypertension, most inflammatory diseases, feet/hands/bone/teeth problems	Belligerent, hyperactive, compulsive sexuality, violence, serial killer, hubris	Poor sense of direction, lack of memory, loss of balance, ungrounded, too cautious, suicidal tendencies, feelings of insecurity, possessive, weak and sickly
Sacral thumbs	Creativity, <u>emotions</u> , sexuality, innocence	Impotence, frigidity, low sex drive, bladder disease, enlarged prostate, STDs, AIDS, wrist and ankle prob.	Selfish, lustful, conceited, emotionally charged	Shy, low affect, unable to show feelings, co-dependence
Solar middle fingers	Self-confidence, leadership, empathy	Indigestion, pancreatitis, liver disease, diabetes, irritable bowel syndrome, peptic ulcer, arthritis, leg/arm pain , gall bladder problems, anorexia/bulimia, "Liver invading the Spleen"	Controlling, OCD, rage, stubborn, rigid, judgmental, critical, fundamentalist, Spanish Inquisition mentality	"leaf in the wind", can't enforce will, aloof, fears confrontation, psychosomatic illnesses – FOOD OR MONEY ISSUES
Heart little fingers	Integration, <u>compassion</u>	Heart disease, asthma, coughing, underweight, torticollis, mental illness, insomnia, knee/elbow problems	Pride, jealousy, mania, "wears her heart on her sleeve"	Feel isolated, & unloved, lacking compassion, need constant reinforcement of worth, mentally overloaded
Throat index fingers	Clarity and power of <u>expression</u>	Thyroid disease, speech disorders, lung diseases, ears, shoulder , poss. hip issues	Dogmatic, domineering, speaks gossip/negativity	Melancholy, gives in to others, resists change, hard to express self, stuttering
Brow ring fingers	<u>Insight</u> , mental clarity, discernment	Sinusitis, skin irritation, headaches, OCD, left eye problems, stomach ulcers	Worry, fearful, superstitious, oversensitive, manipulative, spacy	Doubt, overly logical, forgetful, fearful
Crown	<u>Intuition</u> , spiritual connection, abundance	Substance abuse/alcoholism, insanity, high BP, kidney disease, right eye prob.	Overly erotic imagination, crave sympathy, savior complex	Shame, self-denial, negative self-image, feel disconnected from Spirit, dark night of the soul

Informed Consent for PNE Balancing Therapy

I hereby request and consent to the performance of PNE Balancing therapy, including application of electrical stimulation, color light therapy, sound waves and skin care products on me (or on the client/patient named below, for whom I am legally responsible) by the health care or esthetic practitioner named below and/or other professionals and their assistants who now or in the future treat me while employed by, working, or associated with the health care or esthetic professional named below.

I have had an opportunity to discuss with the practitioner named below and/or with other office or spa personnel the nature and purpose of PNE Therapy and other procedures. I understand that results are not guaranteed.

I understand and am informed that in the course of treatment I may experience strong and possibly uncomfortable emotional reactions. There are also some physical risks with treatment, including, but not limited to bruising, swelling, skin irritation or discoloration, fainting and/or dizziness, and headaches. I understand that such reactions are unlikely and rare, but possible. Discomfort due to the process of detoxification triggered by the therapeutic current and/or light is also possible. I take responsibility to tell the practitioner about any health concerns I have about receiving treatment, and will specifically will inform the practitioner if I am subject to any epileptic or seizure disorder, for which electrical stimulation treatments are contraindicated.

I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to receive the above-named procedure. I intend this consent form to cover the entire current course of treatment, and any future courses of treatment I seek.

Witness To Client's Signature:

To be completed by client:

Print Client's Name

Signature of Client

Date Signed

*To be completed by client's representative, if necessary
e/g/, if client is a minor.*

Print Name of Client

Print Name of Client's Representative

Signature of Client's Representative

Name and Address of Practitioner:

As: _____
Relationship of Authority of Client's Representative

Date Signed

Some Applicable Frequencies and Colors for Treating Psycho-Emotional Acu-Points

Solfeggio Frequencies:

- 396 – Liberating guilt and fear
- 417 – Undoing situations / facilitating change
- 528 – Transformation
- 639 – Connecting / Relationships
- 741 – Expressions / Solutions
- 852 – Awaken / Intuition

Hz Combinations:

- 35 / 102 – Balance Energy Centers (liver/pineal)
- 94 / 200 – Nervous tension
- 970 / 200 – Emotional tension
- 970 / 562 – Mental tension
- 970 / 33 – Restore Joy (heart)
- 970 / 32 – Reduce worry and rumination (stomach)
- 40 / 10 – Inflammation / spinal cord (4 gates or SI3 + UB 62)
- 49 / 49 – Vitality

Debi Weiss treats most of these on the Four Gates: One Hz on left LI 4 and right Liv 3, other Hz on opposite LI 4 and Liv 3

Frequencies

Recommended text:

[Frequency Specific Microcurrent in Pain Management](#) by Carolyn McMakin, D.C.
Churchill Livingstone Publishing

Condition – Manifestation – Yang

- 9 – allergy
- 50 – congestion/excess
- 970 – emotional aspect
- 40 – inflammation
- 30 – irritation
- 124 – torn, broken
- 57 – toxicity
- 49 – vitality, tonify

Body Tissues – Yin

- 10 – spinal cord
- 45 – nervous system
- 47 – digestive system / GI
- 97 – adipose / fat
- 142 – fascia
- 970 – emotions
- 200 – solar plexus

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

By Darren Starwynn, O.M.D. & Ann Hansen, M.T.

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 system¹. 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 Organ² 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
Lungs	Red	Green	Orange	Indigo
Pericardium	Scarlet or Magenta	Violet	Orange	Blue
Heart	Scarlet or Magenta	Purple	Orange	Blue
Gall Bladder	Yellow	Violet	Red	Green
Liver	Yellow	Violet	Red	Green
Stomach	Yellow	Violet	Orange	Blue
Spleen/Pancreas	Yellow	Violet	Orange	Blue
Triple Warmer	Yellow	Violet	Red	Green
Small Intestine	Magenta	Green	Yellow	Violet
Large Intestine	Orange	Blue	Yellow	Violet
Kidneys	Red	Green	Scarlet or Magenta	Purple
Urinary Bladder	Red	Green	Scarlet or Magenta	Purple

For each Organ, there are two Yang colors and two Yin colors listed³. 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 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

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

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

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

Kidneys can be selected – UB 15 and UB 23⁴. 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 μ 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.

As a shortcut for Acutron users, you can use the Ramp Hz modulation that automatically sequences through a series of therapeutic frequencies. To do this, modify the Probe preset #1 to use Ramp Hz modulation, with the range of 1 – 12 Hz.

Technique II – Treating All Organs (Systemic Balancing) (see chart page 32 of these notes)

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.

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 30 – 60 seconds of stimulation 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.

⁴ 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.

Suppliers & Vendors

Microlight Equipment:

Eastwestmed, Inc. 1-800-872-6789
joann@eastwestmed.com