

Microcurrent & Vibrational Medicine Program

Integrating Acutron Methods for Pain Relief, FSM and Chakra Balancing



Darren Starwynn, O.M.D.

Quiz:

What is multi-dimensional therapy, and what are some ways you could use it to be more of a master healer?

Two Major Microcurrent Methods

Frequency-Specific Microcurrent (FSM)

Delivering automated sequences of frequencies

- ✓ Broad body stimulation areas
- ✓ Good for unattended therapy
- ✓ Easy to use pre-programmed frequency sequences
- ✓ Can promote tissue healing
- ✓ Can be applied through portable microcurrent stimulators worn on the body

Microlight Therapy

Treating specific points with microcurrent and color light

- ✓ Treats specific points on the body, with acupuncture-like effects
- ✓ Hands-on therapy
- ✓ Can relieve difficult chronic pain
- ✓ Strong mind-body-spirit balancing
- ✓ Effective for neurological conditions
- ✓ Great for difficult to treat issues

Combining FSM and Chakra Balancing

Method:

1. Select appropriate Hz Sequence on Acutron tablet or MEND unit
2. Place pads appropriately and start treatment. Options:
 1. Palms to soles
 2. Lower abdomen to upper back or neck
 3. Clustered around symptomatic area
3. Test chakras and select two for treatment.
4. Select color filters
 1. Same color front and back
 2. Different colors front and back
5. Treat chakras while toning with client. FSM is running in background.

Some Favorite Hz Sequences for Combining with Chakra Balancing

Concussion Protocol



Concussion Protocol

Total Tx Time
30:00

Neurologic

Category

94 Hz 02:00 min	970 Hz 02:00 min	94 Hz 02:00 min	321 Hz 02:00 min	9 Hz 02:00 min	49 Hz 02:00 min	94 Hz 02:00 min	321 Hz 02:00 min	9 Hz 02:00 min	81 Hz 02:00 min	49 Hz 02:00 min	6.9 Hz 02:00 min	49 Hz 02:00 min
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Common Timer: 03:00

200 Hz 02:00 min	200 Hz 02:00 min	94 Hz 02:00 min	94 Hz 02:00 min	94 Hz 02:00 min	94 Hz 02:00 min	310 Hz 02:00 min	38 Hz 02:00 min	37 Hz 02:00 min				
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Common Timer: 03:00

Back

Load this Sequence

Modify this Sequence

A

B

C

D

Probe

Emotional Balance Sequence

Emotional Balance Sequence

Total Tx Time

112:00

Psycho-Emotional

Category

94 Hz													
01:00 min													

Common Timer: 01:00

200 Hz	94 Hz	310 Hz	38 Hz	10 Hz	71 Hz	9 Hz	27 Hz	23 Hz	13 Hz	35 Hz	38 Hz	562 Hz
01:00 min												

Common Timer: 01:00

Back

Load this Sequence

Modify this Sequence

A

B

C

D

Probe

Anxiety - Emotional Balance



Anxiety - Emotional Balance

Total Tx Time

33:00

Psycho-Emotional

Category

94 Hz 06:00 min	321 Hz 03:00 min	9 Hz 03:00 min	49 Hz 03:00 min	970 Hz 15:00 min
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Common Timer: 03:00

200 Hz 03:00 min	562 Hz 15:00 min	32 Hz 03:00 min	23 Hz 03:00 min	9 Hz 03:00 min
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Common Timer: 03:00

Back

Load this Sequence

Modify this Sequence

● A

● B

● C

● D

● Probe

Stress - Insomnia

x: 591, y: 418



Stress - Insomnia

Total Tx Time

27:00

Psycho-Emotional

Category

94 Hz 03:00 min	970 Hz 03:00 min	88 Hz 03:00 min	6.8 Hz 03:00 min	321 Hz 03:00 min	970 Hz 03:00 min	321 Hz 03:00 min	970 Hz 03:00 min	35 03:00
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Common Timer: 03:00

200 Hz 06:00 min	65 Hz 03:00 min	38 Hz 03:00 min	562 Hz 06:00 min	71 Hz 06:00 min	102 Hz 03:00 min
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Common Timer: 03:00

Back

Load this Sequence

Modify this Sequence

A

B

C

D

Probe

Exposure to Mean People

x: 591, y: 418



Exposure to Mean People

Total Tx Time

33:00

Psycho-Emotional

Category

94 Hz	970 Hz	970 Hz	970 Hz	970 Hz	970 Hz	970 Hz	970 Hz	610 Hz	450 Hz	680 Hz	550 Hz	440
02:00 min	02:00											

Common Timer: 04:00

200 Hz	200 Hz	355 Hz	562 Hz	90 Hz	13 Hz	27 Hz	23 Hz	450 Hz	640 Hz	67 Hz	6.6 Hz	660
02:00 min	02:00											

Common Timer: 04:00

Back

Load this Sequence

Modify this Sequence

A

B

C

D

Probe

Sympathetics (Calm)

Sympathetics (Calm)

Total Tx Time

Neurologic

Category

35:00

40 Hz 02:00 min	40 Hz 04:00 min	40 Hz 05:00 min	94 Hz 04:00 min	124 Hz 04:00 min	40 Hz 10:00 min
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Common Timer: 04:00

562 Hz 02:00 min	10 Hz 04:00 min	562 Hz 05:00 min	562 Hz 04:00 min	562 Hz 04:00 min	562 Hz 10:00 min
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Common Timer: 04:00

Back

Load this Sequence

Modify this Sequence

● A

● B

● C

● D

● Probe

Spiritual Transformation

Spiritual Transformation

Total Tx Time

21:00

Psycho-Emotional

Category

528 Hz 04:00 min	528 Hz 04:00 min	528 Hz 04:00 min	417 Hz 04:00 min	155 Hz 05:00 min
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Common Timer: 01:00

0 Hz 04:00 min	1 Hz 04:00 min	90 Hz 04:00 min	0 Hz 04:00 min	102 Hz 05:00 min
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Common Timer: 01:00

Back Load this Sequence Modify this Sequence

● A ● B ● C ● D ● Probe

Adrenal Support

x: 618, y: 465



Adrenal Support

Total Tx Time
24:00

Pain Relief

Category

94 Hz 01:00 min	970 Hz 01:00 min	94 Hz 02:00 min	94 Hz 02:00 min	81 Hz 02:00 min	970 Hz 01:00 min	284 Hz 01:00 min	40 Hz 04:00 min	294 Hz 01:00 min	124 Hz 01:00 min	321 Hz 01:00 min	9 Hz 01:00 min
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Common Timer: 04:00

200 Hz 01:00 min	200 Hz 01:00 min	94 Hz 02:00 min	310 Hz 02:00 min	310 Hz 02:00 min	71 Hz 01:00 min	71 Hz 01:00 min	71 Hz 04:00 min	71 Hz 01:00 min	71 Hz 01:00 min	71 Hz 01:00 min	71 Hz 01:00 min
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Common Timer: 04:00

Back

Load this Sequence

Modify this Sequence

● A

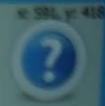
● B

● C

● D

● Probe

Shock - Trauma



Shock - Trauma

Total Tx Time

22:00

Psycho-Emotional

Category

94 Hz 12:00 min	321 Hz 05:00 min	670 Hz 05:00 min
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Common Timer : 01:00

94 Hz 12:00 min	94 Hz 05:00 min	94 Hz 05:00 min
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Common Timer : 01:00

Back Load this Sequence Modify this Sequence

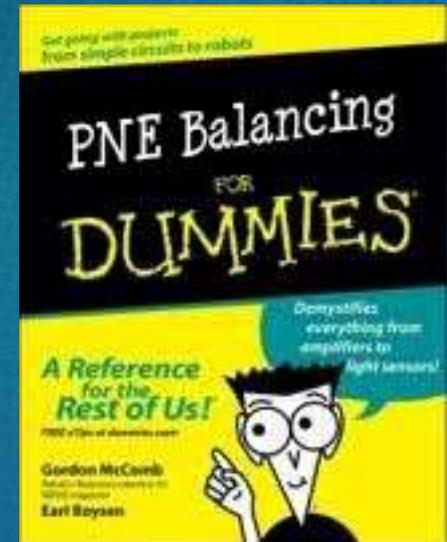
- A
- B
- C
- D
- Probe

Chakra Correspondances

PNE Center	Bodily System	Endocrine	Positive qualities	Common colors
1 st - Root	Reproductive	Gonads, Leydig cells	Stability, vitality, groundedness	Red, Green
2 nd - Sacral	Genito-urinary	Adrenals	Fear, sexuality, creativity, intimacy	Orange, Blue, Magenta, Scarlet
3 rd - Solar	Digestive	Pancreas islets of Langerhans	Assertiveness, confidence, anger	Yellow, Violet, Magenta, Green
4 th - Heart	Circulatory	Thymus	Love, compassion, emotional intelligence	Green, Magenta, Red, Turquoise
5 th - Throat	Respiratory	Thyroid, parathyroid	Self-expression, communication	Blue, Orange, Indigo
6 th - Brow	Autonomic Nervous System	Pituitary, hypothalamus	Insight, intelligence, clarity	Indigo, Blue, Turquoise
7 th - Crown	Central Nervous System control	Pineal	Intuition, spiritual connectedness	Violet, Red, Indigo

Chakra Balancing: The Simple & Quick Version

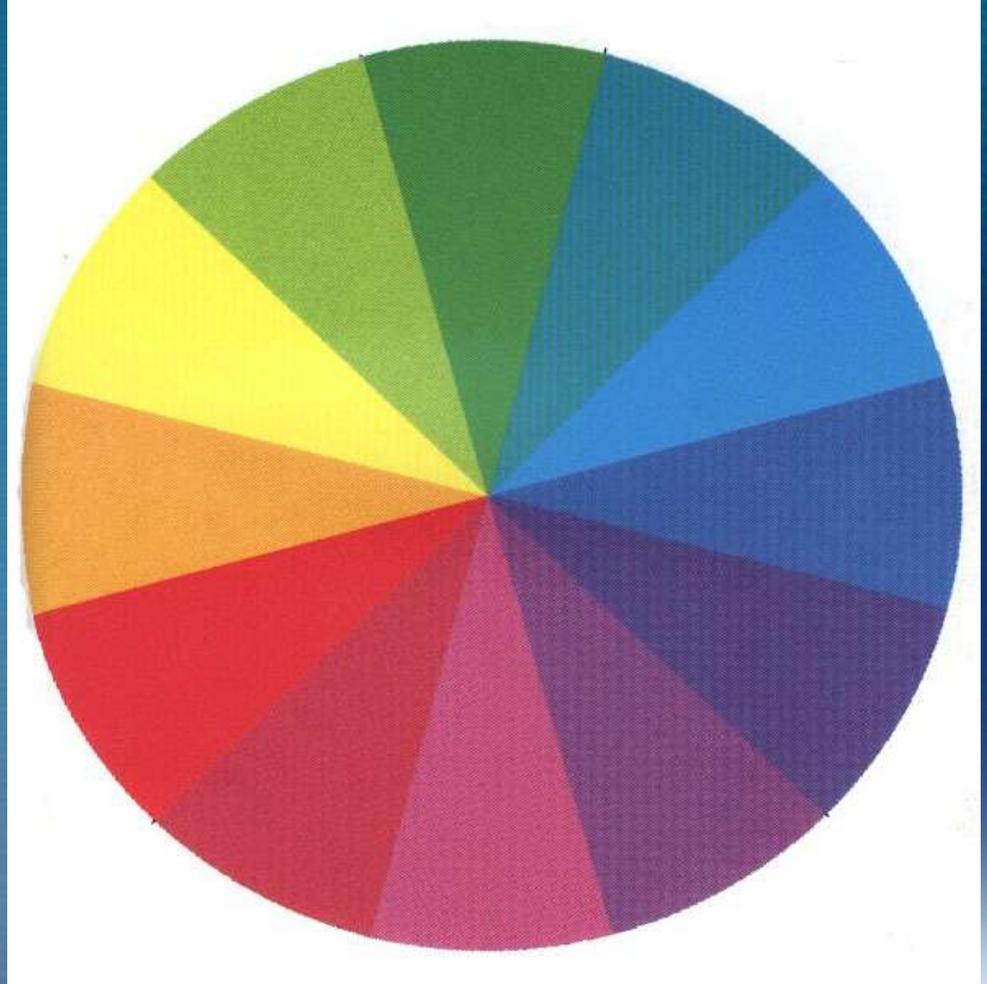
(5–15 minutes)



- 1) Muscle test each chakra while patient touches it with fingertip (or use pendulum). Note weak tests (indicating imbalance). Choose one or two chakras 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 chakra you have chosen to treat
 - 4) 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 chakra – use light only, no microcurrent**
 - 5) Treat chakra for 1 – 2 minutes, toning the appropriate tone with your patient. You will often use complementary colors for the two chakras treated
 - 6) Retest each affected chakra – see if muscle test is now strong
 - 7) Debrief patient

Color Challenge Testing

- 1) Use testing to determine Organs, pain points or chakras that are imbalanced. These will cause muscle test to go weak when patient touches test point.
- 2) Place color filters on skin next to test point one at a time while patient continues to touch point. Test to see if muscle gets stronger.
- 3) Test filters as needed until you find one with strongest effect at making weak test point get rock solid. That is the color most indicated for treatment.



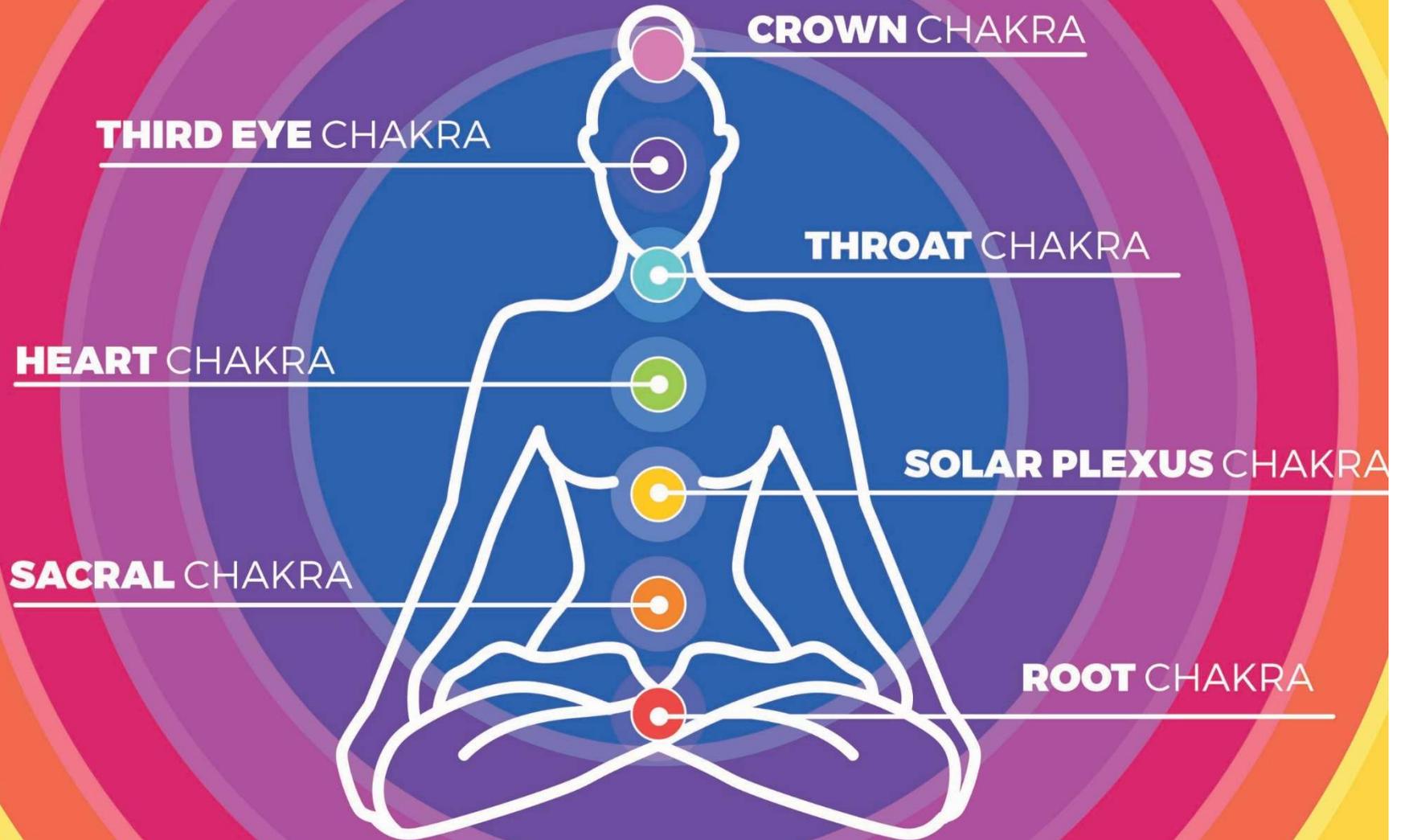
Step 1: Identify Issue

- Do intake, schmooze with patient, learn about his or her physical & emotional issues and life circumstances
- Help patient prioritize and verbalize what they want to work on
- Helping patient craft a healing affirmation statement is very powerful

Quantum Healing Principles

- Hold a high vibration so you can act as catalyst
- Come from love and compassion, extend it
- Test and clear chakras
- See the client as already whole
- Engage in Higher Sense Perception
- Help the client to feel and allow
- Be in the miracle field

Chakra Kinesiology Test Session

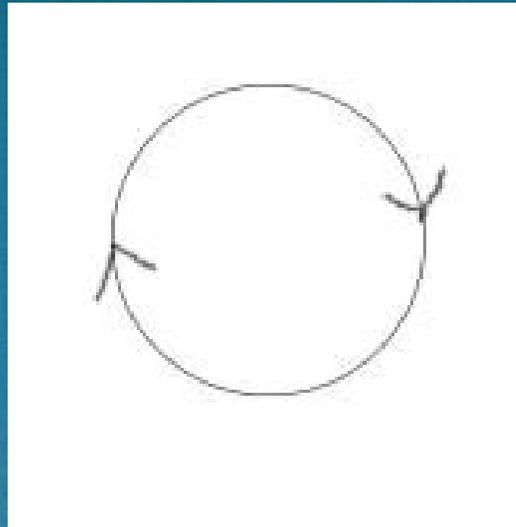


Chakra Evaluation Methods

- Dowsing with a pendulum
- Sensing with the hands
- Kinesiology



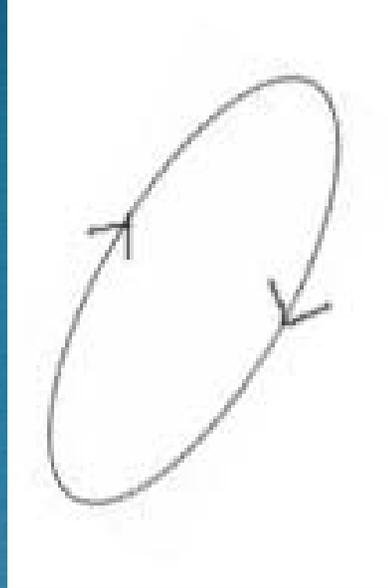
Chakra Spin Patterns



Clockwise Circle.

Center is healthy, open and in harmony,
balanced between male-female poles

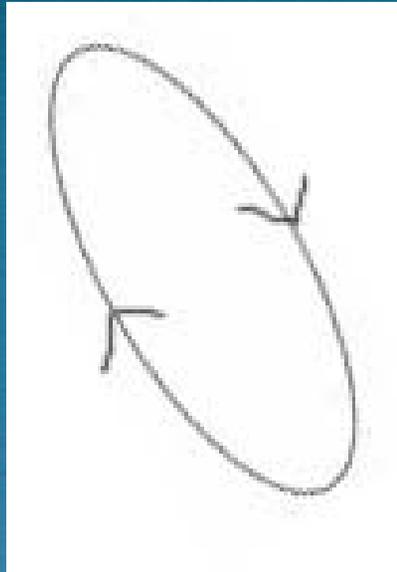
Chakra Spin Patterns



Clockwise Ellipse Up To Patient Left.

Open, female/receptive directed, less trust of
masculine/father energy

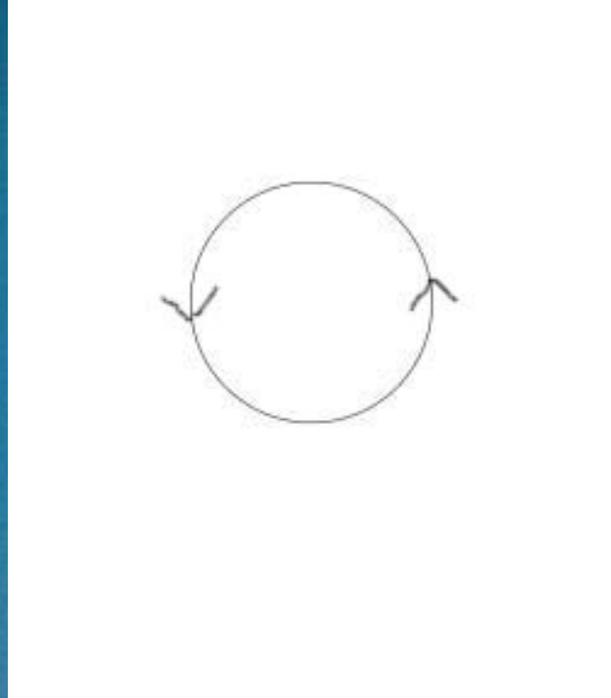
Chakra Spin Patterns



Clockwise Ellipse Up To Patient Right.

Open, male/active directed, less comfort with
feminine/mother energy

PNE Spin Patterns



Counter Clockwise Circle

Closed to exchange energy, projecting outward,
denial of the feeling of the PNE center in which you
see it

Chakra Spin Patterns



Up and Down

Send energy upward to deny, mentalize or
“spiritualize” uncomfortable feelings –
”in his head”

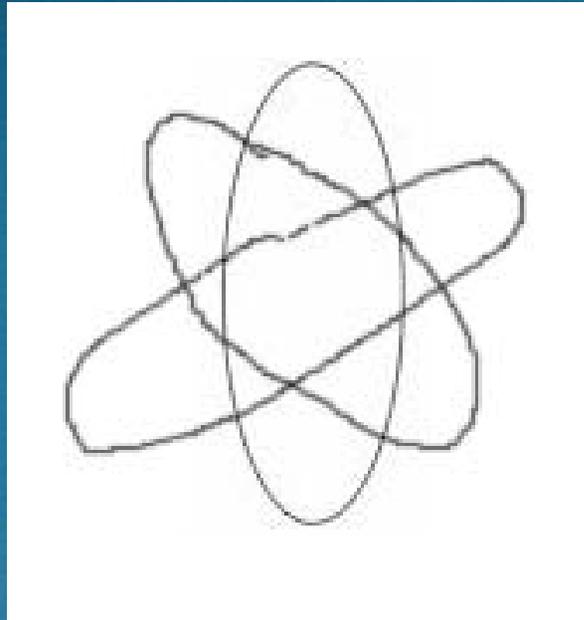
Chakra Spin Patterns



Left and Right

Strongly blocked. Refusal to acknowledge or feel the truth or emotion of the PNE center – probably due to fear or judgment

PNE Spin Patterns



Cloverleaf Pattern – Multiple overlapping ellipses

Transformation or polarity switch happening in center – seen during major life transitions, transformative healing sessions, could also indicate confusion or indecision

Chakra Healing Statements

- Work with your patient to craft a powerful statement that comes from their heart and soul, and has strong emotional resonance
- Best affirmations start with “I am now...” or “It is my intention to...”
- Have patient repeat affirmation several times while you apply microlight treatment through the chakra
- Write it down and give it her to speak several times a day for homework

Healing Statement Examples

“It is my intention to fully accept and honor my inner voice and release repression from my belly”

“It is my intention to accept nurturing and comfort in my heart”

“I am now fully forgiving myself and releasing self-punishment through migraines”

Tones for each PNE Center

Chakra	Sanskrit Seed Sound	Common colors
Root – 1 st	Lam	Red, Blue, Purple
Sacral – 2 nd	Vam	Orange, Blue
Navel Chakra	Kam	Gold light
Solar – 3 rd	Ram	Violet, Yellow
Heart – 4 th	Yam	Green, Magenta, Turquoise
Throat – 5 th	Ham	Blue, Orange
Brow – 6 th	Om or A	Indigo, Red, Orange
Crown – 7 th	Aum	Violet, White, Red

Complementary Colors

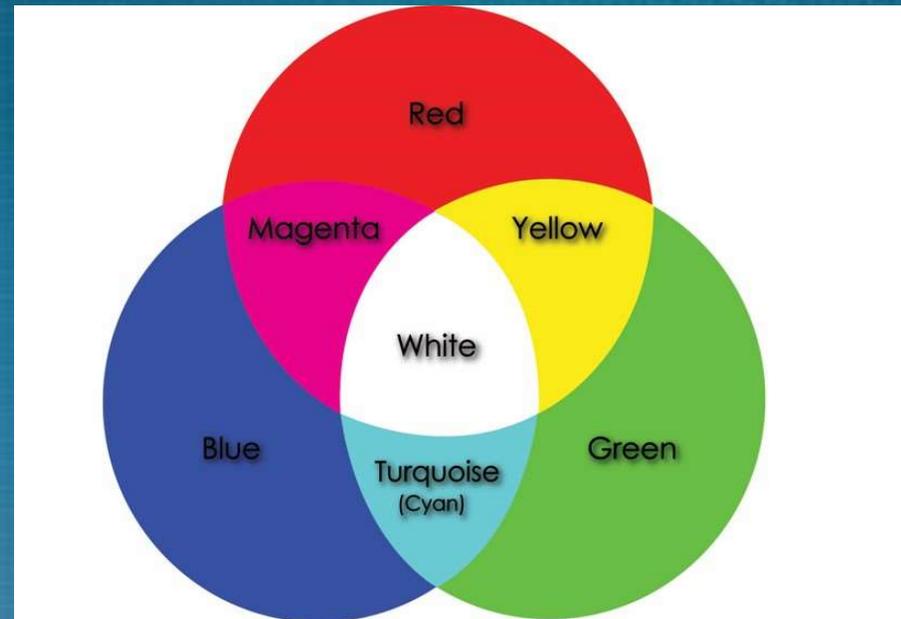
Blue/Green – Red

Indigo/Blue – Orange

Violet – Yellow

Turquoise – Lemon

Purple – Scarlet



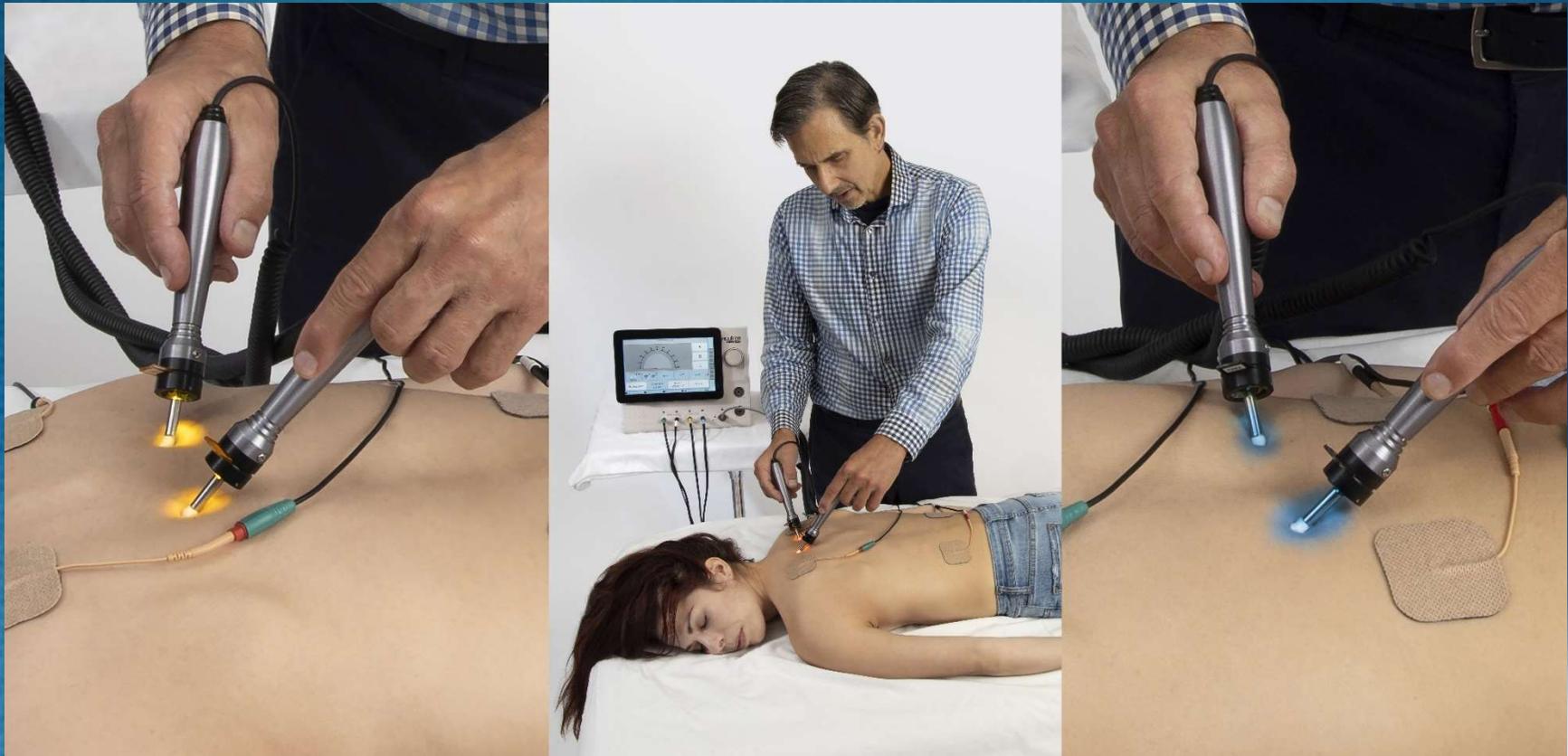
Complementary colors are used to balance any function.

Treating 2 chakras with complementary colors provides a very powerful overall balancing of nervous, endocrine and systems and emotions, and powerfully supports chronic pain relief

Releasing

- ❖ In the course of a client rebooting their energy systems, it is often necessary for them to release old, toxic emotional/energetic buildup in their bodies. Part of chakra balancing is to support the client in this process.
- ❖ Releasing is done through the breath and allowing the body's healthy innate intelligence to "unwind" toxic and limiting energies that are no longer needed or acceptable from the new place of awareness

Combining Pad and Probe Techniques with Acutron Microlight Therapy for Rapid Pain Relief, FSM, Non- Needle Acupuncture, Emotional Healing



Quiz:

What are some ways to enhance the results of manual, fascial therapies with microcurrent?

Ways to Use Microcurrent to Amplify Results of Fascial Therapies

- uA pads around affected joints while performing stretching and movement – amplified piezo-electricity
- Electro-Massage
- Assisted rehabilitation after strokes, peripheral neuropathy, more
- Muscle origin-insertion healing and balancing
- Local-distal for relieving radicular pain or numbness
- Targeting healing of tendons, ligaments, fascia, muscle, bone etc. by using Frequency-Specific Microcurrent

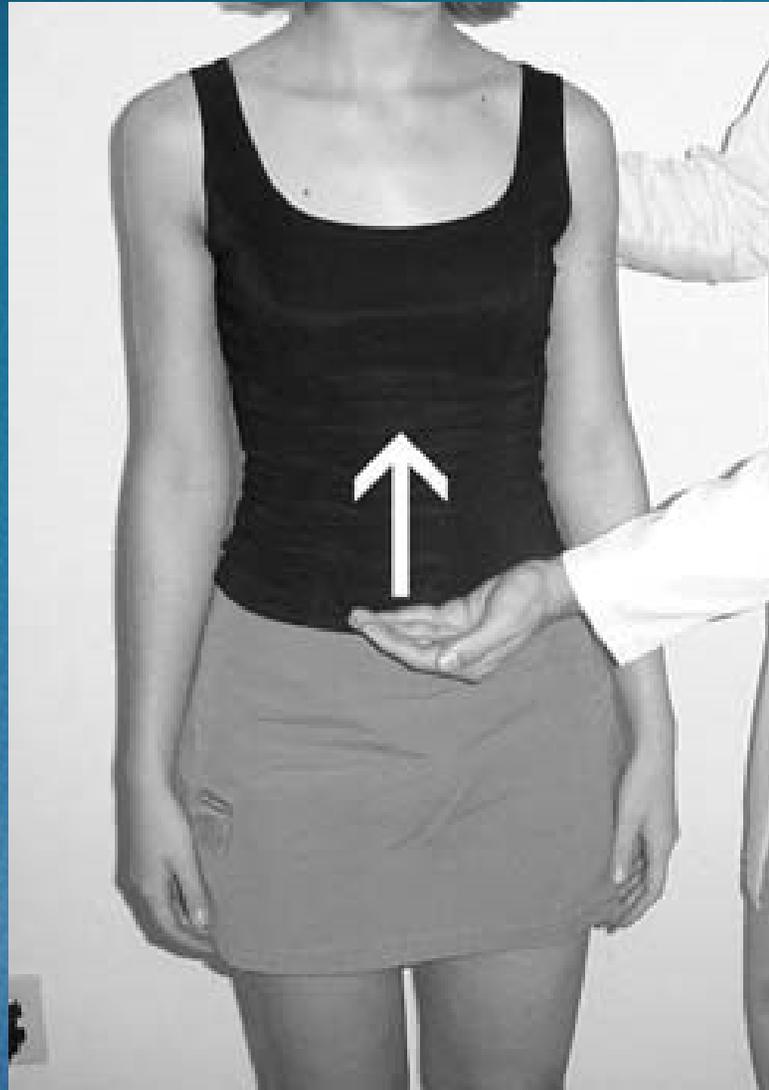
“O” Ring Kinesiology – Clearing the Patient



“O” Ring Kinesiology – Baseline Check



“O” Ring Kinesiology – Zip Up Test



“O” Ring Kinesiology – Zip Down Test



Alarm Point Kinesiology – Using “O” Ring on test point



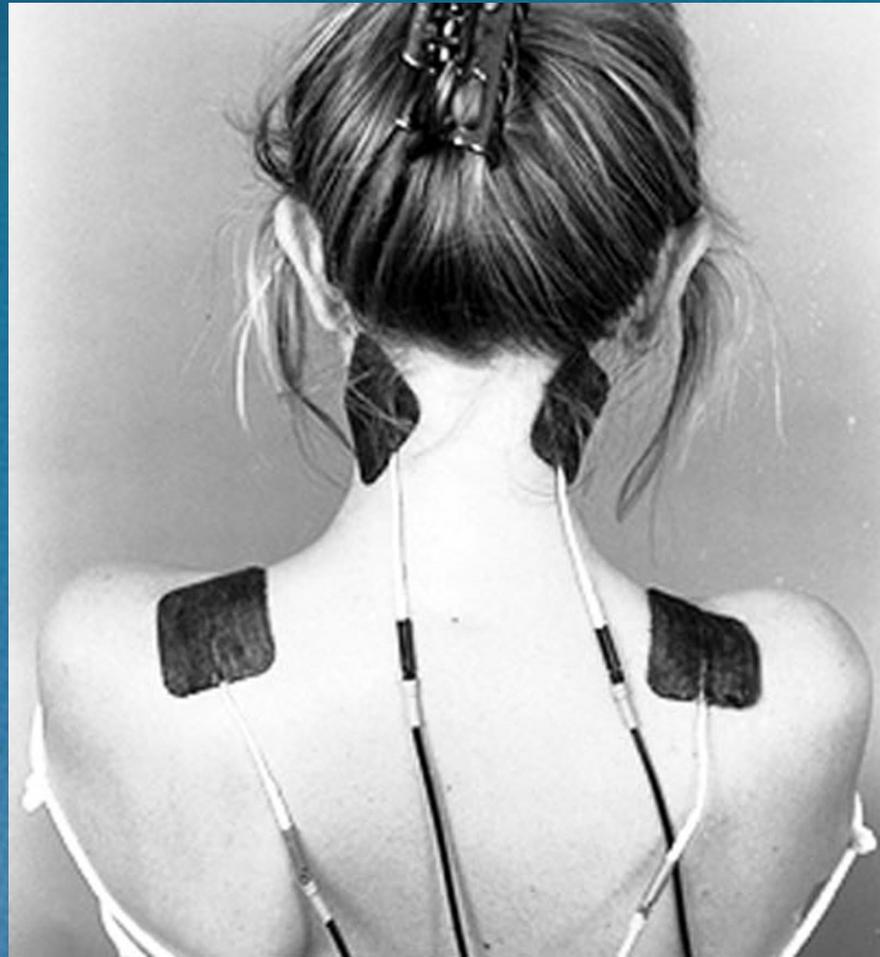
Acutron Probe Techniques

- **Circling the Dragon** – Local pain relief (based on Laws of Polarity and Vibration)
- **Dermatome and Distal** - Local and distal point combinations (based on Laws of Correspondance “As Above, So Below” and Vibration)
- **Acute** – Release trigger points and other myofascial knots (based on Laws of Polarity and Vibration)
- **Chakra Balancing** – Root treatment that greatly improves results with chronic pain patients (based on all 7 Universal Laws)
- **Auricular Therapy** – Pain relief and organic balancing through ear points (based on Laws of Correspondance “As Above, So Below” and Vibration)

Color Selection for Probes

- **Blue** – most myofascial pain, neck pain, shoulder pain
- **Purple** – Back and hip pain
- **Green** – Joint pain
- **Red** – areas of weakness or poor circulation

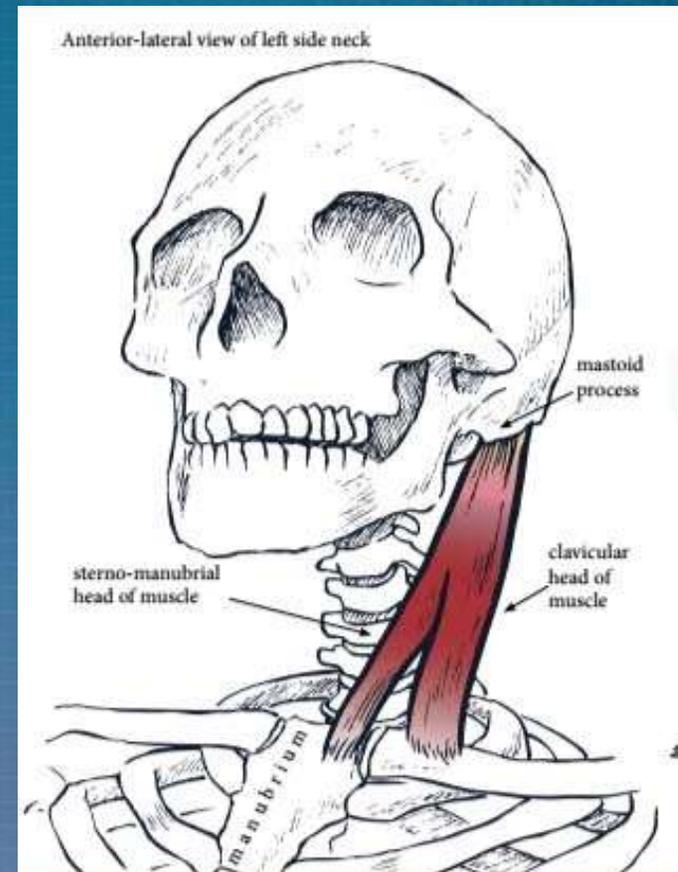
Step 3: IF μ A pads with traction



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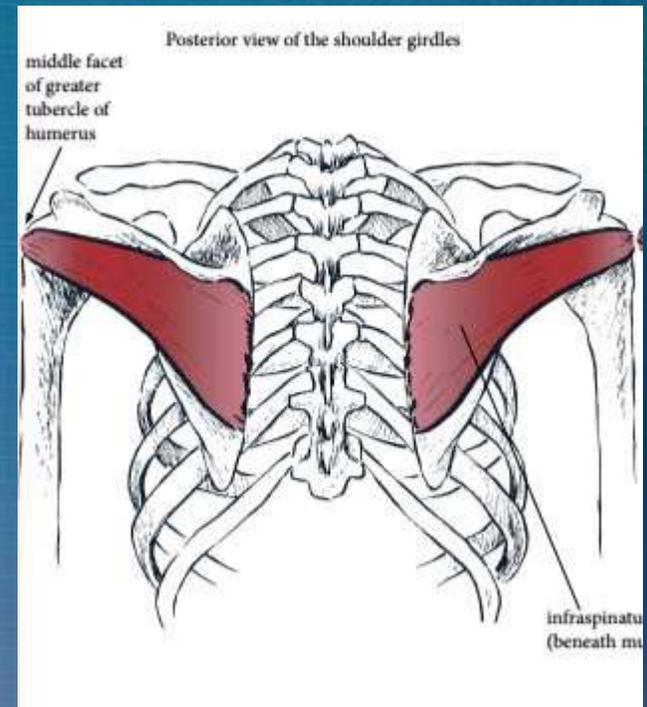
Origin-Insertion Microcurrent Release 1

- Ideal for treating specific muscles that are injured or strained such as whiplash
- Use μA probe electrodes, placing one probe on muscle origin and one on insertion, biphasic polarity
- Set μA Hz to 46, 77 or 76 (shoulder muscles)
- Or, set Hz to 1/10 the length of the muscle in inches. 5" muscle, use 0.5 Hz



Origin-Insertion Microcurrent Release 2

- To relax tight muscles, put OUTWARD pressure on O/I points with probes
- To strengthen flaccid muscles, put INWARD pressure on O/I points with probes

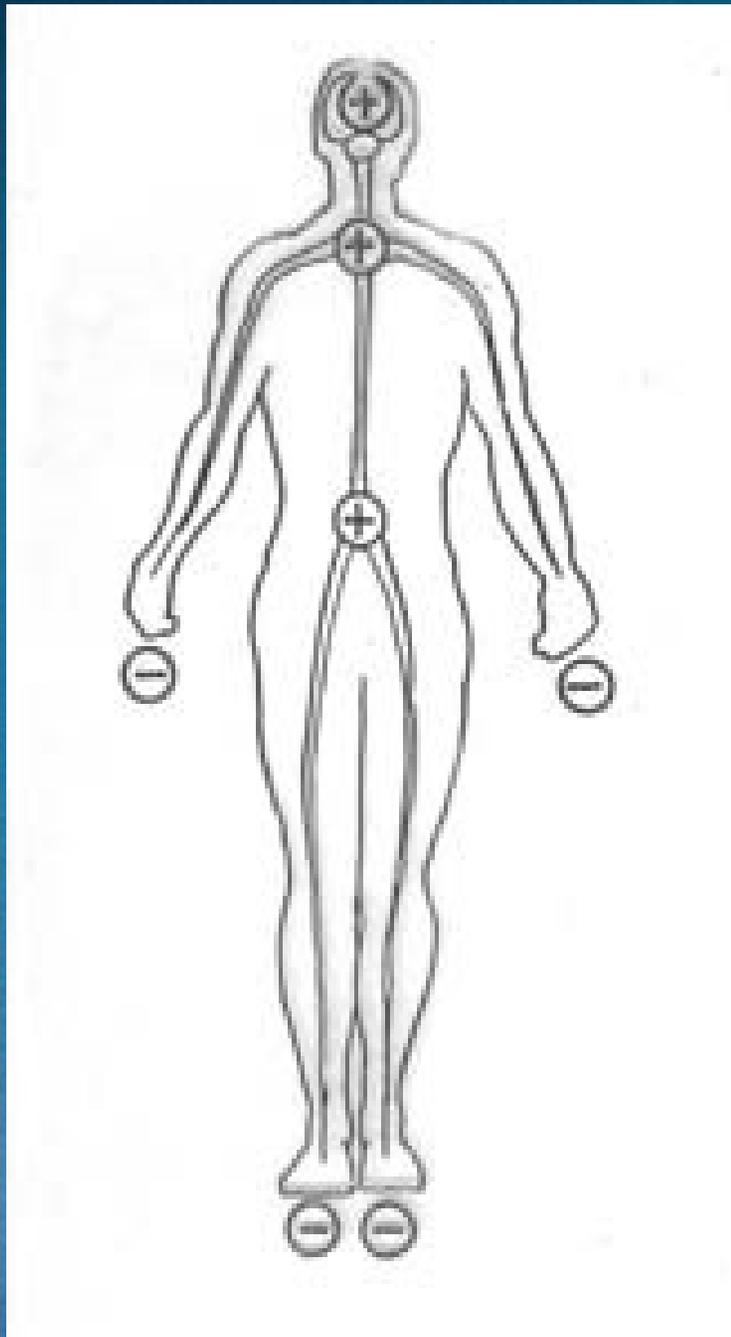


Polarized Probes Applications

(Probe #2 -Dermatome-Distal)

- Used with widely-spaced point placements
- Tx of any local – distal acu-point combinations
- Headaches, migraines
- Third step in Deep Release system for pain
- Micro-system treatments

Natural Polarization
Of the Human Body



Polarized Probe Techniques

Local-distal tx for left shoulder pain

Use Probe Preset #2

+ proximal, - distal trigger probe is -



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Polarized Probe Techniques



Local-distal tx on one limb

Local-distal tx on extremities – pain point to tender point on opposite quadrant of body



● Headaches, migraines: + on head, - on appropriate distal points



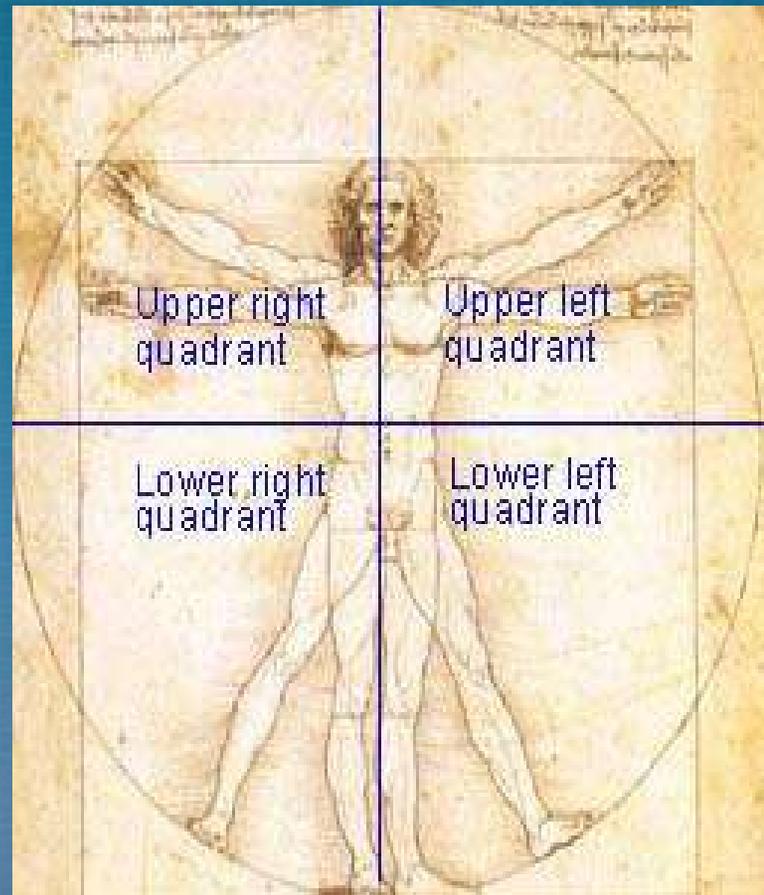
● Auricular Micro-Macro technique

● Reverse Body Image: Torso treatment with + on pain point and – on opposite aspect



Great Loops Treatment

- 1) Select polarized probes
- 2) Place + probe on painful extremity point
- 3) Place – probe reflex point on opposite quadrant that is tender to palpation



Great Loops Applications



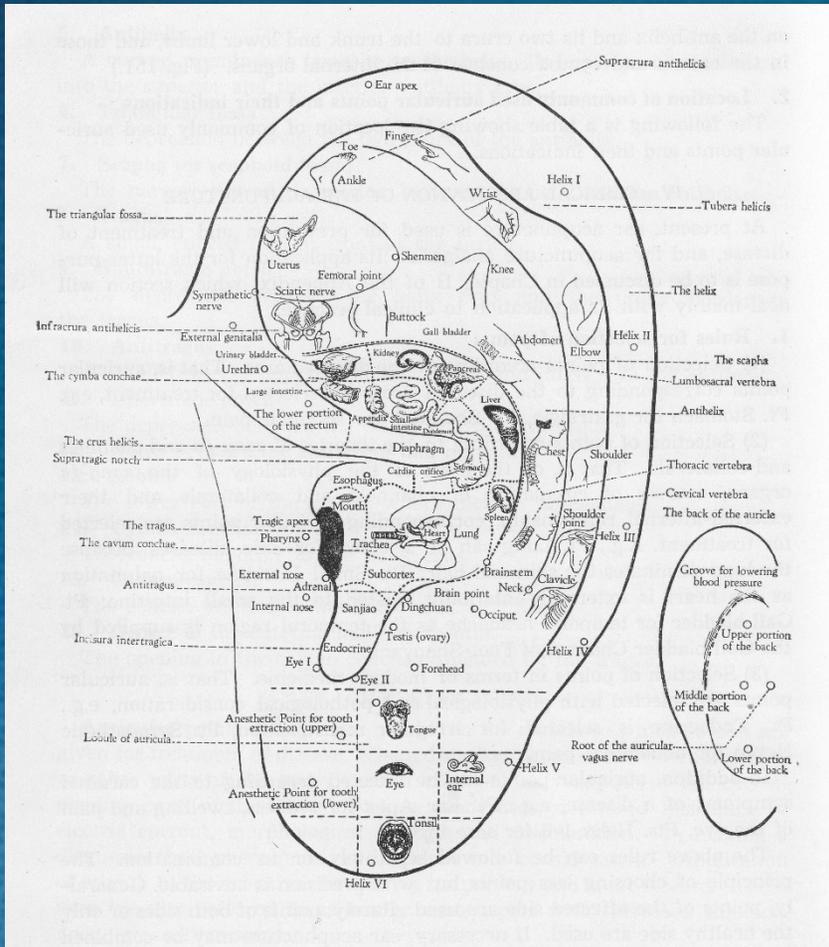
Polarized Probe Techniques

Auricular Micro-Macro

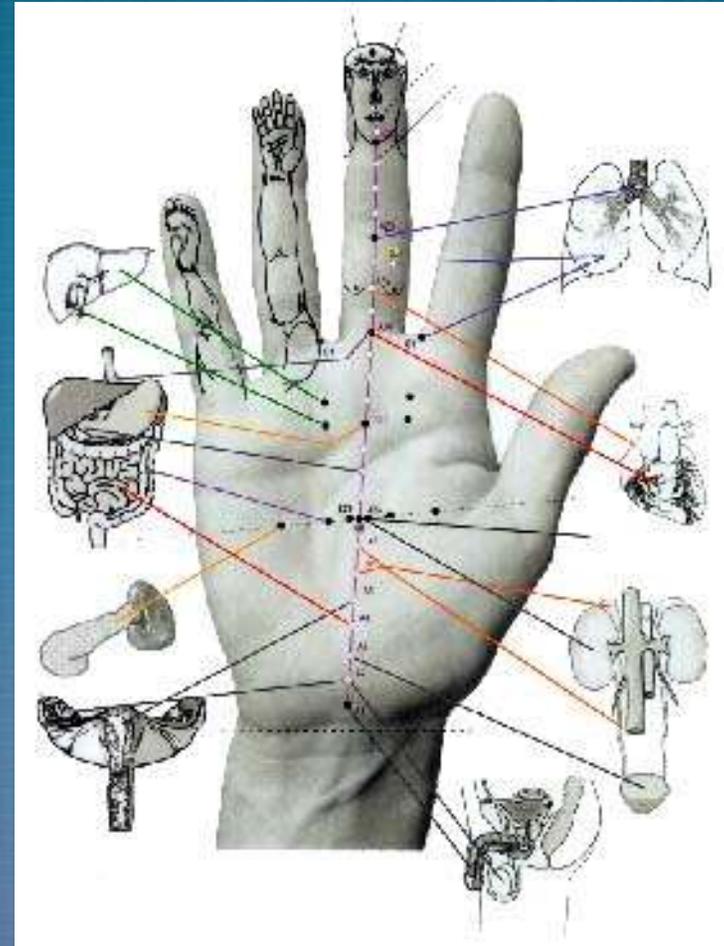
Use Probe Preset #2 with Auricular probe tip on trigger probe
+ on painful shoulder pt, - on corresponding Shoulder ear pt.



Apply Micro-Macro technique through:



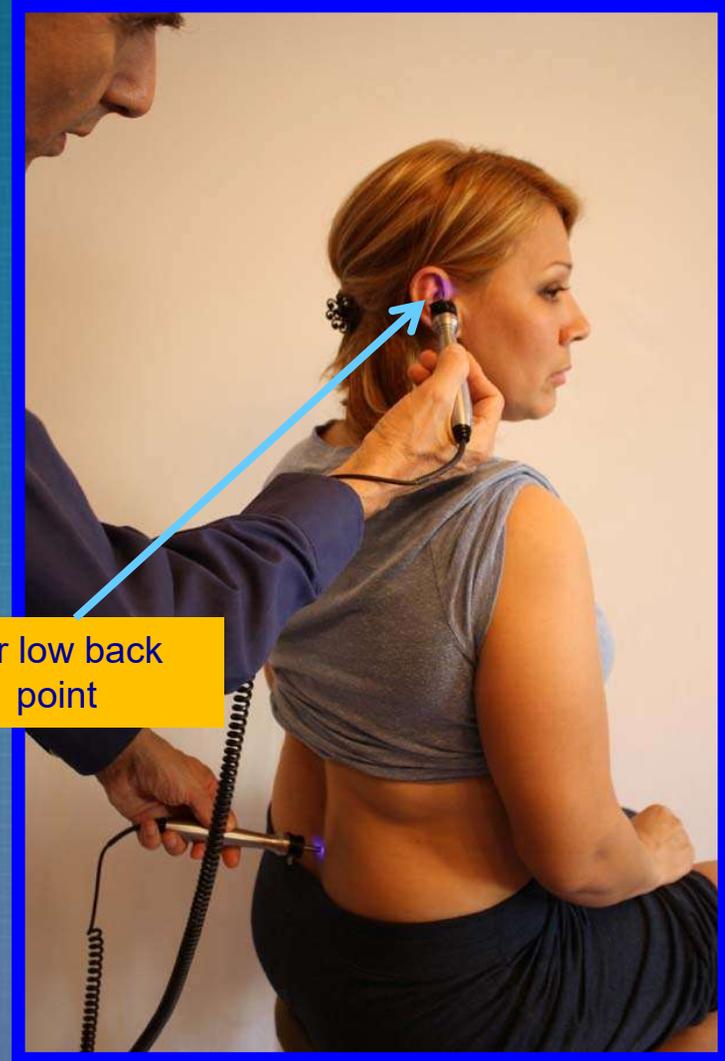
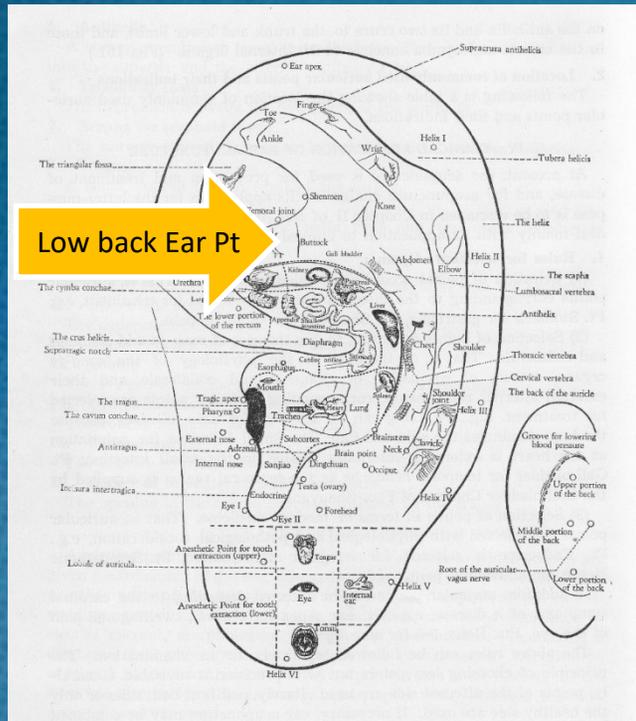
Auricular Points



Korean Hand Points

Auricular Micro-Macro Technique

Example:
Low Back Pain

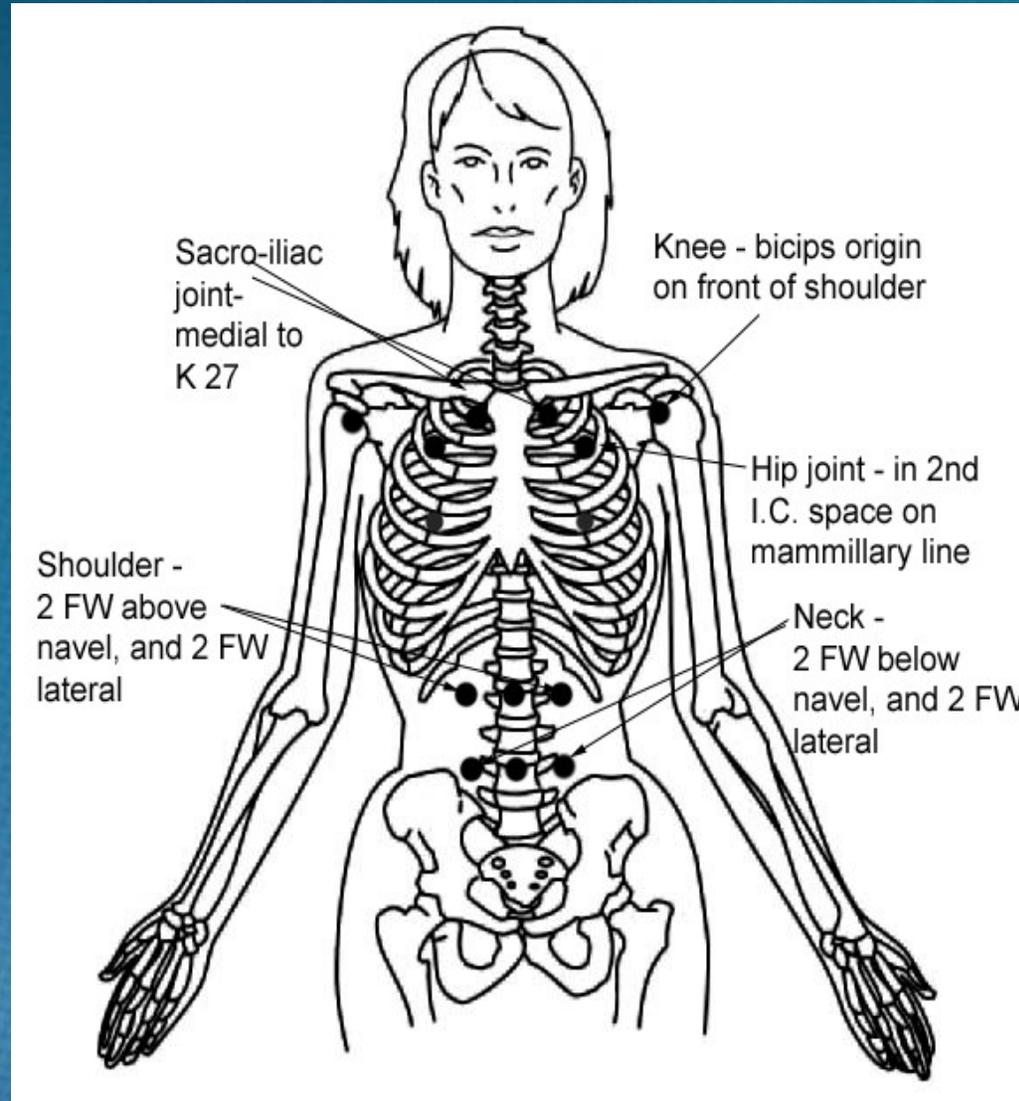


Reverse Body Image (RBI)



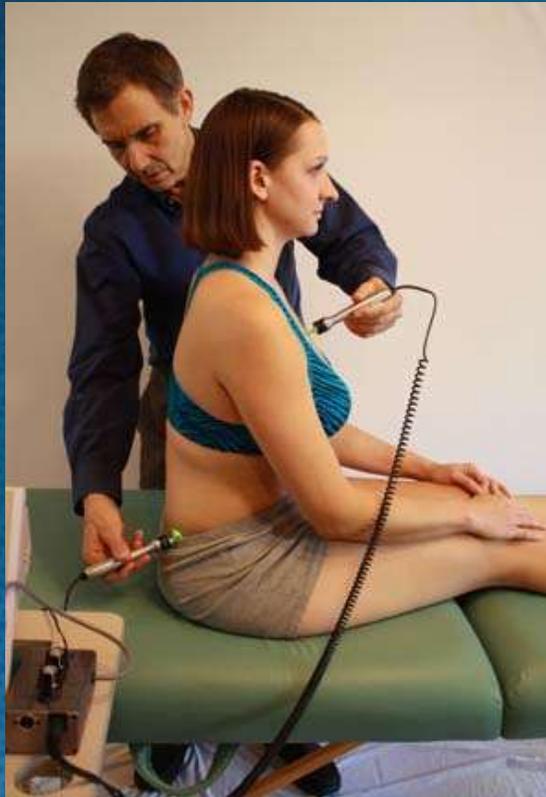
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Reverse Body Image Points I



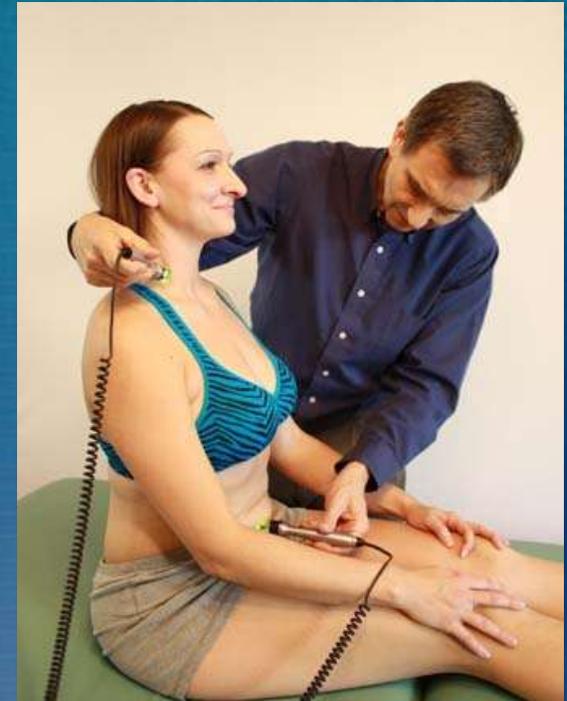
According to
Peter
Mandel,
N.D.

Reverse Body Image Examples



Hip to opposite 2nd
intercostal space

Low back to K27 line



Neck to neck line 2
finger width below
navel