



Unlocking the body's capacity for self-healing

A BRIEF HISTORY

Our bodies have the capacity for self-healing and regeneration. Just as it will heal a paper cut, or a broken bone, given enough time it will always strive to regain the appropriate balance needed for optimal health.

The science and art of Acupuncture is well documented and spans across centuries, all the way back to the Stone age. Records of its use has been found in many parts of the world, not just the Orient, as most commonly thought.

The Chinese medical compendium, the *Yellow Emperor's Classic of Internal Medicine*, is the oldest WRITTEN record about acupuncture. It is thought to be the oldest medical book in the world, heralding from Emperor Huang Di who reigned between 2,696—2,598 B.C.

The earliest historical record of a cure by acupuncture is found in *the Biographies of Bian Que and Zang Kung*, which was written about 2,000 years ago. According to this written record, the Prince of Kuo was brought out of a coma using acupuncture.

However, signs of acupuncture being used is found all over the ancient world. There's evidence of its practice in ancient Egypt, Persia, India, Sri Lanka, parts of Europe and South America. Even our North American Indians have used it. The Eskimos, for example, are said to still use sharpened stones for treating illness. Written evidence of the use of acupuncture in Egypt and Saudi Arabia also exists. *The Ebers papyrus* of 1,550 B.C. describes a physical system of channels and vessels that is closely matched to the Chinese system of meridians.

Even older evidence than the examples above, does exist. In 1991 a 5,000-year-old mummified man was found along the Otz valley between Austria and Italy. Remarkably well preserved, a complex system of tattoos were discovered on his body, and verified to be directly on, or within six millimeters of, traditional acupuncture points and meridians. These tattooed points were found to be specific acupoints for treating stomach disorders and back pain. Not surprisingly, x-rays revealed evidence of arthritis in the hip, knees, ankles and lumbar spine, and his intestines were filled with whipworm eggs—which would have caused severe abdominal pain.

One would be hard pressed to come up with a logical reason for why civilizations across the globe would continue using a system for medical healing, if indeed it did NOT work... To think of acupuncture as a hoax is much akin to saying, "Why on earth do we still use wheels? They're so...*primordial!* Surely those cave-boys couldn't have come up with anything of value to our current high-tech society?" Well, when you come up with something better than a round sphere for use on our cars and bicycles, you be sure to let us know.

BASIC PRINCIPLES of ACUPUNCTURE

- Fourteen major energy channels called meridians flow through the human body.
- An energy called Chi circulates along the meridians to all parts of the body, including the internal organs and every cell. This Chi is the vital force that literally keeps us alive. Vibrant health is a result of balanced, unimpeded flow of energy through the body.

Illness and pain is the byproduct of energy blockages anywhere along any of the meridians. Much like a toll booth, each acupuncture point along the meridian acts like a pass-through. When the traffic gets clogged, as happens during rush-hour, it slows down the flow. Sometimes to the point of standstill. This is the precursor to pain and illness.

By inserting a thin needle into the "clogged" area, it opens the gate and allows the energy to flow again. With the life-energy flowing smoothly, the body can now re-regulate the "flow of traffic", repair itself and maintain its own optimal level of health.

Note: Western medicine today talks about *bio-energy*, which is the energy produced by the cells within the body. Basically, same thing, different words.