

Helping Relieve Nerve Pain with Light and Sound

The first reaction from people who haven't experienced acupuncture for themselves is to shriek "needles, I hate needles" and then they ask "don't they hurt?". I start explaining that acupuncture needles are very thin, solid, and sharp versus western needles that large gauge, hollow, with serrated edges that are designed to cut through skin. By this time the person is turning white and definitely having second thoughts about having needles inserted into their skin.

The fact is that there is some pain associated with acupuncture, but the relief from pains far out weighs the initial minimal discomfort. The majority of the people I treat have already been to western physicians that have injected them cortisone, physical therapists, and massage therapists. They feel that have ran out of options treating chronic pain, and see acupuncture as their last hope.

I am always looking for new techniques to take the discomfort out of treatments. There are some people due to their nervous constitution that can't tolerate needles, or even having their skin touched. I have found this to true for those who suffer from nerve pain caused by herpes. In Traditional Chinese Medicine (TCM) Genital Herpes is usually viewed as Damp Heat in the Liver and Gall bladder.

I have had some success relieving the nerve pain from Herpes by basing my treatment strategy on the TCM diagnosis of Damp heat in the Liver and Gall Bladder. I utilized dark blue light projected on the liver and gallbladder meridians of the lower legs, because of the cooling, yin qualities of the blue light. I used sound at 10 Hz to calm the nervous system. The pain subsided for 2 hours. Normally, a 20-minute acupuncture treatments yield clinical benefits that last for days or weeks.

There is no known cure for herpes, but I feel this procedure shows hope for reducing the pain associated with the outbreaks.

The theoretical back ground for using light and sound comes from the (Devine Pivot) Huang Di Ling Shu Jiao Shi. The Devine Pivot is the second book of the Huang Di Nei Jing and its author and origins is unknown, but it is thought to have been written during the Warring States period (475-221 BC) by numerous authors. From Chapter 11 of the Ling Shu- "I have heard that humankind is in accord with the way of heaven. Thus they have five viscera internally and these correspond to the five notes, five colors, five flavors, five seasons and five directions. They also have six bowels that externally that correspond to the six pitch pipes. These are analogous to the yin and yang channels." Modern research by Richard Gerber (Vibrational Medicine) points out that at a quantum level of subatomic particles, all matter is literally frozen, particularized energy fields (i.e. frozen light). Just as light has a particular frequency, so does matter have frequency characteristic as well.

Yin and Yang are in essence light. Light of lower frequency (infra red) is yang and generates heat. Light of higher frequency (greens and blues) and yin in nature and are cooling. Sounds on the other hand of lower frequencies 2 Hz to 10 Hz are more calming, and relates to Nogier's studies of ear acupuncture.

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