

Acutherapy

A therapeutic approach employing three key elements:

Acupuncture

Manual Therapy

Corrective Exercise

These elements combined address musculoskeletal and myofascial issues, including muscle and joint pain throughout the body, arising from physical injury, overtraining, overuse, repetitive tasks or certain chronic conditions.

Using these elements jointly and collaboratively, Acutherapy treats a person as a whole, recognizing issues must be addressed interconnectedly, and not merely as just a sum of individual parts. The result is a standard of care more effective and efficient than each technique separately, and oftentimes more beneficial than other commonly prescribed clinical approaches.

Disorders Effectively Treated By Acutherapy* According To The World Health Organization

The World Health Organization has listed a series of disorders for which ‘acutherapy’ or the study of human energy as it crosses the body, has proven effective throughout the world. Acutherapy treatment can be thought of as any way of addressing and correcting energy imbalances in the body—it can be by manual, botanical or nutritive means, the use of cold or heat, light, electricity or magnetism:

Neurological and Orthopedic Disorders:

- 1) Headaches
- 2) Migraines
- 3) Trigeminal Neuralgia
- 4) Facial paralysis
- 5) Paralysis after apoplectic fit
- 6) Peripheral neuropathy
- 7) Poliomyelitis Paralysis
- 8) Meniere’s syndrome
- 9) Neurogenic bladder dysfunction
- 10) Nocturnal enuresis
- 11) Intercostal neuralgia
- 12) Periarthritis humeroscapularis
- 13) Tennis elbow
- 14) Sciatica, back pain
- 15) Rheumatoid arthritis

Gastrointestinal Disorders:

- 1) Spasm of esophagus and cardia

- 2) Hiccups
- 3) Gastroptosis
- 4) Acute and Chronic gastritis
- 5) Gastric hyperacidity
- 6) Chronic duodenal ulcer
- 7) Acute & chronic colitis
- 8) Acute bacterial dysentery
- 9) Constipation
- 10) Diarrhea
- 11) Paralytic ileus

*Or “acupuncture” which is popularly and more commonly called in the west. But acupuncture per se is a limiting term that invokes and connotes ‘points to be needled’, whereas the eastern idea means more properly ‘the study of human energy’ in various forms and through various (energetic) means.

Respiratory Tract:

- 1) Acute sinusitis
- 2) Acute rhinitis
- 3) Common Cold
- 4) Acute tonsillitis

Bronchopulmonary Disorders:

- 1) Acute bronchitis
- 2) Bronchial asthma

Disorders of the Eye:

- 1) Acute conjunctivitis
- 2) Central retinitis
- 3) Myopia (in children)
- 4) Cataract (without complications)

Disorders of the Mouth Cavity:

- 1) Toothache
- 2) Pain after tooth extraction
- 3) Gingivitis
- 4) Acute and chronic pharyngitis

Relief and restoration from the effects of chemotherapy treatments.

Ideal number of times, frequency and ways of treatment have not been stipulated and left to and depend on the knowledge, expertise, field experience and where withal of the individual practitioner. The World Health Organization adds: “In view of the ‘regulatory action’ of acutherapy it is difficult to stipulate contra-indications”. Furthermore, the only risk in these conditions is the possibility of failure that leaves the patient in exactly the

original state. Thus, acuthery can be used with no risk in circumstances where indications for its use are uncertain.

Effects and benefits that *may be experienced* and produced by the proper balancing of **human energy**.

- 1) Relief of pain. (From long standing or immediate origins).
- 2) Relief to states of general physical suffering.
- 3) Relieves body stiffness and permits better movement(s).
- 4) Relaxation and calm to states of mental and emotional hyperactivity and unrest.
- 5) Brings rest, calm, relaxation and restoration to states of stress and fatigue.
- 6) Brings strength to states of physical and mental depletion.
- 7) Brings calmness and clarity to states of confusion.
- 8) Improves ability to concentrate and focus thus improves natural capacity to problem solve and be creative.
- 9) One can experience increased energy (state) and improved strength.
- 10) Can allow a better and more balanced outlook on life.
- 11) May improve abnormal appetite.
- 12) May allow better sleep.
- 13) Can improve abnormal body sensitivity to outside temperatures.
- 14) Can allow better internal body temperature.
- 15) Can improve abnormal blood pressures.
- 16) Raises natural capacity to tolerate pain in states where residual pain remains.

Food for thought.

- Can raise body's energy state and improve strength.
- One can experience increased energy (state) and improved strength.
- Can raise one's normal experience of energy and strength.

