

Acupuncture, Electro-Acupuncture and HealthTouch

The HealthTouch system of treatment is based upon the principle of acupuncture. Acupuncture is a widely used medical treatment throughout the world. Many hospitals in the United Kingdom use acupuncture to treat patients. Research and wide use has shown that in the majority of cases, it is at least as effective, and in some cases more effective than drugs and is certainly safer, with no documented side effects.

The World Health Organization (WHO) based in Geneva, Switzerland, promotes acupuncture as the recommended primary treatment for over 40 chronic ailments, including arthritis and asthma.

A brief introduction to acupuncture is helpful in understanding how HealthTouch works. The ancient system of acupuncture is part of traditional Chinese medicine, which embraces many other forms of healing such as Chinese herbal medicine. Acupuncture is effective in many conditions that have often not responded to conventional approaches.

Acupuncture's main use is in treating chronic and painful conditions such as arthritis, headaches and migraines. Its effectiveness has enabled acupuncture to survive against, at times, enormous odds. It was banned in China at the beginning of this century but continued to be practiced as folk medicine. Interest by Western doctors was stimulated by President Nixon's visit to China in 1972. Since that time, medical interest in the subject has grown, partly because of important discoveries pointing to the effectiveness of acupuncture.

The ancient Chinese hypothesized that energy circulated in the body via specific channels, which they called meridians. They considered that the balance and transmission of this energy from side to side, top to bottom and from the inside to the outside of the body to be of great importance. They expressed this idea using their doctrine of yin and yang, which says that everything in the body works on a theory of opposites. For instance, yang is associated with fire and earth; yin is associated with water and air. Yang is male while yin is female; yang is light while yin is dark. The balance between these two opposites is considered to be constantly fluctuating. If one element is out of balance, in an energetic sense, the principle of treatment would be to re-establish that balance.

The Chinese developed a highly complex and sophisticated system of empirical laws based on countless observations of illness and response to treatment. These laws resulted in a number of ground rules aimed at guiding a doctor to the improvement of his patient's condition. The astonishing fact is that the application of these apparently odd-sounding laws do appear to work in a highly significant proportion of people. It would be fair to say that if it did not work, acupuncture would not have been adopted within both Western and Eastern cultures to such a degree.

The Chinese believed that in addition to being in balance, the energy or life force (which they called chi) had to be able to circulate freely around the meridians. If a break occurred anywhere in this circulation, illness would result. An example is backache, which is viewed by the Chinese as a blockage in the chi circulating in the bladder meridian. The remedy was to insert a needle at the point of discomfort in order to encourage the flow to re-establish itself.

Each meridian refers to a particular organ, and the energy flowing through that meridian can be taken as indicating the functional state of that organ. Inserting a needle into a point on the liver meridian, for instance, could be expected to affect the function of the liver. The effect would depend on the actual point used and the condition of the patient at the time of treatment.

Traditional acupuncture involves the placing of needles into the body at various pre-determined points, depending on the ailment being treated. The placing of the needles is highly critical. Modern research has shown that a typical treatment point is only 1/2 mm across (1/50 of an inch), and the level of skill required to locate such points is extremely high. Even a slight error means that the point may be missed and the subsequent treatment less effective.

Accurate needle acupuncture can be over 85% effective. However, it is most effective when treatment can be given daily for a few weeks. High-quality, daily treatment is usually impractical for the vast majority of people due to time restraints and the high cost. In addition, as we mentioned before, many people are not happy with the thought of being punctured by needles on a daily basis.

What is electro-acupuncture?

This is the method of using minute electronic pulses to stimulate the body's own healing system. Instead of an invasive needle being placed into the flesh, a simple probe is placed on the surface of the skin and a series of pulses is transmitted through the skin into the damaged cells. This method is obviously much simpler and, being non-invasive, is readily accepted by prospective users. They are totally at ease during treatment, which in itself is a contribution to the healing process.

HealthTouch has been designed to not only treat acupuncture points, but also --and in fact, most importantly--to locate the treatment points precisely and quickly. The result is that anyone can quickly and simply treat themselves accurately and obtain results equivalent to that obtained from traditional acupuncture.

How does HealthTouch locate the points?

If you were to look at a picture of an acupuncture point, you would see a dark area at the bottom, which is the skin; and a white area which is the region of intense electrical activity that is the center of the point. This point is highly conductive to electricity. The HealthTouch unit uses this electricity to locate the treatment point.

HealthTouch has a built-in detector that indicates with a light and a high-pitched buzz when it has found the spot (within 0.5mm). The device's inventor, Dr. Julian Kenyon, also discovered that if a highly specific electronic pulse is applied to the point, the person being treated will experience a brief tingling sensation on the point, which indicates that it has been accurately located. An error in location will result in no sensation. Once the point has been located, the unit transmits a series of painless pulses to the point for about 30 seconds.

What can HealthTouch be used to treat?

The surprising answer is almost anything! Because HealthTouch simply stimulates our own healing system, it can be used for many ailments and injuries. Any ailment that can effectively be treated using traditional acupuncture will respond well to HealthTouch.