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Crown Chakra Module 7

The Crown chakra also known as Sahasrara (Thousandfold)

Element: Pure Energy

Location: Top of head.

Purpose: Knowledge and understanding.

Natural right: Right to know.

Colour: Violet/ deep purple.

Parts of the body and ailments associated with the crown chakra: The top of head, the brain, the skin, Hormonal balances the entire nervous system. , worry, migraine anxiety, immune disorders, mental, and cognitive problems.

Instinct: Universal ethics.

Psychological aspects: Selflessness, integrity, wisdom.

Gland: Pineal. Makes serotonin and protects our hormonal balances.

Positive Emotion or Seeds: Transcendence, illumination.

Negative Emotions or Saboteur: Regression, cynicism, attachment.

Sense: Contemplation, and empathy, unity, creative will.

Quieting fragrances: Rosemary, Bergamot.

Stimulating fragrances: Violet, Amber.

Crystals: Snowy Quartz, Celestite.

Gemstones: Diamond, White Tourmaline, White Jade.

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Crown Chakra

The Crown Chakra at the very top of the head is our portal to the heavens, in the same way that the first chakra is a portal to the earth. Luminous threads reach up to the stars and to our destinies.

The earth protects us and nurtures us with her life force. The crown receives the life force from the Universe, and it spins through the brow, throat, heart, solar plexus, sacral and root chakra, down the legs and into the feet and on down into the earth, collects the earth energy and spins it back up through the chakras and out through the crown again.

A balanced crown chakra is “is freedom from everything and union with all.” The crown chakra is the culmination of all other chakras and, being in harmony, raises your awareness and connection with the divine.

The crown chakra with its colour violet is a transformer of energy for the brain, the pineal gland and the whole body.

The lesson of the seventh chakra is mastery of time. When we break free of time, we are no longer in the grip of the past. The therapist can assist the client to heal events that happened in the past, help the client to select an alternative future, free of disease and to achieve a more fulfilling life.

A clean and open crown chakra glows in a beautiful rich shade of purple, interspersed with sparkles of diamond-white light. Crown chakras with unhealed emotions and bitter thoughts about Divine guidance, God, or negative religious experiences look as dark as the night sky, fortunately, the chakras respond quickly to cleansing techniques.

To cleanse your chakras.

Your true self has boundless energy and crystal-clear intuition. You will enjoy the benefits of both characteristics by keeping your chakras cleaned and balanced.

Any time you notice yourself feeling down for no obvious reason, clear your chakras. Whenever you need a little extra insight before making a big decision or before an important meeting, clear your chakras.

There are many ways to clear your chakras but this one I have taken is from a book of Doreen Virtue.

Sit on a chair, the floor, or a flat stone or grass if you are outdoors. Take several deep breaths with eyes closed.

Visualize a bright diamond white – light pouring down the chakras from the crown to the root, **hold the intention in your mind to cleanse the chakras**, and then visualize the colour of each chakra flowing through from crown to root again.

Purple to Indigo, Cobalt blue to Green, Golden Amber to Orange and finally to Ruby Red. Enjoy the warmth of the pure crystal clear colours as they flow and change.

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Feel heart swelling gratitude for life. Feel the love for everyone and everything envelope you and know in your heart that your chakras are cleansed and open and connected to the Universe and that they have 100% emotional content.

Affirmation

Through surrender and release let the incoming will be truly the will of God working within us and through us, leading us increasingly to boundless and unlimited knowledge.

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The Crown Chakra Protocols – Module 7

Migraine, Brain Tumours, Parkinson's disease, Epilepsy, Sleep problems, Motor Neuron Disease.

Migraine / sleep problems

1. Scan energy field, and open crown and base chakras.
2. Energise the heart centre / thymus (3mins) by standing to the left of the client and clear (2mins).
3. Energise the crown (3mins) and clear (2mins). If there **is migraine pain** do not energise crown. Energise 2-3" out from the crown back and front (3 mins) and clear (2 mins)
4. Energise and Clear Spine, i.e. Cranial and Sacral pump etc.
5. Stimulate and energise feet (5 mins) and clear (2 mins).
6. Do eye and ear protocol (2 minutes) and clear as normal.
7. 30 second light hold on forehead, 2 fingers on each side of forehead, half way between hairline and eyebrow.
8. Abdominal breathing (3 deep breaths) and visualisation.
9. Clear abdominal area and field – balance with figure of 8 and seal at Tan Tien.
10. **Check** if you can **scan** and or do **figure eight** and close energy field.

Parkinson's Disease or Parkinson's symptom's and Motor Neuron Disease

1. Apply 1 to 4 of the general programme plus **eyes, forehead, ears and nose protocols**
2. Do the spine protocol.
3. Energise the problem area 3 minutes and 2 minutes to clear (e.g. joints, kidneys, bladder, lungs)
4. Also, do area of tremors if any, especially at side of head, behind ears plus down the neck to the shoulder line and down the arm and hand to fingers, take out pain if necessary – and repeat.
Note: Clearing sweep procedure for brain from the opposite side of the brain to tremors, clearing all the way down the legs and out.
Note: Stimulate the tremor area (arm/leg) all the way down and check as you go if the area is clear.
5. Abdominal breathing (3 deep breaths) and visualisation.
6. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Epilepsy (Grandmal, Petimal)

1. Apply 1 to 4 of the general programme
2. Do protocol for spine.
3. Do protocol for **ears, throat, eyes and forehead.**
4. Abdominal breathing and visualisation 5 minutes and clear for 2 minutes.
5. **Always check if you can scan and do figure eight** and close the energy field and balance at tan tien.

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Tumours

1. Apply 1 to 4 of the general programme.
2. Stimulate and energise the spine.
3. **Do eye and ear protocol.**
4. Energise the tumour area hands on the area or above (3mins). Do not flick/disperse the energy of the tumour area. Pull the energy straight out to clear. **Always check** if you can go in again on the damaged area and for how many minutes, how many times. Be aware you must not move the cells all over the body.

Notes:

- Negative tumours can be energised (hands off) once you have checked first.
 - Negative tumours check if you can energise more than once and clear more than once.
 - Positive tumours - most likely do not energise. Check first. Check to stimulate from the throat area.
 - Positive tumours – if energising following checking - hands off only
 - Positive tumours – may clear only
 - Ask size of tumour and re-ask after treatment and at the start and end of each session.
 - Check if you can do feet protocol as this will send energy up to the brain area.
 - Most important do not spread the cells.
5. Gently pull out energy, up, out and away from the damaged area 5/7 times.
 6. Energise again (2 mins) hands on or above.
 7. Balance, clear and seal the area.
 8. Abdominal breathing (3 deep breaths) and visualisation.
 9. Clear abdominal area and field – balance
 10. **Always check if you can scan or do figure 8**, instead do the anti-clockwise movement to balance each chakra and close the energy field.

Please note some tumours may be benign or active (cancerous)

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Business Planning

Step 1: Do Your Research

- Who else is working offering the same/similar services in your catchment area?
- What are they charging?
- Who is their target market?
- What successes and challenges have other similar business had in your catchment area – network with BETA and other networking channels.
- Where does the demand come from for current similar businesses?

Step 2: Make a Plan

- What are you going to offer? Where? When? How? What action will you need to take?
- Who is your target market? General or defined?
- Will you work full-time/part-time?
- What days/times will you work?
- What type of environment do you need for your work?
- Do you have support/contacts within your network for sales, marketing, promotion, general networking?
- How many clients would you like to see in a week?
- Are you including clients within your gratitude practices and on your manifestation list?
- Detail the pros and cons of your business – risk planning
- Work out where you want to be and then take action on each stepping stone until you make it happen
- Have you any blocks coming up regarding setting up a business and working for yourself/selling yourself? – EFT
- Do you have any blocks about accepting money for doing healing work? – EFT
- Is there a demand for what you are offering?
- Do you know the energetic monetary value that is good for you to charge your clients for a session/group of sessions?
- Have a doable, non-stressful plan that works and gets you clients. The more time you have to spend on what you love to do by having as much time as possible for this the better. Having a practical plan to help you:
 - Know what you need to do, and when.
 - Stay focused on your business and don't get overwhelmed.
 - Use whatever time you have productively so you actually get somewhere.
- What equipment do you need to have to set up your business, where can you get this and how much will it cost? Do you need everything right now? (Chairs, plinth, candles, blankets, music, laptop, printer, paper etc.)

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Step 3: Plan Your Finances

- Do you need financial support with your business set-up?
- Are there any grants / funding available for start-up businesses?
- Will you need to write a business plan to secure any funding / support?
- What is the initial outlay that you will need to have to support you in your set-up?

Step 4: Choose a Business Structure

- Will you set up as a sole trader? Ltd. Company etc., will you be registering to pay VAT?
- Accounting reports can vary depending on your business set-up

Step 5: Pick and Register Your Business Name

- Register with the CRO online
- What type of name will you choose? Will it be targeted towards your clients?

Step 6: BETA membership and Insurance

- Membership of BETA offers discounted insurance
- Decide who your insurance provider will be
- If working from home advise your home insurer

Step 7: Choose Your Accounting System

- How will you track income and expenses?
- Will you use paper, excel, an accounting partner?
- What budget do you need to have available to cover expenses for the week, month, year?

Step 8: Your Website

- Will you develop your own website? (Wordpress, Sqaurespace) Or do you know a provider who can support you with this?
- Who will host your website? Domain costs?
- Email service costs?
- What content do you want on your website? Will you have an online booking system?
- Will you have a blog?

Step 9: Set Up Your Business Location

- Will you work from home or from a rental space or other location?
- What items do you need to have? Chair / plinth / candles / music
- What is the treatment environment like? Open window? Fresh air/natural light etc.

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Step 10: Your Support Team

- Will you work by yourself or work as part of a team? If working by yourself do you need to have interaction with peers and how will you secure this?
- Are there networking opportunities available to you?

Step 11: Promotion






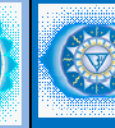
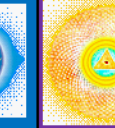






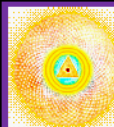
- How will you promote/advertise your business?
- Website development
- Organise a logo design if you need one - Fiverr
- Create edited photos and an online header using Canva.com
- Get good pictures of yourself, your therapy room, some equipment you use etc.
- Planning what, and how often you'll post. Schedule your posts on Facebook so you don't have to be online constantly. Postcron and many other software options are a really good, and inexpensive way to schedule posts on Facebook and lots of other social media platforms
- Developing flyers / posters
- Social media
 - Facebook, Instagram, Twitter, LinkedIn, YouTube (channel)
 - Facebook Blueprint for training
 - Facebook Groups
- Network with local business groups and peer groups (in person and online) – check the local enterprise office to see if networking opportunities exist for your area?
- Attend fairs etc.
- Radio/tv interviews
- Advertising in local or national media – are you aware of the costs? Or special offers/discounts?
- Advertising on discount sites
- Advertising in local businesses, health clinics, holistic practices, libraries
- Develop an email database/ mailing list – be mindful of GDPR and ensure an Opt-Out is available
- Online Directories - Cold call/email
- Connect with people on a daily basis
- Partner with a local business
- Give presentations
- Volunteer at local community events
- Volunteer or offer discounts at start-up phase to local healthcare establishments

Step 12: Managing your Promotion

- Know your costs and budget for weekly, monthly, annual spend
- Break your promotion plan down into small, manageable tasks
- Meet with an adviser or a trusted friend to talk your idea/s over with

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Chakra System Development

CHAKRAS		ROOT	SACRUM	SOLAR PLEXUS	HEART	THROAT	THIRD EYE	CROWN	
		FEAR	FEELINGS	PROACTIVITY	HARMONY	PHILOSOPHY	WISDOM	SPIRITUALITY	
									
ROOT	FEAR		1. Surviving	2. Awakening of feelings (I want, I don't want)	3. Active discovery of the World. Asking "What's that?"	4. Happiness of socialising, body is stabilised	5. Attempts to understand the World	6. First experience and teaching others	7. Craving for the mysterious and the unknown
SACRUM	FEELINGS		8. Misunderstanding of new desires, awakening of hormones	9. First love. Feeling are getting out of control	10. Establishing relationships with the opposite sex	11. Friendship in different forms	12. Understanding of the difference between the sexes. Interest in studying the philosophy of friendship and love	13. First stable understanding of loyalty, honesty, and morality	14. Attempts of spiritualization of the relationships with other people, possibly in poetic way
SOLAR PLEXUS	PROACTIVITY		15. Fear of love, fear of the future, fear of studying away from home	16. Sweet 16. The time of engagement in an active form of love, a relationship. The age that one is first able to find pleasure	17. Selfish love. Don't care about anyone!	18. Desire to get understanding from everyone	19. Philosophising about love, idea of family life	20. First realizations, possibly first divorce	21. Search for the spiritual side of the partner, or development together
HEART	HARMONY		22. Fear of living together whole life, fear to stay alone for the rest of the life	23. Respecting others feelings, understanding about the needs of people	24. Care about every aspect of your life and family members	25. Stability and harmony in life. First signs of boredom	26. Thought of the destination and meaning of life	27. Foundation of the philosophy of mother and father	28. Desire to raise benevolent kinds and leave a mark in this World
THROAT	PHILOSOPHY		29. Fear of the future, realization of your silliness	30. Attempts to prove yourself that you can be happy through your feelings	31. Justifying your activities, its importance and indispensability	32. Attempts to combine your destination and work	33. Maturation of the philosopher	34. Ability to change and adapt in your work place and family	35. Spiritualization of your work, family life etc.
THIRD EYE	WISDOM		36. Fear of socializing with the conscious people, fear of losing balance of life	37. Control of feelings, joy of first philosophical realizations	38. Active socializing with wise people	39. Finding yourself in the system of wisdom	40. Ability to prove your point to others	41. Wiseman is ready	42. Understanding that wisdom leads to spirituality
CROWN	SPIRITUALITY		43. Fear before getting involved in spirituality	44. Spiritual pleasure, spiritualization of the feelings	45. Systematization of spirituality	46. Search for spiritual harmony and connections	47. Understanding of the philosophy of the spiritual development	48. Ability to give spiritual advices	49. A teacher of the highest ideals

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How Our Age Relates to the Chakra System

2 years old (root + sacral): At age two, we are still in the root chakra cycle, focusing on the Earthly elements, but we start to develop feelings, as this year is tied to the sacral chakra. The sacral chakra is all about sexuality, creativity, and emotions. We have a strong attachment to our loved ones at this age and we start to develop preferences, likes, and dislikes.

3 years old (root + solar plexus): At age three, still in the root chakra cycle, we are tied to the solar plexus. The solar plexus is the chakra related to our “I am” presence, our sense of self, and our understanding of how we work in relation to the rest of the world. At three years old, we start to understand who we are in relation to others, as we start to actually observe the world.

4 years old (root + heart): At age four, we’re still in the root chakra cycle, but we’re entering into the heart chakra year. Our heart chakras represent love and connection, in regards to both ourselves and others. When imbalanced, the heart can be overbearing or afraid to love, but when balanced, it allows our love and interconnectedness to shine through. At age four, we are still learning our connection to the Earth and becoming more familiar with it, and we begin to express love towards family and friends even more. We start to become more sociable as we attend pre-school and kindergarten.

5 years old (root + throat): At age five, we are in the root cycle but enter into the throat year. The throat chakra is all about communication and self expression, as well as developing a healthy balance of listening and speaking. Children at age five typically start school and begin to articulate their words better as well as start speaking more.

6 years old (root + third eye): At age six, we are in the root, but the third eye year. The third eye is all about intuition, the pineal gland, and learning to critically think. At age six, we begin to think for ourselves a little more and are better at communicating knowledge and thoughts to others, as we are starting to understand them better ourselves.

7 years old (root + crown): At age seven, we enter into the final stage of the root chakra cycle as well as the year of the seventh chakra, the crown. The crown chakra is the one that connects our spirituality to the rest of the world, and ties our consciousness to the collective. It’s at this age that children begin to develop a greater curiosity for the world around them, particularly the unknown and the mysteriousness of our universe.

As you can see, the seven year cycle has a general theme, so in the case of ages one through seven, it’s the root chakra, but then each year has a corresponding chakra to it. Now that you have a greater understanding of how the cycles work, I’ll summarize each of the following cycles in relation to the stages of development.

Ages 8-14 (the sacral chakra): In this cycle, we enter into the sacral chakra, which is all about sexual energy, creativity, and learning to feel our emotions and express them freely. During this stage of development, we begin to experience sexuality for the first time, and often times people develop their first “crushes” during this period. Young women will often get their periods within this timeframe and both females and males will start to develop a greater understanding of their sexuality and what reproduction is as well. It’s in this timeframe that many children will experience their first relationship and gain a better understanding of what both sexes represent.

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Ages 15-21 (the solar plexus chakra): This cycle is governed by the solar plexus chakra, which is our sense of Self and understanding of who we are as souls and as people. Many kids experience teen angst and become more selfish or introspective as they develop a stronger sense of who they are. We also start to objectively look at who we are in relation to other people and how our personalities affect our relationships and overall perspectives. People often develop strong hopes and dreams at this point in time, as we gain a better understanding of what we want out of life and what our purpose here on Earth is (or what we perceive it to be).

Ages 22-28 (the heart chakra): This is when we enter into the heart chakra cycle, which is governed by a love for both ourselves and others. Many people often meet their life partners during this time, especially as society puts pressure on people to get married within this timeframe. It's here that many people look inwards and develop a greater love for themselves, which they are then able to apply outwards to their relationships and overall appreciation for life and all people. Many people also start to think about how they want to make a mark on the world, as they have a stronger appreciation for Earth and the people living here as our hearts continue to open up.

Ages 29-35 (the throat chakra): This cycle relates to the throat chakra, which is in charge of our communication skills and our ability to express ourselves. It's in this stage of development that many people truly find their voice and are comfortable with who they are, thus allowing them to express themselves more freely and openly. Many people find their life's purpose during this time, or begin to refine it, because they've developed a greater ability to communicate what they want.

Ages 36-42 (the third eye chakra): At this time, people enter into their third eye chakra cycle, which is all about intuition, wisdom, and synthesizing information. Tons of people begin to have epiphanies or are able to better understand the knowledge they've gained from life up until now and then how to use it effectively. Many people fall too strongly into their belief systems and allow them to govern their lives during this stage, as they have an imbalance in the third eye.

Ages 43-49 (the crown chakra): The final cycle is related to the crown chakra, the chakra related to spiritual awakenings, the collective consciousness, and our spiritual connection to all beings and all things in creation. It's during this time that many people begin to fear the unknown or death, often meaning they have a block in the crown chakra. This stage in life can also peak people's interests in spirituality and the interconnectedness of the world, and so many people develop a greater craving for knowledge and understanding of the universe, which is often reflected into reality as a "mid-life crisis."

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EFT – Forgiveness

We are taught that the brain can access two states of consciousness, awake and asleep. However there are many other states that our brain can access. We access these all the time without realising. There are four primary brain wave states that we know the most about: alpha, beta, delta, and theta. Research also shows us that there is possibly more than 30 individual brain wave states available to us.

We are trained to function on beta wave frequency. This is the frequency associated with speed, precision, problem solving, and unsurprisingly, *stress*. There are so many more states we can access that can open up unique abilities in us and enhance our focus, creativity, and productivity. Alpha waves are associated with high creativity, compassion, insight, forgiveness and love. Research has found that single biggest factor suppressing alpha waves are holding on to grudges and anger.

Where does forgiveness fit in the picture?

We are able to measure the brain wave frequency of the different brain wave states that we can enter. Studies show that when we forgive, we're actively accessing a higher level of consciousness. We pull ourselves out of the wired, anxiety-ridden beta state and begin to enter the alpha brainwave state. What makes the alpha brainwave state so special? Alpha brain waves are associated with deep meditation, creativity, and actually have the power to alleviate deep depression and anxiety. The power of forgiveness can't be understated.

It's easy to hold a grudge. Especially when you feel certain that you've been wronged. It's much, much harder to forgive. But recent research shows that we may want to consider forgiving more often. When you hold onto hatred, resentment, and blame, you're really only hurting yourself. When you forgive, you liberate your mind to access higher levels of consciousness.

Ask a psychologist for the definition of forgiveness and he will say, *"it is a conscious decision to release feelings of resentment toward a person who has harmed you, regardless of whether they actually deserve it."*

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In order to start embracing the power of forgiveness, you need to understand that forgiving doesn't revolve only around you. Yes, you are the one whose ego was hurt and who will perform the action of forgiving. But, besides thinking only about yourself you also need to look at the entire situation from the other person's perspective.



If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all.

-Yogi Bhaian

-Yogi Bhaian

baioq of time ceaze to react at all
a tivo, lli' not nedi' nonq a qeioz' qzeq loz wll' a
reioz' qzeq loz wll' a tivo, lli' not nedi' nonq a
qeioz' qzeq loz wll' a tivo, lli' not nedi' nonq a

Why Should You Forgive?

Why would anyone want to forgive someone who has wronged them in the past?

Keep in mind that forgiving does not mean letting someone off the hook for their wrongdoings or completely forgetting about the past. It certainly does not mean remaining in touch with the person who hurt you and tolerating their future maltreatment. What forgiveness means is setting yourself free so you can move on.

The reason why you should forgive people is not to free them from the blame, but to transform your own anger and hurt into healing and positivity. Just like Joan Borysenko said, "you can forgive someone and still call the police and testify in court."

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How Can Forgiveness Help You?

Forgiving can help you improve your mental and emotional health because it leads to overcoming feelings of rage, anxiety, and depression. It will help you stop thinking about the suffering of the past and become able to improve your future. Forgiveness can improve both your psychological and physical well-being.

In the physical domain, forgiveness is often related to lower heart rate, lower blood pressure, and greater stress relief. It can also reduce fatigue and improve sleep quality. In terms of the psychological domain, forgiveness will eliminate the negative experience of stress and inner conflict and at the same time help you restore positive feelings, behaviours, and thoughts.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else — you are the one who gets burned. — Buddha

Forgiveness is like a muscle — it must be trained (under the right conditions) so it can be strengthened.

The 3 requirements to practice and develop your ability to radically forgive are

1. Adversity. Turn your obstacles into opportunities for growth.
2. Unconditional Acceptance. Accept things as they are. You cannot change the past, but you can shape the future with your choice to live in the present moment.
3. Unconditional Empathy. Put yourself in the shoes of the person you want to forgive. Understand how and why they could have done what they did.

5 Steps To Saying “I Forgive You”

Once you have come to terms with your negative emotions, you are ready to forgive. 5-step method to reaching forgiveness.

1. Confront. Identify who you want to forgive, and what you want to forgive them for.
2. Understand. Determine what factors could have caused that person to act the way they did.
3. Empathize. Put yourself in their shoes, and truly empathize with their actions.
4. Transform. Create a positive and memorable lesson.
5. Forgive. You are ready to forgive when you have the capability to sincerely look them in the eye and genuinely give them a hug. Until then, they are not *fully* forgiven.

Forgiveness is not an occasional act, it is a constant attitude. - Martin Luther King Jr.

Source: Mindvalley

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Using EFT we look to practice the art of genuine forgiveness

Firstly write a list, go back as far as you can remember and bring yourself through all the years of your life where you feel a negative charge towards someone/some people who you feel have hurt or wronged you. This provides content for you to tap on. Take it slowly and work on one thing at a time.

We also look to practice general tapping on the topic of forgiveness

First round

- Karate chop point: It is my intention and I choose to forgive all those persons who have ever hurt and/or wronged me, and I deeply and completely accept myself
- Tapping points words to use: forgiveness, I release and let go of all and any "forgiveness" that I have been holding back, I release and let go now.
- On head point tap and say with a sigh of relief: It is gone, I have released all "forgiveness"

Second round

- Karate chop point: Karate chop point: I choose to send love and light to those persons who need to forgive me, and I deeply and completely accept myself
- Tapping points words to use: love and light to those who need to forgive me, I am calm, tranquil, happy

Third Round

- Karate chop point: Karate chop point: I choose to forgive myself for all wrongs and hurts I have caused to myself, and I deeply and completely accept myself
- Tapping points words to use: I am calm, tranquil, peaceful, happy, I allow total forgiveness of myself

It is not set in stone, you can bring your own words into these tapping sequences. Also remember no one need know that you are forgiving them, it is for your own healing and to open your heart.

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The Seven Spiritual Laws of Success

The Law of Pure Potentiality

When we realise that our true Self IS ONE OF PURE POTENTIALITY, we align with the power that manifests everything in THE UNIVERSE. Our social mask thrives on approval because it lives in fear. When we experience the power of the true Self, which is your spirit, your soul, there is an absence of fear. There is no compulsion to control, and no struggle for approval or external power. Ego based power will last only as long as the title, the job, the money lasts or whatever you base the Ego on.

To practice Pure Potentiality: Just BE, be silent for at least ½ an hour twice daily, to meditate and quieten the mind. Each day observe the beauty of nature, a setting sun or the sound of the ocean, the scent of a flower. Spending time in nature will give you access to qualities of infinite creativity, freedom and bliss.

Practice non judgment-through the day remind yourself not to judge yourself or others. Start the day with the statement 'Today I shall judge nothing that occurs'.

The Law of Giving

The universe operates through the dynamic of 'EXCHANGE'. Giving and receiving are different aspects of the flow of energy. Our willingness to give what we seek, keeps the abundance of the universe circulating in our lives. When blood stops flowing it begins to clot or coagulate. In the same way you must give and receive in order to keep wealth and affluence-or anything you want in your life circulating in your life. Money is like a river it must keep flowing, circulation keeps it alive and vital. Giving should be unconditional and from the heart. In fact the most powerful forms of giving are not material. The most precious gifts are the gifts of affection, caring attention, appreciation and love, and they don't cost you anything.

To Practice Giving: Bring a gift- a compliment, a flower or a prayer circulating joy, wealth and affluence in my life and the lives of others. It is important to be able to receive a gift gracefully from others such as a gift of money, a meal out, a compliment, a prayer. Each time you meet somebody silently wish them joy and laughter. Enjoy nature's gifts such as sunlight, the birds singing, walk's in the forest, the beach, the ocean and many more.

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The Seven Spiritual Laws of Success

Law of Intention and Desire

Slip into the Gap or Meditate. Realise your intentions and desires, between the gap and thought introduce the intention. This intention could be your goals if for example you want a successful career. Remain true to yourself, do not look at yourself through the eyes of the world, do not allow yourself to be influenced by the opinions and criticisms of others. Do not share your desires with anyone else unless your desires are closely similar. Relinquish your attachment to the outcome. It means enjoy every moment in the journey of your life, even if you don't know the outcome. Let the universe handle the details of your intentions and desires. Attention energises and intention transforms.

To Practice the law of intention and desire-make a list of all your desires, carry this list wherever you go. Look at the list before you go into silence and meditation. Look at it before you go to sleep at night and look at it when you wake up in the morning. Don't worry when things are not going your way the cosmic design has plans grander than those you have conceived. Remind yourself to practice present-moment awareness in all your actions.

The Law of Detachment

Relinquish your attachment to the known and step into the unknown, the field of all possibilities. In detachment lies the wisdom of uncertainty and freedom from the prison of past conditioning. Through the wisdom of uncertainty you will find security. Do not force solutions on problems thereby creating new problems, practice detachment. Accept uncertainty and solutions will spontaneously emerge out of problems. Uncertainty is your path to freedom. Open yourself to an infinity of choices and possibilities and experience all the fun, adventure, magic and mystery of life. When you are expressing uncertainty you are on the right path so don't give up.

The Law of Purpose in Life

Pay attention to the spirit within you that animates both your body and mind. Make a list of your unique talents and make a list of the things you love to do expressing your unique talents, this will create abundance in your life and the lives of others. Ask yourself daily 'How can I serve' and 'How can I help'. Help and serve your fellow human beings with love. We are all here for a reason and we all have a unique life purpose.

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The Law of Karma

It is important to become consciously aware that your future is generated by the choices you are making in every moment of life for you and those around you. Always follow your gut when you are making decisions. Be fully conscious in the present, what we sow we reap. Learn from your experiences for example if you break your leg it is the universe telling you to rest or slow down, you can convert adversity into a benefit. As long as the karma is evolutionary, for both the Self and everybody affected by it, then the fruit of the karma will be happiness and success.

1. Pay the karmic debt
2. Use every experience as a learning experience.
3. Transcend karma through meditation.

The Law of Least Effort

‘Do less and accomplish more’.

Acceptance in knowing that this moment is as it should be. Accept things as they are in the moment, not as you would like them to be. What is commonly called a ‘miracle’ is actually the expression of the law of least effort. ‘The past is history, the future is a mystery, and the moment is a gift’. When you are feeling upset by somebody, take responsibility for your feeling and change it. Every so called tormentor or tyrant will become your teacher. Reality is a personal interpretation-we all live in our own reality. All problems contain the seed of opportunity, and this awareness allows you to take the moment and transform it into a better situation. Become defenseless, drop the terrible burdens of defensiveness, resentment and hurtfulness only then will you become light hearted, carefree, joyous and loving. When you have the combination of acceptance, responsibility and being defenseless you will experience life flowing with effortless ease.

To Practice Least Effort-Practice acceptance in the moment.

Take responsibility: I know that taking responsibility means not blaming anyone or anything for my situation and this includes myself. I know that every problem is an opportunity in disguise.

Defenselessness: remain open to all points of view and not be rigidly attached to any of them. I am entitled to my own opinion and I am flexible and not rigid.

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Module 1 – 7 Protocol Overview

Protocol	Parts of the body	Chakra	Module
General programme 1-6	Bowel, anus, base of spine L1-L5, sacrum, coccyx, bones, teeth, legs, knees, hands,	Root	1
Root chakra malfunctions	allergies, blood disorders, nose, sexual organs (gonads)	Root	1
Reproductive system	Reproductive sys, sexual organs, lumbar plexus, bladder, prostate, pancreas	Sacral	2
Spine		Sacral	2
Eyes		Sacral	2
Sinus		Sacral	2
Liver	Muscular system, skin, stomach, liver, pancreas, diaphragm, lungs, adrenals, small & large intestine, upper colon, eyes, face	Solar plexus	3
Kidneys		Solar plexus	3
Small intestine, large intestine, colon		Solar plexus	3
Digestive problems		Solar plexus	3
Heart	Heart, lungs, thymus, breast, arms, shortness of breath, circulation, asthma, immune sys, chest, shoulder, upper back, blood pressure	Heart	4
Lungs		Heart	4
Breast		Heart	4
Thyroid/hyper-thyroid	Throat, jaws, ears, voice, neck, thyroid, lump in throat, stammer, in-ability to speak properly	Throat	5
Energising throat		Throat	5
Ear, vertigo, tinnitus		Throat	5
Brow	Eyes, face, brain, lymphatic sys, endocrine sys	Brow	6
Clear thinking brain		Brow	6
Eye problems		Brow	6
Sinus / hay fever		Brow	6
Mental problems, migraine		Brow	6
Chakra balancing		Brow	6
Cleanse chakras	Top of head, brain, skin, hormonal balance, entire nervous system, worry, migraine anxiety, immune disorders, mental problems, cognitive problems	Crown	7
Migraine		Crown	7
Brain Tumours		Crown	7
Parkinson's disease		Crown	7
Epilepsy		Crown	7
Sleep problems		Crown	7
Motor Neuron Disease		Crown	7

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Additional protocols

Legs, hips, knees, thighs, ankles, feet, hands, skeletal system Protocols (Root Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Note: For knee issues / inflammation - check if dropped arches and if orthotics needed, check related meridians. Check with pendulum how much lift needed. If knee inflammation check spleen meridian – check if uric acid has gathered at knees / hips. Check if cartilage damaged. Hips - arthritis - check spine for blocked energy - blocks can travel.

3. Energise the problem area 3 minutes and 2 minutes to clear
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Stomach and Colon Protocol (Solar Plexus)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

The stomach secretes acid and enzymes that digest food. Ridges of muscle tissue called rugae line the stomach. The stomach muscles contract periodically, churning food to enhance digestion. The pyloric sphincter is a muscular valve that opens to allow food to pass from the stomach to the small intestine. The colon is also called the large intestine. The ileum (last part of the small intestine) connects to the cecum (first part of the colon) in the lower right abdomen. The sigmoid colon is a short curving of the colon, just before the rectum. The colon removes water, salt, and some nutrients forming stool.

The stomach is the size of roughly 2 fists and can only fit that amount of food. Enzymes are needed for food to digest. Buy enzymes if needed - digestive liquescents (so nutrients can go to where they are needed).

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Shoulders Protocol (Heart Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Frozen elbow/shoulder can be difficult to clear on occasion and may need a number of additional sessions. Check if there is damage to the shoulder clavicle (collar bone). Check if the blocked energy is at the front or back of the shoulder.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Arms, Elbows, Hands (Heart Chakra)

6. Apply 1 to 4 of the general programme
7. Do the spine protocol (clear any blockages on the spine)

Check meridians. If pain, check what this is related to.

Elbow treatment: hold on elbow. Stimulate top and bottom. Question if there is blocked energy within the muscle. Check the number of minutes to stimulate. Note that pain in one arm can jump to the other arm when energy is clearing.

8. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
9. Abdominal breathing (3 deep breaths) and visualisation.
10. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Auto-immune programmes

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Energise with Bio energy where the main symptoms / pain is. Concentrate on symptoms. The body is attacking itself (e.g. thyroid auto-immune issue = bio energy). Energise the throat and thymus to build up the immune system - note: immune suppressants). Find out what the immune system

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is eating / check the medical diagnosis. Alopecia – throat chakra. Check meridians. Source of auto-immune issue can be checked.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Fibro-myalgia Protocol

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Pain all over the body. Locate the blocked energy. Energise with Bio energy where the main symptom / pain is. Ask where is worst pain. Energy blocks can be moving around the body. Treat as normal blocked energy. Check through kinesiology where the worst affected parts of the body are. Generally back and shoulders are to be treated. Foot protocol can release a lot. Check spine and clear any blocked energy. Lock your wrists as the stale energy can travel up your arms (ensure you reset your intention to protect your own energy). Check as you work regarding your hand movements - hand in right position / stay in this position / is it clearing? Can stimulate straight on pain / check yes/no. Is this 100% blocked energy in this section? Yes / no – and get this down to 0% blocked energy (may be more than one session).

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Tumours (General Programme + Spine – Pull out Weak Energy)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Negative tumours (right/left side). Q. PPT +/- = if no = tumour is here (is it neg/positive). Ask can I put hands on 1" out / 2" out etc. / 1 hand / 2 hands / fingers up / fingers down / tumour size? / get the size down / clear straight out. Cancerous: Q. e.g. if within the head - can I go near the head / can I stimulate (how long for?) / can I clear (how long/how many times?) / can I direct energy straight in? Can I direct energy up from the throat? Etc.

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3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Belief systems

Our belief systems are formed throughout our lives but especially from birth up to the age of six/seven. The core beliefs that we form about attachment, love and security are usually formed by up to the age of four as these are survival related.

How are our beliefs formed

Children have needs based behaviour. They live in their emotional mid brain up to the age of approximately six or seven. They live from their Delta and Theta brainwave states. Up to this age, their rational and logical thinking have not been fully developed yet.

An infant or child will have an experience where they are expressing a need, they will make a decision about that experience and can then form a belief around this. An example is crying in a cot to be picked up. No-one comes (stress hormones are elevated). They continue to cry and still no one comes. They decide no one is coming to get them and therefore might take on a perception that they are not lovable. Thus then translates into a core belief in life and gets hardwired carrying them up to adult life. They then may try to adapt behaviours to achieve a feeling that they are lovable. Or they may continue to view the world from the lens of this first experience and just constantly experience times in their life where this belief continues to be reinforced. The energy and dynamic of this can't change until the core belief is identified, released and new programming installed. The vibration they will resonate with in adult life will be linked to the original programming or belief of 'I am not lovable'. This is a simplistic but also an accurate way of looking at how beliefs can be formed.

Beliefs are also formed later in life but most core beliefs are formed from 0 – age 7. These patterns are not conscious, we don't consciously chose to have these. They are held in the sub-conscious. When we look at the Delta and Theta brainwave states, we can understand that the beliefs we took on from 0-7 years of age happened when we were in a type of hypnotic state during this period in our lives. The subconscious downloaded information that we perceived as fact and didn't rationalise this or look logically at it to discern if the information in our environment that we are perceiving is good or bad for us – it just is and is taken as fact.

These belief systems can then become like a magnet in life, attracting in more of what reinforces the belief. We then hear things like, that always happens to me. It has always been that way. Here is more and more proof that I'm not lovable. It's not until we begin to become aware of repetitive patterns in later life, that we can then question .. is this true for me .. is this true for everyone in the world.. is this a limiting belief.

Through the above process we can also acquire positive beliefs and these are not the issue. It's where we have taken on negative limiting beliefs that limit us having the most expanded, limitless life that we can have, that the challenge lies.

Brainwaves

Brainwaves are electrical impulses in the brain and are rhythmic or repetitive patterns of neural activity in the central nervous system. Oscillating electrical voltages in the brain measuring just a few millionths of a volt. An individual's behaviour, emotions, and thoughts are communicated between neurons within our brains. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other. Brainwaves occur at various frequencies. Some are fast and some are

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slow.

There are five widely recognized brain waves, and the main frequencies of human EEG waves are listed below. The classic names of these EEG bands are delta, theta, alpha, beta, and gamma. They are measured in cycles per second or hertz (Hz). We also have Infralow and research is showing that there are also others.

Frequency band	Frequency	Brain states
Gamma (γ)	35-42 Hz	Concentration
Beta (β)	12–35 Hz	Anxiety dominant, active, external attention, relaxed
Alpha (α)	8–12 Hz	Very relaxed, passive attention
Theta (θ)	4–8 Hz	Deeply relaxed, inward focused
Delta (δ)	0.5–4 Hz	Sleep
Infralow	< - 0.5	Very advanced state of meditation

How do we identify what our limiting beliefs are

Identifying limiting repetitive patterns holds a key to our limiting beliefs. Also looking at what we believe limits us (e.g. I never have enough money, money doesn't grow on trees). Core beliefs to look at as a starting point are also around feeling loved, feeling as if we are enough, fears and anxieties that we hold. What is blocking us from experiencing abundance, the life we want to have, the relationship we want to have. These are all starting points to identify limiting beliefs. It's also good practice to try to get to the key underlying belief. Some beliefs that we hold are reinforced beliefs and they're not the key underlying foundation belief. In this case it is good to dig with (where, what, why, when, first or worst time) to get to the underlying key belief that is holding the rest of the limiting belief system up.

How do we release limiting beliefs

There are many processes available in today's world to identify and release negative limiting beliefs. We can do this through intention within our Bio Energy session (with permission). We can also use EFT, which we can self-administer. Another is Theta Healing and Access Consciousness tools and processes. Bruce Lipton on his website www.brucelipton.com lists many forms of belief clearing treatments and he keeps adding to this list as more come on line and become popular.

Clearing limiting beliefs with intention and Bio Energy

It is important to not leave a void when clearing limiting beliefs. Limiting beliefs which are released should then have positive programming brought in in their place. For example, releasing the belief of I am not loved. Muscle test for the belief to check that it is there in that form. Ask permission for the belief to be released. Release with intention within your Bio Energy session. Bring in the awareness / programming for the positive aspect of that belief.

Intention: to clear I am loved no (the subconscious won't respond to positive negative statements such as wouldn't, shouldn't, not etc.)

Positive programming: I know what it feels like to feel loved (someone may have never experienced a particular feeling before in their life), it is safe to feel loved (or I have discernment to know when it's safe),

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I already feel loved, I am loved.

Points to note

Some people may not want to release limiting beliefs as there can be a perception of a secondary gain (e.g. if I remain ill my family will continue to visit me. If I am well I will be on my own).

Inflammation in the body

What Is Inflammation?

Inflammation is a natural process that helps your body heal and defend itself from harm. Inflammation is your body's way of protecting itself from infection, illness, or injury. As part of the inflammatory response, your **body increases its production of white blood cells, immune cells, and substances called cytokines that help fight infection.**

Classic signs of acute (short-term) inflammation include redness, pain, heat, and swelling.

Inflammation is harmful if it becomes chronic. Chronic inflammation may last for weeks, months, or years — and may lead to various health problems. That said, there are many things you can do to reduce inflammation and improve your overall health.

On the other hand, chronic (long-term) inflammation often occurs inside your body without any noticeable symptoms. This type of inflammation can drive illnesses like diabetes, heart disease, fatty liver disease, and cancer. Chronic inflammation can also happen when people are obese or under stress.

Acute and Chronic inflammation

Acute inflammation

An injury or illness can involve acute, or short-term, inflammation.

Acute causes: exposure to substance/pathogens (bee sting, dust), injury (tissue), infection

Acute symptoms - there are five key signs of acute inflammation:

- Pain: This may occur continuously or only when a person touches the affected area.
- Redness: This happens because of an increase in the blood supply to the capillaries in the area.
- Loss of function: There may be difficulty moving a joint, breathing, sensing smell, and so on.
- Swelling: A condition called edema can develop if fluid builds up.
- Heat: Increased blood flow may leave the affected area warm to the touch.

These signs are not always present. Sometimes inflammation is “silent,” without symptoms. A person may also feel tired, generally unwell, and have a fever.

Symptoms of acute inflammation last a few days. Sub-acute inflammation lasts 2–6 weeks.

- When the body detects damage or pathogens, the immune system triggers a number of reactions:
- Tissues accumulate plasma proteins, leading to a build-up of fluid that results in swelling.
- The body releases neutrophils, a type of white blood cell, or leukocyte, which move toward the affected area. Leukocytes contain molecules that can help fight pathogens.
- Small blood vessels enlarge to enable leukocytes and plasma proteins to reach the injury site more easily.

Persistent acute inflammation: In some cases, a person may not fully recover from acute inflammation. Sometimes, this can lead to chronic inflammation.

Factors that may increase the risk of chronic inflammation include: older age, obesity, a diet that is rich in unhealthful fats and added sugar, smoking, low sex hormones, stress, sleep problems

Chronic inflammation

How does chronic inflammation impact the body?

The symptoms will depend on the disease, but they may include pain and fatigue. When you have chronic inflammation, your body's inflammatory response can eventually start damaging healthy cells,

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tissues, and organs. Over time, this can lead to DNA damage, tissue death, and internal scarring. This can continue for months or years. It either has, or may have links to various diseases, such as: cancer, diabetes, cardiovascular disease (CVD), arthritis and other joint diseases, heart disease, obesity, asthma, neurodegenerative diseases, such as Alzheimer's disease, allergies, chronic obstructive pulmonary disease (COPD) and psoriasis.

Chronic inflammation can develop if a person has:

- **Sensitivity:** Inflammation happens when the body senses something that should not be there. Hypersensitivity to an external trigger can result in an allergy.
- **Exposure:** Sometimes, long-term, low-level exposure to an irritant, such as an industrial chemical, can result in chronic inflammation.
- **Autoimmune disorders:** The immune system mistakenly attacks normal healthy tissue, as in psoriasis.
- **Autoinflammatory diseases:** A genetic factor affects the way the immune system works, as in Behçet's disease.

Long-term diseases that doctors associate with inflammation include: asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, periodontitis, ulcerative colitis and Crohn's disease, sinusitis, active hepatitis. Inflammation plays a vital role in healing, but chronic inflammation may increase the risk of various diseases, including some cancers, rheumatoid arthritis, atherosclerosis, periodontitis, and hay fever.

Chronic causes: high amounts of sugar, refined carbs, trans fats (processed/packaged foods), vegetable oils (imbalance of omega6-omega3 fatty acids), excessive intake of alcohol, processed meat, inactive lifestyle, stress, hypersensitivity to an external trigger (can result in an allergy), pathogens that body can't break down (incl. some types of viruses, foreign bodies that remain in the system, exposure e.g. industrial chemical, autoimmune disorder (immune sys attacks normal healthy tissue), autoinflammatory disease: genetic factor.

Chronic symptoms: silent, tired, unwell, fever, tissue death, thickening, scarring or connective tissue, body's inflammatory response can start to damage healthy cells, tissues, organs. Overtime can lead to DNA damage, tissue death, internal scarring.

Remedy: Eat fewer inflammatory foods, eat more anti-inflammatory foods, meet body's need for vitamins, minerals, fiber and water, low-carb diet reduces inflammation, control blood sugar, make time to exercise, lose weight, manage stress

Measuring: When doctors look for inflammation, they test for a few markers in your blood, including C-reactive protein (CRP), homocysteine, TNF alpha, and IL-6. When inflammation is present in the body, there will be higher levels of substances known as biomarkers (biomarker C-reactive protein (CRP) (hs-CRP). Doctor may assess CRP levels (levels tend to be higher in older people and those with conditions such as cancer and obesity). Homocysteine levels are also measured to evaluate chronic inflammation. Medical practitioners also test for HbA1C (a measurement of blood sugar) to assess damage to red blood cells.

How is chronic inflammation treated?

Inflammation is a natural part of the healing process. But when it becomes chronic, it's important to get it under control to reduce your risk of long-term damage. Some of the options that have been explored for managing inflammation include: nonsteroidal anti-inflammatory drugs, steroids, supplements (fish

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oil, some spices – turmeric, cayenne, ginger, garlic). It is essential to identify and manage inflammation and related diseases to prevent further complications.

The Role of Your Diet

If you want to reduce inflammation, eat fewer inflammatory foods and more anti-inflammatory foods. Base your diet on whole, nutrient-dense foods that contain antioxidants and avoid processed products. Antioxidants work by reducing levels of free radicals. These reactive molecules are created as a natural part of your metabolism but can lead to inflammation when they're not held in check. Your anti-inflammatory diet should provide a healthy balance of protein, carbs, and fat at each meal. Make sure you also meet your body's needs for vitamins, minerals, fiber, and water. One diet considered anti-inflammatory is the Mediterranean diet, which has been shown to reduce inflammatory markers, such as CRP and IL-6. A low-carb diet also reduces inflammation, particularly for people who are obese or have metabolic syndrome. In addition, vegetarian diets are linked to reduced inflammation.

What can I do to reduce the risk of chronic inflammation?

You can control — and even reverse — inflammation through a healthy, anti-inflammatory diet and lifestyle.

Follow these six tips for reducing inflammation in your body:

1. Load up on anti-inflammatory foods
2. Cut back or eliminate inflammatory foods
3. Control blood sugar
4. Make time to exercise
5. Lose weight
6. Manage stress

6 foods that can cause inflammation

- Sugar and high-fructose syrup. Table sugar (sucrose) and high fructose corn syrup (HFCS) are the two main types of added sugar in the Western diet
- Sugary beverages (including juices)
- Desserts
- Refined carbs: White bread, white pasta, etc.
- Certain oils: Processed seed and vegetable oils like soybean and corn oil
- Artificial trans fats: Foods with partially hydrogenated ingredients
- Vegetable and seed oils
- Refined carbohydrates
- Alcohol: Excessive alcohol consumption
- Processed meat: Hot dogs, bologna, sausages, etc.
- Processed snack foods: Crackers, chips, and pretzels

6 Supplements that fight inflammation

- Alpha-Lipoic Acid. Alpha-lipoic acid is a fatty acid made by your body
- Curcumin. Curcumin is a component of the spice turmeric
- Fish Oil. Fish oil supplements contain omega-3 fatty acids, which are vital to good health
- Ginger

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- Resveratrol (skin of grapes, blueberries, raspberries, mulberries, and peanuts)
- Spirulina

Anti-inflammatory foods to eat

Include plenty of these anti-inflammatory foods:

- Vegetables: Broccoli, kale, Brussels sprouts, cabbage, cauliflower, etc.
- Fruit: Especially deeply coloured berries like grapes and cherries
- High-fat fruits: Avocados and olives
- Healthy fats: Olive oil and coconut oil
- Fatty fish: Salmon, sardines, herring, mackerel, and anchovies
- Nuts: Almonds and other nuts
- Peppers: Bell peppers and chili peppers
- Chocolate: Dark chocolate
- Spices: Turmeric, fenugreek, cinnamon, etc.
- Tea: Green tea

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Nervous System

Nervous system

A complex collection of nerves and neurons (specialised cells) that transmit signals. Body's electrical wiring.

Structure

2 components: central nervous system; peripheral nervous system.

- Central nervous system: brain, spinal cord, nerves
- Peripheral nervous system: consisting of the cranial, spinal, and peripheral nerves. Sensory neurons, ganglia (clusters of neurons), nerves connecting to one another and the central nervous system
- 3rd element: their motor and sensory endings.

Function

2 main **functional** subdivisions:

- Somatic (voluntary component)
 - Consists of nerves that connect the brain and spinal cord with muscles and sensory receptors in the skin
- Autonomic (involuntary component)
 - Regulates certain body processes, blood pressure, rate of breathing, that work without conscious effort

Nerves are cylindrical bundles of fibers that start at the brain and central cord and branch out to every other part of the body.

Neurons send signals to other cells through thin fibers called axons, which cause chemicals known as neurotransmitters to be released at junctions called synapses. There are over 100 trillion neural connections in the average human brain, though the number and location can vary. A synapse gives a command to the cell and the entire communication process typically takes only a fraction of a millisecond. Signals travel along an alpha motor neuron in the spinal cord 268 mph (431 km/h); the fastest transmission in the human body.

Sensory neurons react to physical stimuli such as light, sound and touch and send feedback to the central nervous system about the body's surrounding environment. Motor neurons, located in the central nervous system or in peripheral ganglia, transmit signals to activate the muscles or glands. Glial cells, derived from the Greek word for "glue," are specialized cells that support, protect or nourish nerve cell

Nervous system dis-eases

Of all the diseases of the nervous system, the most common difficulty that people have is pain, and much of that is nerve-related.

Patients with nerve disorders experience functional difficulties, which can result in conditions

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such as:

- Epilepsy, in which abnormal electrical discharges from brain cells cause seizures
- Parkinson's disease, which is a progressive nerve disease that affects movement
- Multiple sclerosis (MS), in which the protective lining of the nerves is attacked by the body's immune system
- Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, is a motor neuron disease which weakens the muscles and progressively hampers physical function
- Huntington's disease, a condition that causes the nerve cells in the brain to degenerate
- Alzheimer's disease, which covers a wide range of disorders that impacts mental functions, particularly memory.

The nervous system can also be affected by vascular disorders such as:

- Stroke, which occurs when there is bleeding on the brain or the blood flow to the brain is obstructed;
- Transient ischemic attack (TIA), which are mini-type strokes that last a shorter period of time but mimic stroke symptoms; and
- Subarachnoid haemorrhage, which is specifically bleeding in the space between the brain and the surrounding membrane that can be the result of a trauma or rupturing of a weak blood vessel;
- Infections such as meningitis, encephalitis, polio, and epidural abscess can also affect the nervous system.

Treatments vary from anti-inflammatory medications and pain medications such as opiates, to implanted nerve stimulators and wearable devices. Many people also turn to herbal and holistic methods to reduce pain, such as acupuncture, Bio Energy etc.

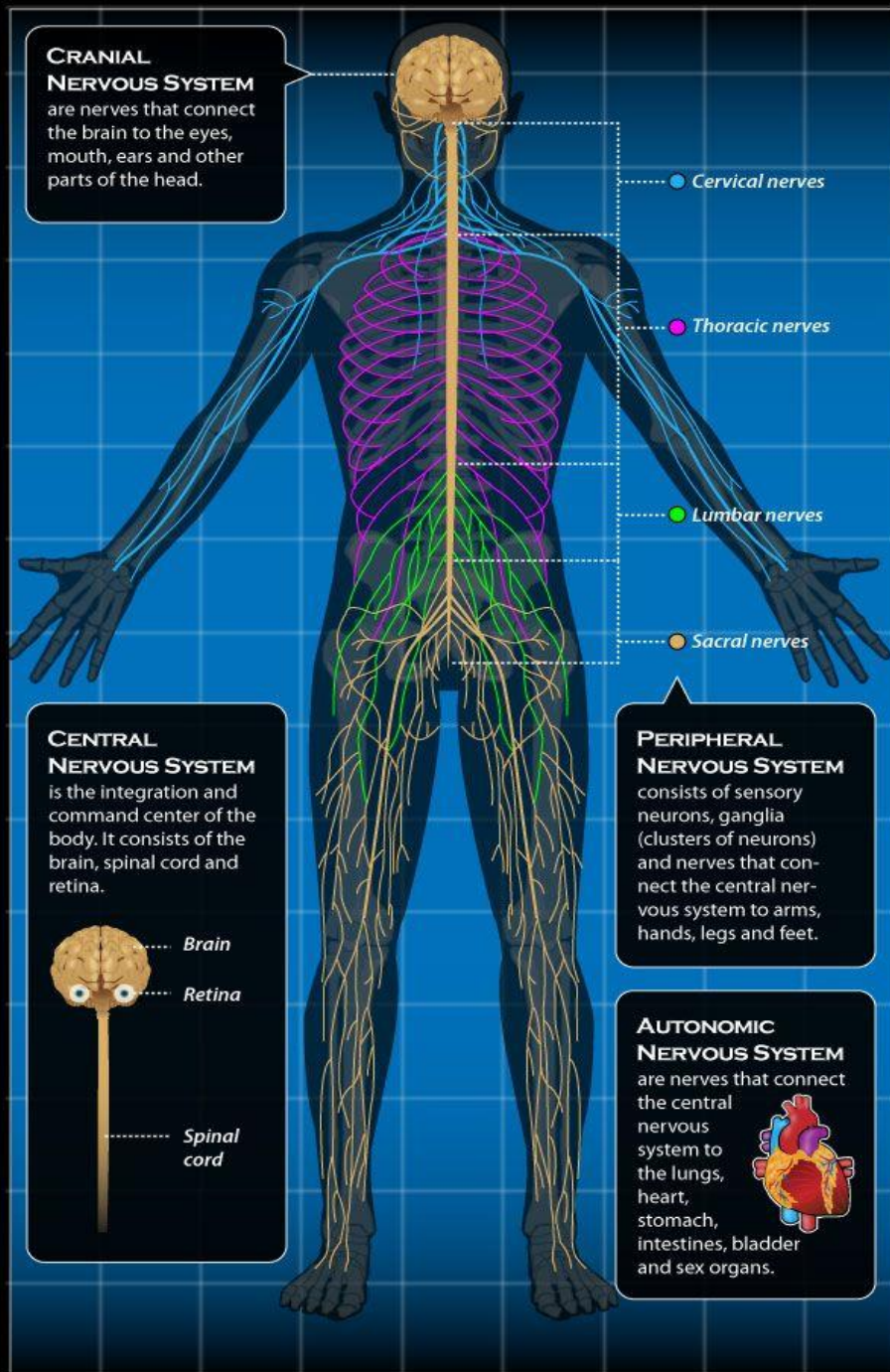
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Nervous System

Nervous system	All aspects functioning %	Energy blocks	Infection levels %
Central N/S: (Brain/Spinal Cord)			
Peripheral N/S: (Somatic (voluntary) /Autonomic (involuntary) nervous systems)			
Sympathetic N/S (Autonomic - involuntary) (Stress response)			
Para sympathetic N/S: (Autonomic - involuntary)			
Somatic (relay information to/obey commands from) central NS			
Sublingual gland (smallest of the three major salivary glands)			
Pelvic nerves (present either in the abdominal wall, in and around the pelvic cavity, and in the groin and perineal area)			
Vagus nerve (runs from the brain through the face and thorax to the abdomen)			
Nerves emanating from medulla (glossopharyngeal nerve (9), vagus nerve (10)' accessory nerve (11), hypoglossal nerve (12))			
Nerves emanating from midbrain (oculomotor (3) and the trochlear (4))			
Chemical neurotransmitters: acetylcholine, norepinephrine, serotonin, and others. Nerves: Cholinergic nerves, somatic motor nerves, preganglionic sympathetic nerves, preganglionic nerve, postganglionic nerve.			

NERVOUS SYSTEM

The nervous system, essentially the body's electrical wiring, is a complex collection of nerves and specialized cells known as neurons that transmit signals between different parts of the body. Vertebrates, animals with backbones and spinal columns, have central and peripheral nervous systems.



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Brain

The brain is the enlarged, head end of the central nervous system; it occupies the cranium, or brain case. The term cerebrum (L., brain; adjective cerebral) generally means brain, but sometimes is used for the forebrain and midbrain only. Encephalon, of Greek origin, is found in such terms as encephalitis, which means inflammation of the brain.

The brain presents three main divisions: forebrain (prosencephalon), midbrain (mesencephalon), and hindbrain (rhombencephalon). The forebrain in turn has two subdivisions, telencephalon (endbrain) and diencephalon (interbrain). The hindbrain likewise has two subdivisions, the metencephalon (afterbrain) and the myelencephalon (marrowbrain). The bulk of the brain is formed by two cerebral hemispheres, which are derived from the telencephalon. The hemispheres are distinguished by convolutions, or gyri, which are separated by sulci. The diencephalon lies between the hemispheres. It forms the upper part of the brain stem, an unpaired stalk that descends from the base of the brain. The brain stem is formed by the diencephalon, midbrain, pons, and myelencephalon, or medulla oblongata. The last is continuous with the spinal cord at the foramen magnum. The cerebellum is a fissured mass of grey matter that occupies the posterior cranial fossa and is attached to the brain stem by three pairs of peduncles. Twelve pairs of cranial nerves issue from the base of the brain and brain stem.

The cerebral cortex, which is the most superficial part of the hemispheres and is only a few millimeters in thickness, is composed of grey matter, in contrast to the interior of the hemispheres, which is composed partly of white matter.

Grey matter consists largely of the bodies of nerve and glial cells, whereas white matter consists largely of the processes or fibers of nerve and glial cells.

The interior of the cerebral hemispheres, including the diencephalon, contains not only white matter but also large masses of grey matter known collectively as basal ganglia. This term is a misnomer since the term "ganglion" should be reserved for collections of nerve cell bodies outside the central nervous system and nuclei should be used for collections of neurons inside. Therefore, it would be more appropriate to call these "basal nuclei" however, that term is reserved for another structure.

The cerebellar cortex, like the cerebral, is composed of a thin rind of grey matter. The interior of the cerebellum is composed mainly of white matter, but also contains nuclei of grey matter. The brain stem, by contrast, contains nuclei and diffuse masses of grey matter in its interior. The interior of the brain also contains cavities termed ventricles, which are filled with cerebrospinal fluid.

Functions

The highest mental and behavioural activities characteristic of humans are mediated by the cerebral hemispheres, in particular by the cerebral cortex. Important aspects of these functions are learning and language. In addition, there are association mechanisms for the integration of motor and sensory functions.

Some areas of the cerebral hemispheres control muscular activity, and their nerve cells send processes to the brain stem and spinal cord, where they are connected with motor neurons, the processes of which leave by way of cranial nerves or ventral roots in the spinal cord. Other areas are sensory and receive impulses that have reached the spinal cord by way of peripheral

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nerves and dorsal roots, and have ascended in the spinal cord and brain stem by pathways that consist of a succession of nerve cells and their processes. Fibers that ascend and descend in the brain and spinal cord often segregate into bundles having similar courses and functions, known as "tracts" are generally grouped into tracts. The tracts are usually named according to their origin and destination, e.g., corticospinal.

The brain stem contains, in addition to tracts that descend and ascend through it, collections of cells that (1) comprise major integrating centres for motor and sensory functions, (2) form the nuclei of most cranial nerves (all of the cranial nerves except the first are attached to the brain stem), (3) form centres concerned with the regulation of a variety of visceral, endocrinological, behavioural, and other activities, (4) are functionally associated with most of the special senses, (5) control muscular activity in the head and part of the neck, (6) supply pharyngeal arch structures, and (7) are connected with the cerebellum.

The cerebellum is concerned with the automatic regulation of movement and posture, and the learning of new motor patterns. It functions closely with the cerebral cortex and the brain stem.

Spinal cord

The spinal cord is a long, cylindrical mass of nervous tissue, oval or rounded in transverse section. It occupies the upper two-thirds of the vertebral canal. In contrast to the cerebral hemispheres, grey matter is found in the interior, surrounded by white matter.

The neurons of the spinal cord include (1) somatic motor cells, the axons of which leave by way of ventral roots and supply skeletal muscles; (2) autonomic motor cells, the axons of which leave by way of ventral roots and go to autonomic ganglia; and (3) transmission neurons that give rise to ascending projections to the brain and to connections with other spinal cord levels; and (4) interneurons, which connect with other neurons at the spinal level and are concerned with sensory and reflex mechanisms. The white matter contains ascending and descending tracts. Some ascend to or descend from the brain, whereas others connect cells at various levels of the cord.

Attached to the spinal cord on each side is a series of spinal roots, termed dorsal and ventral according to their position. Generally there are 31 pairs, which comprise 8 cervical, 12 thoracic, 5 lumbar, 5 sacral, and 1 coccygeal. Corresponding dorsal and ventral roots join to form a spinal nerve. Each spinal nerve divides into a dorsal and a ventral ramus, and these are distributed to various parts of the body.

The spinal cord carries out sensory, integrative, and motor functions, which can be categorized as reflex, reciprocal activity (as one activity starts, another stops), monitoring and modulation of sensory and motor mechanisms, and transmission of impulses to the brain.

Meninges and cerebrospinal fluid

The brain and spinal cord are surrounded and protected by layers of non-nervous tissue, collectively termed meninges. These layers, from without inward, are the dura mater, arachnoid, and pia mater, and are described in more detail elsewhere. The space between the arachnoid and the pia mater, the subarachnoid space, contains cerebrospinal fluid (C.S.F.). The ventricles of the brain contain vascular choroid plexuses, from which C.S.F., an almost protein-free liquid, is formed. This fluid circulates through the ventricles, enters the subarachnoid space, and eventually filters into the venous system. CSF protects the brain which basically floats. It serves to minimize damage from blows to the head and neck.

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Blood supply

The brain is supplied by the cerebral branches of the vertebral and internal carotid arteries, the meninges mainly by the middle meningeal branch of the maxillary artery. The spinal cord and spinal roots are supplied by the vertebral arteries and by segmental arteries. Peripheral nerves are supplied by a number of small branches along the course of the nerves.

Peripheral nervous system

A nerve is a collection of nerve fibers that is visible to the naked eye. The constituent fibers are bound together by connective tissue. Each fiber is microscopic in size and is surrounded by a sheath formed by a neurilemmal cell (comparable to the glial cells of the central nervous system). Hundreds or thousands of fibers are present in each nerve. Thus, according to the number of constituent fibers, a nerve may be barely visible, or it may be quite thick. A nerve as a whole is surrounded by a connective tissue sheath, the epineurium. Connective tissue fibers run inward from the sheath and enclose bundles of nerve fibers. Such bundles are termed fasciculi (funiculi); the connective tissue that encloses them is called perineurium. Very small nerves may consist of only one fasciculus derived from the parent nerve. Finally, each nerve fiber and its neurilemmal sheath are enclosed by a connective tissue sheath termed endoneurium.

Peripheral nerve fibers may be classified according to the structures they supply, that is, according to function. A fiber that stimulates or activates skeletal muscle is termed a motor (efferent) fiber. A fiber that carries impulses from a sensory ending is termed a sensory (afferent) fiber. Fibers that activate glands and smooth muscle are also motor fibers, and various kinds of sensory fibers arise from endings in viscera. Consequently, a more detailed classification of functional components is sometimes required.

Spinal nerves

The spinal roots, which are anchored to the spinal cord, consist of a dorsal root, attached to the dorsal aspect of the spinal cord, and a ventral root, attached to the ventral aspect of the cord. Each dorsal root (which contains sensory fibers from skin, subcutaneous and deep tissues, and often from viscera also) is formed by neuronal processes that carry afferent impulses into the spinal cord and which arise from neurons that are collected together to form an enlargement termed a spinal (dorsal root) ganglion. The peripheral processes from the dorsal root ganglion neurons arise directly within the organ or structure from which they are conveying sensation. Each of the ventral roots (which contain motor fibers to skeletal muscle, and of which many contain preganglionic autonomic fibers) is formed by processes of neurons in the grey matter of the spinal cord. While the projections from the motor neurons to skeletal muscle go directly to their termination in the muscle, the autonomic motor axons synapse on neurons in a ganglion (hence the term preganglionic). The neurons in the ganglion (postganglionic neurons) have axons that reach their target on glands or smooth muscles. Basically, dorsal roots are afferent, ventral roots efferent. The corresponding dorsal and ventral roots join to form a spinal nerve. Each spinal nerve then divides into a dorsal and a ventral primary ramus.

Distribution of spinal and peripheral nerves

The dorsal primary rami (or just dorsal rami) of spinal nerves supply the skin and muscles of the back. The ventral primary rami (ventral rami) supply the limbs and the rest of the trunk. The

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ventral rami that supply the thoracic and abdominal wall remain relatively separate throughout their course. In the cervical and lumbosacral regions, however, the ventral rami intermingle to form plexuses, from which the major peripheral nerves emerge.

When the ventral ramus of a spinal nerve enters a plexus and joins other such rami, its component funiculi or bundles ultimately enter several of the nerves emerging from the plexus. Thus, as a general principle, each spinal nerve entering a plexus contributes to several peripheral nerves, and each peripheral nerve contains fibres derived from several spinal nerves. This arrangement leads to two fundamental and important types of distribution. Each spinal nerve has a segmental, or dermatomal, distribution. A dermatome is the area of skin supplied by the sensory fibres of a single dorsal root through the dorsal and ventral rami of its spinal nerve.

The mixture of nerve fibres in plexuses is such that it is difficult if not impossible to trace their course by dissection; hence, dermatomal distribution has been determined by physiological experimentation and by studies of disorders of spinal nerves. Methods have included stimulation of spinal roots, study of residual sensation when a root is left intact after section of the roots above and below it, study of the diminution of sensation after section of a single root, and study of the distribution of the vesicles that follow inflammation of roots and spinal ganglia in herpes zoster (shingles). Such studies have yielded complex maps, chiefly because of variation, overlap, and differences in method. Variation results from intersegmental rootlet anastomoses adjacent to the cervical and lumbosacral spinal cord and from individual differences in plexus formation and peripheral nerve distribution. Overlap is such that section of a single root does not produce complete anaesthesia in the area supplied by that root: at most, some degree of hypalgesia may result, particularly in the distal extremities, where overlap is less complete. By contrast, when a peripheral nerve is cut, the result is a central area of total loss of sensation surrounded by an area of diminished sensation.

There is little specific correspondence between dermatomes and underlying muscles. The general arrangement is that the more rostral segments of the cervical and lumbosacral enlargements of the spinal cord supply the more proximal muscles of the limbs, and that the more caudal segments supply the more distal muscles. A muscle usually receives fibres from each of the spinal nerves that contribute to the peripheral nerve supplying it (although one spinal nerve may be its chief supply). Section of a single spinal nerve weakens several muscles but usually does not paralyze them. Section of a peripheral nerve results in severe weakness or total paralysis of the muscles it supplies. Moreover, autonomic dysfunction occurs in the area of its distribution.

Cranial nerves

The 12 pairs of cranial nerves are special nerves associated with the brain. The fibres in cranial nerves are of diverse functional types. Some cranial nerves are composed of only one type, others of several.

Cranial nerves differ significantly from spinal nerves, especially in their development and their relation to the special senses and because some cranial nerves supply pharyngeal arch structures. They are attached to the brain at irregular rather than regular intervals; they are not formed of dorsal and ventral roots; some have more than one ganglion, whereas others have none; and the optic nerve is actually a tract of the central nervous system rather than a

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peripheral nerve.

Characteristic features of peripheral nerves

The branches of major peripheral nerves are usually muscular, cutaneous (or mucosal), articular, vascular (to adjacent blood vessels), and terminal (one, several, or all of the foregoing types). Muscular branches are the most important: section of even a small muscular branch results in complete paralysis of all muscle fibers supplied by that branch and may be seriously disabling. The importance of sensory loss varies, but such loss is most disabling in the hand, head, and face.

Peripheral nerves vary in their course and distribution, but not as much as blood vessels do. Adjacent nerves may communicate with each other. Such communications sometimes account for residual sensation or movement after damage to a nerve above the level of a communication.

Autonomic nervous system

The autonomic nervous system regulates the activity of cardiac muscle, smooth muscle, and glands.

The autonomic system can be considered as a series of hierarchical levels, with the higher levels producing more widespread and general functions. The highest level is the cerebral cortex, certain areas of which control or regulate visceral functions. These areas send fibers to the next lower level, the hypothalamus, located at the base of the brain. The hypothalamus is a coordinating center for the motor control of visceral activity. One of its many functions, for example, is the regulation of body temperature. The hypothalamus has nervous and vascular connections with the pituitary gland (hypophysis), by virtue of which it influences the pituitary and, through the pituitary gland, the other endocrine glands. The hypothalamus also sends nerve fibres to lower centres in the brain stem that are concerned with still more specific functions, for example, the reflex regulation of respiration, heart rate, and circulation. These centres function through connections with still lower centres, which are collections of nerve cells in the brain stem and spinal cord that send their axons into certain cranial and spinal nerves. It is characteristic of these axons that, unlike motor fibres to skeletal muscle, they synapse with multipolar neurons located in ganglia outside the central nervous system before they reach the structure to be supplied. The axons that pass from the central nervous system to these ganglion cells are termed preganglionic fibres. The axons of ganglion cells are called postganglionic fibres.

Sympathetic system

The sympathetic, or thoracolumbar, part of the autonomic system comprises the preganglionic fibres that issue from the thoracic and upper lumbar levels of the spinal cord. These fibres reach spinal nerves by way of ventral roots and then leave the spinal nerves, reaching adjacent ganglia by way of rami communicantes. These ganglia are contained in long nerve strands, the sympathetic trunks, one on each side of the vertebral column, extending from the base of the skull to the coccyx. Some preganglionic fibres synapse in ganglia that are studded along this nerve trunk, others continue to ganglia located anterior to the vertebrae, along the aorta (prevertebral or aortic plexuses), and still others synapse with cells in the medulla of the suprarenal (adrenal) glands. The postganglionic fibres either go directly to adjacent viscera and blood vessels or return to spinal nerves by way of other rami communicantes and, in the area of

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distribution of these nerves, supply the skin with (1) secretory fibres to sweat glands, (2) motor fibres to smooth muscle attached to hair follicles (arrectores pilorum), and (3) vasomotor fibres to the blood vessels of the limbs.

Parasympathetic system

The parasympathetic, or craniosacral, part of the autonomic system comprises the preganglionic fibres that issue from the brain stem (cranial nerves III, VII, IX, X, XI) and sacral part of the spinal cord (segments S2,3 or S3,4). The ganglion cells with which these fibres synapse are in or near the organs innervated. The postganglionic fibres are very short: apparently none go to blood vessels, smooth muscle, or glands of the limbs or body wall. Most viscera, however, have a double motor supply, sympathetic and parasympathetic, often with opposing roles.

Functions of the autonomic nervous system

By its role in central integrating mechanisms, the autonomic system is involved in behavioural and neuroendocrinological mechanisms, and in the processes whereby the body keeps its internal environment constant, that is, maintains temperature, fluid balance, and ionic composition of the blood. The parasympathetic system is concerned with many specific functions, such as digestion, intermediary metabolism, and excretion. The sympathetic system is an important part of the mechanism of reaction to stress.

Tooth-Organ Meridian Chart

Sense Organs	Inner Ear	Maxillary Sinus	Ethmoid Cells	Eye	Frontal Sinus	Frontal Sinus	Eye	Ethmoid Cells	Maxillary Sinus	Inner Ear		
Joints	Shoulder Elbow	Jaws	Shoulder Elbow	Back of Knee		Back of Knee		Shoulder Elbow	Jaws	Shoulder Elbow		
	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint	Front of Knee	Hand, Radial Foot Big Toe	Hip	Sacrococcyx	Sacrococcyx	Hip	Hand, Radial Foot Big Toe	Front of Knee	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint		
Spinal Segments	C8 T1 T5 T6 T7 S1 S2 S3	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	T8 T9 T10	L2 L3 S4 S5 Coccyx	L2 L3 S4 S5 Coccyx	T8 T9 T10	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	C8 T1 T5 T6 T7 S1 S2 S3		
Vertebrae	C7 T1 T5 T6 S1 S2	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	T9 T10	L2 L3 S3 S4 S5 Coccyx	L2 L3 S3 S4 S5 Coccyx	T9 T10	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	C7 T1 T5 T6 S1 S2		
Organs	Heart-R	Pancreas	Lung-R	Liver-R	Kidney-R	Kidney-L	Liver-L	Lung-L	Spleen	Heart-L		
	Duodenum	Stomach-R	Large Intestine-R	Gall-bladder	Bladder-R Urogenital Area	Bladder-L Urogenital Area	Bile Ducts -L	Large Intestine-L	Stomach-L	Jejunum Ileum-L		
Endocrine Organs	Pituitary, Ant. Lobe	Para-thyroid	Thyroid	Thy-mus	Pituitary, Post Lobe	Pineal Gland	Pineal Gland	Pituitary, Post Lobe	Thy-mus	Thyroid	Para-thyroid	Pituitary, Ant. Lobe
Others	CNS Psyche	Mammary Gland-R							Mammary Gland-L	CNS Psyche		

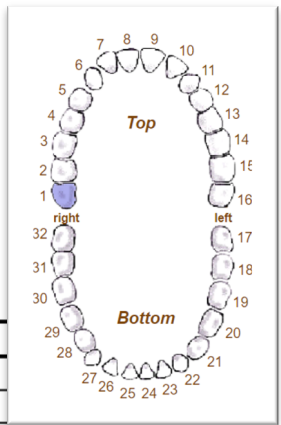
Meridians		Sm Intest	Stomach	Large Intest	G. Bl/Li	Bl	Bl/Ki	Bl/Ki	Bl	G. Bl/Li	Large Intest	Stomach	Sm Intest					
Upper Teeth	R	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	L	
Lower Teeth	R	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	L

Meridians		Sm Intest	Large Intest	Stomach	G. Bl/Li	Bl	Bl/Ki	Bl/Ki	Bl	G. Bl/Li	Stomach	Large Intest	Sm Intest		
Others	Energy Metabolism	Mammary Gland-R			Mammary Gland-L						Energy Metabolism				
Endocrine Glands Tissue System	Peripheral Nerves	Ar-teries	Veins	Lymph Vessels	Gonad (Testes or Ovary)	Adrenal Gland		Adrenal Gland		Gonad (Testes or Ovary)	Lymph Vessels	Veins	Ar-teries	Peripheral Nervous System	
Organs	Ileum-R	Large Intestine-R		Stomach-R Pylorus	Gall-bladder	Bladder-R Urogenital Area		Bladder-L Urogenital Area		Bile Ducts -L	Stomach-L		Large Intestine-L	Jejunum Ileum-L	
	Heart-R	Lung-R		Pancreas	Liver-R	Kidney-R		Kidney-L		Liver-L	Spleen		Lung-L	Heart-L	
Vertebrae	C7 T1 T5 T6 S1 S2	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	T9 T10	L2 L3 S3 S4 S5 Coccyx	L2 L3 S3 S4 S5 Coccyx	T9 T10	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	C7 T1 T5 T6 S1 S2					
Spinal Segments	C8 T1 T5 T6 T7 S1 S2 S3	C5 C6 C7 T2 T3 T4 L4 L5	T11 T12 L1	T8 T9 T10	L2 L3 S4 S5 Coccyx	L2 L3 S4 S5 Coccyx	T8 T9 T10	T11 T12 L1	C5 C6 C7 T2 T3 T4 L4 L5	C8 T1 T5 T6 T7 S1 S2 S3					
Joints	Shoulder and Elbow		Front of Knee		Back of Knee		Back of Knee		Front of Knee		Shoulder and Elbow				
	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint	Hand, Radial Foot Big Toe	Jaws		Hip	Sacrococcyx	Sacrococcyx	Hip	Jaws		Hand, Radial Foot Big Toe	Hand, Ulnar Foot, Plantar Toes, Sacro-iliac Joint			
Sense Organs	Ear	Ethmoid Cells	Maxillary Sinus	Eye	Frontal Sinus	Frontal Sinus	Eye	Maxillary Sinus	Ethmoid Cells	Ear					

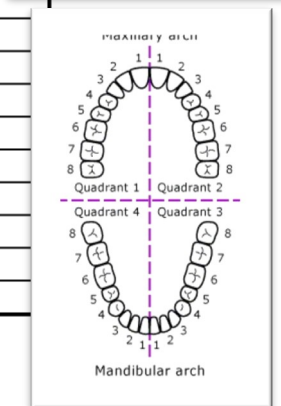
Meridian Tooth Charts

with Related Organs, Glands, Spine, Sense Organ, Musculature, Joints and Other Relationships

Each tooth is related to an acupuncture meridian which is related to various organs, tissues and glands in the body on this particular meridian or "energy highway." This connection can often indicate your overall health and wellness by reviewing your dental condition. If a person has a weak internal organ, the condition of the associated meridian tooth could make it considerably more problematic.





Tooth	Tooth name	Left/Right	Top/Bottom	Meridian	Organs
1	Third Molar (wisdom tooth)	Right	Top	Small Intestine	Heart; Duodenum
2	Second Molar	Right	Top	Stomach	Pancreas; stomach; bladder, breast
3	First molar	Right	Top	Stomach	Kidneys; liver; pancreas, stomach, breast
4	Second premolar	Right	Top	Large intestine	Liver; large intestine; small intestine; gall bladder; duodenum; right lung
5	First premolar	Right	Top	Large intestine	Stomach; pancreas; liver; large intestine; right lung
6	Canine	Right	Top	Gall bladder / liver	Heart; liver (right); gall bladder
7	Second incisor	Right	Top	Bladder	Kidneys; bladder; urogenital
8	First incisor	Right	Top	Bladder / kidney	Kidneys; bladder; urogenital
9	First incisor	Left	Top	Bladder / kidney	Kidneys (left); bladder; urogenital
10	Second incisor	Left	Top	Bladder	Kidneys (left); bladder; urogenital
11	Canine	Left	Top	Gall bladder / liver	Heart; liver (left); bile ducts (left)
12	First premolar	Left	Top	Large intestine	Liver; pancreas; large intestine (left); stomach; left lung
13	Second premolar	Left	Top	Large intestine	Liver; large intestine; small intestine; gall bladder; duodenum; left lung
14	First molar	Left	Top	Stomach	Kidneys; liver; spleen; stomach; breast
15	Second Molar	Left	Top	Stomach	Spleen; stomach; bladder, breast
16	Third Molar (wisdom tooth)	Left	Top	Small Intestine	Heart; jejunum; ileum (left)
17	Third Molar (wisdom tooth)	Left	Bottom	Small Intestine	Liver; heart; jejunum; ileum (left)
18	Second Molar	Left	Bottom	Large intestine	Large intestine (left); lung (left)
19	First molar	Left	Bottom	Large intestine	Large intestine (left); lung (left)
20	Second premolar	Left	Bottom	Stomach	Stomach; breast; spleen
21	First premolar	Left	Bottom	Stomach	Pancreas; liver; spleen; breast; stomach
22	Canine	Left	Bottom	Gall bladder / liver	Pancreas; liver; bile ducts (left) lungs
23	Second incisor	Left	Bottom	Bladder	Kidneys (left); bladder; urogenital
24	First incisor	Left	Bottom	Bladder	Kidneys (left); bladder; urogenital
25	First incisor	Right	Bottom	Bladder / kidney	Kidneys (right); bladder; urogenital
26	Second incisor	Right	Bottom	Bladder	Kidneys (right); bladder; urogenital
27	Canine	Right	Bottom	Gall bladder / liver	Pancreas; liver; gall bladder; lungs
28	First premolar	Right	Bottom	Stomach	Pancreas; liver; stomach; breast; pylorus
29	Second premolar	Right	Bottom	Stomach	Pancreas; stomach (right); breast; pylorus
30	First molar	Right	Bottom	Large intestine	Large intestine (right); ileocecal
31	Second Molar	Right	Bottom	Large intestine	Large intestine (right); ileocecal; lung (right)
32	Third Molar (wisdom tooth)	Right	Bottom	Small Intestine	Heart; ileocecal; ileum (right)




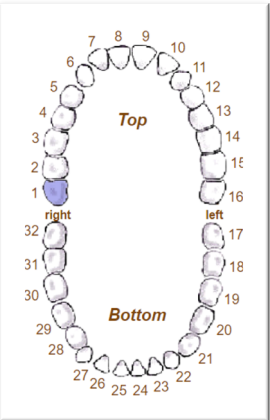
Meridian Tooth Charts

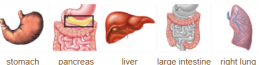
Tooth #1 - Third Molar (Wisdom Tooth)	
Meridian	small intestine
Organs	 heart duodenum
Glands	pituitary anterior lobe
Spine	C7 T1,5,6 S1,2 <table border="1">Spinal Cord Segments</table> C8 T1,5,6,7 S1,2,3
Sense Organ	inner ear, maxillary sinus
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, ulnar hand, plantar foot, toes, sacro-iliac joint
Other Relationships	Central nervous system, mind (controls psycho-vegetative state), weather sensitivity, weather-induced hemicrania, vegetative dystonia, cerebral spasms, central & peripheral defunctionalization phenomena, epilepsy, sensory & motor disorders (MS), brain/spinal tumor, vitality disorders, aphonia after extended talking, sciatica, migraine, headache, tinnitus, periarthritis humeroscapularis, nocturnal brachialgia - generally: upper extremities, hand eczema, skin problem, face, hand edema, trigeminal neuralgia, neuritis

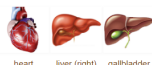
Tooth #2 - Second Molar	
Meridian	stomach
Organs	 pancreas stomach bladder breast
Glands	parathyroid, adrenal, pineal, breast
Spine	T11,12 L1 <table border="1">Spinal Cord Segments</table> T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	knee (ant.), mandible, shoulder
Other Relationships	Mammary gland, periarthritis humeroscapularis, urinary bladder ailments, typical signs: backside of shoulder pain, rheumatic effects of humeralcular joint, often radiates to ear, servo-stirring of osmosis, dialysis, turbulence & thermal, waking sleep state, communication

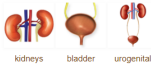
Tooth #3 - First Molar	
Meridian	stomach
Organs	 kidneys liver pancreas stomach breast
Glands	pituitary, thyroid
Spine	T11,12 L1 <table border="1">Spinal Cord Segments</table> T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	mandibular joint, knee (ant.)
Other Relationships	Mammary gland, kidneys & kidney stones, cerebellar irritation, nystagmus, hepatogenic cephalgia, suspension crystallization of body fluids, excretion of urates, phosphates, oxalates & citrates, rheumatism, hypothalamus. Larynx, vocal cords, partnership

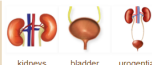
Tooth #4 - Second Premolar	
Meridian	large intestine
Organs	 liver large intestine small intestine gallbladder duodenum right lung
Glands	thyroid, thymus
Spine	C5,6,7 T3,4 L4,5 <table border="1">Spinal Cord Segments</table> C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells, maxillary sinus
Musculature	trunk and extremities musculature
Joints	radial hand, foot, big toe, shoulder, elbow
Other Relationships	Controls gall meridian, liver-gall dyskinesia, varices, chologogenic migraine, pyloric & duodenal stenosis, dyscholia, vein dilation, arterial constriction of all organs, rhythmicity, dynamics, motility & peristalsis in small & large intestine, ventilation switch in Vater's diverticulitis. Ascending colon (upper part), transverse colon, family problems

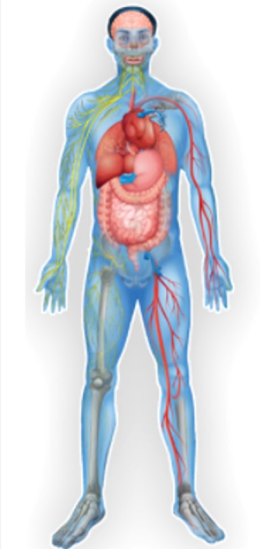


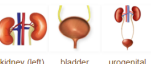
Tooth #5 - First Premolar	
Meridian	large intestine
Organs	 stomach pancreas liver large intestine right lung
Glands	pituitary posterior lobe, thyroid
Spine	C5,6,7 T3,4 L4,5 <table border="1">Spinal Cord Segments</table> C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells, eye, maxillary sinus
Musculature	trunk and extremities musculature
Joints	radial hand, foot, big toe, shoulder, elbow
Other Relationships	Eye diseases, ablatio retinae, agrypnia, vegetative dystonia, schizophrenic aspects, dysthyreosis, ocular fundus diseases, mental varieties, cell respiration, fermentation, enzymatics, liver-stomach pancrease dyspepsia & dysbiosis All 4ths have a key position to the 8th. Ascending colon (upper part), transverse colon

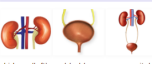
Tooth #6 - Canine	
Meridian	gall bladder / liver
Organs	 heart liver (right) gallbladder
Glands	pituitary posterior lobe
Spine	T9,10 <table border="1">Spinal Cord Segments</table> T8,9,10
Sense Organ	eye
Musculature	trunk musculature
Joints	foot, hip, knee (posterior)
Other Relationships	Eye diseases, prothrombin steering, angina pectoris, cardiac edema, stenocardia, blood metabolism, blood density, flow rate, stagnation, thrombosis & infarction, dyscrasic states, lack of concentration, anger, depression, moodiness, fear, sadness, instability, kidney functions

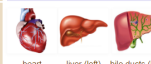
Tooth #7 - Second Incisor	
Meridian	bladder
Organs	 kidneys bladder urogenital
Glands	pineal
Spine	L2,3 S3,4,5 coccyx <table border="1">Spinal Cord Segments</table> L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Lymphatic "blood regulators," hematopoiesis, prothrombin, hemophilia, ductus thoracicus, connection: intestinal circulation, vascular tonus, lymph tracts, sexual organs, lymph & white blood count, lymphatic build-up & defensive mechanisms


Tooth #8 - First Incisor	
Meridian	bladder / kidney
Organs	 kidneys bladder urogenital
Glands	pineal, epididymis
Spine	L2,3 S3,4,5 coccyx <table border="1">Spinal Cord Segments</table> L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Conceptual connections, mental dynamics, vitality, hormonal capacity, emotional disturbances, impotence, sterility, creative genetic world, fear, sadness, instability, kidney functions, anger, depression, moodiness

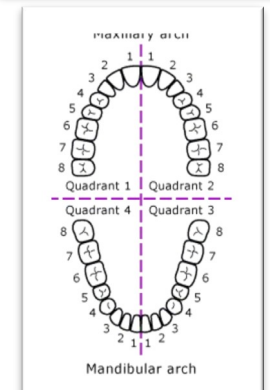


Tooth #9 - First Incisor	
Meridian	bladder / kidney
Organs	 kidney (left) bladder urogenital
Glands	pineal, epididymis
Spine	L2,3 S3,4,5 coccyx <table border="1">Spinal Cord Segments</table> L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Conceptual connections, mental dynamics, vitality hormonal capacity, emotional disturbances, impotence, sterility, hormonal balance, mental behavior, creative genetic world, fear, sadness, instability, kidney functions, anger, depression, moodiness

Tooth #10 - Second Incisor	
Meridian	bladder
Organs	 kidney (left) bladder urogenital
Glands	pineal
Spine	L2,3 S3,4,5 coccyx <table border="1">Spinal Cord Segments</table> L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Lymphatic "blood regulators," hematopoiesis, prothrombin, hemophilia, ductus thoracicus, connection: intestinal circulation, vascular tonus, lymph tracts, sexual organs, lymph & white blood count, lymphatic build-up & defensive mechanisms


Tooth #11 - Canine	
Meridian	gall bladder / liver
Organs	 heart liver (left) bile ducts (left)
Glands	pituitary posterior lobe
Spine	T9,10 <table border="1">Spinal Cord Segments</table> T8,9,10
Sense Organ	eye
Musculature	trunk musculature
Joints	foot, hip, knee (posterior)
Other Relationships	Eye diseases, prothrombin, steering, infarction donor, stenocardia, dyscrasic states, lack of concentration, stagnation, thrombosis & infarction, anger, depression, moodiness, fear, sadness, instability, kidney problems

Tooth #12 - First Premolar	
Meridian	large intestine
Organs	 liver pancreas large intestine (left) stomach left lung
Glands	pituitary posterior lobe, thyroid
Spine	C5,6,7 T3,4 L4,5 <table border="1">Spinal Cord Segments</table> C5,6,7 T2,3,4 L4,5
Sense Organ	pituitary posterior lobe, thyroid
Musculature	trunk, lower & upper extremities musculature
Joints	radial hand, foot, big toe, shoulder, elbow
Other Relationships	Eye diseases, ablatio retinae, agrypnia, vegetative dystonia, schizophrenic aspects, dysthyreosis, ocular fundus diseases, mental varieties, cell respiration, fermentation, enzymatics, liver-stomach-pancreas dyspepsia & dysbiosis, maxillary sinus. All 4ths have a key position similar to the 8th. Descending colon (upper part), transverse colon

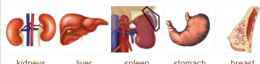


Meridian Tooth Charts


Tooth #13 - Second Premolar

Meridian	large intestine
Organs	 liver large intestine small intestine gallbladder duodenum left lung
Glands	thyroid, thymus
Spine	C5,6,7 T3,4 L4,5 Spinal Cord Segments C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells, maxillary sinus
Musculature	trunk, lower & upper extremities musculature
Joints	radial hand, foot, big toe, shoulder, elbow
Other Relationships	Liver-gall dyskinesia, varices, regulates the gall meridian, cholegogenic migraine, pyloric & duodenal stenosis, dyscholia, vein dilation, arterial constriction of all organs, relationship to rhythmicity, dynamics, motility & peristalsis in small & large intestine, ventilation switch in Vater's diverticulitis Descending colon (upper part), transverse colon


Tooth #14 - First Molar

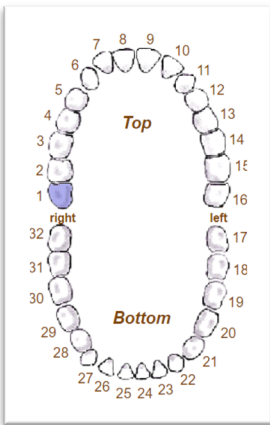
Meridian	stomach
Organs	 kidneys liver spleen stomach breast
Glands	pituitary, thyroid
Spine	T11,12 L1 Spinal Cord Segments T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	mandibular joint, knee (anterior)
Other Relationships	Kidneys & kidney stones, cerebellar irritation, nystagmus, hepatogenic cephalgia, suspension crystallization of body fluids, excretion of urates, phosphates, oxalates & citrates, rheumatism, hypothalamus, mammary gland. Limbic region (Caution if large amalgam fillings) Larynx, vocal cords Emotional partnership

Tooth #15 - Second Molar

Meridian	stomach
Organs	 spleen stomach breast bladder
Glands	parathyroid, adrenal, pineal
Spine	T11,12 L1 Spinal Cord Segments T11, 12
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	mandibular joint, knee (anterior)
Other Relationships	Mammary gland, peri-arthritis humeroscapularis, urinary bladder ailments, typical signs: backside of shoulder pain, rheumatic effects of humeroulnar joint, servo-steering of osmosis, dialysis, turbulence & thermal, waking sleep state, pineal, often radiates to ear. Limbic region (Caution of large amalgam fillings), communication

Tooth #16 - Third Molar (Wisdom Tooth)


Meridian	small intestine
Organs	 heart jejunum ileum (left)
Glands	pituitary anterior lobe
Spine	C7 T1,5,6 S1,2 Spinal Cord Segments C8 T1,5,6,7 S1,2,3
Sense Organ	inner ear, maxillary sinus
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, ulnar hand, plantar foot, toes, sacro-iliac joint
Other Relationships	Central nervous system, mind (controls psycho-vegetative state), weather sensitivity, weather-induced hemicrania, nervous breakdowns, vegetative dystonia, cerebral spasms, central & peripheral defunctionalization phenomena, epilepsy, sensory & motor disorders, Brain/Spinal Tumor Vitality Disorders, vegetative dystonia (impacted 6th?), aphonia after extended talking, sciatica, migraine, headache, tinnitus, (lack of space, septic noxa), myasthenia in the legs (MS?), peri-arthritis humeroscapularis, nocturnal brachialgia.




Tooth #17 - Third Molar (Wisdom Tooth)

Meridian	small intestine
Organs	 liver heart jejunum ileum (left)
Glands	n/a
Spine	C3 T1,5,6 S1,2 Spinal Cord Segments C8 T1,5,6,7 S1,2,3
Sense Organ	eye, ear
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, ulnar hand, plantar foot, toes, sacro-iliac joint
Other Relationships	Energy metabolism, peripheral nerves, upper & lower extremities neuralgia, periferential spasms in the shoulder with circulatory spreading, rheumatic spreading in rear leg, headache, migraine, vasospasms, central & peripheral disturbed function, epilepsy, sensory & motor vitality disorders, cervical spine syndromes, vegetative dystonia, sciatica, baldness, liver diseases with pain, gait disorders, myasthenia in the legs, dermatopathic facial eczema, tonsillitis, urticaria, subfebrile temperatures, hypogastric pains, vertigo, Meniere's, nocturnal brachialgia, eczema (especially lower), motor disorders in the legs, ileum, blood pressure

Tooth #18 - Second Molar

Meridian	large intestine
Organs	 large intestine (left) left lung
Glands	pineal, appendages
Spine	C5,6,7 T3,4 L4,5 Spinal Cord Segments C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, big toe, radial hand, foot, inner knee, sacroiliac joint, coccygodynia
Other Relationships	Radiates from ear, lumbago, radiation in appendages, bladder, pelvis & groin, pain inner knee, deep lumbago, sacroiliac syndromes, servo-steering of osmosis, dialysis, turbulence & thermal, sleep & waking state, arteries. Descending colon, upper portion of pelvic colon

Tooth #19 - First Molar

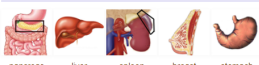
Meridian	large intestine
Organs	 large intestine (left) left lung
Glands	pituitary
Spine	C5,6,7 T3,4 L4,5 Spinal Cord Segments C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, big toe, radial hand, foot, inner knee, sacroiliac joint, coccygodynia
Other Relationships	Radiates from ear, myalgia in the legs, masked on front side along stomach meridian, sacroiliac joint, lumbago, coccygodynia, deep lumbago, sacroiliac syndromes, suspension crystallization of body fluids, excretion of urates, phosphates, oxalates & citrates, stone formation, rheumatism, hypothalamus & veins, sigmoid rectum, anus (polyps, diverticulitis, hemorrhoids)

Tooth #20 - Second Premolar


Meridian	stomach
Organs	 stomach breast spleen
Glands	thyroid
Spine	T11, 12 L1 Spinal Cord Segments T11, 12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	knee (anterior), mandibular joint, hips, knee, foot
Other Relationships	Cholgenic lateral arthritis from hip joint to knee, especially at insertion of cruciate ligament, hips, inguinal hernias, knee, foot joints, relationship to rhythmicity, dynamics, motility & peristalsis in small & large intestine, ventilation switch in Vater's diverticulitis, mammary glands, lymph vessels




Tooth #21 - First Premolar

Meridian	stomach
Organs	 pancreas liver spleen breast stomach
Glands	gonads
Spine	T11,12 L1 Spinal Cord Segments T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature, maxillary sinus
Joints	knee(anterior), mandibular joint
Other Relationships	Spleen, (pancreas), meteorism, vein marks on skin, connective tissue diseases, cell respiration, fermentation, enzymatics, liver-stomach-pancreas, dyspepsia & dysbiosis, mammary glands All 4ths have a key position similar to the 8th, communication


Tooth #22 - Canine

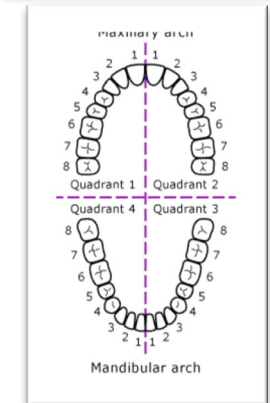
Meridian	gall bladder / liver
Organs	 pancreas Liver bile ducts (left) lungs
Glands	gonads
Spine	T9,10 Spinal Cord Segments T8,9,10
Sense Organ	eye
Musculature	n/a
Joints	foot, hips, knee (posterior)
Other Relationships	Thrombosis (leg, lungs), varicose disorders, pancreas, esophagus, weak peripheral vessels, lungs, connective -tissue diseases, blood metabolism & blood density, flow rate, stagnation, thrombosis & infarction

Tooth #23 - Second Incisor

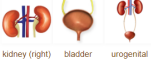
Meridian	bladder
Organs	 kidney (left) bladder Urogenital
Glands	adrenals
Spine	L2,3 S3,4,5 coccyx Spinal Cord Segments L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities musculature
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	"Mesenchyme," abdominal connective tissue: alarming, appendages, testes epididymis, connective-tissue diseases, lymph and white cell count, lymphatic build-up & defensive mechanisms

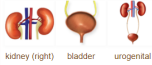
Tooth #24 - First Incisor


Meridian	bladder
Organs	 kidney (left) bladder Urogenital
Glands	adrenals, epididymis
Spine	C2,3 S3,4,5 coccyx Spinal Cord Segments L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities musculature
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Urogenital tract, myomatoses, erosions, prostate adenoma, prostatitis (all connective tissue diseases of bladder, uterus & prostate). Hormone metabolism, mental behavior, creative genetic world




Meridian Tooth Charts


Tooth #25 - First Incisor	
Meridian	bladder / kidney
Organs	 kidney (right) bladder urogenital
Glands	adrenals, epididymis
Spine	L2,3 S3,4,5 coccyx Spinal Cord Segments L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	Urogenital tract, myomatosis, erosions, prostate adenoma, prostatitis (all connective tissue diseases of bladder, uterus & prostate). Hormone metabolism, mental behavior, creative genetic world


Tooth #26 - Second Incisor	
Meridian	bladder
Organs	 kidney (right) bladder urogenital
Glands	adrenals
Spine	L2,3 S3,4,5 coccyx Spinal Cord Segments L2,3 S4,5 coccyx
Sense Organ	frontal sinus
Musculature	lower extremities
Joints	foot, sacrum & coccyx, knee (posterior)
Other Relationships	"Mesenchyme," abdominal connective tissue; (latent), appendages, testes epididymis, connective-tissue diseases, lymph and white cell count, lymphatic build-up & defensive mechanisms

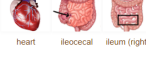
Tooth #27 - Canine	
Meridian	gall bladder / liver
Organs	 pancreas Liver gallbladder lungs
Glands	gonads
Spine	T9,10 Spinal Cord Segments T3,9,10
Sense Organ	eye
Musculature	n/a
Joints	foot, hips, knee (posterior)
Other Relationships	Thrombosis (leg, lungs), varicose disorders, pancreas, esophagus, weak peripheral vessels, lungs, connective-tissue diseases, blood metabolism & blood density, flow rate, stagnation, thrombosis & infarction

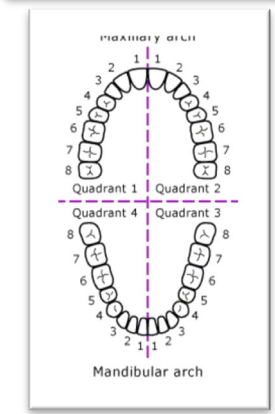
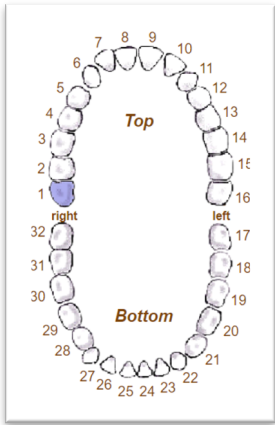
Tooth #28 - First Premolar	
Meridian	stomach
Organs	 pancreas Liver stomach breast pylorus
Glands	gonads
Spine	T11,12 L1 Spinal Cord Segments T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	knee (anterior), mandibular joint
Other Relationships	(Spleen), pancreas, meteorism, vein marks on skin, connective tissue diseases, cell respiration, fermentation, enzymatics, liver-stomach-pancreas, dyspepsia & dysbiosis, mammary glands All 4ths have a key position similar to the 8th

Tooth #29 - Second Premolar	
Meridian	stomach
Organs	 pancreas stomach (right) breast pylorus
Glands	thyroid
Spine	T11,12 L1 Spinal Cord Segments T11,12 L1
Sense Organ	maxillary sinus
Musculature	trunk musculature
Joints	knee (anterior), mandibular joint, hips, knee, foot
Other Relationships	Cholgenic lateral arthritis from hip joint to knee, especially at insertion of cruciate ligament, hips, inguinal hernias, knee, foot joints, relationship to rhythmicity, dynamics, motility & peristalsis in small & large intestine, ventilation switch in Vater's diverticulitis, mammary glands, lymph vessels, communication

Tooth #30 - First Molar	
Meridian	large intestine
Organs	 large intestine (right) ileocecal
Glands	pituitary
Spine	C5,6,7 T3,4 L4,5 Spinal Cord Segments C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, big toe, radial hand, foot, inner knee, sacroiliac joint, coccygodynia
Other Relationships	Radiates from ear, myalgia in the legs, masked on front side along stomach meridian, sacroiliac joint, deep lumbago, suspension crystallization of body fluids, excretion of urates, phosphates, oxalates & citrates, stones formation, rheumatism, hypothalamus, pituitary & veins

Tooth #31 - Second Molar	
Meridian	large intestine
Organs	 large intestine (right) ileocecal right lung
Glands	pineal, appendages
Spine	C5,6,7 T3,4 L4,5 Spinal Cord Segments C5,6,7 T2,3,4 L4,5
Sense Organ	ethmoid cells
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, big toe, radial hand, foot, inner knee, sacroiliac joint, coccygodynia
Other Relationships	Radiates from ear, lumbago, radiation in appendages, bladder, pelvis & groin, pain inner knee, deep lumbago, sacroiliac syndromes, servo-steering of osmosis, dialysis, turbulence & thermal, sleep & waking state, pineal & arteries. Ascending colon

Tooth #32 - Third Molar (Wisdom Tooth)	
Meridian	small intestine
Organs	 heart ileocecal ileum (right)
Glands	n/a
Spine	C7 T1,5,6 S1,2 Spinal Cord Segments C8 T1,5,6,7 S1,2,3
Sense Organ	eye, ear
Musculature	trunk, lower & upper extremities musculature
Joints	shoulder, elbow, ulnar hand, plantar foot, toes, sacro-iliac joint
Other Relationships	Energy metabolism, peripheral nerves, upper & lower extremities neuralgia, periarthral spasms in shoulder with circulatory spreading; rheumatic spreading in rear leg, neuralgiform pains in arms & legs, headache, migraine, vasospasms, central & peripheral disturbed function, epileps, sensory & motor disorders, brain & spinal cord tumors, vitality disorders, cervical spine syndromes, vegetative dystonia (impacted 8th?), sciatic gait disorders, myasthenia in the legs, dermopathic facial eczema, tonsillitis, urticaria, subfebrile temperatures, hypogastric pains, eye disease, vertigo, Meniere's, nocturnal brachialgia, disorders in the legs, severe dysferment in the ileum region, blood pressure



Bio Energy Academy of Dublin

Weekend 7 Homework – Crown Chakra

- Q1. What colour is the crown chakra?
- Q2. If a tumour was present would you stimulate the area?
- Q3. What organs would you energise for Parkinson's disease?
- Q4. What endocrine gland is associated with the crown chakra?
- Q5. What are the ailments associated with the crown chakra?
- Q6. What is the purpose of the crown chakra?