

Extended bioresonance therapy incorporating the principles of traditional Chinese medicine (TCM) – energetic basis for allergic diathesis –

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INTRODUCTION

As bioresonance therapists, we usually diagnose dysfunction in patients' meridian systems by means of an energetic test procedure, particularly electroacupuncture but also kinesiology or tensor test technique. As part of my further training in acupuncture, I have delved deeper into traditional Chinese medicine (TCM) and the five element theory. Here diagnosis is made based on the symptoms described by the patient, supplemented by tongue examination and pulse palpation.

There are five main elements to treatment under TCM:

1. Acupuncture
2. Massage
3. Nutrition theory
4. Herbal medicine and
5. Qi-Gong.

So it was a logical step to develop a new extended medical structure based on TCM but incorporating "western" methods, especially bioreso-

nance therapy (BRT). Let us call this medical system simply "International Holistic Medicine (IGM)" [G comes from the German "Ganzheit"].

We can compare the features of TCM and IGM (see table).

This list does not claim to be complete. However, it demonstrates the additional possibilities for therapy created by combining "western" and "eastern" knowledge.

THE FIVE ELEMENTS

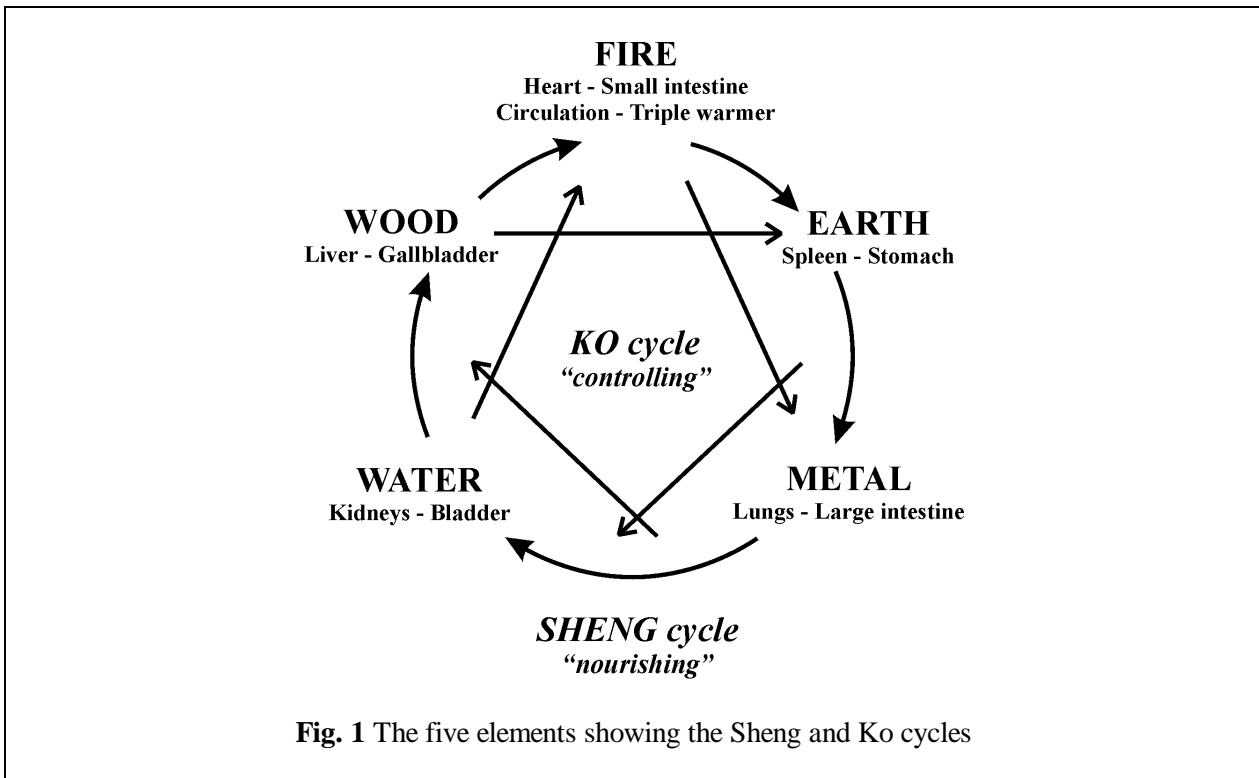
According to TCM theory, the "five elements" or "five stages of transformation" (wood, fire, earth, metal, water) are interconnected in a dynamic energetic state of balance (or imbalance) (**Fig. 1**).

"Functional circuits" (meridians and organs), in which the "(vital) energy" Qi flows, are assigned to these elements.

If the energy flows in the direction of the Sheng cycle ("mother-son rule"), the energy of one element supports the next one (provided there is enough energy available!).

	TCM	IGM
Regulatory processes	Acupuncture Moxa Cupping	Bioresonance Colour-, gemstone therapy BRT cupping
Massage	Tuina massage	Massage of the connective tissue, chiropraxis, osteopathy
Nutrition	Nutrition according to TCM	Standard nutrition (possibly also according to TCM)
Medication	Chinese phytotherapy	Western phytotherapy, homeopathy, orthomolecular medicine
Physical and mental exercise	Qi-Gong	Autogenic training, Jacobson's muscle relaxation, yoga, Qi-Gong etc.

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In the Ke cycle ("grandmother-grandson rule"), one element regulates the next but one. Too little regulation can lead to "overshooting" reactions in the affected element, too much regulation may "destroy" the energy there.

TCM SYNDROMES

TCM organises most illnesses into a large number of different syndromes, each with its own typical symptoms triggered by internal or external causes and its own specific therapy. I should now like to present a simplified version of three typical common TCM syndromes and their "western" counterparts and discuss the options for therapy.

Spleen Qi deficiency

As far as TCM is concerned, the "spleen" as a Yin organ within the "earth" element cannot be compared to the organ spleen with which we are familiar. Instead it represents the entire digestive function (e. g. exocrine pancreas). We would describe a patient with "spleen Qi deficiency" as having "a weak digestion."

Symptoms

Chronic gastro-intestinal complaints with meteorism, nausea, abdominal pain, irregular bowels,

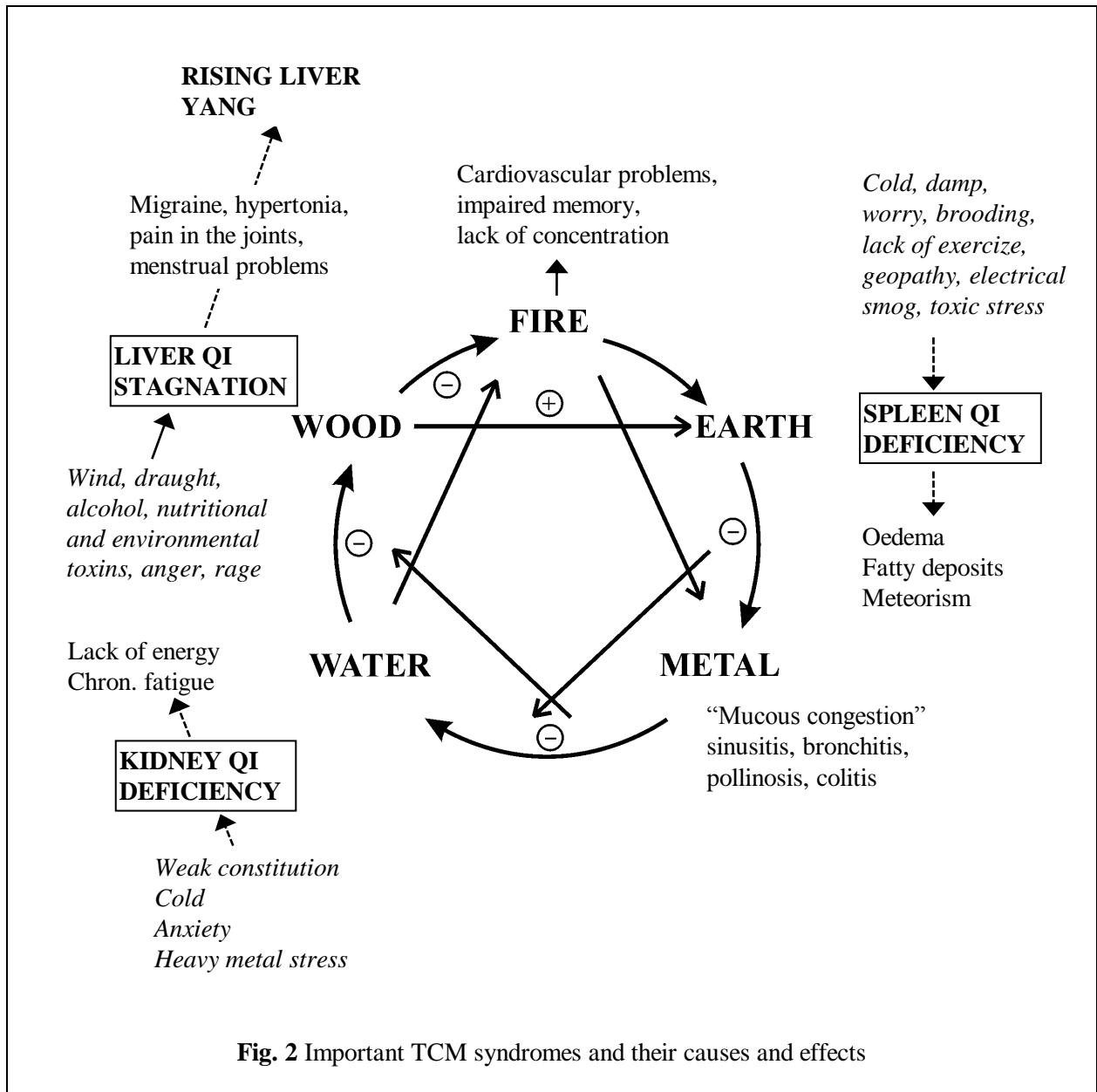
oedema, dental impressions on the edge of the tongue!

Causes (Fig. 2)

The "spleen" does not like cold or damp! The climatic conditions here in central Europe (particularly in the winter months) predispose us to spleen Qi insufficiency. This is aggravated by a cold moist diet. According to TCM, "cold" foods include: dairy products, citrus fruit and uncooked or cold food.

How many well-meaning patients harm themselves by adopting this type of diet so often extolled as "healthy"? Lack of exercise and a predominantly sedentary lifestyle also have an adverse effect on the spleen. TCM describes emotions such as worry, excessive brooding and too much mental activity as "internal pathogenic factors". Who cannot recognise themselves from these characteristics?

One "modern" pathogenic factor affecting the spleen-pancreas system is increasing stress from geopathy and electrical smog. We have been testing this for years on the spleen-pancreas meridian (Sp 4a). Other pathogenic factors include contamination of the muscular, fatty and connective tissue by environmental toxins, solvents, pesticides, heavy metals and fungal, viral and bacterial toxins.



Effects

According to TCM, one of the spleen’s main functions is the transformation of fluids. A dysfunctional spleen system leads to excessive “mucous congestion” in the body. Within the earth element this also includes deposition of “mucous” in muscles and connective tissue assigned to the earth element. Examination of the affected patient reveals swelling of the connective tissue, subcutaneous fatty tissue and oedema.

Sooner or later, the Qi deficiency in the earth element will spread to the metal element. Here too “mucous congestion” is the prevailing feature. This time the meridians of the lungs (mucous congestion

in the bronchial tubes, paranasal sinuses) and intestines (colitis) are affected. According to Dr. Voll, the effect also extends to the skin (chronic skin disease).

Therapy

According to TCM: drive out cold and damp, encourage warmth and dryness.

The diet should contain plenty of warm cooked vegetables (potatoes, carrots, pumpkin, sweetcorn, millet, grain, malt) and warm herbal teas. Avoid dairy products, too much cold and uncooked food and citrus fruit! More physical exercise and more “positive thinking”.

Geobiological cleansing, especially of the sleeping area.

Medication: digestive enzymes, herbal teas, homeopathic remedies for the lymph and to eliminate toxins, orthomolecular medicine.

Bioresonance

- Basic therapy tested out, usually “building up DMI (Dynamic Multi-Impulse packets)”
- Detoxication programs: progr. 970
- Lymph activation: progr. 930
- Spleen-pancreas meridian flooding
progr. 300/301
- Input: Sp 3 or Sp 6 (**Fig. 3**)
output: modulation mat on the back
progr. 580, 935

A combination of the so-called “Yuan source point” and the “Su acceptance point” of the meridian is often used in acupuncture to stabilise a functional circuit.

With BRT we take the source point located at the periphery (Sp 3), alternatively also Sp 6 (intersection of all Yin meridians) into the input via a button electrode. The acceptance points located on the back (on the bladder meridian) are recorded in the output via the modulation mat.

KIDNEY QI DEFICIENCY

As a Yin organ, the “kidney” functional circuit represents the “water” stage of transformation. The kidney energy represents the major part of our “basic energy” and is therefore extremely important for the structural and functional make-up of the body. Our “western” suprarenal gland is also assigned to the Chinese “kidney system” and underlines this function by its hormonal influence on basal metabolism. Kidney Qi is therefore also the most important source of Qi for supplying all the other elements. Kidney Qi is also the source of kidney Yin (substance aspect) and kidney Yang (functional aspect).

Symptoms

Tiredness, weariness, “lack of energy”, sexual problems, lumbago, poss. incontinence.

With Yin deficiency (insufficient “cooling”): dry skin and mucous membranes, “hot flushes”.

With Yang deficiency (insufficient “warming”): sensitivity to cold, cold feet.

Causes (Fig. 2)

“Weak” constitution, consuming diseases, climatic coldness, poor diet, especially “cold” foods, emo-

tional coldness, existential anxiety!

Modern causes: heavy metal contamination.

Effects

Energetic “suction” occurs within the Sheng cycle to compensate for the deficit in the water element. Lung Qi is weakened further and subsequently also spleen Qi. The symptoms described earlier may be aggravated. The supply of energy to the following wood element is also inadequate which, in turn, adversely affects its functioning (see further below).

Therapy

“Restorative” measures, warmth and warming food (if patient cold), salty food, fish and seafood, “holiday”, relaxation exercises.

Vitamins and restorative substances, algal extracts, bladder-kidney tea, homeopathic “kidney remedies”, e. g. *Solidago*.

Bioresonance

- Basic therapy, “building up DMI”
- Chakra therapy
- Lymph activation: progr. 930
- Toxin elimination: progr. 970
- Kidney and bladder meridian flooding:
progr. 380/381
- Renal function activation:
input: Ki 3 and/or kidney area
output: modulation mat on the back
progr. 330, 480, 481, 482 (**Fig. 3**)

LIVER QI STAGNATION

As a Yin organ of the wood element, the “liver” functional circuit tends towards syndromes associated with “abundance” rather than deficiency due to its spring-like dynamic structuring. When under-supplied with kidney Qi or kidney Yin or Yang and when subject to negative external or emotional influences, the dynamic energy flow often builds up resulting in liver Qi stagnation. If the liver does not receive sufficient Yin energy, it is no longer able to regulate its own Yang energy adequately with the result that this breaks out (rising liver Yang due to insufficient liver Yin).

Symptoms

Feeling of tension in upper abdomen, abdominal colic, tendency to ulcers, menstrual problems, irritability, mood swings, conjunctivitis, arthritic pain.

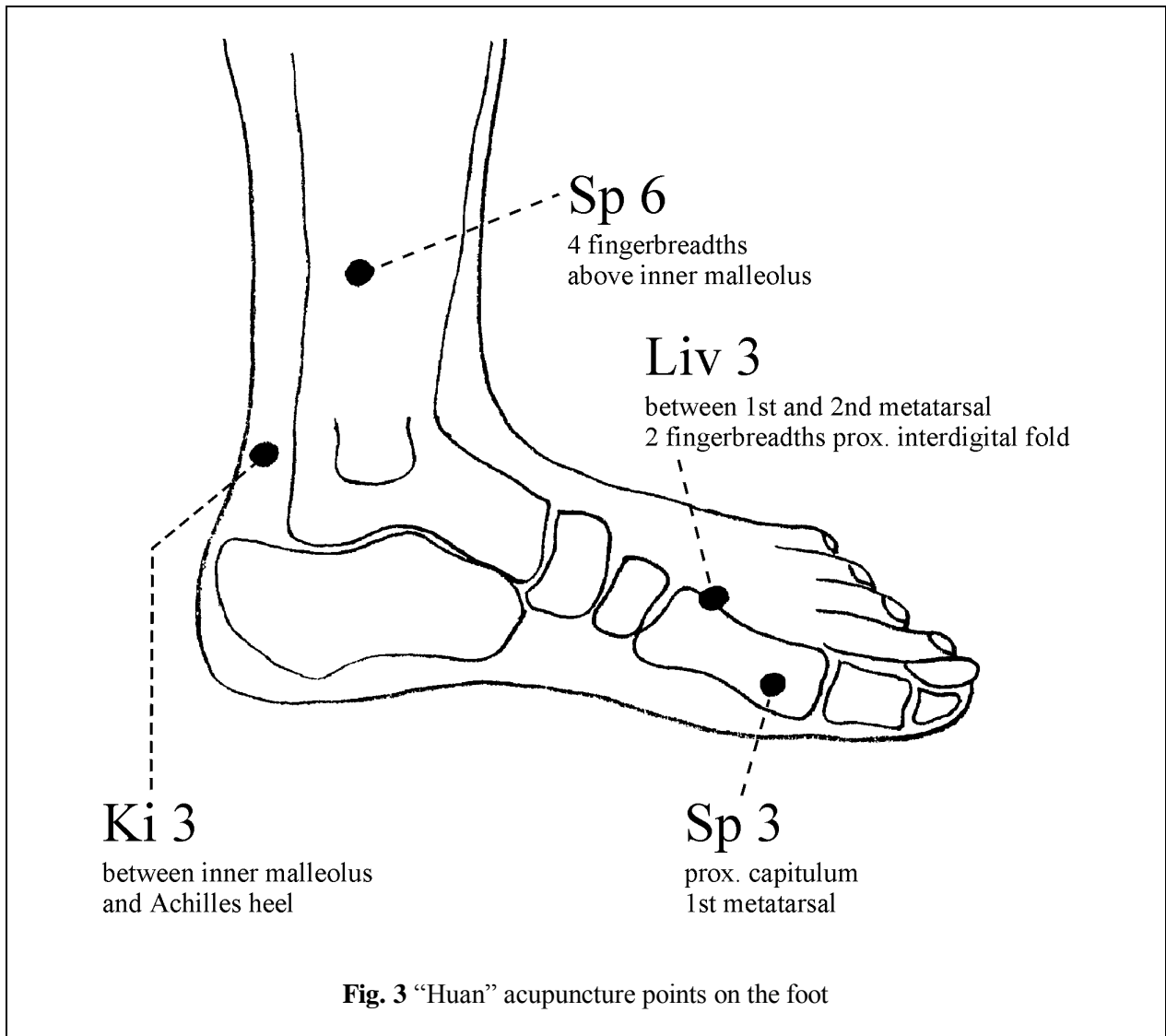


Fig. 3 “Huan” acupuncture points on the foot

With “rising liver Yang”: migraine, hypertonia, dizziness, Menière’s disease, menopausal syndrome.

Causes (Fig. 2)

Dry windy conditions such as *Föhn*, too much “Yang food” (fried food, strong spices, alcohol), suppressed emotions such as anger, rage and aggressiveness, inadequate energy supply from “water element”.

“Modern” causes: toxic stress from heavy metals, solvents, etc. as well as from viruses, parasites, fungi and metabolic toxins.

Effects

Many of the diseases resulting from the effects of our modern civilisation are found amongst the wood element’s varied syndromes. The energy build-up may result in the subsequent fire element

being undersupplied leading to cardiac problems and cerebral disorders such as impaired memory and loss of concentration as well as problems sleeping. If the Ko cycle’s regulation of the next but one (earth) element is impaired, stomach problems such as gastritis and ulcers, for example, may occur here.

Therapy

Plenty of physical exercise, reducing aggression, balanced diet.

Sour foods, abdominal dressing, liver gallbladder teas, milk thistle, ornithine-arginine.

Bioresonance

- Basic therapy, “building up DMI”
- Toxin elimination: progr. 970
- Liver-gallbladder meridian flooding progr. 310/311

- input: Liv 3 and/or upper right abdomen
output: modulation mat on the back
progr. 430, 431 (Fig. 3)

SUMMARY

These examples serve to show that Chinese medicine was already aware of numerous connections which still exist today. Even without the benefit of this knowledge, we have been able to treat many of these syndromes using energetic testing.

Including these diseases in a broader holistic context offering a new interpretation of symptoms and incorporating naturopathic advice on nutrition and lifestyle was an important step forward for our practice.

ALLERGIC DIATHESIS

Allergic diathesis is one of the biggest challenges facing our modern world. Probably triggered by multiple chemico-toxic and electromagnetic environmental pollutants, aggravated by our lifestyle (lack of exercise) and unhealthy diet (food additives, too much cold and uncooked food and dairy products).

Not forgetting stress. “Anxiety” and “worry” are the key emotions of our age, fostered not least by the media!

We slip into a spleen Qi deficiency and a kidney Qi deficiency, our metabolism and immune system decompensates. The resulting lung Qi deficiency leads to chronic sinusitis, pollinosis, bronchitis and asthma as well as skin problems. Yang rising unregulated in the liver allows eczema and neurodermatitis to flourish or promotes aller-

gically-conditioned migraine, pain in the muscles and joints and hyperactivity.

In line with the ideas mentioned earlier, we are directing our attention to environmental toxins, geopathic stress and electrical smog, change in diet and stress reduction in order to reduce allergic diathesis and relieve the immune system. In addition to other methods available in IGM, bioresonance therapy offers an excellent opportunity to intervene in the pathological mechanism using the patient’s and substance’s own frequency patterns. Added to which, the opportunity to treat the affecting allergens individually. (We now also understand why “meridian-related allergy therapy” uses the bladder-kidney and stomach-spleen meridians).

I would urge you to experiment for yourselves with holistically-oriented bioresonance therapy and, through your thirst for new knowledge, to make your own contribution towards mastering the increasingly difficult challenges of our age.

LITERATURE

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