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**A GUIDE
TO NATURAL
MEDICINE**

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Part I THE REAL SENSE OF NATURAL MEDICINE

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Part I THE REAL SENSE OF NATURAL MEDICINE

Medicine can never be perfected as long as its sole objective is the maintenance of physical existence. We must realize the total relationship of the human being with plants, earth, water, heat, air, etc. as well as with Earth and Heaven. Until such time, humanity will continue to fear sickness and death.

When aspirin was first discovered, it was thought that this would mean the end of colds. Penicillin, streptomycin, cortisone and other powerful new drugs have since helped some lives, yet the number of sick people is on the increase. It seems the more new medications are discovered, the more new illnesses emerge which cannot be cured by them. We are all well aware of this situation, particularly the medical community. Doctors who honestly confront their responsibilities must suffer because of it. It is the most difficult experience for a doctor to see a patient whom he cannot help. With this sense of sadness, people all over the world die every day - babies, young people and the aged. Why does this happen when we have so many new and improved medications today? Scientific research has almost completed its understanding of the mechanism and constitution of the body but still sicknesses cannot be cured. Why?

We must wake up and discover the answer to this question. Many people have already touched on this point but no one has yet found the answer. As a student of natural medicine, I am particularly interested in the study of the world of the life-will. The principle of the life-will was found and perfected by our ancient forefathers but it has been entirely forgotten. This loss saddens me so that, whenever I can, I try to explain it to others through my writing and speaking, and I am always attempting to contact other real students of the truth.

In any discussion of natural medicine, we must also speak about modern medicine and find the basic premise behind each of these disciplines. We must discover the relationship between the spiritual civilization of ten thousand years ago and today's material civilization which began about four thousand years ago. Up until that time, there were no nations - there were no

borders. As it was written in the Bible, the whole world spoke one language - the one word - and that was the peaceful and perfect epoch of the Garden of Eden. We think of this period as something of a myth, a fable which no one takes seriously but, it nevertheless did exist. The destruction of the Tower of Babel was the destruction of the one language of human beings which marks the beginning of the separations intrinsic to the material civilization.

The meaning of this biblical symbolism is the concealment of the one principle which had been the basis of the spiritual civilization. From the beginning of the material civilization, all that was a unified whole began to be separated, moving further and further away from this one principle. This current of civilization has continued into our present era. Medicine, in the context of civilization, is obliged to evolve along the same lines. i.e., to separate from the principle of the first civilization. You may think ancient history has no relationship to medicine but, until this fact is understood, we will not find a solution to today's difficulties.

The first civilization was based on the principle of the totality of life. The second civilization is based on the scientific study of each part of the objective, limited world - the world of limited phenomena. It studies that which we can see and grasp with the physical senses. In studying the object, we have lost the subject and human beings have become another object in the phenomenal world. We believe the subject can be found by starting with a scientific study of the object but it can never be found in that direction. The subject does not come after the object and, until our search can take a different turn, we will always search in vain.

In studying the objective world, we begin by dissecting it more and more minutely, destroying the form of the object, sacrificing the integrity of the whole for its parts. Who can say how much life has been sacrificed to develop today's modern medicine? Without the sacrifice of the form, scientific civilization could not have been completed. In this destructive way - the dissection of life - we can clearly see it is within the same current of separation which divides all areas of civilization into separate languages, countries and religions. As this current intensifies, more and more separate theories will emerge. The great leaders of the first civilization prophesied that this would occur and they left us many descriptions of this age in seemingly mythological stories.

In the current of this age, it is impossible for medicine, all by itself, to hold on to the truth; it naturally reflects its time. To perfect medicine, to turn away from this complex mental haze -to re-build a perfect society - we must re-discover the spiritual principle, the ancient truth perfected by our ancestors. There is no other way.

The human being is a materialization from the void - from the world of nothing. Humans are the manifestation of the one life-will of the universe which separates into individual human life forms. This is the truth of human existence. Human beings are distinct from animals and plants; this is also a truth but all forms emerge from the void in this way. It is the human ego which asserts that we alone are true and real and can sacrifice all other forms of the same truth and reality.

Destroying any form of natural life is equivalent to the destruction of the truth. This we must recognize. If the human body's life were separate from all other existences, we would have a different life principle, but it is not separate. Our existence is directly related to all others and even the existence of the smallest virus cannot be separated from this principle of life. Destroying any kind of life form for any reason goes directly against the law of universal existence and must not be continued.

When, from our intellectual knowledge, we artificially cause the breaking up of one kind of life form, it seems that it has been completely destroyed. While the structure seen with the physical eyes has been lost, the source of that form's life-will can never die. Actually, it has just been separated into smaller and smaller forms and this is a continuous process. These smaller forms continue to unite with other life forms and eventually a new virus emerges to again plague mankind. We do not realize that we alone created this new virus by trying to destroy its predecessor. It is folly to say we have killed some kind of life. The life-will is the life of the universe itself manifesting phenomena as separate and different forms of itself. Breaking up one phenomenal form, the life-will returns to the source or incorporates it with other life forms. We must perfectly realize this.

When we kill or break up a virus with drugs, the life-will of the virus either returns to the universal source or re-incorporates into the human body's constitution as a different, smaller form or is eliminated from the body and incorporates itself with plants, etc. Only its form has been altered; the virus can never

truly be killed. Simultaneously, with the use of strong drugs, the human body has also received a shock. We think that "killing" the virus with strong medication does not cause any harmful effects to the body but this is not true. Unicellular forms are far more adaptive than the human constitution.

Physical life is the incorporated motive vibration of the universe. There are stronger and weaker forms of life energy and a stronger force can change a weaker one. When modern medicine shocks the body's constitution, the form of the body's cells are changed. In this way, we can look upon cancer as the direct result of the destructive assault to our body's cells by medication. If cigarettes or very strong food can be seen as the cause of cancer, we must be much more judicious in our use of the power of medicines. We cannot see how the vibrations of medicine influence our body's constitution, altering and reforming it. In the near future there will doubtless be discovered a medicine which can "cure" cancer. At that moment, we humans will be the recipients of some new difficulties - some new sickness-causing viruses, as yet unknown, which will result from the breaking up of the cancer virus.

Using such things as vitamins can give some added strength to a particular part of the body but it is often too one-sided. The parts of the body function in two ways, positive and negative. Giving too much energy to one side is detrimental to the other. One side wins, one side loses and the exhaustion of the nervous system is the result. Even if both the positive and negative aspects are carefully taken into consideration, it is very difficult to know how to balance them correctly when introducing any special substances into the body. Each positive-negative system has its own uniquely fluctuating balance.

To put it briefly, acupuncture is based on the flow of the life-will's energy current through twelve main channels or meridians of the body. Ten of those meridians correspond to vital organs and there are special points on each of these meridians which are most effective for treatment. Sickness can be said to result from an unbalanced circulation of energy through the body. When balance is re-established, the flow of energy is normal and the sickness disappears. All organs are intimately related, the unbalance of one directly effecting the others.

Modern medicine cannot see that the cause of a patient's kidney infection may not be due directly to the kidneys but may be the lung's unbalance or some other organ whose symptoms have not yet appeared. A person prone to kidney infections may be getting medication for it but continues to have kidney infections for a number of years. Years later, when another organ

fails, modern medicine will not see any relationship of that organ as the cause of the earlier kidney problems. Acupuncture, by a system of reading the pulses of each organ, searches for the real cause of the illness. While treating the symptoms of disease, it also treats its source.

I am not saying that modern medicine is of no use. The question is, how to use it. Usually, modern medicine overstimulates, giving the human mechanism too much energy. What is most important the strength and quantity of dosage. In order to judge this correctly, we must first understand the relationship of the body's life to the universal life. Oriental medicine is based on this life principle and has treated human sickness from that point of view from very ancient times.

Western medicine has nearly completed its investigation of the actual human body. Oriental medicine knows little about that but it does have the knowledge of thousands of years of its relationship to the life principle. Originally, this principle forbade the killing of any kind of life since all existences have equal claim to life in the limited world. They are all manifestations of the one universal source. Mental illness is the result of our exclusive human ego which denies the universal law. This kind of egoism can destroy whatever enters its limited space. If we remember this seriously, such a notion can be clearly seen as mistaken. Whoever opposes the law of the universe is obliged to suffer repercussions from their actions.

This sense is completely different from that of today's society. As I explained, it comes from the direction of today's modern current. i.e., separation. "I am separate, so how can my actions effect the universe?" Once the universal law is violated, however, there is no escaping the consequences. Such important matters have been forgotten by uncaring human beings. Their attitude finally results in the mutual killing of other humans with no feeling of remorse - deadening any inner sense of pain that would normally follow such an action.

This attitude is the result of our intelligence and our physical sense of the body. Intelligence means the accumulation of past experience. With only those two dimensions of human capacity, we cannot grasp the source of our life. We must begin to use the other three dimensions of our existence. This subject will not be discussed here but any interested readers may refer to my book, "Inochi, the Book of Life". Human capacity separates into five dimensions and human medicine cannot be perfected until we have grasped all of these dimensions.

Oriental practitioners of natural medicine are divided into three categories: Jio-Yi, the supreme doctor; Chiu-Yi, the average doctor; and Ka-Yi. The last category, Ka-Yi, treats the physical sicknesses of the human body. The middle category, Chiu-Yi, treats sickness before it manifests; i.e., preventative therapy. The highest category, Jio-Yi, treats the sickness of society - the sickness of the collective human mind, also as preventative therapy.

Most people are not aware of the source of their desires, much less do they attempt to study them. Their goal is simply to find immediate satisfaction for the desires of the moment and to increase the means of satisfying them even more fully. The point of view from this dimension creates a greediness for food, sex, clothes, and for accumulating more money and property. Despite the fact that we have five dimensions, when our main desire is to satisfy physical need, our life-will seems to manifest only in that one dimension. It would be better if physical satisfaction were kept to a minimum. When, however, we seek blindly to satisfy only the physical dimension, not only is greed endless but habits are created which have an energy of their own.

For example, when a greedy habit in relation to food is established, the automatic result is physical sickness. For that reason, Oriental natural medicine says that sickness begins with the mouth. Diet treatment is based on this premise. Professor Ohsawa's macrobiotic method, which uses the Yin-Yang-positive-negative - principle, based on the concepts of the "I-Ching", is a well-known method of diet in Europe and America. This principle, however, does not go far enough in considering the differences of climate and geography upon the individual nor the individual's specific weaknesses and needs. There are many other diet methods and, while they are all different, they all recommend the eating of natural foods. All these different methods are another example of the current of separation in our civilization. They are all based on the respective founder's personal and separate experience and are a reflection of each one's native climate, geography and his time. Here again, the loss of the original life principle is clearly evident yet each one of these different methods attract a certain following. Regardless of the difference in time, climate and upbringing, they blindly follow a system they cannot understand. Only the principle they hold in common can be true, that of eating natural foods.

What is the relationship of the earth to the human body? Our planet is a combination of fire (heat), water, earth, plant and animal life. These five levels of life are very clearly divided but they are also inter-related. For example, earth, water and heat give life to the plant world. Likewise, plants give life to animals and there are animals who subsist on the meat of other animals which were plant-eaters. This forms a direct link between the animal and plant worlds, the order being fixed and unchanging. Within this order of universal life, the human body must be placed in a harmonious position. This principle of life is not included in today's Asiatic diet methods.

Further influences are the dimensions of air, sun, moon, stars and infinity. The physical life of the human body manifests from the world of infinity first and undergoes transformations from these ordered influences. Simultaneously, the body is also influenced by the previous categories mentioned which culminate in plants and animals. This is the way the human body is produced.

Our human body exists within such a relationship and depends on the orderly flow of all these other dimensions. If we search deeply for the origin of our body's life, we can see this order of the universe and our body's relationship to it; the journey of these formative influences and transformations would be recognized. This profound recognition is the intelligence of our life-will, the human seed. This kind of intelligence can also be the future continuation of this process of infinite development. Once we use this intelligence, the complete order of our body's mechanism can be discovered. Thus an instantaneous synchronization can occur between oncoming influences and our life-will.

The life-will creates the body and sustains its life. If the goals of education in a society were the awakening of this original faculty, there would no longer be a need for that special occupation of "doctor", or even for the use of medicine in the future. This may sound extreme but it is true. It may cause anger in some but the origin of medicine is the expression of that part of the life-will which protects and maintains our natural human life. The weakest life is nurtured in the same way. Medicine originally was a specialization created by this divine love and morality of the highest order. If this original principle of medicine is remembered, my tone will be completely understood.

Professor Ohsawa, the founder of macrobiotics, always said that sick people are the same as criminals and they should be given no respect. We have our original human faculty and can see and know all of this ourselves. We are unable to use our total capacity, however, and when we are sick it means we have violated the universal law. When we do not exercise this faculty, it is the same as not wanting to breathe air or avoiding the sunlight. Since the loss of the principle of life, we humans recognize only two dimensions, the physical senses and the intelligence of the intellect and have created a civilization based only on that.

The basic principles of Oriental natural medicine were also gradually lost. Today, it is a school course system and there is no longer any study of the life-will principle. The result is only an intellectual learning of healing techniques and the life behind it is not understood. It is for that reason that, no matter how much either modern medicine or the points of acupuncture are studied, sickness cannot always be cured. For example, the Saninko point on the Spleen Meridian greatly effects the ovaries. If you treat this point over a period of time, you may have excellent results. Yet, at other times, there may be no results or the condition may even get worse. All of these results can occur with the same patient, treated to the same degree.

At different times of the year, or even the day, the patient's reactions will vary widely; according to the weather, the digestion of food, and for many other reasons, there will be a different reaction. We should not have to learn from others how to have this kind of sensitivity. If natural medicine forgets about the relationship of the body to these other factors and concentrates only on technique, there is little difference between it and modern medicine.

Natural medicine treatment through handwork, needle, moxa, herbs and diet has as its objective to balance the flow of life energy. It gives energy to those parts of the body that need it and removes it from those parts that are over-energized. This unblocks the energy and allows it to freely circulate. This balancing restores the natural condition of the body's vibration, putting it back into harmony with the universal vibration. Diet, for example, influences the digestion and conversion of food which gives the body its energy so that it can function harmoniously with the internal and external universal vibrations. A good diet thus creates a good body vibration which can more readily adapt to the changing vibrations of the universe.

Modern medicine has exactly the same objective but it is based on the idea of fighting with the illness. This attitude is

unacceptable to the real sense of natural medicine because the cutting off or breaking of any kind of life form is contrary to the natural law of the universe. When a mistake is made, we must accept the judgment of the universe; those consequences descend upon both doctor and patient alike, not on one side alone. When our society returns to the study of life, everyone will understand this. A concentrated study of the methods and techniques of treatment which forgets the study of life is not the way. Should this attitude continue, competition between man and other life forms will never cease, an endless cycle of winning and losing. That is why we must try to grasp the real principle of the source of our life.

Although natural medicine, reflecting the trend of today, has lost its ability to use the one life principle, it has nevertheless retained a symbolic explanation of the source of our life within its treatment and theory. It must be re-discovered and grasped and a cooperative relationship with modern medicine established. An attempt must be made to develop a medical method that is perfect. For one hundred years, modern medicine has held sway over human society but it should not try to repress the emergence of natural medicine now. Modern medicine needs this principle. Oriental natural medicine has the historical experience of many thousands of years and modern medicine can study many things gleaned from this experience. This much should be apparent: medicine is not the property of a few. It belongs to all human beings and everyone should seriously work together for its perfection. As long as we follow the current of separation, we will not do this or any other work for humanity.

I have tried in this brief article to explain something of the total aspect of medicine in the world and how it must be related to all the other parts of civilization. I have not delved into treatment methods very much because there are other books readily available on the subject. I must add that it is always difficult to explain in any book the real sense of natural medicine and, as to methods of treatment, nothing can be truly conveyed with words.

Postscript to the second edition:

I feel this explanation of natural medicine, even as an outline, is too short so that I have added the following two sections.

Part 2 THE DIFFERENCE BETWEEN NATURAL LIFE MEDICINE AND MODERN MEDICINE

1. Natural medicine, the medicine of life, first became known to our ancient ancestors many thousands of years ago. They were able to use their inner eye to see the activity of the universe and the order in which life is made manifest. They could see the source of human life, with all its capacity, and understood the body's sickness from this cosmic point of view.

This method of healing seeks the cause of illness in the unbalanced circulation of energy which appears as abnormal symptoms of the body. Its objective is to normalize the currents of life energy by bringing them into balance again. It deals with energy on an a priori level, before its materialization as a physical body.

2. Modern medicine is concerned with the elements of the physical constitution after it has formed. It deals with that dimension of human life after the sperm and egg have combined, giving rise to more cells and their growth into specialized functions as organs, bones, etc. When some area of the body functions abnormally, the condition itself is called a disease and given a name. The doctor seeks to heal a particular part of the body's malfunction. This is the research and technique of a posteriori medicine.

3. Natural medicine and modern medicine stand on the perceptions of two different dimensions of life. From two such diverse points of view, it would necessarily follow that the methods of diagnosis and treatment used would be entirely different.

4. Ultimately, to understand what natural medicine is, one must know what a human being is. One must first be clear about what is the source of human physical life - its capacity and activity. In the same breath, one would also have to be talking about the life of the universe, its activity both finite and infinite. It is the part of life that science does not include. For science, this dimension's world is unclear.

To give a brief explanation of natural medicine is close to impossible. Nevertheless, I will try to give a simplified version of it for those who are interested in studying this method or for the general public who would like some basic knowledge of the subject.

5. The principles of natural medicine are a legacy from many thousands of years ago. What these ancient people could grasp was that the total action of the life of the universe and that of human life have one source.
6. It was with this concept that ancient man created his civilization. All over the world, it has been left to us in symbolic form as mythology, prophecy, philosophy, religion, etc. The original principles of natural medicine, as found in the old documents, are a part of this legacy. They are the most important documents for guiding modern civilization back to the way of truth.
7. In the ancient documents, the manner and terminology of the text are far from scientific so that a direct translation would be incomprehensible to the modern mind. To explain, therefore, what they contain, I shall borrow from the language of science to translate their meaning.
8. All universal life and its physical manifestation are from one source. Its activity is constantly changing but it can never be added to or made less; the sum total of life energy remains permanently unchanged.
9. Universal activity is based on the one greatest center of the universe which science has not yet understood. The center acts in two opposite ways, concentrating and expanding. In ancient China, the action of expansion was given the symbolic name of Yang and the action of concentration was called Yin.
10. From the greatest center, the life energy of the universe has two modes of expansion: the total universe expands and at the same time - at the extremes of expansion - it also separates. The time and space of these two kinds of expansion occur in the world of infinity. It is not graspable from the dimension of the human physical eye.

11. When energy cannot expand any further, either as a totality or in its separated parts, it turns back into the direction of concentration, going back into the greatest center. It does this also in two modes: the force of the total universe concentrates and each separated part individually concentrates, creating small whirlpools of energy.
12. It is in this moment of concentration that the beginning of the finite world is created, i.e., particles, molecules, atoms, etc. These combine to create the next level of formed existence. They keep joining, building larger and larger forms. In this way, life energy creates the different dimensions of space, from smaller to larger. This action of concentrating and joining creates four separate dimensions of universal energy. Science has already grasped that energy has four dimensions (Dr. Murray Gell-Mann). Their activity, when in the concentrating direction, finally creates the finite world, the dimension that is perceivable with the physical senses.
13. The total finite world keeps concentrating, moving step by step, in time, closer to the greatest center. All form finally disappears, swallowed into the void of the greatest center. This means, all form returns to the source energy where it changes and again takes the expanding direction. Today, science has conceived of a black hole theory, where each black hole controls a certain limited space in the universe in the center of a galaxy. A black hole (what I call the void center) is the end-point of the concentration of that galactic system. In time, all the galaxy's physical elements will be swallowed by its black hole - even light - and from there, it will change to its expanding direction of energy. This is all within the space of that galactic system. Its action is of the same nature as the greatest center of the universe, as previously described. The difference is one of size. The greatest center's activity includes the total space of the universe and is perpetual. The black holes detected by science are limited within the bounds of each galaxy. Compared to our life span, its activity seems permanent but actually, it, too, has a limited life span.
14. As previously explained, the life energy of the total universe is based on this greatest center and is continuously expanding and concentrating from there. Automatically, these two waves of energy, spiralling in opposite directions,

will meet and synchronize everywhere in the space of the universe.

At the moment and place of synchronization, these two opposing, spiralling waves create countless whirlpools of life energy, larger, smaller, stronger, weaker, etc. The whirlpool is the space in which all finite phenomena are created; it is the source of the space and time of all finite phenomena.

Each whirlpool's activity is of exactly the same nature as that of the greatest center, that is, each one has a void center and acts in two modes of expansion and two modes of concentration. The difference is that these a priori whirlpools are limited in time and space. The gravity power of each center determines the differences of age and spatial area: longer, shorter, larger, smaller, etc.

Each whirlpool will also grow in strength and enlarge its space just as a young life will grow up and reach maturity. At the zenith of its power, the center's strength will start to diminish. After collecting to its maximum, the whirlpool weakens and its power is absorbed by other, younger, whirlpools nearby.

These changes, from increase to decrease of a priori life activity, manifest the age of a posteriori life for all finite, physical phenomena.

15. The life energy of a whirlpool acts not only within its two modes of expansion and two modes of concentration but also in five dimensions. This is the action of a priori life and is the substance of the human being. It is the capacity of self.
16. From ancient times, natural medicine gave a symbolic name to this life activity separating into five dimensions. They called the five dimensions Gogio - the five elements. And for each dimension's energy, they gave a symbolic name taken from nature: Wood, Fire, Earth, Metal, Water.
17. A priori human life energy, then, separates into Gogio (Mok, Ka, Do, Gon, Sui), spiralling within each whirlpool and sustaining thereby a certain limited space. It attracts the elements it needs from its immediate environment, concentrating and increasing itself, creating the material of the physical body, giving it life and capacity.
18. When the life power of the five a priori elements is at its earlier stage of development, it creates smaller a posteriori

forms such as sperms, eggs, primary cells, etc. As its power increases, by combining with other whirlpools it has attracted, the combined energy also creates a stronger physical body. That is how the human body grows to maturity. When it has developed to its fullest, the body strength begins to wane (see point 14).

19. Sickness refers to abnormal conditions of the physical constitution, that is, each person's mental or physical abnormal feelings. Modern medicine utilizes the scientific method to uncover the source of such a condition by examining the body itself. The objective of treatment is to repair that part of the body's dysfunctioning. Natural medicine searches for the abnormal activity of the five a priori dimensions of life energy and adjust their malsynchronization.
20. The methods of diagnosis and treatment of natural medicine deal with the currents of five dimensions of energy, or meridians. It finds which current and direction has lost balance or which current is out of synchronization with the others - which part of the body is out of harmony with the rest.
The four ways of diagnosing are: seeing, hearing, questioning, and touching. It then tries to normalize the circulation of life energy within the space of the body. Treatment methods are:
 - a) for the patient's mental condition, correcting erroneous or unbalanced ideas.
 - b) guidance for harmonizing daily life with the weather, seasons, and local climate.
 - c) physical exercises or movement in the correct amount according to the patient's condition.
 - d) diet: natural food.
 - e) hand work.
 - f) herbs.
 - g) moxabustion (heat).
 - h) needlework.
 - i) emergency care for acute conditions; setting broken bones using natural methods rather than surgery; includes natural birthing methods.
21. Natural medicine works exclusively to maintain a perfect condition of the circulation of the five a priori dimensions' energy in the space of the human body. It also tries to bring all of physical life into harmony with the life of the universe, as one activity that follow the same rhythms, order and law.

The name of a disease, as deduced by modern medicine, can be of some help diagnostically as possible indications. However, by capably following the correct procedure of traditional methods of diagnosis and treatment, it is not necessary to know the disease's name; all kinds of diseases will naturally be cured.

It is not the techniques of natural medicine that does the healing. It is the judgment of each person's life substance that heals the body it has created. Technique is solely for the manipulation of life energy currents. Modern medicine tries to heal a disease directly with the physical body. For natural medicine, the healer is the universal law; for modern medicine, it is the human being that is the healer of the disease.

22. Modern medicine has of course made great strides with its advanced methods of treatment and use of medication. It is especially useful for accidents and virus disease. Its effectiveness is more powerful than natural methods. Its basic point of view, however, limits itself to the boundaries of the physical constitution. It does not grasp the law of the a priori world.

With its powerful treatment techniques, modern medicine can successfully heal that part of the body that is diseased but also destroys the other parts of the body. For natural medicine, it is forbidden to violate the law of life by breaking down its parts. Doctors and patients do not realize that this, in fact, is what they are doing.

23. In the foregoing, I have given only a very rough explanation of the differences between natural and modern medicines. It was not meant to have been a criticism of modern medicine. The two should be working together.

For the last few hundred years, the scientific method has searched exclusively in the physical realm. It has almost completely clarified the question of the human physical constitution. So many people, East and West, have given the energy of a lifetime to develop modern medicine. I give all of them my deepest respect and gratitude for their devotion.

My hope is that modern medicine can take one step further and research the a priori life world, that which creates physical life and capacity. My hope and prayer is not for the benefit of the individual practitioner but for the perfection of the medicine of this civilization. My hope is also the hope of all humanity.

24. Natural medicine holds the broadest concept of the universe. It requires a minimum of ten years' study and practice in order to grasp this sense. After ten years, you may consider yourself a beginner; that is the traditional teaching from ancient times. When I reflect about my experience of the last forty years, I can say this teaching is true - it is exactly like that.

Whoever wishes to search this way must first get over their greed and ulterior motives - whatever ideas they have from their lower dimensions. Without talking too much, they must quietly go the straight road, working to perfect this human medicine. They must have a pure mind as a missionary, with strong confidence and courage.

If they cannot reach toward their higher dimensions' inner morality, then consciously or not, they destroy the truth. From the outset, they have no capacity to be medical specialists. People who continue the wrong way must know they are destroying the truth and that, sooner or later, they are obliged to suffer the punishment of the universal law, the law of God. They must finally destroy themselves.

The epoch of the material-scientific civilization is drawing to a close and the time is coming for all human beings to return to the way of truth and justice.

Part 3 DIET AND PHYSICAL LIFE

Diet is the most important way to control physical life and activity. The wrong diet puts the entire body out of balance - cells, organs, etc. - and, sooner or later, the unbalanced circulation of energy causes illness. Those who are interested in studying medicine are obliged, first of all, to clearly understand this matter of diet.

The capacity for both physical and mental or spiritual activity manifests from the concentrating and expanding energies of the great center of the universe. The concentrating action, *WI*, attracts all the formed and unformed energies necessary to the space of the body. By its gravitational force, it draws these energies and arranges them in the body. It converts them to other energies, such as when a grain food is converted into blood, etc.

Underlying this, the perfect creation of the body is the action of the life-will's judgment, *I-E*. It creates the body's constitution and the gravitational power of *WI* maintains it. *I-WI* is the human substance, front and back. The energy attracted by *WI*'s concentrating power is what is meant by diet. Diet is used in the broadest sense of the word, including heat, cold, air, etc. The life will converts all these energies into physical and spiritual activity. Finally, it expands from the body's space and disappears.

All these energies that concentrate and expand from the human physical space are one source for the action of the human substance (*I-WI*; front and back). If the rhythms of these energies were separated, they would divide into *A-O-U-E-I*, the five dimensions of the mother sound rhythms:

- 1) The action of *A* dimension is the energy rhythm of human spiritual capacity.
- 2) *O* dimension manifests the rhythm of memory and knowledge.
- 3) *U* dimension is the material of the physical constitution which manifests the rhythms of the five physical senses.
- 4) *E* dimension is the action that manifests the rhythm of the capacity for making a judgment.

A-O-U-E are a priori dimensions; when manifest, they are

four mother sounds. In this way, a priori manifests the capacity of a posteriori. Each one is a different dimension or rhythm of life energy action. The scientific theory of dimensions of energy actually refers to these same dimensions. They are manifest directly through the human mouth as these vowel sounds. They converge and manifest a posteriori human capacity. The source point of these dimensions is *I-WI* dimension. *I-WI* is the total universal creation which transforms itself into the activities of the total finite and infinite universe.

The contents of the universe's activity converts itself into human capacity and is its source point; it is the seed of the universe. The life-will is *I* and life power is *WI*. This is how *A-O-U-E-I*, the five a priori dimensions of energy, act within a limited space, concentrating and expanding. In this space is created all human physical and spiritual capacity - the complete human life. To keep this life in perfect condition - to allow it to realize its full potential - we must know the order of our life. We must maintain a perfect balance of the body's five dimensions of energy. We begin by studying and searching the medical principles evolved by our ancestors and follow their way.

It is far too simple to speak only of the balance and synchronization of *A-O-U-E-I* dimensions. As I said before, each dimension has a front and back, the activity of Yin and Yang. There are also rules for the synchronization of these dimensions' currents, the relationships of Sose, Sokoku and Shofuku. Furthermore, each dimension behaves in terms of its eight motive vibrations. To keep all of these factors in harmony by trying to use scientific knowledge, *O* dimension - by calculation, theory and measurement - is quite impossible. Yet without this harmony, the body becomes sick or its spiritual capacity is impaired. A sick condition automatically creates our own unhappiness and lack of freedom - a lifetime of suffering.

All human beings should know the basic method for achieving harmony. Some may feel it is a very difficult matter because it is not something that lends itself to scientific measurement. It is really very simple and so fundamental; scientific knowledge is unnecessary. It just means to return to the mother's embrace - going back to the breast of the natural universe. All we need do is follow the judgment of our inner substance, the life-will inside us.

The cause of the sickness of modern times is an erroneous source of knowledge. We must, therefore, throw out everything we know. That is the first step for building a pure, human civilization. First we must eat only natural food and know how

to balance Yin and Yang and the circulation of the five dimensions of energy. We also need to do enough exercise from the time when we are young, each of us developing to our maximum physical and spiritual capability. We must also live in a natural environment with clean air, earth and water.

HOW TO EAT

- 1) We must have natural food which grows locally in that climate and clean water. Grains are an exception and do not have to grow where you live.
- 2) Food should be chewed well, the more the better. Especially in the case of sick people, food must be completely masticated, reducing it to a liquid which is automatically swallowed.
- 3) Percentages of types of food:

a - Adult

Grain Food	20/32	=	0.625%
Vegetables	8/32	=	0.25%
Animal protein	4/32	=	0.125%

b - Pre-adult (28 teeth)

Grain Food	16/28	=	0.57%
Vegetables	8/28	=	0.29%
Animal protein	4/28	=	0.14%

The human substance, *I-WI*, indicates through the number of teeth that we have how to naturally harmonize with the order of the universe. It shows us the types and percentages of food necessary to us. There are twenty molars for grinding grains, eight incisors for cutting vegetables and four canines for chewing meat.

Food and drink are one part of the outside concentrating energy we receive for maintaining balance. What we eat has its own life energy which is concentrating and expanding. What is contained in the food's inner energy - according to type and within the same type - have different powers of Yin and Yang. They are larger, smaller, stronger, weaker, longer, shorter, etc. To have a long and healthy life, we must take in those foods which elements and cells are of longer duration, that is, that have more concentrating energy.

The choice of food is made, finally, from the judgment of *I-WI*. Before that, however, each person is influenced by family tradition, habits and personal taste, or from their knowledge and understanding. The quantity and choice of what one likes to eat

will vary with the individual. *I-WI*'s judgment can take the necessary elements only from what is available to it, the actual food that is being ingested. *I-WI* is the life-will of beings; judgment manifests through the physical senses of *U* dimension and the experience of *O* dimension, i.e., *U-O* dimension. The desires of *U-O* do not directly manifest *I-WI*. Habit, taste, local conditions and knowledge (such as aspirin for a cold or vitamins for energy) influence what action is taken. The desires and judgment of *U-O* separate from the life-will, *I-WI*, which leads to a great error in the kinds of food and drink that are preferred.

As I said, *I-WI* creates all the elements and cells necessary to the body's constitution and arranges them in perfect order in the space of the body. It keeps it in perfect condition, giving the body its life action. *U-O* should follow what is being asked by the substance and choose only the right kinds of food and drink but *U-O* does not obey the inner voice. It acts independently, making its own choice, which sooner or later causes the body to lose its balance and strength. This matter becomes very clear when you compare the difference in life capacity between wild animals and their domestic counterparts.

The concentrating power of some foods and drinks are strong - their elements have greater strength and a longer life span - and some are of the opposite nature:

COMPARISON OF FRUITS AND GRAINS

1) The greatest concentrating power of fruit is found in the seeds and skin. Balancing with this strong concentration is the rest of the fruit where the elements are almost totally expansive. This is the part that we eat so that in order to create new body cells, *I-WI* is obliged to choose elements from only the expanding side of the fruit.

2) Grains also have a balance of elements that have expanding and concentrating energies but the action of expansion has not yet begun. All its energy is being held in concentration. When we eat grains, it is from these concentrating elements that *I-WI* sorts out what it needs to create new cells.

The body is constantly creating new cells from the food it ingests but the strength of its life power will vary according to the kind of food it uses. For instance, red blood cells will clearly have a different level of strength, depending on what is ingested, even though they are all the same type of cell. There is no question which person's cell structure has stronger and more enduring life power; that person has a stronger, healthier and longer life.

All formed life must have a balance of both concentrating and expanding energies but the power of its gravity center will last over different lengths of time. When the seed is being formed, concentration is stronger but only in the space of the seed. Its expanding energy has separated to the outer area around the seed and elements collected from there to make new body cells are obliged to have a shorter and weaker life span. The bones and tendons of a child's body are soft (expansive) so that the concentrating energy must separate from expansion to strengthen them. During childhood the body's concentrating and expanding energies are equally strong. As it matures, the bones harden and are less flexible and expanding energy goes to other parts of the body. In old age, the body is less concentrating and expands more, losing strength, developing wrinkles, flabbiness, etc.

FOOD CATEGORIES

1) Grains: The plant's total life potential is here in the one seed. If conditions are not present for sprouting, it can survive for thousands of years, still holding its life in the seed. The concentrating power received from this type of food, therefore, is the strongest and most enduring for the human body.

2) Vegetables: We eat either the leaves, the stem or the root of vegetables; we never have its whole life. Expanding elements are mostly in the leaves and stalk which are balanced with the concentrating elements in the root. We consume only one side of a plant's energy.

3) Animal protein or meat: The elements and cells from this dimension of physical life are transmuted from those of the plant world. Most of the concentrating elements' energy are in the bones, tendons, skin and hair. To balance with this, expanding energy is mostly in the blood, fat and muscles. The flesh, where expanding energy is located, is what we usually eat.

The contents of each animal's milk is designed to serve that kind of animal's capacity; the cells contain the elements needed for each animal's type of body. All kinds of milk are considered to be high in nutrition; it can be judged scientifically which milk is superior and which inferior. What science cannot see is the life world and, from their research, they jump to the conclusion that since animal's milk is so rich, it is also a superior drink for the human body.

In reality, the qualities of cow milk make it the most desirable drink for a calf and that of goats and sheep make it the

best for kids and lambs. Cow milk can never be better for a kid than the mother-goat's milk. For the adult cow, natural grasses are a better food than cow milk. If a cow is sick, it would be nonsense to try to make it well by giving it cow milk or goat or sheep milk. From the viewpoint of natural medicine, that would be an insane thing to do. Yet it is this insanity that passes for knowledge in human society. It is a widely accepted theory of nutrition held strongly in the minds of most people all over the world; that is most people's O dimension understanding.

It is the convention for the human mother to stop nursing early and supplant her milk with cow or goat milk for her children. This may be due to a fear of losing her beauty - an idea based on the knowledge of physiology. As I explained, it is the life-will and energy of the cow that creates its milk; the contents of goat milk is the result of the goat's life energy, a dog's milk is a dog's energy, etc. At the bottom of each animal's milk is the life-will and energy of its a posteriori life. The action of its a priori life-will and energy cannot be separated from the contents of each animal's milk, different for each one. The life-will and energy of a cow continues to act inside its milk.

Why should children who are raised on such milk not have more feelings of love and respect for a cow or a goat? Likewise, why should they have any love and respect for human life? From my point of view, it would be quite normal to have that sense. A mother bares her bosom to her children, handing over her own life-will and energy, with all her motherly warmth and tenderness. She also hands over her emotional sense along with the life energy of her milk and this is transmitted to the baby's constitution. Such a great and important task is a mother's responsibility but she forsakes it in order to follow an insane convention.

Thinking more of her beauty than the life capacity of her baby, she purposely feeds her baby the milk of a cow or goat. Sometimes it is warmed up over a fire or else it is given cold; then it is put into a bottle, covered with a plastic nipple and this is how she nourishes her baby. She unnecessarily spends twenty times the energy needed for breast feeding. When such a baby grows up, he (or she) feels no love for his mother and will naturally leave her; no one has a right to complain. Having received an animal's life energy into his body, how can he feel human love for his mother?

I am not just talking about milk, although I used it as an example of animal food. At the bottom of the contents of such food is that animal's life-will and energy. Whatever animal we

eat - birds, fish, eggs, meat, etc. - its constitution becomes the contents of the elements and cells of our body. Each animal's life-will and energy is there.

4) Fruit: As previously explained, we eat that part of the fruit that has strongly expansive energy elements. If we eat fruit frequently, it weakens our cells, shortening their life. Fruit, because of its strongly expansive and separating energy, is needed for a heavy meat eater in order to clean out the poison found in meat. It is not possible, however, to measure the precise amount necessary to do just that and too much fruit destroys the cells.

People native to a tropical country eat some amount of fruit in order to balance with the heat of the sun but they do not eat so much. They are already in harmony with that environment because they were born and raised there. If people native to a cold climate were to move to the tropics, they would need to eat a much greater quantity of fruit there.

5) Drinks:

a - Alcohol - Alcohol has strongly expansive energy which helps purify the body from poisons. It is especially needed for those on a predominantly meat diet; a certain quantity may be regarded as medicinal. Alcohol is not at all needed for those on a diet of vegetables and grains. Given the conditions of a tropical country such as South India, where the population is strictly vegetarian, alcohol is poison.

b - Water - Water must be clean and natural but with not too great a mineral content. Too much water is not desirable.

6) Condiments: The quantity and type used should be in harmony with the climate and geographic location of where one lives as well as the season it is. For instance, in a hot climate or where it is a high altitude, hot foods such as chili would be necessary.

a - Salt - Salt is the most important condiment and should be made from natural sea water. Salt that has been processed to make it white is not desirable.

b - Sugar - Traditionally it is said that sugar is totally poison and is of absolutely no benefit. It is better not to use it at all. If some sweets are really necessary and it is either a tropical or temperate climate, one can use a little natural black sugar or honey. During the winter or in an arctic climate, sweets are not needed at all. White, refined sugar is absolutely forbidden.

From ancient times, the traditional preparation of condiments has a deep and important meaning. It can be useful but too much can be dangerous. We must know how to use them according to the patient's condition.

7) Commercial food: Any prepared foods and drinks which have artificial additives (often for enhancing color and smell) are absolutely forbidden to use. Those that have been naturally processed, such as through drying, can be used in a limited quantity. They cannot be a main food source because processing has diminished their life energy.

From the recommended types of foods and drinks I have already outlined, one should choose what one needs in order to perfectly harmonize with the conditions of here-now. Type and quantity should be judged exactly as to that place, that day and that time. For the human being, the time of eating and drinking is a most serious moment. It is the moment that decides what our future life and fortune shall be - how our capacity will be fulfilled. It should be as a ceremony, with respect for our life-will and with thanks for this way of receiving our a posteriori capacity.

The right kind and quantity of food and drink needed is finally decided from our highest judgment, the human being's life-will, *I-WI*. That decision cannot be made by using *O* dimension knowledge and *U* dimension desires of the five physical senses; it is impossible to know what choice to make when judging from there. The highest judgment measures the body's inner energy - expanding and concentrating - taking into account our a posteriori physical and spiritual activities, and knows how much of each energy needs to be replenished. This is measured in relation to outside energies (i.e., light, heat, air, etc.) or the conditions of synchronization prior to that. The synchronizing and exchanging that occur between human physical life energy and total universal energy - changing from second to second, evolving and disappearing - all those conditions are caught exactly, taken into account, and judged. To keep the body in perfect harmony with the rest of the universe, the amount and type of food and drink is chosen for that day, that time and place. It is impossible to know this from scientific calculation; that way is too far removed from the decision of this dimension's world.

This highest judgment is the decision of the human life-will which gives the a posteriori five physical senses what it senses and desires. We feel thirsty, hungry, tired, sleepy, etc. and we want to do something about it. That is how the life-will manifests in a posteriori and it is most important to be careful how those desires are met. We should not mistakenly satisfy them from *O* dimension scientific knowledge or personal past experience. The mistakes of the past become a habit and we should not satisfy the desires of bad habits.

When thirsty, just drink clean, natural water and the life-will will say, "Yes! Good! Enough!" At the same time, the tongue, mouth, throat and stomach and all the desires of the physical senses will feel satisfied; that is the way it is with the natural human body. As I said before, however, when we are guided by *U-O* dimensions' desires, we prefer to have coca cola or beer. When we are hungry, we remember some tasty food we had before and want a repeat performance.

We do not realize how much our mistakes disturb the body later on; we do not know how to reflect about it. When we have the wrong kind and quantity of food and drink, that part of the body or the body's total condition must be effected to some degree; there will be some loss of balance. When we have taken the wrong energy, the life will tells us about it through the five physical senses and the five spiritual senses. If the experience is not too painful; however, it is quickly forgotten. We continue to make the same mistake and, more and more, we wish only to have a nice taste in the mouth, refusing to listen to the inner voice of our life will. Sometimes, we feel something is not good to have but we are so attracted by the taste that we can easily ignore that right feeling. This means we no longer have fear of God.

Whatever we eat and drink, the body receives some quantity of energy which should then be expanded for it to stay in harmony. When the body is filled with energy, the judgment of the life will is to spend it. It orders us to do some type of spiritual or physical action; that is how the desire for action is made manifest. As previously explained, however, the action taken can be the wrong one out of ignorance or folly or mistaken information - from the experienced desires of *U-O* dimension. We do not follow our substance's command *I-E* dimension. That kind of blind *U-O* dimension action causes what effect to the body? Clearly, it is shown to us if we can but understand it.

Most people's decisions are based on scientific knowledge, the view of *U-O* dimension; this is the way of actual civilization. People do not pay attention to the orders of their life will, *I-WI*, which created their physical life. Not only are our lives sacrificed this way; it also creates all the misery there is on earth. It is the way of Satan. The substance of Satan is our own lower dimensions' judgment and the acts that stem from those desires. We should clearly be aware of this. I shout this truth in my loudest voice and even though I can be heard, my voice has not yet penetrated people's hearts.



I have already said this in so many ways: the cause of spiritual and physical sickness is ignorance of the a priori universe's creation - the life will, *I*, and the life force, *WI*, which manifests the a posteriori human being's total capacity. One cannot recognize this truth by one's self nor have any knowledge of it so that, unconsciously, the absolute law of life is disobeyed and there is no escaping retribution. It is worse than a robot turning against its creator. For our mental and physical actions to be in perfect harmony, we must simply follow the orders of our inner substance, *I-WI*. However, to explain the contents of *I-WI* is not so simple. This chapter is an explanation of just one part of it, the part that is most immediate in our daily lives, i.e., diet, the right way of food and drink.

Diet, of course, is not all of what creates the proper conditions for perfect health and the ability to fully realize one's potential. Yet, to be healthy and to treat an illness, diet is a most important consideration. Matters more profound must be left for direct communication rather than a book.

The following chart shows how the universe's life action of concentration and expansion manifest phenomena in terms of daily food and drink. Studying and practicing with this chart as a comparison will help open your highest dimension's inner judgment, *I-E*. That means, opening your eye of life.

COMPARISON OF YIN AND YANG

subject	Yin nature	Yang nature
Kototama sound	WA	A
life action	gravity/concentration	expansion/separation
5 mother sounds	UO	EA
Gogio- 5 elements	Earth, Water, Earth	Fire, Metal, Wood, Heaven
direction	North, West	South, East
seasons	Autumn, Winter	Spring, Summer
	Night, evening	Daytime, morning
	coming down	going up
	right to left	left to right
	Time	Space
5 Poisons	cold dry	wet heat wind
	land	sea
	lower land	higher land
	inland	beach
	carbon	oxygen
	alkaline	acid
light rays	ultra-violet	infra-red
element	sodium, calcium	potassium, magnesium
vitamin	A, D, E, B12	C, B
compactness	small	large
weight	heavy	light
form	small, short	large, long
mental activity	sad, melancholy	peaceful, angry, happy
personality	spiritual	materialistic
	religion, philosophy,	politics, economics,
	art	business
	lonely	sociable
	outside Yin,	outside Yang,
	inside Yang	inside Yin
	peace	war
	woman	man
	plant	animal
	quiet	active
	negative	positive
	slow	fast
	hard	soft
	long life	short life
	inhale	exhale
age	old, middle age	adult, childhood, infancy
physical strength	endurance	short span
	solid	liquid
	liquid	air
	oil	water
	water	soda, juice, alcohol

more active in	fall and winter	spring and summer
body temperature	nighttime	daytime
food	cold, cool	hot, warm
	grain	vegetable
	grain	animal protein
	vegetable	animal protein
	vegetable	fruit
	animal protein	fruit
	grains	nuts
	root vegetable	leafy vegetable
	dried food	raw food
	cooked food	raw food
plants	tubors, grasses	tall plants
taste	puckering, bitter, salty	sweet, sour, hot
color	black, violet, indigo	white, yellow, orange,
	blue, green	red, crimson
	shellfish, egg	fish, animal, bird
	salt	sugar
	salt	vinegar
	sugar	vinegar
	natural water	juices, vinegar
	vinegar	alcoholic drinks
	long time to boil	boiling quickly
face		
eyes	small, pupil below (josan paku)	large, pupil above
	pupil in center, surrounded by white	
ear	small, thick, flat, long lobe	large, thin, protruding, upper position, no lobe
nose	straight, pinched	fat, large, pug
mouth and lips	small, thin, tight	big, full, protruding
body	short, big bones, stocky	tall, small bones, fat
hair	black, bushy	red, thin

Devising this Yin/Yang chart was very difficult because in order to make it perfect, one must search the basic life rhythms inside one's one body - at the bottom of physical life. Then it must be compared with the Kototama fifty sound principle. To write scientifically about the a priori and a posteriori matters thus grasped has been a difficult task indeed.

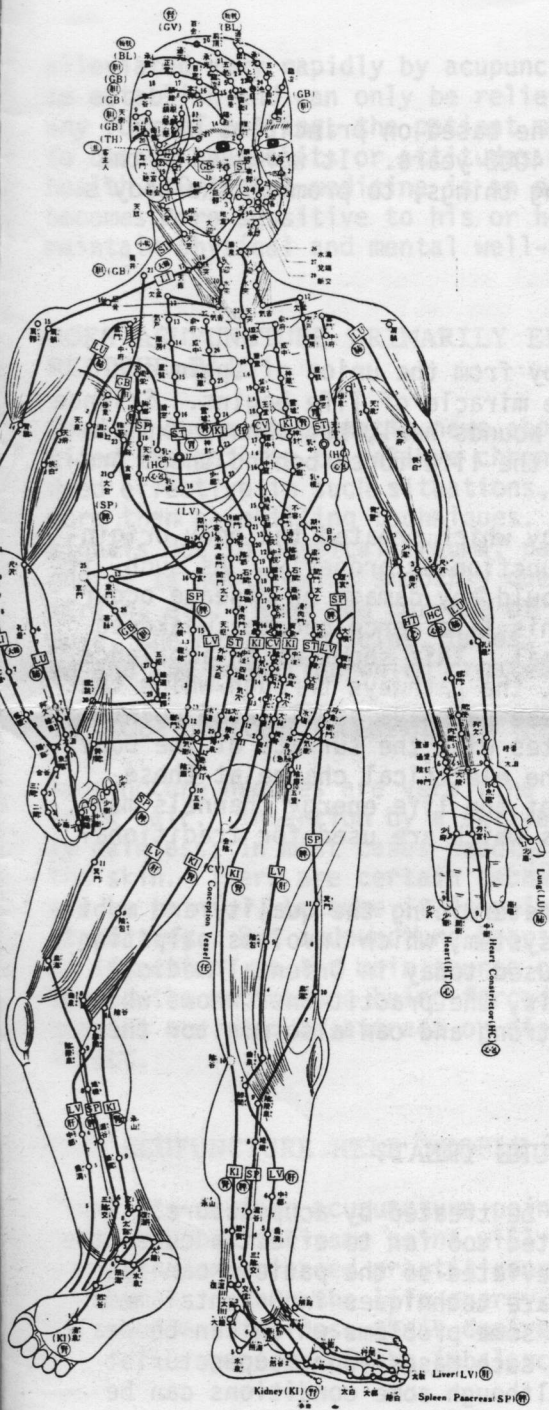
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Questions and Answers about Acupuncture

ACUPUNCTURE ASSOCIATION OF
NEW MEXICO
EDUCATIONAL TRUST FUND

WHAT IS ACUPUNCTURE?

Acupuncture is a complete system of medicine based on principles which have been used in the Orient for the last 4000 years. It works with the natural energies inherent within all living things, to promote the body's ability to heal itself.

HOW DOES IT WORK?

Science can trace the development of a baby from the union of sperm and egg, but it cannot explain exactly how the miracle of life begins. Science can study what happens when bones mend or wounds heal, but cannot explain why this happens. Acupuncture works with the life force behind these processes.

This life force (or Ki) is the vital energy which created the body originally and continues to keep it alive and functioning properly. As such, it has the perfect knowledge to repair it should any damage or disease occur. Disease manifests and is not cured when this life force becomes weakened to such an extent that it can no longer heal. This shows as an imbalance in the energy currents (called meridians), the pathways through which the Ki passes. The ancient masters traced these pathways and located points along them at which life energy communicates with the surface of the body. Modern science has been able to measure the electrical charge at these points, thus corroborating the locations of the life energy channels mapped by the ancients. These are the points which are used for traditional acupuncture, moxibustion and hand treatment.

The ancients also developed a system for determining the quality and mobility of life energy in each person. This system, which involves palpation of the six pulses on each wrist is still used today in Oriental medical diagnosis. By means of the pulse diagnosis, the practitioner knows which channels of life energy are weak or overstrong and can also monitor the effects of the treatment.

WHAT KINDS OF DISEASES CAN ACUPUNCTURE TREAT?

Any health problem, disease or illness may be treated by acupuncture. In some cases where life energy has deteriorated too far to effect a cure, the disease can still be arrested and pain alleviated so the patient can lead a reasonably normal life. Although there are techniques in Oriental medicine for healing all conditions, there are some problems which can be dealt with more quickly by Western medicine. In such cases your acupuncturist will recommend you contact a physician. Although some conditions can be

alleviated very rapidly by acupuncture, many conditions have taken years to establish and can only be relieved with steady, slow progress. As in any form of healing, the patient must be fully determined to get well and to change the habits or attitudes which have been undermining his or her health. Oriental medicine is an educational process in which the patient becomes more sensitive to his or her body and more aware of what to do to maintain physical and mental well-being (i.e., diet, exercise, rest, etc.).

DOES ACUPUNCTURE PRIMARILY EFFECT THE NERVOUS SYSTEM TO RELIEVE PAIN?

Some of the most dramatic news about acupuncture in the West has publicized its ability to relieve chronic and acute pain. Although it is indeed effective in such situations, acupuncture and Oriental medicine are more than painkilling techniques. Although the nervous system relays pain signals due to physical trauma, pain is often a signal from the body that energy is not flowing smoothly due to stress, improper diet, emotional strain, etc. When the current of life energy is balanced through acupuncture, the nerves, muscles, bones, blood vessels and organs are revitalized and the condition which created the pain sensation is relieved.

IS ACUPUNCTURE PAINFUL?

Acupuncture needles are very fine and flexible, about the diameter of a thick hair. Insertion by a skilled practitioner usually will be completely painless; in most cases needles are inserted just below the surface of the skin. There are certain techniques used in Oriental medicine which can be painful, because it is painful to mobilize energy which has been stagnating. But acupuncture bears no resemblance to the feeling of getting an injection, as the main source of pain from injections is the hollow needle and the medication being forced into the tissue by pressure. Acupuncture needles are used to attract or disperse energy along the meridians, not to inject.

CAN ACUPUNCTURE HELP PEOPLE STOP SMOKING AND LOSE WEIGHT?

There are certain acupuncture points which have been used to treat these problems, but the same point will not work for all people. Correct diagnosis by an experienced practitioner is the surest way to work with these conditions. When the life energy in the body is balanced and flowing smoothly, people often lose their desire to smoke and over-eat, as these cravings are often symptoms of the imbalances that existed before the treatment.

HOW DO MOST PEOPLE RESPOND TO ACUPUNCTURE?

Some patients feel progressively better after each treatment. Some illnesses so dull the senses that the full severity of the symptoms is no longer clearly felt. As the life force returns, sensitivity also returns, so that a patient may temporarily feel worse. This passes in a short time. Other illnesses are of a complicated nature. It is possible for symptoms to return that were present years ago, as treatment progresses. This is because the course of the sickness is being reversed. Oriental medicine describes this process symbolically as having several conditions, one on top of the other, like sheets of paper. The top condition is taken off, exposing the one beneath. They must all be taken off one at a time and this will often recreate the symptoms temporarily while healing is taking place. When the last sheet is removed the healing is complete.

HOW MANY TREATMENTS ARE NECESSARY?

The duration of a disease, the amount of deterioration, and the constitution of each patient must be taken into account when determining the number of treatments necessary. Most chronic conditions require a minimum of ten treatments to alleviate symptoms and balance the energy so that symptoms are not likely to recur.

ARE ACUPUNCTURISTS LICENSED IN NEW MEXICO?

Yes. An Acupuncture Examiners Board was created by the State Legislature in 1981. It established bi-annual testing of acupuncturists for licensing. A licensed acupuncturist must have at least two years of training at an approved institute or with an approved tutor. The examination includes a written test on acupuncture principles and practices, anatomy and physiology, sterilization, etc. There is also a practical exam.

This brochure is distributed by the Acupuncture Association of New Mexico Educational Trust Fund. For further information about Acupuncture or Acupuncturists contact the AANMETF at P.O. Box 5882 Santa Fe, New Mexico 87502