



The Tributaries are the varied modalities; each with its own specific area of efficiency in bringing healing or well-being:

- **Acupuncture : Needling & Moxa** As the basis for my diagnosis & treatment: Aligning or re-aligning your *personal Constitutional Energies* (Genetic, Pre & Peri-Natal) *with Solar & Lunar Energies, Movements and Cycles* - Annual, Seasonal, Monthly. Microcosm to resonate with Macrocosm.
- **Patent Herbal Remedy** *Constitutional Remedies*, as Nutritional Supplements, tailored to nourish, through rebalancing your inborn areas of weakness.
- **Essential Oil Blend** This works *through* the emotional energies to influence physical, emotional and psycho-spiritual levels of well-being. The mind understands and reacts to the world through perception - the information given to it by the senses. By changing the input to the senses, one changes the manner in which the outer world is perceived-understood and how the Nervous System acts and reacts.

Remembering that the NS, Central and Peripheral, have influence upon and control all bodily functions, from organ to muscular to hormone regulation; one can affect all aspects of bodily functions and behaviour.

- **Gem & Stone Elixir** *Mineral Therapy*, directed into the deeper *Constitutional Tissues* of Bones & Marrow, Brain NS, Hormones. Used in treatments for: 'Longevity' : the maintaining of strong health and well being with age. Also for deeper or more serious Psycho-pathology.
- **Herbal Formula, as a decoction** *Classical Herbal Medicine*, simple formulas of 2 pairs x 2 Herbs. This works in a simple way on both physical pathology and on the 'personal temperament' by changing the inner terrain or bodily humor. One changes both function, as well as psycho-emotional states.
- **Diet, Nutrition & Digestion** Food is important; however the strength of the metabolism, effectiveness of digestive assimilation and appetite are as equally important
- **Dao Yin (Original Chinese Yoga)** '*Qi Gong*': Exercise learning how to work with Qi for forming Self-Healing, maintaining well-being and developing strength.

The basis of my treatment approach uses the Constitutional Map as the reference guide for understanding the patterns of your energy systems, physical habits and personality traits; the strengths and weaknesses, patterns in which pathology is formed, and the pathways through which to heal and re-create health. The different techniques and modalities are applied as relevant and appropriate to you constitution, needs of healing and your personal choice.

They are the essential medicines used to support, nourish and change inner terrains and behaviour between meetings, so that the Acupuncture needling can have a much deeper and consequential effect. The needling can be seen as a catalyst which sets off a wave of influence into different aspects of the energy system (*Jing, Qi, Shen*: Constitution, Function & Emotion, Mind & Spirit); the less obstructions, of tiredness or inner stress, the more all-pervasive and the longer the cycle of effect.

When I have the possibility to align or re-align you with your constitutional energies and those with the outer environmental energies, you move into a greater place of self-healing, empowerment and development. You are 'in your own flow', self-actualising and following the winds of your own destiny. This is your personal Microcosm being aligned with the environmental Macrocosm at that particular time and for the duration of that energetic cycle.

**In practical terms for yourself** there will be little difference for you in our meetings! \*\*

*Essentially, you just need to decide the frequency when you wish to meet, according to the following:*

- **4 week intervals** according to the Lunar Cycle. This has the strongest effect upon the emotional well-being through the push-&-pull of the fluids on the body. and thus the NS  
*Suited for those who wish to keep optimal health: professionals, sports-persons, business-persons; or if you get a little emotional screwy on a regular basis!*
- **6 weeks intervals** according to the Solar Cycle, of **24 x 15 day periods**. For those in which the period of 12 week interval of the Seasonal Treatment is too long.  
*Suited to most of long term patients and anyone who has a normal busy life: work, children, partner, single ! .....*

Meeting every 6 weeks not only helps to keep in balance, but also encourages you to move into a phase of greater personal awareness and self- development. Especially with the support of Herbal Medicines and Essential Oil Blend.

- **12 week intervals** `Change of Season Treatment` . *Meeting once every 3 months* in the 7 – 10 days prior or around the *change of the season* \* .Traditionally, the doctor would meet the patient *at these periods of change in the year in order* to clear any hidden pathologies, rebalance *the 'humors and emotional humour'* of the patient; as well as give suitable advices upon the change of habits, diet, lifestyle etc..

The seasonal energies & ensuing weather are different each year, according to the cosmic forces (*Wu Yun Liu Qi, as above*) \* (The beginning of the season in the Chinese Solar Calendar)

**Note:** *Most suited to those who are already in good health, possibly have received my treatment during 2 –3 years to have achieved that, even possibly from a more serious disease. You are now wishing to maintain that state of good health, and have a regular check-up to ensure that no other pathologies, minor or more serious are beginning or, if in latent or 'healed form', not re-emerging.*

*Ideally, this is the minimum interval of time a patient should visit; especially over age 60.*

- **3 week intervals** For those patients who feel they need a more regular support, either physical or psychological.

Between meetings, *different modalities are used* to strengthen, stabilise and support health, and the necessary changes for development; as written above.

\*\* But, I am looking to be a little more tough with those patients *who do not take their medicines regularly !!*

**New Patients** will be offered a Comprehensive Consultation, with the possibility to ask questions as required. A follow-up after 3 weeks is usually requested,

with appropriate medicines given at that stage of treatment; thereafter a pattern of meeting as appropriate.

**Previous Patients** *I cannot emphasise either strongly enough or loudly enough the importance to come for regular (seasonal) treatment !!*

If you are over 50 ... **you will become older** . For the majority of people, age and sickness of a physical or psycho-emotional will catch up with you.

This is a simple dynamic, well understood within Chinese Medicine, in which as the 'Jing`or deep & heavy constitutional/energies become less dense, those latencies of sickness, weaknesses and hidden or suppressed emotional tensions which have previously been held down (by the denseness, like a thick glue), begin to rise to the surface; at that time that the body and mind begin to show ageing and weakness.

The understanding in Chinese Medicine is that *prevention is much better than cure* - actually it takes enormously more time and effort to heal rather than to stop something from beginning. *So the strategy is to make diagnosing as early as possible* and to treat or resolve or remove the latent / hidden pathogens and emotional stresses *before they can influence* the balance of health, well-being and weaken the immunity.

This is one of the threads or approaches to *'Longevity treatment'* : the creation and maintaining of strong health and emotional well-being with ageing, *by the removal of the latency of unresolved pathogens and emotional stresses; (which might be:* **a)** inherited – genetic & in utero **b)** from childhood **c)** from any times of greater tiredness and emotional difficulty **d)** usage of medicines to treat diseases or suppress symptoms, from any stage of life, but especially childhood **e)** from normal events, such as pregnancy, caring for infants .... and having teenage children and such like!)

Remembering: through pulse diagnosis, I can (most usually ...) diagnosis the arisal of all/any major diseases 1, 3, 5, 10 years *before they manifest in the physical body.*

One is diagnosing the *'Qi of the body'* (the *'energy body'* or the subtle vibrations of emotional stresses in the nervous system?), which is seen to lie behind the physical body.

*All diseases, especially chronic, will show themselves in the pulses, often even before symptoms, physical or psychological, appear. This is the step before the imbalances will manifesting as a process towards sickness and then develop into a pattern of disease. Treatment at this stage, would usually involve just 2 or 3 meetings, redirecting the imbalance of energies, prior to the arising of any specific symptoms .... which means, well before any disease might show itself in the physical body.*

If you have received treatment previously , please do not let the state of well-being and the stability in your health that has been created slip away ..... Even if out last meeting was 2 or 3 years previous, the underlying balance is usually still remaining and it usually takes just 2 or 3 treatments to bring the energy system 'up-to-date`.

**Medicine of Tomorrow** : this section became too long, so I switched it to the longer paper.

These are the headings:

- Genetics, Epi-genetics, Causative Factors
- Fate & Destiny; Nature & Nurture
- Brain, Perception and Senses
- Vibrational Medicines of : Smell, Sound, Colour, Subtle Touch, as mediums of change
- The relevance of Essential Oils as a medicine for change and influencing epi-genetic responses

### **Blog beginning during Autumn**

My idea is to begin the pathway of education through the writing of a blog. This will be based upon suggestions on how to create and maintain health by coming in tune with the cycles of the nature or *'the cosmic forces of Heaven and the responsive forces of Earth`*.

- Solar periods of 15 days
- Bigger seasonal changes, of 3 months
- Monthly Lunar flows, of New and Full Moon
- Movement and energetics of the weather, according to 5 and 6 seasonal periods; different according to the energies of each year
- Annual Energies: specific for each year, with individual influence according to one's constitutional energies.
- and so forth .....

Remembering, that human life is seen as a microcosm of the macrocosm, and one maintains health when identifying and being in resonance with those forces.

Chinese Health care is very rich in the wisdom of exercises, daily life habits, diet, meditations and so forth allowing one to be more responsible for one's own health.

With the correct support and interest, I can be open for this to develop into more comprehensive written works and even workshop-based type courses.

### **What do I need more ?**

There are two legs of support which I need to achieve this bigger goal of the integration of studies into a whole body of wisdom and subsequent dissemination

to others through treatment and teaching. One is a larger house, with space for a functional clinic and teaching space. At present, the 200 loose herbs of my herbal stock are packed in glass jars in the garage, waiting patiently for their time of usage ..... The other is a (female) life partner, who has similar interests of lifestyle and work, and a consideration towards and love for me.

Both will come in time. For such suitable property, it is to wait for destiny, being adaptive to possibility. The meeting of a suited partner, could be more problematic; which might necessitate moving in order to achieve my purpose.

**Xuan Miao Ren** 玄妙人

*Wu Chen Day, Xin You Month  
Year 4655 of the Earth Dog*

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Please honour the integrity of this work