

Introduction

In the Fall of 1999 I had the pleasure to attend a trade show in New Mexico with Stu and Dr. Kim. It was a weekend of “firsts.” The first time we met other than over the phone, the first time I was able to give them a treatment, the first time they could see me treat people with Acu-Nu Kinesiology, acupressure magnets and our Dragon Rising 5 Chinese Elements Formulas. To put it mildly, we had an epiphany. A profound shift occurred in how the three of us perceived our roles in the company. We were no longer in the “herbal business,” we were now in the “Education Business.” This dynamic was the result of the introduction of the Dragon Rising 5 Chinese Elements Formulas and the myriad of treatment possibilities they offer us in our respective practices.

To this end I have outlined a series of “Advisors” starting now that will focus on “body/mind healing,” “energetic medicine, “quantum mechanics of Health” as they apply to our new formulae and treatment protocols. We invite you to expand your horizons and incorporate this information into your practice. As a health professional, continuing our education is an ethical obligation only exceeded by our empathy and desire to help. This first advisor will be very general and give an overview of our new formulas, subsequent information will be more specific to each element and give case studies and enhanced treatment protocols. Enjoy the information and don’t hesitate to call 1-888-639-9020 if you would like to discuss these new/old concepts.

What’s New/Old in Healing?

What people used to call mysticism, magic, chicanery, mind over matter, chakras, energetic healing etc., is a little understood way of explaining the inexplicable now in the forefront of theoretical Physics. By incorporating the tenants of Quantum Physics into our already existing treatment protocols we have the ability to “cover all our healing bases,” accelerate the healing process, give support physically, emotionally and spiritually and end the separation of body and mind that is so prevalent in traditional allopathic medicine.

Quantum Mechanics - particle and wave interaction on an atomic and sub atomic level taking into consideration energy apportionment and distribution to achieve balance

By investigating this “particle and wave” interaction we find great similarities in this “new concept” to a very “old concept” in Asian Medicine called “Wu Xing” or “Five Phase Theory.”

This theoretical construct known as Taoism is better explained by calling it the “Naturalist School” incorporating the observation and emulation of Nature to explain the life process and the changes it goes through. Fundamental in this philosophy is the belief in a Qi flow or life force (the wave interaction previously discussed) that arises from the interaction of positive and negative ions being both mutually attracted to each other and repelled, simultaneously creating an electrical generator to produce the life force. The negative ions are called Yin, the positive Yang. Yin energy is structural in nature whereas Yang is functional. The Yin/Yang concept is from where the Five Phase Theory generates, since nothing is exclusively Yin or Yang but merely degrees of Yin or Yang “ness.” For example Fire is the Most Yang

Element so we give it four Pluses + + + +, Earth is a balance or Yin and Yang hence a + - + - configuration, Metal is more yin than Yang so its signature is - - - + energetically. The Water Element is the Most Yin earning itself four minuses - - - -, in conclusion we have the Wood Element - More Yang than Yin - its signature being + + + -. Allow me to chart this information so it will be more graphically understood.

Element or Phase	Degree of Yin or Yang	Ionic Signature
Fire	Very Yang	+ + + +
Earth	Balanced Yin and Yang	+ - + -
Metal	More Yin than Yang	- - - +
Water	Very Yin	- - - -
Wood	More Yang than Yin	+ + + -

Each Element has representative Yin or Yang pathways on the surface of body, called Meridians. These Meridians are the external electro-conductive pathways for internal organs and systems of the body. These pathways in many cases correspond to a phenomenon called “dermatomes” in allopathic medicine. So once again we see a correlation between the two arts. The only real difference being that western medicine views these pathways as a curiosity, and Asian Medicine explored them and used them as diagnostic and treatment tools.

As each of the twelve meridians is identified by its specific pathway and its relation with the specific organ, the pathological manifestation of disorders of the twelve meridians may be grouped under two headings:

1. Dysfunctions of the organ to which the diseased meridian is related.
2. Dysfunctions of the area supplied by the meridian pathway itself.

Hence, the pathological manifestations of the twelve meridians are described as follows

Meridian	Element	Organ Dysfunction	Pathway Dysfunction
Lung	Metal	Cough, asthmatic breathing, hemoptysis, congested and sore throat, a sensation of fullness in the chest;	Pain in the supra clavicular fossa, shoulder, back and radial aspect of the arm
Large Intestine	Metal	Epistaxis, watery nasal discharge, toothache, congested and sore throat, borborygmus, abdominal pain, diarrhea, constipation, dysentery	Pain in the neck, anterior part of the shoulder and anterior border of the lateral aspect of the upper limb
Stomach	Earth	Borborygmus, abdominal distension, edema, epigastric pain, vomiting, hunger, epistaxis, deviation of the mouth, nasal congestion, sore throat pain, fever and mania	Pain in the chest, abdomen, and lateral aspect of the lower leg

Meridian	Element	Organ Dysfunction	Pathway Dysfunction
Spleen/Pancreas	Earth	Pain in the center of the body, thin diarrhea or stool containing undigested food, borborygmi, retching and nausea, abdominal bloating, reduced food intake, jaundice, inhibited urination, muscle spasm, foot pain	Heaviness in the head or body, fatigue and weakness of the limbs, general fever, pain in the posterior mandibular region and the lower cheek, motor impairment of the tongue, wasting and atony of the muscles of the limbs, cold along the inside of the thigh and knee, edematous swelling of the legs and feet.
Heart	Fire	Cardiac pain, palpitations, hypochondriac pain, insomnia, night sweating, dryness of the throat, thirst	Pain in the medial aspect of the upper arm and heat sensation in the palms
Small Intestine	Fire	Deafness, yellow sclera, sore throat, swelling of the cheeks, distension and pain in the lower abdomen	Pain in the posterior border of the lateral aspect of the shoulder and arm
Urinary Bladder	Water	Retention of urine, enuresis, manic and depressive mental disorders, malaria, pain of the eyes, lacrimation when exposed to wind, nasal obstruction, rhinorrhea, epistaxis	Headache in the crown and occiput, pain in the back of the neck, back, lower lumbar, buttocks and posterior aspect of the lower limbs
Kidney	Water	Enuresis, frequent urination, nocturnal emission, impotence, irregular menstruation, asthmatic breathing, hemoptysis, dryness of the tongue, congested and sore throat, edema	Pain in the lumbar region and in the posteriomedial aspect of the thigh, weakness of the lower limbs and heat sensation in the soles
Pericardium	Fire	Cardiac pain, palpitations, mental restlessness, stuffiness in the chest, flushed face, depressive and manic mental disorders	swelling in the axilla, spasm of the upper limbs and heat sensation in the palms
Triple Heater	Fire	Abdominal distension, edema, enuresis, dysuria, deafness, tinnitus, congested and sore throat	pain in the outer canthus of the eye, swelling of the cheeks, and pain in the retroauricular region, shoulder, and lateral aspect of the arm and elbow

Gall Bladder	Wood	blurring of vision, bitter taste in the mouth, fat metabolism problems	Headache, pain in the outer canthus, pain in the jaw, swelling and pain in the supra clavicular fossa, pain in the axilla; and pain along the lateral aspect of the chest, hypochondrium, thigh and lower limbs
Liver	Wood	Auto-intoxication, low back pain, migrating pain, vertical headaches, dryness and/or feeling of obstruction in the throat, enuresis, dysuria, uncontrolled anger, and mental disturbances	hernia, pain in the lower abdomen, fullness in the chest

As you can see from the chart, each Meridian also has a representative Element with a formula for tonification or sedation. Our treatment protocol now becomes a three-fold process:

1. Make your Medical Diagnosis and select the appropriate Naturopathic Formulas - see “A Guidebook To Clinical Nutrition For The Health Professional” by Timothy Kuss, Ph. D. for that information.
2. Find your Patient’s Energetic Pattern using Acu-Nu Kinesiology. Select the formulas that will balance their pattern with Herbs and make the appropriate dietary recommendations. See the “Acu-Nu Workbook” and the “Acu-Nu Companion” by Nicholas LaCarrubba, AP, LMT, LNC for that information.
3. Once you have determined where your Patient’s excess energy lies, sedate the excess with a Four Point Treatment either by hand or with Magnets. Then recheck your Patient for deficiencies and tonify them with the appropriate points either by hand or with Magnets.

If you are focused and have followed the protocols we have outlined, your results will amaze not only you but also your patients. Congratulations, you are practicing Quantum Healing.

Systemics’5 Chinese Elements Dragon Rising Formulas

These formulas are rapidly becoming the best kept secret in the herbal business. Last week I was speaking to Dr. Kim and he told me that he had been in contact with some of our Sales Associates and they had told him that they didn’t know Systemic had these formulas nor did they know anything about them. Granted, our system of Acu-Nu Kinesiology is new and requires some training, however, it is the least complicated protocol I have ever encountered and, in my opinion, will enhance your practice. Acu-Nu training is not required when proscribing these formulas, it simply makes it easier. For the people who will not take training, I have set up simple, obvious indicators to let you know when to add a 5 Element Formula to your patient/client’s program.

Two of our new products - #720 and #725 - were formulated to be added to any Herbal or Nutritional program to enhance it.

Formula #720 General Sedate - **Relieve Depression** - does that and so much more. Depression, in Asian Medicine, can manifest in any one of the Five Elements. This condition does, however, start with obstruction of Qi, specifically the Qi of the Liver network. Every person has innate abilities that can unfold throughout their lives. When they are in tune with their potential, the course of their life's journey can be acted on with decisiveness and confidently. Intuition is that unique human talent to feel and perceive that unfolding and planning is the external manifestation of intuitive thought. Many occurrences in modern life cause us to lose touch with our intuition - compromising our plans and decisions, involving us in increasingly difficult scenarios which can take many years to work out. We feel "stuck" becoming easily frustrated, angry, and depressed. We get irritable, dizzy, our head hurts, and there is a constricted feeling in our chest. Misdirected muscle tension begins to create migrating pains in our body. The Managed Care Commandos reach for the mind-altering drugs and tell us to take a vacation. The enlightened Natural Healer can now recommend #720.

This formula is uniquely designed to unobstruct the Qi of the Liver Network, resolve constriction in the chest, clear cobwebs from the mind, reduce tension headaches, restore vitality, and enhance memory function. It has a very mild sedative quality specific to restlessness and anxiety. A safe dosage would be four capsules a day, two at mid morning on an empty stomach, and two in the late afternoon also on an empty stomach. For recommended treatment points see the "Acu-Nu Workbook."

Formula #725 General Tonify - **Generate the Pulse** - is becoming my biggest seller. A mild stimulant, this herbal combination is designed to give gentle energy to those who have overworked and are experiencing physical and emotional "burnout." Our society applauds the "go-getter" until they are used up, and then dismisses them too easily with terms like "over-achiever," "chronic fatigue," or, perish the thought, "passive-aggressive personality." Formula #725 has been designed to help the lethargic, weary, unmotivated person with weak muscles who is easily susceptible to colds or flu. As a side benefit it is also an excellent tonic after surgery or any long term illness.

This product has also become pivotal in helping my body building athletes recover from long term use of steroids and ephedra. This abuse, very prevalent in gyms, leads to bloating, water retention, chronic fatigue, diminished immune function, dangerous mood swings and blood sugar imbalances that could eventually lead to adult onset diabetes. The condition that comes most to mind, of course, is candida with fungal infestation. Our basic protocol for recovery from this condition is as follows:

#100 ABC - 1 or 2 per day at rising on empty stomach to restore balance to the intestinal flora
4 Fungdx - 2 at rising, 2 at mid-day, 2 before bed on empty stomach to kill fungus
#770 Water Sedate - 2 at rising, 2 at mid-day on empty stomach to relieve bloating and stagnant water
#725 General Tonify - 2 at rising, 2 at mid-day on empty stomach to recover energy

A yeast and dairy free diet is recommended to make this program work better. Pattern Balancing for this condition can be found in the "Acu-Nu Companion" focusing on Stomach and Large

Intestine Meridian Dysfunctions.

Understanding the ten formulas for tonification or sedation of each specific Element would be achieved by exploring the nature of the Five Elements themselves.

- Fire** The Fire Element is spontaneous, lively and social. It represents the Human Spirit, the light that shines in our eyes when we are truly in the present. Our joy resides in the Fire Element, the ability to laugh, consciousness, love, affection, and the experience of being one with the universe. It also includes our ability to communicate, and the expression of our ideas and feelings.
- Deficient Fire** When our Fire needs to be Tonified (#755) we are sad and lonely. Dripping with melancholy we do not love and we feel unworthy of being loved by others. Our “serious side” comes to the forefront, social engagements fall by the wayside, we lose interest in life and relationships. This special blend will also accelerate the healing process of any cardiac or cardiovascular program.
- Excessive Fire** The indicators for #750 Sedate Fire are fairly obvious. That person is manic, talks excessively, can be socially and sexually overactive, irresponsible, foolish, works till burnout, overexcited, overenthusiastic. Their lifestyle leads to depression, exhaustion, and sometimes suicide.
- Earth** The Earth Element is our ability to think rationally, be stable and practical, to adapt to our surroundings. It gives us our ability to care for and nourish others. Our Earth is our analytical mind and the ability to meditate.
- Deficient Earth** We Tonify Earth #745 when our Patient/client is preoccupied with endless worries and mental arguments. This person thinks too much and never does anything. They have an empty, cold feeling in the pit of their stomach and they find it impossible to nourish themselves or others.
- Excessive Earth** We Sedate Earth #740 to clear the quagmire of congestion both physical and mental. This person is needy, clinging, possessive and intrusive. They use their caring to dominate and control others. This pattern develops from the persons irrational fears and insecurities.
- Metal** The Metal Element is linked to respiration and elimination, the intake of the life force from the air. The continuous rhythm of taking in and letting go. Metal represents our animal spirit. The part of us that creates bonds, maintains them, and dissolves them. Our never-ending quest for wisdom and order. The ability to say goodbye. To face truth and find peace.

Deficient Metal We Tonify Metal #765 for the person who is fearful of forming new relationships, and lives in the past. Their fear of loss causes them to withdraw from active participation in life. They are thin and weak as well. This herbal combination strengthens the physical body and helps to overcome fear and allows us to be moved by the beauty of life.

Excessive Metal It's time to Sedate Metal #760 when a person is either suppressing or holding on to their grief. This person might like to talk about their grief to the point of obsession, never processing or getting past it. They bring their baggage to every new encounter hoping to offload their sorrow on somebody else, but never succeeding. Their breath is shallow and constricted and #760 helps to ventilate the lungs and ease breathing.

Water The Water Element represents our confidence and inner strength. The ability to rest, is also a major factor in this Phase. Our Essence, that part of us that we inherited from our parents, is passed on to us through Water. Developmental changes are ruled by Water as well as the barriers erected by fear. The strength of our will to accomplish goals, and that unique ability to be in the now, reflect on the past and project to the future is Water's gift.

Deficient Water The Water Deficient person is prematurely aged. Formula #775 called Tonify Water is formulated to strengthen the structure of the body/mind. Deficient Water creates a deficit in energy, fear of life, inactivity, lack of determination to achieve goals, and a person easily discouraged by difficulty or danger. Our herbal blend strengthens the knees, the low back, our ability to rest, and contributes to the reawakening of our confidence and will power.

Excessive Water Formula #770 Sedate Water removes dampness. When dampness is prevalent in the body/mind it makes for unclear thought processes. Consideration for other people falls by the wayside. The person can become reckless and foolhardy as they try to overcompensate for their fear by suppressing it. They become "control freaks" seeking safety by obtaining power and domination over others. Our formula is uniquely blended to have a profound effect on this condition both physically and mentally.

Wood The Wood Element gives us our ability to make plans and carry them out. It represents and controls the free-flow of Qi (the life force) throughout our body/mind and supports self-expression, creativity and independence in harmony with the needs of others.

Deficient Wood The best indicator for #785 is tingling in the extremities, blurry vision, slight nausea. Once you have determined there is no medical reason for this, look to the interaction of body/mind in this condition. Your person could have a weak sense of self and insufficient personal force, unsure of

their own identity and path in life. They may be timid, with no confidence and plagued by self doubt. Our formula will help this person find their inner strength, and re-introduce them to their inherent intuitive nature to give them a greater sense of certainty for their path in life.

Excessive Wood The Formula #780 Sedate Wood was designed for the impatient and irritable patient/client. The easily frustrated, intolerant and selfish person who makes you wish you went to law school. If they are plagued by chronic pain, this formula will help. It will also take the edge off their aggressive nature without being sedative. #780 truly Mediates Harmony.

If you have enjoyed this information please let us know. Nick has made himself available to all Systemic Reps and Sales Associates for consultations concerning integrating our new formulas with existing treatment protocols. Feel free to call him toll free at 1-888-639-9020.