

## BEH PODCAST EPISODE 30

### THE ART OF ACUPRESSURE AND HEALING THE EYES – PART 1

We're going to start as we typically do. I'm going to talk a little bit and we're going to start today with what's going to be a two-part talk. We're going to be talking about acupuncture and other aspects of oriental medicine that relate specifically to eye treatment. All of you doing the program know we do acupressure. That's a newer technique for acupuncture, although its origins are very ancient. I have been doing acupuncture for many years. I bought my first book on acupuncture in 1972. Grace had also studied acupuncture, and had included acupuncture in her program from early on. When I started working with Grace, we worked on further developed and refined the acupuncture techniques in the program.

Going back for many centuries, there have been techniques described in acupuncture and oriental medicine to try to help people with eye conditions. In fact, there are practitioners across the globe that do acupuncture for these diseases. There is a Danish man who has trained people in Canada, Turkey, Denmark and many practitioners in the US many who teaches a particular style of acupuncture that has some benefit for the eyes.

I don't want to go into a whole talk on the theory of oriental medicine or the theory of acupuncture, but one thing I do want to make clear in this talk is that Grace had studied acupuncture, and I have extensively studied acupuncture and do a lot of needling in my office. If I thought doing acupuncture with needles was what you needed to get benefit for your eyes, I would be proposing that for everyone. Truly though, what we found is that acupressure done even halfway correctly is as effective as acupuncture.

Now you may ask, how can that be? How can pressing on a point be as powerful as needling it? Well the reason that it can work as well is that needling requires a practitioner, and you're lucky that practitioner treats you once a week. If you really have a good relationship with them, you might get a treatment twice a week. The people that I am describing who do acupuncture around the world would have you come live next to their office for a week and would treat you twice a day. That gets to be really, really expensive. With acupressure, each individual treatment is not as powerful, but you can do it almost every day. The repetitive, gentler treatment done more frequently has as much benefit overall.

I am not just saying so. There are many books about acupressure that show it can be just as effective as acupuncture. I am going to be putting up pdf versions, not that you need to be reading about acupressure although they're interesting. The books cover the history of acupressure and we will be covering them in the fall. In fact, we will

be putting up a whole library of pdf books for alternative health. You won't be able to print them, but you will be able to download them or read them online. You can put them on an iPad or a kindle reader - that works well. The Kindle is quite convenient because you can enlarge the type.

Just to get back to the acupuncture, one of the notions in acupuncture is that all methods of stimulation have a similar effect. This result is true whether you are stimulating points with needles, pressure, heat or even a laser.

Another important notion is how connections generally work. In the theory of acupuncture often the top of the body is connected to the bottom. The left is connected to the right. The inside is connected to the outside. As a result, a lot of the points that are most powerful for treating the eyes are not around the eyes. There are some points around the eyes, but if you just work around your eyes you are missing out on a lot of the important points. I want to encourage you to go back to look at your workbook if you haven't recently, and look at the points on the hands and feet. Those are especially powerful. A lot of the acupuncture points if you are needling are these points on the hands and feet. So, make sure you're doing those points.

We've revamped the work book we've revamped the videos and so we're going to be making those available if you're already in the program and you want to buy an updated copy of the workbook and videos, you're going to be getting a mailing within the next couple of weeks that will describe how you do that. If you just joined in the last few months, I forget when the cutoff for that is, we'll be sending you that update for free.

So, that's about all I want to say this time. Next time well be going into a little more of the actual theory of what you're treating with acupressure. But the takeaway message for today, or the most important thing is that, first these techniques from oriental medicine, stimulating points on the body some of which are quite distant from the eyes are a very powerful treatment for eye problems. The second thing is that stimulating these points by pressure versus stimulating them by needling them if done on a regular basis, gets you all the benefits you would get from needling. The disadvantage is that it puts the burden on you to do the work. The good news is that you can do the work, and you're not going to be spending thousands of dollars. I really mean thousands of dollars. A series of treatments at the center up in Vancouver is \$10,000. In Turkey, it's closer to \$18,000. It doesn't come cheap. There's real value in being able to do this yourself even in just the money you save. The downside is that you've got to do it yourself, so if you don't do it, it doesn't get done.

The one reason why you might go see and acupuncturist is if you had other kinds of health problems that could be treated well by acupuncture instead of taking a drug that might have adverse consequences for your eyes. You might need to seek out a professional if you are looking for more than just these particular things we have you doing for your eyes.