

Arthritis Treatments with Tuning Forks

Arthritis- inflammation of the joint. The term arthritis is often used as a general term for a variety of joint diseases that are usually characterized by inflammation, pain and swelling.

But not all arthritis has these symptoms. Also it may be the ligaments, the tendons, or even the muscles near the joints that are affected.

So to treat arthritis you need to treat the area around the joint.

Let's look at some of the following arthritic conditions:

- Rheumatoid Arthritis
- Osteoarthritis
- Lupus
- Osteoporosis
- Fibromyalgia

Rheumatoid Arthritis, encompasses all kinds of pains and stiffness in the muscles and joints. It is the most painful and crippling forms of arthritis.

Osteoarthritis is the most common forms of arthritis. It is a chronic degenerative disease of the joints caused by the erosion of the articular cartilage, the cushioning at the end of the bones that protects the joint.

Lupus is an autoimmune disease, which appears to attack the body. The name lupus comes from a characteristic wolf-like facial rash that often accompanies the disease. This condition includes joint inflammation.

Osteoporosis is a bone disease which causes the bones to lose calcium. The loss of calcium in the bones makes the bones more brittle and more susceptible to breaks.

Fibromyalgia is a change in muscle metabolism, decrease blood flow and lower Serotonin levels in the platelets.

The best treatment for treating these diseases is prevention by exercising regularly, eating a healthy balanced diet and keeping a positive mental attitude.

Stiff, achy and painful joints can be relieved with weekly tuning fork

treatments. Tuning fork treatments improves blood circulation for rheumatic conditions. To soothe discomfort in the neck and lessen the general irritability that arthritis pain can cause, use various (Nerve Fork, Circulation, Oxygen fork, Om fork) tuning forks on the GB 20 Acupressure points. These points are situated below the base of the skull, two inches out from the middle of your neck. Put the tuning forks for one minute on each area. Work on these points regularly, several times per week, in combination with other therapies. The GB 20 point is a good overall pain-relieving point and is one of the several anti-inflammatory points. (other specific acupressure points are given below.)

Acupressure Points

For elbow and wrist pain:

LU 5, PC 3, HT 7, PC 7, LU 9, TW 10, LI 11, LI 5, TW 4

For ankle pain:

SP 5, KI 3, ST 41, UB 60

Rheumatoid Arthritis

1. (Li 4) Li 4 helps relieve pain and inflammation in the hand, wrist, elbow, shoulder, and neck.

Caution: Pregnant women should not use a tuning fork on this point, as it can stimulate uterine contractions.

2. (Lv 2) This point is located in the web margin between the big toe and second toe. Use the Nerve fork first then the Circulation for then the Oxygen fork, and then the Om fork.

3. (Gb 41) This point is on the top of the foot, in the channel between the little toe and the 4th toe, slightly less than halfway between the ankle bone and the web margin between the toes (closer to the toes). The pain and discomfort of rheumatoid arthritis, and the emotional response to that pain, can constrict the circulation of chi (also see Intuitive Emotional Release*).

This point is effective in restoring the flow. Start with the Nerve fork, Circulation fork, Oxygen fork and then the Om fork.

4. (Gb 34) At the lower border of the kneecap, slide your finger off the shinbone toward the outside (little toe side). Two bones come together here. Press the tuning fork in the soft tissue area between them. This is a major point in Acupuncture and Acupressure for nourishing the tendons and joints. It also has a strong effect on promoting the smooth flow of chi throughout the body. Obstruction to the smooth flow of chi causes pain and discomfort.

The following points on the palm of your hand are excellent for joint pain in general, and are also specific for rheumatoid arthritis.

On your palm, locate the area about one thumb width above the wrist crease and about one finger width on either side of the midline of the palm. Find the points in this area that are the most tender and use the above mentioned forks. If the pain is worse on the left side of your body, use the points on the right hand for relief, and vice versa.

Osteoarthritis

1. (Li 4) This is one of the most important points in Acupressure and Tuning fork treatments. It is useful in relieving pain and circulating the chi.

Caution: Pregnant women should not use tuning forks on this point.

2. (St 36).
3. (Kd 3) Disorders of the bone and cartilage are related to the Kidney energy in traditional Chinese medicine. That's why, for osteoarthritis (which is a degenerative condition), it is beneficial to strengthen the Kidney energy. Kd 3 is considered the source point of the Kidney meridian.
4. (B 23) This point in combination with Kd 3 greatly strengthens Kidney chi.

Once you have finished the session always seal in the treatment with the

Creation fork.

For more information see the Tuning fork Protocol booklet or the Pain Relief booklet. * **Intuitive Emotional Release** process uses tuning fork to release stuck energy and trauma held in the physical body.