

## **Welcome to this talk about the Power of Bioenergetic Wellness**

### **- *Why it Contributes to Health***

In case this is the first of my short educational videos that you are watching, I'm Denise Cambiotti from Vancouver, Canada and have been studying and applying Bioenergetic modalities since 1995.

Most people have never been invited to think about the body acting like a battery or having any actual 'voltage' even though we often speak in terms of 'low energy' when we're tired, or 'charged up' when we're feeling great. The concept of bioenergy in relation to the human body is fascinating because it draws parallels between the body's energetic state and electricity or battery-like functions, suggesting that our bodies have measurable energy or "voltage" – which it DOES, it's just at a super low level compared to the voltage that runs your computer or coffeepot.

The term "bioenergy" relates to research that finds the body is not just a physical container but also an energetic one. This perspective is common in holistic practices which focus on balancing the body's energy to maintain health and well-being. Some of these practices include energy-healing modalities that aim to detect and correct energy imbalances.

Thinking of the body in this way can encourage individuals to become more attuned to their own energy levels, learning to recognize when they feel "off" or depleted. Seeking restoration can involve traditional healthcare professionals, practitioners who focus on energy work or just getting out in nature!

Let's go back in time to the ancient past when few understood magnetism. Back then, a few individuals knew that rocks called lodestones emitted magnetic energy, and they demonstrated tricks that onlookers believed to be magic. Greeks and the Chinese studied and expanded the initial understanding of magnetic forces. Then in 1820 it was discovered that electric currents create magnetic fields. It was also discovered that magnets can create electric fields. Magnets and electricity are based in science but sure can cause affects that appear magical can't they? Today these concepts are taught in elementary school. There has been a missing piece for us though, in bridging these concepts to how these forces affect our physical bodies!

You may be aware that our physical bodies conduct low-voltage electricity to deliver messages from the brain, or your finger couldn't bend and straighten, for example. That is one form of bioenergy. There are others and I will speak about one of those today.

I'm talking about Qi. Acupuncturists have known how to direct the flow of this energy for several thousands of years, but it is only relatively recently that it has been proven with science. This form of electrical energy flows along microscopic channels called meridians which conduct voltage at a super-low level. There are hundreds of studies that confirm the validity of using acupuncture approaches.

Acupuncture theory teaches when chi flows are reduced it eventually causes pain because it is like a form of pressure that has nowhere to go. Relief can be obtained by the strategic placement of acupuncture needles to release the flow. Significant acceptance of this thousands-of-years-old practice from the orient has taken place is now evidenced by some western hospitals who provide acupuncture treatments such as where I live in Canada.

Arising from acupuncture is the practice of acupressure which means we can safely activate acupoints with fingertips instead of needles. When performed correctly it's also very effective for reducing pain and maintaining wellness.

Research done in the 1960s by Applied Kinesiology chiropractors discovered that certain muscles are linked to specific meridian pathways. I give a separate talk on this subject. Because meridians are electrical in nature think about how these pathways are similar to how lightbulbs function on strings of old-fashioned holiday lights. When any one of the bulbs goes offline, all the bulbs on that string go dark too. In this analogy, the string is the meridian system and muscles are the light bulbs, so if one goes dark other muscles on that circuit may switch off too. Dealing with faults on the string restores energy and allows all the muscles on the same circuit to shine unless they have individual issues of their own. Thinking back to some of my own holiday memories, it would have saved tons of frustration if we could have easily identified which darkened bulb was the troublemaker! The musculature of the body is similar; when a troubled muscle on a circuit is taken care of, other affected muscles respond favourably too.

***Why should you care about this?*** Because many of us have improper voltage powering some of our meridians and this subtly but chronically affects our physiology. Most of us have more than a few muscles that have gone offline and because they aren't functioning properly this also causes issues for the bioenergetics that run our bodies. For example, when neighbouring muscles have to do the work of those which are 'offline' but they aren't designed to do so for any significant amount of time, they end up causing pain – the kind that pain relievers cannot fix.

Here's one practical tip about chronic pain that a lot of people have missed. If the focus on pain release is only performed near the area of pain, the relief is typically short-lived. The body HAS to be addressed wholistically to manage chronic pain. Finding the origin of the stress gives the

best results. It's typically NOWHERE near the painful area. This is observed in acupuncture where it is common to stimulate points pretty much as far away as you can get from the area of pain.

Most experienced body workers know that correcting an imbalance in the foot, lower leg or hip (for example) can solve a stubborn shoulder or neck issue and many of us know that foam rolling doesn't permanently address the cause of most muscle tightness.

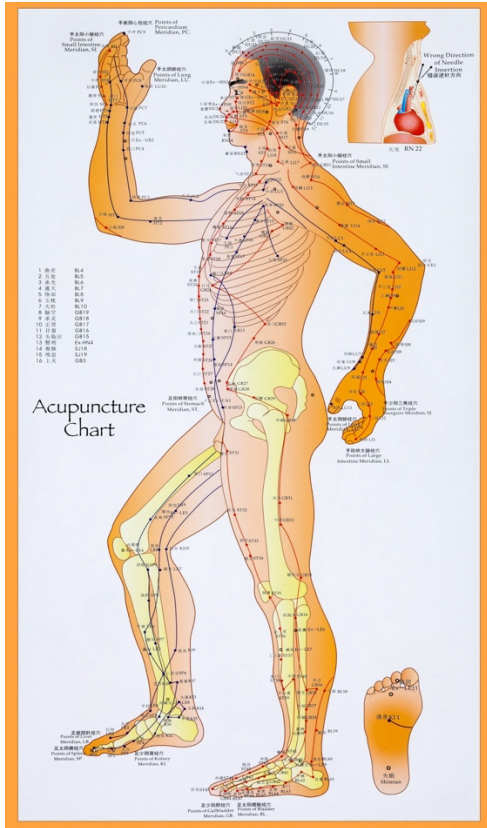
Back to a bit of background history. Scientific studies were conducted using radioactive tracers to show the pathways of these meridian energy channels. Professor Kim Bong-Han of Korea conducted important radio-isotopic experiments in 1960's to prove their existence and mapped the network of pathways. The experiment was finally replicated by Pierre De Vernejoul of France. It was difficult because injecting a solution into a meridian that is the width of a hair was quite challenging. Additional studies started around 2008 confirmed and extended Dr. Kim's assertions.

These confirmations mean the acupuncture meridian flow theory was scientifically proven. Hooray!

Modern western science has instrumentation that can measure the existence of acupressure points without needing to resort to radio-active imaging. Remarkably they are in the same locations on the body that the Chinese mapped out thousands of years ago.

One way to naturally assess this type of bioenergy without any tools is through the process of bioenergetic muscle testing. This is not the original, hard heavy pressure developed by physiotherapists. I utilize and teach a lighter pressure format, where we aren't testing the strength of the muscles but rather, their connection to the nervous system and meridian energy.

I believe manual muscle testing methods is the most direct form of bioenergetic assessment that you can experience and can provide observable feedback about where a problem is located and what to do to improve it.



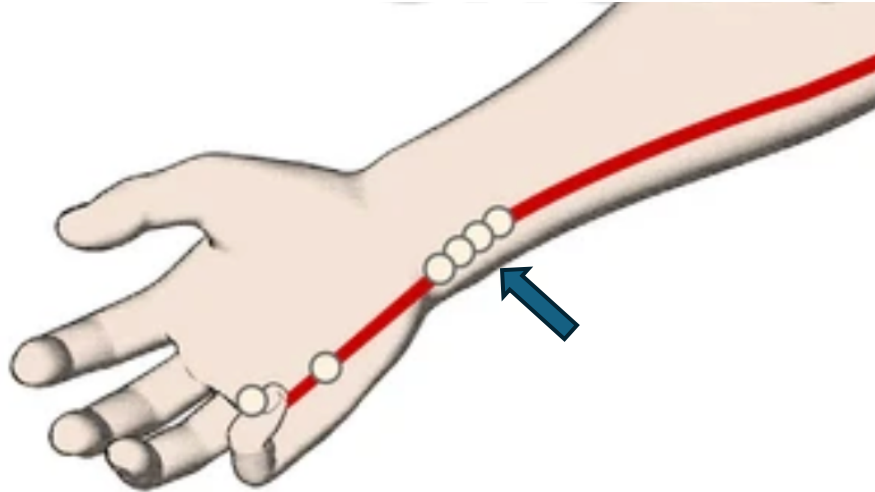
Did you know that Chinese doctors in the distant past were paid to keep farmers healthy versus treating them when they were sick? They would pay to visit their Traditional Chinese Medicine doctor from time to time and if they ever became too ill to work, the farmer was treated for free.

That is an interesting model, isn't it? How would doctors today treat you if their primary objective was to keep you from falling ill versus waiting until you are sick enough to treat you with surgery or potentially toxic approaches?

Here's an example of thinking differently about how our bioenergy works within us:

I had a client tell me once that she hadn't felt well since she had been put on a course of antibiotics. She was experiencing heart palpitations. I asked why she had been given the antibiotics, and she revealed that she had burnt her inner wrist pulling a pan out of the oven and woke up several days later with a black line running up her arm from the area of the burn.

I looked at her wrist and noticed the scar was directly across one of the main command points of the Heart Meridian.

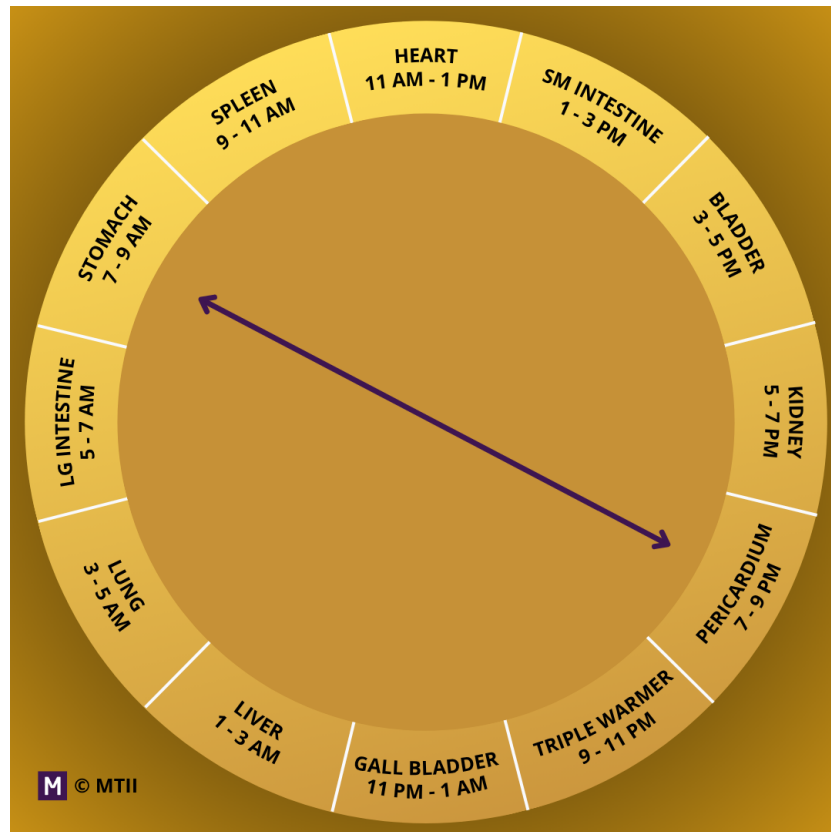


What do you think? Based on what you've heard me mention today or other education that you have had, might it have been the scar affecting the flow of meridian energy that caused the heart to worry her?

I believe bioenergetic style muscle testing methods are the most direct form of bioenergetic assessment that you can experience and that it bridges the sense of something not being quite right by providing observable feedback about where the problem is located and what to do to improve it.

This next diagram is called 'The Wheel'. It is a model that depicts the flow of subtle energy (Chi) from one meridian to the next in a very structured and consistent way for every body, even for animals.

The 'The Wheel' model is about the flow of energy (Chi) that passes from one meridian to another over a 24-hour cycle. This flow moves in a clockwise manner and takes two hours to move from one system to the next.



Assuming our body clock is aligned – which it might not be due if you have ever been affected shift work or jet lag for example... but taking that out of the mix... When we wake between 5 and 7 am and start walking around, healthy individuals normally feel an urge to have a bowel movement. If you notice the time of day assigned to the Large Intestine, you will notice it's two-hour window of maximum energy flow is from 5-7 am. That's a nice correspondence to something most of us observe in daily life.

Stomach meridian comes next. The most concentrated amount of hydrochloric acid will be present at this time of day, and Chinese medicine practitioners and naturopaths feel it is best to take the majority of your protein intake in the morning shortly after arising for this reason because HCL is the first step of breaking down proteins. BUT....what time of day do we normally sit down for a big dinner? Most eat a big meal between 7 and 9 pm which is when the stomach HCL production is at its lowest! This is working against an important cascade of biochemical events needed for full health.

9 to 11 am is associated with Spleen / Pancreas energy. This is when we can digest carbohydrates most easily. The cycle continues much like a river flowing downward to the sea. What if someone was bingeing on carbohydrates between 9-11 in the evening? This time of day is when the pancreas is at its lowest energy level to send digestive enzymes!

If you are going to bed past 11 pm, the Triple Warmer meridian communicates to glands like your adrenals. If you stay up late, the adrenals are given a signal that they are needed to work overtime, and once you have extra adrenaline in your system, it's no wonder that it can be hard to get to sleep when you finally fall into bed.

On a personal note – more than a dozen years ago, there was a time when I started feeling great discomfort in my chest and upper back around 11 pm and I would toss and turn until twice I walked into an emergency department and the triage nurse would take one look at me and ask: “Gallbladder attack?”

Hmm, this time of day is when the gall bladder is working it's hardest but the first time I experienced this discomfort I wondered if it might be a heart attack warning (notice that 11 pm is when the heart is at its lowest energy level). Best to get medical advice when you get a warning like this one. In the meantime, for me, specific supplementation and reducing fat intake while I was healing this organ have permanently released all that discomfort and my gallbladder is still at work helping me digest my dietary fats which helps me absorb highly the fat soluble vitamins that support my immune and hormonal systems.

BECAUSE muscles are connected to organs and glands via the Meridian System, anything you do to support the muscles, coincidentally supports their organ or gland and contributes to wellness from this perspective.

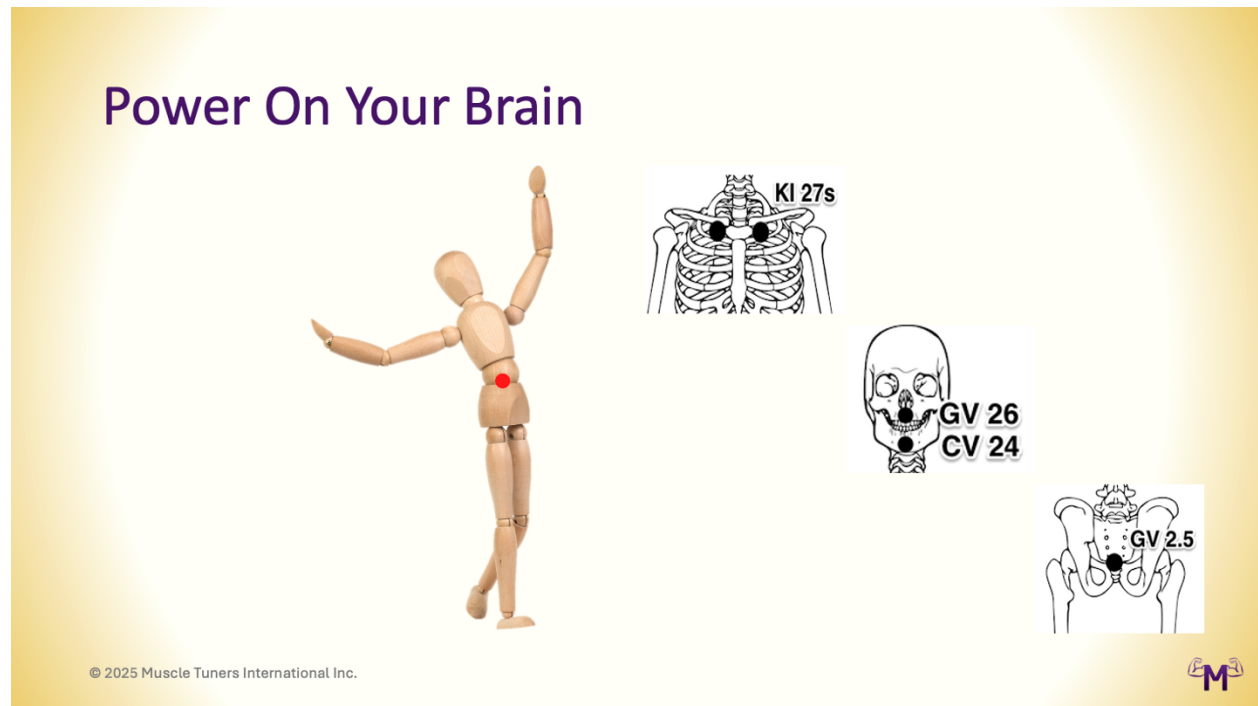
A brief summary:

- Acupuncture theory has been recognized for at least 3500 years and is recognized for releasing blocked energy flows and pain.
- Western Science acknowledges meridians due to various experiments.
- Meridians can be over- or under- energized so knowing how to bring balance is a valuable skill.
- Muscles are connected to organs via the Meridian System.
- Stimulation of acupoints can be accomplished using our fingertip and this acupressure helps release pain and improve vitality.

You aren't born knowing how to support yourself energetically but you can learn!

I always love to share at least one helpful tip during my presentations, and I wonder if you can think of someone who would benefit from feeling calmer yet vitalized while also feeling more focussed? When you see how this trick works, please share this with them.

This one is called **Power On Your Brain**



Here is an image of a little wooden mannequin figure. He's got red dot to represent where his navel is. Placing your hand here turns on your bio computer. When you put a hand on it, it sort of wakes up your nervous system and your meridian system to say: "Hey, what's up?"

This diagram also shows that there are several key acupressure points.

Find your collarbones and move your fingers towards the midline of your body, and notice your collarbone runs into your sternum.

So just before it runs into your sternum (breastbone), drop your fingers down below your collar bones, and you're going to feel muscle. There's going to feel like a bit of a dip there, because there's no bone.

This is where these acupressure points called Kidney 27s are located. They are very helpful at coordinating the right brain to the left brain as well as both sides of the body.



These stimulate messages to move across the midline of the brain, encouraging left brain logical activities integrating with right brain creative artistic abilities.

There are also points that are located below the nose and below the lower lip on the chin, plus there is a point near the bottom of the sacrum where your tailbone attaches.

We're going to activate those in a very intentional way.

First though, I'm going to ask you to take a measurement of your vitality. 10 is you could run up a mountain. 0 is you feel like you couldn't even fall out of bed. Where's your vitality right now? Please take a measurement.

You've probably not been asked to do that before, so take a moment to notice how much energy do you feel right now to get on with your day.

also notice, if anywhere in your body - you have pain or if you have discomfort and notice where it is, and rank it with a number as well. Let's say pain 10 out of 10 is incredibly horrible. The worst it can be. 0 is no pain. If you have some discomfort, we're hoping it is lower than 3. But if not, just notice that.

Now, put a hand on the navel and use one hand to put 2 fingers just below the collarbone on one side and your thumb below the collarbone on the other side, to find that muscle below the inner parts of the collar below that collarbone.

Next we are going to breathe, and we're going to just press and maybe give that area a little ruby dubby.

The brain is now thinking why is your hand on the navel and why are you rubbing on those points? Do that firmly, but not painfully.

Pain is not appreciated right now that puts you into fight or flight mode and s Muscle Tuners we believe in working with the nervous system, not against it.

If you want, you can switch hands. Some people believe in polarity, which is a real thing because we are like batteries. One hand is a little bit more positive. The other hand emits a little bit more negative. - energy flows like a battery.

We want to do that for about 20 seconds.

Next, keeping a hand on the navel. We're going to activate a point below the nose, right on the midline of the body just above your upper lip and we're going to give that a little rubby-dubby.

You're looking to rub about the width of like your fingertip, and we're breathing, and then we can do the one now below the lower lip, not on the tip of the chin and after about ten seconds, let's switch hand, and put the other hand on the navel and activate these points again.

In the video, I demonstrate how you could rub both these points at the same time by rubbing sideways using 2 fingers together on the top and your thumb on the bottom, and you just slide back and forth there.

Did you notice that these points are stacked one upon the other? These help in coordinating your body from top to bottom, helps if you have trouble climbing stairs, or you feel odd if you look down. This is very, very good, and it also helps with messages traveling from your brain, stem up to the top of your brain and back down again.

Next, keep your hand on the navel. Now reach around to the bottom of your sacrum. Please don't rub on the tip of your tailbone and don't press too hard. We're just going to activate that with a little tiny rotatory action. I call it a friendly little rub, and you're going to breathe.

Switch hands and notice that we have a hand on the front of the body and now we're rubbing a point on the back of the body, and perhaps you can guess that this is helping messages move from your back brain to your forebrain. We work out solutions in the forebrain. When you're stressed, you go into your dinosaur back brain. Rubbing these points helps restore the flow of energy, and it helps also with coordination, moving forward and stepping backwards.

Let's take a measurement again of your vitality. Did it change? Do you feel more awake? Do you feel more focused? Maybe you're noticing that you are feeling more energized and more vitality.

Now think about that pain or discomfort that you were asked to think about a moment ago. Has it changed?

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At most demonstrations that I do live with people there's typically 50% of the people who are surprised that their pain or discomfort has reduced significantly and there are good number of them where the pain or discomfort has disappeared just from activating these very important acupuncture points using acupressure.

When you meet with your friend and share this trick with them, ask them afterwards if it helped. When they say 'yes!', tell them 'Denise says you're welcome!'

Thank you for your kind attention because I enjoy offering food for thought. I hope that you will practice this nervous system hack and notice the many ways it will positively affect your life when you apply it regularly.

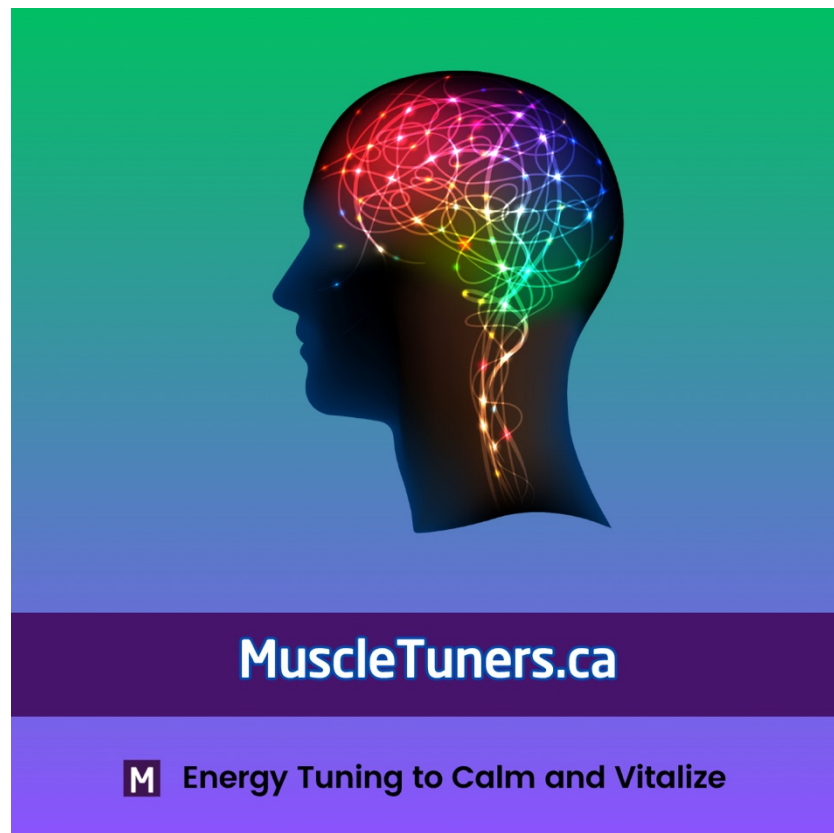
My passion is in supporting individuals like you in discovering how easy it is to reset strength and reduce pain with natural approaches.

Feel free to view other videos in my educational seminar series.

To explore this subject further in a small group setting, visit my website where you will notice many valuable options that support your wellness.

**Muscle Tuning™ works with your Bioenergy to provide Vitality, Comfort and Strength!**

*Working With Your Bioenergetics Contributes to Wellness.*



## **References:**

*Vibrational Medicine* by Dr. Richard Gerber. This M.D. in internal medicine has devoted his life to furthering research and clinical applications of energy-based medicine. This book is regarded as the definitive and most in-depth survey of energetic and alternative healing methods in print. This book discusses multi-dimensional anatomy, subtle energetic technologies and reports on the acupuncture point experiments.

*Energy Medicine: The Scientific Basis* by James L. Oschman PhD.

James Oschman is one of the few academic scientists who has explored the basis for complementary and alternative medicines and therapies. Dr. Oschman has attended classes at various schools and experienced a wide range of bodywork techniques. He has gained a unique perspective to analyze theories of scientists across continents and Eras, developing useful insights that can help all therapists better understand and advance their work and explain it to others.

*A Revolutionary Way of Thinking* by Dr. Charles Krebs achieved four degrees before becoming a quadriplegic in his 30's and regaining some function after heroic measures. He claims he had a life changing experience in his first muscle testing session more than two years after his accident. He has developed systems of observing and releasing stress from neurological structures by utilizing pressure on points of the meridian system. (Oh, and by the way, he regained the ability to use all his limbs and wrote the foreword for our first manual.) In his book, Dr. Krebs talks about the meridian energy called 'Chi' or 'Qi' as a force something like electricity but having a different quality from this coarser physical energy. He reports it is aligned more with early Greek and Roman concepts of the elan vital (vital energy).

*The Body Electric* by Robert O. Becker,

Dr. Becker, an orthopedic surgeon and researcher in electrophysiology / electromedicine wanted to solve the problem of non-healing fractures. While his colleagues tried, and failed to treat this condition with electricity, Dr. Becker discovered they were using the wrong amount. Dr. Becker began using one millionth of one ampere. His research resulted in stimulating new bone growth that would knit problem fractures, including one that had lasted over seven years. He also studied the effect of polarity. This extra-ordinarily low amount of electricity is close to the body's own voltages that run messages both through the nerves.