

MRS in Acupuncture and Reflexology

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Acupuncture is an alternative medicine methodology originating in ancient China. The general theory of acupuncture is based on the premise that bodily functions are regulated by energy called qi (chi) which flows through the body. Disruptions of this flow are believed to be responsible for disease. Using the PROBE instead of needles may be easier on children.

MRS assisting acupuncture:

Passive:

Three possibilities:

Whole body application with general intensity protocol of 8 minutes **prior, during** and **after** acupuncture.

When applied **during acupuncture, more energy** is injected into the meridian **to tonify**.

When applied **before and after acupuncture**, the patient will experience a **very relaxing effect**, since pulsed magnetic fields are balancing the autonomic nervous system.

Active:

When **applying the probe instead of needles** we are performing an **active part** of acupuncture. *Benefit:* Not everyone tolerates needles (as mentioned children do better with the probe.)

Two different objectives can be achieved: One to remove energy from the meridian points **to sedate** or to inject energy into the meridian **to tonify**.

For sedation use low intensity –
10 -25% for 1 – 3 minutes

Tonifying use very high intensity –
100-400% for 30 – 60 seconds



In both cases apply the tip of the probe over the acupuncture point perpendicular and remain in that spot. Occasionally turning in both directions can be beneficial. Slight pressure at extremities like points in the spine area can also be helpful for greater results.

Rule of thumb: Apply the probe at each acupuncture point with an intensity between 25 – 100% for approximately 30 – 60 seconds, except when trying to achieve sedation or tonifying.

Advantage of probe in acupuncture:

- Deeper penetrative effect (also than laser)
- Less precision but higher hit rate
- More lasting stimulation

Trying to achieve a balanced energy flow, acupuncture mobilizes the organism to activate the healing power. NO acupuncture should be done with cancer patients, polyneuropathy, infectious diseases with fever or severe depression.

The probe is also suitable for acupuncture massage

REFLEXOLOGY:



Practicing reflexology, the probe can be used at all points in the same way as applying it to acupuncture points:
Between 25 – 100% for approx. 30 – 60 seconds.

In general terms, the **benefits of reflexology have to do with the reduction of stress, addressing tension in all body parts.** Because feet and hands are known to set the tension

level for the rest of the body, reflexology represents an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

Additional tools such as a golf ball (hands) or wooden foot roller can be used for self help application.