

## CASE STUDY

# Effect of Acutonics® for Heart Palpitations

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**ABSTRACT:** This case study demonstrates the effective use of Acutonics in treatment of a 40 year-old man with intermittent heart palpitations for a duration of one month. Western medical work-up revealed no specific functional heart disorders. The patient also experienced anxiety and stress and used alcohol to diffuse them. There is a family history of alcohol related problems. Acutonics treatment was directed at calming his spirit, slowing his heart rate and respiration, and strengthening his kidneys to anchor his heart and lungs. Acutonics tuning forks were applied to points on the body for grounding, nourishing and calming the heart, for tonifying the kidney energy and balancing intergenerational patterns. After the first treatment, the patient reported feeling calm and rested with cessation of heart palpitations. Subsequent treatments were directed at balancing the emotional-spiritual roots of the patient's anxiety and familiar issues. The patient reported no return of the palpitations and much less intense reactions to stressors. He has stopped using alcohol and is considering programs to support him in continuing to avoid alcohol use.

**KEY WORDS:** Intermittent heart palpitations, calming, kidneys, grounding, calming, tonifying, emotional-spiritual, intergenerational patterns, liver qi stagnation, and shen disturbance.

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## Effect of Acutonics® for Heart Palpitations

### Narrative:

J is a 40-year-old married man with complaint of heart palpitations off and on for the past month. He says that when his heart starts to race he feels anxiety, shortness of breath, and has pain in his chest. He was admitted to the hospital the first time it happened and had a complete heart work-up that was negative for myocardial infarction or any specific heart problem. J has been married for one year and is the father of a six-month-old baby boy. He works full time as a physician's assistant in an emergency care setting and his job is busy and rewarding. He is also a naturalist and has worked for many years giving educational tours seasonally at his local arboretum.

Further questioning revealed that J has a long family history of alcoholism and that his father was physically abusive to him, his siblings, and mother. J has had some therapy in the past to deal with particular childhood problems. J admits that he hides and covers many of his feelings with humor and sarcasm. He worries about being a good enough father, husband, and physician's assistant, and when he doubts himself, will use alcohol to calm his worries. He admits to having a problem with drinking, although he has cut down on the number of times he drinks to excess.

J eats a vegetarian diet and has hot meals with his family that his wife prepares. He admits to consuming too much dairy and cheese and has gained weight since getting married. He also knows that he needs to drink more water and, in fact, will go for long periods of time when he doesn't drink liquids at all during a day, then has beer or cocktails at night.

His tongue is swollen with teeth marks. The tip of the tongue is red and there is a thin white coating across entire surface. His skin is both dry and slightly greasy and he has some sores on his face and into his head at ST 7, Below the Joint, and ST 8, Head Corner. His pulses are wiry and deficient in the spleen and kidney positions.

**Diagnosis:**

Shen Disturbance  
Liver Qi Stagnation  
Spleen Dampness  
Kidney Deficiency  
Intergenerational Alcoholism  
Heart Chakra Issues  
Fear

**Treatment/Rationale:**

At the first treatment, J came in with heart palpitations and was visibly uncomfortable and frightened. Treatment strategies for this visit are to calm the spirit, slow the heart rate and breathing, and strengthen the kidneys so they anchor the heart and lungs.

With the client in supine position, I started with the Ohm Unison was applied on the left KID 1, Gushing Spring, and KID 3, Great Ravine, three times and then on the right KID 1 and KID 3 three times to ground, center, and be in the moment.

Mars/Venus was used on HT 5, Connecting Li, three times bilaterally, then on REN 17, Chest Center (the Heart Mu Point), three times to nourish the heart and calm the spirit. Mars was also used on SJ 5, Outer Gate, and Venus on P 6, Inner Gate, three times bilaterally to calm the spirit and strengthen the Wei Qi.

The Ohm Unison was used on KID 1, Gushing Spring, and KID 3, Great Ravine. By this time, J was calm and felt his heart slow down. He was less anxious and visibly relaxed on the table.

To address the intergenerational issues, the Chong Mai channel was used placing the Low Ohm on P 6, Inner Gate, on the left, and Low New Moon on SP 4, Grandparent's Grandchild, on right, three times each, to open to those deep-seated childhood issues. This was followed by Mars/Venus to open and heal the heart, Ohm/Uranus 5th to break through the familial issues, and Ohm/Chiron 2nd to heal the initial wound. and ended with the Low Full Moon 6th to lighten and nourish with yin energy and bring the initial treatment strategy to fullness.

Ended with Low Ohm on KID 1 and Middle Ohm on KID 3, and just had J stay on the table for another five minutes before getting up. He felt calm and rested.

**Recommendations:**

It was recommended that J avoid caffeine in all of its forms (coffee, black tea, soda, and chocolate) for the next few weeks, to decrease the stress on his heart. Suggested that he start drinking water at room temperature, and try some herbal teas. He was advised to avoid iced liquids in general, as the spleen is weakened by food and drink that is too hot or too cold (the greasy skin with sores and swollen tongue are signs of weakened spleen). He was advised to get outside for a walk with his wife and son everyday.

His next appointment was scheduled in 3 days.

**Follow-Up Treatments:**

In J's two follow-up appointments, we worked on both sides of the body, as he did not have the panic and palpitations again after his first treatment. With J in prone position, Ohm Unison was used down the Huato Jiaji points and down to KID 1, Gushing Spring, to ground, center, and open the back and Du channel. Then Ohm/Saturn was applied down the Huato Jiaji's to address the father issues that were long standing in J's life, followed by Ohm/Pluto to go deep into J's fears. Next Mars/Venus was applied to UB 23, Kidney Shu, to nourish the yin and yang and support this work. Mars/Venus was on KID 1, Gushing Spring, and KID 3, Great Ravine.

Ohm/Uranus Interval, to break through the deep seeded familiar issues.

Ohm/Saturn Interval, to connect with the father specific issues.

Ohm/Venus Interval, to connect with love and non-judgment, the essential healing elements.

Full Moon 6th to bring fullness and light to the treatment and nourish the kidney yin.

High Frequency forks of the same progression were used above the body to clear and heal in the field.

Ohm Unison was used last on KID 1, Gushing Spring, bilaterally to ground back to the present before J turned over on the table.

In supine position, Ohm Unison was used on the Celestial Tuning Point Anchors, DU 23, Upper Star, ST 25, Middle Star, and SP 8, Lower Star. This configuration of points is great for grounding and opening to the cosmos, and aiding in transformational work, and also the middle and lower star points are tonifying to the spleen and stomach Qi.

Next, Mars/Venus 5th was used at REN 17, Chest Center, HT 5, Connecting Li, and P 6, Inner Gate, to calm and nourish the heart and spirit.

Ohm/Neptune was used on the 4 Gates of Heaven, with Ohm on LIV 4, Union Valley, and Neptune on LIV 3, Great Surge, to disperse the liver stagnation, free up the liver Qi, and aid with healing the addiction issues. This was followed by Ohm/Neptune on LIV 14, Cycle Gate, to also aid in the liver healing, and address the anger and sadness that have been stuffed away for many years.

The Chong vessel was again used, starting with Low New Moon 5th, and progressing as follows, with Ohm always on the balance point, P 6, Inner Gate, and planetary forks on the opening point, SP 4, Grandparent's Grandchild.

Ohm/Neptune Interval

Ohm/Uranus Interval

Ohm/Chiron Interval

Next, the high frequency New Moon 5th was used off the body in the field to clear some of the heavy energies, followed by the Full Moon 6th, the Solar 7th, and Ohm Octaves.

To end the treatment, Ohm Unison was applied to KID 1, Gushing Spring.

### **Results/Conclusions:**

J reported that after his first treatment the palpitations did not return. He still has stressful times in his life that will give him anxiety but it is much better now. He continues to work on his diet and has stopped drinking alcohol. He is looking into an outpatient rehab program and considering treatment.