

CASE STUDY

Effect of Acutonics® for Fibrocystic Breasts

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ABSTRACT: Fibrocystic breast disease is a frequently diagnosed disorder. This case report illustrates that Acutonics has been successful in treating fibrocystic breasts. A 44 year-old woman had been receiving acupuncture treatment for benign breast cysts for six months with some improvement in symptoms (decreased size of the cysts and decreased pain). She then began Acutonics treatments to continue to deal with the fibrocystic breast disease and secondary complaints of PMS and stress resulting from a “type-A workaholic” lifestyle. The patient’s energetic imbalances were assessed as: Liver Qi and Blood Stagnation, Spleen Qi deficiency, and blockage of the heart and throat charkas. Acutonics tuning forks were applied to points to open the chest, circulate stagnant emotional energy, move the liver qi and blood, nourish the spleen energy and open the heart and throat charkas. Points were treated to promote healing and nurturing energy to help the patient to open to new ways of seeing herself. After the initial Acutonics treatment the patient felt calm and her spirits were lifted. After 2 more treatments at one month intervals the patient reported feeling emotionally balanced and also reported a significant decrease in the size and texture of the largest of the cysts. The patient continued to experience a feeling of emotional shifting to greater balanced and relief of symptoms of stress. The breast cysts continued to decrease in size.

KEY WORDS: Fibrocystic breasts, pms, blood stagnation, liver qi deficiency, Type A personality, and energy blocks.

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Narrative:

R, a 44-year-old female, was receiving acupuncture treatments for 2½ years. Her major complaint was several benign cysts in her right breast and one on her left breast that were painful particularly during menses. Her weakness was chocolate and other sugared foods that irritated the cysts and created discomfort. She complained of premenstrual symptoms such as irritability, anger, and breast tenderness. She was on birth control pills. She considered herself a Type A personality and a workaholic. She was a perfectionist with little tolerance for inefficiency and ignorance. This was carried into her work and immediate family. As a Business Media Consultant, she worked as a team with her husband both out of their home and in the field.

For two years, R was successfully treated with acupuncture and Chinese herbs to move stagnant liver Qi and blood, calm the spirit, and to move stagnant blood and phlegm in the breasts. The first year, she consistently used castor oil packs on the right breast, which was the more painful. All cysts were resolved but one that was located lateral to the right nipple (near P 1, Celestial Pool). It was the size of a quarter when she first started treatment. Within six months, it resolved to the size of a dime. She had no pain as long as she did not eat chocolate or sugar particularly around her menses.

After that, R came in for maintenance acupuncture treatments once a month to manage her stress. She decided to try Acutonics.

Diagnosis:

Frustration and a stressful lifestyle, leading to liver Qi and blood stagnation resulting in premenstrual symptoms. This stagnation and poor eating habits led to a weakening of the spleen resulting in phlegm accumulation

that drifted up to the breast resulting in stagnant blood and phlegm accumulation in the breasts. It was bio-medically diagnosed as fibrocystic breast disease. Most of the cysts were in the right breast that is directly above the liver organ. One of the more bothersome cysts was near the nipple, very close to P 1, Celestial Pool. There was blocked energy in the chest, upper burner, Heart Chakra and Throat Chakra. The cysts were diagnosed by a biomedical ultra sound as benign.

Treatment/Rationale:

First the patient was grounded with Ohm Unison on KID 1, Gushing Spring. Then the New Moon 5th was used on the following: Ren Mai (LU 7, Broken Sequence, and KID 6, Shining Sea) to open, nourish and balance energy along the Ren channel, nourish the Yin energy of the body, and to help Renee to open to new ways of knowing herself. Chong Mai, (SP 4, Grandparent's Grandchild, and P 6, Inner Gate) to move and open Qi and blood of the chest and to move through intergenerational imprinting that lead to negative patterning such as control issues. The New Moon 5th was applied to REN 17, Chest Center, to open the chest and constricted heart and REN 22, Celestial Chimney, to open the throat chakra. Then the New Moon and Middle Ohm were walked up the following points to open her chakras, to move the blockage and create a path between earth spirit, the cosmos, and her higher self. The Middle Ohm was placed on REN 4, Origin Pass, and the New Moon on REN 12, Central Venter, the Middle Ohm on REN 17, Chest Center, the New Moon on REN 22, Celestial Chimney, the Middle Ohm to REN 22, Celestial Chimney, the New Moon on Yintang, Between Heaven and Earth, and the Middle Ohm on DU 20, Hundred Convergences. Then, with R's permission, tuning forks were used on P 1, Celestial Pool. She was very thin and small breasted which made this point easy to access. P1 is used for suffocation of the chest. It opens the pool to our hearts. The following tuning forks were used; the New Moon 5th, to open the energy of the breast; the Zodiac 3rd to move any stagnant emotional energy that resides in the breast, particularly emotions related to the liver (anger, irritability, stuck in life) thus allowing for expansion. The Ohm/Mercury microtone was used to send the message of healing to the cyst. Also used on P 1 were the Ohm/Chiron 2nd utilizing the energy of the wounded healer to go in and heal that which needs to be healed; the Ohm/Uranus 5th, to break up the cyst and all that is attached to it; the Ohm/Saturn 2nd to provide structure to the process of this movement of energy; to support the new and the Ohm/Venus 6th to bring in the feminine energy, the soft suppleness, the nurturer, and the tenderness that is symbolic of a mother's breast.

The Ohm Unison was used on REN 17, Chest Center to root and support the new energy of the chest, upper burner, and Heart Chakra. Then, while continuing to hold one of the Ohm forks on REN 17, Chest Center, the other Ohm fork was placed on REN 22, Celestial Chimney, and then Yin Tang, supporting the heavenly energy of the chest, upper burner, and the heart and throat chakras.

The treatment was ended with Ohm Unison on KID 1, Gushing Spring.

Upon completion of this treatment, R's facial expression was soft and her energy was light as the nurturer within. She felt calm and her spirits were lifted. Her shen was seen in her eyes.

Follow-Up Treatments:

One month later, R requested that she receive the same treatment as the previous month. She couldn't explain it, but she felt that the previous Acutonics treatment had been very effective in treating the cyst. In addition, she was impressed with how balanced she felt.

R returned one month later for her third treatment. She was completely amazed at the effects of the Acutonics Healing System. Within days after her previous treatment, a one-inch elongated elliptical shaped gelatinous casing surrounded the cyst (she said that it felt like a Vitamin E gel cap). The cyst itself was no longer hard but was still the size of a dime. She attributed this "enlargement" of the area around the

cyst to a worsening of her condition resulting from eating too many holiday goodies, chocolates and other sugared foods. However, within days after this elliptical gelatinous encasing presented, it then suddenly disappeared. What was left was a pea-sized cyst that was much softer. She feels like the cyst is continuing to resolve itself. Needless to say, she was very excited and hopeful that at long last the cyst would be resolved.

R's third treatment was the same as the previous month's treatment with the addition of KID 23, Spirit Seal, KID 24, Spirit Burial Ground, and KID 25, Spirit Storehouse. The kidney is the root of storing and healing. These three points form the mountain of balance for shen, yin, and yang and can be transformational. The kidney stores and moves water and holds the primordial Yin and Yang. Water, when not moved, can become congealed phlegm forming cysts. These points also move blocks that the ego holds from the past not allowing a person to open to their higher potential, their purpose, their heart. The following forks were used on these points; The New Moon 5th to provide openness, moving stagnant energy and the obstacles preventing one from seeing one's true self (The New Moon 5th presides over the breast); and the Ohm/Jupiter 4th to provide expansion. This interval is used to expand the Heart Chakra, the Chest and all that is constricted. Jupiter on these points expands one's awareness of their past, present and future. Jupiter is physically associated with the liver, which has an internal branch that goes to the breast and is associated to the nipple. Also used was the Full Moon 6th: to provide completion, bringing the cycles of healing to completion, to fullness and to nourish old patterns that are being acknowledged and dealt with on all levels- physically, emotionally and spiritually. The New Moon and Full Moons preside over the breasts, body fluids and menstrual cycle.

Results/Conclusions:

After three Acutonics treatments, R's symptoms were greatly improved. The cyst is continuing to resolve itself and her ability to deal with stress and the imperfections around her are no longer triggers of frustration. She seems to be moving through life more from the heart than the head as the energy blockages move out of her Heart Protector (Pericardium Channel), heart and throat chakras. The liver energy is moving and enjoying its true essence as the "free and easy wanderer."