

Traditional Chinese Medicine Tools and its support of
Detoxification and cellular regeneration

Simple TCM tools to incorporate into your detoxification practice to improve
symptoms of healing crisis

Incorporating TCM tools into your detoxification practice.

Synopsys:

Detoxification and cellular regeneration as taught by Dr. Robert Morse in the ISOD program is the most profound method of healing that I have found in nearly 20 years as a licensed Acupuncture Physician. Yet, how do we, as detox specialist, handle such issues as healing crisis (both physical and emotional), intense food cravings or body mobility restrictions throughout the detoxification process? How can we understand and address what the body is trying to tell us in subtle nuanced symptoms?

In this course, you will learn how to integrate 3000-year-old traditions with the modern practice of detoxification, providing your clients with a true holistic experience. You will delve into ancient practices and learn how to apply them to your detoxification protocols, gaining the tools to assist clients through the difficulties of healing crisis, bolster them through the emotional ebbs and flows of detox and aid them in relieving restrictions and pain allowing them to focus on their detox program more fully.

You will discover the connection between organ function and the TCM circadian clock, to further your understanding of body processes, enabling you to effectively choose the necessary tools to support your client. As well, you will draw parallels between iridology and auricular reading and uncover the benefits of auricular pressure points allowing you addresses lacunas, lesions, lymphatic congestion and nerve rings, minimizing discomfort in your client.

Finally, you will be provided a practical understanding of the meridian systems, their relationship to neuro-lymphatic points and how to use (or teach your client) light pressure on key areas to tap into this amazing energetic system, encouraging the movement of lymph, the calming of the adrenal “fight or flight” response, and supporting organs of elimination.

At course completion, you will immediately be able to apply what you have learned to your client's unique situation with the necessary knowledge, AND practical tools needed to support their healing process more deeply. This program, coupled with your understanding of detoxification, cellular regeneration and iridology's window into genetic weakness and degeneration of tissue, will allow you to:

1. Quickly create simple and individual self-treatment protocols for your clients in just minutes
2. Have the ability and tools needed to address potential healing crisis, as well as additional support of the endocrine system, adrenal weakness and eliminative systems
3. Significantly reduce or eliminate food cravings that are commonplace in new detox clients
4. Develop a deeper sense of client evaluation as related to organ systems and the TCM circadian clock further improving your detoxification protocols

Links to the physical tools you will need to practice what you have learned in this course:

- Ear seeds and herbal ear seeds and Auricular chart
https://www.amazon.com/gp/product/B09PDXIWFH/ref=crt_ewc_title_oth_l?ie=UTF8&psc=1&smid=A3JOOIQ72R7LB4
- Ear probe and acupressure tool https://www.amazon.com/Milisten-Retractable-Acupuncture-Stainless-Personal/dp/B0836T9SBY/ref=sr_1_18?crid=225UNT8BXNNQ3&keywords=gold+ear+seeds&qid=1660148763&srefix=gold+ear+seeds%2Caps%2C102&sr=8-18
- Moxibustion sticks https://www.amazon.com/Moxiustion-Acupoint-Health-Chinese-Medicine/dp/B099SD9P9M/ref=sr_1_3_sspa?crid=26LHOTOMU450A&keywords=moxabustion&qid=1660148840&srefix=moxabustion%2Caps%2C90&sr=8-3-spons&psc=1
- Acupressure chart (within the PowerPoint Presentation)
- Symptom graph and pressure point recommendations (within the PowerPoint Presentation)

- On-line support via email

Introduction:

Decision to become an Acupuncture Physician

When the tide changed from disbelief to belief (Boobi-dog)

Miracles of TCM vs limitations

When 3000 year old medicine isn't enough in a modern toxic world

Unit 1: A brief understanding of the tools of Traditional Chinese Medicine (TCM) and how they correlate with Detoxification.

- A. Correlating the 5 branches of TCM and Dr. Morse Cellular detoxification
 1. Chinese Food Therapy vs. Raw Detox Diet
 - a. TCM belief of avoiding "cold, raw" food explained
 - b. Why raw is best
 2. Chinese Herbs and the brilliance of Dr Morse herbal formulas
 - a. Modern intuition channeled from the masters. (how can a man who did not study TCM herbology have such a brilliant grasp of it in the modern world use of herbs?)
 3. Qi Gong and Tai chi and the subtlety of movement during detox

- a. Dr Morse speaks of the importance of eliminating exercise from the detox process, how Tai chi and qi gong are in alignment with his beliefs. i.e. kidneys, bowels, liver etc
- 4. Acupressure and moxibustion: tools we all can use!
 - a. Before needles there were our hands and tools of the earth. This is a brief description of the meridian system and how finger pressure and the stimulation of specific pressure points with heated incense called “moxa” can aid in the minimizing of healing crisis discomfort.
 - b. Auricular pressure: Acupressure performed with tiny flower seeds, adhered to the ear and its profound change in emotions, cravings, pain and other body discomforts
- 5. Tui na and how it relates to neuro-lymphatic massage
 - a. Subtle movements of the hand on the surface of the skin as it related to the neurolymphatic points (also known as jua tu jai ji points)
- B. The profound energy of fruit and its effect on Vital Qi (pronounced “chi”)
- C. TCM definition of Blood (Yin/Nourishment) and the tools to support the kitchen of the body through detox and beyond

Unit 2: Placebo vs. Biological changes

Things that can have a placebo effect

- 1. Drugs
- 2. Herbs
- 3. Sugar pills

Things that have a biological effect

- 1. Drugs
- 2. Herbs
- 3. Words
- 4. Food
- 5. Exercise/movement
- 6. Acupressure

Unit 3: Correlations between Iridology and auricular therapy.

Unit 4: Acupressure points, how to locate and when to use pressure vs moxibustion

- A. What is a cun?
- B. 12 meridians, how to open and close
- C. Most important pressure point to use and which ones to NEVER use

Unit 5: Analytic parallels of the TCM circadian cycle

Symptoms and organ systems

- Eye twitches
- Insomnia (based on the time of night woken up: circadian clock)

Unit 6: Clinical applications and creating your own protocol

- Healing Crisis
- Pain
- Strength/energy
- Emotional distress
- cravings
- Digestive issues
 - Nausea
 - Vomiting
 - Diarrhea
 - Constipation (gridlock)

Unit 7: Clinical stories and testimonials

Unit 8: On-line support forum