

Jet Lag Prevention: Acupressure Protocol

To accomplish altering the horary cycle to match local time simply determine what time of day it is **at your destination** upon boarding the aircraft. Since each two hour time zone on the horary cycle is attributed to a specific meridian, the jet lag formula begins by stimulating the horary point of the meridian **which is active at the time of your destination.**

This same formula is repeated every two hours of flight as the flyer moves through time zones. The best approach to the jet lag formulae is to treat the horary points for the entire 24 hour cycle ending at where one began. Should one fall asleep and sleep through several horary zones, simply pick up on your awakening. **Remember that you must always stimulate the horary point for whatever time it is at your destination.**

Stimulation may be achieved by any means of acupuncture stimulation. Treat both sides of the body. Electronic and laser stimulation or acupressure are acceptable and produce startling results. I use a small portable MicroPlus TENS machine, which I consider a MUST HAVE when travelling, as it can be used for pain relief, wound healing, acupoint stimulation etc. Available for purchase at our clinic. Acupressure ear seeds can be purchased and used on these body points.

http://www.amazon.com/Ace-Acupressure-Cessation-Important-Lifestyle/dp/B00UW2FORU/ref=sr_1_3_a_it?ie=UTF8&qid=1457490658&sr=8-3&keywords=acupressure+ear+seeds

Or you can use a grain of rice or mustard seed with a piece of tape over the acupuncture point.

Upon arrival at your destination city, regardless of if you flew East to West or West to East, you will be operating on the time zone of your destination.

1 - 3 AM	Liver 1	1 - 3 PM	Small Intestine 5
3 - 5 AM	Lung 8	3 - 5 PM	Bladder 66
5 - 7 AM	Large Intestine 1	5 - 7 PM	Kidney 10
7 - 9 AM	Stomach 36	7 - 9 PM	Pericardium 8
9 - 11 AM	Spleen 3	9 - 11 PM	Triple Heater 6
11 AM- 1 PM	Heart 8	11 PM- 1 AM	Gall Bladder 41

Location of Horary Points

Liver 1 on the lateral (outside) aspect of the big toe at the corner of the nail.

Lung 8 one thumb breadth directly above the transverse or horizontal crease of the palm side of the wrist at the medial margin of the radius (thumb side of the wrist crease).

Large Intestine 1 on the radial side (thumb side) of the index finger at the corner of the nail.

Stomach 36 one palms breadth below the knee and one finger breadth lateral (outside) to the shin bone (tibia).

Spleen 3 at the posterior inferior margin of the 1st metatarsal(along inside edge of large joint of first toe)

Heart 8 on the palm just proximal (above) to the metacarpo-phalangeal joint of the little finger, where the bent fingertip touches the palm. (make a fist and point is between the tip of the 4th and 5th finger)

Small Intestine 5 in a depression at the ulnar (little finger side) end of the transverse (horizontal) crease on the dorsum(back) of the wrist between the styloid and triangular bones.

Bladder 66 in the depression anterior and lateral (in front and to the side) to the 5th metatarsal-phalangeal joint

Kidney 10 on the medial (inside) aspect of the back of the knee between the semi-tendinosus and semimembranosus tendons

Pericardium 8 Make a fist. This point is where the tip of the middle and fourth finger touches the palm (between the 2nd and 3rd metacarpals.)

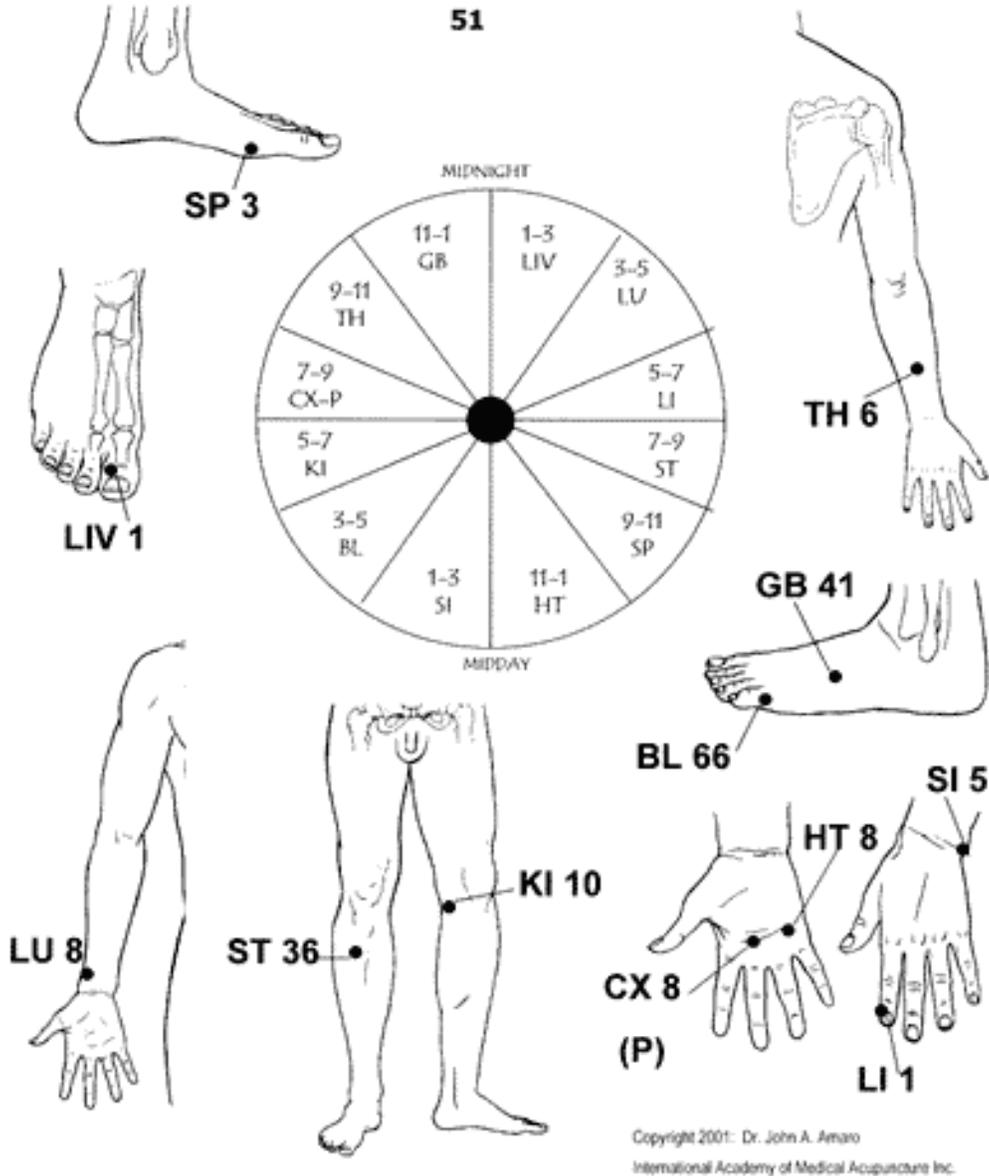
Triple Heater 6 one palms width above the transverse (horizontal) crease on the dorsum (back) of the wrist, midway between the radius and ulna.

Gall Bladder 41 in the hollow just in front of the union of the 4th and 5th metatarsal bones on the dorsum (top) of the foot.

If the attached diagrams do not sufficiently clarify these points, then you can google their location for more detailed descriptions and pictures

<http://www.acupuncture.com/education/points/index.htm>

HORARY POINTS



Example: Trip Calgary to Rome

Leaving 11:50 a.m MST from Calgary

Set watch to **destination time** immediately on boarding (7:50 p.m. Rome Time)

Treat Horary point Pe 8 (Rome time Horary point 7 -9 p.m.)

Treat throughout the flight every 2 hours

TH 6 (9-11 p.m. Rome time)

GB41 (11- 1 a.m. Rome time)

Liv 1 (1- 3 a.m Rome time)

Lung 8 (3- 5 a.m Rome time)

LI 1 (5-7 a.m Rome time)

St 36 (7-9 a.m Rome time)

Arrive Rome 9:45 a.m Sp 3 (9-11 a.m Rome time)

Ideally continue treating every 2 hours after arrival until 9 p.m Rome time

Example: Trip Rome to Calgary

Leaving Rome 10:10 a.m.

Set watch to **destination time** immediately on boarding (Calgary time 2:10 a.m.)

Treat Horary point Liv 1 (Calgary time Horary point 1-3 a.m.)

Treat throughout the flight every 2 hours

Lung 8 (3- 5 a.m Calgary time)

LI 1 (5-7 a.m Calgary time)

St 36 (7-9 a.m Calgary time)

Sp 3 (9-11 a.m Calgary time)

Heart 8 (11-1 p.m Calgary time)

SI 5 (1 – 3 p.m. Calgary time)

Arrive Calgary 3:55 p.m UB 66 (3-5 p.m Calgary time)

Ideally continue treating every 2 hours after arrival until 24 hour cycle is completed (you get back to starting point of Lung 8)

Background: The 12 different meridians are named after organs (liver, lung, etc.) with the exception of two, which are named triple heater and circulation sex. The ancient Chinese calculated which was at its peak during the 24-hour period. If we start at 3:00 a.m., the lung meridian is at its horary period for two hours. Two hours later, the large intestine meridian takes over as the most energized, and holds that position for another two hours. Others follow suit and continue around the circuit. The last in the cycle is the liver meridian, which is at its energetic zenith from 1:00 a.m. to 3:00 a.m. Then the cycle begins again. This horary period is in relation to the position of the sun.

The biological clock must either speed up (when we move from east to west) or back up (when we move from west to east). Individuals who have high energy levels in their meridian system experience minimal symptoms when flying long journeys. Other individuals are not as fortunate. The best treatment for individuals suffering from jet lag is to balance the meridian system. Stimulating (massaging) specific horary points on the body allows the energy to transfer from one meridian to another, thus helping the biological clock update itself in mid-flight.

Taken from article by Dr John Amaro <http://www.iama.edu/JetLag/JetLag.htm>

Important, the information provided is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. The information provided should not be used as a substitute for medical counselling with a health care professional. If you have any concerns regarding this information, please consult your health care professional.

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