

drug for a long time (e.g. antibiotics, hormones, pain killers). Furthermore, the skeletal muscles atrophy when inactivity and poor motor function continue over a long period, the blood vessels become constricted, and response to stimulation slows down even more.

When the body can no longer respond normally to stimulation, naturally the response to viruses and germs also diminishes and a person becomes more susceptible to disease. This, in other words, is a decline in resistance and healing power. Conversely, when life functions are vital and strong, the body responds vigorously to stimulation. From an Oriental medical perspective, determining deficiency or excess is gauging whether the body responds well or poorly to stimulation. Tonification and dispersion is the principle for treating abnormal degrees of deficiency or excess. The essential components of this treatment process are "organism," "stimulation," and "vitalization."

We must consider, from an etiological perspective, why the body becomes unresponsive to stimulation. There are countless reasons in addition to the aforementioned dependence on drugs and lack of exercise, such as stress (psychological and physical), poor diet (overeating, over consumption of alcohol, junk food) and environmental pollution.

When a patient has a stubborn disease like cancer, I believe that their life had been subject to these above mentioned negative influences. As a result, they have developed a body that is unresponsive to stimulation, and this creates the equation – decline in resistance and healing power equals decreased immunity and activation of cancer cells. I imagine that there are two patterns of contracting cancer. The first type is decreased immunity from lack of exercise, overuse of drugs, and an unbalanced diet from childhood, which then triggers cancer during menopause or aging. The second type has a healthy lifestyle in childhood, but cancer is contracted when immunity is compromised after becoming an adult due to overwork, chronic stress, and an unbalanced diet. The first type has developed a cancer-prone constitution in childhood, so they are hard to cure. It seems, however, that the predisposition to cancer was created later in life with the second type, so it's not so hard to cure if their lifestyle is improved.

Considering the above predispositions, in the case of this cancer patient, even though she has a major handicap from her upbringing, she has not lost the battle with cancer because she has been consistently receiving whole-body moxibustion treatments and her normal cells have been continuously activated. Thus the components of "organism," "stimulation," and "vitalization" have been linked repeatedly. I believe life continues as long as these components are linked. And moreover, when this process of connection (responsiveness) gains momentum and stabilizes, coexistence with cancer or even complete remission is possible. Acupuncture and moxibustion are more than enough to link the "organism" with "stimulation," and "vitalization," and I sincerely believe that there is nothing that compares to these. In addition to acupuncture and moxibustion, I believe that the administration of the Maruyama vaccine has had an incredible effect in directly inhibiting cancer in this patient. Even though the cancer had spread throughout her body, some of the tumors have shrunk and others have been kept from growing out of control. I intuitively sense that the Maruyama vaccine has a stimulating effect on the organism that vitalizes the immune system. I am grateful to Heaven's dispensation that I have discovered the Maruyama vaccine along with acupuncture and moxibustion.

Translated by Stephen Brown

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Eighth Annual Seitai Shinpo Seminar

by Beth Chapman Hood

After a year spent furthering his own practical research, Daiichi Sorimachi Sensei made a return visit from Japan to lead the 8th Annual Seitai Shinpo Seminar. It was held October 25, 27, 28, 29, 31, and November 1, in Kailua-Kona, Hawaii. Sensei's main focus this time was to help us hone our basic Seitai Shinpo Treatment. (For more on the theory and basic practice of Seitai Shinpo, see *NAJOM*, July 2002, March 2003, November 2005). Three days were devoted to beginners and three days to advanced students, with over 300 hours of instruction in total.

One of Sensei's simplest, yet most profound messages this year was that going through the motions of the basic treatment is not enough. We must use our finger to detect the points and insert the needle precisely. Repeatedly throughout the seminar, we heard the phrase: "insert the needle to the point." If you are not obtaining good results from the basic Seitai Shinpo Treatment, your needle may not be reaching the point and you need to look at your point location, your needle length and gauge.

After following the basic protocol with the patient lying prone, and treating points on the lower and upper body, the patient is asked to sit up, so that the practitioner can assess what pain remains. Before any extra points are treated, the necessary basic points are needled again, often with a bigger gauge needle. We witnessed patient after patient report that 80 to 100 percent of the pain disappeared with the basic treatment alone; occasionally, the basic acupuncture points were needled twice to reach precisely where the point was activated and the muscle released.

Another focus of the workshop was the precise location of points. We palpated and located the basic points on the back and Sensei corrected us. Basic point location is achieved with the tip of your finger – and it rarely matches patterns outlined on paper, which are based on healthy bodies. In a body that is out of balance, point location will vary as a reflection of that imbalance.

Upon observation, the body is constantly reflecting the original problem, these reflections appear on the back as *kori*, or areas of rigidity and hardness. When a *kori* is needled correctly,

some new insights:

1. Shoulder pain at night, or any symptoms that appear only at night, are usually due to a problem in the back, as the patient is lying down. This can be addressed using basic Setai Shinpo Treatment. If, after four or five basic Setai Shinpo Treatments, there is no improvement, suspect that a deep Yin sickness such as cancer may have invaded, and refer the patient to their medical doctor.

2. There are currently no contraindications for Setai Shinpo. There are a number of illnesses which Sensei has no clinical experience with, including multiple sclerosis and autism.

3. Sensei will treat a pregnant woman with the complete treatment from the beginning of pregnancy until after childbirth. This treatment allows the structure to move more easily, accommodating the baby's growth. When the woman's abdomen is too large for her to be comfortable in a prone position, she can sit for the lower and upper segments of the treatment. Using moxa on CV-12 and TB-4 in the Sawada tradition is a powerful support to the birth of a healthy baby.

4. Sorimachi Sensei will treat children as young as seven or eight with the basic Setai Shinpo Treatment. In the classics, children less than six years old are called "children of god," and the younger the child, the more they are protected. Sensei explained that moxa on GV-12 and GV-4 can be very effective for treating any child under 6 years old.

5. Bipolar disorder can also be treated with basic Setai Shinpo Treatment, which draws the two poles of mania and depression closer and closer, so the swing from one to the other is less drastic. We were also instructed to press the Governing Vessel centerline below each vertebra and apply moxa to any area of tenderness. A person with many tender areas along this line often has an emotional component to their illness.

This seminar was very informative and I am extremely grateful to Sorimachi Sensei for all the treasures he shared with us. I am also grateful to Dr. Maekawa Chieko for her translation during the seminar and for her continued support to her students, and I am grateful to the students and graduates of the Traditional Chinese Medical College of Hawaii who made the seminar run so smoothly.

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the Standard Setai point location, especially Small Intestine Shu.

Although this year's seminar focused on neck and shoulder treatments, we began with an review of lower body treatment, since "to reach the top we have to start at the bottom." The entire spine rests upon the pelvis, sacrum, and lumbar vertebrae. When this area is out of balance, any changes made in the upper portion will be only temporary. As an example, one of our participants experienced 100 percent relief from an upper body treatment for her shoulder. An hour later, the pain began to recur. Sensei explained that after treatment of her lower body, she would experience more long-term results. The most important of these lower points in correcting the pelvis is Small Intestine Shu, located in the sacroiliac junction. We use the Sawada-style location for Small Intestine Shu (BL-27; one vertebra above the TCM location).



Following laterally along the transverse process and rib attach. The Standard Setai point location is always on top of the bone. In Sorimachi Sensei's experience, inserting to within 2mm of the bone is most effective. With much more conservative needling, smaller gauge and length, you may be missing the point altogether and not achieving the results that are possible with basic Setai Shinpo Treatment.

Furthermore, on the subject of proper needling depth and stimulation, Sorimachi Sensei and Dr. Maekawa (see below) warned against overdosing the patient, especially on the first treatment. Don't take away all the pain at the first treatment, they say, even if you can, or the patient may become very tired. An 80-percent improvement is fine for the first treatment and should be our goal so as not to overdose the patient. The patient will be surprised and satisfied by this improvement and will leave feeling happier. Any greater degree of structural change can be very uncomfortable for patients, since it requires all the internal organs to shift with the change in the physical structure. Particularly with elderly patients, this principle is important. This internal shifting can be upsetting to a patient initially and should be taken slowly. Allow three treatments to reach a 100-percent improvement as this will correct the imbalance and provide greater comfort for the patient.

Answers to a few special questions revealed

it will dissipate along with the symptoms. Looking at a patient with neck and shoulder pain, Sensei pointed out that, by palpating the medial edge of the scapula which we refer to as the Kokou area (near BL-43), he could detect that the left side was much tighter than the right. Simply looking at the muscle structure, it was clear that the left muscle was much thicker than the right. To release this tightness along the scapula, Sensei focused his point location on the left side alone, and treated this patient with a left-sided secondary bias.

Why is Small Intestine Shu so important in the basic Setai Shinpo Treatment? The smart hunter judges how tired an animal is by examining its footprints. The tarsal bones of the foot separate when an animal gets tired. Thus an animal's footprint will be wider when it is tired and narrower when it is energized. This happens to humans as well. The seven tarsal bones (calcaneus, talus, cuboid, navicular, lateral, intermediate, and medial cuneiform bones), as well as the tibia and fibula, separate when a person becomes fatigued. In the upper body, the ulna and radius on the lower arm separate, and the spaces widen between the eight carpal bones (scaphoid, lunate, triquetrum, pisiform, trapezium, trapezoid, capitate, and hamate). As these spaces widen, the level of discomfort or pain in that area increases. When a person's energy returns, the spaces decrease in size and the pain diminishes.

Sometimes however, the bones do not move back to the same position, prolonging the patient's discomfort. Si Shu governs primarily the lower half of the body because, in moving the pelvic cage, we can also shift the bones in the leg and ankle, bringing them back to their proper position and eliminating pain. All treatment of the lower body is addressed from