

Meridian Stress Assessment Testing

Background/Qualifications

Chuck Belanger, L.Ac. has been a licensed acupuncturist in the state of California for 22 years. In 1998 he purchased his first CEDS, Computerized Electrodermal Screening device and is now on his 3rd rendition of that, called the MSAS Professional by BioMeridian in Utah. Because his practice involves treating allergies, he used the MSAS for a number of years doing allergy sensitivity measurements. Currently he uses it as part of his intake and as a means to track his patients progress by checking their acupuncture meridians.

Because of his interest in the BioMeridian, he became a trainer for the system for other practitioners who used it for allergy testing. He did this for 3 years. After that period, because of his computer programming background he worked with BioMeridian on developing its software and adding to the current extensive database of remedies used in their equipment.

Test Background and Objective

The MSAS is sensitive enough to changes in the body that even subtle physiological effects show up as electrical changes in the various readings of the acupuncture points. Allergens when held by the patient could be detected by the changes in those readings as well.

Changes in resistance, is what is recorded by the MSAS with a "balanced" acupuncture point being approximately 100,000 ohms. Dr. Voll, a German surgeon and homeopath originally created the first electro-acupuncture system based on his observation that acupuncture points have lower resistance than the surrounding tissue. Dr. Voll spent the rest of his life mapping out the various traditional and finding many new points on the body and their corresponding anatomical tissues and organs. Sometimes these devices that he created are generically referred to as EAV, electro-acupuncture according to Voll, devices. The first computerized EAV device was the Computron which was created in the United States.

Dr. Voll found that when a point's resistance lowered, i.e. when electricity is conducted better, there is typically a stressed or inflamed pattern to the corresponding tissue, organ or meridian. On the BioMeridian, this corresponds to those values higher than the balanced state (green, values between 45-60) and show up as yellow.

On the other hand when a point's resistance is increased, the organ or tissue in question shows a weakened response or function. This usually occurs because of the result of long term stress applied to the organ, tissue or meridian. This weakened state shows a value below 45 on the BioMeridian and is displayed as red.

When actually reading and interpreting the test results it is necessary to keep in mind that skin condition and hydration of the subject can directly affect the readings. Thick or callused skin or people who are dehydrated or low in electrolytes will not conduct well and thus give artificially low readings. Likewise, people who are sweaty when tested will tend to show higher results. Lastly, for some people jewelry can raise or lower the readings. If so, typically we simply ask the patient to remove their jewelry.

In order to know the state of the patient's general ability to test, Dr. Voll devised a simple test in which the patient holds the brass electrodes of the device and a simple reading is made. All EAV devices including the BioMeridian have a 0-100 scale with 50 being the balanced state. Dr. Voll found that a simple, dry reading when holding the electrodes one in each hand should be about 80 on that scale. If higher, then readings may be artificially high and if lower, which is very common in practice to see, then readings may be somewhat lower. I tested all subjects using this simple Voll method and most subjects did have a near 80 response.

It is easy to think of the living body as a simple resistor, but the body is a living, dynamic electrical system. When one applies the 1 volt that is typically used in measuring the acupuncture or special Voll points as in EAV, the body actually responds with a change in electrical activity to counter that 1 volt. As long as the body can appropriately respond to the applied voltage the output is a nice flat line.

What Dr. Voll observed was that in subjects with an actual pathology, there was a fourth (i.e. Balanced, Stress, Weakened) state called a "drop." The body in this case is unable to maintain the minimal electrical activity in response to the applied volt and what one sees is the flat line is not held, but drops steadily over a few seconds of holding the probe on the point. I can tell you that I do not see these drops very often, but when I do, there is always some history of organ pathology.

In terms of what these readings mean, Balanced, or course, is best, followed by Stressed which typically is easiest to correct, followed by Weakened, and last or worst is readings which show a drop.

Another very important use for the MSAS is the ability to see what can take an imbalanced state in the various meridians and cause it to become balanced. This is called remedy testing. It is this remedy testing that we intended to apply to the use of the Shuzi bracelets worn by a number (6) of subjects.

For this "remedy" test of the Shuzi we measured 58 common EAV points on the hands and feet. Typically readings from one test to another at about the same time stay within a +/-3 points. So, the objective of the test was to get a base-line reading then have the subject wear a Shuzi bracelet on both wrists (to avoid possible unilateral effects--which at this point is only hypothetical) for 30 minutes then do a second reading of those 58 points and use the BioMeridian's visit comparison report to see the changes, if any. Any change $> +/- 3$ was considered significant and noted.

Results

Below is a summary of the subjects and their before and after readings.

Subject 1, Brian H., 65 years old, history of digestive disorders, recently diagnosed with GI infection, prostate cancer in remission. Retired school teacher. Vegan.

Subject 2, Linda H., 65 years old, recent history of gall bladder insufficiency with pain on the right side. Corrected. Retired dental assistant. Vegan.

Subject 3, Wazir P, 74 years old, history of congestive heart disorder, prostate cancer, now in

remission. Metabolic Syndrome (high blood pressure, abdominal fat, high fasting glucose)

Subject 4, Chris V, 67 years old, 6'1" 140 lbs, thyroid nodule which at this point is benign, spinal scoliosis from birth, recent physical showed no pathology.

Subject 5, Lorilee R, 59 years old, some back problems, including a fused lumbar discs, hysterectomy at age 25, known gluten intolerance, recent urinary tract infection. Self employed Couples therapy and massage/body work.

Subject 6, Chris C, 58 years old, prostate pain/inflammation (being treated by his physician), no other health issues. Self employed in the at home health care management services.

Subject	Status	Wrists w/Shuzi	Stressed	Balanced	Weakened
#1	Pre-Treatment		3	50	5
#1	Post-Treatment	Unilateral, Left	1	41	16
#2	Pre-Treatment		18	27	13
#2	Post-Treatment	Unilateral, Right	19	32	7
#3	Pre-Treatment		2	39	17
#3	Post-Treatment	Unilateral, Right	0	37	21
#4	Pre-Treatment		44	13	1
#4	Post-Treatment	Both	24	34	0
#5	Pre-Treatment		32	23	3
#5	Post-Treatment	Both	8	47	2
#6	Pre-Treatment		44	14	0
#6	Post-Treatment	Both	22	36	0

General comments:

- Difficult to say with such a small group, but it looks like the decision to use Shuzi bracelets on both wrists for the 30 minute "treatment" was indeed more effective.
- For some of the subjects the weakened readings were caused by calluses on the feet or hands. This is very common for the sides of the feet or the Bladder point on the little toes. These points did not change post treatment either.
- Although the above table shows significant improvement, what it does not show is that a number of stressed or weakened points remained in the stressed or weakened ranges, but did improve significantly (i.e. > +/- 3 points). Below are the specific stats on those changes.

Subject specific comments:

Subject #1:

Had 1 Balanced point become Stressed.

Had 9 Balanced points become Weakened.

Had 1 Stressed point become Weakened.
Improved significantly on 1 point
Same readings on 5 points.

Both Brian and Linda H. are vegans and left on an extended vacation after testing, otherwise retesting would seem in order. I am not clear why Brian responded so poorly to treatment. It appears that the treatment was stressful enough to cause issues for him.

Subject #2: (Linda)

Weak, Same reading: 2
Weak, significantly improved: 4
Weak, moved to stressed: 1
Balanced to weak: 1
Balanced to stressed: 9
Stressed, significantly improved: 5
Stressed, Same reading: 3
Stressed, worsened: 1

What was significant for Linda, is that her gall bladder channel worsened, which was a problem for her since that is what we have been treating. Her overall movement though, was to improvement.

Subject #3:

Weak, Same reading: 6
Weak, significantly improved: 6
Weak, worsened: 1
Balanced to Weak: 8

Overall Wazir seemed to have worsened with treatment. Again a retest would be in order. It may well be that the testing and/or treatment energetically stressed him.

Subject #4:

Balanced to Stressed: 1
Stressed, more: 2
Stressed, same: 7

Overall his treatment was a dramatic success.

Subject #5

Stressed, same: 4
Very dramatic effect on Lorilee.

Subject #6

Balanced to Stress: 2
Stressed, worse: 2
Stressed, same: 1

Again, very dramatic response to this simple, short treatment.

Possible hypothesis and further testing to demonstrate:

1. The more balanced one is the less effect Shuzi will have.
2. Stress meridians are more likely to be affected by reducing their readings to balanced.
3. Which meridians are affected is entirely idiosyncratic. There is no single meridian that one could use to determine the efficacy of a Shuzi treatment.
4. Likewise, which stressed meridians are not affected or even made worse on occasion is not predictable at this point.
5. Meridians corresponding with more response tissues tend to respond faster and by greater degree. Examples include nervous system and endocrine points.
6. Weakened meridians respond slowly to Shuzi effect if at all. Possible that meridians show a short term worsening then a gradual sustained improvement with time.
7. Normal/Balanced meridians are typically not affected by the Shuzi bracelets.
8. Is the Shuzi effect transient? Will the improvement of meridian response by the BioMeridian EAV device show a similar or lesser response if the Shuzi bracelets were removed? Likewise, after wearing the Shuzi, will there be a more permanent change in the meridians?
9. Changes to localized energetic equilibrium and adjacent meridians (either literally adjacent on the meridian energetic flow sequence) may cause oscillations, or perturbations, such that stress shows up post treatment after a relatively short treatment. My guess is that negative changes in the meridians would dampen out over time. The Shuzi probably does not inject energy into the meridian system, but allows it to achieve equilibrium by removing stresses. According to acupuncture theory this equilibrium will allow weak organs to recover, assuming the ability to digest food and access to good food and sufficient Kidney Qi.