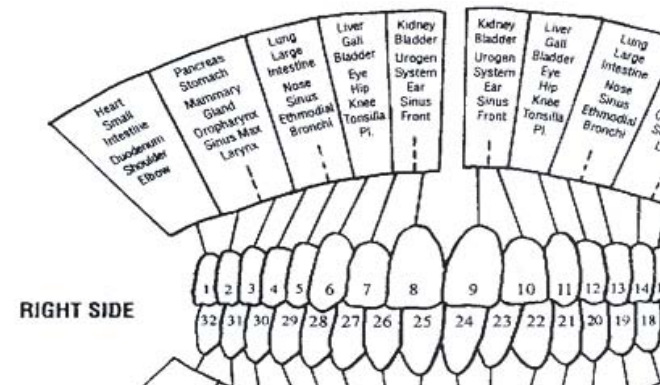


A Patient's Guide To Acupuncture



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A traditional Chinese tale traces the origin of acupuncture to a warrior who was plagued with ailments for many years. In a battle he received a shallow spear wound. When the wound healed, he found he had been cured of his chronic ailments.

Presumably the spear pierced one of the acupuncture meridians in which an energy blockage had occurred. Since then, it has been learned that by stimulating an acupuncture point, one can get the energy flowing again.

Each tooth is related to an acupuncture meridian or energy channel. The front page chart shows all the teeth and their related organs.

The following charts show the relationship of the different teeth to different organ systems.

This can be useful because if you are aware of how the body's energy is affected by the teeth, you can correct weakness before it becomes a problem.

For example, chart 2 shows the canine teeth which affect your liver and/or gallbladder. If this tooth has had a lot of dental work, you might consider strengthening those organs.

The following liver/gallbladder flush could be helpful:

2 tablespoons of cold pressed olive oil

2 small or one large lemon, juiced

1 or 2 grapefruits, juiced

1 to 4 cloves of garlic

Dash of cayenne pepper

Wednesday - Large RAW vegetable salad and baked potato or corn or lentils. And, if needed, one steamed vegetable.

Thursday - Large RAW vegetable salad and avocado or beans (garbanzo, fava, mung)

Friday - Large RAW vegetable salad and baked potato or corn or lentils. And, if needed, one steamed vegetable.

Saturday - Large RAW vegetable salad and brown rice and beans and lightly steamed diced vegetables.

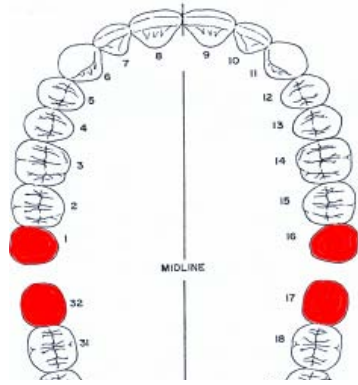
Sunday - Large RAW vegetable salad and six ounces of ricotta cheese or pot cheese or cottage cheese. And, if needed, one steamed vegetable.

Dressings - lemon juice and oil and dulse or kelp.

If you cannot modify your diet 100%, come as close as possible. The more you do, the better you will feel, and eventually, you will be able to enjoy this diet. Remember this is only for a month! After one month you may use this diet as a guide and add other foods. This diet will allow the body to become alkaline in a short period of time.

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5. HEART/SMALL INTESTINE

- **Blood Pressure, Blood Circulation**
- **Duodenum**
- **Ileocecal**
- **The Heart**
- **Adrenal Glands**

Detox alkaline diet advised

Breakfast

Fruit - any type

Lunch - Monday, Wednesday and Friday

1 or 2 types of fresh fruit in season (berries, pineapple, apples, pears, grapes, peaches etc.)

OR apricots

OR figs, currants (dried fruit may be soaked)

AND avocado

Lunch - Tuesday, Thursday, Saturday and Sunday

Small RAW vegetable salad (must have romaine lettuce and sprouts plus two or three other vegetables)

AND avocado or rice cakes or three ounces of raw nuts (almonds, filberts, walnuts, pecans)

Dinner

Monday - Large RAW vegetable salad and baked potato or lentils or chickpeas. And, if needed, one steamed vegetable (cabbage, asparagus, broccoli, brussel sprouts, etc.)

Tuesday - Large RAW vegetable salad and baked yam or avocado.

Place all ingredients in a blender until well mixed, and then drink. This should be followed by a glass of herbal tea or water. All caffeine drinks should be stopped during this time.

The following supplements help invigorate the liver.

Choline, 1 g per day

Essential Fatty Acids, oil capsules, twice per day

L-carnitine, 500mg, twice per day

Milk thistle, 70-200mg, three times per day

L-methionine, 1 g per day

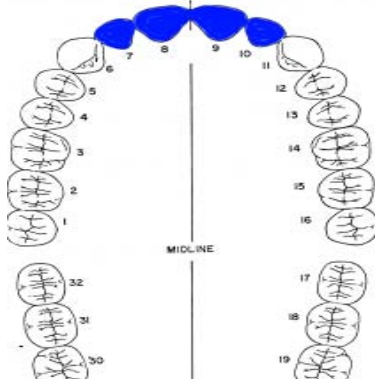
Liver extracts, 500mg, three times per day

Selenium , 200mcg per day

Below are charts that can help you determine which organs are affected by your dental treatment. Your dentist can advise you on the proper therapy for each system.

Your Teeth Correlate to Your Body's Organs

There are Five Main Meridians:
The shaded teeth affect the organs listed

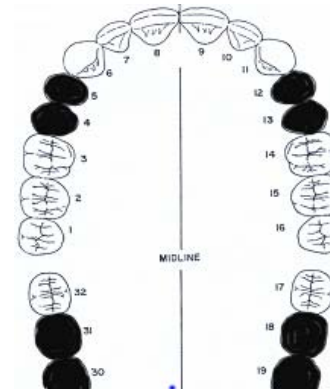


I. URO/GENITAL

- Uterus and ovaries
 - Testicles
 - Kidney
 - Bladder
- Hormones
- Frontal Sinus
- Adrenals/Pineal

For problems with these teeth, supporting the adrenal glands can be very helpful. Take Adrenal extract 250-500mg, twice a day.

For kidney support, it's important to drink enough water; 6-8 8oz glasses a day will help flush this organ.



3. LARGE INTESTINE/LUNG

- Large Intestine
 - Thymus
 - Lungs
 - Pancreas
- Ileocecal Region

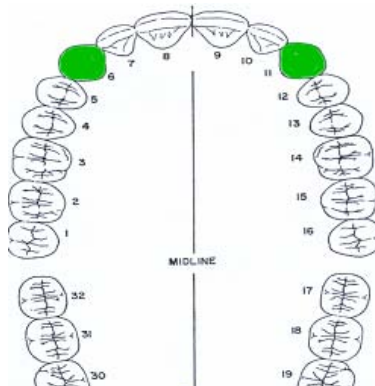
A dietary analysis can be helpful to eliminate harmful foods. Talk to your dentist about teeth with root canals. You may need to stimulate your immune system.

2. LIVER/GALLBLADDER

- Gall Bladder
 - Liver
- Pancreas
- Gonads
- Pituitary Gland
 - Eyes

The following liver/gallbladder flush could be helpful:

- 2 tablespoons of cold pressed olive oil
 - 2 small or one large lemon, juiced
 - 1 or 2 grapefruits, juiced
 - 1 to 4 cloves of garlic
 - Dash of cayenne pepper



4. STOMACH/THYROID

- Kidneys
- Pancreas
- Parathyroid
- Thyroid
- Mammary Glands (Breast Cancer)
- Stomach

Recommend colonic therapy.

