

# Emotions & Biological Harmony

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In Humans & in Pets



by Dr. Patricia Jordan

Even the conservative Centers for Disease Control and Prevention (CDC) states that 85 percent of all diseases have an emotional element. The Chinese have understood this for thousands of years. Emotion is aroused energy that takes a direction. Emotional energy leads to physical energy. Emotions instruct tissues and organs and systems within our bodies. Repetitive negative emotions lead to pervasive “moods” and energy blocks. When emotional energy is blocked weakness results. Biochemical cycling within the confines of a “diseased state” due to neuronal lockdown of a pervasive mood, blocks one’s ability to escape the cycle of declining health.<sup>166</sup>

The primary level of emotional instructions occurs at the cellular level in the genes of the cells. This instruction provides information to cells about living, growing, multiplying and dying. Through the book “Molecules of Emotion”: as written by Dr. Candace Pert, genes which have memories and emotions, are affected by the mind’s emotional state and therefore make things happen. Blocks in the flow of emotional energy at the cellular level exist both with and without conscious awareness. Dr. Pert was first to explain that all animals even four celled tetra hydras have emotions and use the emotions as a reaction to the perceptions of the external environment. The emoting results in biochemicals that cause the living animal to perceive and react to their external environment.<sup>167</sup>

Understanding the work of HL Thomson in discussing the Type and the Emotional Intelligence Landscape of the individual brings us to the understanding that the emotions influence how we perceive. So, everything that has emoting ability first has sensory input from the environment and then “emotes” a response based on those perceptions. The very first book on emotions was written in 1872 by Charles Darwin and in the title, The Expression of the Emotions in Man and Animals you see, Dr. Pert was not the first to recognize that animals also shared the ability to “emote” along with humans. Emotion is defined as a type of neural impulse that motivates the organism into action.

Emotions can be recreated and self organizing into larger systems or motivational complexes. Motivational complexes may form with other motivational complexes to form emotional action patterns if the patterns are activated frequently. They may become entrained and form a neural superhighway that becomes a permanent part of the personality regardless of the constitution of the individual. Plasticity of the brain and neural connectors allows for new formations or changing in earlier ones based on “perception” or “sensory input” from the body’s environment. The question of “awareness” and “self management” is now understood to be a shared biochemical event in both man and in animals. This is based on sensory input and the perception of that information input as expressed biochemically in the release of molecules. There is the *yin* and the *yang* of balancing these molecules of emoting and the emotional discordance of the being will result in a bodily display of this state.<sup>168, 169,170</sup>

We can look at the negative energy of “stuck’ emotional states, persistent “moods” particularly of the emotions of anger, grief, and fear and pensive over thinking as sources of biochemical molecules that add to the negative energetic state and promote illnesses like cancer:

By the 1980’s scientists had recognized that the electrical polarity of cancerous cells is opposite of normal cells. The healthy cellular membrane is positively charged whereas a cancerous cell membrane is negatively charged. Emotions are oscillating energies that set up the environment within the body for negatively charged polarity cellular membranes. Emotions result in the biochemical pathway of the associated “mood” that determines our resultant physiology....all based on a biochemical cascade determined by the charge on the cell surface membrane and the receptors that come to the surface of the cell the ligands that bind this response and the biochemistry molecules of emotion that spill forth as a result. Conscious of it or not, our perceptions from sensory input generate a biochemical

response! A stuck emotion or mood calling for the selection of negatively charged cellular membrane selects for a state of negativity.<sup>171</sup>

Negative emotions circumvent the standard intercellular processes which continually bring life sustaining homeostasis back into balance. Work by Mirko Beljanski PhD reasoned that the aberrant cellular behavior was connected to the presence of the switching on and off of the DNA with the help of this energy pathway from our emotion. His work with plants found plant based substances were most capable and effective in addressing this discordance. Plant medicine actually works better with our DNA and the mammalian system of physiology. Dr. Beljanski's work recorded the success over synthetic drugs the actions of plant based medicine. His work with *Ying Zang Ye* (Ginkgo Biloba Leaf) based on his theory that plants have already found evolutionary adaptations to environmental carcinogens like UV-B radiation was the first to identify the existence of these restorative medicines in the botanical world. Although Dr. Beljanski was originally from Yugoslavia, a research scientist and not a TCVM practitioner, he did much research to establish the basis for the superiority of herbal medicine for the western world. The patents on plant medicine that Dr. Beljanski was awarded, describe the painstaking testing he took to prove the beneficial results of plant products as medicine and the relative lack of toxicity over chemical products being licensed for chemotherapy. Dr. Beljanski is credited with developing the *Oncotest*, an *in vitro* test to determine carcinogenicity of substances. He was therefore able to test for and identify substances that could affect neoplasia.<sup>172, 173, 174,175,176,177,178</sup>

Now, we go back to the emotions and their impact on the health of the patient. It isn't as simple as reducing every living thing to simply a bag of hormones, but biochemicals and other molecules of emotion do drive the body to health or disease. Oschman in his book, *Energy Medicine: The Scientific Basis* reminds us of the work of Robert Becker who found that it

is not the ionic current but a semiconductor current that is sensitive to magnetic fields and that perineural as well as neuronal cells that are involved in the current of injury that repairs diseased tissue in the vertebrate body. The body does not just sense and emote with biochemicals, the body also has internal pacemakers that set biological clocks and the body is also affected by outside influences in the environment that can reset internal pacemakers. Living beings are complex and responsive even to geomagnetic fields of the earth. This explains the rhythms that effect organization of physiological existence. This also explains what the Chinese observed, that the illness is not just a symptom but the expression of a dynamic process affected on many levels, by nutrition, emotions, thinking, movement of *Qi*, breath as well as external pathogens and pernicious influences.<sup>179,180,181,182</sup>

A leading scientist who has investigated emotions in animals is Dr. Marc Bekoff who explores animal joy, sorrow and empathy in the book *Emotional Lives of Animals*.

The Nursing Professor, Dr. Rebecca Johnson has just released results of her studies at University of Missouri-Columbia from the Center for Animal Wellness that shows that pet therapy; humans petting animals produces feel good hormones that affect mood. Happiness hormones are increased like serotonin and oxytocin whereas the stress hormones, like cortisol are decreased. The benefit of human and animal interaction was mutually beneficial in that the animal's hormones performed similarly. The work by Dr. Johnson was funded by the Skeeter Foundation that had also funded an earlier study in 1999 where South African scientists interacting with stroking a dog also demonstrated a decrease in stress hormones.

Oxytocin is a hormone that is found to bond monogamous relationships; a mother to her newborn child and husband to a wife. Understanding this information helps us see

just how close mans best friends are in the sharing of bond. Taking all of this information into account we can see that as veterinary medical doctors, we have crossed the threshold with our medical doctor colleagues in understanding the psych neuro endocrine immune system and how complex the state of body health and disease expression actually is.<sup>183, 184, 185</sup>

Since the 1970s, research in the field of Psychoneuroimmunology has documented direct links between emotions and biochemical events in the body, thereby establishing on a scientific basis for what Chinese Medicine has always known: emotions can manifest themselves as physical symptoms. Stuck or toxic emotions can help generate symptoms that keep illnesses in place. Psychoneuroimmunology (PNI) research suggests that the persistence of cancer cells depends in part on internal body controls that retrain or stimulate tissue growth; psychological factors appear to regulate these controls through neurological, hormonal, and immunologic pathways.<sup>186, 187,188,189,190,191</sup>

Biomedical scientist, Drs. Karine Silvia and Lilian de Sousa of the University of Porto in Portugal have reported some interesting observations about animals. When animals are confronted with a human displaying strong feeling, they themselves produce a similar emotional response. In the Royal Society Journal of Biology Letters the pair has published results of a study that determined this behavior is not simply mimicking. The animals are exhibiting similar emotions due to “emotional contagion”. Animals display sympathetic concern when the humans are in distress. Untrained dogs show empathetic perception by going to get help for humans in distress. Animals like the dog are highly social animals that engage in co-operative actions which only develop in highly empathetic populations. The companion animals are domesticated and this fine tunes empathy over time. Our selection of breed diversity and for characteristics for more complex understanding of human

emotion and communication has also selected for these abilities in our companion animals.

Five years ago a study showed that pet dogs stress hormones rose or fell in direct relationship to their owners. Also interesting, contagious yawning connected to developmental basis with self awareness and perspective taking has been linked to pet canine behavior. Indeed, at the 12<sup>th</sup> Annual International Conference on the Human Animal Interaction in Stockholm, Sweden, Swedish Scientist, Kerstin Uvnas-Moberg has identified hormones oxytocin in both humans and their pet partners released with interaction. Also cortisol and insulin were investigated. **This work shows that the Human –pet bond is unleashed by hormone physiology.** Dr. Marc Bekoff, Professor Emeritus of Ecology and Evolutionary Biology at the University of Colorado has weighed in on the importance of this information in Psychology Today. His Encyclopedia of Human and Animal Relationships explores more in depth exactly how this physiology sharing takes place and how this relationship crosses the chain link fence of domesticated animals into the fenceless habitats of wild animals populations.<sup>192,193,194</sup>

Speaking about wild, Kurt Kotrschal of the Konrad Lorenz research Station and the University of Vienna is having a paper published in the Behavioural Processes about the dynamics underlying cat-human relationships. Cats attach to humans particularly women and not just for the sake of obtaining food. The study shows the dynamics is identical to human-only bonds. Researchers determined that cats and their owners strongly influence each other so much so that they were often controlling the other's behaviors. This study also shows that cats "remember acts of kindness" and are capable of returning the same. Researcher Johnathan Crystal has published the results of his study on the elements of episodic memory in animal models and identifies discrimination, recollection, familiarity in non human animals and discusses the neurobiology of memory. Elephants never forget, apparently neither do meadow voles nor

honey bees. Memory, behaviours, relationships, emotions and the sharing of the stress is brought to point in another study involving cats where Stella, Lord and Buffington published a paper in JAVMA about sickness behaviors in response to unusual external events in healthy cats and cats with interstitial cystitis. (JAVMA Jan1, 2011, vol.238 No.1 pages 67-73). This study was showing how external stimuli can affect the health of all cats, interstitial cystitis or not.

All living beings are affected by even subtle energies and these forces can affect the well being of being so to speak. The study in the JAVMA was an “observational study”, so we can now see that the thousands of year’s Chinese spent “observing life processes” is an acceptable method of investigation upon which to draw conclusions on how our world works.

Now that we can settle in with the realization that however it is happening; our companion animals are relating through shared emotions. We can also see that use of the complementary medical therapies implementing the relaxation response and address stress hormones will also affect our pets and help them in dealing with their illnesses. Illnesses, like cancer and other chronic disease can be affected through working with the relaxation response. Body work, like massage therapy and *Tui- Na An Mo* are effective methods at the cellular level because these modalities quickly feed the low frequency magnetic vibrations required for cellular healing. Energy medicine is a form of vibrational energy. There is energy in light, color, music, sound, touch, movement, joint manipulation, muscular exercises and acupuncture, taste and food therapy and all of these routes gain access to the body through sensory perception. The body’s sensors are stimulated and the body then “reacts”. Improvement on the tissue level will resonate to a higher level to then improve the organ systems functioning.

Meditations and Guided Imagery, all are effective techniques to help heal negative energies. Bella Ruth Naparstack



has a Guided Imagery CD out titled Fight Cancer; this should be useful to listen to with the animal cancer patient in the room. Our intention has been found to contain biophotons and therefore light energy and the transmission of information can be attained with having proper positive thoughts, correct thinking, projection and funneling of healing energy. Homeostasis occurs through light controlled entropy gradients.<sup>196,197,198, 199,200,201,202,203</sup>

The next level of emotional organization subjected to even more blocks than the tissue level is in the brain with its primary control of systems and organs. Disruption of energy flow results in breathing, digestive, cardiac, gastro intestinal and urinary systems. All of these systems may malfunction with any energy block to the brain. At the level of the brain, the emotional energies are more complex than lower in the tissues. At this level more detailed instructions to heighten and override the genes, (gene expression) are possible. The body has awareness of the basic emotion of love, fear, anger, hate and depression. These energy states these 'altered states of mind' protect the physical body and "self" from real and imagined threats.<sup>204, 205,206,</sup>

At this level, in the brain, techniques to remove emotional blocks or to clear negative energy become much more complex. This level is where *Tai Chi* and *Qi Gong*, exercise systems underpinned with concepts and philosophies more complex activities that humans are capable of but where science has not yet made acceptable that capability in lower mammals.

Scientific research has shown that it is possible for humans to transfer this healing ability. Although how the energy vibration or transfer occurs is not yet known the effects are repeatable. *Qi Gong*, *Tai Chi*, Yoga and physical modalities put extra energy into this through the use of movement and therefore the use of the physical body's connection to the autonomic nervous system and the entire body's physical parts.

Many studies already confirm the ability of *Qi Gong* to cure cancer cells, tumors, blood cancers, and carcinomas in culture, in vivo in animals and in humans. These studies can be accessed through the *Qi Gong* Institute at ([qigonginstitute.org](http://qigonginstitute.org)) and the published books of Ken Cohen's *Qi Gong* and Research and Healing Center ([qigonghealing.com](http://qigonghealing.com)). Ken Cohen is responsible for being the translator for the west on the benefits of using *Qi Gong* for health and wellness. His research and healing center even has a course for medical professionals on the practice of *Qi Gong* for their patients. There is also a course for veterinarians to learn this healing modality for use for their animal patients. Personal communication with Ken Cohen relayed that he was using *Qi Gong* to treat his own diabetic cat.

Caretakers can choose to direct healing intention to their animals. *Qi Gong* master can extend healing energy to patients by external *Qi Gong*. External *Qi Gong* has transference from the practitioner to the focus of attention using the human frontal cortex. How the patient or animal receives this energetic healing is not yet explained but there is progress being made every day. Current research is proving the phenomena of healing with the power of intention and external *Qi Gong* and *Tai Chi* repeatable. The NIH is funding studies that are documenting these phenomena.

One possibility of how this phenomenon occurs is through the process of "entrainment". A very interesting and worthy discussion is to look at the various definitions of entrainment and how it is used.

**Physics** - the process whereby the two interacting physical beings, which have different periods when they function independently, assume the same period and hereby the physical assumes into the same "emotional state" as this is determining the "physical state" of the body. To assume, would mean a decision without justification and power of the one pattern of emotional disturbance to join the other.

**Engineering** - the “entrapment” of one substance by another substance that being the one emotional state engulfs the other.

**Hydrodynamics** - this is similar to the above as our energetic emotional state with the crystalline matrix we exist, that one physical state and therefore emotional state pushes or pulls the other along with it.

**Chronobiologically** - entrainment of a circadian system is the alignment of its own period and phase to the period and phase of an external rhythm

**Brainwave entrainment** - the practice of entraining one’s brainwaves (assumes with focus and attention and therefore cognitive ability) to a desired frequency by means of a periodic stimulus with a corresponding frequency. The stimulus can be aural as in the case of binaural beats. Ex. In acoustics, the mind in the beta frequency cannot quiet down due to the thinking, cognitive mind chatter-purposely listens to alpha waves which increase relaxation and decreases the sympathetic nervous system (the tense system) and therefore relaxes. This alpha wave has been shown to stimulate immunity)

Or, is something else much more amazing taking place?

If the ability to entrain to a human’s emotional state (that may be more chaotic and therefore less coherent) is performed consciously, animals like cats would therefore be capable of altruistic acts of compassion and empathy. For an animal to give up their state of homeostasis in order to join a more chaotic one would be an amazing act of altruism. The cat could be functioning as a volunteer sentinel to mirror or guide the caretaker to recognize the effects of their negative energy state. Ethno biologist Dr. Rupert Sheldrake, (who trained at both Harvard and Cambridge University) and Quantum Physicists and others like Dr. Marc Bekoff are working to explore the answer to this question. Dr. Rupert Sheldrake who has over 80 scientific

papers published and ten books, including the paper on Perceptive Pets, Listen to the Animals (about the disappearance of the animals prior to the onset of the Tsunami of 2007) and Dogs That Know When their Owners are Coming Home is deeply invested as are others in investigating this phenomena.<sup>207,208,209,210</sup>

In Asia the custom of having a cat is historically believed to bring you a longer and healthier life. Could this be the reason? The cat's purr is vibrational energy medicine and their powers of telepathy and psi trailing are legendary. (Fauna Research Institute, Hillsborough, NC and the Duke University Psi Trailing Center) Cats are also experts at *Tui-Na* and they seem to know the healing power of massage. Perhaps it is the companion animal that has the larger score of healing modalities at their disposal. Calming the emotions has never been recognized for its full importance. Being capable of controlling ones emotional state despite internal or external matters of chaos is a true measure of emotional intelligence. The presence of a human-animal bond and the interdependence that forms from the relationship inevitably entwines the health of both companions to each other. Do we yet dare to question the existence of the Mind (*Shen*), Ethereal Soul (*Hun*), Corporeal Soul (*Po*), Intellect (*Yi*) and Will -Power (*Zhi*) of our animal patients as well? Is the *Shen, Hun, Po, Yi* and *Zhi* of the animal even their own? Cats may do more than adore and manipulate, or catipulate the humans they live with. Bonding with them in human only bond like intensity, they share more than control of the others behaviors. My cat practice in North Carolina demonstrated about eighty percent of the cat owners had the same medical diagnosis that I found in their cat. From Interstitial cystitis, to hyperthyroidism, to cancer and even panic attacks, cats shared more than behaviors in the homes they share with humans. Many others have also observed these phenomena. Personal communication with Rupert Sheldrake has confirmed this and all agree we should be investigating this important aspect of

human-animal bond and what this means for the health of all involved. The interdependence of both the health of the caretaker and the companion animal needs to be understood when doctors are going to be treating the companion animal or the human. Once again, we find ourselves on the threshold with our medical colleagues of practicing medicine that in turn affects all species that inhabit the home.<sup>211, 212,213</sup>

At the very highest levels of consciousness, emotional blocks are the most stubborn and persistent. These energy blocks unresolved emotional discordances are directly related to major wasting diseases and cancer. At this level the blocks seem impossible to change without major new insights and drastic changes with the patient's relationship and perception of its "world". To uncover these hidden blocks, memories and emotions from such traumatic events such as disruptive biological conflicts that many are often not stored in areas of the mind with access to speech, verbalization or vocalization in the human and may be equally difficult to understand in companion animals the doctor must continue to work on balancing the body mind and spirit of the patient. What roles our companion animals play in this depth of healing of the human caretaker are only premises. Many people have related how healings have occurred from the result of the cats purr or the unconditional love and devotion from their best dog friend. There are plenty of books written on the subject of animal angels and there is an entire new field advancing the uncharted waters of investigating this relationship between man and beast.<sup>214, 215,216,217</sup>

Today, the ability to do brain mapping of emotional states that occur with certain disease states are illustrating how the human body mind spirit connection relates. Psychomatic disease is the interplay between the energy unseen and the physical body seen. This is possible through our psycho neuro endocrine system and is of much hot topic of research today. Traditional Chinese Medicine is a treasure that can access these

systems through several different energetic pathways; acupuncture, herbal medicine, food therapy, soft tissue manipulation and detoxification of *Tui-Na* and the unseen forces that make up subtle energy in *Tai Chi* and *Qi Gong*.<sup>218, 219,220</sup>

The University of Oregon Psychologist Dr. Michael Posner in conjunction with the visiting Professor *Yi-Yuan Tang* has shown scientifically how the ancient healing techniques of Chinese Medicine work. Specifically dramatic changes were documented by brain imagery and physiological testing. Using SPECT (single photon emission computed tomography) they revealed that test subjects which employed the Integrative Mind Body Techniques of restful alertness and calm focused mind showed dramatic changes of increased blood flow in the right anterior cingulate cortex part of the brain which was linked to self regulation of thought and emotion. Remarkably they also had higher frequency heart rate variability than their test counterparts not employing the Integrated Mind Body Techniques of Chinese Medicine.

The researchers Dr. *Tang* and Dr. Posner explained that **this indicated successful inhibition of sympathetic tone and activation of the parasympathetic tone in the autonomic nervous system.** Sympathetic tone is more active when the subject is stressed. Dr. Posner said the Integrated Mind Body Techniques of Chinese Healing improved the connection between the central nervous system structure, the anterior cingulate and the parasympathetic part of the autonomic nervous system to help the individual into a more physical state and out of an “emotional” biochemical state.<sup>221</sup>  
<http://comm.uoregon.edu>

**Negative emotions keep the brain’s sympathetic nervous system activated and this causes the adrenal gland to make cortisol and epinephrine.** The result of this **sustained stress response is inflammation, chronic disease and cancer.** All emotions use their body as their theater. A pervasive mood from

a sustained emotion colors your whole world. Disrupted hormonal metabolism comes from thought patterns from an ill unresolved, unsettled and nonharmonious emotional state. Mood disorders lower your immune status and therefore predispose your health to the presence of an internal toxin or pathogen, chronic pain and chronic inflammation. In animals we see the effects of these biochemical and immune changes from the external influences which are consumed or ingested. In their human caretakers the reasons are much broader but the effect to one another eventually mirroring the ethereal biological disturbance, the disharmony and therefore expression of “disease”. The increased use of psychoactive drugs like Prozac (sold in its dog form as Clomicalm) is one more piece of evidence. If animals didn't have moods mediated by the same neurotransmitters as humans, why would they react to mood lifter medications?

**Inflammation is created and cytokines are released when you become physically stressed** by an illness in your body. Cytokine and the inflammation cascades literally eat up critical mood neurotransmitters nor epinephrine and serotonin. Blood Homocysteine levels rise, further lowering nor epinephrine and serotonin and increasing inflammation. Disrupted nor epinephrine and serotonin levels and higher levels of inflammation increase the chances of having pain (spinal or bone pain) sleep pattern disruptions, insomnia and hypersomnia. When you become psychologically stressed, you become depressed.

Depression leads to a lack of motivation which results in *Qi* Deficiency and *Qi* stagnation. Acupuncture and herbs can all be used along with *Qi Gong* and *Tai Chi* along with *Tui-Na* to treat any of the symptoms of disease. Herbs can detoxify the liver and elevate the mood, acupuncture can be used to quell the heart fire or the liver fire in liver *Yang* rising. When the mood is lifted, the negative emotional energy is disrupted and *Qi* can

flow again. *Qi* and Blood will be restored. This TCVM process is the way to live a good life, learn to live a life of detoxification!

Incurable cases are ones that either keep negative emotional disturbances hidden and untreated or kept repeating the offense leading to the emotional state or would not give up the offensive pathogen or lifestyle leading to that state. These patients will not get well. A well intentioned healer can implement spiritual healing for the individual as can invested family members and friends, significant others. However, ultimately the healing must come from the inside out of the individual patient. It is here that Japanese Reiki can be employed for universal intention for the highest good, of which healing may result.

Dr. Pert has said that drugs can induce altered states of mind similar to emotions. This is because they are biochemicals associated with an emotion. Emotions produce biochemical states. The negative energy, constant in its production is a loss of *Qi*, this leads to stagnation and eventually Deficiency. Eventually this leads to *Zang Fu* pathology. *Qi Gong* literally means to move *Qi* and it is a treasure of the TCVM that provides the emotional and spiritual healing that western medicine does not provide and does not address. **The ability of TCVM to deliver this healing and detoxification is the most important part of healing that China has provided to the world.** “That the yielding conquers the resistance and the soft conquers the hard is a fact known by all persons yet utilized by none” *Lau Tzu* from the *Tao Te Ching*. Born in 500 BC, *Lau Tzu* was there when cancers were rare but even then delivered the direction for living life, The Way, with Virtue and practicing **emotional** intelligence.

For Christians, the Bible has the Lord Jesus stating “he who learns to control himself controls the whole world”. From this point of understanding, it is evident that we cannot control the whole world, only how we respond to it. When we gain the



emotional intelligence to have control over our emotions, we then control the perception of our world and have control then over how we “re-act” to it.

Healing is about restoring balance to the physical body, which is energy and is affected by anything with an electrical charge or within an electromagnetic field. **Health is about being in coherence** and Healing through energy medicine is about restoring balance. Biology is indeed proving more fundamental than physics!

In modern Chinese work, doctors specializing in cancer therapies often comment about their sense that emotion contributes to the health status of the patients, affecting the outcome of treatment, which is life or death. For example, *Sun Binyan* writes in his book *Cancer Treatment and Prevention*

According to our understanding of the tumor patient, most have suppression of the emotions. They tend to hold in their anger. Although some patients have good results after treatment, emotional stimulation may cause them to decline again and then the previous treatment would have been in vain. Some people have a severe phobia about cancer. Before they know the real disease, they have a lot of suspicion. Once they know they have the cancer, their whole spirit breaks down. This kind of spiritual state is very bad for the treatment.<sup>222</sup>

Pan Mingji, in his book *Cancer Treatment with Fu Zheng Pei Ben Principle* presents a section on etiology of cancer; he notes that:

A lot of evidence proves that those who are optimistic and undertake exercises [in China, this refers mainly to *taiji* and *Qigong*, along with similar types of practices, as well as hiking in the woods] tend to have healthy and sound function of the nervous system, strong physiques, and naturally great anticancer ability and immunity. Even if those people come into contact with outside carcinogens, they will not develop cancer.

On the contrary, those who have mental injury, who are disheartened, or often have a fear of cancer, and who do not undertake exercises at all or are overtired, whose daily life is irregular and unsanitary, whose spirit and nerve function is disorganized, tend to reduce their defensive ability. As a result, the rate of cancer occurrence among those people is higher.<sup>223</sup>

Below are references to different acupuncture points that may be useful in helping the cancer patient with under *Ying* emotional discordance. Sometimes the caretaker of the animal is intuit the disharmony and sometimes the veterinary practitioner is able to determine the disease that needs to be addressed. Certainly at the time of euthanasia spirit points may be used to help transition the animal through the death process and over into the realm of peace. Euthanasia and peaceful transition is a gift that all animal caretakers and veterinarians have to provide for a patient reaching terminal status.

### **Pertinent acupoint actions**

**Psycho Emotional Instability:** HT-3, 5, 7, 8 BL -8, 15

**Psychosomatic Disorders:** LI -11, ST-23, 24, 40, and 41 (with fever) HT-3,7,9,SI-3,7,BL-15,62,65,66,GB-35,LIV-3,GV-12,17,18,19,23,24,26,CV-1,14

**Sympathetic Nervous System** GV-20

**Parasympathetic Nervous System** ST- 36

**Cerebral Disorders** GB- 20

**Nervous System** LIV- 3

Special Consideration Acupuncture Points:

**Deficiency of Spiritual Qi** (PC-9), (PC-4) (CV-15)

**Deficiency of Heart** (GV- 20) (BL-15) (CV-14) (SP-15)

Acupuncture Points for Emotional States:

**Aggressive Energy:** BL-13, 14, 15,18,20,23 (clears chaotic energy)

**Agitation;** LU-4, ST-23, ST-41, SP-1, KID-1, KID-4, PC-4, PC-7, CV-19

**Anger:** CV-14,ST-36,LU-10,KID-9,CV-8,GB-39,BL-18,KID-4,PC-8,LIV-2,LIV-13,KID-7,KID-1,GV-12

**Anxiety and Worry:** BL-15, GB-39, KID-12, CV-12, LIV-1, LIV-5

**Apprehension:** PC-5, PC-6, PC-8

**Aversion to noise:** ST-37, ST-44, GB-17, CV-15

**Dementia:** HT-7, BL-15, KID-4

**Depression:** HT-5, LIV-5

**Fright:** LI-13, HT-7, HT-8, ST-7, PC-6, LIV-5, GV-4, CV-4

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\*\*\*\*\*The Cancer and Stress presentation that was delivered by the Oncology Naturopath that is part of the Emerson Ecologic Staff