

A Physiological Approach

1. The occurrence of chronic fatigue after a bout of illness has become quite a common phenomenon. Often it occurs after an attack of influenza; but it may also occur in connection with glandular fever or even without any significant illness.

It is also called Post Viral Fatigue Syndrome, Myalgic Encephalomyelitis (M E) which is synonymous with Epidemic neuro myasthenia or, more imaginatively, Royal Free Disease and Iceland Disease, Chronic fatigue poses one of the great medical mysteries and challenges of today.

Some think it is an abnormal response of the immune system to various organisms – which is quite logical when one considers the battering our immune systems get from metals in the mouth, chemicals in food and drink (even ordinary purified water), antibiotics and a host of drugs in common use for all sorts of diseases.

2. In my practice as a Mora Therapist, I treated people with chronic fatigue long before I realized what it had been diagnosed as. Usually, the first acupuncture points I test on my clients are those for the Hypothalamus. They are located just above the upper attachment of the ear on each side of the head. The optimal electrical resistance of these points (like all other acupoints on the body in my experience) should produce a reading of 5.4 microamps when they are charged with 1 volt of electricity. I found that in some clients, the reading of one or both points had dropped dramatically to 3 microamps. Remarkably all the other acupoints related to all different organs on the same side as that of the faulty hypothalamus also dropped to 3 microamps. When I succeeded in clearing the hypothalamus, however, the readings all returned to 5.4.

In some clients, only one side of the hypothalamus and body was involved. But what became evident from the start was that the autonomic nerve supply to the entire body was under the control of and dependent upon this organ in the brain. If one or both sides of the hypothalamus became overloaded with some toxic substance, it affected the innervation of the entire body on the corresponding side.

3. I likewise found that sometimes clients came whose hypothalamus had a higher than normal reading. Then all the organs of the body also had too high a reading. I soon came to associate high readings with hyperactivity, perspiration and other signs of hyper-innervation by the sympathetic nervous system. With the clients who had a severe drop in the hypothalamus one found the classic symptoms of hypo-innervation by the sympathetic nervous system. The natural consequence of this could be nothing else than chronic fatigue over a period of time. What the severe drop in autonomic innervation means is that the sufferer has to live with the energy of hibernation. It is possible to live with it but at a very reduced energy rate. As time goes on the condition can only worsen unless something is done to compensate the autonomic nervous system.

4. From the very beginning of my work in Mora Therapy I have always tried to identify the deeper causes of faulty acupoint readings. I soon realized that the drop in the hypothalamus was due to some chemical or microbe overloading in the capillary beds. This is called a focus. I found that one common cause of the focus was mercury from amalgam fillings. Another cause was the virus Coxsackie B4. Then I also came across the Epstein Barr virus with people who had Glandular Fever. Other occasional causes I discovered were Candida Albicans, with people suffering from systemic Candidiasis. Silver, either from amalgam fillings or from silver plated ornaments, Cobalt from chrome cobalt stems in teeth, chrome cobalt dentures, pink colouring in acrylate dentures, and cobalt from expandable metallic wrist bands.

5. Long before I realized I was dealing with classic chronic fatigue I learned to clear out the focus from the hypothalamus and correct the innervation of the body by detoxifying the blood. This I did by clearing the spleen, liver and bile ducts, since all the toxic substances proved to be fat soluble, and therefore filterable from the blood via the liver and bile system, rather than by the kidneys.

Usually, of course the, kidneys were also overloaded with the substances because they are the first to suffer when the liver route becomes congested. They, too, had to be cleared. And then the heart and the lungs, because any toxic substance which is released into the blood will usually pass through them enroute to the filters.

6. I found the best way to detoxify the filters, heart and lungs is simply to percuss these organs through the rib cage, in Chinese fashion (DO-IN). If this fails, the Acuspark certainly succeeds. As soon as the blood is clean (as well as the lungs, heart, spleen, liver and bile system) I compress the vertebral arteries in the back of the neck very briefly 5-10 times to send momentary rushes of blood to the middle and back of the brain. (One should first check whether the client is prone to nose bleeds or to blood shot eyes. In that case compression may be contraindicated.) These arteries supply the blood to the capillary beds in the back half of the hypothalamus and that is where the sympathetic nervous system control is located. If this exercise does not succeed, I run the negative pole of a ceramic magnet (500 to 3000 gauss) over the middle and back of the head quite rapidly to produce tiny electrical currents which stimulate the blood vessels. This usually succeeds in clearing the capillary beds. If this too fails, I may lightly percuss the head several times, or resort to the Acuspark. One simply sparks the trapezius muscle on each side of the back of the neck several times. This almost always suffices to clear the hypothalamus.

7. Obviously, until the hypothalamus is cleared of the toxic substance and the autonomic innervation of the body is restored to normal there can be no recovery from Chronic Fatigue. Therefore, I consider it of prime importance to attend to the Hypothalamus before anything else. Not that I consider this sufficient to make recovery inevitable. Recovery from chronic fatigue is much more complicated than that.

8. The endocrine system must also be checked and corrected as far as necessary. Often a focus in the hypothalamus is accompanied by a similar focus in the pituitary gland. This upsets much if not all of the endocrine system. The pancreas must also be cleared to ensure sufficient enzymes to metabolize food. The Heart and lungs must be cleared as indeed the intestinal tract. In brief all the main physiological faults in the body must be attended to and corrected (or at least compensated for) before recovery is really possible. Finally unnatural nutrients such as white sugar and trans fats (in margarine and vegetable lard) must also be avoided as they burden both the sympathetic nervous system and the immune system. All obstacles to the inner healing power of the body must be removed as far as possible. These include psychological factors which one must also not neglect.

9. I find that the most practical help I can give to clients are Colour Therapy and Homeopathy. Here we have a wonderful arsenal of ultra-fine magnetic help. With colour therapy as indeed also with tissue salts, one can balance off the immune system and inner healing energies quite well. Next come the homeopathic cleansing remedies such as Hepar Sulph, Rhus Tox, Nux Vom and Calc Carb. And then the marvellous constitutional remedies (also called Polychrest) with which one can match up the needs of individuals according to their very makeup: physical, mental, and emotional. Beyond that one can go to the Flower Remedies which help to deal with mental and emotional stress.

10. Conclusion: Chronic Fatigue poses a terrifying challenge. Only God knows how many sufferers there are world-wide. One thing is obvious: until man learns to identify the physiological faults behind diseases and then correct them, he will never succeed in stemming the tide of chronic illness. And until modern man learns how to identify the chemical and microbial causes of the physiological faults behind diseases, he will never be able to prevent their occurrence. The discoveries of Dr. Reinhold Voll and colleagues in Germany since 1955 make both these options possible. Through testing acupoints in the head, hands and feet alone, one can provide both these services. Fingertip testing of the acupoints simplifies matters dramatically and makes the discoveries of Dr Voll available to all of mankind.