

NO MORE JET LAG

INTRODUCTION:

After becoming an international Kinesiology teacher and lecturer at many international conferences about 10 years ago, I became aware of the downside of this jet setting lifestyle Jet Lag! For me, particularly travelling from West to East would desynchronise my body such that I was 'spaced out' during the day and my sleep cycles were out of synch with my new location such that I would be falling asleep during the day and couldn't sleep at night for up to three days after the journey, and this is less of a problem than many people experience.

Since I know acupressure theory in-depth, I decided to look for my own solution. While I was aware of several acupressure-meridian approaches, I decided upon a different solution to re-synchronise my body clock than those from Touch for Health, running the meridians, or the Now and Then Technique from PKP. I discovered that you could rapidly and effectively 'reset' your body clock by merely holding Lou Points in a specific order, with the whole procedure only needing to be done once at the end of the journey. So for about 5 years I just did this for myself and found it exceedingly effective. But when I would mention it to other people, they would all say, 'Can I do it?' So eventually I made up a little paper with all of the points and basic procedure, and gave it to people who asked. I was surprised to see how effective other people found it!

Coming out of my house in Melbourne, I met my friend, Stefan, sitting in his car at the traffic lights, and I knew Stefan ran Dynamo House that makes decoders of various types. I yelled to Stefan, 'Hey, I have an idea I liked to run past you!' So he pulled over on the sidewalk and decided to do the NO MORE JET LAG Decoder right then and there. A week later it was a reality. Two years later I revised it for ease of use, and that's how it came to be!

THE BODY CLOCK:

All living things are directly affected by the varying electromagnetic energies of the Earth, including the variations produced by the electro-magnetic and gravitational fields of the Sun and Moon. As the earth rotates through the Moon's gravitational pull, the water bulges towards the moon, making the water higher on both the side facing the moon and on exactly the opposite side of the earth, the reason there are tides both in the day and the night. Many animals use these extremely subtle electromagnetic and gravitational clues to set their daily activity routines.

A group of crabs that live between the tidemarks use these clues to determine when they are active and when they rest. During the low tide when their burrows are uncovered, the crabs come out, scurry about, feed and mate, as there are no aquatic predators about. These crabs have acute vision and eyes at the ends of eyestalks so they can see terrestrial or flying predators, and run quickly into their burrows for protection. If you have ever tried to run in the water, you understand why they do not try this when the tide is in!

Thus, they have a definite daily activity pattern active and running about at low tide, and quietly resting in their burrows during the whole high tide while fish and other aquatic predators prevail outside their protective burrows. When scientists place these crabs into an Activity Box a plastic box on a pivot that tips back and

forth as the animal moves about inside it. Since each end of the box has an electronic contact, each tip of the box is recorded. When these crabs are placed in the Activity Box, they actively move about during the low tide of the marsh from which they were collected constantly tripping the contacts, but when it is high tide time in their 'home' marsh, they sit quietly at one end and do not move again until the next low tide comes to their 'home' marsh, even though they are sitting inside a laboratory with the lights on, hence no night or day!

Even more remarkable, if you suddenly relocate these crabs to a new laboratory, say fly them from a laboratory on the East coast of the United States to a laboratory in the middle of the US, they will at first continue on East Coast tidal time being active at low tide, and quiet at low tide on the East Coast. However, over a week or so, their activity-resting pattern slowly changes and then stabilises at exactly the low and high tide times, if the ocean reached the middle of the US! How can they do so, as there is no longer any water anywhere around? They do so, because they are responding to the subtle clues of the electro-magnetic and gravity provided by the moon, which happens to control the tides as well. So, just like Jet Lag in people, the crabs have to reset' their biological clocks to the new Earth Location time. This is because both our activity periods -



sleep-awake cycles, and much of our physiology is linked to these subtle environmental clues, which are determined by where you are located on the earth!

But how do we 'reset' our biological clocks?

HOW RESETTING THE MERIDIAN CLOCK WORKS:

Meridians are the energy channels that regulate all of the body's functions. Each meridian reaches a peak of energy flow for 2 hours a day and there is an orderly progression through the 12 meridians resulting in a 24-hour meridian "clock" which synchronises the physiological biological clock of the body. Thus, your body's natural clock is set to this rhythm. Travelling across different time zones interrupts this pattern as your body's meridian clock remains set to the time of the place you embarked on your journey (say 7 am in Melbourne, Australia = stomach meridian time) whereas the actual clock and body clock time at your destination, the meridian experiencing peak flow,

would be quite different (say 10 pm in Los Angeles = pericardium meridian time). The result is a feeling of disorientation and tiredness, commonly called jet lag. By 're-setting your body's meridian "clock" to bring your body clock to the current meridian time, jet lag can simply be eliminated. Applying acupressure on specific four meridian points for 30 seconds to one minute at a time is all that is required.

THE ANCIENT WISDOM BEHIND THIS ADVICE:

If the Chinese had had airplanes 5,000 years ago they would have used acupuncture to eliminate jet lag! Acupressure is no more than a convenient, non-intrusive form of acupuncture. The body's energy channels or meridians run along known and tested specific paths and they can be stimulated by applying pressure onto specific points called 'Acupoints'. Harmonious flow of energy results in wellbeing, whereas blockages and discord encourage illness. Jet lag is a direct result of confusion in the body's meridian clock to which the body's physiological clock is 'set! Re-setting the clock by stimulating the

'embarking time' meridian 'Luo Points' and the 'destination time' meridian 'Luo Points' SIMULTANEOUSLY resets the meridian clock which resolves this confusion and allows the body to function normally. Thus NO MORE JET LAG.

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