

Microcurrent & Microlight Therapy

Vibrational Energy Therapy Principles and Practice



Darren Starwynn, O.M.D.

What is Vibrational Medicine?

- It is a system for evaluating and treatment of the body through the application of healing frequencies of energy.
- Also called Energy Medicine, this system utilizes gentle pulsed electrical currents (microcurrents), color light, sound, potentized substances (homeopathy) or prayer.



Everything is Energy

Everything in the Universe is made of vibrating energy fields. All positive and negative influences on human beings are forms of energy.

Root and Branch



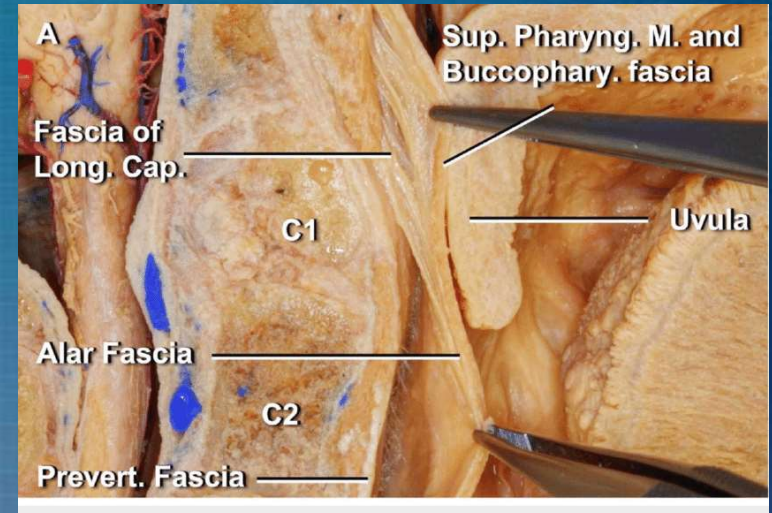
Branch (symptomatic) treatments – primarily clear and relieve the physical body

Root treatments – primarily clear and balance the energy bodies – emotional healing – trauma clearing – spiritual healing

The combination of microcurrent therapy with motion, manual therapies, massage and exercise is synergistic, and often creates rapid resolution of pain and dysfunction

All About Fascia 2

- Fascia is a semi-conductor. Semi-conduction is involved in healing and regeneration of body tissues (Robert Becker, The Body Electric)
- When fascia is stretched it releases tiny electrical charges (piezo-electricity)
- Microcurrent and light therapies augment and amplify the beneficial effects of manual and stretch therapies, acupuncture and more



Two Major Microcurrent Methods

Frequency-Specific Microcurrent (FSM)

Delivering automated sequences of frequencies

- ✓ Broad body stimulation areas
- ✓ Good for unattended therapy
- ✓ Easy to use pre-programmed frequency sequences
- ✓ Can promote tissue healing
- ✓ Can be applied through portable microcurrent stimulators worn on the body

Microlight Therapy

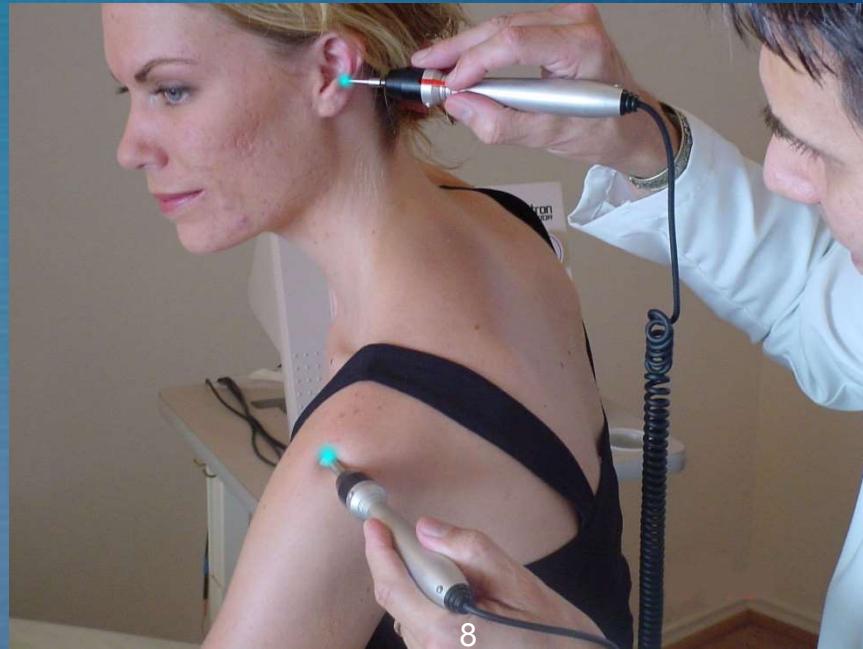
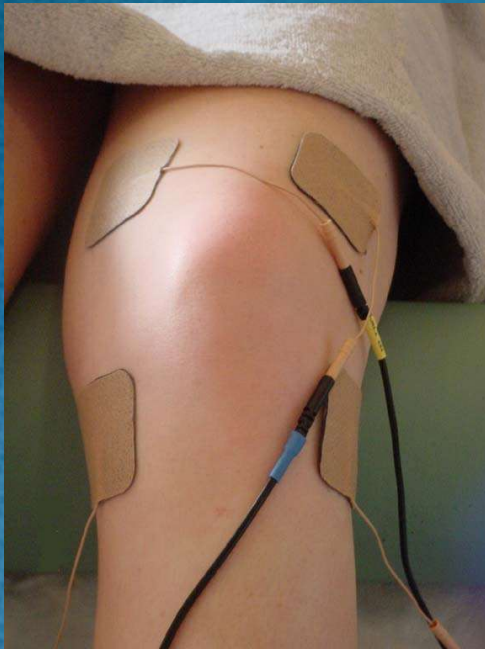
Treating specific points with microcurrent and color light

- ✓ Treats specific points on the body, with acupuncture-like effects
- ✓ Hands-on therapy
- ✓ Can produce very rapid results in seconds to minutes
- ✓ Strong mind-body-spirit balancing
- ✓ Requires special Microlight probe treatment wands

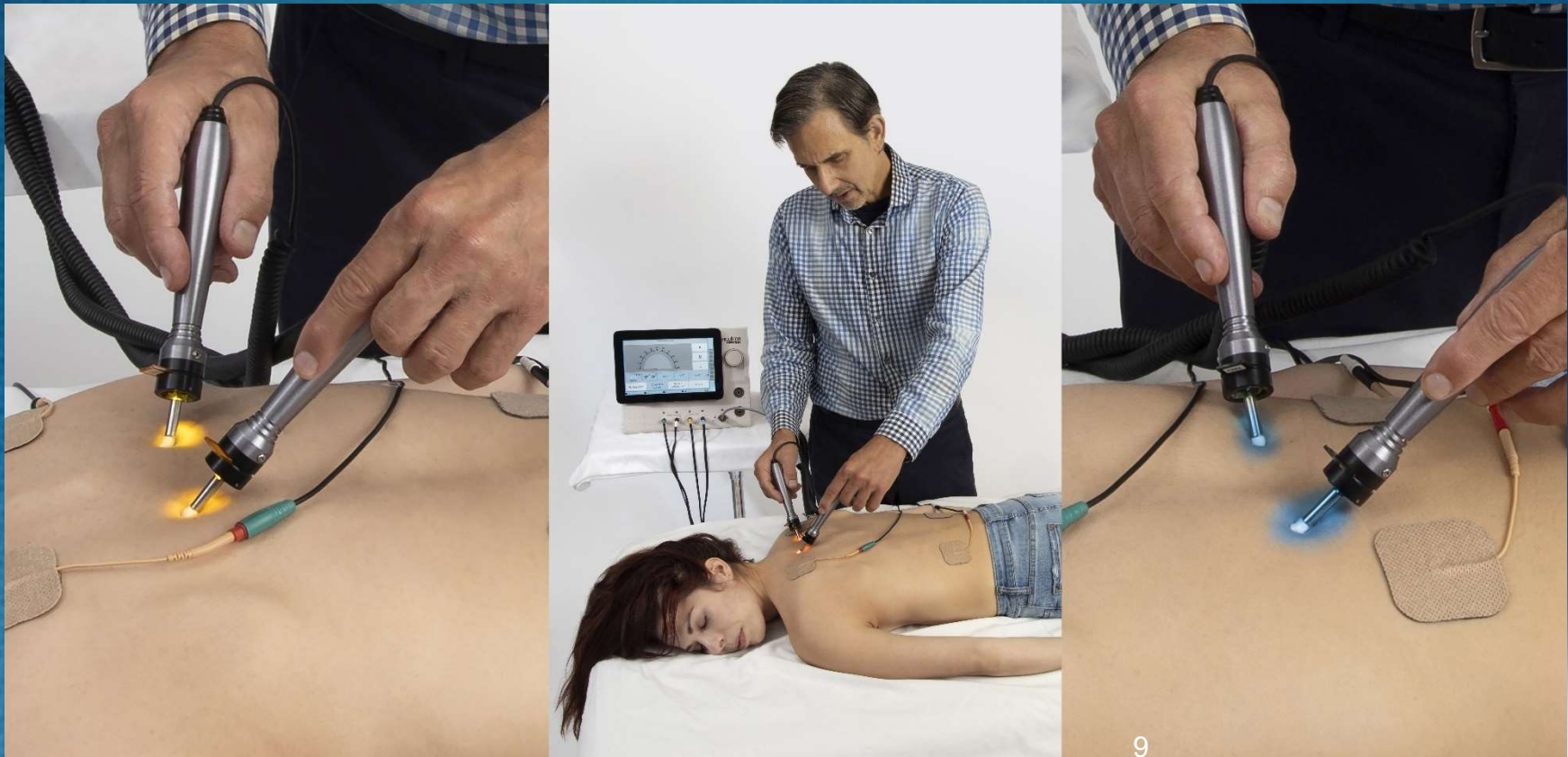
Applying Microcurrent

FSM Microcurrent therapy is applied through pad electrodes for large regions of the body.

Microlight is applied through probe electrodes for acupoints and trigger points.

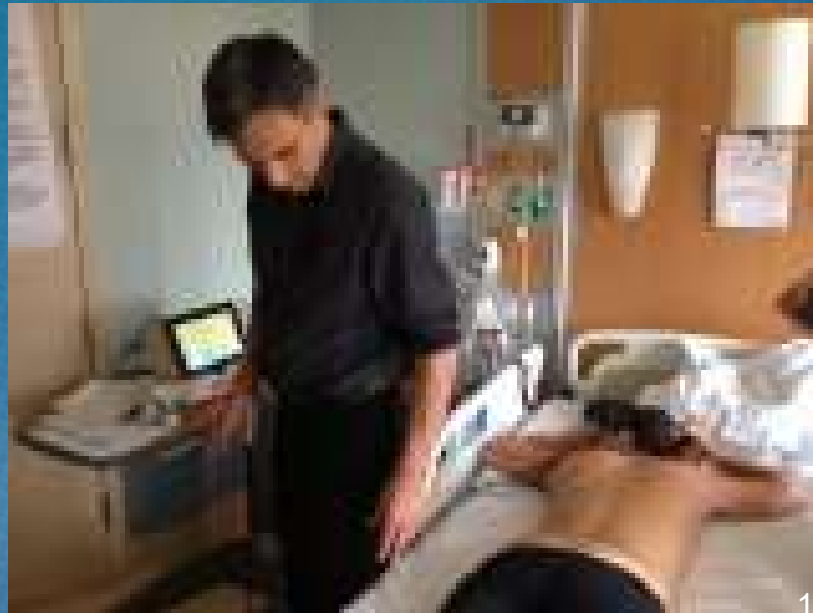


Combining Pad and Probe Techniques with Acutron Microlight Therapy for Rapid Pain Relief, FSM, Non- Needle Acupuncture, Emotional Healing



The Deep Release System for Chronic Pain Treatment

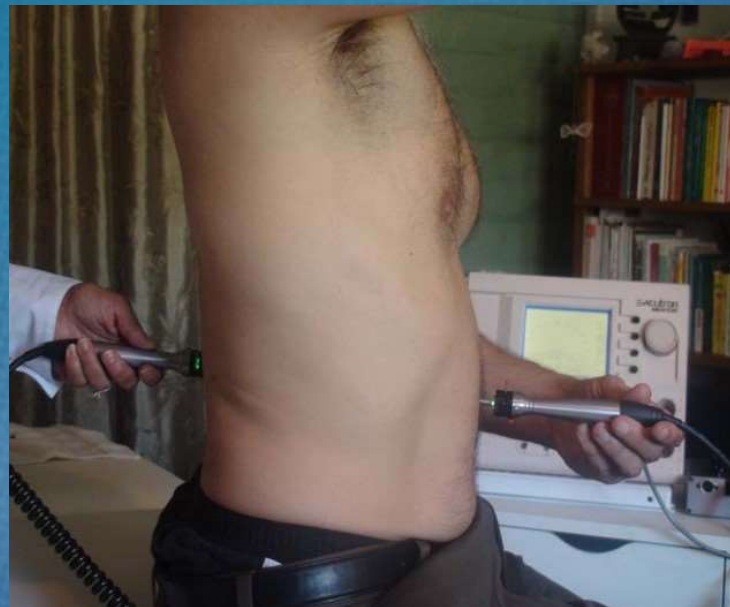
A multi-step treatment method developed by Darren Starwynn for using the Acutron to treat people with non-responsive chronic pain and neuropathy issues.



The Deep Release Method

Utilizes a sequence of brief methods
including:

1. Chakra balancing using color light probes – balances emotional energy and addresses the Root causes of pain





The Deep Release Method

Utilizes a sequence of brief methods
including:

2. Microcurrent probe therapies on points of pain, trigger points or acupuncture points to rapidly release pain



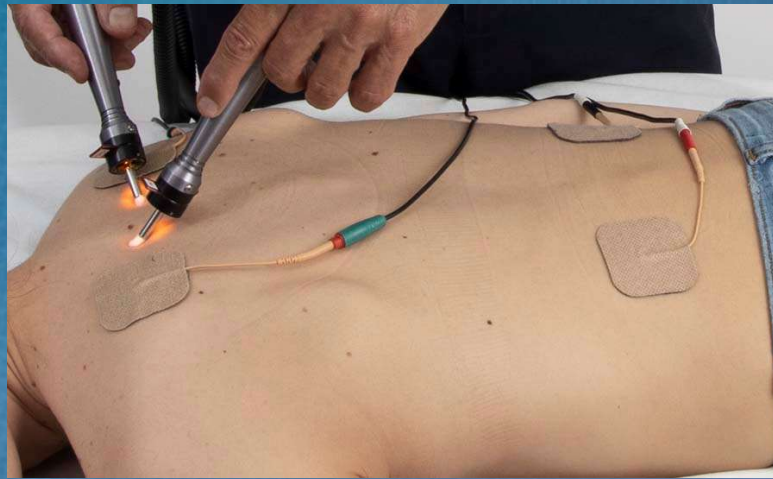
Circling the Dragon for Knee Pain



The Deep Release Method

Utilizes a sequence of brief methods
including:

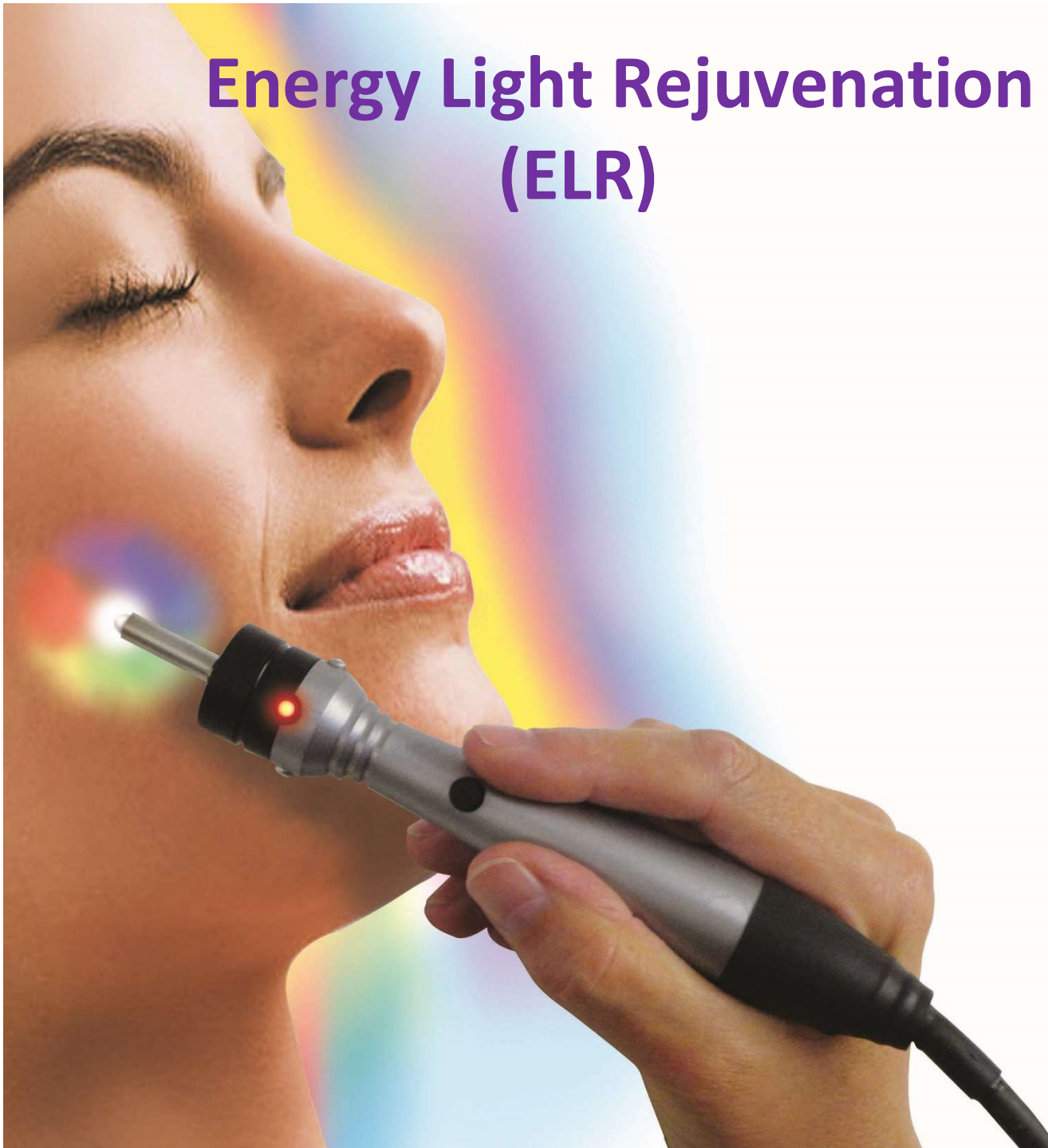
3. Frequency-Specific microcurrent treatment through pad electrodes which helps heal and harmonize fascia, muscles, nervous system and more



Microcurrent-Enhanced Yoga



Energy Light Rejuvenation (ELR)



Energy Light Rejuvenation

A non-surgical, non-drug system for lifting, toning and anti-aging that is super popular with clients. Is also administered with the Acutron Microlight system.



ELR for Lifting the Eyes



Microcurrent Deep Release System

The Next Generation of Sequence Therapy

- Combining highly effective microcurrent / Microlight symptom-relieving techniques with facilitation of psychic shifts in your patients to address the real Root
- Part of this system is developing your own abilities to decode patient's symptoms
- This means working on yourself!



Microcurrent Deep Release System

Benefits:

1. You don't have to know in advance HOW to provide best results for patient – learn from actual responses as you treat
2. Flexible - intuitive
3. Provides rapid pain relief
4. Includes Root and Branch
5. You can integrate most clinical techniques within this system

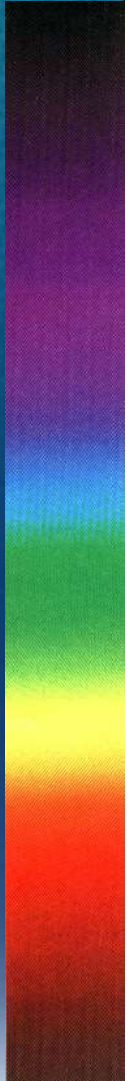
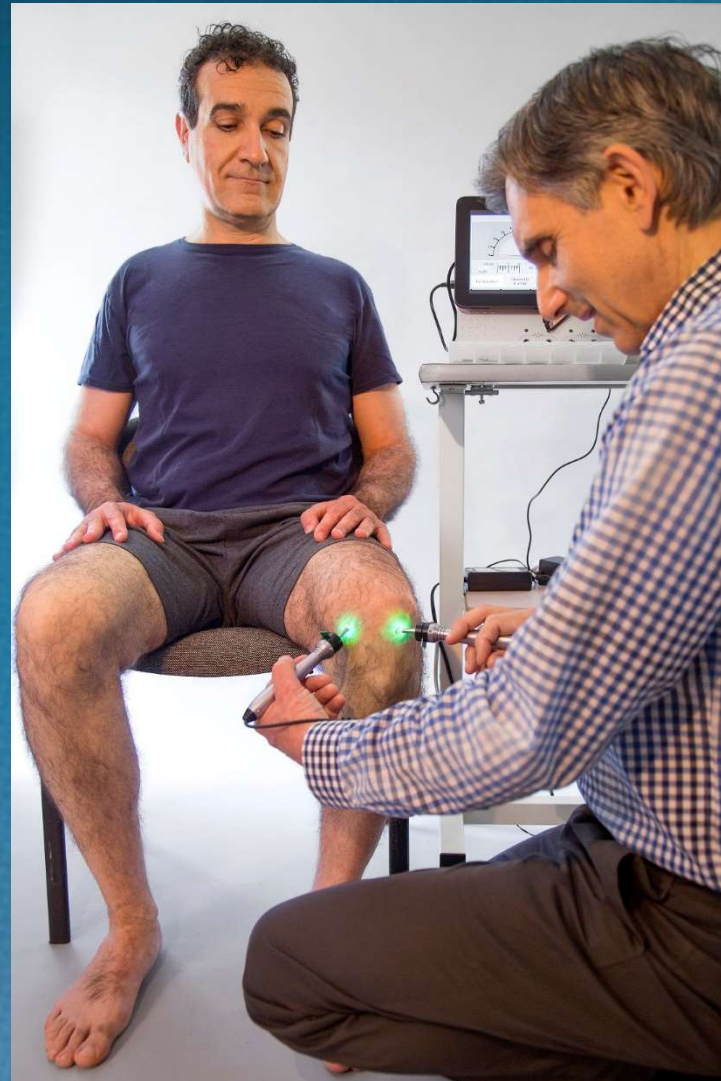


Microcurrent Deep Release System

Use 3 – 5 techniques per session

- Root Tx: Chakras, Mu-Shu, Autonomic Balancing with guided practices
- Probe Techniques “The Toolkit” – Circling the Dragon, Auricular MM, Body Zone techniques
- Pads – FST or Interferential with motion
- Energy work, counseling as needed

Total treatment time: 10 – 45 minutes



Alarm Point Kinesiology



“O” Ring Kinesiology – Baseline Check



Tutti Frutti Spinal Autonomic Balance

This is a Microlight treatment system that applies a range of microcurrent frequencies and a spectrum of color light to points on both sides of the spine.

Microcurrent frequencies and colors of light act as energetic food for the organs. Applying a range of Hz and colors puts in many forms of input – a banquet.

The body knows how to absorb needed input. Therefore you don't have to be very precise when applying Tutti Frutti.

The Autonomic Nervous System

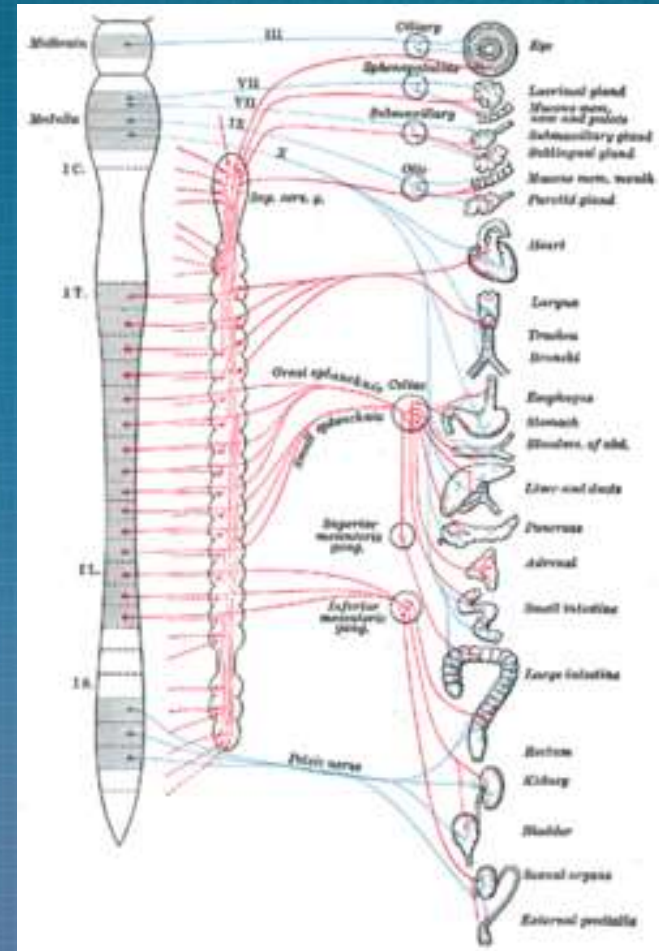
- The **autonomic nervous system**(ANS or **visceral nervous system** or **involuntary nervous system**) is the part of the peripheral nervous system that acts as a control system that functions largely below the level of conscious awareness .
- The ANS controls: heart rate, digestion, breathing, salivation, perspiration, eye dilation, urination, sexual arousal, breathing and swallowing.
- Most autonomous functions are involuntary but they can often work in conjunction with the somatic nervous system which provides voluntary control.



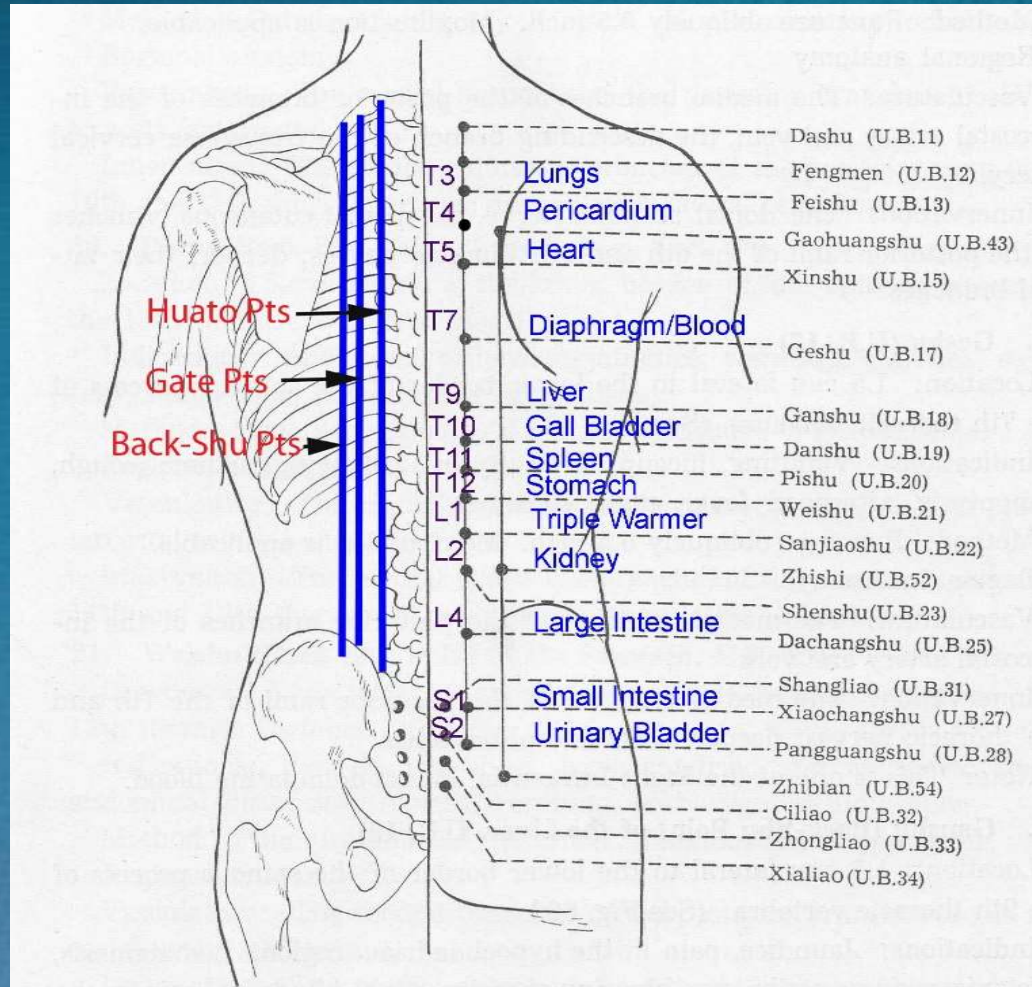
Autonomic Ganglia

These are nerve bundles that connect the spinal nerves with effectors that communicate with the organs. These are approximately under the Back-Shu or Gate acu-points.

Stimulating these with Microlight can have very beneficial balancing and nurturing effects on the organs and glands.



Back Channels



Tutti Frutti Applications

- Neurologic degenerative diseases: Multiple Sclerosis, Parkinson's Guillain Barre, PN, etc.
- Chronic fatigue or fibromyalgia
- Post-Stroke syndromes
- Stress reduction, emotional balance
- Adjunct tx for infertility – use Magenta
- Chronic back pain – try with SI 3 and UB 62
- Hard to treat chronic diseases
- Adjunct for Facial and Body Rejuvenation

Microcurrent Probe and Pad Techniques

Probes:

Rapid local pain relief – Circling the Dragon

Local-distal acu-point balancing

Pain relief through micro-system points

Trigger point dispersion

Root treatments – Mu-Shu, PNE Balancing, Tutti Frutti

Facial Rejuvenation

Pad Electrodes:

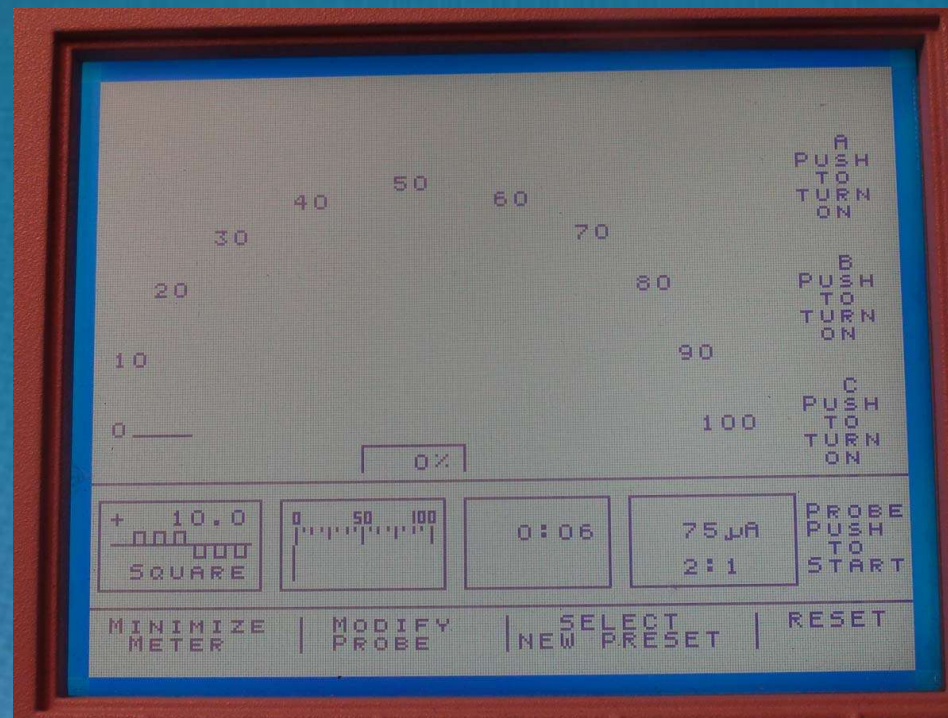
Acute pain relief – Interferential

Neurologic activation – Russian Stim

Frequency-Sequence tx: A wide range of pain relief and physiologic healing applications

Global balancing: palm-soles

Searching/Point Location

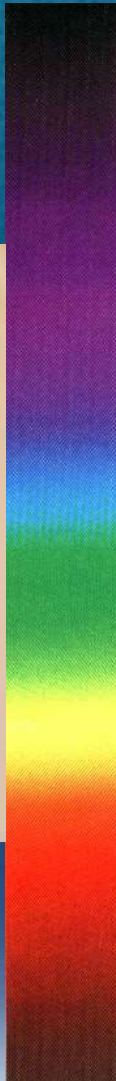
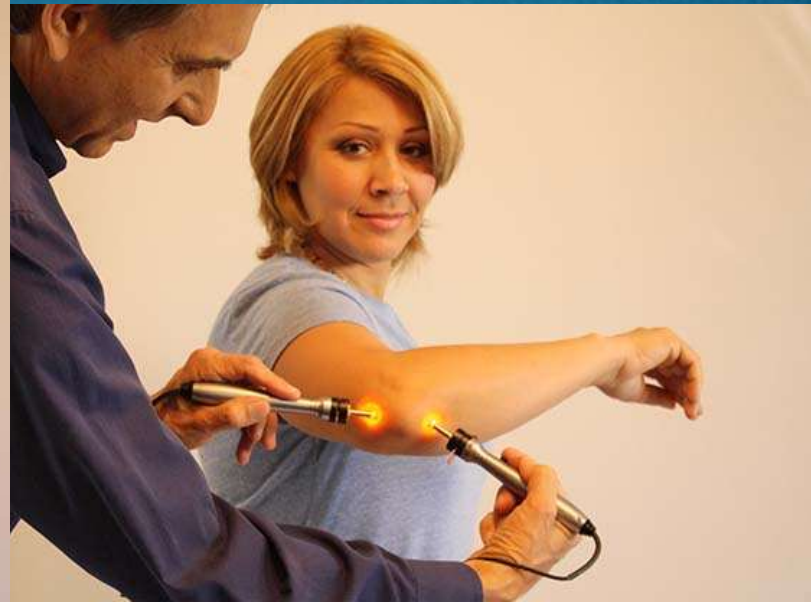


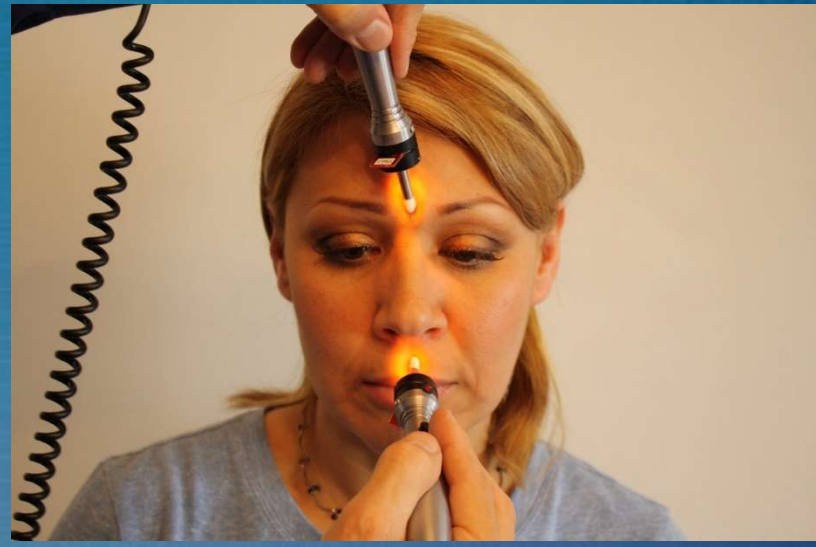
Probe Pain Relief Color Selection

- **Blue** – most myofascial pain, neck pain, shoulder pain
- **Purple** – Back and hip pain
- **Green** – Joint pain
- **Red** – areas of weakness or poor circulation

Circling the Dragon for Shoulder Pain







Neck Pain Sequence

Hand release points – Luozen, So Ding Jian, SI 3, treat bilaterally with biphasic probe stimulation

Neck nerve roots – work down from C1 – T1

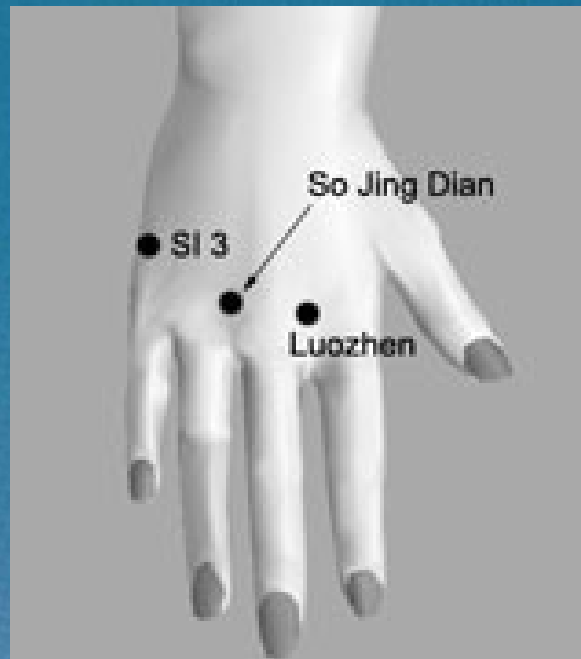
For severe cases, try interferential pads with gentle traction

For viscerally-induced neck pain, + on neck, - on reverse body image abdominal line.

For trapezius tension, try + probe on painful points, - probe on GB 40 and 41

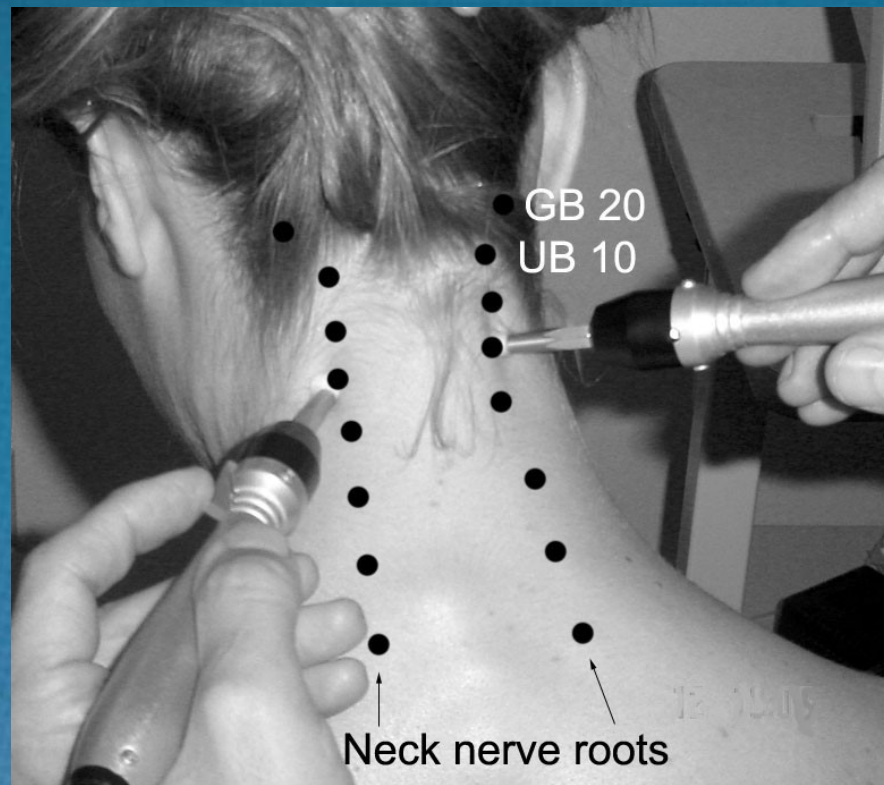
Step 1: Hand Points for Neck Release

Use biphasic probes (Probe #1), treat points bilaterally while patient is moving neck through ROM



Step 2: Neck Nerve Roots

Biphasic Probes – Probe #1

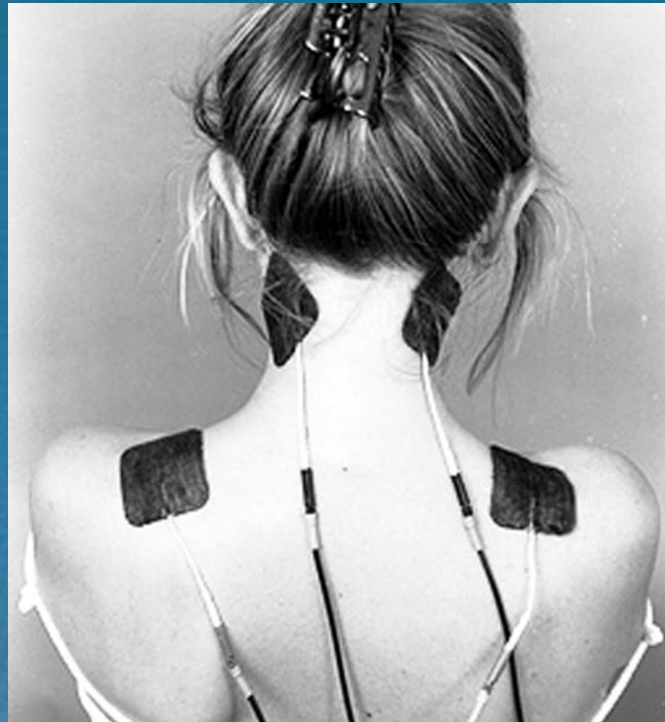


Neck-Shoulder Circuit for Neck Release

Use biphasic probes, treat points while patient is turning head away from probes, treat bilaterally



Step 3: IF μ A pads with traction

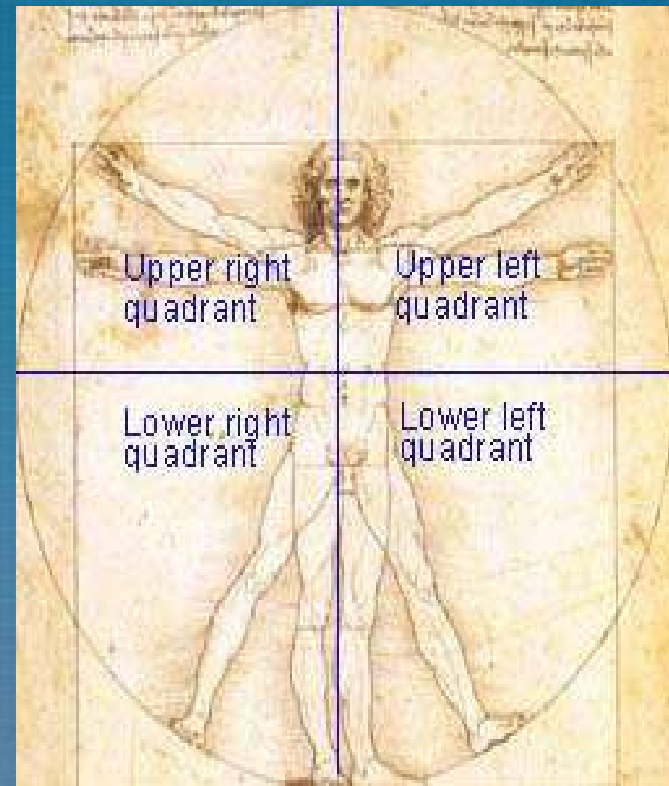


Local-Distal Probes



Great Loops Treatment

- 1) Select polarized probes
- 2) Place + probe on painful extremity point
- 3) Place – probe reflex point on opposite quadrant that is tender to palpation



Polarized Probe Techniques – Great Loops

Example: Shoulder Pain

Use Probe Preset #2

+ proximal on shoulder, - distal opposite hip tender pt



Polarized Probe Techniques – Great Loops

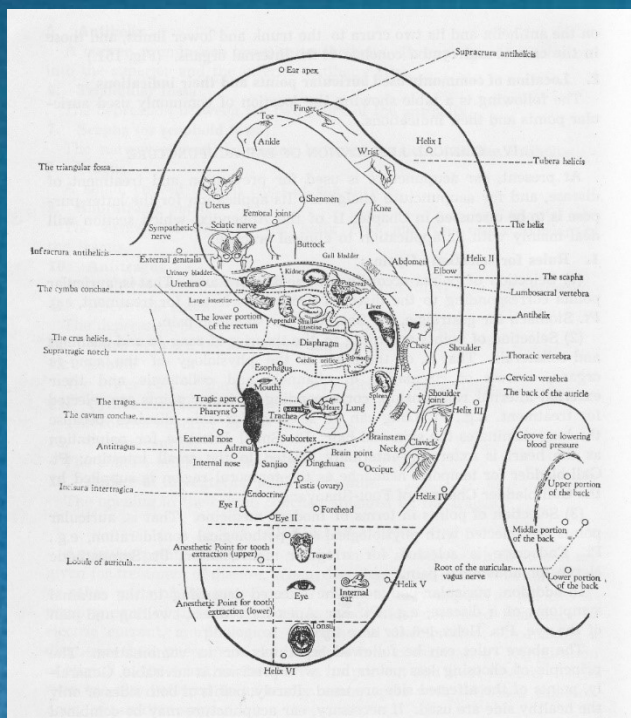
Example: Elbow Pain

Use Probe Preset #2

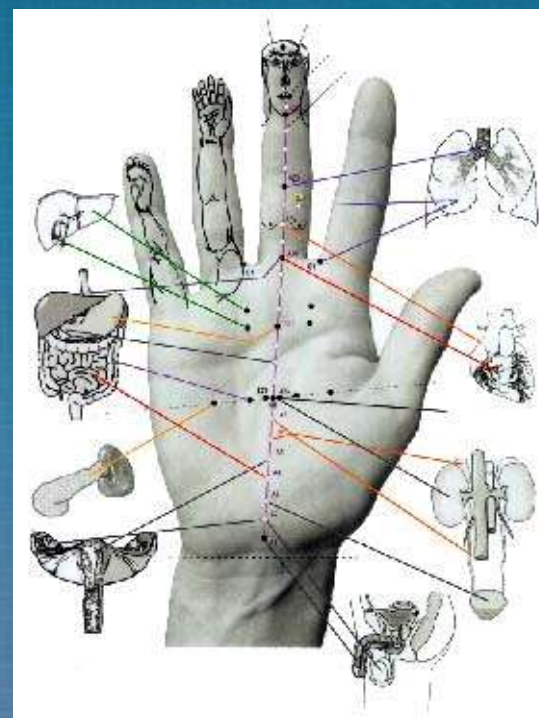
+ proximal on elbow, - distal
opposite knee tender pt.



Apply Micro-Macro technique through:



Auricular Points



Korean Hand Points

Polarized Probe Techniques

Auricular Micro-Macro

Use Probe Preset #2 with Auricular probe tip on trigger probe
+ on painful shoulder pt, - on corresponding Shoulder ear pt.



Auricular Micro-Macro Technique

Example:
Wrist Pain



Ear wrist point

Auricular Micro-Macro Technique

Example:
Low Back
Pain

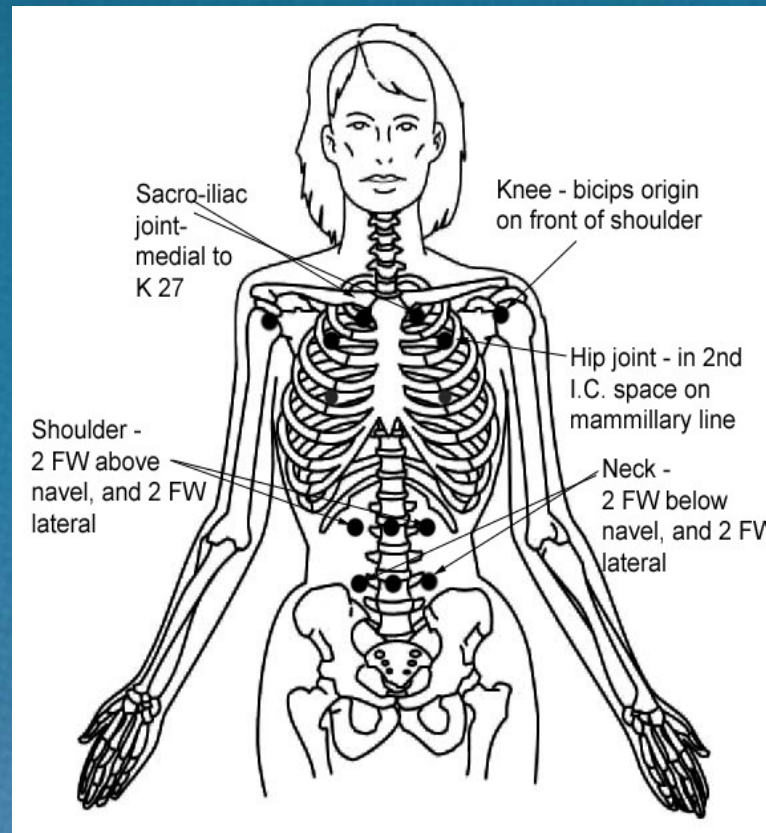
Ear low back
point



Reverse Body Image (RBI)



Reverse Body Image Points



According to Peter Mandel, N.D.

Reverse Body Image (RBI)

Example:
Hip Pain



Hips RBI
Point

Reverse Body Image (RBI)

Example:
Neck Pain



Neck RBI point
on abdomen

Reverse Body Image (RBI)

Example:
Low Back
Pain



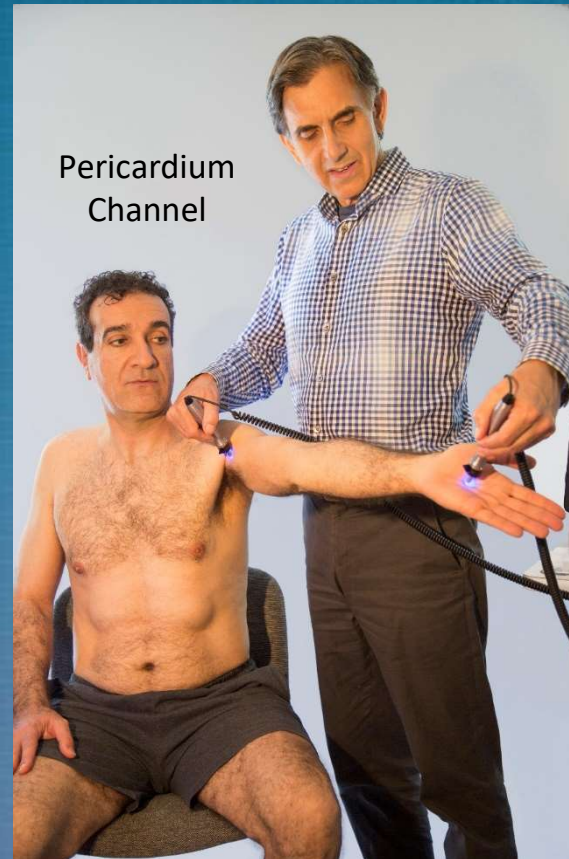
Low Back RBI
Point

Micro Meridian Stretching

Large Intestine
Channel



Pericardium
Channel



Frequency-Sequence Therapy (FST)

Concussion Protocol ?

Concussion Protocol

Neurologic Category **Total Tx Time 42:00**

94 Hz 03:00 min	970 Hz 03:00 min	94 Hz 03:00 min	321 Hz 03:00 min	9 Hz 03:00 min	49 Hz 03:00 min	94 Hz 03:00 min	321 Hz 03:00 min	9 Hz 03:00 min
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Common Timer: 03:00

200 Hz 06:00 min	94 Hz 12:00 min	310 Hz 15:00 min
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Common Timer: 03:00

Back Load this Sequence Modify this Sequence

What is Frequency Sequence Therapy (FST)?

Each aspect of the human body resonates with certain energy frequencies. When these frequencies are applied, the target area may respond by boosting its energy level or balancing its yin-yang energies.

Several holistic doctors have created lists of frequencies that resonate with body organs, conditions and consciousness aspects. While not always applicable, these are valuable and can be used for applying microcurrent therapies.

Applications of FST

1. Pain relief, reducing inflammation
2. Neurologic tx: concussions, peripheral neuropathy, post-stroke (as part of Microlight NMD protocol)
3. Emotional balancing, useful with PNE Balancing
4. Facial rejuvenation – unattended version
5. Functional / internal medicine – Ideal Weight Program, GI disorders, leaky gut, IBS
6. Augmenting microcurrent electro-acupuncture through probes

Tissue and Condition Frequencies

Van Gelder's frequencies are divided into two main categories – frequencies that treat specific tissues, and frequencies that target a condition

These are generally applied at the same time through two sets of pad electrodes or sets of conductive gloves.



FST Frequencies For Knee Pain Treatment

Condition Hz:

Scar tissue, adhesions,
injury: 13

Scar tissue repair: 58

Acute inflammation: 40

Torn or broken: 124

Trauma: 294

Tissue Hz:

Bone: 39

Capsular ligaments: 480

Fascia: 142

Ligaments: 100, 35

Muscles: 46, 77

Bursa: 195

See handout for further
frequencies

Setting up Hz Sequence for Knee ACL Tear

CH A / CH B

40 / 100 remove inflammation / ligament

40 / 142 remove inflammation / fascia

40 / 480 remove inflammation / joint capsule

294 / 100 remove trauma / ligament

294 / 142 remove trauma / fascia

294 / 480 remove trauma / joint capsule

40 / 195 remove inflammation / bursa

294 / 195 remove trauma / bursa

CH A / CH B

124 / 100 torn & broken / ligament

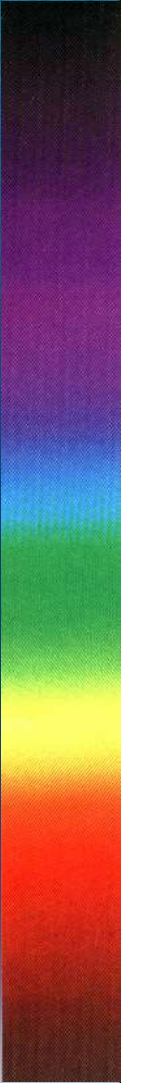
124 / 142 torn & broken / fascia

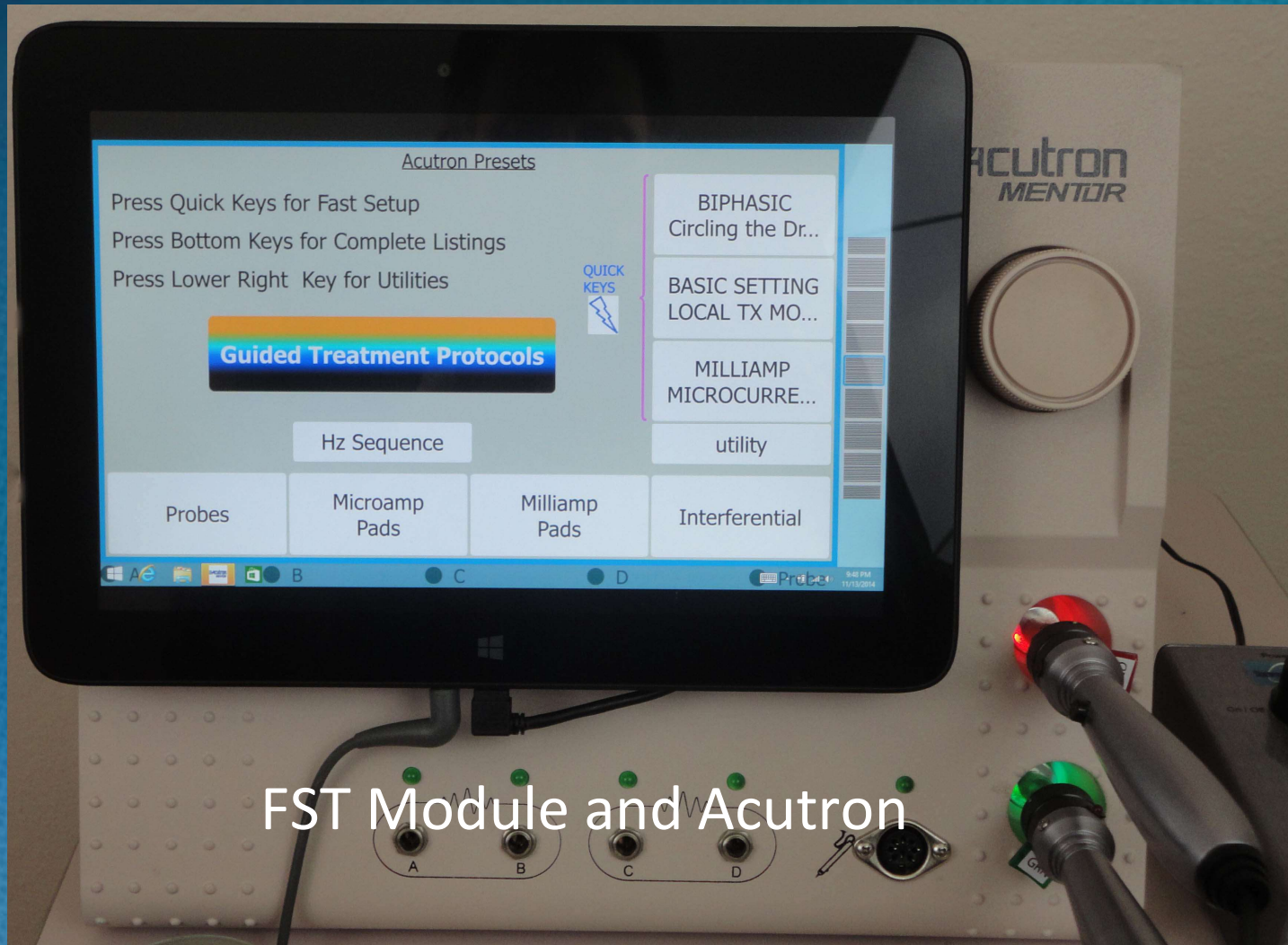
124 / 480 torn & broken / joint capsule

81 / 49 increase secretions / vitality

35 / 102 balance energy centers

1 – 2 minutes per Hz combo,
13 – 26 minutes total tx time
unattended





FST Module and Acutron

Showing Sequence List

Back

Go Main

Sort By

Category

Guide Protocol Sequences

Guide Protocol Sequences

Psycho-Emotional

Pain Relief

Esthetics

Neurologic

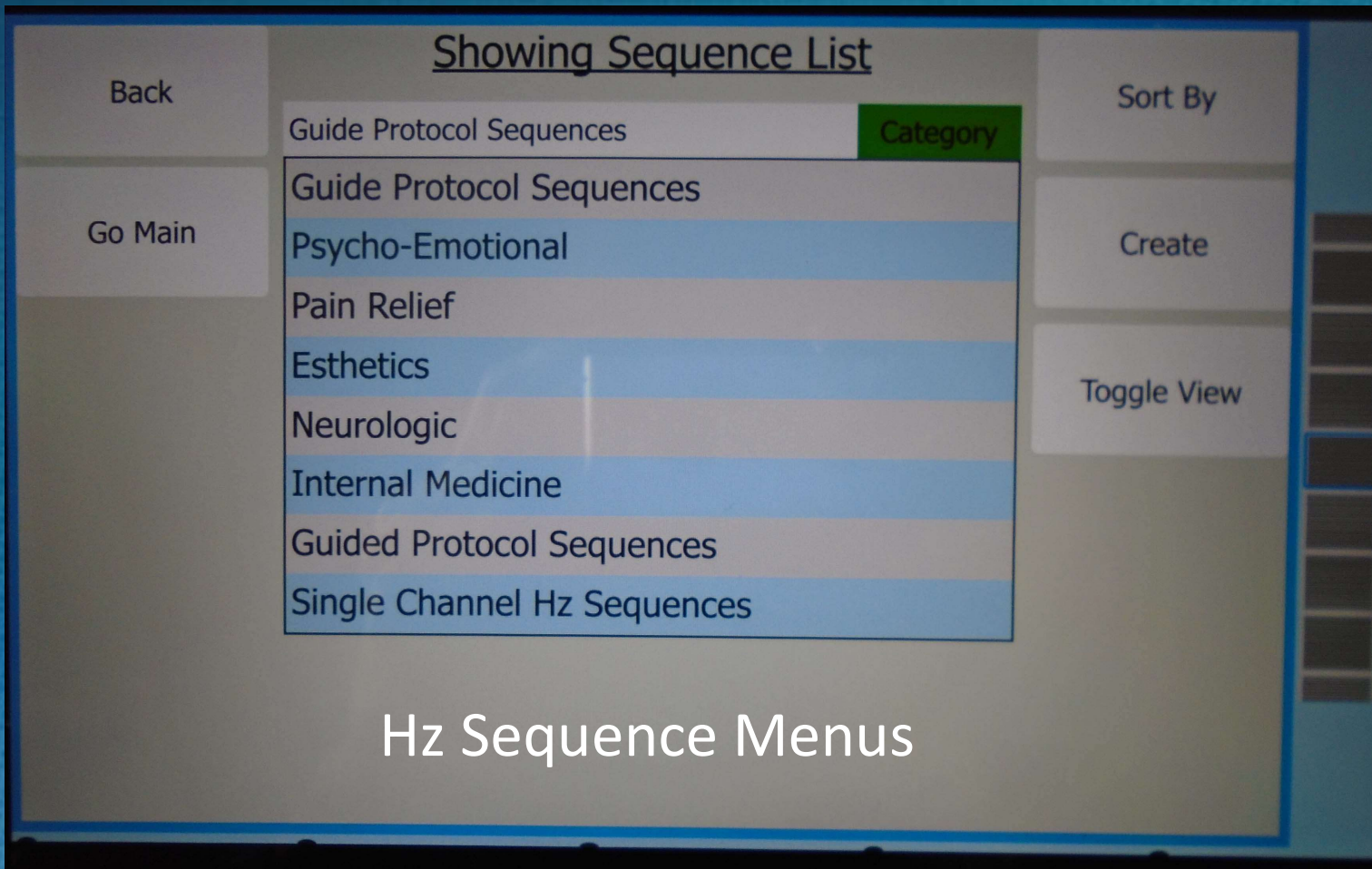
Internal Medicine

Guided Protocol Sequences

Single Channel Hz Sequences

Create

Toggle View



Hz Sequence Menu

Concussion Protocol



Concussion Protocol

Total Tx Time

42:00

Neurologic

Category

94 Hz 03:00 min	970 Hz 03:00 min	94 Hz 03:00 min	321 Hz 03:00 min	9 Hz 03:00 min	49 Hz 03:00 min	94 Hz 03:00 min	321 Hz 03:00 min	9 Hz 03:00 min
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Common Timer: 03:00

200 Hz 06:00 min	94 Hz 12:00 min	310 Hz 15:00 min
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Common Timer: 03:00

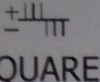

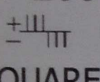

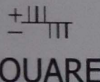

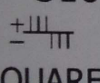

Hz Sequence Set-Up
Screen:
Concussion Protocol

Back

Load this Sequence

Modify this Sequence

x: 1103, y: 291

Hz POLARITY	CONDUCTANCE	RUN TIME	INTENSITY MODULATION
94 Hz  SQUARE		42:00	50 μ A Hz Sequence (Concussion Protocol)
200 Hz  SQUARE			
94 Hz  SQUARE		30:00	50 μ A Hz Sequence (Endocrine Balancing)
310 Hz  SQUARE			

A
B
C
D

Hz Sequence Channel D is a Pad SELECT NEW PRESET RESET

FST Module Treatment Screen

Combining FST and Microlight

Broad stimulation with frequency microcurrents is highly synergistic with microcurrent and light (Microlight) acu-point treatment. This beautifully fulfills the Root and Branch principle.

Examples:

40 / 396, 10 Reduce inflammation / in the nerve and spinal cord
Combine with spinal autonomic balance tx – Tutti Frutti on back


40 / 630, 330, 710, 396 Reduce inflammation / in whole disc, disc nucleus, disc annulus, nerve
Combine with extraordinary vessel acupuncture or Microlight on SI 3 & UB 62

40, 294 / 480, 100, 35 Reduce inflammation & trauma / to ligaments Use at end of Sequence therapy for knees

Combining FST and Microlight

Use 2 sets of pads to treat palms–soles or Four Gates and run constitutional frequencies at low intensity while performing other techniques such as:

1. PNE chakra balancing (Solfeggio sweep, PNE Balancing sequence)
2. Needle acupuncture treatments (Hz to support tx focus)
3. Addiction treatments using auricular points (Anxiety/Shen sequence, Solfeggio sweep)
4. Facial rejuvenation (Sequence on FST Module)
5. Voice dialogue (use relaxation Hz on 4 Gates)



Contact Information

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