

BigBrain Radio Show

1/5/08

Dr. Thea Killeen

Dr. D: Hey good morning, it's Saturday morning! It's time for the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D. Today we're going to visit the BigBrain world of acupuncture – an exotic treatment that conjures up a mental picture based on your experiences. Some people fear it; some people love it. Let's just find out what it... because it really works just like chiropractic. So what we want to do today is give you an experience of what acupuncture can do for you. It can change your health, it can change your life, it can change people you love and know. And that's what we want on the BigBrain Radio Show. And to help me talk about this I have one of my new, old doctors with me – Dr. Thea Killeen. Thea Welcome.

Thea: Good morning.

Dr. D: Good morning. And I say “old” because she was an intern in my clinic when she was an itty-bitty student. And then she came back to work here. She took off for ... opened her own clinic in St. Cloud and then she was an associate in a large clinic here, and now she's back with us, and we've been pretty excited for her. She's... she has a family of two... a beautiful brother and sister she's just adopted. Right? You're now...

Thea: Yep.

Dr. D: It's actually official, right?

Thea: Yep, officially on the 27<sup>th</sup>. Yep.

Dr. D: In fact that's why she ended up back at the clinic, because at Kenwood Chiropractic family we just make it so she can be both a mom and a chiropractor and a wife, and everything... right?

Thea: All mixed as one. Yeah.

Dr. D: So anyway, like I always said, Thea was the best associate that anybody could ever have...

Thea: Aww...

Dr. D: (laughter) And when I first met her...

Thea: That was nice of you to say.

Dr. D: Well you are. When I first met her, she was a "Harley Girl", with tales of Sturgis ...

Thea: (laughter)

Dr. D: ... and pictures she wouldn't show anybody now.

Thea: (laughter)

Dr. D: Her husband works... now works for Harley, right?

Thea: Yep. He works for Zilstra Harley in Elk River.

Dr. D: And I think the role of parent has done what it does to lots of us... but I think deep down she's still a Harley girl at heart, right?

Thea: Oh, definitely... definitely.

Dr. D: Okay. So... I'm excited to have you here because I want to profile this as a particular type of acupuncture. Acupuncture obviously is 5,000 years old or older, actually, of empirical data, which has been created... mostly people think of the Chinese, although the Japanese and ... Asian, for sure... and they've even found it South America, etc., but we'll just call it Chinese.

Thea: Mm hmm.

Dr. D: And um... ah... it's a... it's a... it's unique by the way we use it because we profile into our general health system ... our BigBrain general health system and the living matrix, which is the total communication it takes between the body as reflected by activities in the brain. And so we have extremely interesting results... but I think we'll just kind of integrate that in as we just talk about acupuncture. Okay?

Thea: All right.

Dr. D: So um... I'm going to talk about ... my head thing is falling off here. Okay? Here we go. My own experience with acupuncture... because I was... I had been graduated for a few a years and did my little trip in Texas building domes and stuff, and when I came back... that was about the time that President Nixon went to China to try and open... because you... China was like non persona... persona non grata... you couldn't go to China...

Thea: Uh huh.

Dr. D: You could go to Taiwan which is ... part of a China... and anyway, the Secretary of State there had an emergency and they did an appendectomy on him and used acupuncture for the anesthesia and of course it made all the papers and became a big deal. Well, since chiropractic and acupuncture are really based on the same thing, is removing interference to the energy in the body... Chinese call it "chi", chiropractic we call it "innate" ... a lot of chiropractors got interested. In fact, it really... for... chiropractors were the first people to bring it to the United States. The problem was, according to our law, it was illegal. So, a couple of people in the state, you know they had trouble with the Board. But we had a president of Northwestern

College... well I don't know if he was the president then, but a brilliant man by the name of Dr. John Allenberg who I've talked about before, he devised a course for chiropractors and got it set up with the Board of Examiners for 100 hours and we had these doctors from Taiwan come over... Dr. Lee...

Thea: Oh, I remember you telling me about that.

Dr. D: Yeah. And he came over and we had training, and in 1976, I became one of the first doctors in the State of Minnesota to be an acupuncturist... probably the United States even. Geez, that's that a long time ago, isn't it?

Thea: (laughter)

Dr. D: You weren't even born! (laughter)

Thea: (laughter) I wasn't around then... your new old doctor.  
(laughter)

Dr. D: And then I taught acupuncture at the Northwestern Chiropractic College for three years. And a friend of mine by the name of Dr. John Reed, who I've talked about – the Mad Scientist – he was a student, but he was always inventing these things. He invented this little box that would read out acupuncture points because they're based on electro conductivity on the skin. And then he came and worked in my little clinic down in West Concord, and we did all these experiments on acupuncture and we worked on... there's a system within acupuncture where you can move energy around. We'd chart those out ... we did all kinds of stuff. And we found what worked and what didn't work and ... but then there's... In ... There's all different types of treatment ... we're going to talk about that... because it's really called Meridian Therapy... but there's an herb called moxobotion that

you burn because it gets really hot so it can stimulate a point. But it has a smell like a recreational herb and we did this down in West Concord... (laughter)

Thea: (laughter)

Dr. D: (laughter) It was not a good idea. So after... that created a little stir.

Thea: For Small Town, Minnesota. (laughter)

Dr. D: (laughter) Yes. So anyway, let's get back to this concept. It's called Meridian Therapy. So why don't you just tell everybody a little bit about that. Do you know... there's 12 meridians...

Thea: Yep. There's many different meridians in the human body. And in the Eastern Medicine basis to health is that energy in our bodies freely flows through all these meridians, without congestion, without...

Dr. D: Another word, could call it a channel too.

Thea: A channel, yep... a channel's an easy way to think of it. Yep. Exactly. So we have this chi, or this energy, that moves throughout these meridians in our body. And when that's uninterrupted, our bodies can stay healthy, be active, and functional.

Dr. D: Yeah, right... and they're really unique because one channel leads to the next, and all meridians start on the finger tips and on the toes.

Thea: Yep.

Dr. D: And so ... sometimes you'll do a little needling on the end of the fingers and stuff.

Thea: Definitely.

Dr. D: And so it... and it has a flow. So in 24 hours, it's gone through all the meridians. And so there's a point in the day... it's called Horary chart where at one point in the day all your energy... your best energy is in this particular organ for two hours...

Thea: Mm hmm.

Dr. D: And it's the least in an opposite organ.

Thea: Mm hmm.

Dr. D: They're very much into balance. That's why it's so natural with chiropractic because the plus and the minus... even the BigBrain philosophy which is we are a plus and minus world... everything's got a plus and a minus to it... positive and a negative. And ... so they look at that and so one of the things we tell our patients when they get acupuncture it takes about 24-48 hours before they feel better, because the energy has to go through and hit the right channel. Usually it's 24...

Thea: Mm hmm.

Dr. D: A good night's sleep even – 12 hours sometimes. But for sure, 12-48 hours.

Thea: Yeah.

Dr. D: My own experience with acupuncture was during this course we were taking and I had the... I was just... I had the bad flu... I mean I was really sick. And I... you know with all the things I wasn't even thinking of going, but of course I couldn't miss it because I could only get my certification... and he did acupuncture on me. And traditionally you think of acupuncture being for us like on the back or the arms and the legs... he did them all on my stomach with these needles. And I did it, and then I went out to Stillwater where I was

staying that night and I just got sicker, and sicker and sicker. And then I got up the next day and I didn't feel that good. And I'm thinking "yeah, this really works". You know? And about half-way through the morning – I will never forget this – it was like a veil lifted. It just went "woof!" ... like that.

Thea: Mm hmm.

Dr. D: And I was totally well. I had more energy than I'd had in...

Thea: And that's the experience you hear a lot of times from people...

Dr. D: It was pretty cool.

Thea: And so that's the honest feedback we have to give patients as they come in the clinic... because it's 24-48 hours.

Dr. D: Right. And there's energy changes in your body. Now of course the secret is figuring it out and that's why we call Kenwood Chiropractic, Kenwood Chiropractic Arts, because there's always an art to any science...

Thea: Oh sure.

Dr. D: And so I visited different acupuncturists. Some of them have been very artful, like the person who trained me. And some I didn't think they... I thought they really didn't have that artistic use. And so that always casts a doubt shadow within the so-called medical sciences, when something has an art to it. But even a good surgeon's going to be a good artist and a good plastic surgeon... or a good anything... there's an art to interpreting what's going on and then using the information we have in a way ... that's particular for that individual. And so acupuncture is really set up for individuals. In fact, tell them about the human inch... how we measure...

Thea: Well, the human inch is a measurement in meridian therapy... and that's based upon the width of an individual's thumb. And that would be... my thumb would be my human inch, your thumb would be your human inch, and that's how we would measure point placement or acupuncture...

Dr. D: Right.

Thea: ... placement in the body.

Dr. D: And one thing we probably didn't make clear is there are little points that are called acupuncture points, on each meridian...

Thea: Mm hmm.

Dr. D: ... and they're always in a little indentation. And you can find those because there's landmarks and then you take... you take their human inch and you can measure where it is. And it's exact... pretty incredible.

Thea: It is pretty incredible.

Dr. D: I like that... because it was a system... it was duplicable... and it was ... it made putting the points in a lot more accurate because you could do... do it the way you're supposed to do it.

Thea: Mm hmm.

Dr. D: Um... so... what was your first experience with acupuncture?

Thea: Well you know, I was actually licensed in acupuncture before it had a huge effect on me as an individual. You know for me, as a woman, I suffered for many years with the ongoing dysmenorrhea... painful time of the month...

Dr. D: Oh yes, I remember.

Thea: ... menstrual problems was typical woman things we're going to talk about on the air now I guess... but...

Dr. D: If we ever had a bad day, I knew what was going on with her  
(laughter).

Thea: (laughter) But no, I think it's a significant thing to talk about,  
because it makes a huge difference in relationships and people's  
lives...

Dr. D: Oh, for sure.

Thea: And so you know I finally came to the point where I decided if  
I'm going to talk about this and do this on other people, I better give it  
a significant go on my own.

Dr. D: Mm hmm.

Thea: And you were actually the first person that started doing it to  
me. I think it was...

Dr. D: I've done that to many people.

Thea: ... yeah... 2000... (laughter)

Dr. D: (laughter) About lots of things!

Thea: (laughter) I think it was ... probably about 2000, 2001... and  
this was the only thing that ever gave me any significant relief. And  
you know it saved my marriage, it saved a lot of personal  
relationships...

Dr. D: Wow!

Thea: ... for me. And you know it's... to hear somebody say that to  
you when you do acupuncture, it's a... it's a life changer, not only for  
me when I hear patients say that to me, but for me as an individual it  
changed the course of... you know, where my life was going and how  
I functioned on a day-to-day basis. So, it made me the person I am  
now, ready to be a mom I guess. So...

Dr. D: Yes you are.

Thea: Not so crabby. (laughter)

Dr. D: I'm hoping. I'm hoping. (laughter)

Thea: No, I went from you know, painful every month, nonfunctioning to a functioning individual with little to no problem.

Dr. D: I think the problem you had was the pain you had.

Thea: Yeah, it was terrible.

Dr. D: I had never seen anybody have that. So we're going to keep exploring the exotic world of chiropractic. And ... and of course... I mean of acupuncture and chiropractic. And of course, that's about changing the world. So... when we change the world we make a difference for everybody. We start with one patient at a time. And so if you're listening out there, you may have somebody who could listen to this because we could change somebody's life. And here's Eric Clapton talking about changing somebody's life.

(music)

(music)

Dr. D: Hey, this is Dr. David Stussy. You're listening to the BigBrain Radio Show. And that shows about the power... and we're talking about the power of chiropractic acupuncture and the miracles that ... we were just sharing a little miracle... and I just gotta... and what's really cool about that song is they talk about air, wind, sun, water and those are very important within the acupuncture philosophy. It's very based in what people... you know what reflected in people's life. And some of it's more like a story. Some of it's very applicable. And so we'll try to get into a little bit of that. You know interesting... I mean acupuncture is 5000 years old, of empirical... you know the way... Maybe we should talk a little bit about how it started. By the

way, I've got Dr. Thea Killeen here with me, from Kenwood Chiropractic Arts. She's a beautiful blond lady. Um... so ...

Thea: Oh, you're too nice.

Dr. D: Well... it's the truth. It's easy to say the truth. Okay. So, you know it started 5,000 years ago... or even older. Stone age... I think you were telling me about... they'd use bones and stuff.

Thea: Yeah, they used to... actually when acupuncture started... I remember learning in school and thinking it was so neat that they didn't have anything... it was so primitive when it started that they didn't have things to make needles out of so they would use bone chips. They would chip off sections of bone... tiny little sections of bone and they would use those as their needles... for needling the meridian points.

Dr. D: Ooh. You know I heard they did a lot of things by accident. Like someone would get stabbed with a sword in a certain area and it would create a result and they would start looking at why it would do that... or a spear or something like that. I mean there was all these things where they... basically it's the BigBrain philosophy which is you could pay attention to what's going on... you will create... metaphysical thoughts will come up and you will create an intention...

Thea: Definitely.

Dr. D: And that's what they did. I mean that's how... you know the metaphysical... Who we are is we are a metaphysical beings, a life force... and we create life out our ability to create things around us from what we see and hear. So acupuncture is probably a very good example of that. And... we'll get into the validity of it and how it's

document, etc., etc. But right now, we're just talking about it. And the truth is it's actually called meridian therapy and there are lots of different ways to stimulate the acupuncture... the points. They are actually called meridian points and acupuncture is just one of them...

Thea: One of the ways... yep.

Dr. D: Because it has a certain count-on ability... but we use a thing called tai shin, which is like a little... little spring loaded... it's got a round end to it and you just kind of tap the points... and it works really good. I was just showing Dr. Klotzek that the other day and he said it's really been working.

Thea: Mm hmm.

Dr. D: In fact, some places where ... because there's a legal issue and stuff, a lot of people just use tai shin.

Thea: Yep.

Dr. D: They use lasers on it. They use burning. They do tapping. I had a student when I was teaching at Northwestern, he was from India, and he had a scar. They had burned into his leg because what they did is they looked at his... one thing in Chinese, very interesting is they took a look at your... sort of who you are when you're born... your constitution.

Thea; Yes.

Dr. D: And when you're born and whether you're affected by ...

Thea: The time of year...

Dr. D: ...wind and water, etc.

Thea: Yep. Mm hmm.

Dr. D: And they measure the meridian power by a pulse, which is called pulse diagnosis and then they put a permanent scar to change his energy... in a series of acupuncture areas. Okay?

Thea: Really?

Dr. D: Yeah. You didn't know that one, huh?

Thea: That's... I didn't know that one... no.

Dr. D: Yes they do. See there's lots of things ... you know they're just applying what they knew in order to create a better life and for people around them... and they believed it. And some things fall apart and are not going to be valid after a while, and some things continue. Ah... And moxibustion... I mentioned that how... because it smells a lot like marijuana.

Thea: Mm hmm.

Dr. D: But it's a heat. It's a very... it's an herb that burns very hot, and you can hold it over a point and circle...

Thea: For point stimulation.

Dr. D: And... yeah and you gotta be careful you don't burn patients. I almost did that once.

Thea: Patients... yep, it happens.

Dr. D: And then you can also put it on the tip of the needle. I saw a Steven Segal movie where he was recovering and he put it in the scar tissue and then he put the moxi on the end and burn it.

Thea: Yep.

Dr. D: So there's some very interesting things. And then the Chinese and all through the history of acupuncture, always manipulated. Did you know that?

Thea: Yeah, I did know that. Mm hmm.

Dr. D: And manipulation or adjustments is what we do to the spine. They've done it for... you know so it's very, very old concept of removing interference. So when that didn't work they used adjustments. What else did they do to stimulate the points? They... or there's acupressure...

Thea: Acupressure, definitely.

Dr. D: ... everybody's heard of that. Acupressure. And they're kind of integrating the concepts of trigger point and acupuncture. But the one that's most effective is the acupuncture needle.

Thea: Yep.

Dr. D: And the reason being is it goes into the muscle.

Thea: Into the soft tissue, yep.

Dr. D: Mm hmm. And, does it hurt?

Thea: You know, that's the question that we get in the clinic probably the most often... is... is it going to hurt? You know people think of a needle. And I guess that's the first thought that comes into their head is... I don't like getting my blood drawn, I don't like getting a shot of stuff because it hurts.

Dr. D: Well right now Dr.... Dr. Thea could take an acupuncture and put it in a point in my arm and it would not hurt.

Thea: No.

Dr. D: And ... but that's because it's a point that's just there. But we tend to treat a lot of people who are in pain, so when we do it on a point that's sore, it hurts just for a... and it really isn't even that much as you go in, and then it goes away... which is really interesting. You'd think the needle there would hurt. Now... and the great thing about acupuncture ...it's diagnostic.

Thea: It's definitely diagnostic. Yep, and we use that on a regular basis in the clinic.

Dr. D: Say something about that.

Thea: We will notice as we treat people and we insert needles and we take needles out how that individual's body responds to what you're doing. Sometimes it is more uncomfortable for a patient than others, and that tells us one thing. It tells us you know there's probably inflammation in the soft tissue, the person is still in a pretty acute period of their care...

Dr. D: Yeah, sometimes we decide acupuncture... it isn't ready yet. You know?

Thea: Mm hmm.

Dr. D: Because they should... they're not in pain when they lay there.

Thea: Right.

Dr. D: Usually... acupuncture used to be 10-20 minutes. We use electric... we hook up these little electronic stimulus to it so it takes about 6-8 minutes.

Thea: We also combine it with the chiropractic adjustment, which I think...

Dr. D: Oh for sure.

Thea: ... is the ... the most powerful thing...

Dr. D: We do the acupuncture first and then we do the adjustment... right... and then it helps... when the spine gets fixated where it's locked up, it's got emotional ties in, so acupuncture works really good on that.

Thea: And that's the thing... that's the thing ... that's the area where I think we're really succeeding... is we're combining the two instead of using each individually.

Dr. D: Mm hmm.

Thea: And that's... that's where the power comes from. Is one works on one area, one works on another... but they're really both doing ... enhancing one another. Wouldn't you say?

Dr. D: Well it's because the power that made the body, heals the body.

Thea: Exactly.

Dr. D: You know wound healing is a very interesting concept because the body creates it's own healing...

Thea: Yep.

Dr. D: And it replaces itself with the exact tissue that's damaged. A muscle gets muscle tissue, skin gets skin tissue. I mean... you want to talk about innate... or the power that made the body... that is very, very interesting. So any time you can make that work better, you do. You know another thing that happens is we'll put a needle in and I can tell... it has a different resistance... so you put a needle in and it doesn't have... and all of a sudden you get way down there and then you find that point.

Thea: Yes. Mm hmm.

Dr. D: And so we ... and the patients go "oh, that's it. that's the one I've been trying to get."

Thea: The ah shi points.

Dr. D: Yes.

Thea: The ah shi points I think they call it.

Dr. D: That's right.

Thea: You used to call it something else when I was at the clinic...  
kind of sounds like ah shi.

Dr. D: I can't remember... see I'm forgetting more than I knew.  
(laughter) I hate that. (laughter)

Thea: (laughter) Just think of what you'd say if something hurt really  
bad ...

Dr. D: Ah!

Thea: Ah...

Dr. D: Shi!

Thea: Yeah! (laughter)

Dr. D: Anyway, one of the most interesting things is... I don't know...  
when we go and we do acupuncture we'll hit the bone and we'll tap  
on the bone.

Thea: Yes.

Dr. D: Doesn't hurt, by the way. But that's called the periosteum and  
that's where the ... there's a sheath that runs around the bone... that's  
where all your autonomic nerves... your nerves that control all your  
automatic functions go. So when you tap on that bone you're actually  
stimulating that whole thing so you get better blood supply, you get  
better heart beat. So it's deep periostial... and so... a person could  
break their leg and the bone supposedly healed and a couple of years  
later they're having this trouble. We go in and there's still scar tissue  
where the muscle attached to the bone and of course they never  
thought about it. That wasn't what they were there for. They were  
there to get the bone to heal. Okay?

Thea: Exactly.

Dr. D: Because bone will heal faster than scar tissue. The biggest cause of probably pain is scar tissue.

Thea: Definitely.

Dr. D: That and brains that are fatigued. An example would be ... you know we put the needle in, like a low back... where a person says there's a lot of pain there. We put it in and there's no pain...

Thea: Mm hmm.

Dr. D: Well guess what? The pain isn't coming from the low back. It's coming from the brain's ability to perceive pain easier than it should... and there's something wrong with the communication system, which is where chiropractic comes in. So it's kind of fun. We have all kinds of fun there. Sticking needles in people.

Thea: They all tie in together.

Dr. D: I love to do acupuncture... you know that.

Thea: Yeah... I do too.

Dr. D: (laughter)

Thea: I like doing it more than...

Dr. D: Yeah, we're both big babies when we get it. (laughter)

Thea: Yes.

Dr. D: But we do it.

Thea: Yep, we do.

Dr. D: So we're going to take a little break and we'll come back. We'll talk more about the miracle of chiropractic acupuncture. And for those out there we're going to talk about things that it helps. But let's talk about the doctor, because the eyes is something that we, and the Chinese used to use...

(music)

(music)

Dr. D: Hey... Body moving! Welcome to the BigBrain Radio Show. This is Dr. David Stussy and I have Dr. Thea Killeen. And she is a chiropractor and an acupuncturist from our clinic. And since we do chiropractic... a unique style of chiropractic acupuncture, we've been talking about it. But that body movement, I thought we should have a little upbeat... because after you get acupuncture, your body wants to move.

Thea: The body wants to move.

Dr. D: People have feelings that they haven't had in their joints and that... Oh, it's just... We were talking about how much fun it is to see the results that people... when we combine the chiropractic and the acupuncture and the nutrition and the brain work. They've got a new body.

Thea: Brand new.

Dr. D: Well, maybe not brand new, but it works better. How's that?

Thea: It moves better.

Dr. D: You know and I had... we're going out... so that was the Beastie Boys and a little "Body Movement"... and it was clean and it was good. okay? Right? That's hard to find, boy!

Thea: We were doing our best body moves.

Dr. D: You gotta good song and you go "Oh! Can't use it!"

Thea: (laughter)

Dr. D: Anyway, we were talking about the eyes. You know when we do our brainwork we look in the eyes a lot because the eyes really tell us about how the brain is functioning, and the face... and the tongue... they have to do with things called cranial nerves. Well the

Chinese knew this 5,000 years ago. They'd look at the eyes and they'd make diagnoses. They'd look at the tongue, how it's coated. They look at the hands, the pallor. Body... people... sort of their constitution... And that's the thing I loved the most when I was reading about it because it gave more information about how to look at people and kind of help the unique condition, because everybody's unique. And they were... they... and they realized that. I thought that was very...

Thea: There's so much to learn from how they treat the body.

Dr. D: Yeah.

Thea: Spending so much more time evaluating and observing and...

Dr. D: You got it.

Thea: Yep.

Dr. D: And they used a unique thing called pulse diagnosis, which ... you know because we used our meridian therapy and our spinal stress points we don't have to do that, but you can feel a pulse and feel where they're weak and strong.

Thea: Definitely.

Dr. D: And it... that's where they would tend to use points that are kind of on the distant part of the body. They're called distal points, like on the hands. We tend to use points that are near the area of damage. It's called "surround the dragon"...

Thea: Yeah.

Dr. D: ... Where we go and create an area around that to create ... so it goes in and heals that area like scar tissue is probably the biggest thing... old injuries... Justin was just telling us he's got some in his

shoulder... and we've been talking about it... he can feel them more.  
So he's been getting... body movements there. Huh?

Thea: Yeah.

Dr. D: (laughter) Anyway... I've got some extra needles in the car.

Thea: Yeah, we could... we could pull him in there.

Dr. D: There goes Justin!

Thea: (laughter)

Dr. D: See how people are? They want it and they don't. And...  
people...most patients are excellent. And occasionally... some  
individuals can't handle acupuncture... just like drugs or anything  
else... but it's so very rare.

Thea: Very occasionally. Though I mean the big thing to pick up here  
is ... you know when we... we touched on it earlier... is it painful?  
And we never really got back to an exact answer for people...

Dr. D: No it's not.

Thea: I think my honest answer would be no, it is not painful at all.

Dr. D: It's a little sore when it goes in, that's about it.

Thea: Sometimes it...

Dr. D: If it's painful, we're not going to do it. Okay? Why would we  
do that?

Thea: More often than not I'd say you'd get some burning or odd type  
of sensations, but not pain... I wouldn't say.

Dr. D: There's this thing where ...they feel a fullness and sometimes  
they'll feel a radiation where it'll go down.

Thea: Yeah.

Dr. D: And those are kind of cool because they help us diagnose...  
so... rather than where in some health condition they don't want you

saying anything, we want our patients to tell us what they're experiencing...

Thea: Yeah, feedback.

Dr. D: Because it tells us which meridian and how it's affecting them and whether they're high in energy or they're low in energy. Because ... another unique thing the Chinese did is they would either sedate... which would mean to take down excesses... like if you had ADD, somebody all fired up... or they would want to stimulate... like if you want to bring a heart rate or like an organ, or digestion up... something like that. And... that's where I first... you know I started that soon after I got out of school...

Thea: Yeah.

Dr. D: So it was... it helped me a lot actually.

Thea: Well you just mentioned a couple... a couple pretty big conditions and I... you know in the break we were kind of talking about it there, but there's so many things that it helps.

Dr. D: Oh yes.

Thea: And I think the ...

Dr. D: Tell us.

Thea: ... the hard part about...

Dr. D: Give us your experience of what it's helped. Tell people.

Thea: Well, there's so many things. First of all I want to say that if I could tell everyone today to try it, there are millions of people that have done it for years, in Eastern medicine, and we're just really touching the surface of it... in the United States and in this area. So... to say that it helps a multitude of things is just minimizing. I mean it's... so many things. And it really treats symptoms. And what are

symptoms? We've talked about that before Dr. Stussy ... it's your body's way of telling you something's wrong. Right?

Dr. D: Right. Pain is a blessing folks.

Thea: Pain is a blessing. I learned that one from Dr. Stussy a long time ago.

Dr. D: That's right... because... first it comes in... We go in ... doctors... mainly because we're in pain.

Thea: Mm hmm.

Dr. D: We will wait, for whatever reason... men are worse than women obviously...

Thea: Yeah.

Dr. D: But we're in pain. When people come in and say it isn't much... I know if they took the time to come in, to see a doctor, they've been having a condition... you gotta kind of pull it out of them. So it's great for pain. So it's really good for hot low backs... or something.

Thea: Headaches.

Dr. D: If it's appropriate for what they have, it's... and sometimes it's just like in a day people will just get up and walk. Does that take care of the condition that created the pain? No. It doesn't. But that's why pain is a blessing and we talk about that. Headaches obviously... so any pain condition it could be helpful for. Because pain is either... damage word is... but ... in a lot of chronic conditions the pain is not where people are feeling it. It's somewhere in the communication from the nerve to the tissue up to the brain or the brain stem...

Thea: Or the other way around.

Dr. D: Or the brain's just more sensitive and ... they call it the hidden threshold. You just feel pain. And that's where we put the red glasses on them and the pain goes away.

Thea: So we do see a lot of low-back conditions. I mean that's a common one... obviously low back pain. Like you said, pain is a blessing...

Dr. D: Knees, ankles, sports injuries, energy.

Thea: Energy levels, depression...

Dr. D: Shoulders, Justin.

Thea: Mm hmm... shoulders, definitely Justin.

Dr. D: Wrist and hands.

Thea: We already talked about female problems. **EXTREMELY** beneficial...

Dr. D: Oh yeah.

Thea: ... for dysmenorrhea.

Dr. D: There isn't a woman in this world that needs to suffer from dysmenorrhea, which is painful... and I'm telling you this... or even unneeded. Adjustments alone almost take care of it, but if it doesn't... if you've got endometriosis...

Thea: Endometriosis is what I've had problems with... yep.

Dr. D: Then the acupuncture will just finish it up.

Thea: Mm hmm.

Dr. D: And even if it brings it down 70%. Like sometimes it didn't work 100% but it would bring you...

Thea: Oh, but to a functional ... I'm back to a functional person in society.

Dr. D: And I remember that because I knew, right away... like I'd send you home sometimes.

Thea: Yep.

Dr. D: But then when we started doing acupuncture we didn't have to do that.

Thea: Yep.

Dr. D: So we are own... we learn ourselves.

Thea: I think the most rewarding for practitioners is the chronic pain. You know you see somebody that has done every single thing. They have come into a list of I have tried this medication, this medication, this surgery, this procedure or that procedure... And you start doing some combination therapy of manual adjustments, chiropractic treatment and acupuncture combined with them, and they get up off the table and they hug you and they say you've changed their life. I mean that is... those are the experiences that you remember.

Dr. D: And tears running down their eyes.

Thea: Yep.

Dr. D: And the thing is, they didn't really have... they had \$64,000 worth of tests...

Thea: Mm hmm.

Dr. D: And try this drug and try that drug. And the drugs are screwing them up and they can't even tell if they're getting better. And you have to know, I'm not against medicine. Medicine is best for intervention, to save lives or to change something that is dangerously out of hand. But you will never get your health back by taking a constant medication because there's just too many things going on that you can't control.

Thea: Yeah, you go back to the pain is a blessing... You know the one example you always used to say to me that always made the biggest impression was it's kind of like being in your car and the change oil light comes on... and... and you know that's really...

Dr. D: The red... they're called "idiot lights".

Thea: Yeah, the "idiot lights". It tells you hey, it's time to change your oil. That's what a symptom really is in our body. And for us to take a medication just to cover up that flag or that signal that our body is trying to give us is really just like taking some tape and covering up your change oil light in the car.

Dr. D: Yeah, it's like if you put a little tape and just kept on driving, well you know what's going to happen folks.

Thea: The car's going to break down.

Dr. D: So that's about where they come in usually... when they've tried that three or four times.

Thea: Yep.

Dr. D: And so... and we've had even patients who are taking medication for diabetes. Does it correct their diabetes? No. But we've had them cut back on their medication tremendously, which means their blood vessels are not going to be as stimulated, they're less likely to lose their vision, they're not going to lose their feet and hands, which is the consequence.

Thea: Mm hmm.

Dr. D: The number one health condition now is called Diabetes II, which is too much insulin. Right?

Thea: Mm hmm.

Dr. D: And it's pre-diabetic and 25 million people have it and the most common condition it causes inflammation and the end organs for inflammation are muscles and nerves. So guess what we end up seeing? And they get misdiagnosed... I had one patient who changed the diet and changed his life and he got better. But most people aren't very good at that. So they need something to get that inflammation out of there.

Thea: Mm hmm.

Dr. D: But then we change their diet and change their... But he just... he was like a business guy, just (snap) did it.

Thea: I'd say that's atypical though. Most people need somewhere... somewhere else to start. (laughter)

Dr. D: Totally atypical. So chronic pain, conditions, knees that don't work, ankles... because there's scar tissue... and wound healing... biggest thing about acupuncture is wound healing, which is really a manifestation of God inside your body. I mean your body self-corrects itself. Someday maybe we'll be like salamanders and be able to grow another thing, but at least right now... All the guys are getting excited... no... and then... Anyway, there are different ways to stimulate tissues and... We'll get into a little bit more about the wound healing. Okay?

Thea: Mm hmm.

Dr. D: Because of what it does.

Thea: I think it's a good idea.

Dr. D: Do you know today what is happening is ... the big thing is... you know there was a guy who used to teach us... you remember Jimmy Parker...

Thea: Yes.

Dr. D: And he was a chiropractic... helped chiropractors for 50 years with his seminars and stuff. But near the end he was always talking about energy medicine. Energy medicine is where it ... And what it's really called is subtle energies, or subtle... it's really vibrations they're finding... because the body is not solid. It's vibrating all the time. So the acupuncture goes in. Chiropractic techniques are based on vibration. Massage is based... all this stuff's based on... Pilates, all that stuff is based on changing the vibrating patterns. So... But now we're getting to laser treatments ...

Thea: Mm hmm.

Dr. D: ... and things that are seeing the unseen... and they're finding this is true. They do an acupuncture point and a place in the brain lights up... just like they said it would. You do an adjustment, and the feet... all the blood goes to the feet like... like when people were having reyners disease and stuff.

Thea: Mm hmm.

Dr. D: So now the conditions like ... the things that are like... chiropractic and acupuncture that didn't ... that were actually so far ahead of their time they couldn't really... wasn't conceptual to the way medicine works. There are... medicine tends to see things either black or white. But there's a whole degree of different things in between that they can pick up now, and so subtle energies is really where it's going. Okay? And that's why it's so exciting. I mean...

Thea: The fun part about that is even... even where medicine goes now is even finding out that you know what? This is producing

increased endorphins and serotonins in our research. They're not even... you know they're not even hitting any road blocks...

Dr. D: The last thing I'll say about it because we're kind of getting off track, but you know when I do all that research and I read all these articles...

Thea: Yep.

Dr. D: And they'll talk about this mechanism they've found that works in the brain and stuff. And then they'll say maybe we can find a drug that works on it. Well we already have techniques that do that. It's kind of a ... you know I think they're missing the boat because they have a lot... if they took a little bit different direction.

Thea: Yeah.

Dr. D: And people who do take a different direction don't get the money for support because of the pharmaceutical companies. Last thing I'm going to say on that. So let's go back to the good stuff.

Thea: (laughter)

Dr. D: So a lot of people don't know that there are six hollow organs and six solid organs.

Thea: Yep.

Dr. D: So like a liver is what?

Thea: Solid.

Dr. D: Solid. The stomach is hollow. And they're actually paired organs. So you have the stomach and the spleen are together, the stomach meridian and the spleen meridian. And the spleen meridian is the female energy.

Thea: Mm hmm.

Dr. D: We use that with menstruation. The bladder meridian, which runs along the male... the back of the spine... there's two on each side... are the male energy.

Thea: Yes.

Dr. D: And they are paired. So bladder is hollow, kidney is solid. Okay? And they go together. And so it's very unique that they did this.

Thea: Mm hmm.

Dr. D: You know there's the yin and yang... if people have seen that terminology... yin being masculine, yang being feminine. Okay? Moist heat and dark heat. They have all these ways of just channeling things. But I think the organs... the six solid and the six hollow. And your body can live without the hollow organs. It can't live without the solid.

Thea: That's really interesting I think.

Dr. D: Yeah... remember I talked to you about ... there's a hierarchy of disease. If your body is being so stressed out it has to adapt, it will put the stress in the organ you can live without. So gallbladder is one of the first ones to go. You can live without a gallbladder. You can live without a stomach. You can live without intestines. And so those, if you'll think back, those are the ones that people have the most trouble in...

Thea: Yep.

Dr. D: So when we're looking at it, if we use the acupuncture you're looking for those organs to be distressed to help those so they don't get carried away. So you have minor problems in minor organs they're called.

Thea: Mm hmm.

Dr. D: Then you have minor problems in major organs... like the heart would be a solid organ. Right? A little high blood pressure. Then you have major problems in minor organs, and then you get major problems in major organs and it's the big goodbye. Okay? But if you are aware of that, you start seeing that you can't... a person can come in and have these conditions and say "I'm healthy." They're not healthy. Remember the BigBrain health style is health is the optimal number of forward action... regenerative forward action days. Optimal, being the best. Regenerative means you're re-creating and you're staying healthy. And forward-action means that you're actually taking place in life... based on your style, which is our values. And our values of health... we talk about it but I don't think necessarily we follow it.

Thea: No.

Dr. D: So we're doing this unique thing where we've got our brain-based exercise program and we're going to start doing some meridian therapy over there.

Thea: It's real exciting... yeah.

Dr. D: Yeah, we've got a lot of stuff we're doing. So... come on by any time.

Thea: Yeah... questions too. We get a lot of people with just questions. You know that's one of our favorite things to do.

Dr. D: Actually, do you mind if I just say... if some people want to give you a call and ask you questions?

Thea: No, I think that's a great idea... You know I do that a lot. And I... that's one of the favorite parts of my job.

Dr. D: Should we have them call the clinic for you?

Thea: Yeah... yeah.

Dr. D: Okay. 612-374-3392... and ask for Dr. Thea. Is that all right if they say it that way?

Thea: Yeah, Dr. Thea. Yep.

Dr. D: Dr. Killeen.

Thea: He always started calling me Dr. Thea because my maiden name was Fagerholt...

Dr. D: Yes.

Thea: So when I came in right away he said, "Oh, I think you'll be Dr. Thea." So ask for Dr. Thea. (laughter)

Dr. D: (laughter)

Thea: Call anytime though. I love it. It's probably the best part of my day.

Dr. D: Now we've been talking about all these systems in acupuncture. You know there are other... besides the meridians there's a thing called scalp points where they do just on the head which they do for surgery.

Thea: Yep.

Dr. D: And they affect the brain. There are points on the ear. I'm telling you they always work on addiction. There's a whole... chiropractors have gone through and changed this whole program. And it works on addiction ... and I've used it on people who come in and say you know I just went through...

Thea: Treatment?

Dr. D: Treatment. And I do those points and they have no trouble after that.

Thea: We always get the few after New Year... I just quit smoking...

Dr. D: Mm hmm. There's an acupuncture system based on the hands and the feet. There's a thing called a conception vessel, which goes right down the middle of the body. Of course it goes right into the conception area... and you can use that. There's a place called the governing vessel, which runs down the middle of the spine, which of course is the nervous system.

Thea: Mm hmm.

Dr. D: There's a thing called riot rice where you read these points out on the wrist and then it comes up with a formula on how to change the energy in the body. There are all kinds of systems. I already talked about that. One of the most interesting things that I... when I first started studying were called miracle points. And these were very top secret family secrets that families would pass onto the next family in the Chinese hierarchy.

Thea: Yep.

Dr. D: And that's what made them powerful, known as the powerful acupuncturists. And these were points that ... like there was one I remembered first was a shoulder point. It's right... it was ... it's a combination of points but it isn't listed any place and you do it right between the thumb and the finger. And Cindy, who works for us... she was 16 and she worked for me and I came back from a seminar and I did that point on her and the pain went away in her feet and knees right away.

Thea: We see that a lot. And it's a very sensitive point for people too. Have you noticed that? You use it and it creates all kinds of responses.

Dr. D: The trouble is that when we... when capitalism came in and they started to come over and teaching us... for a price they gave away these miracle points. They're all pretty much known.

Thea: Yeah.

Dr. D: Um... They also... I talked about ... You know another thing, when I first started they did not sterilize needles. They had a little packet and they had gold and silver needles. They were like their needles... very special needles... they carried around with them. But they never sterilized them. I didn't sterilize them until... fortunately I did it before I had my first hepatitis patient. But now, of course, we do that. But I thought it was interesting. They never... In China I still don't think they do it, and they do it through the clothes too. Isn't that interesting?

Thea: Mm hmm.

Dr. D: So there's a big plus and minus in acupuncture. It's a BigBrain healing system, just like chiropractic brain work that we do, because it uses the plus and the minus. It puts the body back in balance. It takes the individual into concern... so they can use their metaphysical self to heal inside. Let's take a little break here and we'll be right back.

(music)

(music)

Dr. D: Hey, this is the NICO show... Isn't that a great song?

Thea: (laughter) I wish you would have told my kids that at Christmas. (laughter)

Dr. D: It's Around the World With... Around the World with Earth Mama... and the name of the lady is Earth Mama. And less is more. You know we're talking about acupuncture in chiropractic...

Thea: Mm hmm.

Dr. D: Less is more. With very little intervention... no medication, no long term changes... people can get their health back. Less is more. In fact, that's one of the hardest things when you start treating somebody is the not trying to do too much. Because ... if the body... if you are looking at it right, with the art, you know there's one... And when I was a student they'd talk about just one or two... oh no you've got to do all this stuff. But it over fatigues. The body is... the body is the hero.

Thea: Mm hmm.

Dr. D: And it needs the right information. But if you give it too much it's just going to have the problems it had because the life was too much for them... with their condition. Did I make my point there, or not?

Thea: You definitely did, and I think the less you give the body as well as far as treatment sometimes is better too. And we talked on that a little earlier. They just did the first bypass surgery in Shanghai...

Dr. D: Oh yeah. Pull that article out. Yeah. Pull that out. Listen to this folks.

Thea: Yeah... First bypass surgery in Shanghai at Range Hospital, with six acupuncture needles in the chest and wrist. And the patient was semi-awake so the doctor could wake him up and talk to him. He sat up shortly after surgery and checked out of the hospital the next day whereas the amount of anesthesia that they typically have to use would keep a patient in the hospital for at least 2-3 days.

Dr. D: Plus it would interfere with his ability to recover.

Thea: Yes, definitely.

Dr. D: Because you're sedating the... And those wrist points... There... Remember we had mentioned that the meridians are based on organs, so the pericardial and the... what's the other... the heart meridian... are all in the wrist. The thyroid, the triple heater is on there too, so those are really powerful points on your arms.

Thea: Mm hmm.

Dr. D: And... um... and I know I saw you using those the other day.

Thea: Yeah.

Dr. D: People go, hey she put them there... and... It was pretty cool. They liked that when you did it.

Thea: Yep.

Dr. D: And... on the chest those are going to be your conception vessel. So that's about life.

Thea: Pretty amazing stuff.

Dr. D: Conception is life, folks. We start as two cells and we go from there. And then we end up going back.

Thea: Mm hmm.

Dr. D: Anyway... you know what? We're going to have to have another show! Because I had all this other stuff I looked up...

Thea: Too much information.

Dr. D: ... On this really cool book called "Energy Medicine in Therapeutics and Human Performance". That is a really very good book. He's going into all the research about... You know, a lot of theories about health work, but they're just theories. You're doing the right thing, but you don't necessarily know why. Chiropractic works and they have a reason, like pinched nerve or whatever, and we

keep... and the same thing here. They're finding out in what treatments do and about how they affect little receptors... so the right thing goes in the right place... and about how membranes change inside little cells. There's little things in our cells called mitochondria which are energy and make our energy called ATP, which eventually affects with our DNA. Well they're finding how that all happens to work. And they all kind of relate to what we've been talking about today. It's really quite a good book.

Thea: It's all interconnected.

Dr. D: Yeah. And this James Ashman... there's a couple good books on that. So, remember I called it the living matrix... the matrix of life. You know they show the matrix? We are a living matrix and we are connected to the universe the same way. And it's geometric and it's mathematical and I would get off on Buckminster Fuller if I went any farther. Anyway, we're to represent that in terms of the human body and healing with chiropractic and acupuncture. We call it chiropractic acupuncture.

Thea: Stimulating the human matrix.

Dr. D: Yep. And you had some questions you said a lot of people... let's just make sure we've answered...

Thea: Well, you know the one ... How many treatments am I going to need? I think that's a pretty specific question. That's based on really the condition that ...

Dr. D: Yeah, what I tell people is let's try acupuncture to see... because everybody's a little nervous... unless they've had it before. And it works 95% of the time. And then I say we'll do four treatments and see how you go. Well then we... you're going to go as

far as you need to go in order to get actual correction and change. And we have measurements we do that... which is another thing... because the Chinese are just like we do. Instead of ... medicine tends to see things in black and white. We see these patterns... range in motion, tissue, and the tone of the tissue, the joints, the health, and blood pressures on different sides of the body, how the eyes are working. We can look to see how these things are changing. And as people get better, interesting enough they want to get better yet.

Thea: They want to go further.

Dr. D: We'll have people come in who are so sick they can't even see themselves as sick... and then all of a sudden their whole being changes. In fact, sometimes they'll feel more pain because their brain is working better and they actually are... their senses are working better... they'll feel pain that we knew was there but their brain was so dead they didn't even notice it. Their personalities change. It's incredible.

Thea: I think that's the biggest one.

Dr. D: Oh yeah.

Thea: If you... if you can try this first, try something else first. I mean make it more of an...

Dr. D: Yeah come in... and when you do it with a chiropractor because we are doctors... a lot of acupuncturists are not doctors.

Thea: Right.

Dr. D: We are doctors and so we know what... why you wouldn't want to do it, but we know how to do it. And... and if you need something else we'd be the first ones to tell you.

Thea: Yeah... and really amazing results... and if we could tell you that... one thing that we're passionate about is if we could touch everyone's life and get them in at the beginning rather than at the end, we would definitely do that. But ...

Dr. D: Well you know one thing we should talk about is the needle. How big are the needles? They are needles. They actually call them wire... sort of the "in" term is to call them wire. They are not tubes. The reason people are scared is because of shots. Shots are tubes.

Thea: Yes.

Dr. D: You shove a tube in the thing and it's going to hurt. Needles are very fine. There's no bleeding. Occasionally you nick a capillary... it's called capillary fragility...

Thea: We already talked about ... not painful.

Dr. D: Not painful.

Thea: No.

Dr. D: And there's no bruising. And it works by changing... doing a physical change... initiating a change into the nervous system, the peri nervous system, the vascular system, lymphatic... which if I went into the show everybody would be going snoring because I want to talk about it, but ... just have to take my word for it. Okay? It changes your energy and makes your body heal itself. Because in the end, that's all that heals us is our bodies.

Thea: Mm hmm.

Dr. D: And we have a great body... a metaphysical body. That's life itself. It's unmeasurable. When you die there's no changing your weight, but life is gone. And so... we had Jewel there about having a little faith last time. Now we're going to have a cool song as we go

out here, called “Crazy Love”, because we love all of you. And our number one technique is what? Loving ...

Thea: Loving service is our number one technique. Yep.

Dr. D: And so this is a Van Morrison song, but it’s Robby Robertson singing it. So this is Dr. David Stussy...

Thea: And Dr. Thea Killeen.

Dr. D: For chiropractic acupuncture in the BigBrain world and we love having you and look forward to seeing the next BigBrain Radio Show.

(music)

(end of show)