

"Cheating Time"-

An Ancient Approach to Beating 20th Century Jet Lag

Scanned from an article by John A. Amaro D.C., F.I.A.C.A

Part I ----March 1, 1989

Somehow, I feel a drum roll or blaring trumpets are quite appropriate for the introduction of this article. However, if I know you're reading it with undivided attention, that will suffice.

In November 1985 and again in November 1988 I was honored to receive an invitation from the Chinese Ministry of Health and the State Administration of Traditional Chinese Medicine, Beijing, China. The invitation was to escort a group of American physicians, both medical and chiropractic, to observe acupuncture and traditional medicine and to exchange any Western methods which may be of interest to the Chinese. I had previously visited China in 1973 and again in 1980, so I was familiar with the country, customs and protocol.

Very little has changed in China regarding lifestyle since my first glimpse 16 years ago. However, it is quite obvious the Peoples Republic of China is just on the threshold of entering the 20th century, led by the ever-capable example of 'corporate America'. The hotels and facilities provided for foreign travelers are in many cases mind-boggling in their splendor. I can't say the same for the citizens of China cities and countryside. They're obviously still locked into a 1949 time warp socioeconomically. Travel to China is as easy today as simply reserving your seat on your choice of airlines that regularly flies to the Orient on a multi-daily schedule. In fact, it's far easier to fly from any major American city to many ports of call in the Far East than it is to fly from Orlando, Florida, to Butte, Montana.

This ease of travel is not unique to flying "west." European destinations are just as accessible. In viewing the numerous racks of literature in any travel agent's office. It becomes quite evident the world is at our fingertips and beckons for us to travel wherever our time and pocketbook allow.

However, there is one major problem about international travel - or for that matter to a lesser extent, but still significant, American coast-to-coast travel that is a prime concern for the experienced traveler and strikes fear into the hearts of the inexperienced.

It's a problem which causes travelers to give up coffee, tea, alcohol and cigarettes. Which causes them to eat light one day and splurge the next. Which causes them to fast for two meals and eat nothing but boiled chicken the third. Which causes travelers to darken the windows three days prior to an overseas flight at one o'clock in the afternoon and set the alarm clock at 10:00 P.M. in preparation for their "Grecian holiday." It causes them to beef up their daily intake of specially formulated vitamins and minerals. ingesting them at odd times, and most importantly with distilled water. All in an attempt to "Beat Jet Lag. "

Marco Polo did not concern himself with it, nor did Columbus, nor the Pilgrims 200 years later. Jet lag is a problem of modern society, affecting those passengers comfortably seated in a jet aircraft, cruising at an altitude of seven miles above the surface of the earth, moving through Easterly or Westerly time zones at ground speeds approaching that of the speed of sound.

Travelers and airline crews know too well the symptoms of extreme fatigue, nausea, headache, memory and attention lapse, clouded thinking, disturbed sleep and appetite, increased susceptibility to infection, mental depression, anxiety, malaise, lethargy and a host of varied related complaints.

Prior to my third visit to China in 1985, I began to experiment with a hypothesis that jet lag may be avoided by altering the body's biological clock by using an ancient law of acupuncture regarding what is referred to as the horary cycle. In the theoretical foundations of Chinese medicine, it has been established that vital energy flows systematically throughout the body over 12 primary pathways referred to as meridians. This electromagnetic energy flow is continuous, with one meridian leading into another in a cycle that corresponds to the 24-hour-clock. The 12 meridians are each associated with an organ or function of the body and affects what it's named after or what it courses through. The health or proper function of the organ is dependent upon a normal energy level as it courses through the meridian pathway. The goal, therefore, in acupuncture is to maintain the balance of energy in the meridians in order to maintain normal health. This is accomplished by stimulating one or more of the acupuncture reflex points which communicate with the skin along the course of the meridian. This action is not unlike fine-tuning your radio when the signal is not coming in clear.

From ancient times each of the 12 meridians has been associated with a particular two-hour time span where the energy is at its zenith as it moves through the body. Since balance is the key in acupuncture, it becomes quite apparent that high speed jet aircraft moving through time zones will alter the delicate balance of the body's internal clock, creating undesirable effects.

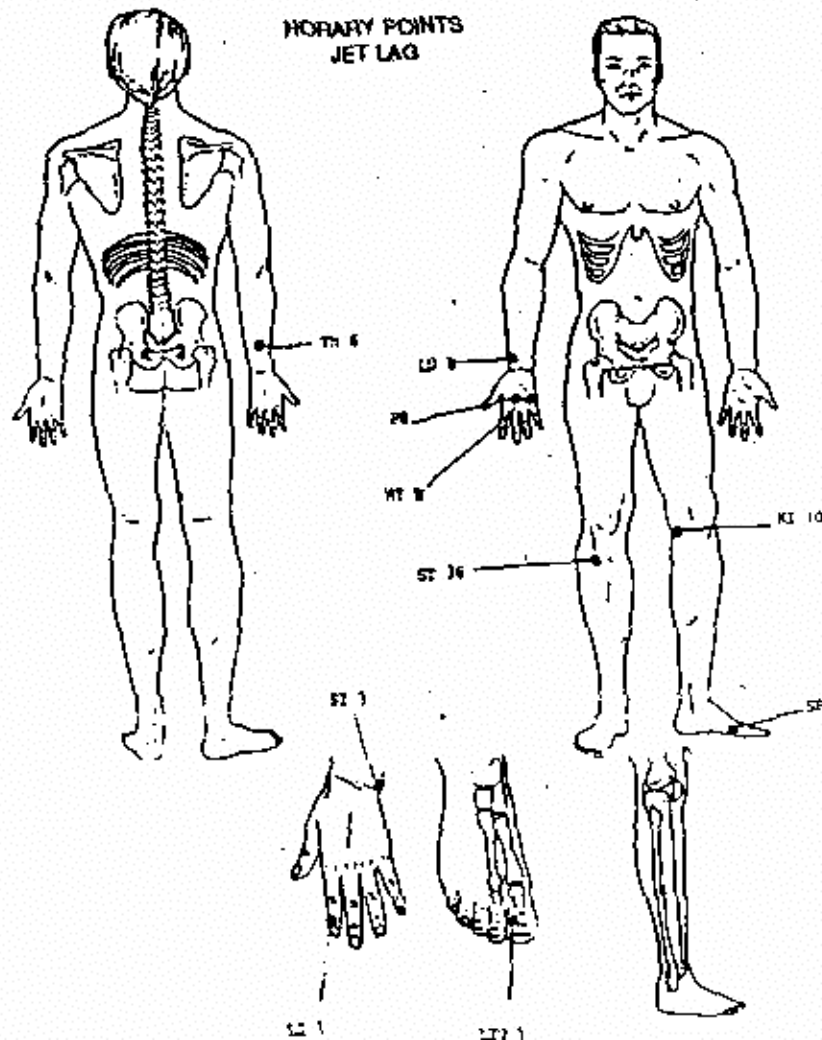
In the clinical and historical application of the 24-hour cycle (horary cycle), it is common knowledge to the practitioner of acupuncture that if a patient consistently experiences a worsening of symptoms at a particular time of day, a point on the body known as a "horary point" is the most effective point on the body for that particular condition at that particular time of day. Each meridian has its own special horary point.

As there are many different types of acupuncture reflex points on the body with many different functions, the horary point found on each of the 12 meridians is by far the most active point on the body during the two-hour time span corresponding to the involved meridian. Thus, if a patient consistently experiences a particular symptom (regardless of what it is) between the hours of 3-5 A.M. the lung meridian is at fault. Whereas, a patient experiencing symptoms between 7-9 P.M. the pericardium meridian is to blame.

Stimulation of the specific horary point will restore balance to the involved meridian.

In the next issue we will address the specific technique enabling you to beat jet lag and to function at the time of day you have traveled *to* as opposed to *the time of day you departed*.

John A. Amaro D.C., F.I.A.C.A



"Cheating Time"- An Ancient Approach to Beating 20th Century Jet Lag - Part II

In the last issue I introduced a technique utilizing acupuncture principles to beat jet lag." If you missed reading Part 1, please refer to it now.

Since the thought of beating jet lag was only a hypothesis during my initial formulations and realizing a hypothesis will remain that until proven otherwise, I called for volunteers to prove or disprove the theory. The year was 1981. Calling upon international flight attendants from a major airline, I was able to arrange the cooperation of several. They were more than willing to experiment with the technique, especially after realizing no needles were to be employed and simple finger pressure would suffice. Remember, the precise point of stimulation is paramount to how it is stimulated.

After laying out the formula and explaining it to several flight attendants who shared the technique with a few additional colleagues, I was pleasantly surprised that the members of a flight crew from New York to London and another from New York to Athens reported extremely favorable response.

In all cases of those employing the technique, there was reported considerably less fatigue, clearer thinking and the feeling of being "on local schedule". The most significant response, however, was reported from the flight crew members who did not participate in the experiment. They suffered the usual symptoms of jet lag that was rectified by the usual cure: *Time*.

Armed with the knowledge that the technique may work traveling in the opposite direction, namely Los Angeles to Beijing, I laid out the formula for my own trip in 1985. My plan was to share the technique with some of my colleagues, while in "the interest of science" sacrificing others. Therefore, part of the group would employ the procedure and an equal part would not.

The flight from Los Angeles to Tokyo and on to Beijing is fun, especially with a group of colleagues. However, it remains tiring. The torture is always lessened when one reflects on the plight of so many pioneers who crossed the vast oceans in leaky, creaky, wooden ships which took months to cross the same distance we would be traveling in 11 hours and 20 minutes. Despite the reflections, we comforted and excused our own miseries with the excuse that those earlier travelers did not have to put up with voluminous amounts of cigarette side stream smoke which appeared to be exhaled by everyone over the age of 12. And, of course, certainly did not have to look forward to their next meal of "airline food." Oh, pity us!

On our arrival in Beijing, those who participated in the jet lag formula were ready for an earthly dinner followed by a walk through the hotel's gardens and a nightcap in the lounge. Our sacrificed brethren could be found collapsed in their rooms. After all, to them it was three in the morning. To the rest of us, it was only eight in the evening -- tomorrow. Incredible!

We had just beat time and we were proof. The significance of our accompaniment was further enhanced the next evening following our arrival, when we climbed the Great Wall. Those of us who used the formula felt refreshed and energetic at 11 a.m., while at the Wall. However, our counterparts were still trying pull it together; it was seven in the evening as far as their bodies were concerned.

Since that experience in 1985, I have traveled to China again, and to Australia with equally impressive results. I have prepared the jet lag formula for dozen friends traveling to both Europe and Asia with the same reported favorable response. Be sure to use the formula described on your next visit abroad. Arid plan to see us in the future as we escort you to China for what may be one of the most significant journeys of your life.

1. Identify the current time (time of departure) from wherever you are flying from. At the same time, identify what the time is currently to wherever you are flying. For example: If you are leaving from Los Angeles at 11 a.m., it is currently 4 a.m. on the following day in Tokyo. If you are leaving from New York at 2 p.m., it current is 8 p.m. in Frankfurt, Germany. International time charts are readily available contact me for a complimentary copy.

2. Stimulate the horary point for whatever meridian is most active at your time departure. Example: Los Angeles departure at 11 a.m., stimulate the "heart" horary point (HT8), as this is the meridian which beginning its active phase from 11 am, to 1 p.m. Horary acupoints and meridian correspondence charts are illustrated in Part I this report.

3. Following stimulation of the meridians horary point corresponding to your time departure, stimulate the horary point on the meridian which corresponds to the time day it is currently in the city of your destination. Example: Depart Los Angeles at. 11 a.m. - it is 4 a.m. in Tokyo. Stimulate the horary point of both the "heart" (HT8- 11 a.m. to 1 p.m.) as well as the horary point of the meridian most active at 4 o'clock a.m., namely the "lung" (LU8-3-5 am.)

4. Repeat stimulation of both sets of acupuncture horary points each two hours for a total of three time frames on the flight to Europe. (Four time frames on travel to China or Australia). Example: If you are traveling to Shanghai from Los Angeles. identify your time of departure let's say 11 a.m. - it is currently 3 a.m. in Shanghai. At the time of your departure stimulate "HT8" as the heart is the most active meridian between 11 am. to 1 p.m. Likewise stimulate the lung meridian which corresponds to 3 -5 a.m. in Shanghai. The horary point is "LU8."

At 1 p.m., Los Angeles time, the small intestine meridian is becoming active. However, it is currently 5 a.m., in Shanghai, corresponding to the large intestine time. Therefore, stimulate the horary point for each time zone respectively, namely "SI5" and "LI1" at 1 p.m., Los Angeles time.

When it is 3 p.m., Los Angeles time, the bladder meridian is becoming most active. However, in Shanghai it is 7 am. corresponding to the stomach meridian. Therefore, stimulate "BI6" and "ST36" respectively.

The same procedure is repeated for the next time zone, namely 5 p.m., Los Angeles time. and 9 a.m. Shanghai time, corresponding to the kidney "KI10" and spleen "SP3."

5. After the two corresponding horary points are stimulated for three segments on flights to Europe and four segments to Asia, drop the horary point for the departure time and continue treating the horary point every two hours for the current time in your destination city. Thus in our previous example. the technique would appear as such. Depart Los Angeles 11 a.m.--time in Shanghai is 3 am.

Continue treating the horary point associated with the meridian every two hours until a minimum of four hours (two segments following your arrival).

At this point you will find your biological clock to be operating at the time zone of your arrival location.

Summing up:

All you really need to know to utilize this Technique is:

1. The current time in your departure city, and the time it is currently to whenever you are traveling.

2. A list of the horary points corresponding to each meridian.

3. A chart of the horary cycle. Keep your watch set until well after your arrival to the current time of your departure city. Simply move through the horary cycle every two hours and stimulate both respective horary points for three segments on flights to Europe and four segments to Asia (from the US West Coast). Continue to treat only the horary point for your destination city after the third or fourth segment until several hours after your arrival.

If you should take a nap during your flight and miss a segment, just continue with the next segment. However, it is best to make it up by continued stimulation, following your arrival for at least as many segments that you missed, plus the two segments routinely used. Stimulation is best applied through a teishein (non-invasive acupuncture instrument) for 20-25 strokes or with a quartz Piezo electric stimulator for 10 charges. ***[Finger pressure –20 times in a circular motion – also works. ADW]***

I will be traveling to Beijing and Shanghai in mid-March with 40 colleagues and then turn around nine days following my return to the U.S. bound for Australia to lecture for five days. It is only because of my utmost confidence in this Procedure I would even contemplate such a grueling schedule.

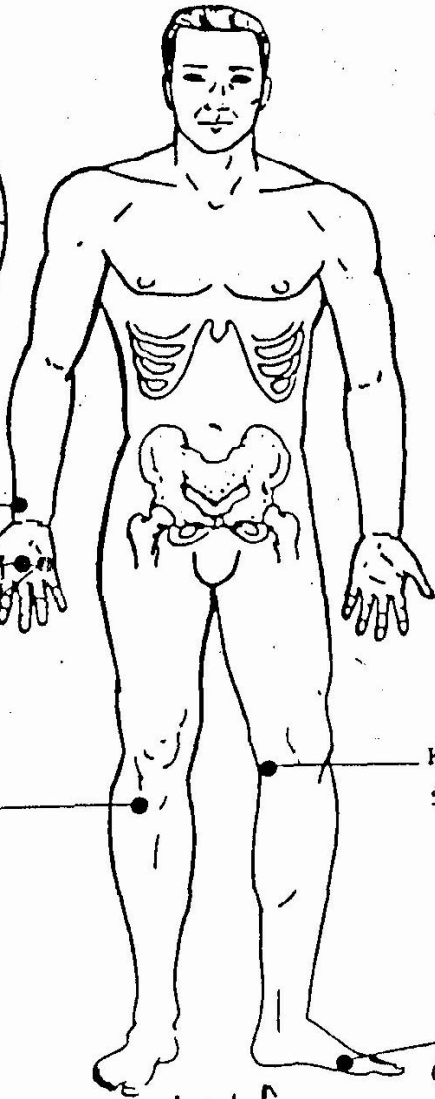
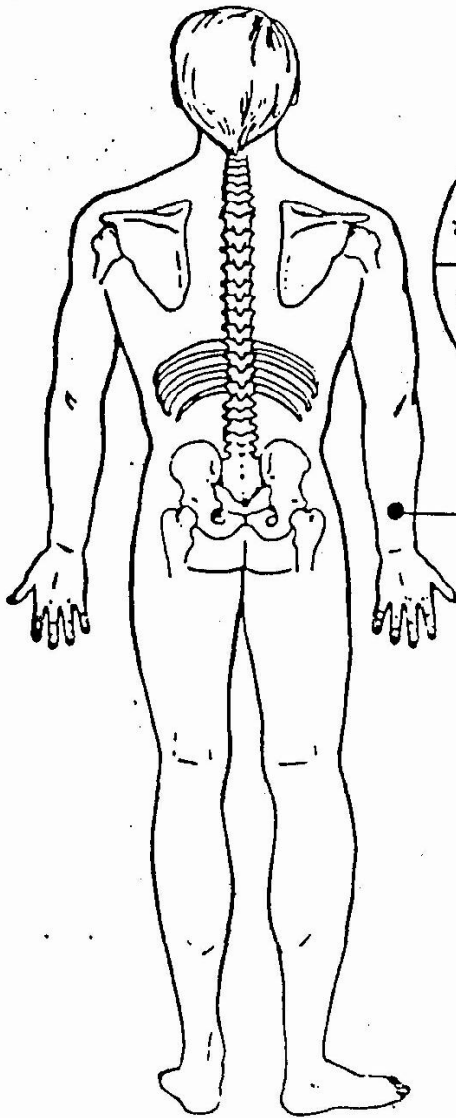
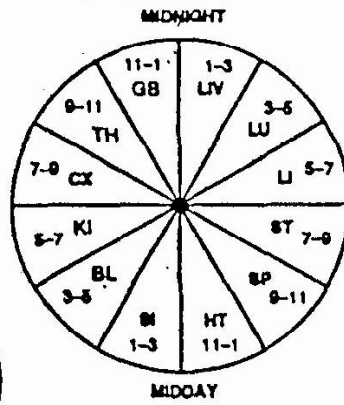
To receive your complimentary horary point charts, international time zone charts and meridian correspondence charts, please write to me and include your stamped, self-addressed envelope.

Try this technique with your patients and yourself. Can you think of a better way to plan an Asian or European excursion, than to try this out? Remember, flights from anywhere to anywhere are figured the same way. Have a great trip.

John A. Amaro D.C., F.I.A.C.A.

5718 Elbow Bend #7 Carefree, Arizona 85377

HORARY POINTS JET LAG



Th 6
9-11 PM (3-5 AM)
LU 8

PB
7-9 PM

HT 8
(11 AM-1 PM)
NOON

ST 36
(7-9 AM)

KI 10
5-7 PM

SP 3
(9-11 AM)

1-3 PM
SI 5

3-5 PM
BL 66

GB 41
11 PM-1 AM
Midnight

LI 1
(5-7 AM)

LIV 1
(1-3 AM)