

AN OVERVIEW OF THE ACUTONICS® SYSTEM

The Acutonics® methodology for the therapeutic use and application of tuning forks is a unique, energy-based, approach to wellness that is rooted in Oriental medicine. This accessible non-invasive modality provides an adjunct therapy that can be easily integrated into the practice of Oriental medicine, massage and bodywork, nursing, psychology, physical therapy, occupational therapy, and many other health care disciplines. Strongly rooted in ancient and indigenous health care models, Acutonics draws on Oriental medicine, cosmological studies, indigenous wisdom, depth psychology, contemporary science, and music theory to create an innovative approach that has broad clinical applications.

Precision calibrated tuning forks are applied to specific acupuncture and acupressure points to access the body's meridian and chakra energy systems. These tuning forks represent a natural harmonic series based on the orbital properties of the Earth, Moon, Sun and planets. The sound waves of the forks vibrate and travel deeply into the body along energy pathways that have been proven to impact both the soma and the psyche. Their rich resonance and vibration connects with and supports the body's natural frequencies, stimulates and balances the body's physical



and subtle energy field, promotes wellness, deep inner harmony, and a sense of wellbeing, attunement and homeostasis.

Acutonics incorporates the spiritual traditions and science of Oriental medicine, which recognizes that most diseases arise from a core blockage in our energy system, and acknowledges the important connections between human physiology and psychology, and their interaction with the larger themes and patterns that impact human health.

Acupuncture points provide noninvasive access into the core energetic systems within the body. The frequencies of the planets represented in precision calibrated tuning forks provide musical intervals, archetypes, and correspondences that help us to fine-tune the therapeutic frequencies that are applied to the body. The frequencies are based on the actual planetary velocity originally calculated by Johannes Kepler in the early 1600's. Last century a Swiss mathematician converted velocity to frequency (hertz), and developed the precise frequencies, which are used in the calibration of the Acutonics Tuning Forks. The Kairos Institute of Sound Healing incorporated these frequencies into their early research with tuning forks, calculating additional frequencies for new planetary bodies, developing highly specific treatment protocols, and researching their impact on human physiology.

This system was co-developed by Donna Carey, LAc, and has evolved over the past seventeen years through the combined efforts of Donna, Ellen Franklin, PhD and more than fifty Acutonics instructors who teach this work around the globe. There are also thousands of practitioners that integrate this modality into their clinical work, and contribute to the growing body of research through their case study documentation. Acutonics has been incorporated into



many western medical environments with critically ill client populations, young children, and those who are needle phobic.

Because it is a non-invasive modality basic techniques for self-care can be taught to patients to reduce stress, lower blood pressure, ease the symptoms of depression, and to help achieve physiological homeostasis as well as the balance of body, mind, and spirit. As part of her doctoral studies in psychology, Ellen conducted research that focused on self-care for the care provider. A specific Acutonics protocol that was design to ameliorate the symptoms of severe stress was taught to nurses. After completing the protocol 7 to 15 times over a four-week period all participants reported feeling calmer with most reporting reduction in anxiety, anger, and frustration. Five (71%) identified improved sleep and greater ability to focus, ground, and center. Four (57%) cited improvement in work relationships. Two (29%) indicated reduced use of medication. Carefully documented case studies that speak to the efficacy of this modality have also been collected and published. Acutonics has been effectively used to reduce blood pressure, relieve the symptoms of depression, chronic fatigue, Post Traumatic Stress Disorder (PTSD) and peripheral neuropathy, and it has been used in conjunction with traditional western cancer therapies to reduce nausea, and rebuild red blood cells. One recent doctoral study, *The Affects of Acutonics on Perceptions of Joy* demonstrated that through the utilization of meridians and acupuncture points as the entry into the human bio energetic system, Acutonics was shown to create joy in over 80% of the research participants, many of whom reported a decrease in depression, suicidal thoughts, anxiety, and other negative feelings.



Acutonics was co-developed by Donna Carey while she was Clinical Dean at the Northwest Institute for Acupuncture and Oriental Medicine (NIAOM); Acutonics was integrated into fourteen community clinics including clinics for the elderly, refugees, homeless-youth, pediatrics, chronic fatigue, HIV/AIDS, and women's integrative health care. Donna also had hospital privileges at Harbor View Hospital, a leading trauma hospital in the Seattle area.

The Acutonics Institute of Integrative Medicine, LLC, Creators of the Acutonics System is a continuing education provider for acupuncturists and massage and bodywork practitioners. We offer a full inu depth certification program and have trained acupuncturists, massage and bodywork practitioners, nurses, physicians, physical therapists, psychologists, and occupational therapists. Publications include, *Acutonics from Galaxies to Cells, Planetary Science, Harmony and Medicine*, which recently won a gold medal in the IPPY awards, which recognizes exceptional works from independent publishers. The *Acutonics Case Study Companion Guide*, *Acutonics® There's No Place Like Ohm, Sound Healing, Oriental Medicine and the Cosmic Mysteries*, available in English and Spanish, and *Acutonics for Dogs & Cats, Sound Healing for Animal Health*.

To learn more about the Acutonics Institute of Integrative Medicine, or the Acutonics modality contact info@acutonics.com or visit the Acutonics website at www.acutonics.com. For additional information about the books listed above the publishers website is www.devachanpress.com.

