

## Report

# THE RING OF FIRE AND DHEA: A THEORY FOR ENERGETIC RESTORATION OF ADRENAL RESERVES

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### ABSTRACT

A pilot study is presented to make available to others an opportunity to study DHEA restoration through needle or electrical activation of 12 acupuncture points we have called The Ring of Fire. DHEA deficiency is present in every major illness. Thus DHEA restoration offers major potential for improving health and longevity.

**KEYWORDS:** DHEA, adrenal gland, acupuncture, Ring of Fire

## INTRODUCTION

**T**he human body is a remarkable electrical, electromagnetic, and chemical generator. In every culture there is a folk wisdom concept of life energy. In the Western world one concept of maintenance is by the Holy Spirit which nurtures the soul. In India, the same energy is considered *prana*, with input of this energy through the crown (7th) chakra (top of the head), which circulates down to the pineal (6th chakra), thyroid (5th chakra), heart (4th chakra), solar plexus (3rd chakra), gonads (2nd chakra), through the tail bone (1st chakra) to the legs/feet. Each chakra is an energy center, easily convertible in western terms, as follows:

	Indian	Western
1st chakra	tailbone	sciatic/plexus/nerve
2nd chakra	gonads/low back	pelvic plexus
3rd chakra	solar plexus	solar plexus
4th chakra	heart	cardiac plexus
5th chakra	thyroid	cervical plexus
6th chakra	pineal	brain
7th chakra	crown	connection to soul

In China the same energy is called chi or Qi and in Japan, Ki. This energy is said, in acupuncture literature, to move in special channels or meridians in the body. For 4000 plus years the Chinese have treated most illnesses with acupuncture to restore balance or harmony (homeostasis) in these meridians which they relate energetically to various organs or body systems.<sup>1</sup>

Large Intestine  
Stomach  
Bladder  
Small Intestine  
Kidney  
Heart

Spleen  
Liver  
Master of heart (control for sympathetic nervous system)  
Triple heater (control for parasympathetic system)  
Conception vessel  
Governing vessel

As early as 1925, Georges Lakhovsky stated that human DNA vibrated or resonated at 50+ billion cycles per second or Gigahertz (Ghz).<sup>2</sup> Ukrainian quantum physicists now state that human DNA vibrates at 52 to 78 Ghz. They claim that the cells of each organ collectively project a stream of gigahertz energy along the path or vector of least resistance to some point on the surface of the body at the base of a finger-or toenail with flow to and from this point.<sup>3</sup> In disease, say the Ukrainians, the amplitude of vibration is diminished. By giving the body 52-78 Ghz at intensities of one billionth of a watt/cm<sup>2</sup> applied 20 to 30 minutes to specific acupuncture points, a majority of patients can be healed or improved. Peptic ulcers, rheumatoid arthritis, drug and alcohol addiction, diabetes, and even heart disease are said to be markedly improved with 10 such treatments.

Quantum physicists report that the sun bathes the earth with 52-78 Ghz energy, among others, at one ten-billionth of a watt/cm<sup>2</sup>. Thus, solar energy is a major factor in maintaining life energy or *chi* (DNA resonance).

**F**or the past two years, we have used GigaTENS (equipment imported from Kiev, Ukraine), to treat a variety of patients who have failed all conventional medical approaches. Excellent results have been achieved in hard core rheumatoid arthritics, diabetics with polyneuropathy, and severe chronic back pain, often after failed surgery.

During the same period of time, we have investigated the effects of chronic disease upon DHEA, dehydroepiandrosterone, the most critical blueprint adrenal hormone from which testosterone and estrogen and some other hormones are made. Although extensive literature suggests that DHEA levels are maximal during the 20's and fall throughout life,<sup>4</sup> the evidence for age-

related declines is less convincing than the unequivocal fact that patients with significant chronic illness at any age are deficient in DHEA.<sup>5-8</sup> DHEA deficiency has been associated with virtually every known chronic illness and, indeed, our findings are consistent with those reports.

When we first began investigating DHEA in 1991, we sent several identical blood samples to four national reference laboratories, each tube labeled as if it came from a different patient. Three of the four labs gave results of 50 to 100% variation on the same blood! Only one lab, Nichols, of Capistrano, gave consistent results within 1%. We strongly recommend that *only* Nichols be used to measure DHEA.

Nichols reports a “normal” range of 130 to 980 ng/dl in women and 180-1250 ng/dl in men. Interestingly, even in healthy, normal adults, a majority of those tested by us have had levels well below the mean (450 for women, 600 for men).

**T**his finding leads us to consider that DHEA is the biochemical equivalent of *chi* or life energy and a major marker for adrenal reserves. When an otherwise healthy adult has DHEA serum levels below the mean, adrenal adaptation is beginning to fail and move toward exhaustion or burnout. When, in our experience, DHEA is below 130 in women or 180 in men, that individual is in adrenal exhaustion, and will already have, or be on the verge of developing, a significant illness.

DHEA metabolism is ultimately at the core of the stress reaction from hypothalamus to adrenals. Since the gonads are dependent upon DHEA, the entire endocrine axis is involved in the homeostasis of DHEA.

We theorized in the spring of 1994 that DHEA is the chemical reflection of chi and that a central electrical circuit, the “Ring of Fire,” maintains this system. The Ring of Fire is the energetic system of kidneys, prostate/uterus, testicles/ovaries, adrenals, thyroid and pituitary gland integrated through the Windows of the Sky, major points of body/mind connection in acupuncture philosophy. The points we have chosen for the Ring of Fire are described in Table I.

**Table I**  
The points chosen for the Ring of Fire

**Kidney 3**—the hollow inside each ankle

**Conception vessel 1**—the hollow in center of perineum, or CV 2—at the top of the genitals, center of pubic bone

**CV 6, Bladder 22**—for adrenals

CV 6 is about 1-1/2 cm below the umbilicus  
B22 is 2 cm lateral to spinous process of 2nd lumbar vertebra

**CV 18**—1-1/2 cm below sternal notch

**Master of Heart 6**—the sympathetic control points, 2 cm above wrist, on anterior forearm in center

**Large Intestine 18**—Window of the Sky, located 1 cm below the tip of the mastoids in the center between the sternocleidomastoid and the trapezius muscles

**Governing Vessel 20**—at the center top of the head above top of ears. (Interestingly, this is the center of the crown chakra).

## HYPOTHESIS

Gigahertz electrical stimulation of the Ring of Fire acupuncture points will increase DHEA levels.

## TREATMENT

Using a GigaTENS unit we applied 52-78 Ghz at one billionth of a watt/cm<sup>2</sup> for 3 mins. to each point on the Ring of Fire, daily for 12 weeks. This was initially carried out on 6 healthy, asymptomatic adult men.

**Table II**

**Results**

	<b>DHEA Before</b>	<b>DHEA After</b>
Subject 1	459	692
Subject 2	251	376
Subject 3	295	440
Subject 4	170	260
Subject 5	130	225
Subject 6	238	375

*3 males, 3 females, ages 50-64. All healthy.*

## RESULTS

Results are seen in Table II. Note that in each individual DHEA increased 50 to 60%, moving these individuals towards the mean and more optimal values.

## DISCUSSION

We have many hundreds of measurements of DHEA in patients with a variety of illnesses as well as in a number of healthy adults who live a usual American life of modern stress. In some individuals we have repeated measurements over months of time. Although there are slight variations (10 to 15%) with time of day and seasons, these are never of the 50% range. This information is to be reported in other papers specifically related to DHEA. Theoretically, if DHEA levels are maintained at 550 ng/dl up in women and 750 ng/dl up in men, they remain healthy throughout a long life. No other chemical appears to be so closely related to overall health and no other is so clearly a reflection of adrenal reserves.

The concept of the Ring of Fire is not present in acupuncture cosmology. There we do find the T'chong Mo circuit which involves kidneys and gonads,

adrenals or thyroid connected to Master of the Heart. Activation of gonad T'chong Mo has been reported to control PMS in women and to restore fertility in 2 out of 3 infertile men.<sup>9</sup> One might activate only the adrenal T'chong Mo (SP4, K3, B22, MH6) to see whether this would restore the energetic/biochemical integrity of the adrenal gland or DHEA.

There are other theoretical ways of restoring DHEA homeostasis. These include exposure to natural sunlight, natural progesterone, major stress reduction, meditative visualization, and active physical exercise.

Selye stated that every time we adapt to a stress, we lower our threshold for additional, new stress. It is possible that, in our current society of high general stress, adaptation is taking place at an accelerated and unprecedented rate with the cumulative stresses of nicotine (even environmental exposure), caffeine, sugar, air pollution, water and food pollution (herbicides, pesticides, chlorination), electromagnetic pollution (cars, refrigerators, airplanes, radar, television, satellites, radio, computers, fluorescent lights, etc.), nuclear contamination, general lack of natural light (we live in modern caves), and often relative physical inactivity. Non-specific, emotion stress is also undoubtedly greater today as well, as in this "Future Shock" era we are more exposed than any previous people to the violence of the world through television and greater instant-media coverage. Thus, an average American today is exposed to, and adapting constantly to, far more stress of an impersonal nature than existed 50 years ago. Our homeostatic mechanism cannot evolve as rapidly as cumulative stress can be added.

**O**bviously, many more individuals need to be stimulated to see how often DHEA can be increased with GigaTENS activation of the Ring of Fire. If even 50% of normal individuals can have their DHEA restored towards optimal with such an approach, the health implications are tremendous. The "Fountain of Youth" may be a harnessing of solar energy to enhance the resonance of DNA. The preliminary findings are so impressive that we present this information with the invitation to our colleagues to begin research into various ways of restoring DHEA in "healthy" but stressed "normal" individuals, as well as in patients with a variety of illnesses.

## SUMMARY

We suggest that DHEA (dehydroepiandrosterone) is the major marker for adrenal reserves, which are depleted by constant adaptation to increasing environmental stress. We further theorize that a central electromagnetic circuit, the Ring of Fire, maintains homeostasis of the adrenal system. And we propose that stimulation of the Ring of Fire at 52 to 78 billion cycles per second (Ghz) at one billionth of a watt per cm<sup>2</sup> can restore DHEA levels in depleted individuals. Initial results in 6 otherwise healthy individuals support this theory, with increases of 50 to 60% in DHEA after relatively brief periods of stimulation. Other possible ways of restoring DHEA are mentioned. If DHEA can be maintained or restored to optimal levels (at or above the mean), we suggest, based on a variety of evidence, that health and longevity will also be optimized.

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