



Protocol: Immune Strengthening *By Katie Mink, L.Ac.*

Our forum teaches how to treat a cold, flu and allergies. But here is a way to avoid experiencing them in the first place. This is what I do for my clients on a regular basis, adding individual points and intervals as needed.

In **Level I**, we teach a basic (yet extremely effective) Acutonics tune-up protocol for the Earth Moon Professional Set. This protocol contains Chiron as well as Mars and Venus for those who have those forks. No problem to omit them - you will still get very good results. This is wonderful for Self-Care as well as for your clients, friends and family. (All fork combinations are used 3 times.)

Start with Ohm Unison, really listening for a good deep Ohm refresh.

Do this 3 times, then bring the 2 Ohms to Kidney 1, Gushing Spring, at the soles of your feet.

If you have the Low Ohm, (or 2 of them), repeat with Low Ohm.

Now you or your client are on the way to feeling peaceful and grounded.

A tremendous amount of research has shown that breathing deeply, even for short periods, lowers blood pressure. It also Calms the Spirit in Chinese Medicine. This is a powerful first step in strengthening the immune system.

Use New Moon/Ohm in a sweep around the throat, off the body, opening the Windows of the Sky points.

Next, use New Moon/Ohm at REN 22, Celestial Chimney, located at the sternal notch.

This opens the Throat Chakra, as well as opening the lymphatic region of the throat.

Next, to clear any stagnation or stuck energy that prevents free flow of Qi:

Use Zodiac/Ohm on the 4 Gates: Large Intestine 4, Union Valley and Liver 3, Great Surge.

Feel yourself feeling less constricted, more in the flow of your life. Follow with New Moon /Ohm on these points if you wish for cooling and more clearing. If you have Chiron, add a layer of Chiron/Ohm to the 4 Gates if you are chronically overworked or struggling with depression, frustration, anger, or overwhelm: each of these can lead to an impaired immune system. Chiron addresses the wounding aspect of chronic problems.

Next , let's strengthen your Qi and resilience:

Use Earthday/Ohm on Kidney 3, Great Ravine (inner ankle).

If you have Mars/Venus, this is a perfect spot for them: strengthening Yin and Yang of the Kidney and the whole body.

Follow with Stomach 36, Leg 3 Miles: this is a premier immune point.

If you have digestive issues, you can use Chiron/Ohm or New Moon /Ohm first. Otherwise use Earthday/Ohm.

You can use Mars/Venus here as well.

Come back up to the sternum, where the Thymus gland is located. The Thymus is said to be the "University of the Immune System", so use Earthday/Ohm to give it a boost. If you are chronically challenged by allergies and colds, use Chiron/Ohm here first.

Is the mind busy? Add New Moon/Ohm to the 3rd Eye ☉

To finish, listen to Ohm again.

Sweep the Ohm Unison down to the soles of your feet, Kidney 1, to bring your energy down to the Earth, to feel your connection to the things that are truly abiding. Take a few deep breaths in Peace.

You can do this every day if you wish. There are many, many ways to customize this for yourself and your clients.

Come in for a session and I will be happy to give you a personalized preventive protocol as well as a treatment.