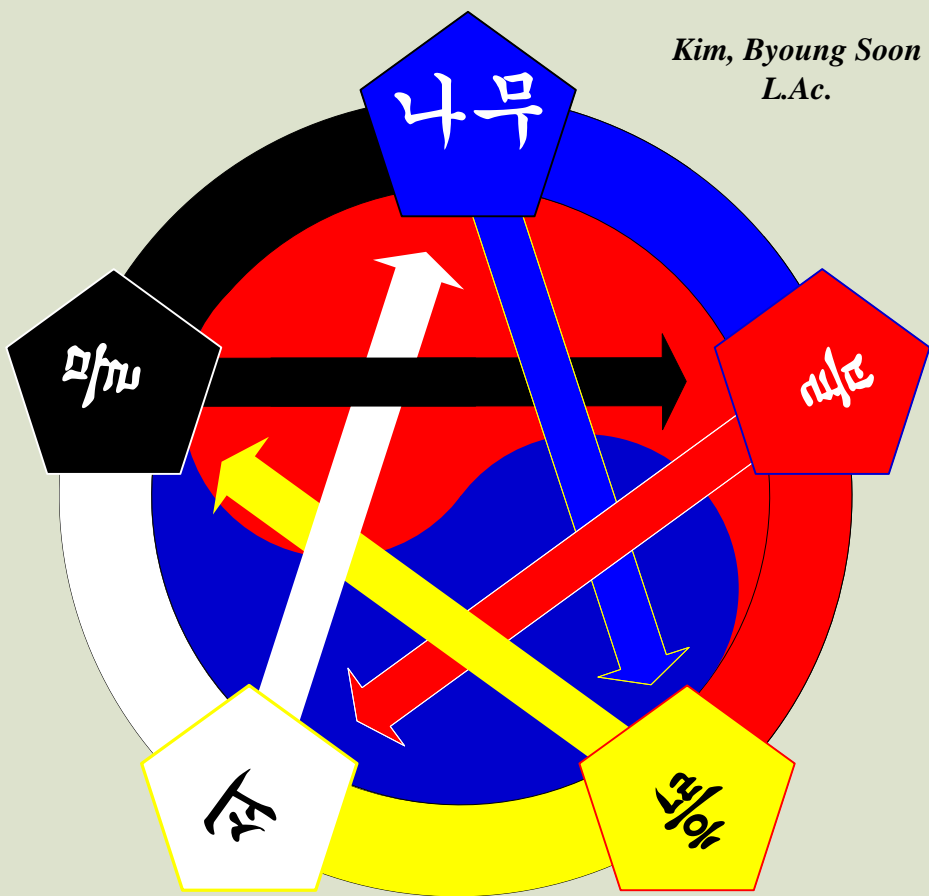


The Silver Bullet

KOSA

Korean Orthodox Saahm Acupuncture
NeedleLess Acupuncture

Kim, Byoung Soon
L.Ac.



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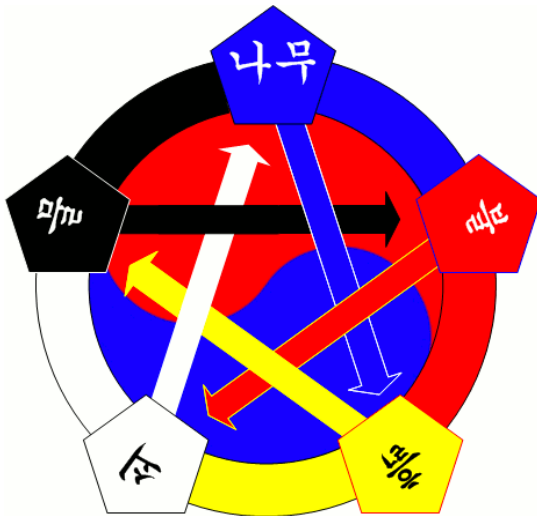
(Korean Orthodox Saahm Acupuncture)

NeedleLess Acupuncture

BY

Byoung Soon Kim

M. Sc. of Oriental Medicine and Acupuncture, L.Ac.



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Dedication

This book is dedicated to the following people:

Ascetic Saahm: About 400 years ago, he Invented formulas that completed the theory of YIN, YANG, and FIVE ELEMENTS and helped thousands of patients suffering many kinds of diseases.

Master Rhee, JaeWon: resurrected Saahm Acupuncture 400 years after Ascetic Saahm.

My father, Master Kim, HyungGwan: He is the best of the best acupuncturists in the world. He completed the definition of FOSTER and SUBDUE, which completed the KOREAN ORTHDOX SAAHM ACUPUNCTURE. He has made KOSA one of the best medicines in the world, and has fostered hundreds of students who have helped tens of thousands patients.

My mother, Jo, KyungHwa: She learned KOSA before my father, led my father to learn KOSA from Master Rhee and used to be one of the finest acupuncturists in the world.

My brother, Kim, DalSoon: He is the second best acupuncturist in the world. He has established the standards on KOSA, inspired me in every aspect of KOSA, and assisted in publishing this book.

My wife, HyangSeon Yoo: She has always been with me and has been constantly caring and supportive. I am deeply grateful to her for that gift.

Dr. Eckman, Peter, Mr. Gilbert Yi and Mr. Thorsten Dahlmann: They have helped me complete this book.

Who suffers pain, ache, illness, disease, disorder and/or complication.

I have felt eternal gratitude to every one of the above and always will be. The best requital to them I can think of is for me to help all the people in the world independent of sex, race, age, country, religion, and wealth.

Acknowledgements

I want to give my huge Congratulation to Mr. Byoung Soon Kim, from my heart, for publishing his new book, *The Silver Bullet, KOSA*. Under the guidance of his father, Master Kim, HyungGwan and his dedication, Mr. Kim poured his passion and researches into the **Korean Orthodox Saahm Acupuncture**, which he has published today; a great book.

The most impressive memory I have about Mr. Kim was his passion to teach KOSA. He lived in Texas and came to Los Angeles to give seminar to KOSA members. It was my pleasure to attend his seminar to learn KOSA and the class used to pass the midnight due to his teaching was so remarkable.

This book has provided the solutions to overcome the limitations of western medicine, which I have felt during the 10 years while I have been treating patients as a Family Physician in America and 23 years as an Internal Medicine Doctor, Gastro-Intestinal Specialist in the Republic of Korea.

I am confident that this book will not only be a great aid to those who are studying and working in the Oriental medicine industry but also to those who want to take care of themselves and/or their family members.

Dr. Park, Byung-Gook, MD.
Family Practice, Santa Cruz, CA

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Author's Foreword

We have been seeing or hearing many more kinds of bizarre diseases have been discovered and a higher rate of patients than ever before. Some physicians have been using even maggots and leeches to treat patients because modern science has not been able to provide better solutions.

Many people think that because acupuncture is an ancient type of medicine and not scientific, acupuncture would not be able to provide them with successful treatment. On the contrary, there is a group of people who are satisfied with the help they have gotten from acupuncture.

I have spoken with hundreds of oriental medicine doctors and medical physicians. I have taught Korean Orthodox Saahm Acupuncture (hereinafter, KOSA) to 69 practitioners in the United States, Canada and Argentina, and I have demonstrated KOSA's capability in treating various challenging diseases, disorders and pains, where other types of medical care was not able to provide successful treatments.

Here is a few stories to show the effectiveness of KOSA.

On a cold winter day, I met a lady in a rental car lot in Knoxville McGhee Tyson Airport in Tennessee. She had a runny nose due to sinusitis and told me that it gets worse during the winter. I asked her to give me her right arm. As soon as I pinched her WATER point of her Lung BONGHAN DUCT with my fingers a few times, she told me that she felt warmness in her chest and the nasal discharge had disappeared.

I happened to work with a chemical engineer for a few days. It took me about a couple of hours to give him instructions on how to treat pain and/or disease using KOSA with only his fingers. A couple of weeks later, he sent me a thank you email stating that he had a stomach ache and used KOSA finger pinching on the FIRE point of his Stomach BONGHAN DUCT at his left ankle, and the ache went away immediately and never come back.

A lady came to me asking if I could help her with her migraine headache. It was constant for two days and was not relieved even though she took ten times the dosage of an over-the-counter drug. Because migraines usually lie on the Gallbladder BONGHAN DUCT, I pinched her FIRE point of the Gallbladder BONGHAN DUCT located on her right leg. She told me the pinching immediately eliminated the terrible migraine. A few weeks later when she happened to see me she told me the migraine had not come back again.

An elderly Hispanic lady came into my office pushing a walker with her granddaughter. She had had surgery on both of her knees due to arthritis. The scars were 12 inches long from her knee caps down to her feet, and had not completely healed, and were 1/8 inch wide open. On every inch of those scars she had tape to hold the cut skin together but her movement made them fall apart and they were flapping as she moved. Even though she was using a pain killer, the pain was so bad that she had to rely on a walker, and had to labor to walk.

I attached three magnets (for subdual) at the FIRE points of the BONGHAN DUCTs of the stomach, bladder and kidney at the foot and ankle on both sides, because her scars and knees were right on the Stomach BONGHAN DUCT (hereinafter, BD) on both sides, and arthritis was caused by her hot kidney. Because she was overweight, by oriental medical theory I knew she had to have deficient kidneys. The diagnosis and placement of magnets took me less than five minutes.

As soon as the magnets were put on, I asked her to stand up from the couch, but she was reluctant because she knew it would cause severe pain. However, I convinced her to do so, since she would have to do it eventually in order to go home. She stood up. She was very surprised to find that she did not feel any pain. I asked her to walk without the walker and she hesitated again. I insisted again. She began walking and started to cry after a few steps of walking without the walker saying "I don't have pain." Right next to her, her granddaughter kept saying "Amazing."

KOSA members have shown very consistent effectiveness for various diseases and pains.

The previously described experiments convinced me that KOSA can easily be understood by regular people and could be applied for their own health.

In this book, most of the secrets of Korean Orthodox Saahm Acupuncture will be revealed.

I hope this could provide an inexpensive tool and benefit readers including those in the field of medicine.

The usage of needles won't be described in this book for readers' safety and health.

I would like to emphasize that the effect of this therapy varies from person to person and the best method is to use needles only by a licensed professional.

The benefits of KOSA described in this book are:

Easy to understand, learn and implement

Safe because no needles need to be used

Quick effects depending on the type of disease, history, complications, nutrition and other factors

Broad range of application with different type of pain, illness, sickness, disorder, ailment, syndrome, discomfort and/or disease

In this book, even though there are treatments of various diseases, I want to convince the reader that even those diseases deemed incurable or difficult to successfully treat by conventional medicine could also be greatly helped by KOSA.

Once you go through this book step by step and point by point, you may find that many different kinds of diseases, disorders, pains and/or aches can be successfully treated.

For reference, some words have been capitalized to prevent the readers from being confused. For example, the term BONGHAN DUCT is the path of QI or the line connecting the acupuncture points, and the organs and is replacing MERIDIAN and CHANNEL, which are commonly used in the field of oriental medicine.

Goal

The goal of this book is as follows:

- To be safe by not either using needles or penetrating the skin with needles
- To help the non-acupuncturist and ordinary people break the myths associated with traditional oriental acupuncture
- To help people understand acupuncture could be done easily and cost effectively by using magnets, fingers, or a rod like car key
- To guide KOSA to people who study and/or practice acupuncture
- To provide a new horizon with much more successful acupuncture than ever before to people who study and/or practice acupuncture

Medical Caveat

In the US, medical diagnosis and treatment is constrained by law to be the exclusive monopoly of state licensed practitioners. The diseases discussed in this book are serious, often life threatening matters. The content and the intent of this book may not or should not be construed as giving medical advice or recommending medical treatment of any kind. This book is intended for informational use only. Its proper purpose is to support informed discussions between patient, acupuncturist, and physician. It is to support the concept of genuine cooperation in the patient-physician relationship, to help the patient understand the medical science behind the treatment he or she receives from the acupuncturist or physician, to inform about useful alternative therapies and to help the patient identify those acupuncturists and physicians who keep up with advances in their field.

1 Korean Orthodox Saahm Acupuncture

1.1 Introduction

There have been three frequently used claims by western medicine to dispute the effectiveness of acupuncture.

- **Placebo:** This myth can easily be refuted because acupuncture has been effectively used to treat animals like dogs, cats, and horses that obviously will not have any preconceived thoughts about healing.
- **Acupuncture treatment anywhere on the body would show some effect:** People used for tests have unique health conditions. Even though the method of insertion and manipulation of needles used for a test was identical every time, the reaction would vary depending on the person. If KOSA was used for the test, the research should have different results because KOSA is standardized and, thus, shows very consistent effects.
- **Acupuncture compared with control treatment for certain diseases have not shown significant findings in favor of acupuncture:** As described in the above, KOSA would have shown significant findings compared to acupuncture.

Even though all the above three claims are officially accepted by western medicine, there are many people seeing acupuncturists and there are even medical physicians, osteopaths, chiropractors and other medical specialists (in some states, there is no specific training required for a medical or osteopathic physician to practice acupuncture) practicing acupuncture.

KOSA in this book will show you that KOSA would show significant findings in comparison to other types of acupuncture.

Unique Approach

I will use migraine as an example to describe the unique approaches of KOSA.

Wikipedia¹ explains migraines as follows: *“Migraine is a debilitating condition characterized by moderate to severe headaches, and nausea, about 3 times more common in women than in men. The typical migraine headache is unilateral pain (affecting one half of the head) and pulsating in nature, lasting from 4 to 72 hours; symptoms include nausea, vomiting, photophobia (increased sensitivity to light), phonophobia (increased sensitivity to sound), and is aggravated by routine activity. Approximately one-third of people who suffer from migraine headaches perceive an aura—unusual visual, olfactory, or other sensory experiences that are a sign that the migraine will soon occur. Initial treatment is with analgesics for the headache, an antiemetic for the nausea, and the avoidance of triggering conditions. The cause of migraine headache is unknown; the most common theory is a disorder of the serotonergic control system. 75% of adult patients are women, although migraine affects approximately equal numbers of prepubescent boys and girls.”*

The cause of a migraine headache is unknown in western medicine. In KOSA, a migraine is usually directly related to the gallbladder (usually a hotter gallbladder than normal).

“In western medicine, the treatment is initially with analgesics for the headache, an antiemetic for the nausea, and the avoidance of triggering conditions in western medicine and its success rate is not satisfactory.” (Continued the abstract from Wikipedia)

Contrary to western medicine, the cause is usually known with KOSA. The gallbladder is hotter than normal. Therefore it is necessary to bring the gallbladder temperature down to normal which will lead to a healthier gallbladder, in turn relieving the migraine.

As KOSA's theory is theoretical and effective, the benefits of KOSA would be not only treating migraine but also treating most of the other problems caused by a hot gallbladder.

It would be a very interesting subject for a scientist to study the relationship between the gallbladder's temperature and migraine occurrences.

With frozen shoulder (adhesive capsulitis) the arm's mobility has been limited. By KOSA theory, frozen shoulders are caused by unhealthy organs like the liver, lung, large intestine, and/or small intestine and making those organs healthy should treat this problem.

Warning and/or Considerations

KOSA treatment should not be used on pregnant women, and it should be used only after confirmation that the woman treated is not pregnant. KOSA can be used on pregnant women, but some points could result in a catastrophic incident. Thus, a pregnant woman should seek a KOSA trained acupuncturist, rather than treating herself.

Patients with pacemakers should not use magnets as a means of pain relief or any type of therapy. Magnets should never be placed over open wounds. If a person is wearing magnets around a computer, it could result in loss of data. Reports of nausea and discomfort have also been documented with the use of magnets.

Depending on the type of magnet, the skin might get irritated or cause tingling. If this happens, magnets should not be used.

If the patient feels something is wrong or the symptom(s) get worse, then immediately stop applying KOSA, as the likely cause is incorrect point choice.

Since everybody has different health conditions, the effect can vary from person to person.

Using KOSA should be used solely under the user's responsibility and KOSA shall not be responsible for the results.

1.2 History

1.2.1 History of Acupuncture

Acupuncture's origins in Asia are uncertain. Nevertheless, acupuncture has developed over a period of at least 3,000 years. Some ancient needles made of stone and fishbone were discovered in Korea on August 9, 1923.

Wikipediaⁱⁱ describes acupuncture; *In Europe, examinations of the 5,000-year-old mummified body of Ötzi the Iceman have identified 15 groups of tattoos on his body, some of which are located on what are now seen as contemporary acupuncture points. This has been cited as evidence that practices similar to acupuncture may have been practiced elsewhere in Eurasia during the early Bronze Age.*

The following are abstracts from a web siteⁱⁱⁱ.

On August 9, 1923, needles made of stone and fishbone were discovered in Korea and it is believed that they were used to practice surgery and/or acupuncture. They used to be exported to China because of their better quality than Chinese needles.

In 672, the Shilla Dynasty of Korea exported 400 needles to China (Tang Dynasty).

In 692, the Shilla Dynasty of Korea established a medical college and two medical doctors trained other medical doctors after developing teaching materials, including THE CLASSIC OF SIMPLE QUESTIONS, THE CLASSIC OF ACUPUNCTURE, THE CLASSIC OF THE PULSE, THE CLASSIC OF DIFFICULTIES and THE CLASSIC OF THE BRIGHT HOUSE.

The following are abstracts from ex-professor Wooyul Jung^{iv}'s contribution to the Minjok Oriental Medicine News^v.

Sometime between 918 – 1392 in dynastic Korea, a Korean doctor went to China and practiced acupuncture. There he divided an inch long hair in ten pieces, inserted a needle in one of them and told other people that the inside of the hair was empty.

The following are abstract from Acupuncture Alliance News' web site^{vi};

In 1093, Korea gave China (Song Dynasty) the book, KOREAN ACUPUNCTURE AND MOXIBUSTION. China later wrote a book called YELLOW EMPEROR'S INNER CLASSIC consisting of two parts, SIMPLE

QUESTIONS, which discourses upon general theoretical questions and SPIRITUAL AXIS, which focuses more closely upon acupuncture and based on the book, KOREAN ACUPUNCTURE AND MOXIBUSTION.

For information, YELLOW and EMPEROR in YELLOW EMPEROR'S INNER CLASSIC have their own meaning. YELLOW color means center, king, or emperor in China and EMPEROR was a school and was used to distinguish the school from other schools.

The following are abstract from Chosun Daily News' web site^{vii};

In 1285, a Korean doctor, Kyungsung Sul of the Korea Dynasty was invited to China (Yuan Dynasty) and he was honored by the Chinese Emperor because he successfully treated inveterate diseases of the emperor and his sons.

1.2.2 History of Korean Orthodox Saahm Acupuncture

About 400 hundred years ago, during the Korean Chosun Dynasty, an ascetic with the penname Saahm invented the Saahm acupuncture formulas, utilizing YIN YANG and FIVE ELEMENTS theory, after spending 13 years living in a cave. With his methods of acupuncture, unique and never seen before, he treated thousands of patients successfully. Before him, YIN YANG and FIVE ELEMENTS theory had never been properly or clearly understood and utilized for acupuncture treatment.

Unfortunately, his books about his formulas and practice records were buried in a graveyard, and unknown until the early 1950s when Master JaeWon Rhee (whose penname is SohGok) discovered these books.

In 1958, Master Rhee wrote two books, THE OUTLINE OF SAAHM FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION, which describes Ascetic Saahm's formulas and general acupuncture and THE ESSENCE OF SAAHM YIN YANG FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION about Ascetic Saahm's practice records including symptoms and treatment points. He trained hundreds of acupuncturists.

Five Phases Acupuncture or Five Elements Acupuncture from Japan had been introduced to western countries based on Ascetic Saahm Acupuncture methods, but used only two points instead of four points, commonly used by Saahm. Actually, KOSA varies the number of points depending on the problem(s).

If there is only one symptom, only one point can be used and if there are complications then the number of points used can exceed ten.

The treatment must be customized. The readers will learn this very soon, later on in the book.

In 1962, my father, Master HyungGwan Kim (whose pen name is SaahOk, born in 1920) was trained by Master Rhee. He had successfully treated thousands of patients with various challenging diseases like Arthritis, Atopic dermatitis, Asthma, Bell's palsy, Bleeding nose, Bronchitis, Esophagus cancer (or throat cancer), Middle-ear infection, Nephritis, Anosmia (or no sense of smell), Palsy, Pleuritis, Pulmonary tuberculosis, Rigor, Acne, Sinusitis, Pruritus, Urinary bladder cancer, Uterine cancer, and many others.

He also wrote a book THE OUTLINE OF SAAHM FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION and has been training approx. 800 people including physicians and OMD's (Oriental Medicine Doctors) since 1993.

One of Master Kim's students, Gwangho Kim learned KOSA in January of 1999. Gwangho Kim demonstrated the power of KOSA when he attended the International Traditional Chinese Medicine (TCM) conference held in Tianjin, China in 10/2006. This demonstration surprised approximately 350 attendees with its quick and excellent effectiveness. An elderly lady who had a frozen shoulder at the conference was treated by him, and he used only one needle on her foot (to be more precise, the EARTH point of the spleen). When the needle was pulled out, she was able to raise her arm.

In September of 2001, Mr. JaeHoon Song visited Master Kim and explained his problem to him. His job was teaching Chinese language to oriental medicine doctors and students at an oriental medicine college. He suffered from a cold knee, which none of his students could help for sixteen years.

Master Kim compared both knees using the back of his hand, because the back of the hand is much more sensitive to temperature than the palm. Master Kim found the reason why Mr. Song felt his knee

to be cold. It was not really cold, but actually hot. The higher heat dissipation caused by the hotness of his knee made him feel cold. Master Kim treated (subdued) his FIRE point of the Stomach BD located at the ankle, and the cold feeling went away immediately.

Mr. Song was so impressed that he attended Master Kim's lectures with fourteen Oriental medicine doctors who had three to twelve years of practice experience and one college student, who all were Mr. Song's students learning Chinese language.

As soon as Mr. Song learned KOSA, he started an organization claiming that they invented Korean YIN-YANG Balancing Acupuncture (Pyung-Chim) and Korean Five-Element Harmonizing Acupuncture (Hwa-Chim).

In May of 2004, Master Kim taught Dr. WooHyun Park, the Superintendent of the East West Hospital in Wien, Austria and Berlin, Germany, a Guest Professor of the National University in Wien, Austria, and a Professor of the National Medical University in Vladivostok, Russia. He has taught KOSA to physicians in Austria, Germany and Russia and they have successfully treated more than 80,000 patients with a success rate of higher than 90%. This rate is an amazing number and is data that no one in the health industry can believe except those associated with KOSA.

Dr. Park's other students also have successfully treated patients with incurable disease like Parkinson's disease, Buerger's disease, and so on.

Master Kim, after his twenty years of practice, eventually made a turning point in medical history defining FOSTERING and SUBDUING, which will be explained later on in this book. Until then, for thousands of years, nobody figured out how to FOSTER and SUBDUE even though they knew they had to do it. They have just been hoping what they were doing was right. That was the reason why no other acupuncture method could show the extremely superb results that KOSA can.

In order to distinguish Master Kim's acupuncture, he named his acupuncture KOREAN ORTHODOX SAAHM ACUPUNCTURE because there are a few people who claim they also can do Saahm Acupuncture. However, their approaches are quite different than KOSA.

1.3 Bonghan Duct and Living Egg

1.3.1 Bonghan Duct

Nobody had proven that the channels and acupuncture points physically exist until Bonghan Kim, MD (1916 – 1966? North Korea) presented his thesis about Bonghan Duct and the Living Egg in 1961. The following is a summary of his research and of others who have rediscovered Dr. Kim's theory and abstracts from David Milbradt's, L.Ac. article on his web site^{viii}.

In November of 2007, a group of Korean researchers lead by Kwang-Sub Soh, Ph.D. has rediscovered threadlike microscopic anatomical structures that correspond with the layout of traditional acupuncture channels. Acupuncture channels are no longer imaginary lines, but specific anatomical structures that, until now, have not been recognized by current theories of anatomy. These channels have been found inside of blood and lymphatic vessels and they also form networks that overlay internal organs.

Kim's discoveries have been confirmed by a variety of studies with rats, rabbits and pigs. Stereo-microscope photographs and images from transmission electron microscopy in the research papers show assemblies of tubular structures 30 to 100 μm wide (red blood cells are 6-8 μm in diameter).

Apparently these structures have remained undiscovered for so long because they are almost transparent and so thin that they are barely visible with low-magnification surgical microscopes.

They are also easily confused with fibrin, which coagulates and obscures these structures when there is bleeding in dissected tissues. Now that they have been rediscovered, researchers are investigating their composition and function.

The tubular structures that make up Bonghan Ducts contain a flowing liquid that includes abundant hyaluronic acid, a substance that cushions and lubricates the joints, eyes, skin and even heart valves. Also visible in the photographs are small granules of DNA or microcells about 1-2 μm in diameter that contain chromosomal material highly reactive to stem-cell antibody stains. When these cells were isolated and then induced to differentiate, they grew into cells of all three germ layers. These may be our body's natural source of pluripotent adult stem cells, with the potential to develop into any cell in the body.

The novel threadlike structure passes through the lymphatic valve Bonghan Ducts are also being compared to fiber-optic channels in the body. These ducts may be able to carry an extremely high density of information far beyond the limited, one-way signals of the nervous system or the diffusive information carried by hormones in the blood stream. A 2004 paper describes how bio-photons, produced by animal tissues, may be emitted by DNA molecules to produce a laser-like coherent light capable of carrying an enormous volume of information through the Bonghan Ducts. The idea that acupuncture ducts conduct light has already been substantiated by Russian research published as early as 1991. They found that the light-conducting ability of the human body exists only along the meridians, and can enter and exit only along the acupuncture points. This finding has been confirmed by a 1992 study in the Journal of Traditional Chinese Medicine and a 2005 study in the Journal of Alternative and Complementary Medicine where moxibustion and infrared thermography were used to trace meridian pathways.

Kim Bonghan believed that the ducts system of communication was in charge of the formation of the embryo and the control of growth throughout the organism. He did a series of studies on the embryonic development of the meridian systems of various animals. He found that a chicken embryo begins to develop Bonghan Ducts within 15 hours of conception. It appears that Bonghan-duct communication directs the development of all internal organs and may provide critical information-feedback loops that create bilateral symmetry in our body.

The science of embryology has a clear understanding of only the very earliest stages of fertilization and development. The unfertilized egg has a top and bottom, but there is no distinction between left and right or front and back. An acupuncturist would say that the orientation of CONCEPTION duct and GOVERNOR ducts has not yet been established. Without this primary axis of orientation, the embryo cannot develop. The stimulus must come from the outside world and it is provided by the action of the sperm entering the egg. From that moment on, a guideline is laid out from the entry point of the sperm to the top and bottom poles of the cell. The first time the fertilized egg divides into two cells everything lines up along that meridian.

As the embryo continues to develop the side on which the sperm has entered becomes the belly or YIN side, which is subdivided into right and left orientations by the CONCEPTION duct. The opposite side is the back or YANG side which is subdivided by the GOVERNOR duct.

In Mind and Nature, Gregory Bateson says that what happens next is a mystery in the science of embryology. "What controls the nearly perfect external bilateral symmetry of the mammalian body? We have remarkably little knowledge of the message system that controls growth. There must be a whole interlocking system as yet scarcely studied." Bonghan duct researchers appear to have discovered that system. It is the only anatomically distinct structural network that could possibly handle the high volume of information that would be necessary to control embryological organization.

This relationship between acupuncture and embryology has also been explored by Charles Shang, MD, who pointed out several striking physiological similarities between acupuncture points and embryological organizational centers. Both are areas of high electrical conductance and both contain a high density of gap junctions, cellular organelles that facilitate cell to cell communication. Shang theorizes that the acupuncture points are the same as the discrete organizational centers that embryologists have found to control the development of embryos. He postulates that this system of growth control centers or acupuncture points shape the embryo and then persists in mature organisms for the purpose of coordinating information, regulating homeostasis and managing the complexities of ongoing repair and renewal of the body at a cellular level. Although Shang's writing predates the recent research on Bonghan Ducts, he theorizes:"The ducts may be a convenient way of activating intrinsic adult stem cells."

Because the duct system organizes the development of the embryo from the very beginning, well before the circulatory and nervous system are established, it is not surprising to find that these systems often overlap and interact. Many studies have clearly shown that the stimulation of the duct system has a profound effect upon both local blood circulation and imbalances in the nervous system. Furthermore, because embryonic development reflects evolutionary development, it is quite likely that the meridian system has more ancient origins than other physiological systems. Shang states, "Its genetic blueprint might have served as a template from which the newer systems evolved."

Plants do not have a nervous system, yet they display a high degree of structural organization and complex responses to their environment. Research published in Scientific American in August 1984 that describes the effects of light transfer through plant stems may have been looking at the ancestral precursors of the duct system.

Shang's growth-control model of the duct system does much to explain why acupuncture has so few side effects. "Conventional nerve stimulation usually results in unidirectional effects." Acupuncture is very different from conventional nerve stimulation because it activates a unique communication network that restores normal function in the body. Activating the meridian system restores both hyperfunction and hypofunction to homeostasis; the possibility of any adverse side effects is extremely low.

Hereinafter, BD (Bonghan Duct) will be used instead of channel (or meridian) to honor Bonghan Kim's great work.

1.3.2 Living Egg

In addition to the above, in 1965 Bonghan Kim presented another thesis called the LIVING EGG, whose essence is given below:

He confirmed and analyzed liquids flowing in Bonghan Ducts and discovered there are many kinds of life substances like DNA, hormones, hyaluronic acid, etc.

DNA in blood vessels exists in the form of a particle, which is called the Living Egg, and which changes and becomes new cells upon cell division, according to his observation.

There is something even before cells, and it circulates in Bonghan Ducts controlling creation, aging and the destruction of cells. He named it the LIVING EGG.

He also found that Living Cells flow through BDs, and differentiate into other cell types wherever a wounded part is located.

This not only denies traditional theory that cells are created only by cell division, but also makes the classic Bonghan Duct theory a great new system to study.

1.3.3 Bonghan Ducts and Acupuncture Points

In this book, I will mention only twelve primary and two miscellaneous BDs because I do not think the others are important enough to be dealt with.

In oriental medicine, everybody has twelve Primary BDs on each side (left and right) and two Miscellaneous BDs at the center of the body, front and back ([Conception BD](#) and [Governor BD](#), respectively). Those BDs are thought to join the internal organs with the skin, flesh, ligaments, bones and all other tissues, and integrate each part with the whole. Their functions are transferring QI and Blood, moistening and nourishing the body, responding to dysfunction in the body, transmitting disease and acupuncture stimulation, etc.

Acupuncture points are located on the skin on the lines of the BDs, and every point is believed to have its own unique function.

There are 361 points on the body.

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Endnote

- ⁱ <http://en.wikipedia.org/wiki/Migraine>
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- ⁱⁱⁱ <http://acupia.com/kleft/event/ev3.htm>
- ^{iv} Ex-Professor of College of Oriental Medicine, Wonkwang University, the Republic of Korea
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tissue

^{xxxvi} <http://en.wikipedia.org/wiki/Acne>

^{xxxvii} <http://en.wikipedia.org/wiki/Cancer>

^{xxxviii} <http://en.wikipedia.org/wiki/Syndrome>

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^{xxxv} <http://en.wikipedia.org/wiki/Dyslexia>

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- xlvi http://en.wikipedia.org/wiki/Irritable_bowel_syndrome
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- ^l <http://www.jacn.org/cgi/content/abstract/16/4/334>, Journal of the American College of Nutrition, Vol 16, Issue 4 334-340, Copyright © 1997 by American College of Nutrition
- ^{li} Department of Pathology, College of Medicine, University of Florida, Gainesville, Florida 32610, USA
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- ^{liv} <http://www.healingmatters.com/history.htm>
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KOSA is designed to provide basic information about oriental medicine, the usage of different tools and its application with no tools at all, making it suitable for any user, and then including precise methods related to the most common diseases people suffer from nowadays. Also, this book uses the right and precise language to understand concepts which had not been well explained until now.

It is written with great care and a global point of view, as to help anyone get identified with the concept and so create a popular culture of KOSA, resulting in a great and new advantage for both patients and professionals all around the world which are, have been or will be in contact with KOSA for different reasons. Something which had been required for long time, and we finally have available.

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Acupuncturist and Oriental Medicine Doctor*

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Thorsten Dahlmann in Dortmund, Germany