

The treatment of the Hallux valgus (bunion) pain
(Experimental phase 2015)

Livialba Brusco
Shin So Shiatsu Italia

The treatment of the Hallux valgus (bunion) pain using IP-cord

(Experimental phase 2015 - Livialba Brusco)

Preface

I tried to apply this treatment for the first time on a client who really suffered from bunion pain, but she couldn't have a surgery, since she was following a chemotherapy session. After the first treatment, her condition was really improving and she felt much better. Later, I did the same procedure for five treatments with wonderful results: the pain was completely disappeared.

Diagnosing the pain around the bunion area

First, perform the entire Shin So Shiatsu protocol to diagnose the presence of any energetic imbalance in the body. Second, you can locate exactly the painful point around the bunion.

INSTRUCTIONS

1. Slide your Point Sensor around the bunion area, imaging the sound "Ne". A *sticky* response indicates the exact location of the painful point.
2. Place your Divergent Meridian Sensor on the painful point and image the sound of each Organ/Meridian. A *sticky* response indicates which energy is connected to the painful point. The sounds of Spleen or Liver usually elicit the response *sticky* to the Finger Test.
3. Locate Shu (Yu) points of the Meridian which got you *sticky* to the Finger Test.
4. Place your Divergent Meridian Sensor on each Shu (Yu) point, imaging the sound "So", on the left point, and the sound "Tsu"¹, on the right one, to select on which of the two points you will affix one clip of the IP-cord: fix the clip on the *sticky* point.

¹ The sounds "So" e "Tsu" were discovered by Tetsuro Saito and they are mostly used to determine on which side of the human body is more effective to fix IP-cord or also apply moxa.

Treating the bunion pain with IP-cord

The treatment of the bunion pain with Ip-cord is performed at the beginning of the shiatsu treatment and it can take place together with any Shin So Shiatsu Protocol which uses Ip-cord, as, for example, the treatment of the Extra and/or Divergent Meridian Systems.

INSTRUCTIONS

1. After locating precisely both the painful point around the bunion and its connected Shu (Yu) point to treat, choose the colour of the clip to affix on each of these two points. Place your Divergent Meridian Sensor on each point, imaging the sound of the connected Organ/Meridian. The response *smooth* to the Finger Test indicates the right colour of the clip to affix on the point.
2. Fix the clips on the painful point and its connected Shu (Yu) point. In order to know when you have to remove the clips, keep your First-degree Sensor on each point, imagining the sound “Ji”. The response *smooth* to the Finger Test indicates you can remove the clips.

NOTE: it's also possible to leave the IP-cord connected for the full session of the shiatsu treatment.

Remarks and conclusions

After the first stage, I applied the same IP-cord protocol to other five clients and it was effective on four of them. A client even called off her previously scheduled surgery to the bunion. Of course, by using this IP-cord protocol we can achieve excellent results in the relief or even elimination of the pain, but we can't modify the shape of the bunion.

Later, I tried to apply the same Ip-cord protocol to treat structural pains as contusions, painful joints (knees and shoulders especially) and backache. Also in these cases, the results were quite satisfactory. After a lot of experimentations, I also noticed that the beneficial effects last longer if, after removing IP-cord, we fix a diode on the painful point of the bunion.