

體內平衡針」的臨床課程介紹

Introduction to the Clinical Course on Homeostasis Acupuncture

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課程主題與目標 Course Theme and Objectives

本次為期兩天的臨床課程主題為「體內平衡針homeostasis acupuncture」。當我們恢復身心平衡時，康復便能實現。課程將介紹一系列能夠協助身體和神經系統達到平衡的技巧與理論。

This two-day clinical course focuses on "Homeostasis Acupuncture." Healing is achieved when we restore balance to our mind and body. The course will introduce a series of techniques and theories that can assist the body and nervous system in achieving balance.

平衡針法的原則 Principles of Homeostasis Acupuncture

平衡針法治療痛症時，強調遠端及全息穴位的應用，避免直接刺激受損組織。此外，在治療慢性病時，身體的平衡狀態是透過對應經絡來調節。因此，深入了解經絡關係及其交匯穴顯得格外重要。

When treating pain, the Balance Method emphasizes the application of distal and holographic acupoints, avoiding direct stimulation of damaged tissues. Furthermore, in treating chronic diseases, the body's balance is regulated through corresponding meridians. Therefore, a deep understanding of meridian relationships and their crossing acupoints are particularly important.

神經系統與多迷走神經理論的結合 The Integration of the Nervous System and Polyvagal Theory

在當今壓力與交感神經過度活躍的時代，幫助大腦恢復平衡狀態是十分重要。針灸過程能幫助我們回歸「α腦波」狀態，而身體的恢復正是從這裡開始。這一過程與多迷走神經理論 (Polyvagal Theory) 有密切關聯；該理論說明副交感神經系統（PNS）如何調節我們對壓力的反應並促進精神放鬆。結合中醫針灸方法對周圍神經系統與多迷走神經理論刺激，可幫助大腦進入「α腦波」狀態；從而恢復體內平衡修復的狀態。

In a world where chronic stress and sympathetic overdrive dominate, helping the brain restore balance is crucial. Acupuncture helps us return to "alpha state" brainwave, and physical

recovery begins here. This process is closely related to the Polyvagal Theory, which explains how the parasympathetic nervous system (PNS) regulates our stress response and promotes mental relaxation. Combining traditional Chinese medicine acupuncture methods with stimulation of the peripheral nervous system and the Vagus nerve can help the brain enter the "alpha brainwave" state, thereby restoring the body's balance and repair.