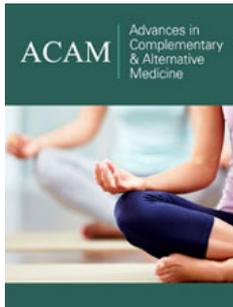


How does the Moon Influence our Body and Should We Consider This When We Heal?

Maria Kuman PhD*

Holistic Research Institute, USA

ISSN: 2637-7802



***Corresponding author:** Maria Kuman, Holistic Research Institute, 1414 Barcelona Dr, Knoxville, TN 37923, USA

Submission: 📅 July 27, 2019

Published: 📅 August 20, 2019

Volume 5 - Issue 1

How to cite this article: Maria Kuman . How does the Moon Influence our Body and Should We Consider This When We Heal?. Adv Complement Alt Med. 5(1). ACAM.000603.2019.
DOI: [10.31031/ACAM.2019.05.000603](https://doi.org/10.31031/ACAM.2019.05.000603)

Copyright@ Maria Kuman . This article is distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use and redistribution provided that the original author and source are credited.

Introduction

This month of July 2019, when we celebrate 50 years anniversary of the US landing on the Moon, I want to draw the attention of our scientists and medical doctors to the fact that the Moon not only create tides on Earth, it creates tides in our body as well. A monk in Italy, who measured his body weight every day, first discovered this during the Renaissance period. He found that at the same consumption of food and water his body weight was always one pound more during full moon.

Later, in the seventeenth century, doctor Sartorius, reported the same one-pound increase of the body weight during full moon [1]. We all know that the monthly period of the women has a periodicity of about 28 days, which is the moon cycle-the time the moon needs to complete a full cycle around the Earth. All this means that the moon influences our body.

As said in our article [2], the whole material world is a material body and nonlinear electromagnetic field (NEMF). The moon has its own NEMF, which influences the NEMF of our Earth (the tides on Earth during full moon prove this) and the NEMF of all humans on Earth. The women lunar-month periods, which are ruled by the hormone estrogen, prove this. The profound women's lunar-month cortisol hormonal cycle is another proof. Men's lunar-month cortisol cycle exists, but it is less profound.

Ancient Chinese acupuncture texts [3] advice acupuncture treatments to be done always with consideration of the moon cycle. This is because our NEMF, which rules and regulates: the number of hormones secreted into the blood stream, the blood supply, and everything else in the body is influenced by the moon's NEMF. As shown in our book [4], acupuncture works through our NEMF. Acupuncture changes the hormonal content and the blood supply through NEMF [4]. If so, acupuncture treatments should always be done with consideration of the moon cycle because the cortisol cycle, which determines our immune abilities, has lunar-month cycle.

The ancient Chinese source [3] says:

- a) When the moon begins to wax (grow), the blood flow and the breath increase (because the energy grows). Thus, during moon waxing when the energy increases, the acupuncturists should never try to drain energy.
- b) When the moon is full, there is abundance of blood and breath and the energy has its maximum. Thus, during full Moon when the energy is maximum, the acupuncturists should never try to add energy (because the energy will overflow).
- c) When the moon is empty to the rim, the blood vessels are empty, and the energy is minimum. At this minimum of energy, one cannot heal. Thus, the acupuncturists should never try to heal when there is to Moon on the sky (the Moon is empty).

For this reason:

- a) When the moon waxes (grows) and the energy grows, acupuncturists should never try to sedate [3] because it will be like swimming against the river flow.
- b) When the moon is full, the acupuncturists should never try to stimulate (excite) [3] because the blood and hormones will overflow.

c) When the moon is empty to the rim, acupuncture treatments should not be done because healing cannot be done when the energy is that low [1,3].

If acupuncturists follow these rules, their acupuncture will be in synchrony with the monthly cortisol rhythm ruled by the moon phases. However, acupuncture needs to be also in synchrony with the daily cortisol rhythm, which our science believes is ruled by light. The cortisol in the blood is minimum at 3am, sharply grows until 10am, grows slower until 2pm, then slower decreases until 5pm, faster decreases until 9pm, and shoots down fast after 9pm until 3am [1].

For this reason:

a) Sedative acupuncture treatments should not be done in the morning when the amount of cortisol in the blood increases because it is going to be like trying to swim against the river flow. Only stimulating acupuncture treatments are allowed in the morning when the energy grows because it is going to be like swimming along the river flow [1].

b) Stimulating acupuncture treatments should not be done at noon when the cortisol level is maximal [1].

c) Sedative acupuncture treatments should be done only at the evening when the cortisol level in the blood decreases because it is going to be like swimming along the river flow [1].

I hope that our practicing acupuncturists will take these recommendations into consideration if they want good results.

References

1. Kuman M (1998) Ancient wisdom and modern science about health and happiness. Health and Happiness Books , USA.
2. Kuman M (2019) How was the material world created? Origin of its Nonlinear Electromagnetic Field (NEMF). Open Access Journal of Mathematical and Theoretical Physics 2(2).
3. Veith I, Huang Ti Nei Ching Sue Wen (1971) London.
4. Kuman M (1997) Modern aspects of ancient acupuncture-acupuncture without needles. Health and Happiness Books , USA.

For possible submissions Click below:

[Submit Article](#)