

For Your Eyes Only

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Each time I visit the People's Republic of China, which now numbers nine times, I come away with new insight into a variety of matters.

I recall so very well my 1980 trip where our delegation was privileged to tour a multitude of clinics, hospitals, and institutes. We were fortunate to observe a variety of healing techniques to include two brain surgeries, a thyroidectomy, and a gastric resection, all performed under acupuncture.

Even though everyone on the trip was of the chiropractic discipline, we were just as enamored had we been surgeons or anesthesiologists.

One visit which stands out in my memory of that trip, which is one of my favorite recollections of China, is the visit to the primary school which housed grades three through seven.

Chinese children are a delight. Despite the fact they are so cute, they are warm, friendly, open, and cheerful.

As we toured the school, I was fascinated by the picture in each classroom of Karl Marx and Joseph Stalin placed in the front of the room where we in America might expect to see George Washington and Abraham Lincoln.

However, one of the posters which I kept seeing throughout the school was an exercise chart. I couldn't help but notice this chart as it was posted in a multitude of locations.

Even though I do not read Chinese, I was able to interpret the chart as an ocular acupuncture exercise chart. Not fully understanding the chart's objective, I inquired of our interpreter who explained that twice a day in schools and factories all over China, the students and workers stop what they are doing and massage specific acupoints which have a historic response in strengthening eyesight and promoting healthy eyes.

Due to the fact that Orientals historically have weak eyesight, it was quite impressive to realize how many of the Chinese actually must wear glasses as opposed to our Western civilization.

The exercises shown here are a direct reproduction of the Chinese chart which abounds in schools and factories:

Exercise 1 addresses the BL2 acupoint, whereas Exercise 2 and 3 deal with the BL1 and ST3 points respectively. Exercise 4 deals with special effect acupoints in the eyebrow, and also includes TH23, GB1, and ST1.

The technique is incredibly easy and effective. My advice is to stimulate with your fingers with medium firmness, twice a day, the points shown in this illustration. The eyes should remain closed during the exercise and should be repeated four times, twice a day.

The time it takes you to conduct these exercises will be well worth the effort.

It is not unlikely, as with many acupuncture procedures, you may see some immediate improvement. If not, be patient and perform the exercises every day. For the amount of time and effort invested, you will be amply rewarded.

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