
According to Gunn, muscle shortening is the key to myofascial pain of neuropathic origin. Stated differently, myofascial pain cannot exist in the absence of muscle shortening, for if there is no shortening, there is no pain. Gunn sometimes refers to myofascial pain as the “shortened muscle syndrome.”

Reversibility of Chronic Degenerative Disease and Hypersensitivity, Vol 1

Clearly, acupuncture in the twenty-first century has a provable scientific basis although there is still some difficulty in translating the ancient writing and concepts into modern physiology. IMS of Gunn is discussed in more detail in Treatment chapter in Volume 4 - Mechanisms of Cardiovascular Disease and Chemical Sensitivity. Gunn’s protocol offers a more scientific modification of the Chinese acupuncture system.

Nervous System

Muscle shortening is a fundamental feature of musculoskeletal pain syndromes. According to Gunn, the term spasm is commonly used to describe muscle shortening in myofascial pain syndromes, but shortening is generally caused by classic contracture. Spasm—that is, increased muscle tension with muscle shortening—comes from motor nerve activity and is seen in electromyography (EMG) as continuous motor unit activity. Spasm cannot be stopped by voluntary relaxation. However, EMG examination of a shortened muscle rarely reveals any motor...
16. Ritzma A. Quantitative Assessment of the Autonomic Nervous System based on an analysis of Heart Rate
Variability. Heart Rhythm Instruments, Inc. 2337 Lemoine Ave, Suite 201, Fort Lee, NJ 07024.

Page 215

Cannon and Gunn each independently, demonstrated that supersensitivity can occur in many structures of the body including skeletal muscle, smooth muscle, spinal neurons, sympathetic ganglia, adrenal glands, sweat glands, and

Page 252

Nearly in communication appears to have been overcome by the experienced physician/acupuncturists of today. For example, Gunn has modified the Chinese technique to fit with modern anatomy and has developed a rational protocol for needling damaged areas resulting from bone and muscle trauma, as well as from spondylosis and herniated discs. This IMS modifies the classic acupuncture to the point that the procedures become practical for every physician.

We will attempt to integrate the information and data from Gunn, Mann, and other authors into an anatomical and physiological basis for the optimum function of the acupuncture energy system to work.

The variation of the acupuncture points occurs on the arms, legs, and lower abdomen. These may be several causes for this variation, but the two most important are first, the disease

Page 248

This fact correlates with Gunn's observations of denervation supersensitivity discussed earlier in this chapter. After a significant chronic pollutant injury where the lowered threshold occurs, especially in these patients with chemical

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Acknowledgments

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Page 228

... nerve injury, and thus it can be treated by the integrated muscle acupuncture therapy of Gunn, as well as by the avoidance of pollutants, replacement of nutrition, medically supervised sauna, massage, physical therapy, and oxygen.

Page 257

... the neuropathy hypersensitivity of Gunn, the nerve injury supersensitivity of Cannon, and the experiences observed at the EHC-Dallas and Buffalo. In the experience of Mann, not infrequently, a stimulus on any area as large as one to ...

Page 218

... activity-stressed parts of the body, causing “spondylosis,” “discogenic disease,” and “osteoarthritis” among others. Such conditions are currently regarded as primary diseases, but Gunn thinks they are secondary to a radiculopathic process.