

# The Tom Tam Healing System for Parkinson's Disease

The Tom Tam Healing System offers a complementary approach to Parkinson's Disease (PD) that focuses on restoring the natural flow of Chi (energy) and bioelectricity throughout the body. This ancient yet evidence-informed system recognizes Parkinson's as fundamentally a circulation challenge—specifically, a blood flow problem affecting the circle of Willis, with the basal ganglia serving as the primary causal area.

Rather than viewing Parkinson's solely through the lens of neurotransmitter depletion, this system identifies blockages that obstruct energy flow within the spinal column and cranial area—regions critical for brain function and motor control. By opening these blockages through specific acupuncture points, practitioners aim to improve cerebral circulation, ensure free nerve transmission from the brain and spine, and address the full spectrum of symptoms including motor challenges, emotional distress, and systemic exhaustion.

This comprehensive guide explores how carefully selected treatment points work together to support healing from Parkinson's Disease, offering hope and practical pathways for those seeking integrative approaches to care.

# Understanding the Foundation: Circulation and the Brain

## The Circle of Willis Connection

In the Tom Tam system, Parkinson's Disease fundamentally stems from compromised blood flow in the circle of Willis—the critical arterial ring at the base of the brain. This circular network of blood vessels supplies oxygen and nutrients to the brain's motor control centers.

When circulation falters here, the basal ganglia—deep brain structures responsible for coordinating smooth, purposeful movement—become deprived of the resources they need to function properly. This understanding shifts our perspective from purely chemical imbalances to addressing the root mechanical and energetic obstructions.

## The Role of Bioelectricity

Beyond physical blood flow, this healing system recognizes the vital importance of bioelectricity—the body's natural electrical signaling that enables nerve communication. Just as blocked arteries prevent blood flow, energetic blockages can impede the electrical impulses traveling from brain to body.

The spinal column and cranial area serve as primary pathways for these bioelectrical signals. When Chi flows freely through these channels, the brain can effectively communicate with muscles and organs, supporting coordinated movement and balanced function throughout the entire system.

# Core Cranial Points: Gateway to Brain Health



## **Tian Dong: The First Gateway**

The critical starting point when vertebral artery blockage is suspected. Opens circulation from vertebral and common carotid arteries to nourish the brain.



## **C1: The Master Controller**

Located at the top of head, C1 ensures bioelectricity flows freely as nerves exit the brain and enter the spinal cord, directly affecting motor control.



## **C2: The Emotional Center**

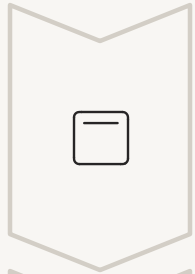
Positioned at the forehead, C2 addresses both motor symptoms and emotional well-being, as it connects to the frontal lobe—our emotional processing center.

These three foundational points form the cornerstone of cranial treatment in the Tom Tam system for Parkinson's Disease. Tian Dong must be addressed first to ensure that blood can flow through the vertebral artery—one of the primary vessels carrying oxygen-rich blood to the brain. Without adequate flow through this artery, even the most sophisticated neurological treatments may fall short.

C1 and C2 work in tandem, and blockages at these points frequently occur together. When C1 experiences blockage, poor circulation to the brain results, often causing weakness on the opposite side of the body. This cross-body effect reflects the brain's contralateral organization, where the right hemisphere controls the left body and vice versa. C1's circulation extends to critical brain regions including the motor cortex (movement initiation), association cortex (integrating information), and sensory cortex (processing feeling and sensation).

The emotional component addressed by C2 cannot be overlooked, as depression and anxiety frequently accompany Parkinson's Disease. By treating the frontal lobe connection through C2, practitioners address both the physical and emotional dimensions of healing, recognizing that true wellness encompasses mind and body as an integrated whole.

# Sky Window Points: Opening Pathways to the Brain



## **SI16: Tian Chuang (Sky Window)**

Located near the vertebral and occipital arteries, this point releases arterial tension, improving blood circulation to the spinal cord, brain stem, and cerebellum—structures essential for coordinated movement and balance.



## **TW16: Tian You (Sky Light Hole)**

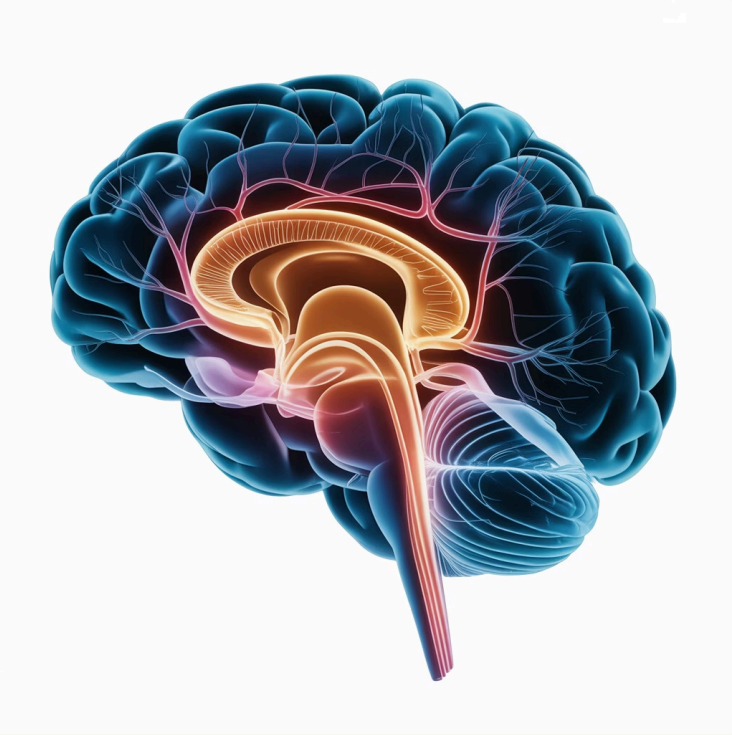
The culminating point in the neck sequence, TW16 serves as the final gateway, stimulating and opening blockages in the vertebral and occipital arteries to enable unobstructed blood flow from the heart upward to the brain.

The poetic names of these "Sky Window" points reflect their function as portals between the body below and the consciousness above. In traditional Chinese medicine philosophy, the neck represents the narrow passage where vital essence must travel to nourish the "heavenly" realm of the brain and spirit. When these windows remain closed or partially blocked, the brain becomes isolated from the body's nourishing resources.

SI16 and TW16 work sequentially to address the full length of the vertebral and occipital arteries. The vertebral arteries travel up through the cervical spine, joining together to form the basilar artery that supplies the posterior brain. The occipital arteries branch from the external carotid and supply blood to the back of the head and scalp. Together, these vessels form a comprehensive supply network that, when functioning optimally, ensures every brain region receives adequate oxygen and nutrients.

For individuals with Parkinson's Disease, opening these Sky Window points may help alleviate not only motor symptoms but also cognitive challenges, as improved circulation supports overall brain function including memory, attention, and executive planning.

# Motor Cortex Points: Restoring Movement Control



## The Command Center for Movement

The motor cortex serves as the brain's primary command center for voluntary movement, sending signals down through the spinal cord to activate specific muscles throughout the body. In Parkinson's Disease, restoring optimal function to this region becomes paramount for improving movement quality, reducing tremor, and enhancing motor control.

The Tom Tam system identifies specific scalp acupuncture points that correspond directly to motor cortex function, offering targeted pathways for treatment.

01

### GV21 (Qian Ding): The Motor Cortex Point

Represents the motor cortex directly in Tong Ren therapy. This major point controls the entire cortex and addresses movement challenges throughout the body.

02

### GV20 (Bai Hui): The Activation Point

Located where motor and sensory cortex regions converge, GV20 serves as the first point to stimulate in motor cortex conditions, helping patients become more responsive and active.

03

### C1: The Connection Point

Directly connected to GV21, C1 blockages indicate motor cortex dysfunction on the opposite body side, making this point essential for bilateral treatment approaches.

Understanding the relationship between these points reveals the wisdom of the Tom Tam approach. GV21 serves as the primary entry point for treating motor cortex function, but it doesn't work in isolation. The right side of the motor cortex controls left body movement, and the left side controls right body movement—a principle called contralateral control. This means that weakness or tremor on one side of the body often reflects motor cortex challenges on the opposite side.

When practitioners identify blockages at C1, they can predict with confidence that the motor cortex on the opposite side isn't functioning optimally. This diagnostic insight allows for precise, targeted treatment that addresses root causes rather than simply managing surface symptoms. By stimulating GV20 first to "wake up" the motor regions, then addressing GV21 for specific motor cortex activation, and finally ensuring C1 remains clear for unobstructed signal transmission, the complete motor pathway receives therapeutic support from brain to body.

# Sensory Cortex and Visual Processing Points



## Comprehensive Sensory Integration

The sensory cortex processes all feeling signals from skin, muscles, and organs throughout the entire body

While movement challenges often take center stage in Parkinson's Disease discussions, sensory processing difficulties can significantly impact quality of life. Many individuals with PD experience altered sensation—numbness, tingling, pain, or changes in proprioception (knowing where the body is in space). The Tom Tam system addresses these sensory dimensions through specific points that influence the sensory cortex and related processing centers.

### GV19 (Hou Ding): Sensory Cortex Center

This point serves as the primary treatment location for the sensory cortex—the brain region that receives and processes feeling signals from throughout the body. For any sensory complaint, GV19 offers a direct pathway to address the root processing challenge.

### GB5 & GB6: Neural Communication Support

These points support the brain's ability to communicate clearly with every body part, maintaining visual clarity and helping the nervous system send steady, coordinated signals for smooth, harmonious movement.

### GB19 (Nao Kong): Visual Cortex and Muscle Relaxation

Connected to the cerebellum, GB19 addresses the muscular tension and coordination challenges common in Parkinson's. It clears pathogenic fire from the visual cortex while calming the brain and relaxing muscles and tendons.

The inclusion of visual cortex points like GB19, GB5, and GB6 reflects the interconnected nature of brain function. Visual processing doesn't exist in isolation—it integrates with motor planning, spatial awareness, and balance control. When the visual cortex functions optimally and communicates effectively with motor regions, the entire system coordinates more smoothly. This is particularly important in Parkinson's Disease, where visual-motor integration often becomes impaired, contributing to balance difficulties and increased fall risk.

GB12 adds another crucial dimension by activating the vagus nerve—a major nerve that extends from the brain through the neck and into the chest and abdomen. The vagus nerve influences heart rate, digestion, inflammation, and emotional regulation. Its activation through GB12 helps address the full spectrum of Parkinson's symptoms, including the non-motor symptoms like digestive challenges and mood changes that profoundly affect daily living.



# Systemic Balance: Addressing Fatigue and Energy Flow

## The Exhaustion Factor

Fatigue stands as one of the most challenging and often overlooked symptoms of Parkinson's Disease. This isn't simple tiredness that resolves with rest—it's a profound depletion that affects physical capacity, mental clarity, and emotional resilience. The Tom Tam system recognizes that addressing motor symptoms alone will never lead to complete healing if the body's fundamental energy reserves remain depleted.

The concept of Chi in traditional Chinese medicine encompasses both our daily energy and our deeper constitutional reserves. In Parkinson's Disease, both levels often become compromised, creating a cascade where lack of energy prevents proper circulation, and poor circulation further depletes energy.



### ST36 (Zu San Li): The Energy Builder

Located below the knee, ST36 serves as the primary point for treating energy deficiency and fatigue in Parkinson's Disease. This health maintenance point strengthens the spleen, improves general health, clears the meridian, and invigorates the entire body. Crucially, ST36 brings Chi downward to the legs, completing the body's full circulation cycle.

### The Downward Flow Principle

In the Tom Tam system, healthy energy flows in a complete circuit—rising up the back and descending down the front of the body. When Chi becomes stuck in the head or upper body (common in PD due to focus on cranial treatment), symptoms like insomnia, anxiety, and restlessness intensify. Points like ST36 ensure energy completes its natural downward flow, preventing accumulation and stagnation.

The strategic placement of ST36 below the knee holds particular significance. In both Eastern and Western medical understanding, the legs contain some of the body's largest muscles and serve as a major reservoir for blood and energy. When leg muscles remain strong and well-circulated, they support overall vitality and help pump blood back to the heart. Conversely, when leg strength and circulation decline—as often occurs in Parkinson's—the entire system suffers.

By stimulating ST36, practitioners help rebuild this fundamental strength from the ground up. The point's traditional name, "Leg Three Miles," suggests it can provide enough energy to walk three more miles, reflecting its powerful tonifying effect on stamina and endurance. For individuals with Parkinson's whose walking ability has become compromised, this energetic support for the legs becomes invaluable.

# Emotional and Mental Health Support Points

Parkinson's Disease affects far more than physical movement. Depression, anxiety, sleep disturbances, and emotional volatility profoundly impact quality of life, sometimes even before motor symptoms become apparent. The Tom Tam system honors this mind-body unity by including specific points that address emotional and mental health as integral components of Parkinson's treatment, not as separate concerns.

## **LV3 (Taichong): Releasing Stuck Emotions**

Located on the foot, LV3 serves as a master point for insomnia and anxiety in Parkinson's Disease. When Chi becomes stuck in the head or chest—manifesting as racing thoughts, chest tightness, or emotional overwhelm—LV3 leads this excess energy downward, releasing discomfort and restoring calm. The liver meridian in Chinese medicine governs the smooth flow of emotions, making LV3 essential for emotional regulation.

## **Yiming: The Mental Clarity Point**

Specifically designated as a support point for anxiety and depression in Parkinson's Disease, Yiming addresses the mental and emotional dimensions that Western medicine often treats separately with medications. By opening blockages that impair emotional processing and regulation, Yiming helps restore natural balance to mood and mental state.

## **LI4 (Hegu): The Great Awakener**

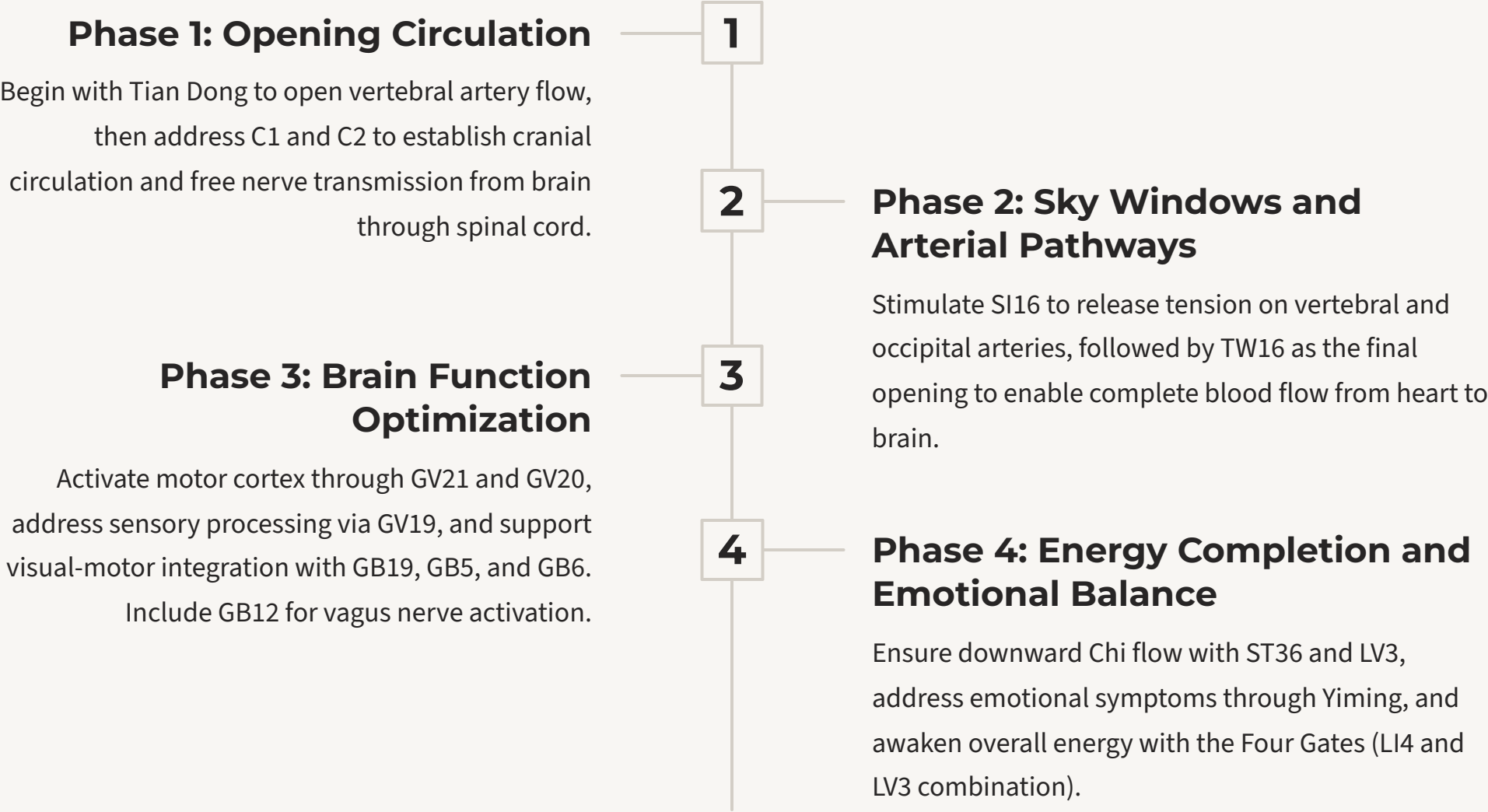
Located on the hand between thumb and forefinger, LI4 combines with LV3 to form "The Four Gates"—a powerful point combination that awakens the body's energy when it has become dormant or stagnant. This pairing addresses the profound fatigue and lack of responsiveness that can accompany Parkinson's, helping patients feel more present, alert, and engaged with life.

The recognition that emotional points like LV3, Yiming, and LI4 qualify as essential support points for Parkinson's Disease reflects a sophisticated understanding of the condition's true nature. Research increasingly confirms that mood disorders in PD aren't simply psychological reactions to diagnosis—they represent neurological changes affecting the same brain regions and chemical systems that control movement.

By addressing emotional health directly through acupuncture points, the Tom Tam system offers an integrative approach that may help reduce reliance on multiple medications, each targeting individual symptoms. Instead, treating the underlying energy blockages that manifest as both motor and emotional symptoms may provide more comprehensive, holistic relief.



# The Complete Treatment Strategy



The beauty of the Tom Tam system lies not in individual points working in isolation, but in their orchestrated sequence and synergistic effects. Each phase builds upon the previous, creating a comprehensive treatment that addresses Parkinson's Disease from multiple interconnected angles—circulation, nerve transmission, brain function, energy flow, and emotional balance.

This systematic approach recognizes that blockages rarely exist in isolation. A circulation problem in the circle of Willis doesn't simply affect blood flow—it impacts nerve signaling, motor control, sensory processing, energy levels, and emotional well-being. By addressing the full cascade of effects through strategically selected points, practitioners work with the body's innate healing wisdom rather than against it.

## What to Expect

Healing occurs gradually as blockages open and circulation improves. Some individuals notice changes in energy or mood before motor symptoms improve, while others experience the reverse. This variability reflects each person's unique pattern of blockages and the body's individual healing priorities.

## Integrative Approach

The Tom Tam system works beautifully alongside conventional Parkinson's medications and therapies. It's not an either-or choice, but rather an addition that may enhance overall treatment effectiveness and quality of life.

# Your Path Forward: Hope and Healing

Parkinson's Disease presents profound challenges, but you are not without options or hope. The Tom Tam Healing System offers a time-tested, comprehensive approach that honors both ancient wisdom and modern understanding of how the brain, nerves, and energy systems function together. By addressing the root cause—circulation problems and energy blockages—rather than merely managing surface symptoms, this system opens pathways for genuine healing and improved quality of life.

"Healing happens when we remove the obstacles that prevent the body's natural flow of energy and intelligence. Your body knows how to heal—we simply open the way."

The journey with Parkinson's Disease is deeply personal, and no two paths look identical. What remains constant is the body's remarkable capacity for adaptation and healing when given the proper support. The specific acupuncture points detailed in this guide—from Tian Dong's opening of crucial arteries to ST36's completion of the body's energy circuit—represent doorways through which blocked energy can flow freely again.

15+

## Key Treatment Points

Strategically selected to address brain circulation, motor control, sensory processing, energy flow, and emotional well-being

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## Treatment Phases

Sequential approach building from circulation through brain function to energy completion

100%

## Whole Person Care

Addresses physical, emotional, mental, and energetic dimensions as one integrated system

## Next Steps on Your Healing Journey

- Maintain open communication with your neurologist and other healthcare providers about integrative approaches you're exploring
- Keep a journal tracking your symptoms, energy levels, and any changes you notice as treatment progresses
- Remember that healing takes time—be patient and compassionate with yourself throughout the process
- Connect with others walking similar paths through Parkinson's support groups and integrative health communities

Your willingness to explore complementary approaches demonstrates courage and wisdom. By combining the best of conventional medicine with time-tested healing systems like Tom Tam's, you create the fullest possible support for your body's healing journey. May this guide serve as a helpful companion as you move forward with greater understanding, renewed hope, and expanded possibilities for wellness and vitality.