

History of the No More Jet Lag Decoder

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Dr. Charles Krebs is an international lecturer in Anatomy and Physiology, Neurology and Acupressure who travels the world each year doing research and teaching as well as clinical work. Because of his often hectic schedule, arriving in a country, often from the other side of the world, and then having to teach the next day, he could afford to be “spaced out” for several days suffering from jet lag. From in-depth knowledge of Acupressure/Acupuncture theory he recognised there was a non-invasive and rapid way to “reset” his body clock to eliminate the affects of jet lag, and as has so often been said, necessity is the mother of invention and the concept of the No More Jet Lag Decoder was born!

While the ancient Chinese did not have jet planes, they did recognise that the body had a “clock” set to the rhythms of the day. They perceived this from an energetic perspective, with each of the 12 major channels or meridians of energy flow having a “peak” of energy every 2 hours with an energy minimum 12 hours later. This orderly flow or energy wave was set to the external electromagnetic tide created as the earth spins through the sun’s electromagnetic field and the moon’s gravity, and also synched to the day-night cycle. Therefore, as the sun rises and the day begins the energy surges into the Large Intestine meridian reaches its peak at 6 am and then passes this wave of increasing energy flow on to the Stomach meridian which reaches its own peak at 8 am and passes this energy wave on to the Spleen meridian with this wave continuing to wax and wane in each of the 12 meridians until it returns to the Large Intestine meridian 24 hours later.

As the Ch’i flow surges to its peak in each meridian, the physiology of the body associated with meridian flow is also increased and becomes more active. This activity declines as the wave of Ch’i flow moves on to other meridians and their associated organ systems as you move through your daily cycle of activity. The Ch’i flow, however, is not fast like electricity, but more akin to water flowing from one vessel to another, which means the Ch’i takes some time to achieve a balance of flows synchronised to the external fields if these orderly flows are disrupted. Thus, travelling rapidly from one location on the earth to another, you change not only time zones but also meridian clock time, which means that your meridian-physiological “clocks” are now out of synch with the place you have just arrived.

For instance, you have just arrived in San Francisco from Melbourne, Australia half way around the world. You left Melbourne at 10:30am and have now arrived in San Francisco at 10:20am after 14 hours of continuous travel at over

800 kilometers per hour. Since your body clock is still running on Melbourne time, your body clock and its associated physiology are preparing you to go to sleep, but your day in San Francisco has just begun! Likewise when you finally make it to bed at 10:30 at night, your body clock and related physiology is saying – “It’s time to get up!”, and you find it hard to fall asleep! This dislocation of body time from actual time of day at your place of arrival results in the uncomfortable experience called jet lag.

The Chinese systems of acupressure and acupuncture use the same acupoints and underlying theory, but differ in how the acupoints are stimulated. In acupuncture fine needles are inserted into the acupoints and then turned to activate the Ch’i flow while in acupressure, acupoint stimulation is achieved by way of manual stimulation using finger pressure or specialised instruments designed for this purpose. Within the acupressure system there are specific acupoints that connect the coupled pairs of meridians in the Five Elements of Acupressure, and when these acupoints, called the Luo Points, are stimulated by simply holding them with firm pressure, they alter Ch’i flows to equalise the meridian energy flows.

So simply applying acupressure to the Luo Point of the current meridian time in Melbourne (remember, your body clock has been running the whole time you were travelling) and the Luo Point of your current local time will “reset” your bodies meridian time and its related physiology to the new time, in this example San Francisco time. As you need to hold both the Departure Luo points and Arrival Luo Points at the same time, you hold both Luo Points first on one side of the body, then on the other side. You need only hold each set of Luo Points for between 40 and 60 seconds or until you feel a gentle “pulsing” much like the wrist pulse.

Normally the “pulse” will appear within 30 to 40 seconds, but if you did not feel a pulse, then just continue to hold these acupoints for up to a minute. You will often feel “different” within minutes of this procedure, and while you may still be tired from a long trip, you do not feel “out of sorts” or “spacy”, and you find that you can now stay awake if it is morning in your place of arrival, or get to bed and fall asleep if it is night time at your place of arrival. Either way you wake up the next day feeling rested and ready to go!

For about 10 years I just used this technique for myself and having a relatively photographic memory I could just look up and “see” the whole Five Element chart in my head and hold the relevant points until they pulsed, and voila no more jet lag for me! People were constantly remarking on how “fresh” and “awake” and “coherent” I appeared after just arriving from Australia, and they began to ask me what I did to look like this and not be “spaced out”?

So I just wrote the acupoints I used down on a piece of paper with a basic set of instructions and gave this to people who asked. One day having just arrived back in Melbourne from the US, I met a friend who was the then owner of Dynamo House who produced decoders for many different applications like the different Gem Stones and their qualities. He said how can you look so “normal” having just arrived today from the States? When I explained and showed him my little sheet – he said “Why don’t we make a Jet Lag Decoder from this information?” Within two days it was designed and within a month on the market – serendipity plays such an amazing role in our lives and is the origin of many useful devices as it was with No More Jet Lag Decoder !

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