



# The Magic of AcuDetox®

by Brian C. Bailey M.D.

## Part Two Chapter 12: The Role of AcuDetox® in Perfectionism and Defending Against the Superego

"Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: *"If I look perfect, live perfectly, and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment, and blame."* Perfectionism is defeating and self-destructive simply because there is no such thing as perfect. Perfection is an unattainable goal. Additionally, perfectionism is more about perception – we want to be *perceived* as perfect. Again, this is unattainable – there is no way to control perception, regardless of how much time and energy we spend trying.

Perfectionism is addictive because when we invariably do experience shame, judgment, and blame, we often believe it's because we weren't perfect enough so rather than questioning the faulty logic of perfectionism, we become even more entrenched in our quest to live, look, and do everything just right.

Feeling shamed, judged, and blamed (and the fear of these feelings) are realities of the human experience. Perfectionism actually increases the odds that we'll experience these painful emotions and often leads to self-blame: **"It's my fault. I'm feeling this way because I'm not good enough."**

To overcome perfectionism we need to be able to acknowledge our vulnerabilities to the universal experiences of shame, judgment, and blame; develop shame resilience; and practice self-compassion.

When we become more loving and compassionate with ourselves and we begin to practice shame resilience, we can embrace our imperfections. It is in the process of embracing our imperfections that we find our truest gifts and strengthen our most meaningful connections." B. Brown (2009).<sup>1</sup>

This chapter was written to speak to the many people who are introduced to their *superego* for the first time after receiving **AcuDetox**. For those of you who are familiar with the Enneagram, the *internal critical voice* of **Enneagram Type One** is what we're talking about when we use the term *superego*. In the words of author **Richard Rohr**, describing people like himself:

" We ONE's try to be good so that we won't be punished. We want at all costs to prevent our *inner voices* from condemning us. In the meantime it was no longer my *"really existing mother"* who took over this role. Rather I internalized the demands of my mother: she became me and took up residence inside me. It is my own punishing voices that now accuse me when I am not sufficiently *"self-sacrificing," "good,"* or *"generous."* The issue here is not necessarily objective self-sacrifice, goodness,



<sup>1</sup> Brené Brown <http://www.ordinarycourage.com/my-blog/2009/3/18/perfectionism-and-claiming-shame.html>

or generosity, but what I consider to be such. The voices never fall silent and pierce me day and night with the question, "Are you good enough?" Inside us ONEs court is continually in session: we are at once prosecutor and defendant. These conflicting voices keep at us all the time, they bicker, interrupt, contradict and correct one another. Anybody who isn't a ONE can hardly imagine how exhausting it is to go through this endless inner trial.<sup>2</sup> (n.b. people of *other* Enneagram types also have internal critical voices - but they are often less severe)

The *internal critical voice*, which is really a recorded and internalized memory of actual critical comments by authority figures made when we were very young, is the generator of the person's primitive defense against anxiety - which is called **reaction formation**. "*Reaction formation reduces anxiety by taking up the opposite feeling, impulse or behavior. An example of reaction formation would be treating someone you strongly dislike in an excessively friendly manner in order to hide your true feelings. Why do people behave this way? According to Freud, they are using reaction formation as a defense mechanism to hide their true feelings by behaving in the exact opposite manner.*"<sup>3</sup>

It is not my intention here to psychologize the process of achieving competency following **AcuDetox**. In fact, even though the *internal critical voice* is often revealed for the first time in the weeks and months following **AcuDetox**, it is equally possible that the voice was known to the person prior to **AcuDetox**. But even if it is known, a stilling of this voice is rarely achieved in psychotherapy, or on one's own. Thus, most literature references to the *internal critical voice* appear not in the psychological but in the spiritual literature, for use in persons who are starting to become more conscious in their thinking. It usually requires a modicum of objectivity, which represents some progress in one's spiritual evolution, to take on the task of *defending against the superego*. Even then, the process may take years, and it's possible it will have to be repeated at several levels along the evolutionary pathway. I raise it here because one of the unexpected benefits of **AcuDetox** is that defending against the superego afterwards is relatively easy, and sometimes accomplished in a matter of two weeks to two months. Before we go there, I would like to say a few pertinent words about the Enneagram as a subject of study.

**Enneagram Type Ones** are one of the three personality types which call up the **THINKING RESOURCE** after **AcuDetox**. You already know by now that **conceptual resource people** have kept their heads above the water since childhood by treating everything like it is an emergency. When they succumb to stress, it is because they are tyrannized by the present moment. This is why their *internal critical voice* is so active, and why at times they throw their perfectionism to the wind, briefly acting out all of the stifling inhibitions which characterize their everyday life. ONE is the personality type which gives us Dr. Jekyll and Mr. Hyde.



But **Enneagram Type One** demonstrates the very reason I am hesitant to have people read about their pre-**AcuDetox** personalities. In this day and age, people go to seminars to discover their Enneagram Type - and unless the presenter is very careful, their audience will get stuck on the personality fixations which with incisive accuracy the use of two resources where three would have been much better. The enneagram system is so accurate that those who are exposed to it often have difficulty getting beyond the feelings that have about the two-resource fixation which has been operating in their life. None of this self-flagellation is necessary for the progress which can be made with **AcuDetox**, and, in fact, paying too much attention to where one has been actually makes being in the present moment more difficult. The whole enneagram system can be a blessing, but it can be also just another stuck point. Take for instance someone who is an **Enneagram Type One**. Hearing about or reading about one's personality can easily make one feel worse—and that activates the *internal critical voice* – just exactly what we would rather not happen - and are actively proceeding to stop in its tracks. If it were possible, and I guess it is, I

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<sup>2</sup> Rohr Richard: Discovering the Enneagram: Crossword; NewYork; 1995 p.36

<sup>3</sup> [http://psychology.about.com/od/theoriesofpersonality/ss/defensemech\\_8.htm](http://psychology.about.com/od/theoriesofpersonality/ss/defensemech_8.htm)

would have **Enneagram Type Ones** reading about the top end of **Enneagram Type Seven** - which is where they will end up when they learn to stay in the present moment. The same caveat applies to other Enneagram types.  
**Finding Out Your Enneagram Type And Your Integration Type**

Those of you who haven't been introduced to *the Enneagram* before have certainly had your appetites whetted by now. May I suggest the literature of one of the longest standing and most mature Enneagram teachers, **Don Richard Riso**<sup>4</sup>. The reference page has enough information for almost everyone, and in particular reference to the discussion above, those who are looking up their *Enneagram Type* should also read the section on *Direction of Integration and Disintegration* - as the direction of integration corresponds to one's evolving experience following **AcuDetox** i.e. *Enneagram Type One* goes to the top of *Type Seven* .

### Defending Against The Superego

*Its is now 15 years since I began to introduce my psychotherapy patients to **AcuDetox**® - **Dr. Michael O. Smith**'s ear acupuncture protocol for use with substance-addicted patients. **Dr. Smith** told me in 1990 that this protocol would work with non-substance addicted patients, suggesting that it's real work was in dismantling the underlying source of anxiety which sent his patients scurrying for relief in the form of an addicting substance. Indeed, the paper that he wrote about his results with addicted patients with **Borderline Personality Disorder**—a condition which is almost never corrected or cured by psychotherapy—was enough to convince me to try this with a Borderline patient I would normally have been disinclined to treat. I haven't looked back since. This patient, for whom I held out almost no hope of recovery, sailed off into the sunset, completely relieved of a lifetime of placing people on a pedestal and then knocking them off in the most ignominious ways. And all of this was accomplished in only eight weeks with minimal input on my part.*

*The rapid and fundamental changes which can occur with **AcuDetox**® are a “whole different kettle of fish” from the results of psychoactive medication or even most forms of psychotherapy. When the use of **AcuDetox**® works in anxious, depressed, psychotic or personality disorder patients, (its success rate is considerably higher than the success of the use of medication or the application of psychotherapy) it pole vaults its recipients into a new realm of existence which is rarely experienced even by rigorously self-exploring individuals without any notable psychopathology. Individuals who have found themselves in this not-readily-reachable realm in ways other than **AcuDetox**® use call this territory “**essential reality**”<sup>5</sup>- the exploration of the truth of who we are beyond ego or personality. This chapter explores a result which we see with increasing frequency in individuals following their three week sojourn with **AcuDetox**® - evidence in its own right of the **essential realm** into which our patients are entering with increased frequency.*

**AcuDetox**®<sup>6</sup> is an acupuncture protocol which frequently conveys people to the edge of inner territory known as as “**the essential realm.**” One's sense on entry to this realm is an expanded experience of **being present**. As life unfolds, the now “**present**” individual feels, first at times and later more continuously, more intimately enjoined in life - beyond being an outside observer. Being more intimately enmeshed in life in this way introduces one to hidden qualities which we have come to call **resourcefulness** - which, in turn, comes to be seen and known, over time, as an increased capacity for acting competently in one's life. Such increased competency acts as a cure for falling prey to stress. But it is subtle. If we don't recognize it for what it is, it can wither on the vine very quickly. Spiritual pioneer and depth psychology commentator **A.H. Almaas** writes<sup>7</sup>



*“In general, people rarely have, and never recognize as such, the experience of **essence**. So we will begin by looking at the related quality of experience that is more commonly felt and talk about: the quality of **presence**. The expression “**I am present**” is often used in spiritual and psychological circles, with an assumption that its meaning*

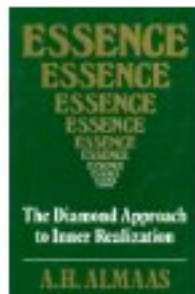
<sup>4</sup> <http://www.enneagraminstitute.com/intro.asp>

<sup>5</sup> A.H. Almaas: *Essence* 1986; Samuel Weiser Inc. York Beach, Maine 03910

<sup>6</sup> The name AcuDetox belongs to to Dr. M.O.Smith & the organization he founded - N.A.D.A. See: [www.acudetox.com](http://www.acudetox.com)

<sup>7</sup> *ibid* p.1-3

is understood. We ask: what does this expression mean? What does **being present** actually signify? Most of the time the expression is not used in a very definite and clear way; most people, if asked, are unable to explain what they mean by “**present**.”... Obviously, when we say “**I am present**,” we don’t mean exactly that we are aware, otherwise we would say so. There is a difference between the meaning of “**I am present**” and the meaning of “**I am aware**,” although the two can and frequently do coincide. What is the difference? What makes us say “**present**” instead of “**aware**?” What is the experience of “**I am present**” that is different from the experience of “**I am aware**?” What is the element that accounts for **presence**?



We want to inquire into the meaning of **presence** by contemplating and analyzing the actual experience of **presence**. Let us examine a familiar situation, the aesthetic experience. My eyes catch the sight of a beautiful red rose. Suddenly, my sight is clearer, my smelling is keener. I seem to be **in my seeing**, I seem to be **in my smelling**. There is more of me here, seeing, smelling, and appreciating the rose.

This phenomenon is not simply one of increased awareness, so that more of the roses experience through my eyes and nostrils, so that more of the rose is experienced through my perceptual system.

In the experience of increased **presence**, it is as if I meet my perceptions midway. It is as if something of me, something more or less palpable, is **present** in my eyes and my nose. Something in me besides my perceptual channels is participating in the experience of the rose. And this something is not memory, not past associations with roses.

In a sense, my greater awareness actually enhances the **presence** of the rose, or of any aesthetic object, such as a piece of music or painting. Sometimes greater awareness enhances only a certain quality of an object—the beauty of the rose, its color, its smell, or its freshness. But sometimes the rose as a rose, as **a presence in itself**, is felt. If that experience is deep enough, our own presence is enhanced. “**I seem to be more here**,” the expression goes. But what is this **presence**? Is there really an “**I**” that is more present, or what exactly is it?...

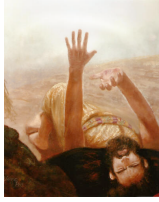
**Presence** also could be sensed at times of intense and deep emotion, when the person is fully feeling an emotional state, not controlling or inhibiting it, when he is involved wholeheartedly in the feeling, totally immersed in it in a free and spontaneous way without judgment or holding back. This usually happens only when a person feels totally justified in feeling the emotions.

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While **Almaas** is virtually in a class of his own when it comes to precisely defining things which occur in the ever deepening human evolutionary process, and while in this chapter I will be liberally quoting him for precisely this reason, I want to inject a note of caution.

The average reader, and here I will include myself, will find part of what **Almaas** writes relates to experiences the reader will have had. But much of what he writes about is about experiences the reader I will not have had. Or the at least, the reader will not have had such experiences *yet*. **Almaas** bridges the gap between actual and potential experiences by creating exercises - and making them available in workshop-retreats - which deepen one’s experience, to include experiences which are deeper than one has experienced to date. These exercises have the greatest impact when one has access to a teacher of **Almaas**’ *Diamond Approach*. I would go so far as to suggest that if the reader does not have access to a *Diamond Approach* teacher, that one should restrict oneself to reading about levels of experience which one has already encountered.

This chapter is an example of making use of **Almaas**’ pointedly precise writing style to shed light on experiences which are somewhat rare in everyday experience, but which are somewhat common in people following a three-week session of **AcuDetox**®. If you take stock of your experience to date, you will probably agree that even if these experiences of **presence** are few and far between at this point in your life, they probably have made their presence known.



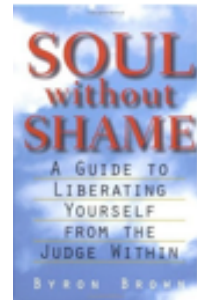
Unfortunately, the appearance of **presence** is not often as dramatic as St. Paul being struck down by a lightning bolt on the road to Damascus. It can be! It can appear as a momentary feeling of unconditional love, self acceptance, venturing beyond one's comfort zone, insightful realization of what is important versus what is not important, or the discovery that people around one have feelings and values which one has not previously been aware of. Unless one has had such an experience previously, it's possible that one can occur without registering as extraordinary.

The subject of this chapter is how people (all people, not just you) have a tendency to erect a defense against experiences which fall outside of our comfort zone. As fetching as experiences of **presence** may be, they do fall outside most people's everyday experiences – at least at the beginning. In my follow-up sessions of people after **AcuDetox®** I am seeing more and more of what Almaas calls **Superego Attacks**. Even though these attacks undoubtedly occurred in **AcuDetox®** recipients in the past, I didn't see them for what they were until recently.

I'm reminded here of one experience which I often relate to **AcuDetox®** recipients of the woman who had suddenly started to accept invitations to be in the world, while in the past she had virtually turned down any such invitations. This is the woman who accepted the invitation to go to the Christmas cookie exchange, and when she came back to see me with her husband, she told me that she'd gotten no value from **AcuDetox®** – which almost caused her husband to fall off his chair. He raised the fact that she had accepted an invitation that she would never have accepted the past, that she had gotten to the cookie exchange only to be embarrassed by not having understood the instructions. She had shown up with a dozen cookies, while all of the experienced cookie exchangers had shown up with a bushel basket of cookies. Previously, she would have turned tail and quickly headed home. Embarrassment was something that she avoided like the plague - all of her life. This time instead of retreating, she calmly took the names of the the exchangers, went home and baked more cookies, and went off individually to exchange with each of them. Her husband found this delightfully unusual for her. She did too - put only later, when our conversation about this matter encouraged her to make similar forays out into the world. Two years later, she had completely integrated being-in-the-world.

I didn't make too much of this at the time. It did show me that it was worthwhile digging below the surface to reveal the evidence of **presence** making its appearance. It made me realize that many people could have such things happen, only to miss them or misinterpret them – and in doing so they sometimes allowed their newfound **presence** to wither on the vine. It induced me to track down people who disappeared into the woodwork after **AcuDetox®** – based on the suspicion that **presence** had reared its head but they had either not noticed it, or they had reacted against it. The emphasis in my observation at thus time was on people not noticing presence.

More recently I've begun to see people *noticing presence and then erecting a defense against it*. This was brought to a head when a middle-aged woman returned for her follow-up visit and announced that she had noticed a particularly disapproving voice within her, which put her down incessantly and discouraged her from indulging in the good feelings about herself that she felt when she was **present**. How did she know about this voice? Well, she didn't really know, other than it was notable during **AcuDetox®** by its absence – only to return after **AcuDetox®** was over. It occurred to her that this voice was not in her own best interests, and she had already vowed to silence it by the time she came to see me. As I listened to her, without adding to her story, I was reminded of Almaas *Work on the Superego*, and his student **Byron Brown's** book on the subject *Soul Without Shame*. I hadn't seen anybody else write on the subject, and I still haven't. This is why I'm prepared to use Almaas and Brown to introduce superego work to **AcuDetox®** recipients. While you can read the article in its fullness, I have somewhat excerpted it here to make use of it for our purposes. Certainly, the patient who had stumbled onto this had not done so by reading anything on the subject. I've already stated that the writing about this is quite rare. It was all pure raw experience. I was astounded in the most positive way - astounded enough to want to avail you of it. Here is how Almaas describes the dilemma the person faces ...



*Especially for the well-developed and integrated ego, the moment that there is the likelihood that part of the unconscious (in our case, one's previously-hidden RESOURCE) is going to surface to consciousness, the ego starts experiencing anxiety. This anxiety is a response to the anticipation of danger. In the past, libidinal impulses and accompanying actions, and certain feelings and thoughts and their expression, became perceived as dangerous to the person because of the reactions encountered in the environment to them (especially from the parents) such as disgust, rejection, punishment, abandonment, belittlement, humiliation,*

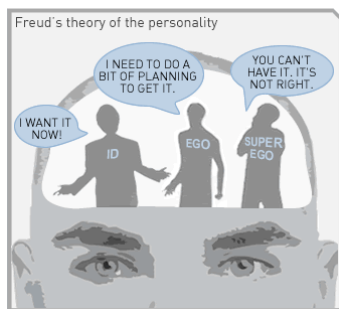
*judgment, criticism, invalidation, being threatened, doubted, ridiculed, made to feel guilty or shameful, etc. Since the person learned to anticipate such reactions from the environment in childhood and therefore suppressed himself, he now anticipates the same reactions from his own superego. And the superego does react in this way, because it is the internalization of all of these originally external reactions.*

*In other words, the ego relates to the superego just like the child related to the coercive agencies in his environment—afraid of its attacks. So the moment that there is the possibility of unconscious material that drew attacks in the past surfacing to consciousness, the ego responds with anxiety, the danger signal anticipating a superego attack. The ego, to check the emergence of such disapproved of material, employs its defence mechanisms, which results in keeping such material out of consciousness. **Work on the Superego p. 3***

So, **AcuDetox®** works like the opening of Pandora’s box. Along with unacceptable memories and feelings which would have displeased our parents when we were very young, we have repressed the ability to see (and celebrate) our lives unfolding spontaneously *in the present moment*. Then, all of a sudden in the course of three weeks that ability to see things as they really are, reappears. If we were to see it for what it is, we might welcome it and in doing so, we might team up with it. And sometimes we do. Certainly this is what we encourage you to do when we talk to you during the three weeks. But if you don’t recognize what bubbles up as “grist for the mill” you may reflexly try to ignore it, or, at the very least, brush it off when it arises.



*When the defences start actually breaking clown, a person will experience increased anxiety, followed by the repressed impulses and feelings. So under normal circumstances, the presence of unusual anxieties that some defences are dissolving and that some piece of the unconscious is pushing toward consciousness. Anxiety, therefore, can be seen as a prelude to self-knowledge. **Work on the Superego p. 4-5***



One’s **superego** which has largely been operating under the radar, beneath conscious awareness, is a rigid intrapsychic structure developed in our early childhood. Long ago, it has taken on the admonitions of the parental or authority figures of our early years. Without us being aware of it, superego is the familiar wagging finger of the inner critic. As we begin to be spontaneous, the critical finger wags more vigorously, the strident voice of criticism becomes louder, and one is reminded of one’s lack of competency at the same time as one’s fundamentally flawed nature.

*So, our approach is to help the ego consciously defend itself against the attacks of the superego, and hence to eliminate this important part of the need for unconscious ego defence mechanisms. If this is done, some awareness of feelings and sensations will bring up the part of the unconscious disapproved of by the superego, now that the ego This is not guarding against it. This in turn will bring up other attitudes of the superego, which the person can then learn to work with. Deeper layers of the unconscious will surface, like those related to painful ego states or to the elements of the ego structure. This process can continue until all repressed material becomes conscious, which means that all hidden prejudices are recognized and dealt with; and in this way the superego loses all of its coercive power. In this stage of working on oneself, the ego turns against the superego, instead of against the id or the other repressed parts of the soul.*

*We mentioned before that the superego uses the energy of aggression against the ego. At this stage, this aggression is turned outward against the superego. Besides dealing with the superego effectively, the ego now has access to energy which it can use to deal with the external world. Previously, this energy was used to defend against the life force; now it can be used in its service. Not only is the energy of aggression retrieved for the service of life, but its distortion is eliminated in the process: The individual not only learns to use this energy for defending herself, but also reowns her essential strength. **Work on the Superego p. 6***

The superego's attacks are none too pleasant, and continue until and unless the energy released by **AcuDetox®** is directed towards defending against these attacks, and in the same process is rendered available as life-positive or essential Strength. It is one (good) thing to not fall victim to the superego's attacks, but defending against them also releases energy which we can use to integrate the positive movement which is bubbling up. Until now, we have not had to work at it, to reclaim this energy which has been bound up in defending ourselves. While there is now work to do, it now has an almost immediate payoff in terms of our increasing feelings of competency.

*Through working in this way with the superego, all standards, attitudes, and values will be recognized until one can deal with naked reality without the need for them. **When this occurs, it marks the end of the superego, and the beginning of the arising of essential conscience, our inherent knowing of what is or is not appropriate. Work on the Superego p. 7***

As in the **Bette Midler** classic *The Rose*, "Something's lost and something's gained, from livin' every day." While work on the superego, which amounts basically to telling it to "Take a hike!" results at this point, in the loss of the superego as a defense mechanism, what is gained immediately is the ability to be **present** in one's undertakings. And the challenge to take on the work on the superego occurs in other settings than **AcuDetox®**, this can be a long, arduous and difficult assignment. Here, the energy to do this work is already in play, and experience tells us that a simple defense, such as "Take a hike!" actually clears out the superego within about two months. This is a small price to pay for **presence** to be released into one's life.



In fact, the payoff is immediate. There is an immediate deeply felt aliveness in each and every superego defense.

*This is because freedom from the superego is experienced as more aliveness, which is exactly what brought about the situation of danger in childhood. So every time a person expands and gains more aliveness, the association to aliveness in childhood will emerge as an attack from the superego; which will activate anxiety. This is most apparent in the case of individuals whose parents couldn't tolerate their aliveness because it threatened the parents' repression of their own aliveness. **Work on the Superego p. 7-8***

**Almaas** article *Work on the Superego* goes on to describe work with a therapist, and therapeutic work with a couple. Our work, on the other hand, is not dependent on working with an outside agent, because here we have an aliveness already at work from within. While we may need to know where to apply this work, and how to apply it effectively, we really don't need someone to hold our hand. **AcuDetox®** has released the energy to do the work. We only need to agree.

*We have seen that growth is movement toward greater freedom in the perception and response to reality as it unfolds from one situation to the next. The person lives more and more in the moment, responding to each situation freshly and uniquely. This implies greater freedom from the repetitive and compulsive patterns of perception and action, and we have seen that this means greater freedom from the unconscious.*

**Work on the Superego p. 11**

**Almaas** also tries to keep it simple.

*Now what does it mean to consciously defend against the superego? This is the practical side of this part of our approach, and there are no rules. What is needed is natural intelligence and common sense.*

**Work on the Superego p. 11**



Our natural intelligence tells us superego attacks are demeaning and unnecessary. We haven't known it before, because, until now they were subtle. It is all right if we feel anger towards them, as the task is to silence them, not to reason with them. Keep in mind that while we speak as if they were a person, they are anything but. The superego is a mental structure—nothing more nothing less.

It serves some useful purpose when we are very young, keeping us from needlessly walking into danger. But, as adults, we don't need it. What we do need is the essential quality of *Strength* which is mobilized in the process of defending against the superego. We warm up to this quality. And as we warm up to it, it serves us well by giving rise to our competency. Since this is an immediate response to our vigorous defense, it gives us immediate feedback. This is where common sense comes into play. If something so simple and straightforward leads immediately to our feeling more like a real person, why would we not undertake it? Isn't it time?

**SUMMARY** With the rising of our RESOURCE, our ego is alerted to the fact that something is going on within which us unfettered and uncensored. Our ego becomes *anxious* (and so we become *anxious*), anticipating a superego attack - which it fears. Superego is incapable of discrimination as it is a mere mental structure. It would not know whether this arising was good for us or not.



Our ego has its own defenses, which it mobilizes - rationalization, projection, and others. But in this case, our ego defenses eventually crumble amidst increasing *anxiety*, and the superego's attacks become more overt. "*You'll never succeed, you unworthy bitch!*" We can often hear it as an actual voice which sounds like one of our parents, but it can also be more subtle than that.

This voice is not our friend, and common sense at this point agrees. The common sense thing to do is to silence it. It does respond to our silencing, as long as we don't try to reason with it, and don't mince words. We must oppose it in no uncertain terms. This is a (rare) good use of anger. Soon, anger transforms into *Strength*. This is a *Strength* with which we can identify, and so, by its agency, we are more present in our lives - and we readily see that this is the case. Life begins to unfold more naturally—*spontaneously, flexibly and resiliently*—which is exactly what we want.

The use of AcuDetox® has already released the *Strength* we need. Almaas suggests that we must summon up the *Strength*—as this is usually the case. Luckily for you AcuDetox® has made the process simpler. But, the requirement is still there for you to do the required work. Do it!

### Work on the Superego and Physical Disease

The underlying tone of a superego which is not defended against is *suppressed anger, frustration, impatience and hostility*. When this relentless attack on the self is experienced day in and day out, it usually causes an elevation in circulating catecholamines - the "*fight or flight hormones*" released by the adrenal gland - *epinephrine, norepinephrine and dopamine*. *Cortisol* may also be elevated if the superego attacks are continuous - in which case diabetes and low thyroid function can become complications<sup>8</sup>.

Our specific experience related to people who enter the process suffering from physical imbalances related to the excess production of these hormones, is that little by little, after AcuDetox, one observes these physical problems correcting themselves at least to some extent. This is a slow process in contrast to the rapid process seen in emotional symptoms. It may take the better part of a year for physical changes associated with stress to reverse themselves. Nevertheless, in conjunction with other efforts to correct the imbalances, AcuDetox can be a large contributor to such a person's long-term physical health. The bottom line here is that usually a person can contribute very little to changing their physical health status short of taking prescribed medication. Here we see an active role, which actually works, and works in short order, but with results which take some time to manifest.

<sup>8</sup> <http://www.healthguidance.org/entry/11747/1/Repressed-Anger.html>



