

THE LEGGE  
METHOD WAS  
DEVELOPED TO  
RECREATE MUSIC  
WITH THE HEALING  
QUALITIES FOUND  
IN OTHER AREAS  
OF TRADITIONAL  
CHINESE MEDICINE.

Its starting point was that of the Chinese Pentatonic scale — which was influenced by the I Ching and based on the five elements, Fire, Earth, Metal, Water and Wood — as well as the notion of Yin and Yang.

It was further expanded using Traditional Chinese Medical Theory to correspond more closely with what is believed to have been the true traditional Chinese healing music based on the Emperor's Yellow Bell, the Heart tone, and the other eleven base pitches of the Circle of fifths.

MICHAEL LEGGE

From early studies of classical guitar with David Harris, Mike went on to broaden his mastery of various musical styles. He studied jazz guitar, improvisation and orchestration with teachers such as Joe Cinderella and Frank Hunter. He earned a Master's degree in music composition. This knowledge, in addition to his expertise with computer systems, was invaluable for the complexities involved in the compositions of the Legge Method music. For the past 25 years he has worked as a Research Scientist involved in systems analysis and design. He has also worked with patients, first developing and then using the Legge Method for over 10 years.

NICOLETTE WEIL SCHWARTZMAN

Nicolette comes from a French family of doctors and noted scientists. After earning her bachelor's degree in biology and microbiology, she studied acupuncture and traditional Chinese medicine. In 1985, following her graduation from the Tri-State College of Acupuncture, she began her practice of acupuncture, using the theories of a number of schools of traditional Chinese medicine, as well as bioenergetic therapies and homeopathy. She is a National Board certified acupuncturist and is licensed to practice acupuncture in Pennsylvania, North Carolina, and Utah.

*Nicolette and Mike are training practitioners across the US in the Legge Method.*

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TRAINING FOR COURSE I  
Allergy Elimination



LEGGE METHOD™

THE FOCUS OF THE FIRST TRAINING PROGRAM FOR THE LEGGE METHOD IS ALLERGY ELIMINATION. THE COURSE CONSISTS OF THREE PARTS:



### 1 Traditional Chinese Medicine

- Five Element Theory
- Correspondences for the Five Elements
- Concept of Yin and Yang
- The 12 Meridians and the 12 Organ systems
- The Horary cycle
- Control and Creation cycles

### 2 Music

- The five notes (Gong, Shang, Jue, Zhi and Yu) in the traditional Chinese pentatonic scale, and how they relate to the organs as seen from a five element perspective
- New findings about traditional Chinese music and the diatonic scale
- Yin and Yang rhythm in the Legge Method music
- The Pentatonic scale and Diatonic scale combined
- The use of the Chromatic tones in the Legge Method scale

### 3 Allergy Elimination

- The use of kinesiology or the pendulum to test patients
- Definition of an allergy, allergens and chemical mediators
- Allergies and the immune system, diverse symptoms and associated meridians
- Allergies as seen from a five element perspective
- Treatment protocol for allergies
- Why are we allergic?
- Testing for allergens with dilutions
- What is the most important allergen to clear first?
- How to ask the right question
- Understanding how to test for the prescriptive music
- How to use the compositions within the music files
- What computer to use
- Musical directory and sub directories

### IN THE SECOND COURSE ...

In the second course, practitioners will learn how to test patients for their Voice Tone. This knowledge will allow them to correlate the musical keys to the Chinese organs as well as to determine the interaction between the organs and the elements.