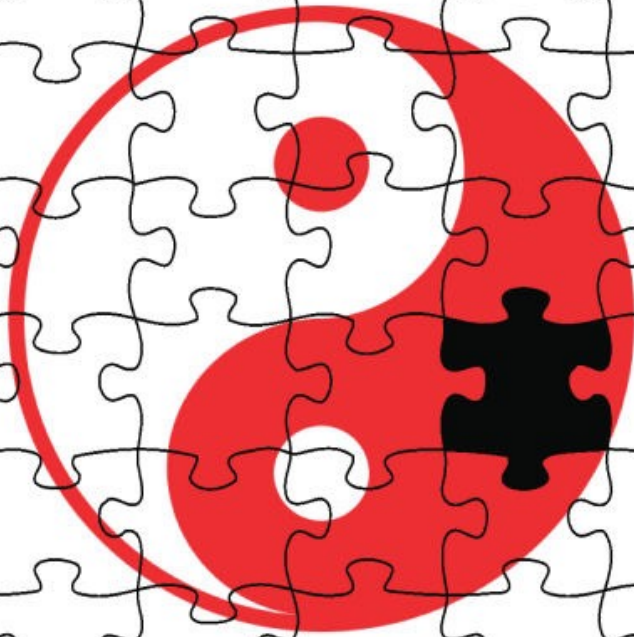


Acupuncture



Acupuncture Safety & Risk Management

Presented by John Schmidt, DC, FIAMA

Doctor of Chiropractic

Fellow, International Academy of Medical Acupuncture

Lesson 1

John Schmidt, DC, FIAMA

Doctor of Chiropractic

Fellow, International Academy of Medical Acupuncture

Certified - Manipulation Under Anesthesia

Certified - Impairment Ratings Using AMA Guides

Former Licensed Insurance Adjuster



- Doctor of Chiropractic - 1988
- NBCE: Parts I, II, III, IV, PT, Fellowship Acupuncture (FIAMA)

My email is: johnschmidtdc@gmail.com

- Expertise includes:
 - CPT coding and documentation (state boards)
 - ICD-10 coding
 - Acupuncture
 - Impairment ratings
 - HIPAA
 - Digitizing of x-rays
 - sEMG interpretation

Acupuncture Safety

Acupuncture, when performed by a trained and licensed acupuncturist, is generally considered safe. Here are some key points regarding the safety of acupuncture:

1. **Practitioners:** It is crucial to have a sterile environment when performing acupuncture. Doctors and staff members should wear personal protective equipment. This should include gloves and possibly a mask or protective eyewear.
2. **Sterile Needles:** Acupuncture needles should always be sterile, single-use, and disposable. This ensures that there is no risk of infection or cross-contamination.
3. **Clean Environment:** A clean and hygienic treatment environment is essential for acupuncture. The practitioner should use clean linens, sanitize their hands, and maintain a clean treatment area to minimize the risk of infection.
4. **Individualized Treatment:** Conduct a thorough assessment of the condition and perform a medical history before starting treatment. This helps tailor the treatment to specific needs and ensures that any potential risks or contraindications are considered.
5. **Adverse Reactions:** While adverse reactions to acupuncture are rare, they can occur. These may include mild bruising or bleeding at the needle insertion site, temporary soreness or discomfort, dizziness, or fainting.
6. **Communication:** Open communication is essential.
7. **Contraindications:** There are certain situations in which acupuncture may not be recommended or should be used with caution. For example, a bleeding disorder, pregnancy, a compromised immune system, or taking blood-thinning medications.

Technique

1. **Patient Assessment:** Before starting the acupuncture treatment, conduct a thorough assessment of the patient's condition. This includes reviewing the patient's medical history, discussing their symptoms, and conducting a physical examination. The assessment helps the practitioner identify the appropriate acupuncture points and determine the best treatment approach.
2. **Preparation:** The practitioner will ensure a clean and sterile environment. They will wash their hands and use sterilized, single-use, disposable acupuncture needles. They may also ask the patient to lie down or sit in a comfortable position.
3. **Needle Insertion:** The practitioners select the acupuncture points based on the patient's condition and treatment goals. Gently insert the thin, sterile needles into the skin at the selected points. The depth of insertion and angle may vary depending on the location and desired effect.
4. **Needle Manipulation:** Once the needles are inserted, a practitioner may gently manipulate them by rotating, twirling, or applying mild stimulation. This technique is intended to enhance the therapeutic effect of the treatment.
5. **Needle Retention:** The needles are usually left in place for a specific duration, typically ranging from a few minutes to around 30 minutes, depending on the treatment plan. During this time, the patient may be advised to relax and remain still.
6. **Needle Removal:** After the recommended time has elapsed, the practitioner will carefully remove the needles. Ensure proper disposal of the used needles according to safety guidelines, e.g. sharps container. Be sure to also follow applicable OSHA laws.
7. **Post-Treatment Care:** Provide post-treatment instructions, such as avoiding strenuous activities, staying hydrated, or applying heat or cold therapy to the treated areas. Also discuss any potential temporary side effects or sensations that the patient might experience.

MEDICAL GRADE

APPROVED & CERTIFIED



MEDICAL
GRADE



GAMMA
STERILE



ANTISEPTIC





Matchstick - 4.2mm



Medical Syringe - 2.9mm

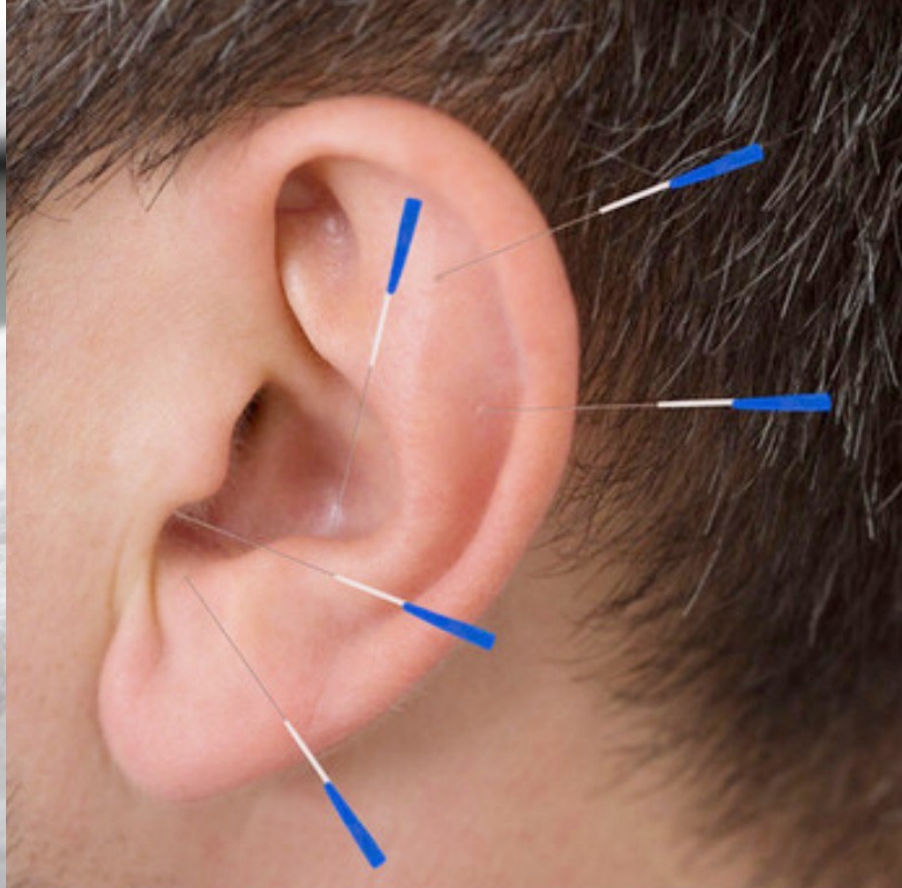


Sewing Needle - 1mm



Acupuncture Needle - 0.25mm







OSHA (Occupational Safety and Health Administration)

OSHA is a regulatory body in the United States that sets and enforces safety standards in the workplace. While OSHA does not have specific regulations that pertain specifically to acupuncture, it does have general guidelines that can be applied to ensure a safe working environment for acupuncturists and their patients. Here are some key considerations for acupuncturists regarding OSHA guidelines:

1. **Bloodborne Pathogens Standard:** Acupuncturists should be aware of OSHA's Bloodborne Pathogens Standard, which is designed to protect healthcare workers from exposure to bloodborne pathogens such as HIV and hepatitis B and C viruses. This standard includes requirements for training, implementing infection control procedures, providing personal protective equipment (e.g., gloves), and proper handling and disposal of sharps, such as acupuncture needles.
2. **Hazard Communication:** Acupuncturists should follow OSHA's Hazard Communication Standard, which requires employers to have a written plan for communicating information about hazardous chemicals used in the workplace. This includes properly labeling containers, maintaining safety data sheets (SDS) for chemicals, and providing appropriate training to employees regarding potential hazards and safe handling procedures.
3. **Workplace Safety:** Acupuncturists should ensure a safe environment for both them and their patients. This includes maintaining a clean and organized workspace, ensuring proper ventilation, implementing procedures to prevent slips, trips, and falls, and having appropriate measures in place to respond to emergencies.
4. **Ergonomics:** Acupuncturists should be mindful of ergonomic principles to prevent musculoskeletal injuries or strains due to repetitive movements or poor body mechanics. They should consider proper body positioning and use ergonomic tools or equipment to minimize physical strain during treatments.
5. **Personal Protective Equipment (PPE):** Acupuncturists should evaluate the need for personal protective equipment based on the specific procedures performed. This may include wearing gloves, masks, or eye protection to protect against potential exposure to blood or body fluids.



OAKRIDGE
PRODUCTS
Do Not Fill Above This Line
Phlebotomy Sharps Container
1 Quart - Red
Single Use Only
REGULATED MEDICAL WASTE, n.o.s.
Sharps Waste Only
Reorder #0310-1500
UN #3291
Rev 10/2014
CAUTION
Forcing or overfilling sharps into container may cause puncture and/or serious injury. Drop, DO NOT FORCE, sharps into container. Dispose of entire container when sharps reach fill line above.
DO NOT ATTEMPT TO EMPTY CONTAINER.
0 865273 000016
DANGER BIOHAZARD
MADE IN CHINA

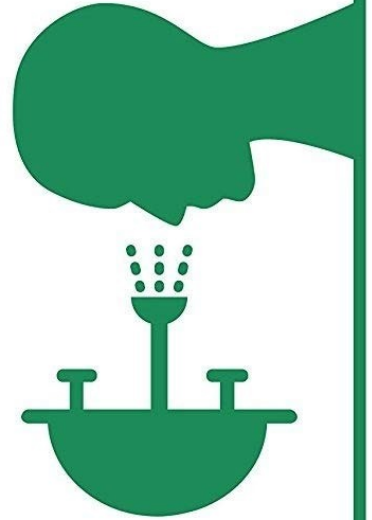
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EMERGENCY

EYE WASH STATION

KEEP AREA CLEAR



eSplanade signs



6. Training and Education: Acupuncturists and their staff should receive proper training on safety protocols, infection control measures, handling of sharps, emergency procedures, and any specific safety considerations relevant to their practice.

Hazard Communication Standard

OSHA's Hazard Communication Standard (HCS), also known as the "Right-to-Know" standard, is a regulation that sets requirements for employers to communicate information about hazardous chemicals in the workplace. The goal of the standard is to ensure that employees have access to information about the potential hazards of the chemicals they work with and to promote their safety and health. Here are some key aspects of OSHA's Hazard Communication Standard:

1. Chemical Inventory: Employers are required to compile and maintain a list of all hazardous chemicals present in the workplace. This inventory should include information on the identity of the chemicals and their corresponding safety data sheets (SDS).
2. Safety Data Sheets (SDS): Employers must obtain SDS for each hazardous chemical they use or store. The SDS provides detailed information about the chemical, including its physical and chemical properties, health hazards, protective measures, and emergency response procedures. Employers are responsible for ensuring that SDS are readily accessible to employees.
3. Labels and Warnings: Containers of hazardous chemicals must be labeled with appropriate hazard warnings and other relevant information. Labels should include the product name, hazardous ingredients, pictograms, signal words (such as "danger" or "warning"), and precautionary statements.
4. Employee Training: Employers must provide comprehensive training to employees on the hazards of the chemicals they work with and the precautions to be taken to ensure their safety. The training should cover topics such as proper handling and storage of chemicals, use of personal protective equipment (PPE), and emergency response procedures.
5. Written Hazard Communication Program: Employers are required to develop a written Hazard Communication Program that outlines their procedures for

complying with the standard. The program should include information on chemical inventory, SDS management, label and warning systems, employee training, and recordkeeping.

6. **Multi-Employer Workplaces:** In multi-employer workplaces where multiple employers are present, there are specific responsibilities for each employer. The controlling employer is responsible for ensuring compliance with the Hazard Communication Standard and providing information to other employers and their employees.
7. **Recordkeeping:** Employers must maintain records related to their hazard communication program, including training records, SDS, and chemical inventories. These records should be kept for a specific period, typically five years.

It's important for employers to regularly review and update their Hazard Communication Program to ensure compliance with the standard and to provide a safe working environment for their employees. Employees should be encouraged to report any hazardous conditions or concerns related to chemicals in the workplace to their employer.

Safety Data Sheets

OSHA (Occupational Safety and Health Administration) requires employers to maintain Safety Data Sheets (SDS) for hazardous chemicals used in the workplace. SDSs provide detailed information about the properties, hazards, and safety precautions related to a specific chemical or product. Here are some key points about OSHA's requirements for Safety Data Sheets:

1. **Content and Format:** Safety Data Sheets must follow a standardized format established by OSHA. The format includes 16 sections, each addressing specific information about the chemical. Some of the sections include identification, hazard identification, composition, first aid measures, handling and storage, exposure controls, and personal protection.
2. **Chemical Identification:** The SDS should provide the chemical's common name, synonyms, chemical formula, and any trade names or product codes associated with the chemical.

3. **Hazards Identification:** This section describes the hazards associated with the chemical, including physical hazards (such as flammability or reactivity) and health hazards (such as toxicity or carcinogenicity). It also provides information on potential acute and chronic effects of exposure and any specific hazards related to the chemical.
4. **Handling and Storage:** The SDS includes guidance on safe handling practices, such as appropriate personal protective equipment (PPE), engineering controls, and storage recommendations. It may provide information on temperature limits, ventilation requirements, and incompatible substances.
5. **Emergency Measures:** This section outlines appropriate first aid measures to be taken in case of exposure or accidents involving the chemical. It may provide information on symptoms of exposure, necessary medical treatments, and recommendations for emergency responders.
6. **Exposure Controls:** The SDS provides information on recommended exposure limits, such as permissible exposure limits (PELs) and threshold limit values (TLVs), as well as engineering controls and personal protective measures to minimize exposure risks.
7. **Environmental Hazards:** If applicable, the SDS may provide information on the potential environmental hazards associated with the chemical, including its impact on water, air, and soil.
8. **Disposal Considerations:** This section provides guidance on the safe disposal of the chemical, including any special handling or disposal requirements and compliance with environmental regulations.
9. **SDS Availability:** Employers are required to maintain SDSs in the workplace and make them readily accessible to employees. This includes ensuring that SDSs are available in areas where the chemicals are used or stored and that employees know how to access and interpret the information on the SDSs.

Updates and Communication: Employers must ensure that SDSs are kept up to date and reflect the most current information available for the chemical. If there are significant changes to the SDS, employers should communicate the updates to employees and provide any necessary training or instructions.

It's important for employers and employees to be familiar with SDSs for the chemicals they work with, understand the hazards involved, and follow the recommended safety precautions. SDSs provide critical information to promote safe handling, storage, and use of hazardous chemicals in the workplace.

NOTE: I recommend that you only use vinegar and water (50/50) solution and alcohol and water (10% alcohol and 90% water).

--- See sample SDS's for alcohol and vinegar.

HIV, Hepatitis and Acupuncture

1. Health Screening: Prior to receiving acupuncture treatment, it is common for practitioners to conduct a health screening that includes questions about the patient's medical history, including any history of bloodborne infections such as HIV. This information helps the acupuncturist assess the appropriateness of treatment and take any necessary precautions.
2. Precautions for Open Wounds or Skin Lesions: Acupuncturists should avoid needling directly into areas with open wounds, skin lesions, or areas of active infection. If such areas are present, the acupuncturist may modify the treatment plan or avoid needling those areas altogether.
3. Risk of Bleeding: Acupuncture involves the insertion of fine needles into the skin, which may cause minor bleeding or bruising at the needle insertion sites. It is important for acupuncturists to apply pressure or use appropriate techniques to minimize bleeding during and after treatment.

NOTE: There have been no reported cases of HIV transmission through acupuncture when proper safety measures are followed.

SAFETY DATA SHEET

Creation Date 09-Jul-2009

Revision Date 07-Jan-2022

Revision Number 7

1. Identification

Product Name Ethanol, Anhydrous (Histological)
Cat No. : A405-20; A405F-1GAL; A405P-4
Synonyms Grain alcohol, denatured; Ethyl alcohol, denatured; Ethyl hydroxide, denatured.
Recommended Use Laboratory chemicals.
Uses advised against Food, drug, pesticide or biocidal product use.

Details of the supplier of the safety data sheet

Emergency Telephone Number CHEMTREC®, Inside the USA: 800-424-9300
CHEMTREC®, Outside the USA: 001-703-527-3887

2. Hazard(s) identification

Classification

This chemical is considered hazardous by the 2012 OSHA Hazard Communication Standard (29 CFR 1910.1200)

Flammable liquids	Category 2
Serious Eye Damage/Eye Irritation	Category 2
Carcinogenicity	Category 2
Reproductive Toxicity	Category 2
Specific target organ toxicity (single exposure)	Category 2 Category 3
Target Organs - Central nervous system (CNS), Optic nerve, Respiratory system.	

Label Elements

Signal Word

Danger

Hazard Statements

Highly flammable liquid and vapor
Causes serious eye irritation
Suspected of causing cancer
Suspected of damaging fertility or the unborn child

May cause damage to organs
May cause drowsiness or dizziness



Precautionary Statements

Prevention

Obtain special instructions before use
Do not handle until all safety precautions have been read and understood
Use personal protective equipment as required
Wash face, hands and any exposed skin thoroughly after handling
Wear eye/face protection
Do not breathe dust/fume/gas/mist/vapors/spray
Do not eat, drink or smoke when using this product
Keep away from heat/sparks/open flames/hot surfaces. - No smoking
Keep container tightly closed
Ground/bond container and receiving equipment
Use explosion-proof electrical/ventilating/lighting equipment
Use only non-sparking tools
Take precautionary measures against static discharge

Response

IF exposed or concerned: Get medical attention/advice

Skin

IF ON SKIN (or hair): Take off immediately all contaminated clothing. Rinse skin with water/shower

Eyes

IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing

If eye irritation persists: Get medical advice/attention

Fire

In case of fire: Use CO₂, dry chemical, or foam for extinction

Storage

Store locked up
Store in a well-ventilated place. Keep cool

Disposal

Dispose of contents/container to an approved waste disposal plant

Hazards not otherwise classified (HNOC)

Repeated exposure may cause skin dryness or cracking

Other hazards

Poison, may be fatal or cause blindness if swallowed. Vapor harmful. CANNOT BE MADE NON-POISONOUS.

WARNING. Cancer and Reproductive Harm - <https://www.p65warnings.ca.gov/>.

3. Composition/Information on Ingredients

Component	CAS No	Weight %
Ethyl alcohol	64-17-5	90-95
Methyl alcohol	67-56-1	3-5
Methylisobutyl ketone	108-10-1	1-3
Ethyl acetate	141-78-6	1-2
Solvent naphtha (petroleum), light aliphatic	64742-89-8	1

4. First-aid measures

General Advice	If symptoms persist, call a physician.
Eye Contact	Rinse immediately with plenty of water, also under the eyelids, for at least 15 minutes. Get medical attention.
Skin Contact	Wash off immediately with plenty of water for at least 15 minutes. If skin irritation persists, call a physician.
Inhalation	Remove to fresh air. If not breathing, give artificial respiration. Get medical attention if symptoms occur.
Ingestion	Clean mouth with water and drink afterwards plenty of water.
Most important symptoms and effects	None reasonably foreseeable. Inhalation of high vapor concentrations may cause symptoms like headache, dizziness, tiredness, nausea and vomiting
Notes to Physician	Treat symptomatically

5. Fire-fighting measures

Suitable Extinguishing Media	Water spray, carbon dioxide (CO ₂), dry chemical, alcohol-resistant foam. Water mist may be used to cool closed containers.
Unsuitable Extinguishing Media	Water may be ineffective, Do not use a solid water stream as it may scatter and spread fire
Flash Point	13.9 °C / 57 °F
Method -	Estimated
Autoignition Temperature	362.8 °C / 685 °F
Explosion Limits	
Upper	18.0 vol %
Lower	3.3 vol %
Sensitivity to Mechanical Impact	No information available
Sensitivity to Static Discharge	No information available

Specific Hazards Arising from the Chemical

Flammable. Vapors may form explosive mixtures with air. Vapors may travel to source of ignition and flash back. Containers may explode when heated. Vapors may form explosive mixtures with air.

Hazardous Combustion Products

Carbon monoxide (CO). Carbon dioxide (CO₂).

Protective Equipment and Precautions for Firefighters

As in any fire, wear self-contained breathing apparatus pressure-demand, MSHA/NIOSH (approved or equivalent) and full protective gear.

NFPA

Health	Flammability	Instability	Physical hazards
3	3	0	N/A

6. Accidental release measures

Personal Precautions	Use personal protective equipment as required. Ensure adequate ventilation.
Environmental Precautions	Should not be released into the environment.

Methods for Containment and Clean Up Soak up with inert absorbent material. Keep in suitable, closed containers for disposal.

7. Handling and storage

Handling Wear personal protective equipment/face protection. Ensure adequate ventilation. Do not get in eyes, on skin, or on clothing. Avoid ingestion and inhalation.

Storage. Keep containers tightly closed in a dry, cool and well-ventilated place. Keep away from heat, sparks and flame. Incompatible Materials. Strong oxidizing agents. Acids. Acid anhydrides. Acid chlorides. Peroxides. Alkali metals.

8. Exposure controls / personal protection

Exposure Guidelines

Component	ACGIH TLV	OSHA PEL	NIOSH IDLH	Mexico OEL (TWA)
Ethyl alcohol	STEL: 1000 ppm	(Vacated) TWA: 1000 ppm (Vacated) TWA: 1900 mg/m ³ TWA: 1000 ppm TWA: 1900 mg/m ³	IDLH: 3300 ppm TWA: 1000 ppm TWA: 1900 mg/m ³	STEL: 1000 ppm
Methyl alcohol	TWA: 200 ppm STEL: 250 ppm Skin	(Vacated) TWA: 200 ppm (Vacated) TWA: 260 mg/m ³ (Vacated) STEL: 250 ppm (Vacated) STEL: 325 mg/m ³ Skin TWA: 200 ppm TWA: 260 mg/m ³	IDLH: 6000 ppm TWA: 200 ppm TWA: 260 mg/m ³ STEL: 250 ppm STEL: 325 mg/m ³	TWA: 200 ppm STEL: 250 ppm
Methylisobutyl ketone	TWA: 20 ppm STEL: 75 ppm	(Vacated) TWA: 50 ppm (Vacated) TWA: 205 mg/m ³ (Vacated) STEL: 75 ppm (Vacated) STEL: 300 mg/m ³ TWA: 100 ppm TWA: 410 mg/m ³	IDLH: 500 ppm TWA: 50 ppm TWA: 205 mg/m ³ STEL: 75 ppm STEL: 300 mg/m ³	TWA: 20 ppm STEL: 75 ppm
Ethyl acetate	TWA: 400 ppm	(Vacated) TWA: 400 ppm (Vacated) TWA: 1400 mg/m ³ TWA: 400 ppm TWA: 1400 mg/m ³	IDLH: 2000 ppm TWA: 400 ppm TWA: 1400 mg/m ³	TWA: 400 ppm

Legend

ACGIH - American Conference of Governmental Industrial Hygienists

OSHA - Occupational Safety and Health Administration

NIOSH IDLH: NIOSH - National Institute for Occupational Safety and Health

Engineering Measures Ensure adequate ventilation, especially in confined areas. Use explosion-proof electrical/ventilating/lighting equipment. Ensure that eyewash stations and safety showers are close to the workstation location.

Personal Protective Equipment

Eye/face Protection Wear appropriate protective eyeglasses or chemical safety goggles as described by OSHA's eye and face protection regulations in 29 CFR 1910.133 or European Standard EN166.

Skin and body protection Wear appropriate protective gloves and clothing to prevent skin exposure.

Respiratory Protection Follow the OSHA respirator regulations found in 29 CFR 1910.134 or European Standard EN 149. Use a NIOSH/MSHA or European Standard EN 149 approved respirator if exposure limits are exceeded or if irritation or other symptoms are experienced.

Hygiene Measures Handle in accordance with good industrial hygiene and safety practice.

9. Physical and chemical properties

Physical State Liquid
Appearance Clear

Odor	Alcohol-like
Odor Threshold	No information available
pH	Not applicable
Melting Point/Range	< -90 °C / -130 °F
Boiling Point/Range	77.1 °C / 170.8 °F
Flash Point	13.9 °C / 57 °F
Method -	Estimated
Evaporation Rate	3.6 (Butyl acetate = 1.0)
Flammability (solid,gas)	Not applicable
Flammability or explosive limits	
Upper	18.0 vol %
Lower	3.3 vol %
Vapor Pressure	48 mmHg
Vapor Density	1.5
Specific Gravity	0.785 - 0.792
Solubility	Soluble in water
Partition coefficient; n-octanol/water	No data available
Autoignition Temperature	362.8 °C / 685 °F
Decomposition Temperature	No information available
Viscosity	No information available
VOC Content(%)	100

10. Stability and reactivity

Reactive Hazard	None known, based on information available
Stability	Stable under normal conditions.
Conditions to Avoid	Incompatible products. Excess heat. Keep away from open flames, hot surfaces and sources of ignition.
Incompatible Materials	Strong oxidizing agents, Acids, Acid anhydrides, Acid chlorides, Peroxides, Alkali metals
Hazardous Decomposition Products	Carbon monoxide (CO), Carbon dioxide (CO ₂)
Hazardous Polymerization	Hazardous polymerization does not occur.
Hazardous Reactions	None under normal processing.

11. Toxicological information

Acute Toxicity

Product Information

Oral LD50

Based on ATE data, the classification criteria are not met. ATE > 2000 mg/kg.

Dermal LD50

Based on ATE data, the classification criteria are not met. ATE > 2000 mg/kg.

Vapor LC50

Based on ATE data, the classification criteria are not met. ATE > 20 mg/l.

Component Information

Component	LD50 Oral	LD50 Dermal	LC50 Inhalation
Ethyl alcohol	LD50 = 10470 mg/kg OECD 401 (Rat) 3450 mg/kg (Mouse)	Not listed	LC50 = 117-125 mg/l (4h) OECD 403 (rat) 20000 ppm/10H (rat)
Methyl alcohol	LD50 = 1187 – 2769 mg/kg (Rat)	LD50 = 17100 mg/kg (Rabbit)	LC50 = 128.2 mg/L (Rat) 4 h
Methylisobutyl ketone	LD50 = 2080 mg/kg (Rat)	LD50 = 3000 mg/kg (Rabbit)	LC50 2000 - 4000 ppm (Rat) 4 h
Ethyl acetate	10,200 mg/kg (Rat)	> 20 mL/kg (Rabbit) > 18000 mg/kg (Rabbit)	58 mg/l (rat; 8 h)
Solvent naphtha (petroleum), light aliphatic	Not listed	LD50 = 3000 mg/kg (Rabbit)	Not listed

Toxicologically Synergistic No information available

Products**Delayed and immediate effects as well as chronic effects from short and long-term exposure****Irritation** Severe eye irritant**Sensitization** No information available**Carcinogenicity** The table below indicates whether each agency has listed any ingredient as a carcinogen.

Component	CAS No	IARC	NTP	ACGIH	OSHA	Mexico
Ethyl alcohol	64-17-5	Not listed	Known	A3	Not listed	A3
Methyl alcohol	67-56-1	Not listed	Not listed	Not listed	Not listed	Not listed
Methylisobutyl ketone	108-10-1	Group 2B	Not listed	A3	X	A3
Ethyl acetate	141-78-6	Not listed	Not listed	Not listed	Not listed	Not listed
Solvent naphtha (petroleum), light aliphatic	64742-89-8	Not listed	Not listed	Not listed	Not listed	Not listed

IARC (International Agency for Research on Cancer)

IARC (International Agency for Research on Cancer)

Group 1 - Carcinogenic to Humans

Group 2A - Probably Carcinogenic to Humans

Group 2B - Possibly Carcinogenic to Humans

NTP: (National Toxicity Program)

Known - Known Carcinogen

Reasonably Anticipated - Reasonably Anticipated to be a Human Carcinogen

A1 - Known Human Carcinogen

A2 - Suspected Human Carcinogen

A3 - Animal Carcinogen

ACGIH: (American Conference of Governmental Industrial Hygienists)

ACGIH: (American Conference of Governmental Industrial Hygienists)

Mexico - Occupational Exposure Limits - Carcinogens

Mexico - Occupational Exposure Limits - Carcinogens

A1 - Confirmed Human Carcinogen

A2 - Suspected Human Carcinogen

A3 - Confirmed Animal Carcinogen

A4 - Not Classifiable as a Human Carcinogen

A5 - Not Suspected as a Human Carcinogen

Mutagenic Effects Mutagenic effects have occurred in experimental animals.**Reproductive Effects** No information available.**Developmental Effects** No information available.**Teratogenicity** No information available.**STOT - single exposure** Central nervous system (CNS) Optic nerve Respiratory system**STOT - repeated exposure** None known**Aspiration hazard** No information available**Symptoms / effects, both acute and delayed** Inhalation of high vapor concentrations may cause symptoms like headache, dizziness, tiredness, nausea and vomiting**Endocrine Disruptor Information** No information available**Other Adverse Effects** The toxicological properties have not been fully investigated.

12. Ecological information

Ecotoxicity

Contains a substance which is: Toxic to aquatic organisms. The product contains following substances which are hazardous for the environment.

Component	Freshwater Algae	Freshwater Fish	Microtox	Water Flea
Ethyl alcohol	EC50 (72h) = 275 mg/l (Chlorella vulgaris)	Fathead minnow (Pimephales promelas)	Photobacterium phosphoreum: EC50 = 34634	EC50 = 9268 mg/L/48h EC50 = 10800 mg/L/24h

		LC50 = 14200 mg/l/96h	mg/L/30 min Photobacterium phosphoreum:EC50 = 35470 mg/L/5 min	
Methyl alcohol	Not listed	Pimephales promelas: LC50 > 10000 mg/L 96h	EC50 = 39000 mg/L 25 min EC50 = 40000 mg/L 15 min EC50 = 43000 mg/L 5 min	EC50 > 10000 mg/L 24h
Methylisobutyl ketone	EC50: 400 mg/L/96h	LC50: 496 - 514 mg/L, 96h flow-through (Pimephales promelas)	EC50 = 79.6 mg/L 5 min	EC50: 4280.0 mg/L/24h EC50: 170 mg/L/48h EC50: 4280.0 mg/L/24h
Ethyl acetate	EC50 = 3300 mg/L/48h	Fathead minnow: LC50: 230 mg/l/ 96h Gold orfe: LC50: 270 mg/L/48h	EC50 = 1180 mg/L 5 min EC50 = 1500 mg/L 15 min EC50 = 5870 mg/L 15 min EC50 = 7400 mg/L 2 h	EC50 = 717 mg/L/48h
Solvent naphtha (petroleum), light aliphatic	EC50: = 4700 mg/L, 72h (Pseudokirchneriella subcapitata)	Not listed	Not listed	Not listed

Persistence and Degradability Persistence is unlikely based on information available.

Bioaccumulation/ Accumulation No information available.

Mobility Will likely be mobile in the environment due to its volatility.

Component	log Pow
Ethyl alcohol	-0.32
Methyl alcohol	-0.74
Methylisobutyl ketone	1.19
Ethyl acetate	0.6

13. Disposal considerations

Waste Disposal Methods Chemical waste generators must determine whether a discarded chemical is classified as a hazardous waste. Chemical waste generators must also consult local, regional, and national hazardous waste regulations to ensure complete and accurate classification.

Component	RCRA - U Series Wastes	RCRA - P Series Wastes
Methyl alcohol - 67-56-1	U154	-
Methylisobutyl ketone - 108-10-1	U161	-
Ethyl acetate - 141-78-6	U112	-

14. Transport information

DOT

UN-No UN1170
Proper Shipping Name ETHANOL SOLUTION
Hazard Class 3
Packing Group II

TDG

UN-No UN1170
Proper Shipping Name ETHANOL SOLUTION
Hazard Class 3
Packing Group II

IATA

UN-No UN1170
Proper Shipping Name ETHANOL SOLUTION
Hazard Class 3
Packing Group II

IMDG/IMO

UN-No UN1170
Proper Shipping Name ETHANOL SOLUTION
Hazard Class 3

Packing Group

II

15. Regulatory information

United States of America Inventory

Component	CAS No	TSCA	TSCA Inventory notification - Active-Inactive	TSCA - EPA Regulatory Flags
Ethyl alcohol	64-17-5	X	ACTIVE	-
Methyl alcohol	67-56-1	X	ACTIVE	-
Methylisobutyl ketone	108-10-1	X	ACTIVE	-
Ethyl acetate	141-78-6	X	ACTIVE	-
Solvent naphtha (petroleum), light aliphatic	64742-89-8	X	ACTIVE	-

Legend:

TSCA US EPA (TSCA) - Toxic Substances Control Act, (40 CFR Part 710)

X - Listed

-' - Not Listed

TSCA 12(b) - Notices of Export Not applicable

International Inventories

Canada (DSL/NDSL), Europe (EINECS/ELINCS/NLP), Philippines (PICCS), Japan (ENCS), Japan (ISHL), Australia (AICS), China (IECSC), Korea (KECL).

Component	CAS No	DSL	NDSL	EINECS	PICCS	ENCS	ISHL	AICS	IECSC	KECL
Ethyl alcohol	64-17-5	X	-	200-578-6	X	X	X	X	X	KE-13217
Methyl alcohol	67-56-1	X	-	200-659-6	X	X	X	X	X	KE-23193
Methylisobutyl ketone	108-10-1	X	-	203-550-1	X	X	X	X	X	KE-24725
Ethyl acetate	141-78-6	X	-	205-500-4	X	X	X	X	X	KE-00047
Solvent naphtha (petroleum), light aliphatic	64742-89-8	X	-	265-192-2	X	-		X	X	KE-31661

KECL - NIER number or KE number (<http://ncis.nier.go.kr/en/main.do>)**U.S. Federal Regulations****SARA 313**

Component	CAS No	Weight %	SARA 313 - Threshold Values %
Methyl alcohol	67-56-1	3-5	1.0
Methylisobutyl ketone	108-10-1	1-3	0.1

SARA 311/312 Hazard Categories See section 2 for more information

CWA (Clean Water Act)**Clean Air Act**

Component	HAPS Data	Class 1 Ozone Depletors	Class 2 Ozone Depletors
Methyl alcohol	X		-
Methylisobutyl ketone	X		-

OSHA - Occupational Safety and Health Administration Not applicable

CERCLA

Component	Hazardous Substances RQs	CERCLA EHS RQs
Methyl alcohol	5000 lb	-
Methylisobutyl ketone	5000 lb	-

Ethyl acetate	5000 lb	-
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California Proposition 65

Ethyl alcohol is only considered a Proposition 65 developmental hazard when it is ingested as an alcoholic beverage. This product contains the following Proposition 65 chemicals.

Component	CAS No	California Prop. 65	Prop 65 NSRL	Category
Ethyl alcohol	64-17-5	Development (alcoholic beverages only) Carcinogen	-	Developmental Carcinogen
Methyl alcohol	67-56-1	Developmental	-	Developmental
Methylisobutyl ketone	108-10-1	Carcinogen Developmental	-	Developmental Carcinogen

U.S. State Right-to-Know Regulations

Component	Massachusetts	New Jersey	Pennsylvania	Illinois	Rhode Island
Ethyl alcohol	X	X	X	X	X
Methyl alcohol	X	X	X	X	X
Methylisobutyl ketone	X	X	X	X	X
Ethyl acetate	X	X	X	-	X

U.S. Department of Transportation

Reportable Quantity (RQ): Y
 DOT Marine Pollutant N
 DOT Severe Marine Pollutant N

U.S. Department of Homeland Security

This product does not contain any DHS chemicals.

Other International Regulations**Mexico - Grade**

Serious risk, Grade 3

Authorisation/Restrictions according to EU REACH

Component	REACH (1907/2006) - Annex XIV - Substances Subject to Authorization	REACH (1907/2006) - Annex XVII - Restrictions on Certain Dangerous Substances	REACH Regulation (EC 1907/2006) article 59 - Candidate List of Substances of Very High Concern (SVHC)
Methyl alcohol	-	Use restricted. See item 69. (see link for restriction details)	-
Methylisobutyl ketone	-	Use restricted. See item 75. (see link for restriction details)	-
Ethyl acetate	-	Use restricted. See item 75. (see link for restriction details)	-
Solvent naphtha (petroleum), light aliphatic	-	Use restricted. See item 28. (see link for restriction details) Use restricted. See item 29. (see link for restriction details) Use restricted. See item 75. (see link for restriction details)	-

<https://echa.europa.eu/substances-restricted-under-reach>

Safety, health and environmental regulations/legislation specific for the substance or mixture

Component	CAS No	OECD HPV	Persistent Organic Pollutant	Ozone Depletion Potential	Restriction of Hazardous Substances (RoHS)
Ethyl alcohol	64-17-5	Listed	Not applicable	Not applicable	Not applicable
Methyl alcohol	67-56-1	Listed	Not applicable	Not applicable	Not applicable

Methylisobutyl ketone	108-10-1	Listed	Not applicable	Not applicable	Not applicable
Ethyl acetate	141-78-6	Listed	Not applicable	Not applicable	Not applicable
Solvent naphtha (petroleum), light aliphatic	64742-89-8	Listed	Not applicable	Not applicable	Not applicable

Component	CAS No	Seveso III Directive (2012/18/EC) - Qualifying Quantities for Major Accident Notification	Seveso III Directive (2012/18/EC) - Qualifying Quantities for Safety Report Requirements	Rotterdam Convention (PIC)	Basel Convention (Hazardous Waste)
Ethyl alcohol	64-17-5	Not applicable	Not applicable	Not applicable	Annex I - Y42
Methyl alcohol	67-56-1	500 tonne	5000 tonne	Not applicable	Not applicable
Methylisobutyl ketone	108-10-1	Not applicable	Not applicable	Not applicable	Annex I - Y42
Ethyl acetate	141-78-6	Not applicable	Not applicable	Not applicable	Annex I - Y42
Solvent naphtha (petroleum), light aliphatic	64742-89-8	Not applicable	Not applicable	Not applicable	Not applicable

16. Other information

Prepared By

Creation Date	09-Jul-2009
Revision Date	07-Jan-2022
Print Date	07-Jan-2022
Revision Summary	This document has been updated to comply with the US OSHA HazCom 2012 Standard replacing the current legislation under 29 CFR 1910.1200 to align with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS).

Disclaimer

The information provided in this Safety Data Sheet is correct to the best of our knowledge, information and belief at the date of its publication. The information given is designed only as a guidance for safe handling, use, processing, storage, transportation, disposal and release and is not to be considered a warranty or quality specification. The information relates only to the specific material designated and may not be valid for such material used in combination with any other materials or in any process, unless specified in the text

End of SDS

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.(Source: CRC Handbook of Chemistry and Physics, 63rd Edition)

Other Non-GHS Classification:

WHMIS



NFPA/HMIS



NFPA SCALE (0-4)

Health	2
Flammability	1
Physical Hazard	0
Personal Protection	X

HMIS RATINGS (0-4)

SECTION 3 : Composition/information on ingredients

Ingredients:

CAS 64-19-7	Acetic Acid	5 %
CAS 7732-18-5	Deionized Water	95 %

Percentages are by weight

SECTION 4 : First aid measures

Description of first aid measures

After inhalation: Move exposed individual to fresh air. Loosen clothing as necessary and position individual in a comfortable position. Seek medical advice if discomfort or irritation persists. Give artificial respiration if necessary. If breathing persists give oxygen.

After skin contact: Wash affected area with soap and water. Rinse thoroughly. Seek medical attention if irritation, discomfort or vomiting persists. Flush with water for 15 minutes.

After eye contact: Protect unexposed eye. Rinse/flush exposed eye(s) gently using water for 15-20 minutes. Remove contact lens(es) if able to do so during rinsing. Immediately get medical assistance if irritation persists or if concerned.

After swallowing: Rinse mouth thoroughly. Do not induce vomiting. Have exposed individual drink sips of water. Seek medical attention if irritation, discomfort or vomiting persists.

Most important symptoms and effects, both acute and delayed:

Irritation, Nausea, Headache, Shortness of breath.;

Indication of any immediate medical attention and special treatment needed:

If seeking medical attention, provide SDS document to physician. Notes to Physician: Treat symptomatically.

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SECTION 5 : Firefighting measures

Extinguishing media

Suitable extinguishing agents: If in laboratory setting, follow laboratory fire suppression procedures. Use appropriate fire suppression agents for adjacent combustible materials or sources of ignition

For safety reasons unsuitable extinguishing agents:

Special hazards arising from the substance or mixture:

Combustion products may include carbon oxides or other toxic vapors.

Advice for firefighters:

Protective equipment:

Additional information (precautions): Move product containers away from fire or keep cool with water spray as a protective measure, where feasible.

SECTION 6 : Accidental release measures

Personal precautions, protective equipment and emergency procedures:

Wear protective equipment. Avoid contact with skin, eyes and clothing. Remove from all sources of ignition. Use respiratory protective device against the effects of fumes/dust/aerosol. Keep unprotected persons away. Ensure adequate ventilation. Keep away from ignition sources. Protect from heat. Stop the spill, if possible. Contain spilled material by diking or using inert absorbent. Transfer to a disposal or recovery container.

Environmental precautions:

Prevent from reaching drains, sewer or waterway. Collect contaminated soil for characterization per Section 13

Methods and material for containment and cleaning up:

If in a laboratory setting, follow Chemical Hygiene Plan procedures. Collect liquids using vacuum or by use of absorbents. Place into properly labeled containers for recovery or disposal. If necessary, use trained response staff/contractor. Remove from all sources of ignition. Soak with inert material. Use spark-proof tools and explosion-proof equipment. Always obey local regulations.

Reference to other sections:

SECTION 7 : Handling and storage

Precautions for safe handling:

Prevent formation of aerosols. Follow good hygiene procedures when handling chemical materials. Do not eat, drink, smoke, or use personal products when handling chemical substances. If in a laboratory setting, follow Chemical Hygiene Plan. Use only in well ventilated areas. Avoid splashes or spray in enclosed areas. Wash hands after handling. Avoid contact with skin and eyes.

Conditions for safe storage, including any incompatibilities:

Store in a cool location. Provide ventilation for containers. Avoid storage near extreme heat, ignition sources or open flame. Store away from foodstuffs. Store away from oxidizing agents. Store in cool, dry conditions in well sealed containers. Keep container tightly sealed. Protect from freezing.

SECTION 8 : Exposure controls/personal protection



Control Parameters:

64-19-7, Acetic Acid, ACGIH TLV: 25mg/m³, OSHA PEL: 25mg/m³

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Appropriate Engineering controls: Emergency eye wash fountains and safety showers should be available in the immediate vicinity of use/handling. Provide exhaust ventilation or other engineering controls to keep the airborne concentrations of vapor or mists below the applicable workplace exposure limits (Occupational Exposure Limits-OELs) indicated above.

Respiratory protection: Not required under normal conditions of use. Use suitable respiratory protective device when high concentrations are present. Use suitable respiratory protective device when aerosol or mist is formed. For spills, respiratory protection may be advisable.

Protection of skin: The glove material has to be impermeable and resistant to the product/ the substance/ the preparation being used/handled. Selection of the glove material on consideration of the penetration times, rates of diffusion and the degradation.

Eye protection: Safety glasses with side shields or goggles.

General hygienic measures: The usual precautionary measures are to be adhered to when handling chemicals. Keep away from food, beverages and feed sources. Immediately remove all soiled and contaminated clothing. Wash hands before breaks and at the end of work. Do not inhale gases/fumes/dust/mist/vapor/aerosols. Avoid contact with the eyes and skin.

SECTION 9 : Physical and chemical properties

Appearance (physical state,color):	Clear, colorless liquid	Explosion limit lower: Explosion limit upper:	0 Vol % 0 Vol %
Odor:	Vinegar-like	Vapor pressure:	2.3 kPa (@ 20°C) or 23 hPa (17 mm Hg) at 20 °C (68 °F)
Odor threshold:	Not determined	Vapor density:	0.62 (Air = 1)
pH-value:	Not determined	Relative density:	1 (Water = 1)
Melting/Freezing point:	0 °C (32 °F)	Solubilities:	Soluble in Water
Boiling point/Boiling range:	100°C (212°F)	Partition coefficient (n-octanol/water):	Not determined
Flash point (closed cup):	Not applicable	Auto/Self-ignition temperature:	Not determined
Evaporation rate:	Not determined	Decomposition temperature:	Not determined
Flammability (solid,gaseous):	Not applicable	Viscosity:	a. Kinematic: Not determined b. Dynamic: 0.952 mPas at 20 °C (68 °F)
Density: 1 g/cm ³ (8.345 lbs/gal) at 20 °C (68 °F)			

SECTION 10 : Stability and reactivity

Reactivity:

Chemical stability: No decomposition if used and stored according to specifications.

Possible hazardous reactions:

Conditions to avoid: Store away from oxidizing agents, strong acids or bases.

Incompatible materials: Strong acids. Strong bases. Oxidizers. Metals

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Hazardous decomposition products:Carbon oxides (CO, CO₂).Irritating fumes

SECTION 11 : Toxicological information

Acute Toxicity:		
Oral:	LD50 orl-rat: 3310 mg/kg (Acetic Acid)	
Dermal:	LC50 inhalation-rat: 5620 ppm/ 1hr. (Acetic Acid)	
Chronic Toxicity: No additional information.		
Corrosion Irritation:		
Dermal:	Section 2	Classified as a skin irritant
Ocular:	Section 2	Classified as an eye irritant
Sensitization:	No additional information.	
Single Target Organ (STOT):	No additional information.	
Numerical Measures:	No additional information.	
Carcinogenicity:	No additional information.	
Mutagenicity:	No additional information.	
Reproductive Toxicity:	No additional information.	

SECTION 12 : Ecological information

Ecotoxicity

Ecotoxicity: Acetic Acid has high biochemical oxygen demand, and a potential to cause oxygen depletion in aquatic systems.

Persistence and degradability: Readily degradable in the environment.

Bioaccumulative potential:

Mobility in soil: Aqueous solution has high mobility in soil.

Other adverse effects:

SECTION 13 : Disposal considerations

Waste disposal recommendations:

Product/containers must not be disposed together with household garbage. Do not allow product to reach sewage system or open water.It is the responsibility of the waste generator to properly characterize all waste materials according to applicable regulatory entities (US 40CFR262.11). Consult federal state/ provincial and local regulations regarding the proper disposal of waste material that may incorporate some amount of this product.Classify as a hazardous waste.

SECTION 14 : Transport information

UN-Number

UN2790

UN proper shipping name

□ □ □ □ □ □ □

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Acetic Acid Solution

Transport hazard class(es)



Class:

8 Corrosive substances

Packing group: III

Environmental hazard:

Transport in bulk:

Special precautions for user:

SECTION 15 : Regulatory information

United States (USA)

SARA Section 311/312 (Specific toxic chemical listings):

Acute

SARA Section 313 (Specific toxic chemical listings):

None of the ingredients is listed

RCRA (hazardous waste code):

None of the ingredients is listed

TSCA (Toxic Substances Control Act):

All ingredients are listed.

CERCLA (Comprehensive Environmental Response, Compensation, and Liability Act):

64-19-7 Acetic Acid 5000 lb

Proposition 65 (California):

Chemicals known to cause cancer:

None of the ingredients is listed

Chemicals known to cause reproductive toxicity for females:

None of the ingredients is listed

Chemicals known to cause reproductive toxicity for males:

None of the ingredients is listed

Chemicals known to cause developmental toxicity:

None of the ingredients is listed

Canada

Canadian Domestic Substances List (DSL):

All ingredients are listed.

Canadian NPRI Ingredient Disclosure list (limit 0.1%):

None of the ingredients is listed

Canadian NPRI Ingredient Disclosure list (limit 1%):

None of the ingredients is listed

SECTION 16 : Other information

This product has been classified in accordance with hazard criteria of the Controlled Products Regulations and the SDS contains all the information required by the Controlled Products Regulations. Note: The responsibility to

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provide a safe workplace remains with the user. The user should consider the health hazards and safety information contained herein as a guide and should take those precautions required in an individual operation to instruct employees and develop work practice procedures for a safe work environment. The information contained herein is, to the best of our knowledge and belief, accurate. However, since the conditions of handling and use are beyond our control, we make no guarantee of results, and assume no liability for damages incurred by the use of this material. It is the responsibility of the user to comply with all applicable laws and regulations applicable to this material.

GHS Full Text Phrases:

Abbreviations and acronyms:

IMDG: International Maritime Code for Dangerous Goods

IATA: International Air Transport Association

GHS: Globally Harmonized System of Classification and Labelling of Chemicals

ACGIH: American Conference of Governmental Industrial Hygienists

CAS: Chemical Abstracts Service (division of the American Chemical Society)

NFPA: National Fire Protection Association (USA)

HMIS: Hazardous Materials Identification System (USA)

WHMIS: Workplace Hazardous Materials Information System (Canada)

DNEL: Derived No-Effect Level (REACH)

PNEC: Predicted No-Effect Concentration (REACH)

CFR: Code of Federal Regulations (USA)

SARA: Superfund Amendments and Reauthorization Act (USA)

RCRA: Resource Conservation and Recovery Act (USA)

TSCA: Toxic Substances Control Act (USA)

NPRI: National Pollutant Release Inventory (Canada)

DOT: US Department of Transportation

Effective date : 10.24.2014

Last updated : 05.27.2015

Acupuncture Safety & Risk Management

Presented by John Schmidt, DC, FIAMA

Doctor of Chiropractic

Fellow, International Academy of Medical Acupuncture

Lesson 2

Acupuncture Risk Management

Acupuncture risk management involves taking proactive steps to identify, assess, and minimize potential risks associated with acupuncture treatments. By implementing proper risk management strategies, acupuncturists can enhance patient safety and reduce the likelihood of adverse events. Here are some key considerations for acupuncture risk management:

1. **Education and Training:** Undergo comprehensive education and training from approved institutions to acquire the necessary knowledge and skills. Continuing education and staying updated with current practices are essential for maintaining competence and minimizing risks.
2. **Licensing and Certification:** Meet all licensing and certification requirements in their jurisdiction. This helps ensure that they have met the necessary standards of practice and have the legal authority to perform acupuncture.
3. **Informed Consent:** Obtain informed consent from patients before initiating treatment. Informed consent involves providing a clear explanation of the treatment, its potential benefits, risks, and alternatives, allowing patients to make an informed decision about their care.
4. **Health Assessment:** Conduct a thorough health assessment of the patient. This includes gathering information about the patient's medical history, current health status, and any underlying conditions that may impact treatment.
5. **Safety and Hygiene:** Maintain a clean and hygienic treatment environment. This includes using sterile, single-use needles, proper hand hygiene, disinfection of treatment surfaces, and adherence to infection control protocols.
6. **Needle Safety:** Employ safe needle practices to minimize the risk of injury or adverse events. This includes proper needle insertion techniques, accurate needle placement, and precautions to avoid accidental needlestick injuries.
7. **Record Keeping:** Acupuncturists should maintain accurate and comprehensive patient records. This includes documenting the patient's health history, treatment plans, progress notes, and any adverse events or complications that may arise during treatment.

8. **Emergency Preparedness:** Have protocols in place to handle medical emergencies that may occur during or after treatment. This includes maintaining emergency equipment, such as first aid supplies and consider an automated external defibrillator (AED) and ensuring that staff members are trained in CPR and emergency response procedures.
9. **Communication and Referrals:** Acupuncturists should communicate effectively with patients, other healthcare professionals, and referral sources. This ensures that all relevant information is shared and coordinated to provide comprehensive care and manage potential risks.

Professional Liability Insurance: Acupuncturists should carry professional liability insurance to protect themselves in the event of a malpractice claim or lawsuit. This insurance provides financial coverage for legal defense costs and potential settlements or judgments.

It's important for acupuncturists to stay informed about best practices, guidelines, and regulations specific to their jurisdiction. Consulting with professional associations, regulatory bodies, and colleagues can provide valuable insights and resources for effective acupuncture risk management.

Acupuncture in Chiropractic

Instructor: John Schmidt, DC, FIAMA
Fellow, International Academy of Medical Acupuncture

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a comprehensive medical system that has been practiced for thousands of years in China and other parts of East Asia.

It is based on a holistic approach to healthcare, focusing on the balance and harmony of the body, mind, and spirit to achieve optimal health.

Acupuncture is part of TCM.

Yin and Yang: TCM views the body as a dynamic balance between two opposing forces, yin and yang.

Yin represents the cooler, more **passive** aspects.

Yang represents the warmer, more **active** aspects.

The goal is to maintain a harmonious balance between these forces.

1. Qi: Pronounced "chee", is considered the vital energy or life force that flows throughout the body. It is believed that imbalances or blockages in the flow of qi can lead to illness or disease. TCM aims to restore the proper flow and balance of qi.
2. Meridians: TCM describes a network of channels or meridians through which qi flows. These meridians are connected to specific organs and functions in the body. Acupuncture and other TCM therapies often target these meridians to regulate the flow of qi and restore balance.
3. Diagnosis: TCM practitioners use various methods to diagnose a patient's condition. These may include observing the patient's appearance, listening to their voice and breathing, asking about symptoms, and feeling the pulse and examining the tongue. TCM diagnosis focuses on identifying patterns of disharmony rather than individual diseases.

4. Treatment Modalities: TCM incorporates a range of treatment modalities to restore balance and promote health. These include acupuncture, herbal medicine, dietary therapy, massage (Tui Na), exercise (such as Qigong or Tai Chi), and mind-body practices (such as meditation). The specific treatments used depend on the individual's condition and the TCM practitioner's expertise.
5. Prevention and Wellness: TCM emphasizes the importance of prevention and maintaining overall well-being. It encourages individuals to make lifestyle choices that promote balance, such as eating a balanced diet, managing stress, getting enough rest, and engaging in regular exercise.

Scope of Practice Limitations

As Doctors of Chiropractic, we must stay within our scope of practice. Otherwise, you may be accused of practicing acupuncture without a license.

Most states limit chiropractors to treatment of the spine and joints, muscles and nerves.

*Be careful not to diagnose organic diseases (such as diabetes, allergies or heart disease) unless you are also treating a subluxation that can contribute to organic disease.

Principles of Acupuncture

1. Principles of Acupuncture: According to traditional Chinese medicine (TCM), acupuncture is based on the concept of balancing the opposing forces of yin and yang within the body. Imbalances or blockages in the flow of qi can lead to health problems, and acupuncture seeks to restore the proper flow of energy.
2. Acupuncture Points: The human body has hundreds of acupuncture points along the meridians, each associated with specific organs, functions, or conditions. These points can be found on various parts of the body, such as the arms, legs, head, and torso.
3. Needles and Techniques: Acupuncture needles are typically very thin and flexible. They are inserted into the skin at specific depths and angles depending on the

condition being treated and the desired effect. The needles may be left in place for a short period or stimulated with gentle movements or electrical impulses.

4. **Conditions Treated:** Acupuncture is commonly used to manage pain, such as headaches, back pain, and osteoarthritis. It may also be employed to address various other conditions like digestive disorders, insomnia, anxiety, and fertility issues. However, it's important to note that while acupuncture is widely practiced, the scientific evidence supporting its effectiveness for some conditions is still being researched and debated.
5. **Safety and Regulation:** When performed by a trained and licensed acupuncturist, acupuncture is generally considered safe. The needles used are sterile and disposable to minimize the risk of infection. However, it's essential to consult with a qualified practitioner and disclose any medical conditions or medications you are taking before undergoing acupuncture.

Yin

In Traditional Chinese Medicine (TCM), Yin is one of the fundamental concepts used to understand the balance and harmony within the body and the universe. It is often described as the feminine, passive, dark, cold, and nourishing aspect, which complements the Yang, the masculine, active, bright, warm, and transformative aspect. Yin and Yang are interdependent and interconnected forces that maintain balance and health.

Aspects Related to Yin:

1. **Yin and Yang Balance:** According to TCM theory, health is achieved when Yin and Yang are in a dynamic balance within the body. An imbalance or excess of either Yin or Yang can lead to disharmony and health issues.
2. **Yin Organs:** In TCM, certain organs are considered Yin organs. These include the heart, liver, spleen, lungs, and kidneys. These organs are associated with Yin qualities and perform essential functions related to nourishment, storage, and regulation in the body.
3. **Yin Meridians:** Yin meridians are the energy pathways in the body that are associated with the Yin organs. There are six Yin meridians: Heart Meridian, Liver Meridian, Spleen Meridian, Lung Meridian, Kidney Meridian, and Pericardium Meridian.
4. **Yin Deficiency:** Yin deficiency refers to an imbalance where there is a relative insufficiency of Yin energy in the body. It may manifest as symptoms such as dryness, heat, restlessness, insomnia, night sweats, and thirst.
5. **Nourishing Yin:** TCM emphasizes the importance of nourishing Yin to maintain balance. This can be done through various means, including dietary choices, herbal medicine, acupuncture, and lifestyle modifications. Foods and herbs with cooling and moistening properties are often used to support Yin.
6. **Yin Yoga:** Yin Yoga is a style of yoga that focuses on the passive stretching and long-held poses targeting the deep connective tissues, such as ligaments, tendons, and fascia. It aims to cultivate relaxation, stillness, and introspection, enhancing the Yin qualities in the body and mind.

Yang

In Traditional Chinese Medicine (TCM), Yang is one of the fundamental concepts used to understand the balance and harmony within the body and the universe. It is often described as the masculine, active, bright, warm, and transformative aspect, which complements Yin, the feminine, passive, dark, cold, and nourishing aspect. Yin and Yang are interdependent and interconnected forces that maintain balance and health.

Here are some key aspects and associations related to Yang:

1. **Yin and Yang Balance:** According to TCM theory, health is achieved when Yin and Yang are in a dynamic balance within the body. An imbalance or excess of either Yin or Yang can lead to disharmony and health issues.
2. **Yang Organs:** In TCM, the hollow organs are considered Yang organs. These include the small intestine, large intestine, stomach, bladder, gallbladder, and triple burner (a functional system related to digestion and metabolism). These organs are associated with Yang qualities and perform essential functions related to digestion, elimination, and energy transformation.
3. **Yang Meridians:** Yang meridians are the energy pathways in the body that are associated with the Yang organs. There are six Yang meridians: Small Intestine Meridian, Large Intestine Meridian, Stomach Meridian, Bladder Meridian, Gallbladder Meridian, and Triple Burner (Heater) Meridian.
4. **Yang Excess:** Yang excess refers to an imbalance where there is a relative excess or hyperactivity of Yang energy in the body. It may manifest as symptoms such as excessive heat, restlessness, agitation, rapid heartbeat, and high blood pressure.
5. **Cultivating Yang:** TCM emphasizes the importance of cultivating and supporting Yang energy to maintain balance. This can be done through various means, including dietary choices, herbal medicine, acupuncture, and lifestyle modifications. Foods and herbs with warming and invigorating properties are often used to support Yang.
6. **Yang Exercises:** Certain exercises, such as Qi Gong and Tai Chi, are considered Yang exercises in TCM. These practices involve slow, deliberate movements, breathwork, and meditation to cultivate and balance the flow of Qi (vital energy) in the body.

Meridian Therapy

Meridian therapy, also known as meridian-based therapy or meridian acupuncture, is a therapeutic approach that focuses on the body's meridian system. It is based on the principles of Traditional Chinese Medicine (TCM) and involves the stimulation of specific points along the body's meridians to promote health and balance.

Here are some key points about meridian therapy:

1. **Meridian System:** According to TCM, the meridian system is a network of channels or pathways through which vital energy, known as Qi, flows. There are 12 main meridians in the body, each associated with a specific organ or function. The meridians form a comprehensive map of energy flow throughout the body.
2. **Energy Balance:** In meridian therapy, the goal is to restore and balance the flow of Qi in the meridians. It is believed that when Qi is flowing smoothly and harmoniously, the body is in a state of good health, and when there are imbalances or blockages in the meridians, it can lead to various physical or emotional symptoms.
3. **Acupuncture Points:** Meridian therapy involves the use of acupuncture points, which are specific locations along the meridians where Qi can be accessed and influenced. These points are stimulated using various techniques, such as acupuncture needles, acupressure, or other forms of energy-based therapies.
4. **Treatment Techniques:** Meridian therapy encompasses various treatment techniques beyond acupuncture. These can include acupressure (applying pressure to acupuncture points with fingers or specialized tools), moxibustion (burning dried herb called moxa near the skin), cupping (applying suction to the skin), and other modalities.
5. **Individualized Treatment:** Like other TCM modalities, meridian therapy emphasizes the individualized approach to treatment. The selection of acupuncture points and treatment techniques is tailored to the specific needs and imbalances of the individual patient.
6. **Holistic Approach:** Meridian therapy takes a holistic view of health, considering the physical, mental, and emotional aspects of an individual. It aims to address the root causes of imbalances rather than merely treating symptoms.

7. Well-being and Prevention: Meridian therapy is not limited to treating illnesses but is also used to promote overall well-being and prevent health issues. Regular meridian therapy sessions can help maintain the balance and flow of Qi, supporting the body's natural healing abilities.

Electro-Meridian Imaging (Mapping)

Electro Meridian Mapping (EMM), also known as Electro Meridian Imaging (EMI) or Electroacupuncture, is a diagnostic technique used in acupuncture and Traditional Chinese Medicine (TCM).

It involves the use of a device to measure the electrical conductivity or resistance at specific acupuncture points on the body, commonly on the hands and feet. The measurements obtained through EMM are believed to reflect the functional status of the corresponding meridians or energy channels.

Here are some key points about Electro Meridian Mapping in acupuncture:

1. Principle: EMM is based on the principle that each acupuncture point and its associated meridian have specific electrical properties. According to TCM, the flow of Qi (vital energy) in the meridians influences the electrical conductivity of the skin at acupuncture points. By measuring these electrical properties, practitioners aim to assess the balance and functioning of the meridians.
2. Device and Procedure: EMM involves the use of a specialized device that applies a small electrical current to acupuncture points on the skin. The device typically consists of a handheld probe or stylus and a measurement unit. The practitioner touches the probe to specific acupuncture points, and the device measures the electrical response or impedance at each point.
3. Interpretation: The measurements obtained through EMM are analyzed and interpreted to assess the functional status of the corresponding meridians. Deviations from the expected values may indicate imbalances or disruptions in the flow of Qi in the meridians, which may be associated with specific health conditions or disharmonies.
4. Diagnostic Tool: EMM is used as a diagnostic tool to assist in determining imbalances and patterns of disharmony within the meridian system. It is often



used in conjunction with other diagnostic methods in TCM, such as pulse diagnosis, tongue examination, and patient history. The information obtained from EMM can help guide treatment planning and the selection of acupuncture points for treatment.

5. **Research and Criticism:** While EMM has been used clinically for several decades, its scientific validity and reliability remain subjects of debate and ongoing research. Some studies have shown correlations between EMM measurements and specific health conditions, while others have found inconsistent results. Critics argue that the technique lacks standardization and objective validation.
6. **Integration with Acupuncture Treatment:** EMM findings can inform the selection of acupuncture points for treatment. Based on the assessment of the meridian imbalances, practitioners may choose specific acupuncture points or combinations of points to restore balance and promote the flow of Qi in the meridians. EMM can be used as a feedback tool during treatment to assess changes in the electrical properties of acupuncture points over time.

Various Acupuncture Techniques

Electro Acupuncture

Electroacupuncture is a technique that combines traditional acupuncture with electrical stimulation. It involves the application of a mild electric current to acupuncture needles, enhancing the therapeutic effects of the acupuncture treatment. Electroacupuncture is commonly used in Traditional Chinese Medicine (TCM) and has gained popularity in modern acupuncture practice. Here are some key points about electroacupuncture:

1. **Principle:** Electroacupuncture works on the same principles as traditional acupuncture, focusing on restoring the balance of Qi (vital energy) in the body. By introducing a gentle electric current through acupuncture needles, the stimulation is intensified, affecting the flow of Qi and promoting healing.
2. **Equipment:** To perform electroacupuncture, a specialized electroacupuncture device is used. The device typically consists of a control unit that produces electrical current and electrodes connected to acupuncture needles. The electrodes are attached to specific acupuncture points, and the current is delivered through the needles.



3. Types of Stimulation: There are different modes of electrical stimulation used in electroacupuncture:
 - Continuous Stimulation: A constant electric current is delivered to the acupuncture needles throughout the treatment session.
 - Low-Frequency Stimulation: The electric current is delivered in a pulsating manner with longer intervals between pulses. This mode is often used for chronic conditions and pain management.
 - High-Frequency Stimulation: The electric current is delivered in rapid pulses with shorter intervals between pulses. This mode is commonly used for acute conditions and promoting blood circulation.
4. Benefits and Applications: Electroacupuncture is believed to enhance the therapeutic effects of traditional acupuncture. It may help to:
 - Reduce pain and inflammation: The electrical stimulation can stimulate the release of endorphins and activate the body's natural pain-relieving mechanisms.
 - Improve muscle function and mobility: Electroacupuncture can aid in muscle relaxation, reduce muscle spasms, and promote tissue healing.
 - Regulate the nervous system: It may help to balance the autonomic nervous system, promoting relaxation and reducing stress.
 - Support various health conditions: Electroacupuncture is commonly used for a wide range of conditions, including musculoskeletal disorders, neurological conditions, digestive issues, respiratory problems, and emotional imbalances.
5. Safety Considerations: Electroacupuncture should be performed by a qualified and trained practitioner to ensure safe and effective application. The electrical stimulation is typically mild and well-tolerated, but individual sensitivity may vary. It is important to discuss any pre-existing medical conditions, including the presence of a pacemaker or pregnancy, with the practitioner before undergoing electroacupuncture.
6. Integration with Traditional Acupuncture: Electroacupuncture can be used as a standalone treatment or in combination with traditional acupuncture techniques. The choice of using electroacupuncture depends on the practitioner's assessment of the patient's condition and treatment goals. It is often integrated into individualized treatment plans based on the patient's specific needs.

Auricular Acupuncture (Ear)

Auricular or ear acupuncture, also known as auriculotherapy or ear reflexology, is a specialized form of acupuncture that focuses on the stimulation of specific points on the outer ear to promote healing and balance in the body. The ear is considered a microsystem, meaning that it reflects the entire body, and stimulation of specific points on the ear is believed to have corresponding effects on different parts of the body.

Here are some key points about auriculo ear acupuncture:

1. **History and Development:** Auriculo acupuncture has its roots in traditional Chinese medicine, but it also draws influence from French physician Dr. Paul Nogier, who extensively mapped the ear and developed the modern auriculotherapy system in the 1950s. Over time, various systems and approaches to ear acupuncture have evolved.
2. **Auricular Points:** The outer ear is mapped into numerous acupuncture points that correspond to different organs, body parts, and functions. These points are stimulated using various techniques, including acupuncture needles, ear seeds or pellets, electrical stimulation, lasers, or manual pressure.
3. **Diagnosis and Treatment:** In auriculo ear acupuncture, the practitioner examines the ear's appearance, tenderness, and sensitivity to identify areas of imbalance or disharmony in the body. The selection of points for treatment is based on the individual's specific health condition and treatment goals.
4. **Applications:** Auriculo acupuncture is used for a wide range of health conditions, including pain management, stress reduction, addiction treatment, digestive disorders, respiratory issues, emotional well-being, and more. It can be used as a standalone treatment or in conjunction with other acupuncture techniques.
5. **Techniques and Tools:** Various techniques and tools are used in auriculo acupuncture, including:
 - **Acupuncture Needles:** Fine acupuncture needles are inserted into specific points on the ear.
 - **Ear Seeds or Pellets:** Small herbal seeds or pellets are attached to specific points on the ear using adhesive tape. Gentle pressure can be applied to the seeds for ongoing stimulation.

- **Electrical Stimulation:** Small electrical currents may be applied to the ear acupuncture points using specialized devices.
- **Laser Stimulation:** Low-level laser therapy is used to stimulate the ear points without the use of needles.

Qigong:

Qigong, also spelled as Qi Gong or Chi Kung, is a mind-body practice rooted in ancient Chinese culture and Traditional Chinese Medicine (TCM). It involves a combination of gentle physical movements, breath control, meditation, and focused intention to cultivate and balance the body's vital energy, known as Qi.

Here are some key points about Qigong:

1. **Qi (Vital Energy):** In Chinese philosophy, Qi is believed to be the vital energy or life force that flows through the body and is essential for health and well-being. Qigong aims to enhance the flow and balance of Qi, promoting vitality, harmony, and balance in the body and mind.
2. **Mind-Body Practice:** Qigong is considered a mind-body practice because it involves coordinating physical movements with breath control and mental focus. It combines gentle movements, meditation, and visualization techniques to cultivate awareness, relaxation, and a state of inner tranquility.
3. **Types of Qigong:** There are various styles and forms of Qigong, ranging from dynamic and active movements to gentle and meditative practices. Some styles focus more on physical movements and postures, while others emphasize internal cultivation of Qi through breathwork and meditation.
4. **Health Benefits:** Regular practice of Qigong is believed to have numerous health benefits. It is said to improve overall physical fitness, enhance flexibility and balance, boost energy levels, reduce stress and anxiety, improve mental clarity, and support the body's natural healing processes. Qigong is often used as a preventive practice to maintain health and well-being.
5. **Internal and External Qigong:** Qigong can be practiced both internally and externally. Internal Qigong refers to self-practice, where individuals cultivate and balance their own Qi. External Qigong involves the use of a Qigong master or healer who directs Qi towards the recipient for therapeutic purposes.

6. **Accessibility:** Qigong is generally accessible to people of all ages and fitness levels. It can be practiced in various settings, including parks, community centers, and at home. Qigong exercises can be modified to accommodate individual needs and physical abilities.
7. **Integration with TCM:** Qigong is closely related to Traditional Chinese Medicine (TCM) and shares similar principles and concepts. It is often used in conjunction with acupuncture, herbal medicine, and other TCM therapies to support overall health and well-being.

Tui Na:

Tui Na (pronounced "twee-nah") is a form of Chinese therapeutic massage that has been practiced for thousands of years. It is one of the key components of Traditional Chinese Medicine (TCM) and is often used in conjunction with acupuncture, herbal medicine, and other TCM modalities to promote health and treat various conditions.

Here are some key points about Tui Na:

1. **Techniques and Principles:** Tui Na combines various manual techniques, including pressing, kneading, rolling, rubbing, and stretching, to manipulate the body's soft tissues, muscles, tendons, and meridians. The techniques are applied with specific patterns, pressure, and rhythm based on the principles of TCM to address imbalances and promote the flow of Qi (vital energy) in the body.
2. **Qi and Meridians:** Tui Na therapy aims to harmonize and balance the flow of Qi in the body's meridian system. It targets specific acupoints and meridians to regulate the Qi and restore the body's natural balance, promoting health and alleviating symptoms.
3. **Diagnostic Approach:** Similar to other TCM modalities, Tui Na practitioners use TCM diagnostic methods to assess the individual's condition. This includes evaluating the person's overall health, analyzing patterns of disharmony, and identifying specific areas of tension, pain, or blockages. The treatment is then tailored to address the individual's unique needs.
4. **Treatment Applications:** Tui Na can be used to address a wide range of acute and chronic conditions, including musculoskeletal disorders, pain, sports injuries,

stress-related disorders, digestive issues, respiratory conditions, and more. It can also be used as a preventive measure to maintain overall health and well-being.

5. **Accessibility:** Tui Na is generally safe and suitable for individuals of different ages and conditions. It can be used as a stand-alone therapy or in combination with other TCM treatments. Tui Na techniques can be adjusted and adapted based on the individual's comfort and specific needs.
6. **Benefits:** Tui Na therapy is believed to have various benefits, including promoting circulation, reducing pain and inflammation, improving musculoskeletal alignment, enhancing relaxation, boosting the immune system, and supporting the body's natural healing processes.

Laser:

Laser acupuncture, also known as laser therapy or laser acupuncture therapy, is a modern technique that combines the principles of acupuncture with the use of low-level laser devices. Instead of using traditional acupuncture needles to stimulate the acupuncture points, laser acupuncture applies low-intensity laser beams to specific points on the body to achieve therapeutic effects.

Here are some key points about laser acupuncture:

1. **Laser Devices:** Laser acupuncture involves the use of low-level laser devices that emit low-intensity laser beams. These lasers are typically handheld and emit specific wavelengths of light that are believed to stimulate the acupuncture points and meridians.
2. **Non-Invasive:** One of the primary advantages of laser acupuncture is that it is a non-invasive technique. There are no needles involved, making it a preferred option for individuals who may be uncomfortable with needle insertion or have a fear of needles.
3. **Stimulation of Acupuncture Points:** Like traditional acupuncture, laser acupuncture targets specific acupuncture points along the body's meridians. The laser is applied to these points for a specific duration, typically a few seconds to a few minutes, to stimulate the points and promote balance and flow of energy.

4. Mechanism of Action: The exact mechanism by which laser acupuncture works is not fully understood. It is believed that the laser stimulates the acupuncture points, which in turn affects the flow of Qi (vital energy) in the meridians, promoting a therapeutic response.
5. Applications: Laser acupuncture can be used to address a wide range of conditions and symptoms, including pain management, musculoskeletal disorders, inflammation, wound healing, stress reduction, and various other health concerns. It is often used as an alternative or adjunctive therapy to traditional acupuncture or as a non-needle option for those who prefer it.
6. Safety Considerations: Laser acupuncture is generally considered safe when used by trained professionals and when appropriate laser devices are used. However, it is essential to ensure that the practitioner has the necessary training and experience in laser acupuncture to ensure proper application and minimize the risk of adverse effects.

Dry Needling

Dry needling, also known as trigger point dry needling, is a therapeutic technique that involves the insertion of fine, solid needles into specific points in the muscles, fascia, or other soft tissues to relieve pain and improve muscle function.

Although it may resemble acupuncture in terms of needle insertion, dry needling is a distinct technique with a different theoretical framework and application.

Here are some key points about dry needling:

1. Targeting Trigger Points: Dry needling primarily focuses on treating myofascial trigger points, which are tight knots or bands of muscle fibers that can be painful and restrict movement. These trigger points are believed to be associated with the development and perpetuation of musculoskeletal pain.
2. Mechanism of Action: The exact mechanism behind the effectiveness of dry needling is still being researched. It is thought that the insertion of the needle into the trigger point helps release tension, improve blood flow, and promote the relaxation and normalization of muscle fibers. This can help alleviate pain, reduce muscle tightness, and improve range of motion.

3. **Needle Insertion:** Dry needling involves the insertion of thin, solid needles directly into trigger points or areas of tension within the muscles or soft tissues. The depth and angle of needle insertion can vary depending on the specific technique and the targeted muscle or tissue.
4. **Sensations and Responses:** When the needle is inserted, individuals may experience a range of sensations, including a slight prick or twitch response in the muscle. Some people may also experience temporary muscle soreness or local twitch responses during or after the treatment session.
5. **Training and Qualifications:** Dry needling should be performed by a qualified healthcare professional who has received appropriate training in the technique. Physical therapists, chiropractors, and other licensed healthcare providers may undergo specific dry needling training to add it to their scope of practice.
6. **Integration with Other Therapies:** Dry needling is often used as part of a comprehensive treatment plan that may include other therapeutic modalities such as exercise, manual therapy, and patient education. It is commonly integrated with physical therapy or other rehabilitation approaches.

Cupping

Cupping is a therapeutic technique often used in conjunction with acupuncture in Traditional Chinese Medicine (TCM). It involves the placement of specially designed cups on the skin to create suction and promote healing and blood flow. Cupping can be considered as a complementary therapy to acupuncture or can be used as a standalone treatment.

Here are some key points about cupping acupuncture:

1. **Cupping Technique:** Cupping therapy involves the use of cups made of various materials, such as glass, bamboo, or plastic. The cups are applied to specific areas of the body, typically on the back, but they can also be placed on other parts of the body. The cups are either heated with a flame or have a pump mechanism to create suction, which draws the skin and underlying tissue into the cup.
2. **Types of Cupping:** There are different techniques of cupping therapy, including:
 - a. **Dry Cupping:** Cups are placed on the skin without any additional treatment, creating a suction effect.

- b. **Wet Cupping:** After applying the cups and removing them, small incisions are made on the skin, and the cups are reapplied to draw out a small amount of blood.
3. **Benefits and Mechanism of Action:** Cupping is believed to stimulate the flow of Qi (vital energy) and blood in the body, promoting circulation and removing stagnation. It is often used to relieve muscle tension, pain, and inflammation. Cupping can also be used to help with respiratory conditions, promote detoxification, and improve overall well-being.
4. **Marks and Side Effects:** Cupping therapy can leave temporary marks or circular bruises on the skin, which are caused by the suction and release of the cups. These marks typically fade within a few days to a couple of weeks. The treatment is generally well-tolerated, but some individuals may experience temporary discomfort, skin irritation, or mild soreness.
5. **Integration with Acupuncture:** Cupping is often used in conjunction with acupuncture. Acupuncture needles may be inserted into specific acupuncture points before applying the cups, or cupping can be performed after removing the acupuncture needles. The combined therapy aims to enhance the therapeutic effects and provide a more comprehensive treatment approach.
6. **Safety Considerations:** Cupping therapy should be performed by a qualified practitioner who is trained in the technique to ensure proper application and minimize the risk of adverse effects. It is important to use sterile cups and follow hygienic practices to prevent infection. Cupping may not be suitable for everyone, such as individuals with certain skin conditions, pregnant women, or those with bleeding disorders. It is essential to discuss your specific health concerns and medical history with a qualified practitioner before undergoing cupping therapy.

Meridians

Acupuncture meridians, also known as energy channels or pathways, are the key concept in Traditional Chinese Medicine (TCM) and acupuncture. They are believed to be the pathways through which Qi (vital energy) flows throughout the body.

Here are some key points about acupuncture meridians:

1. **Meridian System:** According to TCM, there are 12 main meridians in the body, each associated with a specific organ or function. These meridians form a complex network that connects the body's tissues, organs, and systems. The 12 main meridians are divided into six yin meridians and six yang meridians, representing the complementary forces in the body.
2. **Qi Flow:** The meridians serve as channels for the flow of Qi throughout the body. It is believed that Qi circulates along these meridians, nourishing the body's tissues, organs, and systems. Smooth and balanced Qi flow is considered essential for maintaining good health, while disruptions or imbalances in Qi can lead to physical or emotional symptoms.
3. **Acupuncture Points:** Along the meridians, there are specific points known as acupuncture points or acupoints. These points are considered access points where Qi can be influenced and manipulated through various acupuncture techniques, such as needle insertion, acupressure, or other forms of stimulation.
4. **Meridian Interconnections:** The meridians are interconnected and communicate with each other. They form a comprehensive network where the energy of one meridian can affect the energy of other meridians. This interconnection is believed to maintain the balance and harmonious flow of Qi throughout the body.
5. **Yin-Yang Balance:** The meridians are classified as yin or yang based on their energetic qualities. Yin meridians are associated with qualities such as nourishment, cooling, and rest, while yang meridians are associated with qualities such as activity, warmth, and stimulation. Maintaining a balance between yin and yang energies is considered crucial for overall health and well-being.
6. **Diagnostic and Treatment Tool:** In acupuncture, the meridians and their associated acupoints are used as diagnostic and treatment tools. Practitioners

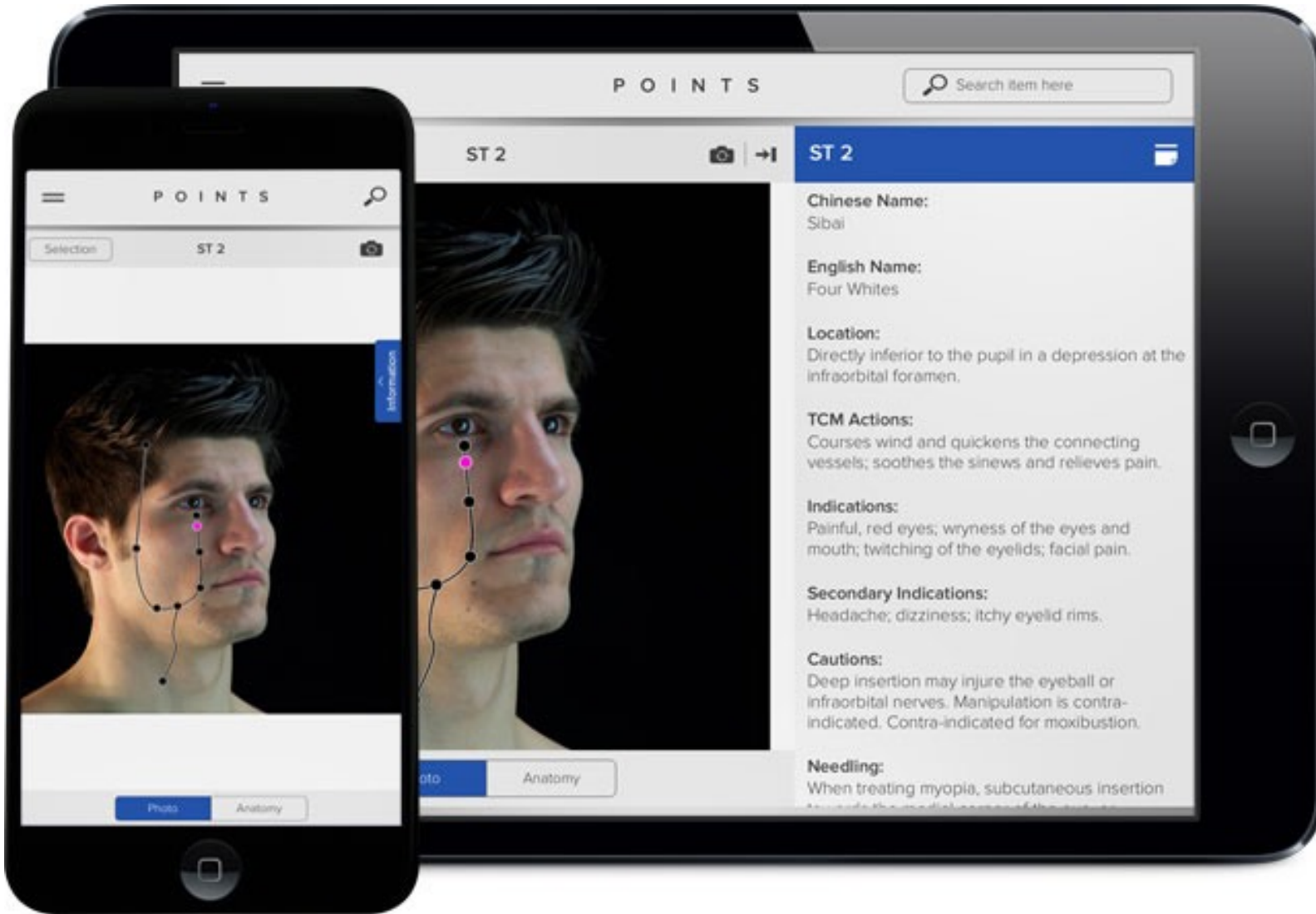
assess the flow and quality of Qi in the meridians to identify imbalances or blockages and select appropriate acupoints for treatment. By stimulating specific acupoints along the meridians, they aim to restore the balance and flow of Qi and promote healing.

It's important to note that while the concept of acupuncture meridians is central to TCM and acupuncture, it may differ from the perspective of Western medicine. The meridian system has not been fully understood or mapped by Western scientific methods, and its existence and function are still a subject of ongoing research and debate. However, acupuncture continues to be widely practiced and has shown promising results in clinical settings for a variety of conditions.

12 Meridians

The 12 main acupuncture meridians, along with their associated organs or functions, are:

1. Lung Meridian: Associated with the lungs and the respiratory system.
2. Large Intestine Meridian: Associated with the large intestine and the elimination process.
3. Stomach Meridian: Associated with the stomach and the digestive system.
4. Spleen Meridian: Associated with the spleen and the digestive and immune systems.
5. Heart Meridian: Associated with the heart and cardiovascular system.
6. Small Intestine Meridian: Associated with the small intestine and the absorption of nutrients.
7. Bladder Meridian: Associated with the bladder and urinary system.
8. Kidney Meridian: Associated with the kidneys and the regulation of water metabolism.
9. Pericardium Meridian: Associated with the pericardium (a protective sac around the heart) and emotional well-being.
10. Triple Burner Meridian (also called Triple Heater or Triple Energizer): Associated with the regulation of body fluids and metabolism.
11. Gallbladder Meridian: Associated with the gallbladder and the processing of bile.
12. Liver Meridian: Associated with the liver and the regulation of Qi (vital energy) and blood.



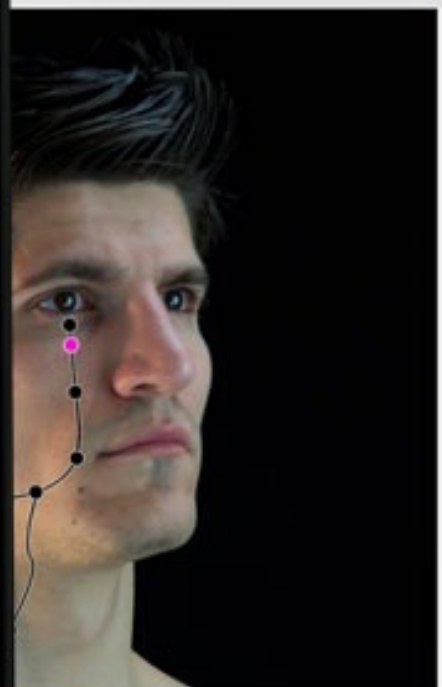
P O I N T S

Search item here

ST 2



ST 2



Chinese Name:
Sibai

English Name:
Four Whites

Location:
Directly inferior to the pupil in a depression at the infraorbital foramen.

TCM Actions:
Courses wind and quickens the connecting vessels; soothes the sinews and relieves pain.

Indications:
Painful, red eyes; wryness of the eyes and mouth; twitching of the eyelids; facial pain.

Secondary Indications:
Headache; dizziness; itchy eyelid rims.

Cautions:
Deep insertion may injure the eyeball or infraorbital nerves. Manipulation is contra-indicated. Contra-indicated for moxibustion.

Needling:
When treating myopia, subcutaneous insertion

P O I N T S

Selection ST 2



Photo Anatomy

In addition to these 12 main meridians, there are also **eight extraordinary meridians**, which are considered reservoirs of Qi and play a significant role in balancing and distributing energy throughout the body.

<i>Chinese name</i>	<i>Alternative name</i>	<i>Opening point</i>	<i>Coupled point</i>
Ren Mai	Conception vessel	LU-7 Lieque	KI-6 Zhaohai
Du Mai	Governing vessel	SI-3 Houxi	BL-62 Shenmai
Chong Mai	Thrusting vessel	SP-4 Gongsun	PC-6 Neiguan
Dai Mai	Girdle vessel	GB-41 Zulinqi	TW-5 Waiguan
Yin Qiao Mai	Yin Heel vessel	KI-6 Zhaohai	LU-7 Lieque
Yang Qiao Mai	Yang Heel vessel	BL-62 Shenmai	SI-3 Houxi
Yin Wei Mai	Yin linking vessel	PC-6 Neiguan	SP-4 Gongsun
Yang Wei Mai	Yang linking vessel	TW-5 Waiguan	GB-41 Zulinqi

Five Element Theory – See Chart

The Five Element Theory, also known as *Wu Xing* in Traditional Chinese Medicine (TCM), is a fundamental concept that describes the dynamic relationships and interactions between five elements or phases—Wood, Fire, Earth, Metal, and Water.

This theory provides a framework for understanding the principles of balance and harmony within the natural world, the human body, and various aspects of life.

Here are key points about the Five Element Theory:

1. **Elements and Relationships:** The Five Elements—Wood, Fire, Earth, Metal, and Water—are not only representations of physical substances but also symbolize different qualities, characteristics, and energetic dynamics. Each element is associated with specific organs, seasons, colors, emotions, tastes, sounds, and other aspects of nature and human experience.
2. **Interactions and Cycles:** The Five Elements are not seen as isolated entities but rather interact with each other in dynamic cycles. The two primary cycles are the Generating Cycle and the Controlling Cycle. The Generating Cycle describes how one element generates or nourishes another (e.g., Wood feeds Fire, Fire creates Earth, Earth produces Metal, Metal enriches Water, Water nourishes Wood). The Controlling Cycle describes how one element controls or restrains another (e.g., Wood controls Earth, Earth controls Water, Water controls Fire, Fire controls Metal, Metal controls Wood).
3. **Balance and Harmony:** In TCM, health is believed to depend on the harmonious balance of the Five Elements within the body. When the elements are in balance, there is a free flow of Qi (vital energy), and the body functions optimally. Imbalances or disruptions in the Five Elements can lead to physical, mental, or emotional disharmony and contribute to the development of disease.
4. **Diagnostic and Treatment Tool:** The Five Element Theory is utilized as a diagnostic tool in TCM to assess an individual's constitution, patterns of disharmony, and imbalances. By understanding the interactions and relationships between the elements, TCM practitioners can identify underlying causes of illness or disharmony and develop appropriate treatment strategies to restore balance and promote health.

5. Applications: The Five Element Theory is applied in various aspects of TCM, including acupuncture, herbal medicine, dietary therapy, exercise (such as Qigong), and lifestyle recommendations. Treatment approaches may involve supporting deficient elements, reducing excess elements, and balancing the interactions between the elements to restore harmony within the body.
6. Symbolic Associations: Beyond its application in healthcare, the Five Element Theory has also been applied to other areas of life, such as astrology, feng shui, martial arts, and personal development. Each element carries symbolic associations and characteristics that can provide insights into personality traits, relationships, and the environment.

Element	Fire	Earth	Metal	Water	Wood
Color	Red	Yellow	White	Blue/black	Green
Flavor	Bitter	Sweet	Pungent	Salty	Sour
Sense	Tongue	Mouth	Nose	Ears	Eyes
Emotion	Joy	Worry	Sadness	Fear	Anger
Tissue	Pulse	Muscles	Skin	Bones	Tendons
Climate	Heat	Humidity	Dryness	Cold	Wind
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Odor	Scorched	Fragrant	Rotting	Putrid	Rancid
Seasons	Summer	Autumn	Autumn	Winter	Spring
Direction	South	Center	West	North	East



FIRE

Fire promotes earth
Fire controls metal



YIN YANG
Negative Positive
Solid Organs Hollow Organs
Inner (shadow) Outer (light)
Front Back
Cold Heat



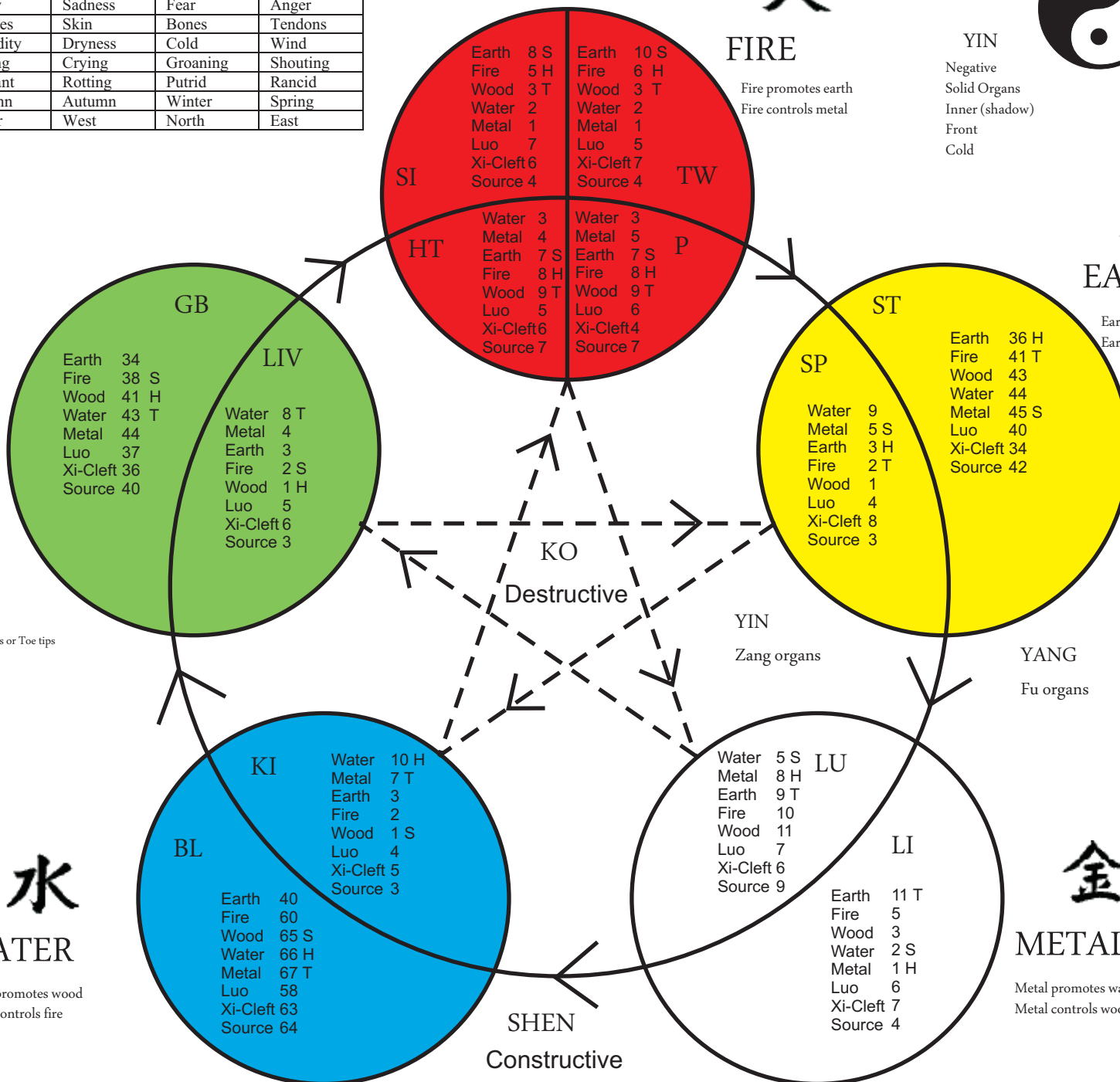
EARTH

Earth promotes metal
Earth controls water



WOOD

Wood promotes fire
Wood controls earth



GB

First point on Elbow or knee

- Earth 34 ←
- Fire 38 S Command Points
- Wood 41 H "Element Points"
- Water 43 T
- Metal 44 ←

Fifth point on Finger tips or Toe tips (Tsing points)

- S = Sedation point
- H = Horary point
- T = Tonification point



WATER

Water promotes wood
Water controls fire



METAL

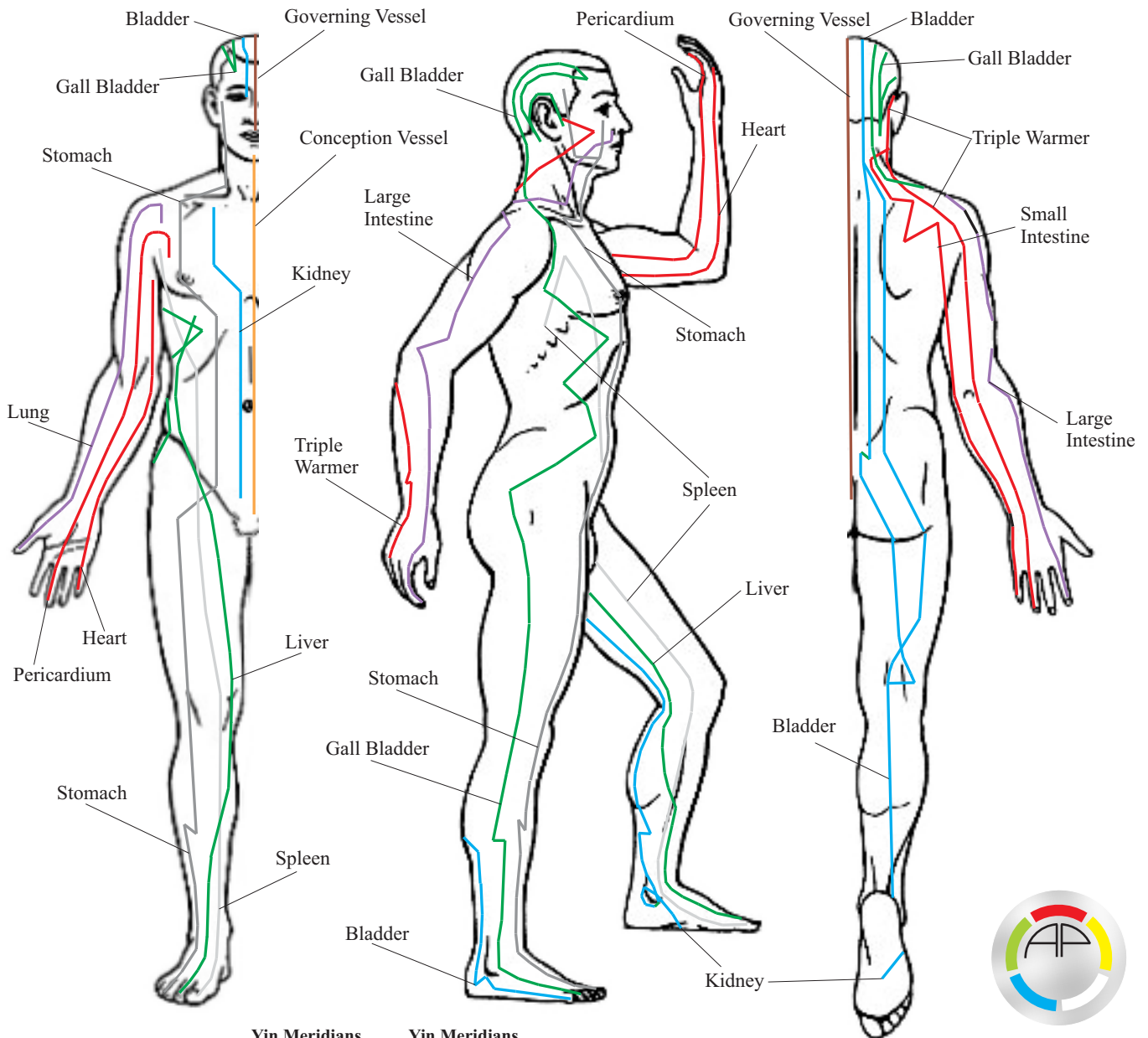
Metal promotes water
Metal controls wood

Acupuncture Technique

Presented by John Schmidt, DC, FIAMA
Doctor of Chiropractic
Fellow, International Acadademy of Medical Acupuncture

Lesson 3

Acupuncture Point Locations



Starting and ending locations for the meridians.

Yin Meridians
Foot to Chest
 Spleen
 Kidney
 Liver

Yin Meridians
Chest to Hand
 Lung
 Heart
 Pericardium

Yang Meridians
Hand to Face
 Large Intestine
 Small Intestine
 Triple Warmer

Yang Meridians
Face to Foot
 Stomach
 Bladder
 Gall Bladder

Meridians

Lung - **LU**
 Large Intestine **LI**
 Stomach **ST**
 Spleen **SP**
 Heart **HT**
 Small Intestine **SI**
 Bladder **BL**

Kidney **KI**
 Pericardium **P**
 Triple Warmer **TW**
 Gallbladder **GB**
 Liver **LV**
 Governing Vessel **GV**
 Conception Vessel **CV**

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Meridian Abbreviations

There have been many abbreviations used to identify the acupuncture meridians, most are listed below. The bold abbreviations are the ones used in this text.

LU = Lung meridian
LI, CO = Large Intestine meridian
ST = Stomach meridian
SP = Spleen meridian
HT, HE = Heart meridian
SI = Small Intestine meridian
BL, UB = Bladder meridian
KI = Kidney meridian
P, PC, HC = Pericardium, Heart Constrictor meridian
TW, TH, SJ = Triple Warmer, Tri-Heater, Triple Burner, San Jiao meridian
GB = Gallbladder meridian
LV, LI, LIV = Liver meridian
CV, VC, Ren = Conception Vessel meridian
GV, VG, Du = Governing Vessel meridian
 Some older text use LI for Liver and CO for Large Intestine.

Tsun or **cun** is the measurement of one “body inch” used locate acupuncture points. Measurement is always taken from the patient's hand. The width of the thumb is 1 cun, width of two fingers is 1.5 cun, four fingers is 3 cun. Proportional measurements: Mid-line of spine to medial border of scapula 3 cun. Lower end of sternum to umbilicus 8 cun. Umbilicus to upper border of symphysis pubis 8 cun.

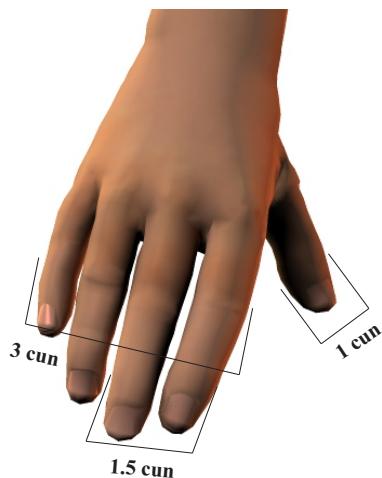
Tsun or Cun measurements:

Thumb measurement: The width of the interphalangeal joint of the patient's thumb is taken as 1 cun.

Two Finger measurement: The width of the index and middle finger is taken as 1.5 cun

Four Finger measurement: When the four fingers (index, middle, ring and little fingers) keep closely together, their width on the level of the proximal interphalangeal crease of the middle finger is taken as 3 cun.

Measurements need to be taken from the patients hand!



Cardinal Points - “Lazy Acupuncture”

Face & head	LI-4
Neck	LU-7
Chest & digestion	P-6
Respiratory system	LU-5
Shoulder	ST-38 also ST-37
Scapula	SI-11
Arm	LI-11
Hand	TW-5
Ear	TW-5
Skin	GV-20, LU-9, LU-11
Upper abdomen	ST-36, CV-12
Lower abdomen	SP-6, CV-6
Master energetical	ST-36 Master horary
Increase energy	CV-6, ST-36
General excess (energy)	GV-14
Low back, sacrum & leg	BL-54
Upper back, leg & foot	BL-60
Nervous system	LV-3
Neurological confusion	KI-27
Sympathetic NS	GV-20
Parasympathetic NS	ST-36, SP-6
All cerebral disorders	GB-20
Memory, mental, cerebral	GV-20
Unconsciousness	GV-26
Endocrine system	CV-5
Lymphatics	LV-2
Yang organs	CV-12
Yin organs	LV-13
Muscles & tendons	GB-34
Bones	BL-11
Bone marrow	GB-39
Blood & blood chemistries	BL-17
Blood sugars (diabetes)	SP-10
Blood vessels	LU-9
Master associated point	KI-27
Master luo point	SP-21
Obesity	GV-26
Anxiety with palpitations	HT-7
Whole body weakness/pain	SP-21
Center of respiration	CV-17
Malpositioned fetus	BL-67

Window Of The Sky Points

These points are treated when particular symptoms point to the Yang Qi not ascending to the head, when energy will not ascend past the abdomen.

ST9 Severe headache, chest fullness, and dyspnea (painful breathing).
 LI18 Loss of Voice.
 TW16 Acute deafness, visual problems.
 BL10 Spasms, muscle contractions, vertigo, fainting.
 LU3 Extreme thirst, nose bleeds, and bleeding of the mouth.

Types of acupuncture points.

The Great Law of Bu-Xie. This is the law of tonification (Bu) and of sedation (Xie). In the Yellow Emperor's Classic of Internal Medicine the correct method of treatment is described as follows: "Supply energy where there is deficiency and sedate energy when there is an excess." Thus when there is an excess underlying a condition, it must be calmed or sedated; where a deficiency is the underlying factor, stimulation should be employed in any treatment given. The Traditional Chinese Law of treatment by opposites is called the Great Law of Bu-Xie; it is fundamental to all Traditional Chinese Medicine applications; the correct application of this law is essential in order to achieve efficacy of treatment.

Tonification (Bu)

Bu is any action which augments or has a stimulating effect. Bu is used to supply Qi when the meridians have been adversely affected by a lack of Qi. In this technique the needles are usually left in place and not disturbed until it is time for their removal. Bu is used for the treatment of all conditions, excepting those listed below under the treatment by Xie.

Sedation (Xie)

Xie represents any therapeutic action which has a dispersing, calming or sedating effect; these actions are used to balance the Qi when an excess has been caused by internal or external perverse energies. In Xie type of treatment needles are usually gently manipulated in order to elicit a sensation called Te-Qi, a sensation of soreness, heaviness or a tingling which radiates from the point being needled, and often follows the path of the meridian which the point is on. Sometimes a small electrical current is passed through the needles to enhance the sedating effects. Xie is used for: Acute disorders, severe pain, anesthesia in surgery, to control pain in or facilitate childbirth, and for resuscitation in fainting, etc.

Transporting Points

Also known by the names of "Command Points" or "Element Points" the Transporting Points lie between the fingers and elbows or between the toes and knees, on the twelve major meridians articulated in TCM. There are five transporting points on each channel. (indicated on the 5-Element Chart) The energy contained in the transporting points is much more dynamic than in other meridian points - this explains the powerful clinical utility of these points in the treatment of disease. The Five Element points begin at the finger and toe tips. Each set of points begins with the names of Wood or Metal and continues up the arm or leg until all five elements are represented.

Luo (Connecting) Points

Each of the 12 channels has a Luo point that links the interior-exterior related pairs of yin and yang channels in order. The Luo points establish a system for qi and blood to be circulated throughout the entire body to nourish all tissues and the Zang-Fu organs.

Horary Cycle

This cycle is known as the Horary cycle. As the Qi makes its way through the meridians, each meridian in turn, with its associated organ, has a two-hour period during which it is at maximum energy. The Horary Effect is recognizable by measurable increases of Qi within an organ system and meridian during its time of maximum energy.

Xi-Cleft (Accumulating) Points

The Xi-Cleft-Accumulating points are somewhat like wide shallow spots in a river where the Qi slows and collects. Needling Xi points therefore accesses more Qi and is more effective at clearing a channel than most points. Xi-Cleft points are indicated generally for acute problems and pain, with the Xi Cleft points on the Yin channels having the added ability to treat blood disorders.

Yuan (Source) Points

There is one Yuan-Source point on each organ channel. This point will release Source Qi in the system when needled. Each of the 12 primary channels has a Yuan source point close to the wrists or the ankles where the source Qi is described as surfacing and lingering. In clinical practice, they are important in treating disharmony of the internal Zang-Fu organs, and are often combined with the Luo (Connecting) point of the interior-exterior related channel.

Alarm (Front-Mu) Points

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.

Associated (Back-Shu) Points

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.

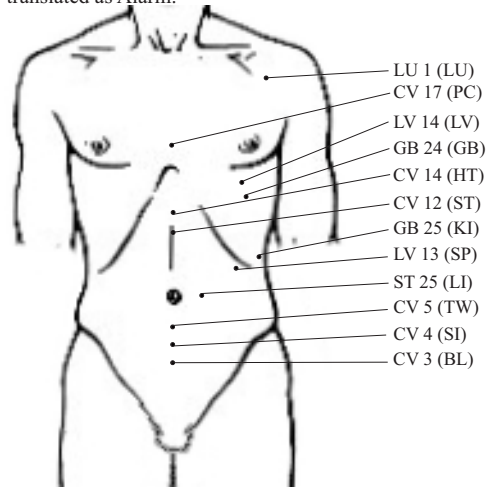
Tsing (Jing-Well) Points

Where the Qi of the Channel emerges and begins moving towards the trunk of the body, located on the tips of the fingers and toes. Points at the entry or exit of each meridian found on the finger or toe tops just lateral to the cuticles. These are miracle points, if you have no idea how to treat simply stimulate these points to flush the qi through all the meridians and resist the entire system. Clears Heat & Stagnation from the opposite end of the channel & Calms the Spirit (Shen).

Alarm (Front-Mu) Points

AKA Front Collecting Points

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.

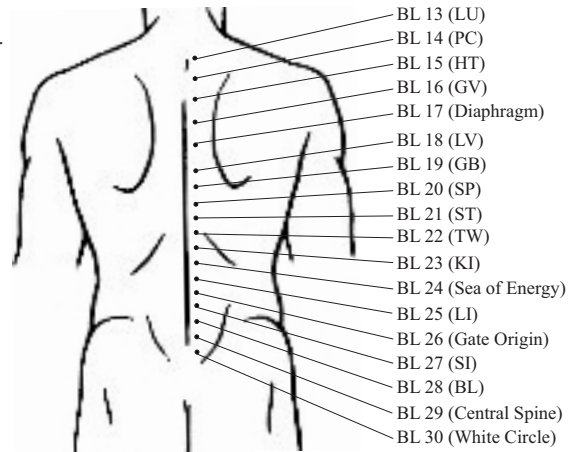


Mu points are called Front Alarm points. Mu (and Shu) points often are tender to palpation when their associated organs are diseased. Each COS has a corresponding Mu and Shu point. If the Mu and Shu point is tender to light palpation, this indicates hypofunction (Yin) of the associated organ; if tender to heavy palpation, this indicates a hyperfunction (Yang) of the associated organ. Used primarily to treat their related organ or for problems in the local area. Used diagnostically as they often become sore when their related organ is imbalanced. Considered more for acute or local problems of the organs.

Associated (Back-Shu) Points

AKA Back Transporting Points

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.



Back Shu points are called the Associated points, or Paravertebral Reflex points. Points often are tender to palpation when there is a disorder with their associated organs. Spontaneous pain indicates a disorder in the meridian. Tenderness with light palpation indicates the meridian is deficient (Yin condition) in energy and hypofunction of the associated organ. Tenderness with heavy palpation indicates the meridian is in excess (Yang condition) of energy and hyperfunction of the associated organ. Back Shu points are used primarily for chronic conditions.

Associated (Back-Shu) Point Spinal Locations

MERIDIAN	ASSOCIATED POINT	LOCATION 1.5 cun lateral and level with spinous process of vertebrae.
LU	BL 13	T3
PC	BL 14	T4
HT	BL 15	T5
GV	BL 16	T6
LV	BL 18	T9
GB	BL 19	T10
SP	BL 20	T11
ST	BL 21	T12
TW	BL 22	L1
KI	BL 23	L2
LI	BL 25	L4
SI	BL 27	S1
BL	BL 28	S2

Extra Associated Points:
 BL 17 - Diaphragm
 BL 24 - Sea of Energy (Upper Lumbar)
 BL 26 - Gate Origin (lower Lumbar)
 BL 29 - Central Spine (Sacrum)
 BL 30 - White Circle (Anus)

Cardinal Points

Face & head	LI-4
Neck	LU-7
Chest & digestion	P-6
Respiratory system	LU-5
Shoulder	ST-38 also ST-37
Scapula	SI-11
Arm	LI-11
Hand	TW-5
Ear	TW-5
Skin	GV-20, LU-9, LU-11
Upper abdomen	ST-36, CV-12
Lower abdomen	SP-6, CV-6
Master energetical	ST-36 Master horary
Increase energy	CV-6, ST-36
General excess (energy)	GV-14
Low back, sacrum & leg	BL-54
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Blood sugars (diabetes)	SP-10
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Master associated point	KI-27
Master luo point	SP-21
Obesity	GV-26
Anxiety with palpitations	HT-7
Whole body weakness/pain	SP-21
Center of respiration	CV-17
Malpositioned fetus	BL-67

Command "Element Points"

Tonification Points	
LU 9	LI 11
ST 41	SP 2
HT 9	SI 3
BL 67	KI 7
P 9	TW 3
GB 43	LV 8

Source Points	
LU 9	LI 4
ST 42	SP 3
HT 7	SI 4
BL 64	KI 3
P 7	TW 4
GB 40	LV 4

Sedation Points	
LU 5	LI 2
ST 45	SP 5
HT 7	SI 8
BL 65	KI 1
P 7	TW 10
GB 38	LV 2

Tsing Points	
LU 11	LI 1
ST 45	SP 1
HT 9	SI 45
BL 67	KI 1
P 9	TW 1
GB 44	LV 1

Luo Points	
LU 7	LI 6
ST 40	SP 4
HT 5	SI 7
BL 58	KI 4
P 6	TW 5
GB 37	LV 5

Accumulating Points	
LU 6	LI 7
ST 34	SP 8
HT 6	SI 6
BL 63	KI 4
P 4	TW 7
GB 36	LV 6

Tsing and Source (Yuan) Point Locations

Source (Yuan) Points. Yuan points are located on the wrist or ankle. Treatment of these points has a direct effect on diseases of the internal organs. Stimulation of these points regulates the meridian of that point. It will either tonify or sedate as needed. This amphoteric action of Yuan points occurs no matter how you treat the point.

Yuan points can be used to locate pathological changes of the ZangFu organs. Tenderness of any of the Yuan points may indicate pathological changes of the associated meridian and internally related organ.

Tsing Points are located on the tips of the toes and fingers. These points are miracle points. Treatment of the Tsing points are commonly used when a specific treatment protocol is not known.

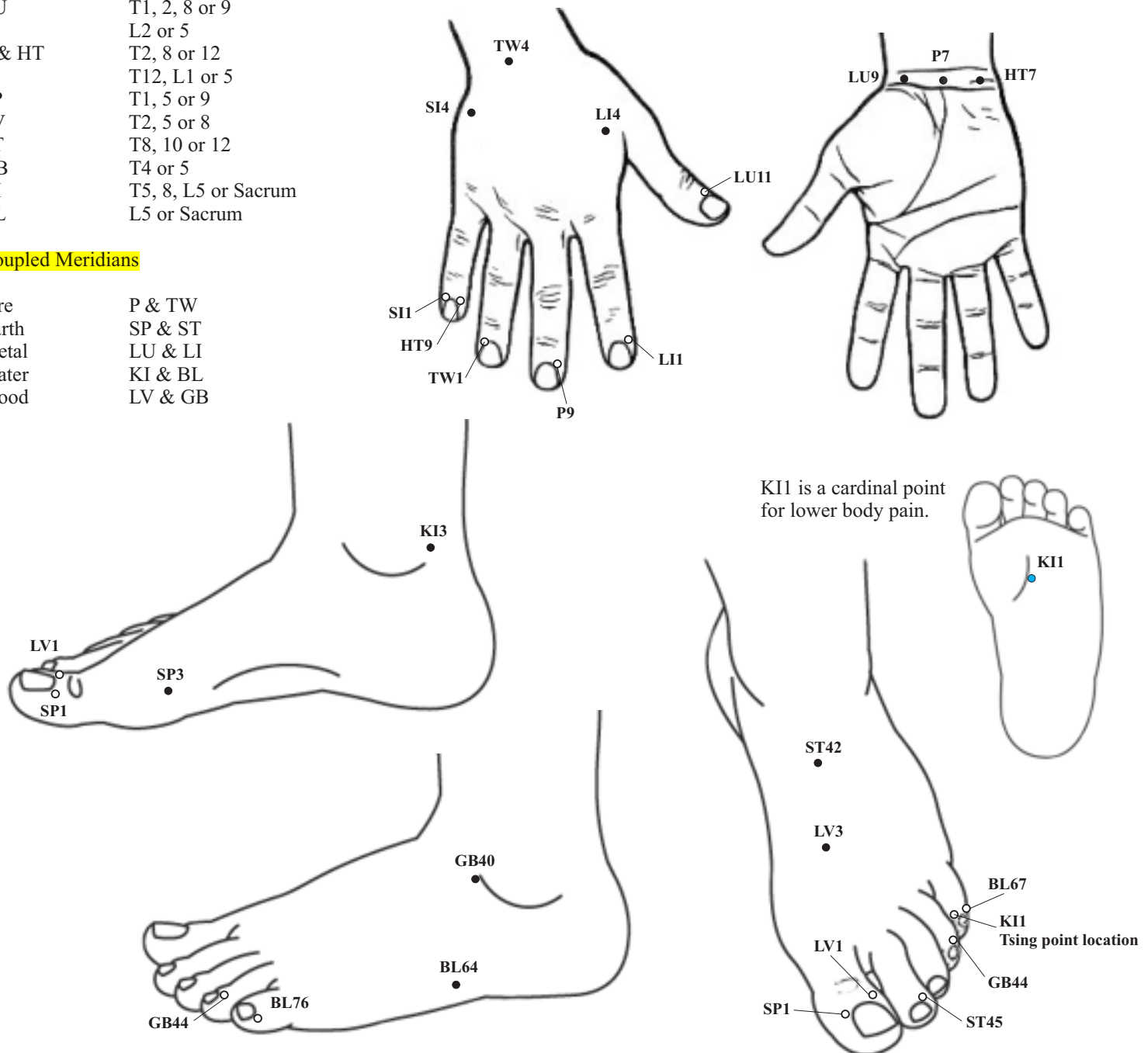
Tsing points, also called Akabane points are used in electro-meridian graphing. The electrical resistance of these points are used to determine imbalances in the meridians. There are several meridian graphing devices on the market today that measure these imbalances and provide treatment points to balance the system. Low energy levels in the body will result in low readings on the graph, high energy levels in the body result in high readings on the graph. A difference of more than 10 to 15 points on the graph between left and right halves of meridian is called a split. **When a meridian or coupled meridians energy levels are split between its left and right halves, a spinal segment is usually involved.** The table below shows the relationship between the split meridian and spinal segment. Spinal adjustments have been shown to correct the split in the energy levels. Splits between coupled meridians may result in spinal involvement of both meridians. When a graph shows multiple splits throughout the meridian system, SP21 (Master Luo point) treated bilaterally will balance the entire system

Meridian	Spinal Segment
LU	T1, 2, 8 or 9
LI	L2 or 5
P & HT	T2, 8 or 12
SI	T12, L1 or 5
SP	T1, 5 or 9
LV	T2, 5 or 8
ST	T8, 10 or 12
GB	T4 or 5
KI	T5, 8, L5 or Sacrum
BL	L5 or Sacrum

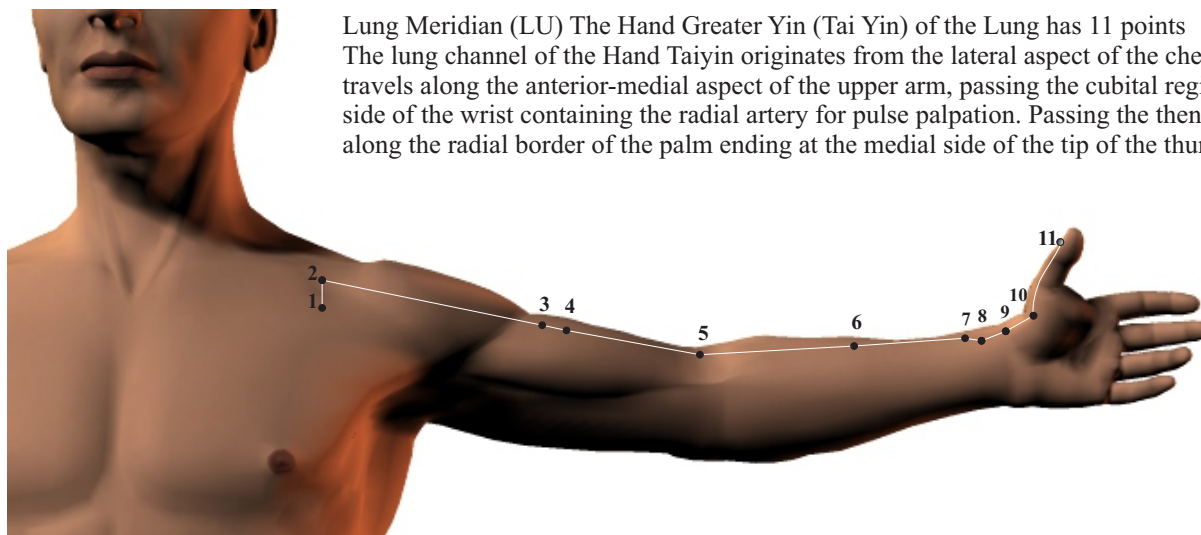
Coupled Meridians

Fire	P & TW
Earth	SP & ST
Metal	LU & LI
Water	KI & BL
Wood	LV & GB

◦ Tsing Points • Source (Yuan) Points



Lung Meridian (LU)



Lung Meridian (LU) The Hand Greater Yin (Tai Yin) of the Lung has 11 points

The lung channel of the Hand Taiyin originates from the lateral aspect of the chest near the arm pit . It then travels along the anterior-medial aspect of the upper arm, passing the cubital region and arrives at the radial side of the wrist containing the radial artery for pulse palpation. Passing the thenar eminence, it travels along the radial border of the palm ending at the medial side of the tip of the thumb.

LU1 Zhongfu - 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU 2. Caution: needle oblique to avoid lungs.

Indications: All Pulmonary Disorders, Facial Edema, Asthma, Bronchitis, Back Pain, Chest Discomfort, Chest Pain, Cough, Dyspnea, Nasal Congestion, Neck Nodular Growths, Shoulder Pain, Wheezing.

LU2 Yunmen - 6 cun lateral to the anterior midline below the clavicle in the depression medial to the coracoid process. needle oblique to avoid lungs.

Indications: Asthma, Painful Chest, Cough, Tonsillitis, Limited Shoulder Movement and Inflammation, Shoulder Pain, Thoracic Fullness.

LU3 Tianfu - 3 cun inferior to the anterior axillary fold on radial side of biceps brachii muscle. Indications: Bronchitis, Hemoptysis, Asthma, Disorientation And Forgetfulness, Dizziness, Dyspnea, Epistaxis, Insomnia, Nosebleed, Sadness, Upper Arm Antero-Lateral Pain.

LU4 Xiabai - 4 cun inferior to the anterior axillary fold, 1 cun inferior to LU3 on radial side of biceps brachii muscle. Indications: Asthma, Bronchitis, Nosebleed, Cardiac Pain, Cough, Dry Vomiting, Dyspnea, Shortness Of Breath, Thoracic Fullness, Medial Upper Arm Pain.

LU5 Chize - On the cubital crease, in the depression lateral to biceps brachii tendon. Indications: Arm Pain, Asthma, Bronchitis, Pneumonia, Chest Discomfort, Cough, Coughing Blood, Dyspnea, Elbow Pain, Fever, Fever Tidal, Mastitis, Respiratory Disorders, Shoulder Pain, Thoracic Discomfort, Throat Soreness, Wheezing.

LU6 Kongzui - 7 cun above the transverse crease of the wrist. Indications: Arm Pain, Asthma, Chest Pain, Cough, Coughing Blood, Elbow Problems, Difficulty Bending Arm, Headache, Hemorrhoids, Loss Of Voice, Perspiration Absent, Respiratory Disorders, Throat Infections, Throat Soreness, Tonsillitis.

LU7 Lieque - 1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.

Indications: Asthma, Cough, Eye Deviation, Facial Muscle Paralysis, Genital Pain, Grief, Headache, Hematuria, Hemiplegia, Jaw Disorders, Mouth Deviation, Neck Stiffness, Sadness, Throat Soreness, Toothache, Worry, Wrist Joint Soft Tissue Diseases, Dry Skin, Acute Edema of the Limbs.

LU8 Jingqu - 1 cun above the transverse crease of the wrist in the hollow on the lateral side of the radial artery. Indications: Chronic Lung and Respiratory Problems, Asthma, Chest Pain, Cough, Dyspnea, Fever, Throat Soreness, Wrist Pain.

LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.

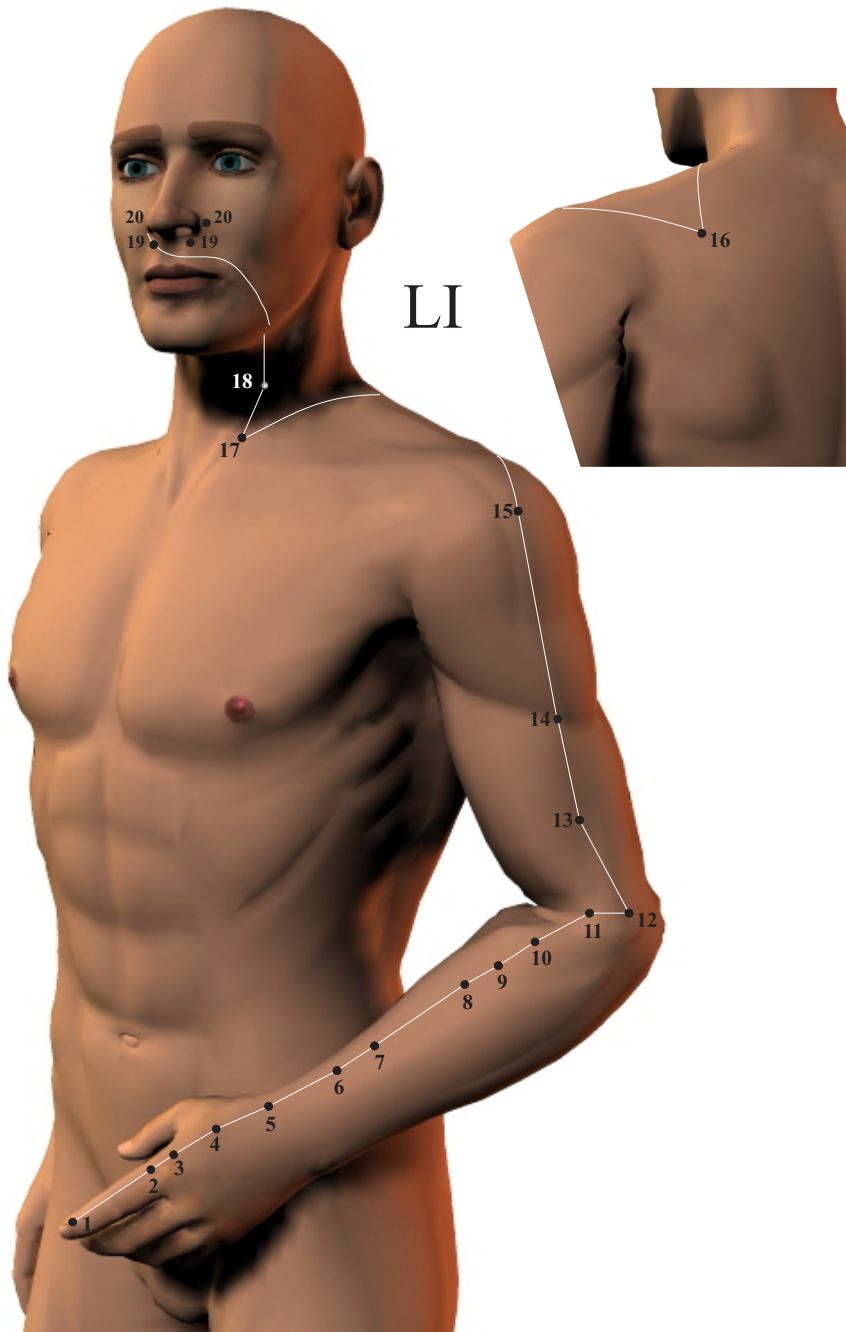
Indications: Pertussis, Bronchitis, Asthma, Pulmonary TB, Chest Pain, Cough, Coughing Blood, Dyspnea, Eye Disorders, Medial Forearm Pain, Headache, Palpitations, Respiratory Disorders, Throat Soreness, Toothache, Wrist Joint Soft Tissue Diseases, Wrist Pain.

LU10 Yuji - On the palmer side of the hand, at the midpoint of 1st metacarpal bone, at the junction of the red and white skin. Indications: Abdominal Pain, Back Pain, Cardiac Pain, Chest Pain, Cough, Coughing Blood, Dyspnea, Fever, Fever Tidal, Loss Of Voice, Mastitis, Palm Heat, Throat Infections, Throat Soreness, Toothache, Voice Hoarse.

LU11 Shaoshang - 0.1 cun posterior to the nail on the radial side of the nail.

Indications: Common Cold, Cough, Fever, Mumps, Finger Pain, Stroke, Loss Of Consciousness, Mental Disorders, Nosebleed, Parotitis, Throat Infections, Throat Soreness, Throat Bloakage.

Large Intestine (LI)



Large Intestine (LI)

The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

The large intestine channel of the Hand-Yangming starts from the tip of the index finger. Running upward along the radical aspect of the index finger, it passes through the inter-space of the first and second metacarpal bones, and ascends along the lateral anterior aspect of the upper arm to the highest point of the shoulder. It then travels along the anterior border of the acromion, then descends to the supraclavicular fossa. From the supraclavicular fossa it travels upward to the neck and to the cheek, then it curves around the upper lip and exits at the corner of the mouth, where it crosses the opposite large intestine channel of the Hand-Yangming at the philtrum. It ends at the side of the nose, where it connects with the stomach channel of the Foot-Yangming.

LI1 Shangyang - 0.1 cun posterior to the corner of the nail on the radial side of the index finger.

Indications: Coma from Stroke, Deafness, Fever High, Finger Numbness, Jaw Disorders, Loss Of Consciousness, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Chronic Colon Problems.

LI2 Erjian - On the radial side of the index finger distal to the 2nd metacarpal-phalangeal joint in a depression at the junction of the red & white skin.

Indications: Facial Muscle Paralysis, Fever, Nosebleed, Throat Constriction, Throat Soreness, Toothache, Trigeminal Neuralgia, Blurred Vision, Dizziness, Eye Deviation.

LI3 Sanjian - On the radial side of the index finger proximal to the head of the 2nd metacarpal bone.

Indications: Eye Disorders, Eye Pain, Finger Inflammation and Stiffness, Inflammation on the Dorsum of Hand, Malaria, Throat Soreness, Toothache, Trigeminal Neuralgia, Easily Startled.

LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.

Indications: All Ailments of the Face and Head, Abdominal Pain, Amenorrhea, Arm Pain, Constipation, Deafness, Eye Deviation, Eye Disorders, Facial Edema, Facial Muscle Paralysis, Fever Without Sweating, Finger Contraction, Headache, Hemiplegia, Intestinal Disorders, Prolonged or Delayed Labor, Mouth Deviation, Nosebleed, Parotitis, Respiratory Disorders, Skin Disorders, Throat Soreness, Toothache.

Large Intestine (LI) The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

LI5 Yangxi - On the radial side of the wrist between the extensor pollicis longus & brevis tendons in a depression formed when the thumb is tilted upward (anatomical snuffbox)

Indications: Arm Motor Impairment, Deafness, Eye Disorders, Headache, Throat Constriction, Throat Soreness, Tinnitus, Toothache, Urticaria, Wrist Joint Soft Tissue Diseases, Infantile Indigestion, Mania.

LI6 Pianli - 3 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

Indications: Arm Pain, Ascites, Deafness, Edema, Elbow Pain, Epistaxis, Manic Raving, Visual Disturbances, Redness of Eye, Wrist Pain, Tinnitus, Toothache, Scapular and Wrist Paralysis.

LI7 Wenliu - 5 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

Indications: Borborygmus With Abdominal Pain, Facial Swelling, Headache, Mouth Pain, Shoulder And Arm Pain, Throat Pain, Tongue Pain, Toothache, Hallucinations, Pathological Laughter.

LI8 Xialian - 4 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Distention, Abdominal Pain, Indigestion, Arm And Elbow Pain, Diarrhea, Hematuria, Mania, Eye Pain, Vertigo.

LI9 Shanglian - 3 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Pain, Arm Numbness, Arm Pain, Bone Marrow With Coldness, Borborygmus, Hand Numbness, Hemiplegia, Large Intestine Qi Stagnation, Shoulder Pain.

LI10 Shousanli - 2 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

Indications: Abdominal Pain, Arm Pain, Arm Paralysis, Diarrhea, Facial Edema, Loss of Voice, Deafness, Gastrointestinal Disorders, Indigestion, Incontinence, Jaw Disorders, Shoulder Pain, Skin Disorders, Toothache, Gastric Ulcer, Vomiting.

LI11 Quchi - With a bent elbow, the point lies in the depression at the lateral end of the transverse cubital crease, midway between LU5 and the lateral epicondyle of the humerus. Indications: Abdominal Pain, Allergies, Red and Swollen Eyes, Arm Pain, Arm Paralysis, Arthritis Shoulder Pain, Diarrhea, Elbow Problems, Eye Disorders, Fever, Goiter, Hemiplegia, Hypertension, Intestinal Disorders, Measles, Mental Disorders, Skin Disorders, Hives, Throat Constriction, Throat Soreness, Neck Stiffness, Toothache, Vomiting, Immune Deficiency.

LI12 Zhouliao - With the elbow flexed, on the radial side of the upper arm 1 cun above and lateral to LI11 on the lateral/posterior border of the humerus. Indications: Arm Contraction, Arm Numbness, Arm Pain, Elbow Problems, Excessive Sleep, Stomachache with Fullness.

LI13 Shouwuli - 3 cun above LI11 on the line connecting LI11 and LI15 line. Avoid injuring artery when needling!

Indications: Arm Pain, Blurred Vision, Elbow Pain, Skin Disorders, Vomiting Blood, Pneumonia, Rheumatoid Arthritis.

LI14 Binao - 4 cun above LI13 at the inferior border of the deltoid, on the line connecting LI11 and LI15.

Indications: Arm Pain, Arm Paralysis, Back Pain, Neck Pain, Chills, Chills And Fever, Eye Diseases, Fever, Shoulder Pain, Skin Disorders.

LI15 Jianyu - Anterior and inferior to the acromion, on the upper portion of the deltoid muscle, in a depression formed when the arm is in full abduction.

Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Arm Weakness, Hemiplegia, Hypertension, Perspiration Excessive, Shoulder Joint Soft Tissue Diseases, Shoulder Pain, Skin Disorders, Urticaria.

LI16 Jugu - Slightly posterior to the shoulder, in the depression between the acromion process and the scapular spine.

Indications: Arm Motor Impairment, Arm Pain, Back Pain, Goiter, Seizures, Limited Shoulder Movement, Shoulder Pain, Diseases of the Shoulder Joint and Soft Tissues, Agitation and Fear in Children.

LI17 Tianding - On the lateral side of the neck, 1 cun below LI 18 on the posterior border of the SCM muscle.

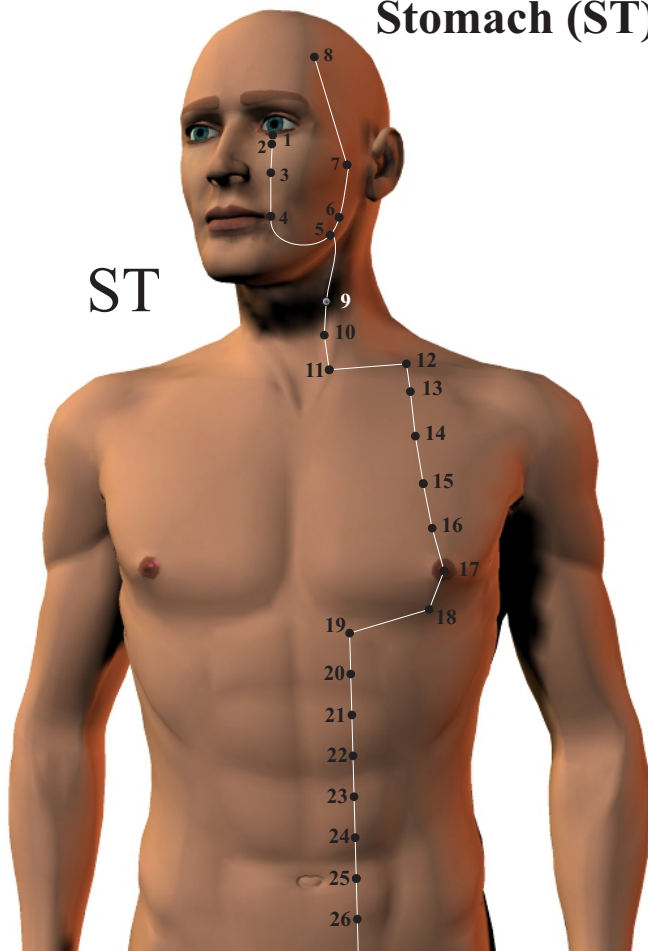
Indications: Skin Disorders, Tonsillitis, Laryngitis, Sudden Loss of Voice, Goiter.

LI18 Futu - On the lateral side of the neck, level with the tip of the Adam's Apple between the sternal head and the clavicular head of the SCM Indications: Asthma, Cough, Loss Of Voice, Skin Disorders, Swallowing Difficult, Throat Constriction, Throat Soreness, Voice Hoarseness, Wheezing, Excessive Mucus, Moist Cough.

LI19 Kouheliao - Directly below the lateral margin of the nostril 0.5 cun lateral to GV 26. Indications: Facial Muscle Paralysis, Jaw Disorders, Lockjaw, Mouth Deviation, Nasal Congestion, Nasal Polyps, Rhinitis, Ulceration of the Nose, Nosebleed, Respiratory Disorders.

LI20 Yingxiang - In the nasolabial sulcus, level with the midpoint of the lateral border of the ala nasi. Indications: Facial Edema, Facial Itching, Loss Of Sense Of Smell, Mouth Deviation, Nasal Congestion, Nasal Disorders, Nasal Polyps, Nosebleed, Respiratory Disorders.

Stomach (ST)



Stomach Meridian (ST)

The Foot Bright Yang (Yang Ming) of the Stomach 45 points
The stomach channel of the Foot-Yangming starts directly below the pupil between the eyeball and the infraorbital ridge. Running downward along the lateral side of the nose, to the lateral corner of the mouth. Curving posterior to the anterior angle of the mandible. Then it travels to the posterior aspect of the mandible ascending in front of the ear and following the anterior hairline, it reaches the forehead. It then runs along the throat and enters the supraclavicular fossa. The straight line of the channels separates the supraclavicular fossa and runs downward along the middle mammillary line. It travels to the side of the umbilicus and descends to the inguinal groove. Running downward it travels along the anterior aspect of the thigh and reaches the knee. From there it continues further down along the anterior border of the lateral aspect of the tibia to the dorsum of the foot and reaches the lateral side of the tip of the second toe.

ST1 Chengqi - Directly below the pupil between the eyeball and the infraorbital ridge.

Indications: Eye Deviation, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Lacrimation Upon Wind Exposure, Mouth Deviation, Optic Nerve Atrophy, Optic Nerve Inflammation, Visual Disturbances.

ST2 Sibai - Directly below the pupil in a depression at the infraorbital foramen.

Indications: Dizziness, Eye Deviation, Eye Disorders, Eyelid Spasm, Facial Edema, Facial Muscle Paralysis, Facial Pain, Headache, Lacrimation, Mouth Deviation, Respiratory Disorders, Trigeminal Neuralgia, Visual Disturbances.

ST3 Juliao - Directly below the pupil in a depression level with the lower border of the ala nasi.

Indications: Toothache, Epistaxis, Facial Muscle Paralysis, Lacrimation, Mouth And Eye Deviation, Sinus Pain, Sinusitis, Superficial Visual Obstruction, Swollen and Painful Lips And Cheeks.

ST4 Dicang - Directly below the pupil lateral to the corner of the mouth.

Indications: Aphasia, Eyelid Spasm, Neck Spasm, Lip Spasm, Facial Muscle Paralysis, Lockjaw, Mouth Deviation, Excessive Saliva, Toothache, Trigeminal Neuralgia.

ST5 Jiache - Anterior to the angle of the mandible on the anterior border of the masseter muscle in a groove like depression when the cheek is bulged.

Indications: Facial And Lower Cheek Edema, Facial Muscle Paralysis, Jaws Clenched, Mouth Deviation, Toothache Lower Jaw, Lockjaw.

ST6 Jiache - One finger width anterior and superior to the lower angle of the mandible, at the prominence of masseter muscle. Indications: Facial Edema, Facial Muscle Paralysis, Jaw Disorders, Mouth Deviation, Neck Pain, Neck Stiffness, Parotitis, Toothache, Lockjaw, TMJ Dysfunction, .

ST7 Xiaguan - Anterior to the ear, with mouth closed, in the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible. Indications: Deafness, Ear Disorders, Eye Deviation, Facial Muscle Paralysis, Facial Pain, Jaw Disorders, Mouth Deviation, Tinnitus, Toothache, Trigeminal Neuralgia, TMJ Dysfunction, Otitis Media.

ST8 Touwei - At the corner of the forehead, 0.5 cun within the hairline at the corner of the forehead, 4.5 cun lateral to the midline at GV24.

Indications: Dizziness, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Headache, Migraine, Lacrimation Upon Wind Exposure, Mental Disorders, Cerebral Congestion, Visual Disorders.

ST9 Renying - Level with the tip of the Adam's Apple on the anterior border of the SCM. Avoid puncturing common carotid artery.

Indications: Asthma, Cough, Dizziness, Dyspnea, Goiter, Headache, Hypertension, Hypotension, Neck Nodular Growths, Skin Disorders, Speech Impaired, Throat Constriction, Throat Soreness, Wheezing, Flushing of the Face, Tonsillitis.

ST10 Shuitu - Midway between ST9 and ST11 at the anterior border of the SCM. Indications: Dyspnea, Shoulder Pain And Swelling, Throat Soreness And Swelling, Vocal Cord Paralysis.

ST11 Qishe - At the superior border of the medial end of the clavicle between the sternal head and the clavicular head of the SCM.
Indications: Dyspnea, Neck Stiffness, Throat Pain And Swollen, Hiccups, Asthma.

ST12 Quepen - In the midpoint of the supraclavicular fossa 4 cun lateral to the midline.
Indications: Angina, Chest Oppression, Cough, Dyspnea, Bronchitis, Asthma, Limited Shoulder Movement, Shoulder Pain, Supraclavicular Fossa Pain, Throat Sore And Swollen.

ST13 Qihu - In the infraclavicular fossa, 4 cun lateral to the midline, below ST12.
Indications: Asthma, Persistent Cough, Dyspnea, Hiccough, Excessive Perspiration, Respiratory Disorders, Thoracic Distention And Fullness, Intercostal Neuralgia, Loss of Taste, Chest and Back Pain.

ST14 Kufang - 4 cun lateral to the midline in the 1st intercostal space.
Indications: Chest Pain And Fullness, Dyspnea, Grief And Sadness, Respiratory Disorders, Hiccups.

ST15 Wuyi - 4 cun lateral to the midline in the 2nd intercostal space.
Indications: Breast Abscess, Breast Pain, Cough, Dyspnea, Respiratory Disorders, Shortness Of Breath, Thoracic Pain And Fullness, Bronchitis, Hypersensitivity of Skin.

ST16 Yingchuang - 4 cun lateral to the midline in the 3rd intercostal space. Indications: Asthma, Bronchitis, Breast Abscess, Cough, Diarrhea, Insomnia, Thoracic Pain And Distention.

ST17 Ruzhong - 4 cun lateral to the midline in the 4th intercostal space in the center of the nipple. Contraindicated to needle and moxabustion!
Landmark Only! Do Not Treat!

ST18 Rugen - 4 cun lateral to the midline in the 5th intercostal space.
Indications: Cough, Bronchitis, Digestive Disturbances, Dyspnea, Insufficient Lactation, Mastitis, Chest Pain.

ST19 Burong - 2 cun lateral to the midline lateral to CV14, 6 cun above the umbilicus.
Indications: Abdominal Distention, Cough, Digestive Disturbances, Dry Heaves, Loss of Appetite, Vomiting, Intercostal Neuralgia.

ST20 Chengman - 2 cun lateral to the midline lateral to CV13, 5 cun above the umbilicus.
Indications: Abdominal Distention, Borborygmus, Dysphagia, Epigastric Pain, No Appetite, Vomiting, Indigestion from Excessive Eating, .

ST21 Liangmen - 2 cun lateral to the midline lateral to CV12, 4 cun above the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Anal Prolapse, Indigestion without Appetite, Diarrhea, Gastrointestinal Disorders, Nervous Stomach, Nausea, Stomach Pain, Duodenal Ulcers, Gall Bladder Disorders, Vomiting.

ST22 Guanmen - 2 cun lateral to the midline lateral to CV11, 3 cun above the umbilicus.
Indications: Abdominal Distention And Fullness, Borborygmus, Diarrhea, Edema, No Appetite, Periumbilical Pain Acute, Abdominal Hernia.

ST23 Taiyi - 2 cun lateral to the midline lateral to CV10, 2 cun above the umbilicus.
Indications: Agitation, Indigestion, Mania, Stomach Pain, Intestinal Pain, Hernia, Enuresis, Irritability.

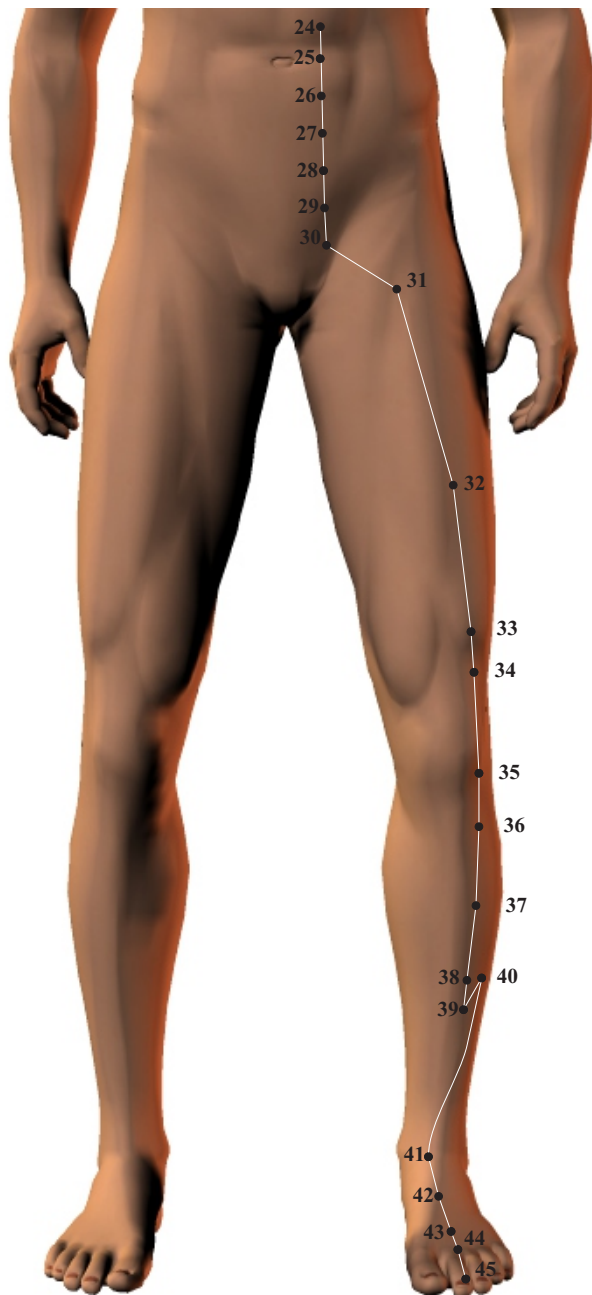
ST24 Huaroumen - 2 cun lateral to the midline lateral to CV9, 1 cun above the umbilicus.
Indications: Constipation, Mania, Nausea And Vomiting, Stiff Tongue, Stomach Pain, Nephritis, Dysmenorrhea, Epilepsy.

ST25 Tianshu - 2 cun lateral to the midline lateral to CV8 at the level of the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Loss of Appetite, Borborygmus, Constipation, Diarrhea, Edema, Gastrointestinal Disorders, Duodenal Ulcer, Infertility, Intestinal Disorders, Irregular Menstration, Peritonitis, Hernia.

ST26 Wailing - 2 cun lateral to the midline lateral to CV7, 1 cun below the umbilicus.
Indications: Abdominal Pain, Dysmenorrhea, Hernia, Lower Abdominal Disorders, Intestinal Obstruction, Intestinal Spasm.

ST27 Daju - 2 cun lateral to the midline lateral to CV5, 2 cun below the umbilicus.
Indications: Dysuria, Hypogastric Distention And Fullness, Insomnia With Fear, Premature Ejaculation, Retention Of Urine, Seminal Emissions, Premature Ejaculation.

ST28 Shuidao - 2 cun lateral to the midline lateral to CV4, 3 cun below the umbilicus.
Indications: Abdominal Distention, Abdominal Fullness, Abdominal Pain, Ascitis, Cystitis, Nephritis, Edema, Inguinal Hernia, Infertility, Menses Irregular, Orchitis, Urine Retention.



ST29 Guilai - 2 cun lateral to the midline lateral to CV3, 4 cun below the umbilicus.

Indications: Abdominal Pain, Amenorrhea, Endometriosis, Genital Pain, Hernia, Impotence, Infertility, Leukorrhea, Irregular Menstruation, Orchitis, Epididymitis, Uterine Prolapse.

ST30 Qichong - 2 cun lateral to the midline lateral to CV2, level with symphysis pubis.

Indications: Abdominal Pain, Childbirth Disorders, Genital Pain, Genital Swelling, Hernia, Impotence, Infertility, Lumbar Pain, Irregular Menstruation, Diseases of Reproductive Organs, Constipation, Diarrhea.

ST31 Biguan - With the thigh flexed, in the depression lateral to the sartorius muscle, directly inferior to the anterior superior iliac spine (ASIS). Indications: Inguinal Lymphadenitis, Leg Muscle Atrophy, Leg Numbness, Leg Paralysis, Lumbar Pain, Thigh Pain.

ST32 Futu - 6 cun above the superior lateral border of the patella on line connecting the ASIS.

Indications: Beriberi, Iliac Region Pain, Knee Disorders, Leg Paralysis, Lumbar Pain, Urticaria, Pain in the Waist and Groin, Coldness in Knees.

ST33 Yinshi - 3 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

Indications: Lower Extremity Disorders, Thigh And Knee Pain, Difficulty Breathing.

ST34 Liangqiu - 2 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

Indications: Hiccough, Indigestion, Knee Disorders, Leg Paralysis, Lumbar Pain, Mastitis, Stomach Pain.

ST35 Dubi - Below the patella in a depression lateral to the patella ligament found with knee flexed.

Indications: Abdominal Pain, Knee Disorders, Swelling of the Knee, Leg Muscle Weakness.

ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

Indications: Abdominal Distention, Abdominal Pain, Allergies, Asthma, Borborygmus, Chest Pain, Constipation, Cough, Diarrhea, Digestive Disturbances, Dizziness, Dysuria, Edema, Edema Lower Body, Fever, Gastrointestinal Disorders, Hemiplegia, Hiccough, Hypertension, Indigestion, Intestinal Disorders, Jaundice, Knee Disorders, Leg Pain, Mastitis, Mental Disorders, Nausea, Neurasthenia, Pancreatitis, Reproductive System Disorders, Seizures, Shock, Stomach Pain, Tibial Bone Pain, Gastric Ulcer, Vomiting, General Weakness, Insomnia, Immune Support, Mouth Disorders.

ST37 Shangjuxu - 3 cun below ST36 one finger width lateral from the anterior crest of the tibia.

Indications: Abdominal Distention, Abdominal Pain, Beriberi, Borborygmus, Diarrhea, Digestive Disturbances, Appendicitis, Dysentery, Hemiplegia, Intestinal Disorders.

ST38 Tiaokou - 5 cun below ST36 one finger width lateral from the anterior crest of the tibia. Indications: Damp Painful Obstruction, Lower Leg Pain Or Paralysis, Shoulder Pain With Stiffness, Thigh And Knee Swelling, Sciatic Neuralgia.

ST39 Xiajuxu - 1 cun below ST38 one finger width lateral from the anterior crest of the tibia.

Indications: Abdominal Pain, Back Pain Radiates To Testicles, Dark Urine, Dysenteric Disorder, Lower Extremity Pain, Mastitis, Small Intestine Disorders, Hepatitis, Intercostal Neuralgia.

ST40 Fenglung - 8 cun superior to the tip of the external malleolus, one finger width lateral to ST38.

Indications: Amenorrhea, Asthma, Chest Pain, Constipation, Cough, Dizziness, Edema Lower Body, Headache, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Mental Disorders, Nasal Discharge Excessive, Seizures, Throat Constriction, Throat Soreness, Abnormal Uterine Bleeding, Vertigo, Mental Disorders.

ST41 Jiexi - On the dorsum of the foot at the midpoint of the transverse crease of the ankle joint, approximately level with the tip of the external malleolus in a depression between the extensor digitorum longus and hallucis longus tendons.

Indications: Abdominal Distention, Ankle Pain And Swelling, Constipation, Depression, Dizziness, Dorsal Foot Pain And Swelling, Facial And Head Edema, Headache, Lower Extremity Pain Or Paralysis, Stomach Disharmony, Pain in Mouth, Eye Diseases.

ST42 Chongyang - On the dorsum of the foot, 1.5 cun inferior to ST41, in the depression between the second and third metatarsals and cuneiform bone. Avoid the dorsal artery when needling.

Indications: Dorsal Foot Pain And Swelling, Facial Swelling, Mania, Abdominal Distention, Toothache, Deviation of Mouth, Fever, Poor Appetite.

ST43 Xiangu - In a depression distal to the junction of the 2nd and 3rd metatarsal bones.

Indications: Abdominal Pain, Borborygmus, Dorsal Foot Painful Swelling, Edema, Eye Disorders, Facial Edema, Hysteria, Leg Analgesic, Night Sweats, Malaria.

ST44 Neiting - At the proximal end of the web between the 2nd and 3rd toes in the depression distal and lateral to the 2nd metatarsodigital joint.

Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Dorsal Foot Pain, Facial Pain, Fever, Intestinal Disorders, Mouth Deviation, Nosebleed, Skin Disorders, Stomach Pain, Throat Infections, Throat Soreness, Tinnitus, Toothache, Trigeminal Neuralgia.

ST45 Lidui - 0.1 cun posterior to the corner of nail on the lateral side of the 2nd toe.

Indications: Abdominal Fullness And Distention, Excessive Dreaming, Epistaxis, Excessive Heat In The Body, Facial Swelling, Lower Limbs And Feet Cold, Mania And Depression, Mouth Deviation, Throat Pain, Toothache, Trismus, Fainting, Nasal Blockage, Fever.

Spleen (SP)

Spleen Meridian (SP)

The Foot Greater Yin (Tai Yin) of the Spleen 21 points

The spleen of the Foot-Taiyin starts from the medial aspect of the tip of the big toe. It travels along the medial aspect of the foot at the junction between the red and white skin, ascends anteriorly to the medial malleolus up to the medial aspect of the leg. Passing through the anterior medial aspect of the thigh, it enters the inguinal region traveling along the anterior of the abdomen. It then curves lateral to the midline to the intercostal space up to the 2nd intercostal space. Then turns inferior to midway between the axilla and the free end of the eleventh rib.

SP1 YinBai - 0.1 cun posterior to the corner of the nail, on the medial side of the great toe.

Indications: Abdominal Distention, Diarrhea, Dream Disturbed Sleep, Fever, Hematuria, Menorrhagia, Mental Disorders, Nosebleed, Seizures, Stool With Blood, Abnormal Uterine Bleeding.

SP2 Dadu - On medial side of the great toe, distal and inferior to the 1st Metatarsophalangeal joint in a depression at the juncture of the red and white skin.

Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Edema Lower Body, Fever, Fever Without Sweating, Indigestion, Stomach Pain, Vomiting, Lumbar Disorders.

SP3 Taibai - Proximal and inferior to the head of the 1st metatarsal bone in a depression at the junction of the red and white skin.

Indications: Abdominal Distention, Body Heaviness, Borborygmus, Constipation, Diarrhea, Edema, Gastrointestinal Disorders Acute, Headache, Hemorrhoids, Intestinal Disorders, Stomach Pain, Vomiting, Fatigue.

SP4 Gongsun - In a depression distal and inferior to the 1st metatarsal bone at the junction of the red and white skin.

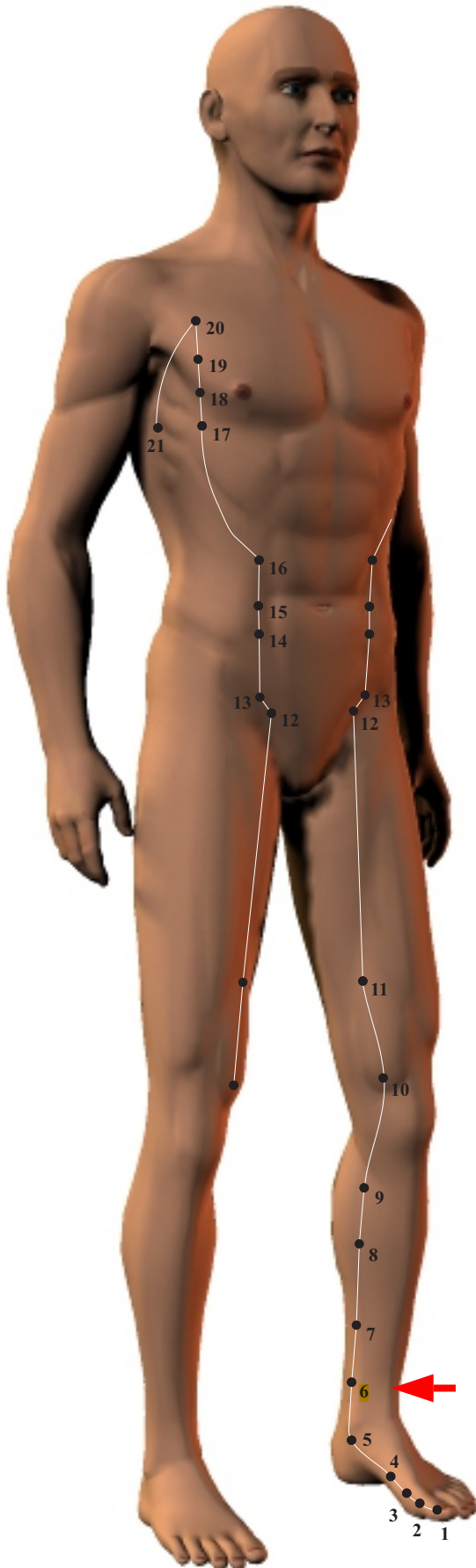
Indications: Abdominal Distention, Abdominal Pain, Borborygmus, Diarrhea, Digestive Disturbances, Endometriosis, Intestinal Disorders, Jaundice, Irregular Menstruation, Mental Disorders, Stomach Pain, Vomiting, Psoas Muscle Problems.

SP5 Shangqiu - In a depression distal and inferior to the medial malleolus, midway between the tuberosity of the navicular bone and the tip of the medial malleolus.

Indications: Abdominal Distention, Abdominal Pain, Ankle Conditions, Appetite Excessive, Borborygmus, Breast Pain, Constipation, Diarrhea, Foot Pain, Gastrointestinal Disorders, Hemorrhoids, Indigestion, Jaundice, Lower Extremity Edema.

SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia. **Contraindicated to needle during pregnancy.**

Indications: Abdominal Distention, Abdominal Pain, Amenorrhea, Borborygmus, Diarrhea, Digestive Disturbances, Dizziness, Dysmenorrhea, Dysuria, Eczema, Edema, Failure to Discharge Placenta, Genital Pain, Hemiplegia, Hernia, Hypertension, Impotence, Infertility, Insomnia, Labor Difficult, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Leukorrhea, Irregular Menstruation, Neurasthenia, Nocturnal Emissions, Reproductive System Disorders, Urinary Dysfunction, Urinary Incontinence, Urticaria, Abnormal Uterine Bleeding, Uterine Prolapse, Vertigo.



Do NOT stimulate SP6 during pregnancy

SP7 Lougu - 6 cun from the tip of the medial malleolus on line connecting tip of medial malleolus and SP9 on the posterior border of the tibia (3 cun above SP6) Indications: Abdominal Distention And Fullness, Borborygmus, Difficult Urination, Flatulence, Knee Pain, Leg Numbness And Pain, Bed Wetting, Urinary Tract Infection.

SP8 Diji - 3 cun below SP9 on line connecting SP 9 and medial malleolus.

Indications: Abdominal Distention, Digestive Disturbances, Dysenteric Disorder, Dysmenorrhea, Edema, Lumbar Pain, Irregular Menstration, Menstrual Disorders, No Appetite, Seminal Emissions, Urogenital Disorders, Acute Disorders of the Spleen and Pancreas.

SP9 Yinlingquan - On the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle. Indications: Abdominal Distention, Abdominal Pain, Ascites, Beriberi, Diarrhea, Diarrhea with Undigested Food, Dysuria, Edema, Edema Lower Body, Genital Pain, Intestinal Disorders, Jaundice, Knee Disorders, Leg Pain, Lumbar Pain, Menses Irregular, Nephritis, Nocturnal Emissions, Urinary Dysfunction, Urinary Incontinence, Urinary Tract Infection, Urine Retention.

SP10 Xuehai - With the knee in flexion, 2 cun superior to the superior border of the patella, on the bulge of the medial portion of the quadriceps femoris muscle.

Indications: Amenorrhea, Dysmenorrhea, Eczema, Menses Irregular, Skin Disorders, Thigh Medial Pain, Urinary Dysfunction, Urticaria, Abnormal Uterine Bleeding, Skin Disorders, Immune Enhancement.

SP11 Jimen - 6 cun above SP10 on the line connecting SP12 and SP10.

Indications: Anuria, Dysuria, Enuresis, Inguinal Region Pain And Swelling, Retention Of Urine, Varicose Veins, Intermittent Claudication, Ascites.

SP12 Chongmen - 3.5 cun lateral to the midline at CV2, in the inguinal region, on the lateral side of the femoral artery. Avoid femoral artery when needling!

Indications: Abdominal Masses, Abdominal Pain, Edema, Gynecological Disorders, Endometriosis, Hernia Pain, Inhibited Hip Movement, Retention Of Urine.

SP13 Fushe - 0.7 cun laterosuperior to SP12 and 4 cun lateral to the anterior midline.

Indications: Abdominal Masses, Abdominal Pain Or Swelling, Constipation, Hernia, Ovarian Pain.

SP14 Fujie - 1.3 cun below SP15 and 4 cun lateral to the anterior midline, on lateral side of rectus abdominis muscle.

Indications: Abdominal Pain, Constipation, Diarrhea, Hernia, Periumbilical Pain, Cough.

SP15 Daheng - 4 cun lateral to the center of the umbilicus, lateral to rectus abdominis muscle.

Indications: Abdominal Cold Pain, Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Intestinal Disorders.

SP16 Fuai - 3 cun above SP 15 and 4 cun lateral to the anterior midline at CV11.

Indications: Abdominal Pain, Blood And Pus In Stools, Constipation, Dysenteric Disorder, Periumbilical Pain.

SP17 Shidou - 6 cun lateral to the anterior midline in the 5th intercostal space.

Indications: Ascites, Borborygmus, Chest And Lateral Costal Region Fullness, Diaphragm Pain, Retention of Urine.

SP18 Tianxi - 6 cun lateral to the anterior midline in the 4th intercostal space.

Indications: Chest Fullness And Pain, Dyspnea, Hiccough, Insufficient Lactation, Mastitis, Hiccup.

SP19 Xiongxiang - 6 cun lateral to the anterior midline in the 3rd intercostal space.

Indications: Chest And Lateral Costal Region Fullness, Cough, Inability To Turn Over When Lying Down, Shortness Of Breath, Excessive Salivation.

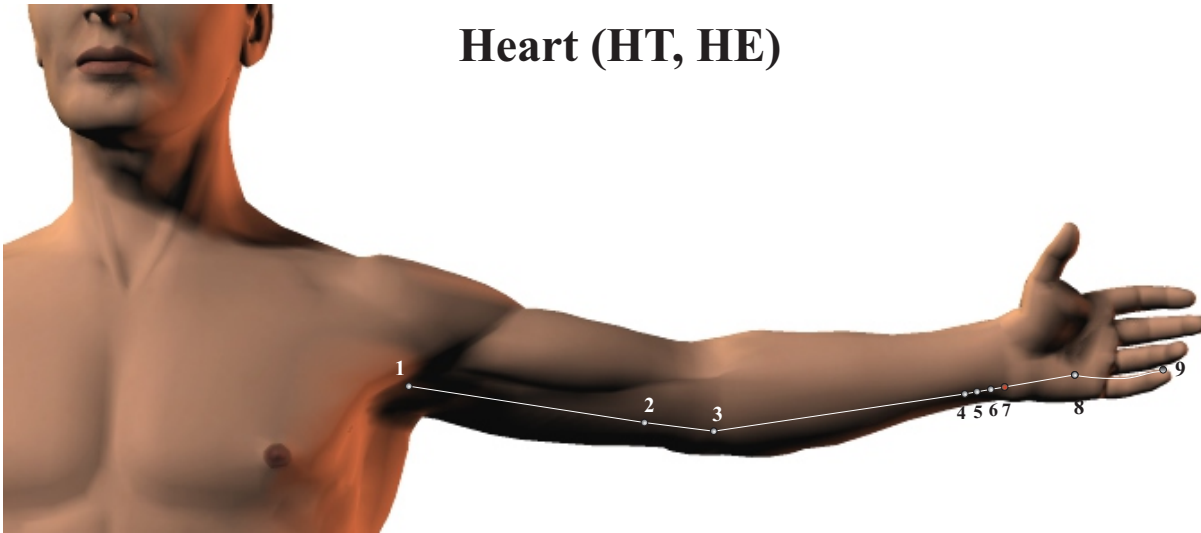
SP20 Zhourong - 6 cun lateral to the anterior midline in the 2nd intercostal space.

Indications: Chest And Lateral Costal Region Fullness, Cough With Copious Phlegm, Dysphagia, Excessive Thirst, Thoracic Distention.

SP21 Dabao - On the midaxillary line, 6 cun inferior to the anterior axillary crease. Midway between the axilla and the free end of the eleventh rib.

Indications: Asthma, Chest And Lateral Costal Region Pain, Cough, Dyspnea, Flaccidity Of The Hundred Joints, Lateral Costal Region Distention And Fullness, General Aching and Weakness.

Heart (HT, HE)



Heart Meridian (HT, HE) The Hand Lesser Yin (Shao Yin) of the Heart 9 points

The heart channel of the Hand-Shaoyin starts in the center of axilla. From there it goes along the posterior border of the medial aspect of the upper arm. Passing through the cubital region, it descends to the pisiform region proximal to the palm and enters the palm. Then it ends at the medial aspect of the tip of the little finger.

HT1 Jiquan - Center of axilla on the medial side of the axillary artery. Avoid axillary artery!

Indications: Anxiety, Arm Cold, Arm Pain, Arthritis Shoulder, Cardiac Pain, Chest Pain, Elbow Problems, Hypochondriac Region Fullness, Lateral Costal Region Pain, Sadness, Shoulder Joint Soft Tissue Diseases, Skin Disorders, Thirst, Throat Dryness.

HT2 Qingling - With elbow flexed, the point is found 3 cun above the medial end of the transverse cubital crease in the groove medial to the biceps brachii.

Indications: Lateral Costal Region Pain, Shoulder And Arm Pain, Shoulder Pain, Yellow Eyes.

HT3 Shaohai - With elbow flexed, at the medial end of the transverse cubital crease.

Indications: Arm Numbness, Arm Pain, Axillary Pain, Cardiac Pain, Elbow Problems, Forearm Numbness, Hand Numbness, Hand Pain, Hand Tremor, Headache with Dizziness, Hypochondriac Region Pain, Intercostal Neuralgia, Memory Impaired, Mental Disorders, Neck Stiffness, Neurasthenia, Seizures, Skin Disorders, Toothache, Vomiting.

HT4 Lingdao - With the palm facing up, the point is found 1.5 cun above the transverse crease of the wrist at HT7.

Indications: Arm Contraction, Cardiac Pain, Elbow Problems, Fear, Hysteria, Sudden Loss Of Voice, Mental Disorders, Seizures.

HT5 Tongli - 1 cun above HT 7 on a line connecting HT3 and HT7.

Indications: Arm Pain, Asthma, Cardiac Arrhythmia, Cough, Depression, Dizziness, Fear, Loss Of Voice Sudden, Mental Disorders, Neurasthenia, Palpitations, Stiff Tongue, Throat Soreness, Uterine Bleeding Abnormal, Visual Disturbances, Wrist Pain.

HT6 Yinxi - 0.5 cun above HT 7 on a line connecting HT3 and HT7.

Indications: Cardiac Pain, Chest Fullness, Epistaxis, Night Sweating, Palpitations.

HT7 Shenmen - On the ulnar end of the transverse crease of the wrist, in the small depression between the pisiform and ulna bones.

Indications: Cardiac Pain, Depression, Dream Disturbed Sleep, Eyes Yellow, Hypochondriac Region Pain, Hysteria, Insomnia, Irritable, Loss Of Voice, Memory Impaired, Mental Disorders, Palm Heat, Palpitations, Seizures, Thirst, Throat Dryness.

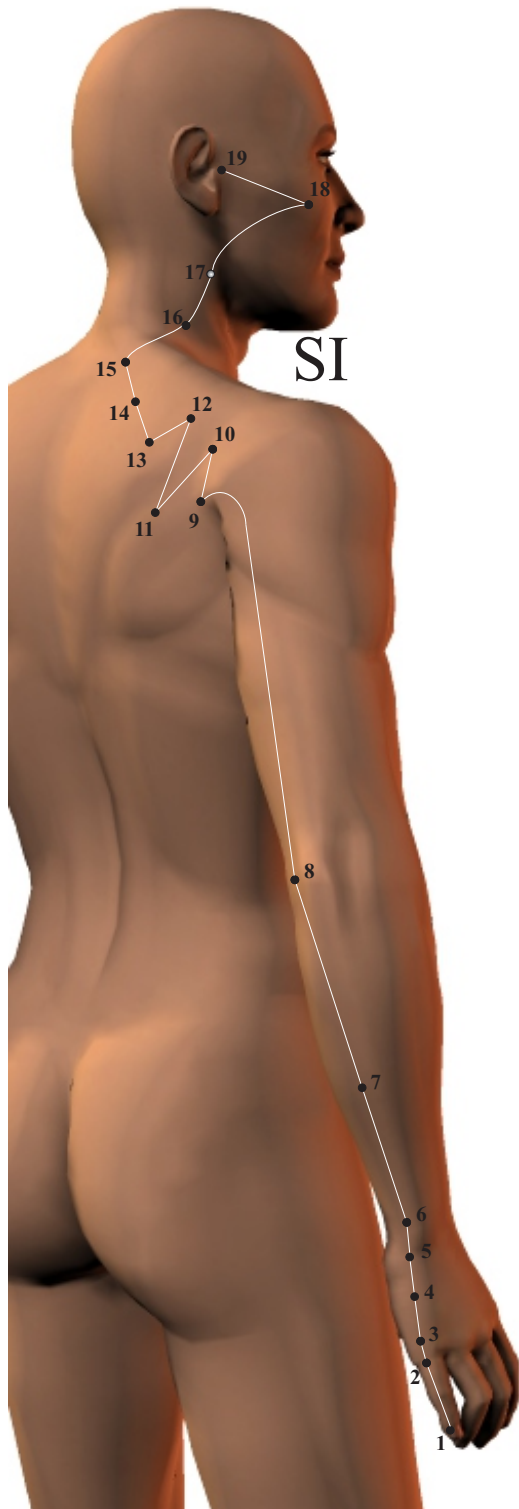
HT8 Shaofu - With a fist made, where the little finger falls between the 4th and 5th metacarpal bones.

Indications: Cardiac Conditions, Cardiac Pain, Chest Pain, Dysuria, Fifth Digit Disorders, Genital Itching, Groin Itches, Hysteria, Palm Heat, Palpitations, Urinary Dysfunction, Urinary Incontinence.

HT9 Shaochong - 0.1 cun posterior to the corner of the nail on the radial side of the little finger.

Indications: Cardiac Pain, Dry Throat, Heat In The Body Like Fire, Mania And Depression, Palpitations, Pounding Of The Heart, Syncope.

Small Intestine (SI)



Small Intestine Meridian (SI)

The Hand Greater Yang (Tai Yang) of the Small Intestine 19 points

The small intestine channel of the Hand-Taiyang starts at the ulnar aspect of the tip of the little finger, and travels along the ulnar border of the hand dorsum upward to the posterior border of the lateral aspect of the upper arm. It passes through the cubital region curving around the scapular region. Then turning downward to the supraclavicular fossa and ascends to the neck. Travels up to the cheek going through the outer canthus of the eye, and ends anterior to the tragus of the ear.

SI1 Shaoze - 0.1 cun posterior to the corner of the nail on the ulnar side of the little finger.

Indications: Breast Swelling, Curled Tongue Edges, Dyspnea, Eye Disorders, Fever, Fever And Chills Without Sweating, Headache, Jaundice, Lactation Insufficient, Loss Of Consciousness, Mastitis, Nosebleed, Stiff Tongue, Throat Soreness.

SI2 Qiangu - With a loose fist made the point is found on the ulnar side of the fifth digit, in the depression distal to the metacarpophalangeal joint, at the junction of the red and white skin.

Indications: Fever, Finger Numbness, Nosebleed, Parotitis, Seizures, Throat Soreness, Tinnitus.

SI3 Houxi - With a loose fist made, In the depression proximal to the head of the fifth metacarpal bone, at the junction of the red and white skin.

Indications: Arm Pain, Deafness, Eye Disorders, Fever, Finger Contraction, Headache, Lumbar Pain, Malaria, Mental Disorders, Neck Pain, Neck Stiffness, Perspiration At Night, Seizures, Shoulder Pain, Tinnitus.

SI4 Wangu - On the ulnar edge of the palm, in the depression between the fifth metacarpal bone and the hamate and pisiform bones.

Indications: Fever, Fever Without Sweating, Finger Contraction, Finger Movement Inhibited, Headache, Hypochondriac Region Pain, Jaundice, Malaria, Neck Stiffness, Thirst, Tinnitus, Wrist Pain.

SI5 Yanggu - Near the ulnar end of the transverse wrist crease on the dorsal side of the hand in a depression between the styloid process of the ulna and the triquetral bone.

Indications: Arm Pain, Deafness, Dizziness, Fever, Fever Without Sweating, Hand Pain, Jaw Disorders, Mental Disorders, Neck Swelling, Parotitis, Seizures, Tinnitus, Toothache, Wrist Pain.

SI6 Yanglao - On the dorsal side of the wrist, in the bony cleft on the radial side of the styloid process of the ulna.

Indications: Arm Pain, Arthritis Shoulder, Back Pain, Elbow Problems, Eye Disorders, Hemiplegia, Lumbar Mobility Decreased, Lumbar Pain, Neck Stiffness, Shoulder Pain, Visual Disturbances.

SI7 Zhizheng - 5 cun above SI5 on a line connecting SI 5 and SI8, between the anterior border of the ulna and flexor carpi ulnaris muscle.

Indications: Blurred Vision, Dizziness, Elbow Hypertonicity, Emotional Lability, Fear And Fright, Fever, Fever And Chills, Fingers Ache, Forearm Pain, Hand Inability To Grip Firmly, Mania And Depression, Neck Stiffness, Sadness And Anxiety.

SI8 Xiaohai - With elbow flexed, in a depression between the olecranon process of the ulna and the medial epicondyle of the humerus.
Indications: Arm Pain, Deafness, Dizziness, Elbow Problems, Facial Edema, Mental Disorders, Neck Pain, Neck Stiffness, Scapular Pain, Seizures, Shoulder Pain, Tooth Decay.

SI9 Jianzhen - With arm abducted, 1 cun above the posterior end of the axillary fold, posterior and inferior to the shoulder joint.
Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Deafness, Jaw Disorders, Scapular Pain, Shoulder Disorders, Shoulder Pain, Tinnitus, Toothache.

SI10 Naoshu - With arm abducted, directly above SI9 in a depression inferior to scapular spine.

Indications: Arm Motor Impairment, Arm Pain, Arm Weakness, Chills, Chills And Fever, Scapular Pain, Shoulder Joint Soft Tissue Diseases, Shoulder Pain.

SI11 Tianzong - In the depression of the the infrascapular fossa, one-third the distance between the lower border of the scapular spine and the inferior angle of the scapula, approximately level with T4 spinous process.

Indications: Arm Pain, Asthma, Chest Discomfort, Elbow Problems, Facial Edema, Jaw Disorders, Mastitis, Rib Fullness, Scapular Pain, Shoulder Pain.

SI12 Bingfeng - Above SI11 in the center of the suprascapular fossa, in a depression when arm is lifted.

Indications: Benefits The Shoulder And Scapula.

SI13 Quyaun - On the medial extremity of the suprascapular fossa, about midway between SI10 and the spinous process of T2.

Indications: Scapular Pain, Shoulder Pain.

SI14 Jianwaishu - 3 cun lateral to the lower border of the spinous process of T1 (GV 13).

Indications: Neck Movement Restricted, Shoulder, Upper Arm, Mid Back Pain.

SI15 Jianzhongzhu - 2 cun lateral from the posterior midline below the spinous process of C7 (GV 14).

Indications: Asthma, Back Pain, Cough, Coughing Blood, Fever And Chills.

SI16 Tianchuang - On lateral neck posterior to SCM, posterior and superior to LI18 level with the adams apple.

Indications: Respiratory Disorders, Shoulder Pain, Visual Disturbances.

SI17 Tianrong - Posterior to the angle of the mandible in a depression on the anterior border of the SCM.

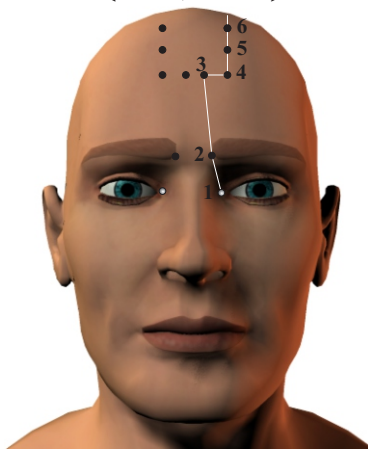
Indications: Asthma, Deafness, Facial Edema, Goiter, Throat Infections, Throat Pain, Throat Soreness, Tinnitus.

SI18 Quanliao - Directly below the outer canthus of the eyes in a depression on the lower border of the zygoma. Contraindicated to moxabustion!

Indications: Complexion Red, Eyelid Twitching, Facial Pain, Mouth And Eye Deviation, Toothache, Yellow Eyes.

SI19 Tinggong - Anterior to the tragus and posterior to the condyloid process of the mandible in a depression formed when mouth is opened. Indications: Abdominal Pain, Chest Pain, Deafness, Ear Disorders, Mental Disorders, Tinnitus, Toothache.

Bladder (BL, UB)



Bladder Meridian (BL, UB)

The Foot Greater Yang (Tai Yang) of the Bladder 67 points

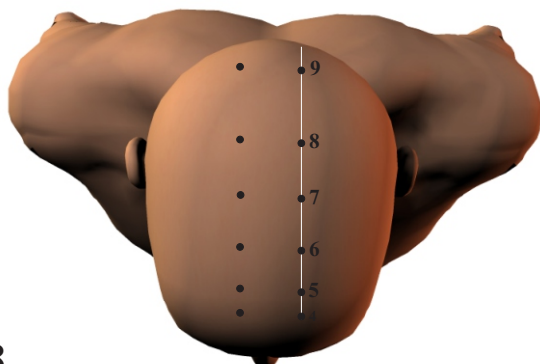
The urinary bladder channel of the Foot-Taiyang originates from the inner canthus of the eye. Passing through the forehead, it flows up to the vertex. It bifurcates above the posterior hairline into two lines. One line runs from the posterior aspect of the neck downward along the medial border of the scapula (3 cun lateral to the back mid-line). Passing through the gluteal region. Another line runs straight downward (1.5 cun lateral to the mid-line of the back) to the lumbar region. From there it descends along the posterior aspect of the thigh to the popliteal fossa. Descending to the posterior aspect of the gastrocnemius muscle and further to the posterior inferior aspect of the lateral malleolus. Ending at lateral posterior side of the tip of the little toe.

BL1 Jingming - 0.1 cun superior to the inner canthus. of the eye in a depression
Indications: Chills, Dizziness, Eye Disorders, Color Blindness, Cataract, Headache, Lacrimation, Lacrimation Upon Wind Exposure, Visual Disturbances.

BL2 Zanzhu - In the supraorbital notch at the medial end of the eyebrow.
Indications: Common Cold, Dizziness, Eye Disorders, Eyelid Spasm, Facial Pain, Headache, Headache Frontal, Lacrimation, Lacrimation Upon Wind Exposure, Nasal Congestion, Superciliary Region Pain, Syncope, Syncopy, Visual Disturbances.

BL3 Meichong - 0.5 cun within the anterior hairline directly above BL2 and 0.5 cun lateral to GV24.

Indications: Dizziness, Epilepsy, Headache, Nasal Allergies, Nasal Congestion, Rhinitis, Vertigo.



BL4 Quchai - 1.5 cun lateral to GV24 and 0.5 cun within the anterior hairline.
Indications: Dizziness, Eye Pain, Headache, Headache Frontal, Nasal Congestion, Nosebleed, Rhinitis, Vertigo, Visual Disturbances.

BL5 Wuchu - 0.5 cun above BL4 or 1 cun above the anterior hairline and 1.5 cun lateral to GV23.
Indications: Convulsions, Headache, Mania, Seizures, Fever, Blurred Vision.

BL6 Chengguang - 1.5 cun posterior to BL5 and 2.5 cun above the anterior hairline, 1.5 cun lateral to the midline.
Indications: Headache, Nasal Congestion, Nasal Discharge Copious And Clear, Nausea And Vomiting, Vertigo.

BL7 Tongtian - 1.5 cun posterior to BL6 and 4 cun above the anterior hairline, 1.5 lateral to the midline.
Indications: Dizziness, Headache, Hemiplegia, Mouth Deviation, Nasal Congestion, Nosebleed, Respiratory Disorders.

BL8 Luoque - 1.5 cun posterior to BL7, 1.5 cun lateral to the midline. Indications: Mania And Depression, Tinnitus, Vertigo, Vomiting, Swollen Neck, Chronic Bronchitis.

BL9 Yuzhen - 1.3 cun lateral to GV 17, on the lateral side of the superior border of the external occipital protuberance.
Indications: Eye Pain, Heaviness Of The Head And Neck, Myopia, Tension Headache, Vertigo, Visual Disturbances.

BL10 Tianzhu - 1.3 cun lateral to GV15 and 0.5 cun above the posterior hairline, in a depression on the lateral aspect of the trapezius muscle.
Indications: Aversion To Cold, Back Pain, Dizziness, Eye Disorders, Fever Without Sweating, Headache, Headache Occipital, Nasal Congestion, Neck Muscle Stiffness And Tension, Seizures, Shoulder And Back Pain, Throat Soreness, Vertigo, Visual Disturbances.

BL11 Dazhu - 1.5 cun lateral to GV13 level with the spinous process of T1. (from the midline to the medial border of the scapula is considered 3 cun)
Indications: Abdominal Pain, Arthritis, Back Pain, Bone Disorders, Chest Discomfort, Chills, Cough, Dyspnea, Fever, Fever Tidal, Fever Without Sweating, Headache, Headache With Chills, Irritable, Knee Disorders, Lumbar Pain, Neck Mobility Decreased, Neck Pain, Respiratory Disorders, Scapular Pain, Spinal Pain.

BL12 Fengmen - 1.5 cun lateral to midline level with the spinous process of T2.
Indications: Asthma, Back Pain, Cough, Dyspnea, Fever, Headache, Lumbar Pain, Nasal Congestion, Nasal Discharge, Neck Stiffness, Respiratory Disorders, Shoulder Pain, Urticaria.

BL13 Feishu - 1.5 cun lateral to GV12 level with the spinous process of T3.
Indications: Agitation, Asthma, Back Pain, Back Stiffness, Bone Disorders, Chest Discomfort, Chest Pain, Cough, Coughing Blood, Dyspnea, Fever Afternoon, Perspiration At Night, Respiratory Disorders.

BL14 Jueyinshu - 1.5 cun lateral to midline level with the spinous process of T4.
Indications: Agitation, Cardiac Pain, Chest Discomfort, Chest Pain, Cough, Palpitations, Thoracic Discomfort, Toothache, Vomiting.

BL15 Xinshu - 1.5 cun lateral to GV11 level with the spinous process of T5.
Indications: Agitation, Anxiety, Cardiac Arrhythmia, Cardiac Conditions, Cardiac Pain, Chills, Chills And Fever, Cough, Coughing Blood, Depression, Dyspnea, Fever, Insomnia, Irritable, Memory Impaired, Mental Disorders, Nocturnal Emissions, Palpitations, Panic, Perspiration At Night, Seizures, Seminal Emissions, Vomiting, Vomiting Blood.

BL16 Dushu - 1.5 cun lateral to GV10 level with the spinous process of T6.
Indications: Abdominal Pain, Borborygmus, Cardiac Pain, Diaphragm Spasm, Hiccough, Alopecia, Psoriasis.

BL17 Geshu - 1.5 cun lateral to GV9 level with the spinous process of T7.
Indications: Abdominal Distention, Asthma, Bone Disorders, Cough, Eructations, Fever, Fever Tidal, Hiccough, Perspiration At Night, Swallowing Difficult, Throat Disorders, Urticaria, Vomiting, Vomiting Blood.

BL18 Gan Shu - 1.5 cun lateral to GV 8 level with the spinous process of T9.
Indications: Abdominal Masses, Abdominal Pain, Back Pain, Chest Lumps, Dizziness, Eye Disorders, Gastric Disorders, Hypochondriac Region Pain, Jaundice, Liver Disorders, Mental Disorders, Nosebleed, Seizures, Spinal Pain, Visual Disturbances, Vomiting Blood.

BL19 Danshu - 1.5 cun lateral to GV 7 level with the spinous process of T10.
Indications: Abdominal Distention, Axillary Swelling, Bitter Taste, Bone Disorders, Chest Discomfort, Chest Pain, Eyes Yellow, Fever, Gastric Disorders, Gastrointestinal Disorders, Headache, Hypochondriac Region Pain, Jaundice, Liver Disorders, Respiratory Disorders, Throat Soreness, Urine Turbid.

BL20 Pishu - 1.5 cun lateral to GV 6 level with the spinous process of T11.
 Indications: Abdominal Distention, Abdominal Pain, Appetite Absent, Back Pain, Diarrhea, Edema, Gastrointestinal Disorders, Hemorrhage Chronic, Intestinal Disorders, Jaundice, Menorrhagia, Stomach Prolapse, Stool With Blood, Stool With Undigested Food, Ulcer Gastric, Urticaria, Uterine Prolapse, Vomiting.

BL21 Weishu - 1.5 cun lateral to midline level with the spinous process of T12.
 Indications: Abdominal Distention, Abdominal Pain, Appetite Absent, Borborygmus, Chest Pain, Diarrhea, Edema, Gastric Disorders, Gastrointestinal Disorders, Hypochondriac Region Pain, Indigestion, Nausea, Stomach Pain, Stool With Undigested Food, Swallowing Difficult, Ulcer Gastric, Vomiting.

BL22 Sanjiaoshu - 1.5 cun lateral to GV5 level with the spinous process of L1.
 Indications: Abdominal Distention, Ascites, Borborygmus, Diarrhea, Digestive Disturbances, Dizziness, Edema, Gastrointestinal Disorders, Headache, Intestinal Disorders, Jaundice, Lumbar Pain, Lumbar Stiffness, Stool With Undigested Food, Urine Retention, Vomiting.

BL23 Shenshu - 1.5 cun lateral to GV4 level with the spinous process of L2.
 Indications: Asthma, Bone Disorders, Deafness, Diarrhea, Dizziness, Edema, Ejaculation Premature, Emaciation, Hematuria, Impotence, Knee Disorders, Leukorrhea, Lumbar Pain, Menses Irregular, Nephritis, Nocturnal Emissions, Seminal Emissions, Tinnitus, Urinary Dysfunction, Urinary Incontinence, Visual Disturbances.

BL24 Qihaihu - 1.5 cun lateral to midline level with the spinous process of L3.
 Indications: Asthma, Dysmenorrhea, Hemorrhoids, Lumbar Pain, Lumbar Spinal Pain, Menses Irregular.

BL25 Dachangshu - 1.5 cun lateral to GV3 level with the spinous process of L4.
 Indications: Abdominal Distention, Abdominal Pain, Borborygmus, Constipation, Diarrhea, Digestive Disturbances, Dysuria, Intestinal Disorders, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Lumbar Sprain, Sacral Pain.

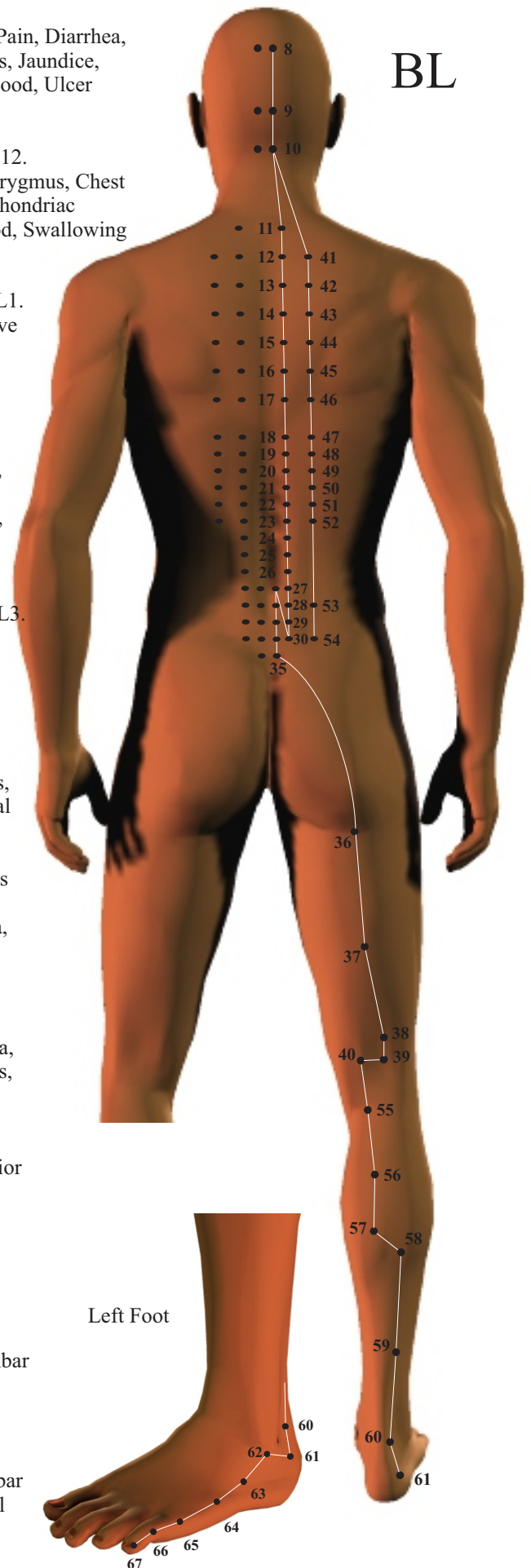
BL26 Guanyuanshu - 1.5 cun lateral to midline level with the spinous process of L5.
 Indications: Abdominal Distention, Diarrhea, Dysuria, Lumbar Pain, Sciatica, Thirst, Urinary Dysfunction, Urination Frequent.

BL27 Xiaochangshu - 1.5 cun lateral to midline level with the first posterior sacral foramen.
 Indications: Abdominal Distention, Abdominal Pain, Constipation, Hematuria, Hemorrhoids, Intestinal Disorders, Leukorrhea, Lumbar pain, Mouth Dryness, Nocturnal Emissions, Sacral Pain, Seminal Emissions, Stool With Blood, Urinary Dysfunction, Urine Dark.

BL28 Pangguangshu - 1.5 cun lateral to midline level with the second posterior sacral foramen.
 Indications: Constipation, Diarrhea, Dysuria, Genital Swelling, Leg Muscle Weakness, Lumbosacral Pain, Sciatica, Seminal Emissions, Urinary Dysfunction, Urinary Incontinence, Urination Frequent, Urine Dark, Urine Retention, Urogenital Disorders.

BL29 Zhonglushu - 1.5 cun lateral to midline level with the third posterior sacral foramen. Indications: Dysenteric Disorder, Hemorrhoids, Hernia, Lumbar Spine Pain And Stiffness, Sciatica, Leg Weakness.

BL30 Baihuanshu - 1.5 cun lateral to midline level with the fourth posterior sacral foramen. Indications: Anal Diseases, Constipation, Dysuria, Endometriosis, Hernia, Hip Pain, Leukorrhea, Lumbar Cold Sensation, Lumbar Pain, Lumbosacral Pain, Menses Irregular, Rectal Prolapse, Sciatica, Seminal Emissions.



BL31 Shangliao - In the first posterior sacral foramen. Indications: Constipation, Dysuria, Impotence, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sciatica, Uterine Prolapse.

BL32 Ciliao - In the second posterior sacral foramen. Indications: Constipation, Dysmenorrhea, Dysuria, Hernia, Impotence, Labor Difficult, Leg Pain, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Uterine Prolapse.

BL33 Zhongliao - In the third posterior sacral foramen. Indications: Constipation, Dysuria, Labor Difficult, Leg Paralysis, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Uterine Prolapse.

BL34 Xialiao - In the fourth posterior sacral foramen. Indications: Abdominal Pain, Constipation, Dysuria, Labor Difficult, Leukorrhea, Lumbar Pain, Lumbosacral Joint Diseases, Menses Irregular, Orchitis, Sacral Pain, Sciatica, Uterine Prolapse.

BL35 Huiyang - 0.5 cun lateral to either side of the tip of the coccyx.

Indications: Anal and Rectal Conditions, Coccyx Pain, Diarrhea, Dysenteric Disorder, Hemorrhoids, Impotence, Leukorrhea, Lumbar And Leg Pain, Menstrual Lumbar Pain.

BL36 Fufen (AKA BL50) - On the posterior side of the thigh at the midpoint of the inferior gluteal crease.

Indications: Constipation, Dysuria, Genital Pain, Gluteal Muscle Pain, Hemorrhoids, Leg Muscle Atrophy, Leg Paralysis, Lumbar Pain, Sacral Pain, Sciatica, Thigh Pain, Uterine Prolapse.

BL37 Pohu (AKA BL51) - On the posterior thigh, 6 cun inferior to BL50, on a line joining BL50 and BL54.

Indications: Leg Muscle Atrophy, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Thigh Lateral Distention, Thigh Pain.

BL38 Gaohuanshu (AKA BL52) - With the knee in slight flexion, in the popliteal fossa, 1 cun superior to BL53 and on the medial side of biceps femoris tendon

Indications: Thigh Lateral Distention, Thigh Pain, Constipation, Gastroenteritis.

BL39 Shentang (AKA BL53) - Lateral to BL54 at the popliteal crease and medially to the biceps femoris tendon.

Indications: Anuria, Dysuria, Edema, Foot Pain, Intestinal Disorders, Leg Muscle Cramp, Leg Paralysis, Lumbar Pain, Lumbar Stiffness, Urinary Obstruction.

BL40 Yixi (AKA BL54) - Midpoint of the transverse crease of the popliteal fossa between the biceps femoris and semitendinosus tendons.

Indications: Abdominal Pain, Diarrhea, Hemiplegia, Hemorrhoids, Hip Joint Mobility Decreased, Knee Disorders, Leg Numbness, Leg Pain, Leg Paralysis, Lumbar Pain, Skin Disorders, Urinary Incontinence, Vomiting.

BL41 Geguan (AKA BL36) - 3 cun lateral to the midline level with the spinous process of T2 on the spinal border of the scapula.

Indications: Arm Upper And Elbow Numbness, Neck Pain And Stiffness, Shoulder and Neck Pain.

BL42 Hunmen (AKA BL37) - 3 cun lateral to GV12 level with the spinous process of T3 on the spinal border of the scapula.

Indications: Dyspnea, Grief, Neck Stiffness, Respiratory Disorders, Shoulder, Scapula And Back Pain.

BL43 Yanggang (AKA BL38) - 3 cun lateral to midline level with the spinous process of T4

Indications: Asthma, Cough, Coughing Blood, Memory Impaired, Nocturnal Emissions, Perspiration At Night, Respiratory Disorders, Seminal Emissions, Stool With Undigested Food, General Weakness.

BL44 Yishe (AKA BL39) - 3 cun lateral to GV11 level with the spinous process of T5 Indications: Back Pain And Stiffness, Cardiac Conditions, Chest Fullness, Respiratory Disorders.

BL45 Weicang (AKA BL40) - 3 cun lateral to GV10 level with the spinous process of T6

Indications: Abdominal Discomfort, Asthma, Chest Discomfort, Cough, Dyspnea, Shoulder and Back Pain.

BL46 Huangmen (AKA BL41) - 3 cun lateral to GV9 level with the spinous process of T7

Indications: Back Pain and Stiffness, Chest and Diaphragm Discomfort, Dysphagia, Eructations, Hiccough, Vomiting.

BL47 Zhishi (AKA BL42) - 3 cun lateral to GV8 level with the spinous process of T9 Indications: Anger, Back Pain, Chest And

Lateral Costal Region Discomfort, Diarrhea, Liver Disorders, Vomiting.

BL48 Baohuang (AKA BL43) - 3 cun lateral to GV7 level with the spinous process of T10

Indications: Abdominal Pain, Borborygmus, Diarrhea, Dysphagia, Irregular Defecation, Jaundice, No Pleasure In Eating.

BL49 Zhibian (AKA BL44) - 3 cun lateral to GV6 level with the spinous process of T11

Indications: Abdominal Discomfort, Back Pain, Diarrhea, Dysphagia, Jaundice, Liver Disorders, Spleen Disorders, Vomiting.

BL50 Chengfu (AKA BL45) - 3 cun lateral to midline level with the spinous process of T12 Indications: Abdominal Fullness, Back Pain, Digestive Disturbances.

BL51 Yinmen (AKA BL46) - 3 cun lateral to GV 5 level with the spinous process of L1 Indications: Constipation, Epigastric Hardness Below The Heart, Epigastric Pain.

BL52 Fuxi (AKA BL47) - 3 cun lateral to GV4 level with the spinous process of L2 Indications: Dysuria, Edema, Genital Pain, Genital Swelling, Impotence, Knee Disorders, Lumbar Pain, Menses Irregular, Nocturnal Emissions, Seminal Emissions, Urinary Dysfunction, Urination Frequent, Vomiting.

BL53 Weiyang (AKA BL48) - 3 cun lateral to the midline, at the level of the second sacral foramen. Indications: Abdominal Distention, Borborygmus, Hip Movement Decreased, Sciatica, Urinary Dysfunction.

BL54 Weizhong (AKA BL49) - 3 cun lateral to the midline, at the level of the fourth sacral foramen. Indications: Constipation, Dysuria, Genital Pain, Gluteal Muscle Pain, Hemorrhoids, Leg Muscle Atrophy, Leg Paralysis, Lumbosacral Pain, Sciatica.

BL55 Heyang - 2 cun directly below BL54 between the medial and lateral heads of the gastrocnemius muscle on line connecting BL54 and BL57.

Indications: Leg Muscle Cramp, Leg Pain, Leg Paralysis, Lumbar Pain, Tidal Fever, Hemiplegia, Heat Exhaustion, Twisting Pain in Chest.

BL56 Chengjin - On the posterior leg, 5 cun inferior to BL54, in the center of the gastrocnemius muscle, along the line connecting BL54 and BL57.

Indications: Constipation, Headache With Dizziness, Hemorrhoids, Intestinal Cramping, Leg Pain, Lumbar Pain.

BL57 Chengshan - In a depression below the gastrocnemius muscle, 8 cun inferior to BL54.

Indications: Constipation, Heel Pain, Hemorrhoids, Leg Muscle Cramping, Lumbar Pain, Rectal Prolapse.

BL58 Feiyang - 7 cun above BL60 on the posterior border of the fibula about 1 cun lateral and inferior to BL57.

Indications: Cystitis, Dizziness, Headache, Hemorrhoids, Leg Muscle Weakness, Leg Pain, Lumbar Pain, Nasal Congestion, Nosebleed, Seizures, Visual Disturbances.

BL59 Fuyang - 3 cun directly above BL60.

Indications: Headache, Heaviness Of The Head, Lateral Malleolus Edema, Lumbar Pain, Paralysis.

BL60 Kunlun - In a depression between the tip of the lateral malleolus and the achilles tendon. Contraindicated to needle during pregnancy.

Indications: Ankle Pain, Foot Pain, Headache, Heel Pain, Labor Difficult Or Prolonged, Lumbar Pain, Neck Stiffness, Nosebleed, Shoulder And Back Contraction, Thoracic Pain, Visual Dizziness.

BL61 Pucan - Posterior and inferior to the lateral malleolus, directly below BL60, In a depression on the lateral calcaneus.

Indications: Heel Pain, Knee Pain, Leg Atrophy, Leg Pain And Swelling, Mania, Urogenital Disorders.

BL62 Shenmai - In a depression directly below the lateral malleolus.

Indications: Ankle Conditions, Aphasia From Stroke, Dizziness, Eye Deviation, Eye Disorders, Headache, Headache Lateral, Headache Midline, Insomnia, Leg Pain, Lumbar Pain, Meniere's Disease, Mental Disorders, Mouth Deviation, Nosebleed, Palpitations, Seizures, Tinnitus.

BL63 Jinmen - Anterior and inferior to BL 62, In the depression posterior to the fifth metatarsal bone.

Indications: Epilepsy, External Malleolus Pain, Lumbar Pain, Headache, Infantile Convulsions.

BL64 Jinggu - Below the tuberosity of the 5th metatarsal bone at the junction of the red and white skin.

Indications: Eye Disorders, Fever, Fever Tidal, Headache, Leg Pain, Lumbar Pain, Mental Disorders, Neck Stiffness, Palpitations, Seizures, Thigh Pain.

BL65 Shugu - Posterior to the head of the 5th metatarsal bone at the junction of the red and white skin.

Indications: Aversion To Wind And Cold, Back Pain, Dizziness, Headache, Lumbar Pain, Mania And Depression, Neck Stiffness, Visual Dizziness.

BL66 Zutonggu - In a depression anterior to the 5th metatarsophalangeal joint. Indications: Epistaxis, Headache, Neck Pain, Visual Dizziness, Torticollis, Uterine Congestion.

BL67 Zhiyin - 0.1 cun posterior to the corner of the nail on the lateral side of the small toe. contraindicated to needle during pregnancy. Indications: Eye Pain, Headache, Heat In The Soles Of The Feet, Labor Difficult Or Prolonged, Malposition Of Fetus, Nasal Congestion, Nosebleed, Retention Of Placenta, Itching over the Entire Body.

Kidney (KI)



KI1 Yongquan - On the sole of the foot, in a depression when the foot is in plantar flexion at the junction of the anterior 1/3 and posterior 2/3 of line connecting base of 2nd and 3rd toes and the heel.

Indications: Constipation, Dizziness, Dry Tongue, Dysuria, Edema, Foot Cold, Headache Vertex, Heat Stroke, Hypertension, Infertility, Leg Paralysis, Loss Of Consciousness, Loss Of Voice, Mental Disorders, Nosebleed, Seizures, Shock, Soles Hot, Throat Constriction, Throat Soreness, Toe Pain, Vertigo, Visual Disturbances, Windstroke.

KI2 Rangu - Anterior and inferior to the medial malleolus in a depression on the lower border of the tuberosity of the navicular bone.

Indications: Coughing Blood, Cystitis, Diarrhea, Dorsal Foot Painful Swelling, Genital Itching, Infertility, Jaundice, Menses Irregular, Seminal Emissions, Throat Soreness, Uterine Prolapse.

KI3 Taixi - In depression midway between the tip of the medial malleolus and the attachment of the achilles tendon, level with the tip of the medial malleolus.

Indications: Asthma, Cardiac Pain, Cough, Coughing Blood, Deafness, Dizziness, Impotence, Insomnia, Lumbar Pain, Mastitis, Menses Irregular, Nephritis, Nocturnal Emissions, Seminal Emissions, Throat Soreness, Tinnitus, Toothache, Urinary Dysfunction, Urination Frequent.

KI4 Dazhong - Posterior and inferior to the medial malleolus in a depression anterior to the medial attachment of the achilles tendon.

Indications: Anger, Fear, Fright, Unhappiness, Asthma, Cough, Decreased Energy, Difficult Urination, Dyspnea, Heel Pain, Hemoptysis, Lumbar Spine Pain And Stiffness.

KI5 Shuiquan - 1 cun directly below KI3 in a depression anterior and superior to the medial tuberosity of the calcaneus.

Indications: Cloudy Vision, Difficult Urination, Dysmenorrhea, Menses Irregular, Uterine Prolapse.

KI6 Zhaohai - In a depression 1 cun below the tip of the medial malleolus.

Indications: Constipation, Edema, Genital Itching, Hemiplegia, Insomnia, Leukorrhea, Menses Irregular, Seizures, Throat Dryness, Throat Soreness, Urination Frequent, Uterine Prolapse.

KI7 Fuliu - 2 cun above KI3 on the anterior border of the achilles tendon.

Indications: Abdominal Distention, Borborygmus, Diarrhea, Dry Tongue, Edema, Fever Without Sweating, Leg Muscle Atrophy, Lumbar Pain, Lumbar Spinal Pain, Orchitis, Perspiration Absent, Perspiration At Night, Perspiration Spontaneous, Stool With Blood, Stool With Pus, Thigh Swelling, Urinary Tract Infection, Abnormal Uterine Bleeding.

KI8 Jiaoxin - 0.5 cun anterior to KI7, 2 cun above KI3, posterior to the medial border of the tibia.

Indications: Diarrhea, Menorrhagia, Menses Irregular, Testicular Swelling And Pain, Urination And Defecation Difficult, Uterine Prolapse.

Kidney Meridian (KI)

The Foot Lesser Yin (Shao Yin) of the Kidney 27 points

The kidney channel of the Foot-Shaoyin starts from the interior aspect of the little toe (On the sole of the foot, depending on the text.), and runs through a depression in the lower aspect of the tuberosity of the navicular bone. It travels behind the medial malleolus and encircles the malleolus. Ascending along the medial side of the leg, it passes the medial side of the popliteal fossa and goes further upward along the posterior-medial aspect of the thigh.

Traveling to the superior border of the symphysis pubis forming a straight line 0.5 cun from the midline. It ascends diverging at the diaphragm, ending in a depression on lower border of clavicle 2 cun from the midline.

KI9 Zhubin - 5 cun above KI3 on the line drawn from KI3 to KI10 at the lower border of the gastrocnemius muscle.
Indications: Hernia, Leg Pain Medial, Mental Disorders, Pelvic Problems.

KI10 Yingu - at the medial side of the popliteal fossa when the knee is flexed, between the tendons of semitendinosus and semimembranosus muscles level with BL54.
Indications: Abdominal Pain, Dysuria, Hernia, Impotence, Knee Disorders, Mental Disorders, Saliva Excessive, Thigh Medial Pain, Urogenital Disorders, Uterine Bleeding Abnormal.

KI11 Henggu - At the superior border of the symphysis pubis, 5 cun below CV8, 0.5 cun lateral to CV2. (CV8 is at the center of the umbilicus)
Indications: Genital Pain, Genital Pain And Retraction, Hypogastric Pain, Impotence, Lower Abdominal Distention, Pelvic And Reproductive Conditions, Retention Of Urine, Seminal Emissions.

KI12 Dahe - 4 cun below CV8, 0.5 cun lateral to CV3. Indications: Genital Pain, Impotence, Leukorrhea, Seminal Emissions, Urogenital Disorders.

KI13 Qixue - 3 cun below CV8, 0.5 cun lateral to CV4.
Indications: Diarrhea, Difficult Urination, Infertility, Leukorrhea, Lumbar Pain, Menses Irregular.

KI14 Siman - 2 cun below CV8, 0.5 cun lateral to CV5.
Indications: Diarrhea, Digestive Disturbances, Menses Irregular, Metrorrhagia, Postpartum Abdominal Pain.

KI15 Zhongzhu - 1 cun below CV8, 0.5 cun lateral to CV7.
Indications: Abdominal Distention, Constipation, Dry Stools, Inner Canthus Redness And Pain, Lack Of Energy, Lower Abdominal Pain, Menses Irregular.

KI16 Huanshu - 0.5 cun lateral to CV8 at the umbilicus.
Indications: Abdominal Distention, Abdominal Pain, Constipation, Vomiting.

KI17 Shangqu - 2 cun above CV8, 0.5 cun lateral to CV10. Indications: Abdominal Pain, Appetite Absent, Constipation, Diarrhea, Eye Redness, Sadness.

KI18 Shiguan - 3 cun above CV8, 0.5 cun lateral to CV11.
Indications: Abdominal Pain, Constipation, Hiccough, Hypersalivation, Infertility, Postpartum Abdominal Pain, Vomiting.

KI19 Yindu - 4 cun above CV8, 0.5 cun lateral to Cv12. Indications: Lateral Leg Cramping, Lateral Leg Pain.

KI20 Futonggu - 5 cun above CV8, 0.5 cun lateral to CV13.
Indications: Abdominal Distention And Pain, Cough And Dyspnea, Respiratory Disorders, Vomiting.

KI21 Youmen - 6 cun above CV8, 0.5 cun lateral to CV14. Avoid liver when needling!
Indications: Abdominal Pain, Agitation And Fullness Below The Heart, Cardiac Pain, Chest Pain, Diarrhea, Hypersalivation, Nausea And Vomiting, Vomiting.

KI22 Bulang - In 5th intercostal space 2 cun lateral to CV16. Avoid heart when needling!
Indications: Asthma, Chest And Lateral Costal Region Pain And Fullness, Cough, Dyspnea, Nasal Obstruction, No Pleasure In Eating, Respiratory Disorders.

KI23 Shenfeng - In 4th intercostal space 2 cun lateral to CV17. Avoid heart when needling!
Indications: Asthma, Breast Abscess, Chest And Lateral Costal Region Fullness, Cough, Dyspnea.

KI24 Lingxu - In 3rd intercostal space 2 cun lateral to CV18. Avoid heart when needling!
Indications: Asthma, Breast Abscess, Chest Fullness, Cough, Lateral Costal Region Fullness, No Appetite.

KI25 Shencang - In 2nd intercostal space 2 cun lateral to CV19. Avoid heart when needling!
Indications: Asthma, Chest Pain And Oppression, Cough.

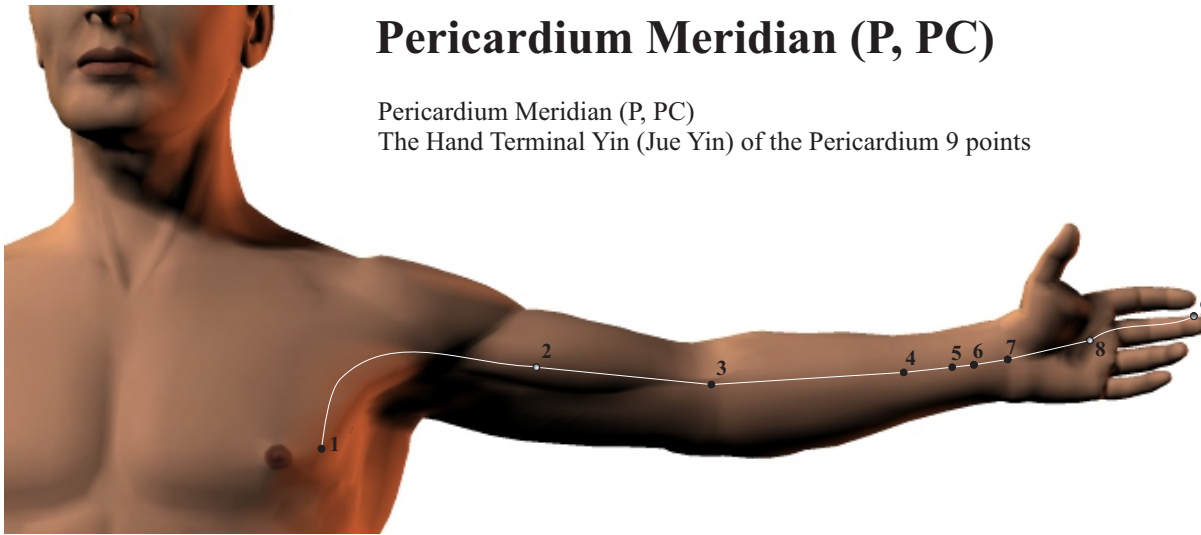
KI26 Yuzhong - In 1st intercostal space 2 cun lateral to CV20.
Indications: Asthma, Chest Fullness And Distention, Cough, Lateral Costal Region Fullness And Distention, Nausea, Vomiting.

KI27 Shufu - In depression on lower border of clavicle, 2 cun lateral to the midline.
Indications: Chest Pain, Cough, Asthma, Bronchitis, Anorexia.

Pericardium Meridian (P, PC)

Pericardium Meridian (P, PC)

The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points



The pericardium channel of the Hand-Jueyin originates in the chest lateral to the nipple. It then ascends to the axillary fossa and runs along the medial aspect of the upper arm, passing through the cubital fossa. It goes further downward to the forearm between the tendons of the m. palmaris longus and m. flexor carpi radialis. It enters the palm and passes along the middle finger to its tip.

PC1 Tianchi - 5 cun lateral to the anterior midline or 1 cun lateral to the nipple in the fourth intercostal space. Deep needle not advised.
Indications: Axillary Pain And Swelling, Chest Agitation, Cough With Copious Phlegm, Headache, Lateral Costal Region Pain, Shortness Of Breath, Thoracic Oppression, Uprising Qi.

PC2 Tianquan - 2 cun below the anterior axillary fold between the 2 heads of the biceps brachii.

Indications: Arm Pain, Cardiac Pain, Chest Pain, Cough, Lateral Costal Region Pain, Posterior Shoulder Pain, Shoulder Movement Limited.

PC3 Quze - On the transverse cubital crease, at the ulnar side of the biceps brachii tendon.

Indications: Agitation, Arm Pain, Arm Tremor, Cardiac Pain, Elbow Problems, Fear, Fever, Gastrointestinal Disorders Acute, Hand Tremor, Heat Stroke, Irritable, Palpitations, Skin Disorders, Stomach Pain, Vomiting.

PC4 Ximen - 5 cun above the transverse crease of the wrist PC7, between the palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Agitation, Cardiac Pain, Chest Pain, Coughing Blood, Fear, Insomnia, Mastitis, Melancholy, Nosebleed, Palpitations, Respiratory Disorders, Retching Blood, Seizures.

PC5 Jianshi - 3 cun above the transverse crease of the wrist PC 7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Agitation, Apprehension, Arm Pain, Axillary Swelling, Cardiac Pain, Chest Pain, Elbow Problems, Eyes Yellow, Fear, Fever, Hysteria, Insomnia, Malaria, Menses Irregular, Mental Disorders, Nausea, Palpitations, Saliva Excessive, Seizures, Stomach Pain, Vomiting.

PC6 Neiguan - 2 cun above the transverse crease of the wrist PC7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Indications: Abdominal Fullness, Abdominal Pain, Arm Contraction, Arm Pain, Asthma, Cardiac Arrhythmia, Cardiac Conditions, Cardiac Pain, Chest Discomfort, Chest Pain, Elbow Problems, Fever, Headache Migraine, Hiccough, Hypochondriac Region Pain, Hysteria, Insomnia, Jaundice, Malaria, Memory Impaired, Menses Irregular, Mental Disorders, Metabolic Disturbances, Nausea, Palpitations, Rectal Prolapse, Seizures, Stomach Pain, Surgical Pain Or Post Surgical Shock, Vomiting, Windstroke.

PC7 Daling - In the middle of the transverse crease of the wrist between palmaris longus and flexor carpi radialis tendons.

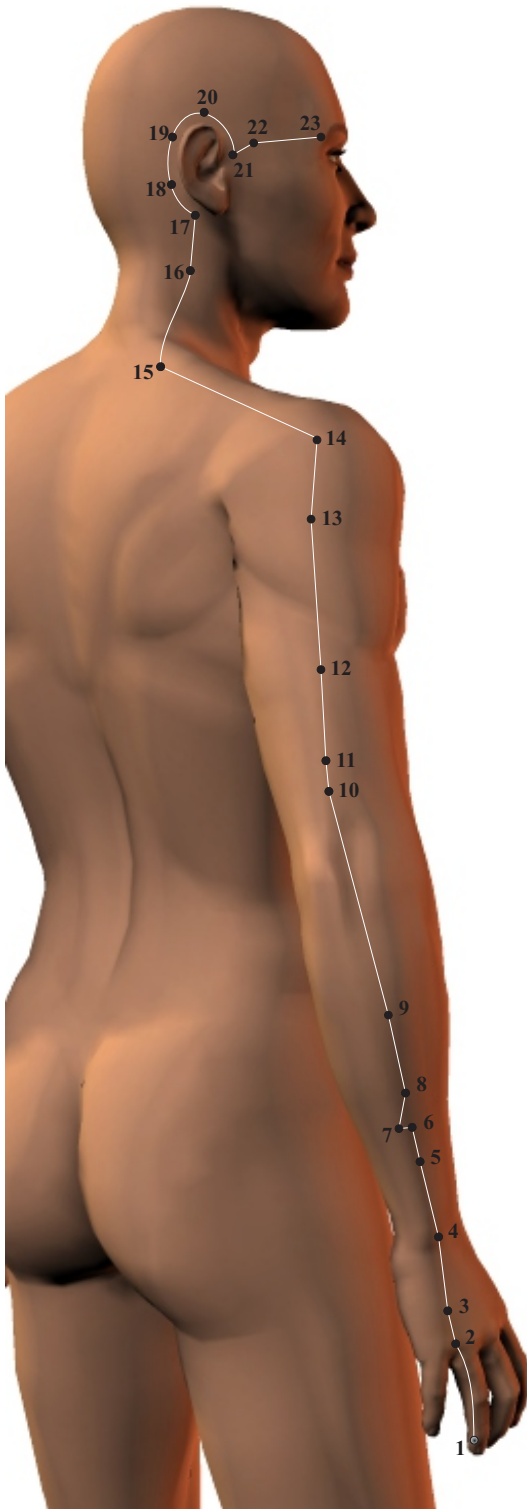
Indications: Cardiac Conditions, Cardiac Pain, Chest Pain, Coughing Blood, Eructations, Fear, Gastrointestinal Disorders, Hypochondriac Region Pain, Insomnia, Mental Disorders, Palm Heat, Palpitations, Seizures, Skin Disorders, Stomach Pain, Throat Infections, Vomiting, Wrist Pain.

PC8 Laogong - On the transverse crease of the palm just below where the tip of the middle finger rest when a fist is made. Between the 2nd and 3rd metacarpal bones.

Indications: Anger, Cardiac Pain, Coma, Fear, Fever, Halitosis, Inability To Swallow Food, Mental Disorders, Mouth Ulcers, Nosebleed, Perspiration Excessive in Palms, Seizures, Skin Disorders, Ulcers, Vomiting, Windstroke.

PC9 Zhongchong - In the center of the tip of the middle finger. For graphing measurement, 0.1 cun posterior lateral to the corner of the nail. Indications: Cardiac Pain, Fever, Headache, Loss Of Consciousness, Palm Heat, Seizures, Shock, Stiff Tongue, Tinnitus, Windstroke.

Triple Warmer (TW, SJ)



Triple Warmer (San Jiao) Meridian (TW, TB, SJ)

The Hand Lesser Yang (Shao Yang) of the San Jiao 23 points

The sanjiao channel of the Hand-Shaoyang originates from the tip of the ring finger. It travels upward between the fourth and fifth metacarpal bones and along the dorsal side of the wrist and the lateral side of the forearm between the radius and ulna, it passes through the olecranon. Then it runs along the lateral aspect of the upper arm and reaches the shoulder region. Crossing over the shoulder, it enters the supraclavicular fossa. It then ascends to the neck, running along the posterior border of the ear. It crosses from the superior aspect of the ear to the corner of the forehead. Then it turns downward to the cheek and terminates in the depression at the lateral end of the eyebrow.

TW1 Guanchong - 0.1 cun posterior to the corner of the nail on the ulnar side of the fourth digit.

Indications: Elbow Problems, Eye Disorders, Fever, Headache, Irritable, Loss Of Voice, Mouth Dryness, Stiff Tongue, Throat Soreness.

TW2 Yemen - 0.5 cun proximal to the margin of the web between the fourth and fifth digit. Indications: Arm Pain, Deafness Sudden, Ear Disorders, Eye Disorders, Gum Disorders, Hand Pain, Headache, Loss Of Voice, Malaria, Throat Constriction, Throat Soreness, Tinnitus, Toothache.

TW3 Zhongzhu - With fist clenched, on the dorsum of the hand between the fourth and fifth metacarpal bones in a depression proximal to the fourth metacarpophalangeal joint.

Indications: Arm Pain, Deafness, Ear Disorders, Elbow Problems, Eye Disorders, Fever, Finger Movement Inhibited, Headache, Shoulder Pain, Throat Soreness, Tinnitus, Vertigo.

TW4 Yangchi - On the transverse crease of the dorsum of the wrist between the tendons of muscles extensor digitorum and extensor digiti minimi. Indications: Arm Pain, Deafness, Eye Disorders, Malaria, Mouth Dryness, Respiratory Disorders, Shoulder Pain, Thirst, Throat Infections, Throat Soreness, Wrist Joint Soft Tissue Diseases, Wrist Pain.

TW5 Waiguan - On the dorsum of the forearm, 2 cun above TW4 between the radius and the ulna.

Indications: Abdominal Pain, Arm Motor Impairment, Arthritis Shoulder, Chest Pain, Constipation, Deafness, Ear Disorders, Elbow Problems, Facial Pain, Fever, Fever High, Finger Pain, Hand Tremor, Headache, Hemiplegia, Hypertension, Hypochondriac Region Pain, Neck Stiffness, Parotitis, Respiratory Disorders, Tinnitus.

TW6 Zhigou - On the dorsum of the forearm, 3 cun above the TW4 between the radius and the ulna.

Indications: Arm Pain, Axillary Pain, Back Heaviness, Back Pain, Cardiac Pain, Chest Pain, Constipation, Deafness, Fever, Fever Without Sweating, Hypochondriac Region Pain, Intercostal Neuralgia, Lateral Costal Region Pain, Loss Of Voice Sudden, Shoulder Heaviness, Shoulder Pain, Throat Constriction, Tinnitus, Vomiting.

TW7 Huizong - One finger width lateral to TW6 on the radial side of the ulna.

Indications: Deafness, Epilepsy, Hearing Loss, Tennis Elbow, Upper Extremity Pain.

TW8 Sanyangluo - On the dorsum of the forearm 4 cun above TW4 between the radius and the ulna.

Indications: Aphasia From Stroke, Arm Pain, Deafness, Forearm Pain, Hand Pain, Lassitude, Toothache.

TW9 Sidu - On the dorsum of the forearm, 5 cun below the olecranon between the radius and the ulna.

Indications: Deafness, Forearm Pain, Headache Migraine, Loss Of Voice Sudden, Throat Infections, Toothache.

TW10 Tianjing - 1 cun superior to the olecranon in a depression formed with the elbow flexed.

Indications: Arm Pain, Deafness, Elbow Problems, Eye Disorders, Fever, Fever Tidal, Goiter, Headache Migraine, Headache Unilateral, Hypochondriac Region Pain, Mental Disorders, Neck Pain, Seizures, Shoulder Pain, Skin Disorders, Somnolence, Urticaria.

TW11 Qinglengyuan - With the elbow flexed, 1 cun above TW10.

Indications: Shoulder And Arm Pain.

TW12 Xiaoluo - 5 cun superior to the olecranon on a line midway between TW10 and TW14. Indications: Headache, Neck Stiffness And Pain, Shoulder And Arm Pain, Toothache.

TW13 Naohui - 3 cun below TW14 on the posterior border of the deltoid muscle, on the line joining the olecranon and TW14.

Indications: Goiter, Scapular Pain, Shoulder And Arm Pain.

TW14 Jianliao - In the depression posterior and inferior to the acromion process, about 1 cun posterior to LI15. Indications: Arm Motor Impairment, Arm Pain, Arm Paralysis, Shoulder Heaviness, Shoulder Joint Soft Tissue Diseases, Shoulder Movement Limited, Shoulder Pain.

TW15 Tianliao - Midway between GB21 and SI13 on the superior angle of the scapula.

Indications: Chest Oppression, Fever With Absence Of Sweating, Neck Pain And Stiffness, Scapular Pain, Shoulder And Arm Pain.

TW16 Tianyou - Posterior and inferior to the mastoid process, on the posterior border of the SCM muscle and level with BL10.

Indications: Dizziness, Dream Disturbed Sleep, Eye Disorders, Facial Edema, Headache, Hearing Loss Sudden, Neck Stiffness, Skin Disorders, Throat Constriction, Throat Soreness, Visual Disturbances.

TW17 Yifeng - Posterior to the lobule of the ear in a depression between the mandible and the mastoid process.

Indications: Deafness, Ear Disorders, Eye Deviation, Eye Disorders, Facial Edema, Facial Muscle Paralysis, Jaw Disorders, Mouth Deviation, Parotitis, Tinnitus, Toothache, Trismus, Visual Disturbances.

TW18 Qimai - In the center of the mastoid process at the junction of the middle and lower third of the curve formed by TW17 and TW20, posterior to the helix.

Indications: Headache, Hearing Loss, Tinnitus.

TW19 Luxi - Posterior to the ear at the junction of the upper and middle third of the curve formed by TW17 and TW20, posterior to the helix.

Indications: Ear Disorders, Fear And Fright, Headache, Hearing Loss, Nausea And Vomiting, Tinnitus.

TW20 Jiaosun - Directly above the ear apex just above the hairline.

Indications: Ear Disorders, Eye Redness And Swelling, Toothache.

TW21 Ermen - With the mouth open, in the depression anterior to the supratragic notch and posterior to the mandibular condyloid process.

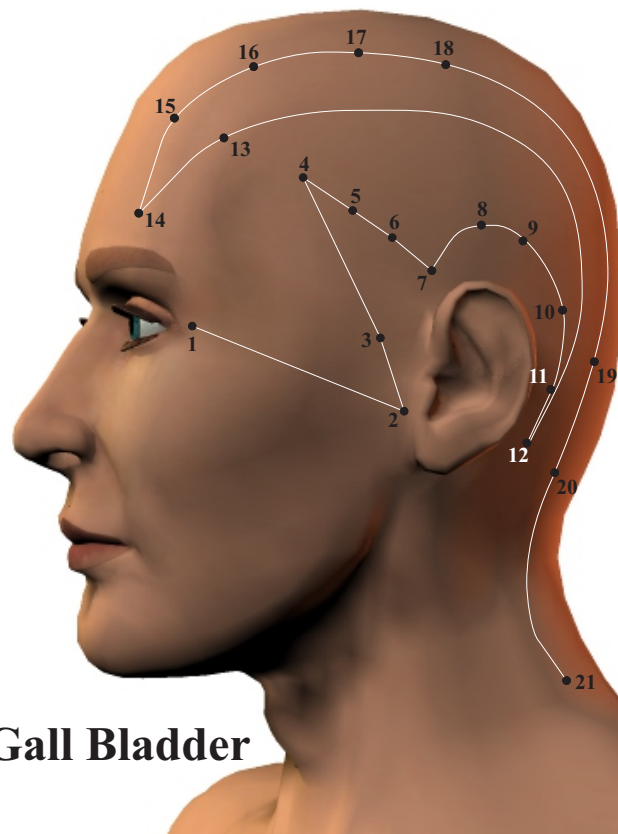
Indications: Deafness, Ear Disorders, Headache, Jaw Disorders, Lip Stiffness, Tinnitus, Toothache.

TW22 Erheliao - Anterior and superior to TW21, level with the root of the auricle on the posterior border of the hairline of the temple where the superficial temporal artery passes. Avoid artery when needling!

Indications: Facial Neuralgia, Headache, Headache With Heaviness, Hypertonicity Of The Jaws, Tinnitus.

TW23 Sizhukong - In the depression at the lateral end of the eyebrow.

Indications: Dizziness, Eye Disorders, Eyelid Spasm, Facial Muscle Paralysis, Headache, Mental Disorders, Seizures, Toothache, Vertigo, Visual Disturbances.



Gall Bladder Meridian (GB)

The Foot Lesser Yang (Shao Yang) of the Gall bladder 44 points
 The gall bladder channel of the Foot-Shaoyang starts from the outer canthus of the eye, and descends to the anterior aspect of the ear. Then ascends to the corner of the forehead, and then winds downward posterior to the ear. Then arches forward to the forehead at the midpoint of the eyebrow. It then runs above the hairline to the lateral side of the neck. Travels highest point of the trapezius muscle. From there it further descends to the axilla and enters the chest. It then travels inferiorly in the hypochondriac region, emerging at the lateral side of the lower abdomen near the femoral artery in the inguinal region. Then it curves along the margin of the pubic hair and runs transversely into the hip region. It then travels downward along the lateral side of thigh to the lateral side of the knee. Further descending along the anterior aspect of the fibula, it reaches the lower end of the fibula, and the anterior aspect of the lateral malleolus. Following the dorsum of the foot, it terminates at the lateral side of the fourth toe's tip.

GB1 Tongziliao - 0.5 cun lateral to the outer canthus of the eye in a depression on the lateral side of the orbit.
 Indications: Eye Deviation, Eye Disorders, Headache, Lacrimation, Mouth Deviation, Optic Nerve Atrophy, Visual Disturbances.

GB2 Tinghui - Anterior to the intertragic notch at the posterior border of the condyloid process of the mandible with the mouth open.
 Indications: Deafness, Ear Disorders, Eye Deviation, Facial Muscle Paralysis, Hemiplegia, Jaw Disorders, Mouth Deviation, Parotitis, Tinnitus, Toothache.

Gall Bladder

GB3 Shangguan - Anterior to the ear, in the depression directly above ST7 on the upper border of the zygomatic arch.
 Indications: Aversion To Wind And Cold, Deafness, Facial Pain, Headache, Mouth And Eye Deviation, Tinnitus, Toothache.

GB4 Hanyan - Within the hairline at the junction of the upper 1/4 and lower 3/4 distance between ST8 and GB7.
 Indications: Facial Muscle Paralysis, Joint Wind With Sweating, One Sided Headache, Outer Canthus Pain, Temporal Headache, Tinnitus, Visual Dizziness, Wrist Pain.

GB5 Xuanlu - Within the hairline midway between ST8 and GB7.
 Indications: Epistaxis, Headache, One Sided Headache, Outer Canthus Pain, Rhinitis, Toothache.

GB6 Xuanli - Within the hairline at the junction of the lower 1/4 and upper 3/4 distance between ST8 and GB7.
 Indications: Facial Redness And Swelling, Fever With Absence Of Sweating, Headache, One Sided Headache, Outer Canthus Pain.

GB7 Qubin - Within the hairline, anterior and superior to the auricle, about 1 cun anterior to TW20.
 Indications: Cheek And Submandible Swelling, Facial Tetany, Headache.

GB8 Shuaigu - Superior to the apex of the auricle, 1.5 cun within the hairline.
 Indications: Heaviness Of The Head, One Sided Headache, Temporal Headache, Vertigo.

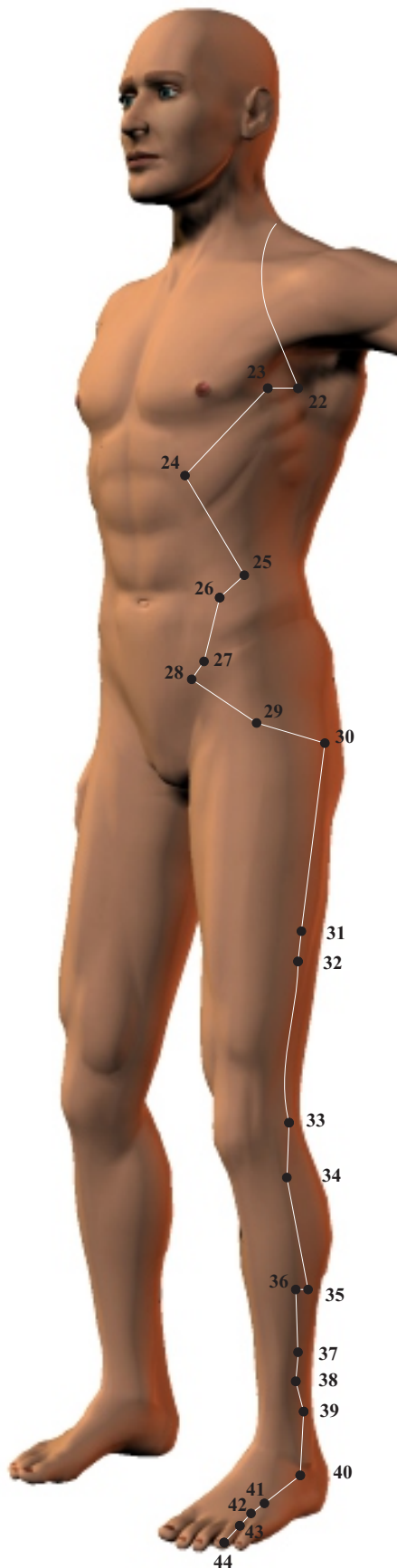
GB9 Tianchong - 0.5 cun posterior to GB8, 2 cun within the hairline directly above the posterior border of the auricle.
 Indications: Epilepsy, Fear And Fright, Gum Pain And Swelling, Headache, Mania, Toothache.

GB10 Fubai - Posterior and superior to the mastoid process at the junction of the middle 1/3 and upper 1/3 of the curve between GB9 and Gb12.
 Indications: Deafness, Headache, Neck Pain And Stiffness, Tinnitus.

GB11 Touqiaoyin - Posterior and superior to the mastoid process at the junction of the middle 1/3 and lower 1/3 of the curve between GB9 and GB12 .
 Indications: Agitation And Heat Of The Hands And Feet, Bitter Taste, Deafness, Ear Pain, Eye Pain, Four Limbs Contraction, Headache, Neck Pain And Stiffness, Stiff Tongue, Tinnitus.

GB12 Wangu - In the depression posterior and inferior to the mastoid process.
 Indications: Cheek Swelling, Dark Urine, Ear Disorders, Headache, Insomnia, Mouth And Eye Deviation, Neck Pain And Stiffness, Throat Pain, Toothache.

GB13 Benshen - 0.5 cun within the hairline on the forehead, 3 cun lateral to GV4. Midway between ST8 and BL4.
 Indications: Chest Pain, Epilepsy, Headache, Neck Pain And Stiffness, Visual Dizziness.



GB14 Yangbai - On the forehead directly above the pupil, 1 cun above the midpoint of the eyebrow.

Indications: Dizziness, Eye Disorders, Eyelid Itching, Eyelid Spasm, Facial Muscle Paralysis, Headache Frontal, Lacrimation, Lacrimation Upon Wind Exposure, Ptosis, Supraorbital Neuralgia, Vertigo, Visual Disturbances.

GB15 Toulinqi - Directly above GB14, within the hairline, midway between GV24 and ST8. Indications: Aversion To Wind And Cold, Epilepsy, Eye Pain, Headache, Lacrimation Upon Wind Exposure, Nasal Congestion, Outer Canthus Pain, Visual Dizziness, Windstroke.

GB16 Muchuang - 1.5 cun posterior to GB15, 2 cun above the hairline and 2.25 cun lateral to GV22.

Indications: Eye Pain And Redness With Swelling, Headache, Myopia, Visual Dizziness.

GB17 Zhengying - 1.5 cun posterior to GB16, 3.5 cun above the hairline and 2.25 cun lateral to GV21.

Indications: Dizziness, Headache One-Sided, Toothache, Visual Dizziness.

GB18 Chengling - 1.5 cun posterior to GB17, 5 cun above the hairline and 2.25 cun lateral to GV20.

Indications: Epistaxis, Headache, Nasal Congestion, Rhinitis.

GB19 Naokong - At the upper border of the external occipital protuberance, 2.5 cun lateral and level to GV 17. directly above GB20.

Indications: Dizziness, Eye Pain, Headache, Neck Pain And Stiffness.

GB20 Fengchi - In the depression created between the origins of the Sternocleidomastoid and Trapezius muscles, at the junction of the occipital and nuchal regions. Lateral and level with GV16.

Indications: Back Pain, Deafness, Dizziness, Eye Disorders, Fever, Headache, Headache Midline, Hearing Loss, Hemiplegia, Hypertension, Insomnia, Nasal Congestion, Neck Nodular Growths, Neck Pain, Neck Stiffness, Respiratory Disorders, Seizures, Shoulder Pain, Tinnitus, Urticaria, Vertigo, Visual Disturbances.

GB21 Jianjing - Midway between the spinous process of C7 (GV14) and the acromion process at the highest point of the trapezius muscle.

Indications: Arm Motor Impairment, Back Pain, Dyspnea, Hemiplegia, Labor Difficult, Lactation Insufficient, Mastitis, Neck Pain, Neck Stiffness, Shoulder Pain, Skin Disorders, Uterine Bleeding Abnormal, Windstroke.

GB22 Yuanye - With the arm raised, 3 cun below the axilla on the midline in the 4th intercostal space, below HT1.

Indications: Axillary Adenopathy, Axillary Edema, Chest Fullness, Lateral Costal Region Pain.

GB23 Zhejin - 1 cun anterior to GB 22 in the 4th intercostal space, level with the nipple.

Indications: Chest Fullness, Dyspnea, Gastroesophageal Reflux, Hiccough, Insomnia, Jaundice, Vomiting.

GB24 Riyue - Directly below the nipple in the 7th intercostal space, inferior to LV14.

Indications: Abdominal Distention, Digestive Disturbances, Gastroesophageal Reflux, Hepatobiliary Disorders, Jaundice, Lateral Costal Region Pain, Lumbar Pain, Vomiting.

GB25 Jingmen - On the lateral side of the abdomen, at the lower border of the free end of the 12th rib.

Indications: Abdominal Distention, Back Pain, Borborygmus, Diarrhea, Failure Of The Water Passages To Flow, Lateral Costal Region.

GB26 Daimai - Directly below LV 13 at the free end of the 11th rib level with the umbilicus (CV8)

Indications: Abdominal Pain, Amenorrhea, Cystitis, Endometriosis, Hernia, Hypochondriac Region Pain, Intestinal Disorders, Leukorrhea, Lumbar Pain, Menses Irregular, Uterine Prolapse.

GB27 Wushu - On the lateral side of the abdomen, anterior to the ASIS, 3 cun below the level of umbilicus, lateral to CV4.

Indications: Abdominal Pain, Constipation, Endometriosis, Hernia, Leukorrhea, Lumbar Pain, Orchitis, Scrotal Conditions.

GB28 Weidao - Anterior and inferior to the ASIS, 0.5 cun anterior and inferior to GB27.

Indications: Back Pain, Leukorrhea, Lower Abdominal Pain, Lumbar Pain, Uterine Prolapse.

GB29 Juliao - In a depression at the midpoint between the ASIS and the greater trochanter of the femur.

Indications: Cystitis, Diarrhea, Endometriosis, Leg Pain, Leg Paralysis, Lumbar Pain, Orchitis, Paralysis, Sciatica.

GB30 Huantiao - At the junction of the lateral 1/3 and medial 2/3 of the distance between the greater trochanter and the hiatus of the sacrum (Gv2)

Indications: Edema, Groin Pain, Hemiplegia, Hip Pain, Leg Muscle Atrophy, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Skin Disorders, Thigh Pain.

GB31 Fengshi - 7 cun above the transverse popliteal crease on the lateral midline of thigh, where the tip of the middle finger touches when the patient is standing and hands are at their sides.

Indications: Headache, Hemiplegia, Itching, Leg Muscle Atrophy, Leg Muscle Weakness, Leg Pain, Leg Paralysis, Lumbar Pain, Sciatica, Urticaria.

GB32 Zhongdu - At the lateral side of the thigh 5 cun above the transverse popliteal crease between vastus lateralis and biceps femoris muscles, 2 cun below GB31.

Indications: Hemiplegia, Lower Limb Atrophy, Lower Limb Numbness, Sciatica.

GB33 Xiyangguan - On the lateral side of the thigh 3 cun above the transverse popliteal crease in a depression superior and posterior to the lateral condyle of the femur, between the femur and the tendon of biceps femoris.

Indications: Knee Disorders, Leg Numbness, Leg Paralysis.

GB34 Yanglingquan - In a depression anterior and inferior to the head of the fibula.

Indications: Bitter Taste, Chest Discomfort, Constipation, Facial Edema, Gastric Disorders, Hemiplegia, Hypertension, Hypochondriac Region Pain, Jaundice, Knee Disorders, Leg Muscle Atrophy, Leg Numbness, Leg Pain, Leg Paralysis, Liver Disorders, Sciatica, Throat Constriction, Urinary Incontinence, Vomiting.

GB35 Yangjiao - 7 cun above the tip of the lateral malleolus on the posterior border of the fibula.

Indications: Chest Fullness And Distention, Knee Pain And Swelling, Lateral Costal Region Fullness And Distention, Lower Limb Atrophy With Painful Obstruction.

GB36 Waiqi - 7 cun above the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Chest Pain, Lateral Costal Region Pain, Leg Pain, Lower Limb Atrophy With Painful Obstruction, Neck Pain.

GB37 Guangming - 5 cun above the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Breast Pain, Breast Swelling, Chills And Fever without Sweating, Eye Disorders, Fever Without Sweating, Headache, Headache Migraine, Knee Disorders, Leg Muscle Pain Lateral, Leg Pain, Leg Paralysis, Optic Nerve Atrophy, Teeth Grinding, Visual Disturbances.

GB38 Yangfu - 4 cun above and slightly anterior to the tip of the lateral malleolus on the anterior border of the fibula.

Indications: Ankle Conditions, Axillary Pain, Axillary Swelling, Bitter Taste, Chest Pain, Eye Disorders, Headache Migraine, Headache Unilateral, Hemiplegia, Hypochondriac Region Pain, Leg Pain, Leg Pain Lateral, Lumbar Pain, Malaria, Skin Disorders, Supraclavicular Fossa Pain.

GB39 Xuanzhong - 3 cun above the tip of the lateral malleolus in a depression between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles.

Indications: Abdominal Distention, Abdominal Fullness, Ankle Conditions, Body Aches General, Cough, Headache, Headache Migraine, Hemiplegia, Hemorrhoids, Hypochondriac Region Pain, Knee Disorders, Leg Muscle Atrophy, Leg Pain, Neck Stiffness, Nosebleed, Sciatica.

GB40 Qiuxu - Anterior and inferior to the lateral malleolus in a depression on the lateral side of the extensor digitorum longus tendon.

Indications: Ankle Conditions, Axillary Swelling, Chest Pain, Dyspnea, Gastric Disorders, Herpes Zoster, Hypochondriac Region Pain, Indigestion, Leg Muscle Cramp, Leg Pain, Malaria, Neck Pain, Vomiting.

GB41 Zulinqi - On the dorsum of the foot, in the depression between the fourth and fifth metatarsal bones.

Indications: Breast Pain, Breast Swelling, Dizziness, Dorsal Foot Painful Swelling, Eye Disorders, Foot Pain, Foot Swelling, Headache, Headache Occipital, Hypochondriac Region Pain, Leg Pain, Malaria, Mastitis, Menses Irregular, Skin Disorders, Vertigo.

GB42 Diwuhui - Posterior to the 4th metatarsophalangeal joint between the fourth and fifth metatarsal bones, on the medial side of the tendon of extensor digiti minimi.

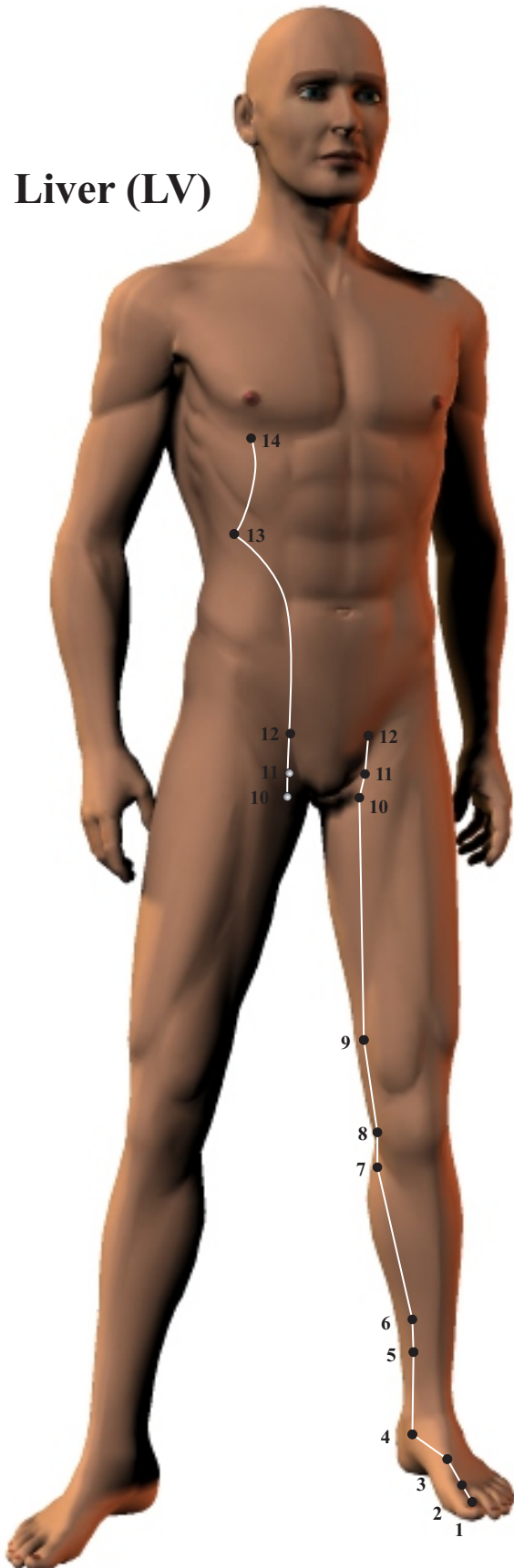
Indications: Axillary Pain And Swelling, Breast Pain And Distention, Dorsal Foot Pain And Swelling, Eye Pain And Redness, Tinnitus.

GB43 Xiaxi - On the dorsum of the foot between the fourth and fifth metatarsals 0.5 cun proximal to the margin of the web at the junction of the red and white skin.

Indications: Chest Pain, Deafness, Dizziness, Eye Disorders, Facial Edema, Facial Pain, Headache, Headache Migraine, Hearing Loss, Hypertension, Hypochondriac Region Pain, Intercostal Neuralgia, Jaw Disorders, Tinnitus, Vertigo.

GB44 Zuqiaoyin - 0.1 cun posterior to the corner of the nail on the lateral side of the fourth toe. Indications: Deafness, Dream Disturbed Sleep, Eye Disorders, Fever, Headache, Hypertension, Hypochondriac Region Pain, Insomnia, Stiff Tongue, Tinnitus.

Liver (LV)



Liver Meridian (LV)

The Foot Terminal Yin (Jue Yin) of the Liver 14 points

The liver channel of the Foot-Jueyin originates on the lateral side of the great toe. Ascending along the dorsum of the foot, it flows further upward to the anterior aspect of the medial malleolus. Then it runs upward to the medial side of the knee and along the medial aspect of the thigh into the pubic region. From there it curves around the external genitalia and up to the lower abdomen. Ending directly below the nipple.

LV1 Dadun - On the lateral side of the great toe, 0.1 cun from the corner of the nail.

Indications: Dysuria, Genital Pain, Genital Swelling, Hematuria, Hernia Pain, Menses Irregular, Seizures, Urinary Dysfunction, Urinary Incontinence, Uterine Bleeding Abnormal, Uterine Prolapse.

LV2 Xingjian - On dorsum of the foot between the 1st and 2nd toes, proximal to the margin of the web at the junction of the red and white skin.

Indications: Abdominal Distention, Agitation, Anger, Bitter Taste, Constipation, Dizziness, Dysuria, Eye Disorders, Headache, Hernia Pain, Hypertension, Hypochondriac Region Pain, Insomnia, Lacrimation, Leukorrhea, Menses Early, Mouth Deviation, Nosebleed, Palpitations, Perspiration At Night, Seizures, Thirst, Throat Dryness, Urethral Discharge, Urinary Incontinence, Urinary Tract Pain, Urine Retention, Urine Turbid, Uterine Bleeding Abnormal, Vertigo, Visual Disturbances, Vomiting.

LV3 Taichong - On dorsum of the foot in a depression distal to the junction of the 1st and 2nd metatarsal bones.

Indications: Abdominal Pain, Ankle Conditions, Depression, Diarrhea, Dizziness, Endocrine Disorders, Eye Disorders, Foot Cold, Genital Pain, Headache, Hernia, Hypertension, Hypochondriac Region Pain, Hypochondriac Region Swelling, Insomnia, Jaundice, Liver Disorders, Lumbar Pain, Menses Irregular, Mouth Deviation, Nausea, Perspiration Continuous Postpartum, Seizures, Testicular Swelling, Throat Soreness, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Vertigo, Visual Disturbances, Vomiting.

LV4 Zhongfeng - 1 cun anterior to the medial malleolus, midway between SP5 and ST41, in a depression on the medial side of the tendon of tibialis anterior.

Indications: Abdominal Pain, Ankle Conditions, Genital Pain, Hernia Pain, Jaundice, Lumbar Pain, Nocturnal Emissions, Urine Retention.

LV5 Ligou - 5 cun above the tip of the medial malleolus on the medial side of the tibia.

Indications: Depression, Dysmenorrhea, Dysuria, Endometriosis, Fear, Genital Itching, Genital Pain, Hernia Pain, Itching, Leg Pain, Leukorrhea, Lumbar Pain, Menses Irregular, Orchitis, Sexual Dysfunction, Testicular Pain, Testicular Swelling, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse.

LV6 Zhongdu - 7 cun above the tip of the medial malleolus and posterior to the medial tibia. Indications: Damp Painful Obstruction With Inability To Walk, Hypogastric Pain, Joint Pain, Lochia Persistent Flow, Lower Extremity Arthralgia, Postpartum Uterine Hemorrhage, Uterine Bleeding Abnormal.

LV7 Xiguan - 1 cun posterior to SP9, posterior and inferior to the medial condyle of the tibia in the upper portion of the medial head of the gastrocnemius muscle. In the depression of the medial border of the tibia.

Indications: Medial Knee Pain, Swelling And Inflammation.

LV8 Ququan - When the knee is flexed, the point is found above the medial end of the transverse popliteal crease, posterior to the medial epicondyle of the tibia in a depression on the anterior border of the insertions of the semimembraneous and semitendoneous muscles.

Indications: Abdominal Pain, Dizziness, Dysuria, Fright Mania, Genital Itching, Genital Pain, Genital Swelling, Headache, Impotence, Knee Disorders, Leg Pain, Nocturnal Emissions, Seminal Emissions, Thigh Medial Pain, Urine Retention, Uterine Prolapse, Vaginitis.

LV9 Yinbao - 4 cun above the medial epicondyle of the femur, between vastus medialis and sartorius muscles.

Indications: Difficult Urination, Lumbo-Sacral Pain Radiates To Hypogastrium, Menses Irregular, Retention Of Urine.

LV10 Zuwuli - 3 cun below ST30 at the proximal end of the thigh on the lateral border of adductor longus muscle.

Indications: Abdominal Fullness, Difficult Urination, Enuresis, Hip Movement Decreased, Hypogastric Fullness, Retention Of Urine.

LV11 Yinlian - 2 cun below ST30, 2 cun from the midline at the proximal end of the thigh and on the lateral border of adductor longus muscle.

Indications: Hip Movement Decreased, Infertility, Menses Irregular.

LV12 Jimai - 2.5 cun lateral and inferior to the superior border of the pubic symphysis. In the inguinal groove lateral and inferior to ST30.

Indications: Genital Pain, Hernia Pain, Hypogastric Pain, Penis Pain, Uterine Prolapse.

LV13 Zhangmen - On the lateral side of the abdomen below the free end of the 11th rib.

Indications: Abdominal Distention, Abdominal Masses, Abdominal Pain, Borborygmus, Cardiac Pain, Chest Pain, Diarrhea, Digestive Disturbances, Edema, Hypochondriac Region Pain, Jaundice, Liver Disorders, Lumbar Pain, Stool With Undigested Food, Vomiting.

LV14 Qimen - Directly below the nipple, 4 cun lateral to the midline in the 6th intercostal groove.

Indications: Abdominal Distention, Breast Pain, Breast Swelling, Chest Discomfort, Chest Pain, Diarrhea, Gastric Disorders, Hiccough, Hypochondriac Region Pain, Indigestion, Lateral Costal Region Swelling, Liver Disorders, Malaria, Mastitis, Postpartum Disorders, Vomiting.

Conception Vessel Meridian (CV, Ren)

The Directing Channel has 28 points

The Ren channel starts on the midline between the anus and the scrotum in males. Between the anus and the posterior labial commissure in females. It ascends anteriorly to the pubic region. Along the midline of the abdomen, it flows upward reaches the throat. Flowing further upward, it ends in the depression in the center of the mentolabial groove.

CV1 Huiyin - On the midline between the anus and the scrotum in males. Between the anus and the posterior labial commissure in females.

Indications: Coma, Enuresis, Genital Diseases, Hemorrhoids, Mania And Depression, Menses Irregular, Pain Of The Anus And Urethra, Perineum Pain And Itching, Seminal Emissions, Urethritis, Urination Difficult, Uterine Prolapse.

CV2 Qugu - On top of the notch in the center of the superior border of the pubic symphysis.

Indications: Dribbling And Hesitant Flow Of Urine, Dysmenorrhea, Enuresis, Genital Pain, Gynecological Disorders, Impotence, Leukorrhea, Menses Irregular, Seminal Emissions, Urinary Dysfunction, Urination Difficult.

CV3 Zhongji - 1 cun above CV2, on the midline, 4 cun inferior to the umbilicus.

Indications: Abdominal Pain, Amenorrhea, Anuria, Dysmenorrhea, Edema, Genital Itching, Genital Pain, Impotence, Infertility, Leukorrhea, Menorrhagia, Menses Irregular, Nephritis, Nocturnal Emissions • Retention Of Placenta, Seminal Emissions, Urinary Dysfunction, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse, Vaginal Pain, Vaginitis.

CV4 Guanyuan - On the midline, 3 cun inferior to the umbilicus.

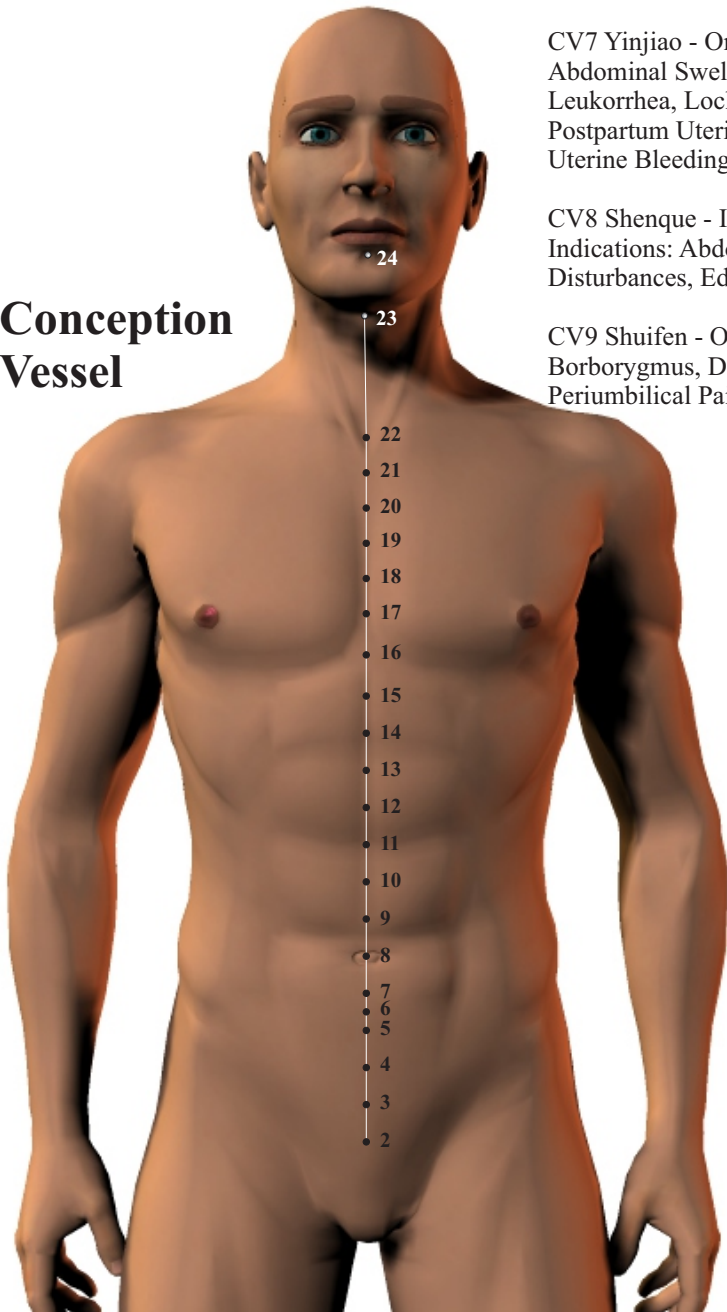
Indications: Abdominal Pain, Amenorrhea, Diarrhea, Dysmenorrhea, Dysuria, Hematuria, Hemorrhage Postpartum, Hernia, Hypogastric Pain Twisting, Impotence, Infertility, Intestinal Disorders, Leukorrhea, Menses Irregular, Menses Painful, Nocturnal Emissions, Seminal Emissions, Stool With Blood, Urinary Dysfunction, Urination Frequent, Urine Retention, Uterine Bleeding Abnormal, Uterine Prolapse, Windstroke.

CV5 Shimen - On the midline, 2 cun inferior to the umbilicus. Indications: Abdominal Pain, Amenorrhea, Ascites, Diarrhea, Edema, Hernia, Leukorrhea, Postpartum Uterine Hemorrhage, Retention Of Urine, Urination Difficult, Vaginal Discharge.

CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus. Indications: Abdominal Distention, Abdominal Masses, Abdominal Pain, Cardiac Pain, Constipation, Diarrhea, Dysmenorrhea, Edema, Heat Stroke, Hemorrhage Postpartum, Hernia, Impotence, Infertility, Intestinal Disorders, Leukorrhea, Menses Irregular, Urinary Dysfunction, Urinary Incontinence, Urine Retention,

Uterine Bleeding Abnormal, Uterine Prolapse.

Conception Vessel



CV7 Yinjiao - On the midline, 1 cun inferior to the umbilicus. Indications: Abdominal Swelling, Amenorrhea, Genitals Itch, Inability To Urinate, Infertility, Leukorrhea, Lochia Persistent Flow, Menses Irregular, Periumbilical Pain, Postpartum Uterine Hemorrhage, Retention Of Urine And Feces, Running Piglet Qi, Uterine Bleeding Abnormal.

CV8 Shenque - In the center of the umbilicus
Indications: Abdominal Pain, Anal Prolapse, Borborygmus, Diarrhea, Digestive Disturbances, Edema, Shock, Windstroke.

CV9 Shuifen - On the midline, 1 cun superior to the umbilicus. Indications: Ascites, Borborygmus, Digestive Disturbances, Edema, Gastroesophageal Reflux, Periumbilical Pain.

CV10 Xiawan - On the midline, 2 cun superior to the umbilicus. Indications: Abdominal Distention, Borborygmus, Dark Urine, Digestive Disturbances, Nausea And Vomiting, No Pleasure In Eating, Stomach Pain, Undigested Food In Stool.

CV11 Jianliao - On the midline, 3 cun superior to the umbilicus. Indications: Abdominal Distention, Edema, Heart Pain, Intestinal Pain, No Pleasure In Eating.

CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus. Indications: Abdominal Distention, Abdominal Pain, Constipation, Diarrhea, Digestive Disturbances, Dyspnea, Gastric Ulcer, Gastrointestinal Disorders, Indigestion, Intestinal Disorders, Jaundice, Mental Disorders, Nausea, Neurasthenia, Stomach Pain, Urine Dark, Vomiting.

CV13 Shangwan - On the midline, 5 cun superior to the umbilicus. Indications: Abdominal Distention, Abdominal Masses, Borborygmus, Cardiac Pain, Fever Without Sweating, Gastrointestinal Disorders, Indigestion, Jaundice, Nausea, Seizures, Stomach Dilated, Stomach Pain, Stomach Spasms, Vomiting.

CV14 Jique - On the midline, 6 cun superior to the umbilicus. Indications: Cardiac Pain, Chest Discomfort, Cough, Indigestion, Jaundice, Memory Impaired, Mental Disorders, Nausea, Palpitations, Seizures, Throat Disorders, Vomiting.

CV15 Jiuwei - On the midline, 7 cun superior to the umbilicus and inferior to the xiphoid process. Indications: Cardiothoracic Pain, Dyspnea, Epilepsy, Esophageal Disorders, Gastric Reflux, Mania And Depression, Oppressive Sensation In The Heart, Palpitations.

CV16 Zhongting - On the midline level with the 5th intercostal space at the sternocostal angle.
Indications: Chest Pain And Lateral Costal Region Fullness, Esophageal Constriction, Respiratory Disorders.

CV 17 Shanzhong - On the midline level with the 4th intercostal space midway between the nipples.
Indications: Asthma, Chest Discomfort, Chest Pain, Cough, Coughing Blood, Dyspnea, Hiccough, Intercostal Neuralgia, Lactation Insufficient, Mastitis, Palpitations, Respiratory Disorders, Throat Disorders, Wheezing.

CV18 Yutang - On the midline level with the 3rd intercostal space. Indications: Cardiac Pain, Chest And Sternal Pain, Cough With Agitation, Dyspnea, Lateral Costal Region Pain, Respiratory Disorders, Vomiting.

CV19 Zigong - On the midline level with the 2nd intercostal space.
Indications: Chest Pain, Cough, Dysphagia, Dyspnea, Saliva Like White Glue, Vomiting With Uprising Qi.

CV20 Huagai - On the midline level with the 1st intercostal space.
Indications: Asthma, Chest Pain, Cough, Dysphagia, Dyspnea, Respiratory Disorders.

CV21 Xuanji - On the manubrium midline, 1 cun below CV22
Indications: Asthma, Chest Discomfort, Chest Pain, Cough, Dyspnea, Throat Disorders, Throat Infections, Throat Soreness, Wheezing.

CV22 Tiantu - 0.5 cun superior to the suprasternal notch, in the center of the depression. Indications: Asthma, Chest Discomfort, Cough, Dyspnea, Goiter, Hiccough, Loss Of Voice Sudden, Neck Nodular Growths, Neck Swelling Posterior, Sputum with Blood and Pus, Throat Constriction, Throat Disorders, Throat Dryness, Throat Infections, Throat Soreness, Voice Hoarse, Vomiting.

CV23 Lianquan - On the midline, in the depression superior to the hyoid bone. Indications: Cough, Excessive Production Of Watery Saliva, Loss Of Voice Sudden, Mouth Ulcers, Swollen Tongue, Thirst, Throat Disorders,

CV24 Chengjiang - In the depression in the center of the mentolabial groove, below the middle of the lower lip.
Indications: Eye Deviation, Facial Edema, Facial Muscle Paralysis, Facial Numbness, Facial Pain, Gum Disorders, Hemiplegia, Loss Of Voice Sudden, Mental Disorders, Mouth Deviation, Mouth Ulcers, Neck Stiffness, Saliva Excessive, Thirst, Toothache.

Governing Vessel Meridian (GV, Du)

The Governing Channel has 28 points

The Du channel starts midway between the tip of the coccyx bone and the anus with patient lying prone. It then flows upward inside the spinal column to the nape of the neck, and ascends to the vertex. Along the forehead, it descends to the nose bridge, then to the lips. Ending at the labial frenulum inside the upper lip.

GV1 Changqiang - Midway between the tip of the coccyx bone and the anus with patient lying prone.
Indications: Anal Prolapse, Clonic Spasm, Constipation, Diarrhea, Hemorrhoids, Impotence, Lumbar Pain, Lumbar Spinal Pain, Mental Disorders, Sacral Pain, Seizures, Stool With Blood, Tetany, Urinary Dysfunction.

GV2 Yaoshu - In the sacral hiatus. Indications: Epilepsy, Hemorrhoids, Lumbar Pain, Menses Irregular, Sacral Pain, Spinal Pain.

GV3 Yaoyangguan - Below the spinous process of L4 Indications: Impotence, Knee Disorders, Leg Numbness, Leg Paralysis, Leukorrhea, Lumbar Pain, Menses Irregular, Seminal Emissions, Vomiting.

GV4 Mingmen - Below the spinous process of L2 Indications: Abdominal Pain, Anal Prolapse, Bone Disorders, Diarrhea, Headache, Headache Splitting, Impotence, Intestinal Disorders, Leukorrhea, Lumbar Pain, Lumbar Sprain, Menses Irregular, Sciatica, Seminal Emissions, Spinal Pain, Uterine Bleeding Abnormal.

GV5 Xuanshu - Below the spinous process of L1 Indications: Diarrhea, Lumbar Spinal Pain And Stiffness, Undigested Food In Stool.

GV6 Jizhong - Below the spinous process of T11
Indications: Diarrhea, Epilepsy, Hemorrhoids, Jaundice, Lumbar Spinal Stiffness, Rectal Prolapse.

GV7 Zhongshu - Below the spinous process of T10 Indications: Abdominal Fullness, Lumbar And Back Pain, No Desire To Eat, Spinal Stiffness.

GV8 Jinsuo - Below the spinous process of T9
Indications: Anger Injuring The Liver, Epilepsy, Spinal Stiffness And Contraction, Stomach Pain.

GV9 Zhiyang - Below the spinous process of T7
Indications: Appetite Absent, Asthma, Back Pain, Borborygmus, Chest Discomfort, Chest Pain, Cough, Dyspnea, Emaciation, Gastric Disorders, Hypochondriac Region Fullness, Intercostal Neuralgia, Jaundice, Limb Heaviness, Liver Disorders, Spinal Pain, Stomach Cold.

GV10 Lingtai - Below the spinous process of T6
Indications: Asthma, Back Pain, Carbuncles And Furuncles, Cough, Dyspnea, Neck Stiffness, Respiratory Disorders, Spleen Heat.

GV11 Shendao - Below the spinous process of T5
Indications: Back Pain, Cardiac Conditions, Cough, Disorientation, Fright Palpitations, Poor Memory, Sadness, Spinal Pain, Worry.

GV12 Shenzhu - Below the spinous process of T3
Indications: Agitation, Aphasia From Stroke, Asthma, Back Pain, Carbuncles And Furuncles, Cardiac Conditions, Cough, Dyspnea, Hysteria, Lumbar Stiffness, Mental Disorders, Mouth Dryness, Respiratory Disorders, Seizures.

GV13 Taodao - Below the spinous process of T1
Indications: Bone Disorders, Dizziness, Fever, Fever And Chills, Headache, Malaria, Mental Disorders, Perspiration Absent, Seizures, Spinal Pain.

GV14 Dazhui - Below the spinous process of C7
Indications: Asthma, Bone Disorders, Chest Discomfort, Cough, Dyspnea, Eczema, Fever, Fever And Chills, Heat Stroke, Hypertension, Insomnia, Malaria, Mental Disorders, Neck Pain, Neck Stiffness, Nosebleed, Perspiration At Night, Respiratory Disorders, Rib Constriction, Seizures, Shoulder Pain, Speech Impaired, Spinal Pain.

Governing Vessel (GV, DU)



GV15 Yamen - 0.5 cun above the midpoint of the posterior hairline in a depression below the spinous process of C1

Indications: Deafness, Fever And Chills, Flaccid Tongue, Headache, Headache Occipital, Loss Of Voice Sudden, Mental Disorders, Neck Stiffness, Nosebleed, Seizures, Stiff Tongue, Windstroke.

GV16 Fengfu - 1 cun directly above the midpoint of the posterior hairline directly below the external occipital protuberance. In the depression between the trapezius muscles of both sides.

Indications: Epistaxis, Headache, Hemiplegia, Loss Of Voice Sudden, Mania, Neck Pain, Neck Stiffness, Sudden Inability To Speak Following Windstroke, Suicidal Tendencies, Throat Pain And Swollen, Upper Respiratory Conditions, Vertigo, Visual Dizziness, Windstroke.

GV17 Naohu - Midway between GV16 and GV18, 1.5 cun above Gv16

Indications: Dizziness, Epilepsy, Facial Pain, Headache, Heaviness Of The Head, Neck Pain And Stiffness.

GV18 Qiangjian - Midway between GV16 and GV20, 1.5 cun above Gv17

Indications: Epilepsy, Headache, Insomnia, Mania And Depression, Neck Stiffness With Inability To Rotate, Vertigo With Agitation, Visual Dizziness.

GV19 Houding - 5.5 cun above the midpoint of the posterior hairline. Midway between GV18 and GV20, 1.5 cun above Gv18

Indications: Aversion To Wind And Cold, Epilepsy, Headache, Insomnia, Mania, Visual Dizziness.

GV20 Baihui - 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, miway on a line connecting the apex of both ears. Indications: Agitation, Anal Prolapse, Deafness, Dizziness, Headache, Headache Vertex, Hemiplegia, Hemorrhoids, Hypertension, Jaw Disorders, Memory Impaired, Mental Disorders, Nasal Congestion, Nosebleed, Seizures, Shock, Tinnitus, Uterine Prolapse, Vertigo, Windstroke.

GV21 Qianding - 1.5 cun anterior to GV20. Midway between GV20 and GV22.

Indications: Dizziness, Epilepsy, Facial Redness And Swelling, Nasal Congestion, Vertex Headache.

GV22 Xinhui - 2 cun posterior to the anterior hairline, 3 cun anterior to GV20

Indications: Headache, Loss Of Sense Of Smell, Nasal Congested, Vertigo, Visual Dizziness.

GV23 Shangxing - 1 cun posterior to the anterior hairline, 0.5 cun posterior to GV24 Indications: Dizziness, Eye Disorders, Facial Edema, Headache, Mental Disorders, Nasal Congestion, Nasal Polyps, Nosebleed, Respiratory Disorders.

GV24 Shenting - 0.5 cun above the midpoint of the anterior hairline.

Indications: Epilepsy, Fright Palpitations, Frontal Headache, Insomnia, Nasal Congestion And Discharge, Rhinitis, Vertigo, Visual Dizziness.

GV25 Suliao - On tip of nose

Indications: Hypotension, Nasal Congestion, Nasal Polyps, Nosebleed, Respiratory Disorders.

GV26 Renzhong - At junction of the upper and middle third of philtrum.

Indications: Abdominal Pain, Cardiac Pain, Coma, Edema, Eye Deviation, Facial Edema, Jaw Disorders, Lip Tremor, Loss Of Consciousness, Lumbar Pain, Lumbar Spinal Pain, Lumbar Sprain, Lumbar Stiffness, Mental Disorders, Mouth Deviation, Nasal Congestion, Nosebleed, Seizures, Shock, Syncope.

GV27 Duiduan - At junction of upper lip and philtrum.

Indications: Epistaxis Ceaseless, Gums Painful, Lips Swelling And Stiffness, Mania And Depression, Nasal Congested.

GV28 Yinjiao - At junction of gum and frenulum of upper lip.

Indications: Erosion Of The Gums, Gum Pain And Swelling And Redness, Gums Bleeding, Mania And Depression, Nasal Congested, Nasal Sores.

Acupuncture Meridians & Points

Five element theory & horary cycle

Five Phase Points 1100

Command Points

Wood	LU 4
Fire	LU 10
Earth	LU 5
Metal	LU 9
Water	LU 7

Lung (LU)

Five Phase Points 1100

Command Points

Wood	PC 4
Fire	PC 8
Earth	PC 5
Metal	PC 9
Water	PC 7

Pericardium (PC)

Five Phase Points 1100

Command Points

Wood	HT 4
Fire	HT 7
Earth	HT 5
Metal	HT 9
Water	HT 8

Heart (HT)

Five Phase Points 1100

Command Points

Wood	TB 4
Fire	TB 9
Earth	TB 5
Metal	TB 10
Water	TB 7

Triple Burner (TB)

Five Phase Points 1100

Command Points

Wood	LI 4
Fire	LI 4
Earth	LI 5
Metal	LI 9
Water	LI 7

Large Intestine (LI)

Five Phase Points 1100

Command Points

Wood	SI 4
Fire	SI 5
Earth	SI 5
Metal	SI 9
Water	SI 7

Small Intestine (SI)

Five Phase Points 1100

Command Points

Wood	GB 4
Fire	GB 4
Earth	GB 5
Metal	GB 9
Water	GB 7

Gall Bladder (GB)



Five Phase Points 1100

Command Points

Wood	ST 4
Fire	ST 4
Earth	ST 5
Metal	ST 9
Water	ST 7

Stomach (ST)

Five Phase Points 1100

Command Points

Wood	GB 4
Fire	GB 4
Earth	GB 5
Metal	GB 9
Water	GB 7

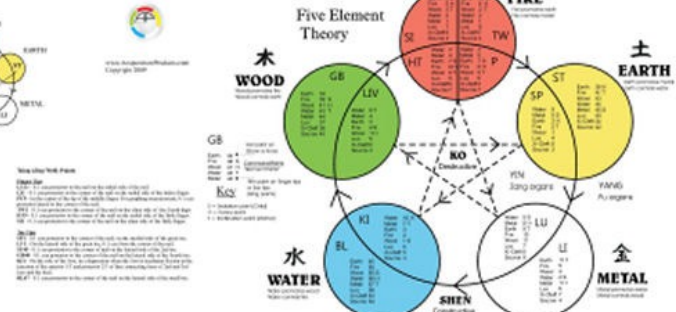
Gall Bladder (GB)

Five Phase Points 1100

Command Points

Wood	BL 4
Fire	BL 7
Earth	BL 5
Metal	BL 9
Water	BL 7

Bladder (BL)



Five Phase Points 1100

Command Points

Wood	GV 4
Fire	GV 7
Earth	GV 5
Metal	GV 9
Water	GV 7

Governing Vessel (GV)

Five Phase Points 1100

Command Points

Wood	SP 4
Fire	SP 5
Earth	SP 5
Metal	SP 9
Water	SP 7

Spleen (SP)

Five Phase Points 1100

Command Points

Wood	LV 4
Fire	LV 4
Earth	LV 5
Metal	LV 9
Water	LV 7

Liver (LV)

Five Phase Points 1100

Command Points

Wood	CV 4
Fire	CV 7
Earth	CV 5
Metal	CV 9
Water	CV 7

Conception Vessel (CV)

Five Phase Points 1100

Command Points

Wood	KI 4
Fire	KI 7
Earth	KI 5
Metal	KI 9
Water	KI 7

Kidney (KI)



Acupuncture Technique

Presented by John Schmidt, DC, FIAMA

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Lesson 4

Acupuncture Formulas

These formulas contain many points, ideally one should keep the number of points used in any one session to a minimum. Usually, the number would be under 10. Master acupuncturists usually use less than 5 points. *The ultimate aim of the Master is to cure with only 1 needle.*

Acupuncture point selection is based on information gathered from the four exams: looking, listening, asking and palpating.

Meridians

LU = Lung meridian

LI, CO = Large Intestine meridian

ST = Stomach meridian

SP = Spleen meridian

HT, HE = Heart meridian

SI = Small Intestine meridian

Bl, UB = Bladder meridian

KI = Kidney meridian

P, PC, HC = Pericardium, Heart Constrictor meridian

TW, TH, SJ = Triple Warmer, Tri-Heater, Triple Burner, San Jiao meridian

GB = Gallbladder meridian

LV, LI, LIV = Liver meridian

CV, VC, Ren = Conception Vessel meridian

GV, VG, Du = Governing Vessel meridian

These formulas contain many points, ideally one should keep the number of points used in any one session to a minimum. Usually, the number would be under 10. Master acupuncturists usually use less than 5 points. The ultimate aim of the Master is to cure with only 1 needle. Acupuncture point selection is based on information gathered from the four exams: looking, listening, asking and palpating.

Pathology is categorized according to its location and quality. The location can be described according to channel, organ, level, jiao, element of the five phases, or substances (Qi, Blood, Phlegm, Fluid, Food) and whether its nature is fixed or changing in terms of location. Qualities are recognized as wind, heat, cold, damp, dry, full or empty, waxing or waning, yin or yang.

Location and quality continually shift. Rather than securing oneself to a firm diagnosis the clinical encounter becomes a circular interactive loop where the next move is guided by the changing terrain. Evaluation becomes treatment and treatment becomes evaluation. Because we are able to understand a phenomenon only by changing it, then more important than the diagnosis itself, is where it yields, and becomes something else.

Acupuncture point prescriptions are continually modified to fit the changing patient presentation. Shaped by Daoist and Buddhist philosophy, Chinese acupuncture relies on the only constant is change.

There is no hard and fast rule as to the choice of points. Various combinations are possible but all combinations use the Sensitive (AhShi, Trigger etc) Points, when these are present. Examples would be:

ORGAN DISEASES:

Sensitive Points (if present) + Mu + Shu points + points for symptoms

(or) Sensitive points + Yuan + Luo + Xi + points for symptoms

(or) Sensitive points + Ear points

(or) Sensitive points + Local points + Distant points on the affected Channel

(or) many other combinations.

LOCAL DISORDERS (say elbow pain):

Sensitive points (if present) + Local points + Distant points on affected and related Channels

(or) Sensitive Points + Earpoints for Elbow + Earpoint ShenMen

(or) Sensitive Points + Tsing points + Local points + Distant points on affected and related Channels

(or) other combinations.

Distal Points

Acupuncture points are not always chosen locally to treat a problem. Often distal points are chosen. These points are generally located quite far from the diseased area (often below the elbows and knees) , but are chosen for their ability to treat the problem.

Local Points

There are two kinds of local acupuncture points: classical acupuncture points which are located close to the area of pain, and, points of sensitivity (not actual points) which are referred to Ashi points which may also be chosen due to their responsive nature.

Experience Points

These acupuncture points may **consist of one or a combination of two or more points** which have been proven over time to be very effective in the treatment of a particular disorder. The clinical basis for these treatment protocols are based purely on experience.

Interior- Exterior

The twelve regular meridians are paired together into six groups. One of each pair represents the interior aspect of the relationship while the other represents the exterior of the relationship. For example the Spleen and stomach are one pair. The stomach represents the exterior aspect of the couple and the spleen the interior. If there is a problem with the stomach points may be chosen on the spleen channel to effect its partner.

Front and Back:

Often points are chosen from both the front of the body and the back of the body in order to elicit balance in the acupuncture treatment. A good example of this would be the combination of a Front (Mu) point and a Back (Shu) point in the treatment of a disorder.

Upper and the Lower:

Disease in the upper part of the body can be treated by selecting points in the lower part of the body, and disease in the lower part of the body can be treated by selecting points in the upper part of the body. The combination of GV 1 with GV 20 in the upper to treat prolapse of anus is one example of this type of point location.

Left and Right:

Acupuncture points in the right side of the body may be selected for diseases in the left side of the body and vice versa. This type of treatment may be implemented for the purpose of balancing the energy in a meridian on different sides of the body OR in the case of head acupuncture, one side of the head may be treated to effect the opposite side of the body.

Acupuncture — Treatment Approaches

Traditional Chinese medicine, including acupuncture, is practiced in every hospital in China, servicing one quarter to one third of the world population. Outside of China, every country and culture using acupuncture has adapted it to unique health needs. Thus there are many approaches that have evolved out of the original 365 'known' points, and five-phase system of correspondences. The following is not an exhaustive list but intended to familiarize the reader with some of these more common treatment approaches. In addition, there are treatment techniques used in acupuncture practice that are culturally and historically related to it.

System of Five Phase Correspondence

This is the well-known system that relates organs in coupled pairs to elements of Wood, Fire, Earth, Metal and Water, to seasons of Spring, Summer, Late Summer, Fall and Winter, to climates of Wind, Heat, Dampness, Dryness, and Cold respectively. In addition each element has a related flavor, sound, color, grain, meat, emotion or disposition, pulse location and pattern of imbalance. Depending on the pattern of imbalance a treatment is fashioned that includes selection of points, combination of herbs, and recommendations of food, exercise, behavior and attitude change. The 365 original or common acupuncture points located on the twelve major

channels throughout the body are historically connected in the Five Phase System of Correspondence. The Five-Phase System is a functioning blueprint connecting the movement of life force in the body with its environment, history, and destiny, and is probably the original ecologically holistic method. Variations in approaches often use some aspects of the system of correspondence.

Zang Fu Patterns of Disharmony

Zang Fu patterns of disharmony are recognized archetypal pathologies. The Zang Fu (meaning solid/hollow, or internal/external) are organs though not anatomical masses as one would think of Western organs. While they have location as part of their nature, the zang fu are functional activities and relationships of the body. Acupuncture points are selected based on these named patterns and are needled with the intention to harmonize, tonify, disperse, or sedate depending on the nature of the pattern. When the Spleen is deficient, with accumulation of Dampness, points would be chosen that resolve damp and tonify the Spleen. In addition, the technique of needling might augment the desired effect. Herbal medicine prescribing is often based on Zang Fu patterns of disharmony and is the main practice sanctioned by the Peoples Republic of China, referred to as Traditional Chinese Medicine, or TCM.

Japanese Acupuncture and Hara Diagnosis

Japanese acupuncture differs from Chinese acupuncture in that it involves a more sophisticated practice of touch and palpation, along with lighter and shallower techniques of needling. In particular, Hara palpation was advanced in Japan. The Hara, or abdomen, is palpated revealing particular patterns of constriction or flaccidity. Release or balance is discoverable by palpation of points distal to the abdomen. Needling these distal points, along with local points, releases deep patterns of tension facilitating the healing of internal organ illness and disease.

Auricular Acupuncture

Auricular acupuncture is a Western development with its foundation in Chinese medicine. The ear was discovered to be a homunculus (small person), that is, points in the ear are associated with parts of the body that when charted actually looks like an inverted fetus. Needles can be placed in the ear alone to achieve a therapeutic effect anywhere in the body, or can be used in conjunction with other body acupuncture points.

Conditions affecting the body can be detected through the ear by visual or manual examination – evidence of irritation such as skin discoloration and tenderness can pinpoint the root location of a condition. Ear acupuncture is an effective and popular technique for addictive illness and withdrawal from addictive substances. There are many treatment clinics in the US that use ear acupuncture as a form of drug free withdrawal therapy.

Electro Acupuncture

Acupuncture points have demonstrated increased electrical conductivity and decreased electrical resistance. Needling, or even touching known points, produces a small electrical effect known as piezo, within the body's connective tissue. Some practitioners seek to augment the strength of needling by applying a weak current of electricity to the needles. The strength of the electric current varies depending on the desired result of the procedure. This method is used, along with moderate doses of pain medication, as a form of anesthesia for surgery.

Korean Hand Acupuncture

Acupuncture practice in Korea has been influenced by its unique history and culture. Korean hand acupuncture is one technique that has become well known in the West. The hand, like the scalp and ear, represents a condensed version of the body. The areas on the hand that correspond to a disturbed part of the body will be exquisitely tender, or be a different color than the surrounding hand tissue. Very small needles are inserted directly into these areas and retained from 10 minutes to hours, depending on the condition and the patient. These areas also respond to touch and other forms of stimulation, like body acupuncture points.

Treatment Formulas

ABDOMINAL PAIN

CV 4 5 6 8

P 6

GB 27

GV 20 26

KI 15 16 17 18 19 20

LI 4 8 9

SP 1 2 4 5 6 9 15 16 21

ST 24 25 26 27 36 37 38 39 40 43 44

BL 16 25 43 48 57

ACNE

P 6

LI 4 11

LU 11

LV 11 14

SP 6 10

ST 36

ALCOHOLISM

GB 8

LI 4

SP 6

ST 36

ALLERGIES

LI 4 11

BL 12 38

Controlling Allergies

Over the past century, people from all over the country have moved to the pristine desert spot in and around Phoenix, Arizona, for the express purpose of healing their terrible allergies, tuberculosis, and a host of respiratory conditions.

In fact, Phoenix was internationally known as the place to go for allergy sufferers. But when the people came, they missed the green grasses, trees, bushes, and flowering plants which reminded them of home, despite some 2,300 native desert plants (500 of which are edible). The simple solution to ease home sickness in this case was to transplant the flowers and greenery which they were accustomed to. As a result of years of people bringing to Arizona a multitude of plants, they also unfortunately made Arizona a nightmare for allergy sufferers. Today, there are perhaps more people in Arizona who experience allergy than almost anywhere else.

ALOPECIA

GB 20 11

LI 4 11

BL 16 23 38 54

ALZHEMER'S DISEASE

P 8

KI 9

LI 5

ST 23 45

TW 2 10

AMENORRHEA

CV 2 3 4 5 6

GV 1 4

KI 5 12 14

LI 4

LV 8

SP 6 8 10

ST 29 36

BL 18 20 23 25 37 38 60

AMYOTROPHIC LATERAL SCLEROSIS

CV 17

GV 14 20
LI 4 11
LV 3
ST 36
BL 10 15 60

ANEMIA

GB 43
GV 4 20
KI 1
LI 4 11
LV 8 14
SP 6 10
ST 44
BL 11 12 15 17 18 20 21

ANGINA PECTORIS

CV 14 15
P 1 2 3 4 5 6 7 8 9
GB 20
GV 8 11 12
HT 3 4 5 6 7 8 9
KI 1 4 5 23 24
LI 4
LU 5 9
LV 3
SI 1
ST 19 36
TW 6 7

ANKLE PAIN

GB 39 40 42
LV 6
ST 41
BL 58 63

ANOREXIA

CV 5 6 9 10 11 12 13 14
P 2 6
GB 6 28
GV 9
HT 3 7
KI 3 17 22 23 24 25 26 27

LI 4 11
LV 4 13
SP 1 2 4 8 9 19 20
ST 19 20 21 22 23 36 39 42 44 45
TW 1
BL 13 17 18 19 20 22 40 41 42 44 46 57 64

ANOSMIA

GB 20
GV 16 23
LI 4 19 20
SP 4
ST 6 8
BL 1 2 17 21

ANXIETY

CV 14 17
P 7
GV 15 24
HT 4 5 6 7 8 9
KI 1 4 9
LU 4 10
LV 2 5
SI 3 4 7
ST 36 40
BL 14 20

ARM PAIN

P 5 6
GB 21
HT 2 5 3
LI 1 4 10 11 12 15 16
LU 5 6
SI 2 6 7 8 9 10 11 12
ST 36
TW 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

ARTERIES

CV 3
SP 10
ST 36
BL 17

ARTHRITIS

P 6
GB 34
GV 14
LI 4 11 15
LV 2
SI 9
SP 5
ST 36
TW 5
BL 8 10 11 58 60

ASTHMA

CV 6 12 16 17 18 20 21 22 23
GB 19 20 23 25 35
GV 10 12 14
KI 1 2 3 4 5 6
LI 4 8
LU 1 2 3 5 6 7 8 9 10 11
LV 8 14
SI 4 14 15
SP 21
ST 9 10 11 12 13 14 15 16 18 36
TW 3 5
BL 10 11 12 13 14 15 16 17 18 20 21 22 23 25 36 37 38 40 51

BACK ACHE

GV 4 14
SI 6 14
TW 3 6
BL 9 10 11 23 24 25 29 50 51 54 55 60 62 63 65

BACK PAIN

GB 25 26
GV 5 6 7 10 12 14
KI 7 15
SP 2 3 5
TW 3
BL 33 40 54 60

BELCHING

CV 12 13
P 6
KI 21

ST 36

BLURRED VISION

P 1

GB 4 13 14 15 16 17 41 43

GV 16 18 20 21 22

HT 5

KI 1 4

LI 2

SI 6

ST 8

BL 1 2 4 5 6 18 23

BREAST PAIN

P 1 3

GB 41 42

SI 1

SP 5

ST 18

BRONCHITIS

CV 13 14 17 18 19 20 21 22 23

P 6 9

GB 10 11 18 20 21

GV 10 12 14

HT 3

KI 3 21 22 23 26 27

LI 4 8 10 11

LU 1 3 5 6 8 9

LV 1 14

SI 14 15

SP 18

ST 10 14 15 36

TW 3 10

BL 8 10 11 12 13 14 17 18 36 37 38 39 41 42 43

CALF CRAMP

GB 30 34

SP 6

ST 31

BL 50 54 55 56 57 61 63

CATARACT

P 6
GB 1 2 3 14 20 41
GV 14 20 28
LI 4 11
LU 9
LV 3
ST 1 2 6 14
TW 1 5 23
BL 1 2 8 10 11 18 64 67

CERVICAL PAIN

GB 21
GV 14
LI 4
SI 10 11 12 13 14 15
TW 3 5 15
BL 11 13 60

CHEST PAIN

P 5 6 GB 34
HT 6 8 9
KI 21 24 24 26 27
LU 1 2 4 7 8 9
LV 14
SI 1 11
SP 18 19 21
ST 13 14 18 19
TW 5 6
BL 14 15 17 19 24 25 42

CHRONIC FATIGUE SYNDROME

CV 4 6
P 6 8
GB 20
GV 4
LI 4 11
LV 8
SP 6
ST 36
BL 17 18 20 38

COMMON COLD

CV 12

GB 18 19 20
GV 14 16
LI 4 11
SP 6
ST 36
TW 4 5
BL 11 12 13

CONJUNCTIVITIS

P 7
GB 1 4 14 20 37 42
GV 12 14
LI 4 5 20
LU 9
LV 2
ST 1 2 36 44
TW 23
BL 1 2 10 18 20

COLITIS

CV 6
GB 28
KI 2 7 15
LI 4
LU 8
LV 2 8 11
SP 1 9 14

CONSTIPATION

CV 1 4 6 12
P 6
GB 24 27 28 34
HT 5
KI 6 8 15 16 17 18
LI 2 3 4 6 11 13
LV 1 2 3 8 12
SP 3 5 6 13 15 16
ST 22 23 25 26 27 28 36
TW 6
BL 23 24 25 27 28 30 31 32 33 34 38 45 46 48 50 52 56 57 58

COUGH

CV 6 12 16 17 20 21 22 23

P 2 4
GB 8 10 11 20 21 44
GV 9 10 11 12 14 23
KI 1 3 19 22 24 27
LI 4 11 13 15 18
LU 1 2 4 5 6 7 8 9 10 11
LV 14
SI 1 2 15
SP 5 14 18 20
ST 9 12 13 14 15 16 17 18 19 20 25 36 38 40 41
TW 5 10
BL 11 12 13 14 15 17 20 21 37 38 42 43 44 45

DEAFNESS

CV 2 5 23
P 2 3 4 5 7 9
GB 1 2 3 4 10 11 15 17 20 23 25 41 43 44
GV 15 16 20
HT 5 6
LI 1 2 3 4 5 6 11 17 19
LV 3 5 6 8
SI 1 3 5 8 9 16 17 19
ST 1 4 7 36 38
TW 2 3 5 7 8 9 10 16 17 18 19 21 23
BL 1 18 23 65

DEPRESSION

CV 3 6 12
P 4 6
GV 4 13 14 20
HT 3 7
LI 4
LV 3
LU 4
SP 6
BL 13 15 38

DIABETES

CV 4 12
P 6
GV 26
HT 6
KI 2 5 7

LV 2
SP 6
ST 33 36
BL 13 15 17 20 22 23 26 28 29 31 32 34 50

DIARRHEA

CV 4 5 6 8 9 12 13
P 6
GB 25 26 39
GV 3 4 5 6
KI 8 13 14
LI 10 11
LV 6 8 13
SP 3 4 6 14 15
ST 16 22 25 34 36 37 39
TW 6 18
BL 10 21 22 23 24 25 28 35 43

DIVERTICULITIS

CV 6
SP 6
ST 25
BL 25

DIZZINESS

GB 4 8 20 41 43
GV 14 17 19 20 24
KI 1
LU 3
ST 8 36
BL 3 5 9 10 12 40 62 64 65 67

DRY MOUTH

GB 44
LI 3
LU 11
ST 19
TW 4

DYSPEPSIA

CV 5 6 10 11 12 13
P 6
GB 25

GV 5
KI 1 19 20
LI 4 13
LV 3 8 13 14
SP 3 4 5 6 7
ST 21 22 23 25 36 44 45
BL 17 20 21 25 42

EAR ACHE

GB 11
ST 7
TW 19

EDEMA

CV 5 6 8 9 11
GB 28
GV 28
KI 7
LI 6
LV 13
SP 8 9
ST 22 25 28 43
BL 20 22 23 27 47 52

ELBOW PAIN

P 3
HT 1 3 5 9
LI 10 11 12 13 15
LU 5
SI 7
TW 10

EMPHYSEMA

CV 12 13 15 16 17 20 21
GV 4 10 12 14
HT 3 6
KI 1 3 4 9 20
LI 1
LU 5 7 8 9 11
LV 1
SI 14
SP 21
ST 13 14 16 36 40

BL 11 12 13 17 18 22 23 36 37 38

ENDOMETRIOSIS

GB 26 28 29

GV 2 4

KI 2 8

LV 5

SP 9 12

ST 29

BL 23 30

ENURESIS

CV 4 6

GV 1

KI 3 11

LV 1 9

SP 6

ST 23 25 36

BL 22 27 28 32 33

EYE PAIN

GB 1 11 16 44

GV 23

LI 3 4 5 11

ST 8

TW 23

BL 1 2 6 18 58

EYE REDNESS

LI 4

LV 3

TW 1 2 3

BL 18

EYE (STYE)

GB 14

LI 4

LV 3

SP 1 9

ST 2 36

Eczema - The Seven Year Itch?

It is important to educate your patients about self-management and assist them in the identification of their specific triggers, whether they be food sensitivities, allergens or situations involving high levels of stress. Institute a process of digestive cleansing and recommend a diet high in essential fatty acids.

Bear in mind that eczema is a chronic condition, with cycles of ebb and flow, and is most likely rooted in the individual's genetic heritage. Prevention and lifestyle changes are paramount. Taking all of these factors into consideration, the good news is that a successful outcome can be achieved with appropriate treatment, provided the patient is willing to make a complete commitment to the process.

FEAR

HT 4 5 8

KI 1 4

LI 13

ST 36

TW 18

BL 23 38 47 66

FEVER

P 3 9

GV 4 13 14 16

HT 9

LI 1 2 4 5 11

LU 10 11

SI 5

SP 2

ST 43

TW 1 3 5 6 15

BL 5 11 12 13 19 39

FINGER PAIN

SI 4 7 8

FLANK PAIN

P 1 2 8

GB 34 39 40 41

GV 5

LV 13

SP 17 19 20 21

FOOT PAIN

GB 39 41

KI 2 3
LV 3
ST 34 41 44
TW 3 4
BL 55 56 61 62

GALLSTONES

CV 10 12 13
GB 34
LV 13 14
ST 36
TW 6
BL 18 19

GASTRITIS

CV 10 12 13 14 15
P 5 6 7 8
KI 20
LI 4 11
LU 5
LV 13
SP 4 5
ST 19 21 22 23 24 28 36 37
TW 6 8
BL 13 17 18 19 20 21 22 26 66

GENITAL PAIN

CV 1
GB 30
GV 1
KI 10 11 12
LV 4 8 12
BL 47 49 50

GINGIVITIS

GB 4 12
GV 27
LI 4
SI 8 16 17 18
ST 4 5 42 44 45
TW 2 20

GOUT

LV 2 3 4
SP 4 5 6
ST 44
BL 39

HEADACHE (HANGOVER)

CV 5
GB 4 8 20
KI 1
SI 1
ST 2 8 44
TW 12
BL 60

HEADACHE (FRONTAL)

GB 14 20
GV 14 20 23 24
LI 4
SI 1
ST 8
BL 2 63

HEADACHE (MIGRAINE)

CV 4 12
GB 1 4 5 6 8 9 11 12 14 15 17 18 19 20 38 44
GV 19
KI 10 11
LI 4 10 11
LU 6
SP 6
ST 8 36 44
TW 3 5 10 22 23
BL 2 7 10 62 67

HEART PALPATAIONS

CV 4 12 14
P 6 7
GB 35
HT 5 7
KI 25
ST 36
BL 12 15

HEEL PAIN

KI 3 4

SP 5

BL 57 60 61

HEPATITIS

GB 24 34

GV 14

LV 4 13 14

ST 36

BL 18 19 20 21

HERNIA

CV 2 3 4 5 6 7

GB 26 27

KI 6

LV 1 2 3 4 5 6 12

SP 5 6 12 13 14

ST 23 26 27 28 29 43

BL 29 30 32 55

HICCUPS

CV 6 12 13 15 17 22

P 6 8

GB 20 24

GV 16 26

KI 3 17 18

LI 5 9

LU 6

LV 2 8 13 14

SP 3

ST 11 13 18 25 36

BL 14 17 18 19 21 38 40 41

HYPERTENSION

CV 12

P 8 9

GB 20 25 34

HT 7

KI 1 3

LI 11

LV 2 3 13

SP 6

ST 36 40

BL 15 19 54

HYPERTHYROID

CV 22 23

P 6

GB 1 20 21 26

GV 12 14

KI 15

LI 4

ST 2 9 10 26

BL 10 11

HYPOTENSION

GV 20 25 26

HT 1 5 6

KI 1

LV 3

SP 6

ST 9 36

BL 15 17 18 22 23 38

IMMUNE SYSTEM

LI 4 11

SP 10

GV 14 20

ST 36

INCONTINENCE

CV 1 2 3 4 6

GB 34

GV 4 20

HT 8

ST 22 36

BL 22 23 24 25

INFLUENZA

P 6

GB 20

GV 13 14 16

LI 4

LU 7 9 10

SP 15

ST 36

TW 5

BL 11 12 38

TREATING VIRAL INFECTIONS WITH CHINESE HERBAL PRODUCTS

One of the great contributions Chinese medicine offers the West is the availability of herbs and herbal formulas that directly attack viral heat toxins causing the common cold, influenza, upper respiratory infections, and common pediatric diseases. Western medicine is at a total loss, offering at best bed rest and fluids, and at worse, antibiotics.

Why do I say worse? Antibiotics are ultimately ineffective against viral infections, doing nothing to alter the time frame of an infection, but they can negatively impact the body's immune system. Antibiotics destroy five hundred species of beneficial gut bacteria and promote the growth of the fungus *Candida Albicans*.

Gut bacteria do the lion's share of enzymatically destroying toxins in the small intestine, as well as providing co-factors that allow absorption of essential nutrients from the food. When they are reduced, intestinal toxins accumulate and malnourishment follows. When *Candida* is allowed to proliferate, caustic aldehydes are released from the fungus irritating and shrinking small intestine epithelium, allowing absorption of the accumulating toxins. The results are catastrophic, causing a weakened immune system with an inability to effectively fight common infections.

An Extremely Effective, Simple Treatment for Colds and Flu

Even though the names of devastating flu are often Asian in character, and China has been credited or blamed with the development of some of the most deadly flu epidemics in the world, the Chinese - through effective acupuncture approaches - have had a major impact in altering the extreme symptomatology that accompanies both the flu and the common cold.

The following illustrated acupuncture approach is extremely effective in not only alleviating the symptoms associated with cold or flu but, if used early enough, may potentially prevent the symptoms and condition from developing at all. All the points shown may be stimulated with noninvasive stimulation devices such as the teishen, electronic stimulation or laser, in addition to needles. One of the most effective approaches to successful treatment is to copy the images below and provide them for your patients for self-stimulation of the points throughout the day. Remember, this may be one of the most powerful effects for cold and flu you will ever learn.

INSOMNIA

CV 4 6 12

P 6 7

GB 17 20 41 44

GV 4 18 19 20 24

GV 4 18 19 20 24

HT 6 7
KI 1 6 24
LI 1 4
LU 9 10
LV 2 10
SI 3
SP 1 2 6 9
ST 12 27 36 40 45
TW 16
BL 13 15 18 20 21 23 26 30 39 42 62

JAW (LOCK JAW)

CV 24
GB 7
GV 20
LI 4 19
ST 5 6 7 44
TW 6 17 22

KIDNEY STONES

GB 26 34
KI 3
SP 6
ST 36
BL 22 23 24 25 26 27 46 47

KNEE INFLAMMATION

GB 31 33 34 39
GV 3
KI 10
SP 9
BL 54 56

KNEE PAIN

GB 30 33 34 39
GV 12 14
KI 1 10
LV 4 7 8
SI 2
SP 9 10
ST 33 34 35 36
BL 53 54

LEG PAIN

GB 28 29 30 31 34 37 39 40 41

KI 2 8 10

LV 9 11

SP 6 9 10

ST 31 32 38

BL 49 54 56 57 58 62 63 64 65

LIVER CIRRHOSIS

LV 3 9 14

SP 10

ST 36

BL 18 19 20 23 24 25

LOW BACK PAIN

GB 25 26 27 28 29 30 34

GV 1 2 3 4 5 6 7 8 9

KI 3 7

LV 2 3 4 9 11 13

SI 3

SP 2 3 8

ST 31 36 37

BL 13 18 22 23 25 26 30 31 32 33 34 35 49 51 54 55 60 62 63 64 65

LOW BACK SPRAIN

GB 34

KI 9

LV 6

SP 8 9

BL 23 24 25 50 51 55

The Treatment of Chronic Pain

The American public has been emotionally and physically traumatized due to announcements of the FDA concerning the devastating health effects discovered in a number of prescription pain medications of the COX-2 inhibitors to include the most popular pain drugs on the market.

With Vioxx, Bextra, Celebrex, Aleve and Naprosyn being named in specific consumer health advisories and warnings to medical physicians to stop prescribing, millions of Americans who have relied heavily on these drugs to ease their pain and affect their lifestyle are now wondering what their future holds and where can they go and what can they do to ease their chronic pain.

Acupuncture is without question one of the most powerful pain altering modalities in the world, its reputation for pain relief is known and respected internationally. It may be successfully

practiced with a variety of procedures other than needles to include laser, electronic and non-invasive stimulation devices for those who are needle phobic and would not consider acupuncture otherwise.

MENSTRUATION (IRREGULAR CYCLE)

CV 1 2 3 4 5 6 7

GB 26 34 41

GV 2

KI 2 3 5 6 8 13 14 15

LV 1 2 5 9 11

SP 1 6 9 10

ST 25 30 36

BL 18 23 31 32 33 34

Treating Menstrual Disorders with Plum Flower Products

In the Classical and Traditional labels, Plum Flower offers five classical formulas for treating common menstrual conditions. We can look at them according to the conditions that are treated.

PREMENSTRUAL SYNDROME. The main symptoms of premenstrual Syndrome (PMS) are irritability, breast distension, headache, and lower abdominal swelling. The severity of one's PMS can be assuaged by how many of these symptoms manifest, and for how many days prior to the period. For example, a woman with two or three of these symptoms who has PMS for ten to fourteen days has a more severe case than a woman with one symptom for three days. The cause of three of the symptoms (irritability, breast distension and headache) is due to liver qi stagnation. The fourth, lower abdomen distension, also involves deficiency of kidney qi.

MENORRHAGIA

CV 3 4 5 6

HT 1 8

KI 2 10

LV 1 2 3 6

SP 1 2 6 8

ST 10 12 36

TW 3

BL 23 54

MULTIPLE SCLEROSIS

GB 41

GV 12

HT 1

LV 3 5

SP 10

ST 43

MUSCULAR DYSTOPHY

CV 4 6 12

P 6

GB 34 35

GV 4

KI 27

LV 8 13 14

SI 3

SP 6

ST 25 36

BL 20 21 22 25 54 57 60

NAUSEA

CV 12

P 4 6

GB 14

HT 4

LU 4 9 5

LV 3 13

SP 1

ST 18 24 36

TW 5 7

BL 19 21

NECK PAIN

GB 4 20 21 36 39 40

GV 13 14 16

LI 4 11

LU 7

SI **3** 6 13 14 15

ST 5

TW 5 10 15 17

NECK SPRAIN

GB 20

SI **3** 14

TW 10 16

BL 12 64

NECK STIFFNESS

GB 7 13 19 20 21 36 39

GV 10 14 15 16 18 19

HT 3

LI 1 11

LU 7

SI 3 4 5 7 14 15 16 19

ST 6 11

TW 5 10 12 15 16

BL 1 2 4 10 11 12 64 65 66

OBESITY

GB 34

LI 4

LV 3

SP 6

ST 36

OTITIS EXTERNA

GB 2

LI 1 4 11

SI 19

ST 7

TW 3 22

OTITIS MEDIA

GB 2 3 12 20 21 41

LI 4 11

SI 14 15 17 19

ST 6 7 36

TW 5 17 19 21

PARKINSON'S DISEASE

CV 4

GB 20

GV 4 12 20

SI 3

PNEUMONIA

CV 12 17 22

GV 12 14

KI 24 25 26 27

LI 4 10 11 13

LU 1 5 6 7 9

LV 14

SI 14
ST 13 14 15 16 36
TW 5 6
BL 11 12 13 14 15 20 23 36 37 38

PROSTATITIS

CV 3 4
GV 4
SP 6 9
ST 36
BL 23 28 47

PSORIASIS

P 6
LI 4 11 15
LV 3
SP 6 10
ST 25
BL 25

RECTAL PROLAPSE

CV 2 3 4 8
P 6
GB 20
GV 1 2 4 20
KI 1 5 15
SP 4 6 9 12
ST 15 25 26 36
TW 1 3 7
BL 22 23 24 25 31 32 33 34 57 58

SCAPULA PAIN

SI 8 9 10 11 13 14
TW 15

SCIATICA

GB 25 **30** 31 32 33 34 35 36 37 38 39 40
GV 3 4
KI 4
LV 4
SP 2 4 **6** 9
ST 31 36
BL **23 24 25 26 27** 28 29 30 **31 32 33 34** 35 36 37 38 48 49 **50 51 53 54** 57 58 **60** 64

SHOULDER PAIN

GB 4 20 21 29 30
HT 2
LI 11 14 15 16
LU 2
SI 3 6 8 9 10 11 12 13 14
ST 32 38
TW 3 6 10 13 14 15 16
BL 10 21 37

STOMACH ACHE

CV 9
P 5
GV 8
KI 18
LU 1
SP 2 3 4 5
ST 19 20 21 36

STROKE

CV 12 24
P 5 6 9
GB 12 15 20 21 30 34 39
GV 12 15 16 20 26
HT 9
LI 1 4 9 10 11
LU 10 11
LV 2
ST 36
TW 10
BL 10 18 25 54 62

SYNCOPE

CV 8
GB 43
GV 20 26
HT 3 9
LU 11
LV 1
SI 3 5
ST 36 45
BL 3 38 58

TACHYCARDIA

GB 20
HT 3 7
KI 25
SI 14
SP 19
ST 36
BL 10 11 12 38

THIGH PAIN

GB **30**
LV 11
SP 5
ST 32
BL 51

THROAT SORENESS

CV 22
KI 1 2 3 6
LI 1 2 3 4 11 17 18
LU 5 6 7 8 9 10 11
LV 3
SI 17 19
ST 9 10 11 12
TW 1 2 3 6
BL 11 15 54

TINNITUS

GB 2 4 10 11 12 20 21 42
GV 4 20
LI 4 5 6
SI 2 3 4 5 9 16 17
ST 36 44
TW 1 2 3 5 17 18 19 21 22
BL 8

TOOTH ACHE

CV 24
GB 2 4 5 6 10 12 17
GV 16 26
KI 6
LI 1 **4** 6 10 11

LV 2 3

ST 6 36 42 **44**

TW 5 17

LI 4 specific for lower jaw

ST 44 specific for upper jaw

TRIGEMINAL NEURALGIA

CV 24

GB 1 11 14 20 41

LI 4 11 20

LU 7

LV 3

SI 4 8 18

ST 1 2 3 4 5 6 7 8 36 40 44

BL 2

TRISMUS (LOCKJAW)

CV 24

GB 7

GV 20

LI 4 19

ST 5 6 7 44

TW 6 17 22

ULCER (GASTRIC)

CV 10 12 13 14

P 6 8

HT 5 7

LI 4 13

LU 5

SP 1

ST 36 38

TW 6

BL 17 18 19 20 22 23 25 38 44 45

UTERUS PROLAPSE

CV 1 6

GV 20

KI 1 2 3 11

LV 8 12

SP 6

ST 36

BL 31 32

VENERIAL DZ (GONORRHEA)

CV 1 2 3 4

KI 4 7 8 9 10 12 18

LV 1 4

SP 6 11 12 15

ST 25 31

BL 22 24 26 27 28 31 32 33 34 35 48 57 61

VERTIGO

CV 4 6 12

P 1 6 7

GB 3 4 8 13 15 16 17 20 21 34 41 43

GV 16 18 19 20 21 22 23 24 **26**

HT 3 5 6 7

KI 1 3

LI 1 2 4

LU 3 10

LV 2 3

SI 3 7 15

SP 6

ST 2 7 36 40 41

TW 2 3 12 23

BL 1 2 5 6 8 9 10 11 15 16 17 18 20 23 40 58 60 62 65 66 67

VOMITING DUE TO PREGNANCY

CV 22

P 6

KI 21

ST 36

BL 17

WRITERS' CRAMP

P 5 8

LI 3 4 5 11

LU 6 7 9 10 11

SI 4 6

TW 4 6

Treating Traumatic Injury and Pain with Plum Flower Products

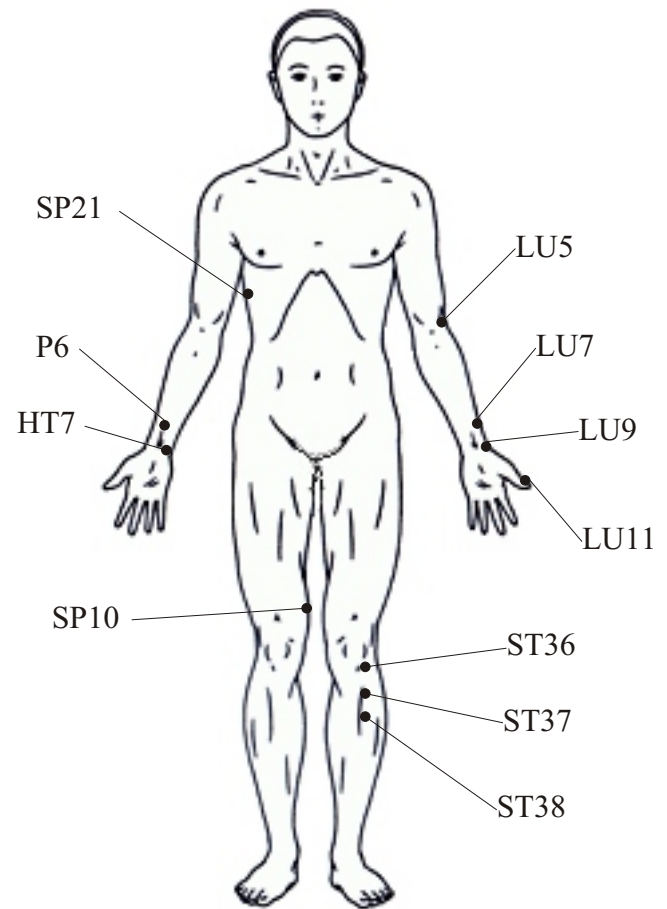
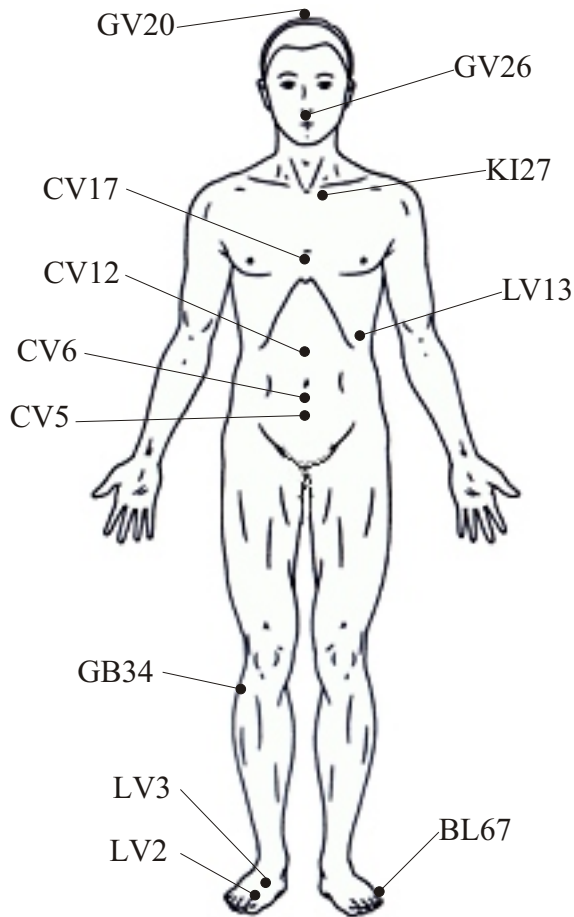
Chinese herbal formulas for traumatic injury have their origins in a subspecialty of Chinese medicine called *die da yao*, literally trauma medicine, and sometimes translated as hit medicine.

This subspecialty developed in the martial arts schools and the military, both as medicines for injuries due to training, or injuries sustained in actual combat. They have an impressive clinical history dating back at least 2500 years.

These formulas use herbs that invigorate blood and break stasis, move qi and warm the channels. Unlike Western therapies which ice and immobilizes sites of injuries, the Chinese approach of moving qi and invigorating blood allows the qi and blood to flow in an unimpeded way, allowing an injury to heal quickly while overall pain is reduced.

CARDINAL POINTS OF ACUPUNCTURE

“Lazy Man’s Acupuncture”



Endocrine System: CV5 Shimen - On the midline, 2 cun inferior to the umbilicus.

Whole Body Weakness/Pain: SP21 Dabao - On the midaxillary line, 6 cun inferior to the anterior axillary crease. Midway between the axilla and the free end of the eleventh rib.

All Cerebral Disorders: GB20 Fengchi - In the depression created between the origins of the Sternocleidomastoid and Trapezius muscles, at the junction of the occipital and nuchal regions. Lateral and level with GV16.

Memory, Mental & Cerebral: GV20 Baihui - 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, midway on a line connecting the apex of both ears.

Neurological Confusion: KI27 Shufu - In depression on lower border of clavicle, 2 cun lateral to the midline.

Anxiety with Palpitations: HT7 Shenmen - On the ulnar end of the transverse crease of the wrist, in the small depression between the pisiform and ulna bones.

Sympathetic Nervous System: GV20 Baihui - 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, midway on a line connecting the apex of both ears.

Parasympathetic Nervous System: ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.
SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia.

Lymphatics: LV2 Xingjian - On dorsum of the foot between the 1st and 2nd toes, proximal to the margin of the web at the junction of the red and white skin.

Malpositioned Fetus: BL67 Zhiyin - 0.1 cun posterior to the corner of the nail on the lateral side of the small toe.

Bones: BL11 Dazhu - 1.5 cun lateral to GV13 level with the spinous process of T1. (from the midline to the medial border of the scapula is considered 3 cun)

Bone Marrow: GB39 Xuanzhong - 3 cun above the tip of the lateral malleolus in a depression between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles.

Blood & Blood Chemistries: BL17 Geshu - 1.5 cun lateral to GV9 level with the spinous process of T7.

Blood Sugars (Diabetes): SP10 Xuehai - With the knee in flexion, 2 cun superior to the superior border of the patella, on the bulge of the medial portion of the quadriceps femoris muscle.

Blood Vessels: LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.

Master Associated Point: KI27 Shufu - In depression on lower border of clavicle, 2 cun lateral to the midline.

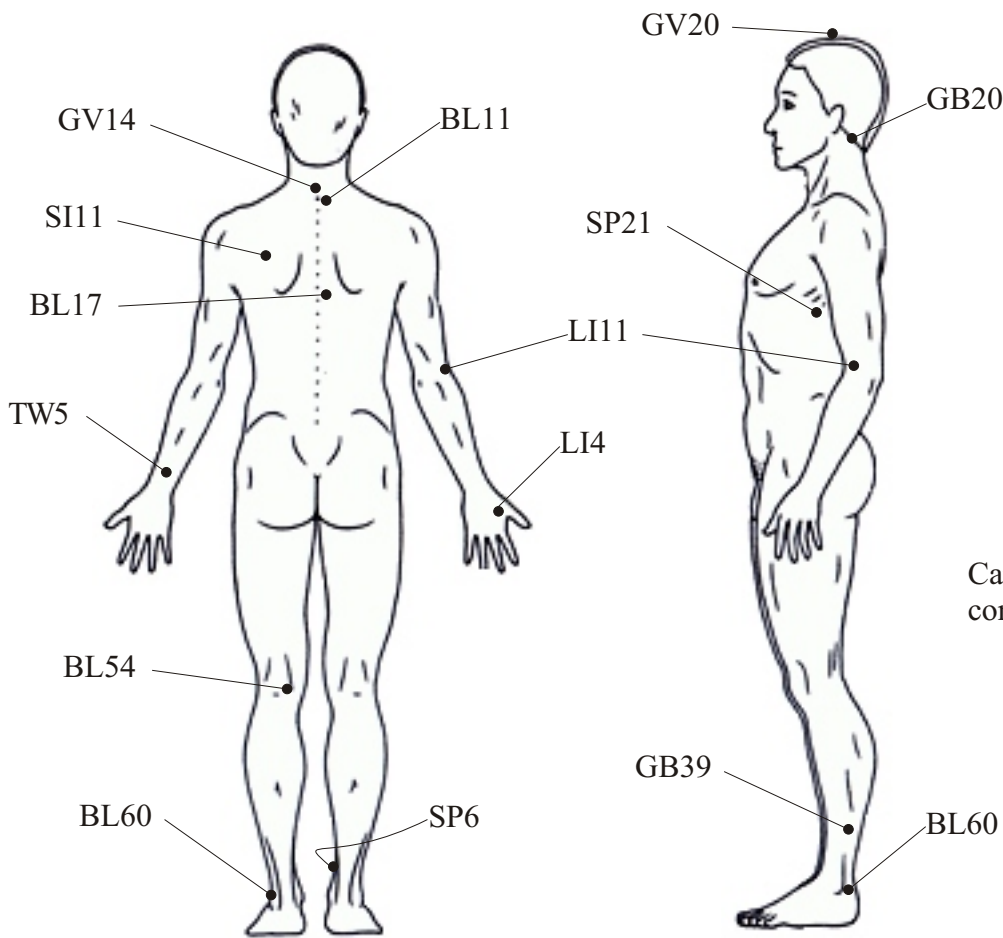
Master Lou Point: SP21 Dabao - On the midaxillary line, 6 cun inferior to the anterior axillary crease. Midway between the axilla and the free end of the eleventh rib.

Master Hourly Point: ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

Unconsciousness: GV26 Renzhong - At junction of the upper and middle third of philtrum.

Obesity: GV26 Renzhong - At junction of the upper and middle third of philtrum.

Center of Respiration: CV17 Shanzhong - On the midline level with the 4th intercostal space midway between the nipples.



Meridians

Lung LU
 Large Intestine LI
 Stomach ST
 Spleen SP
 Heart HT
 Small Intestine SI
 Urinary Bladder BL
 Kidney KI
 Pericardium P
 Triple Warmer or Sanjiao TW
 Gall Bladder GB
 Liver LV
 Governing Vessel GV
 Conception Vessel CV

Cardinal Points are specific for a condition, function or area of the body.

Face & Head: LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.

Neck: LU7 Lieque - 1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.

Chest & Respiration: PC6 Neiguan - 2 cun above the transverse crease of the wrist PC7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

Respiratory System: LU5 Chize - On the cubital crease, in the depression lateral to biceps brachii tendon.

Shoulder: ST38 Tiaokou - 5 cun below ST36 one finger width lateral from the anterior crest of the tibia.

Scapula: SI11 Tianzong - In the depression of the infrascapular fossa, one-third the distance between the lower border of the scapular spine and the inferior angle of the scapula, approximately level with T4 spinous process.

Arm: LI11 Quchi - With a bent elbow, the point lies in the depression at the lateral end of the transverse cubital crease, midway between LU5 and the lateral epicondyle of the humerus.

Hand: TW5 Waiguan - On the dorsum of the forearm, 2 cun above TW4 between the radius and the ulna.

Ear: TW5 Waiguan - On the dorsum of the forearm, 2 cun above TW4 between the radius and the ulna.

Skin: GV20 Baihui - 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, midway on a line connecting the apex of both ears.

LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.

LU11 Shaoshang - 0.1 cun posterior to the nail on the radial side of the nail of the thumb.

Upper Abdomen: ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.
 CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus.

Lower Abdomen: SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia.
 CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus.

Master Energetical: ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

Increase Energy: CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus.
 ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

General Excess (Energy): GV14 Dazhui - Below the spinous process of C7.

Low back, Sacrum & Leg: BL54 Weizhong (AKABL40) - Midpoint of the transverse crease of the popliteal fossa between the biceps femoris and semitendinosus tendons.

Upper Back, Leg & Foot: BL60 Kunlun - In a depression between the tip of the lateral malleolus and the achilles tendon.

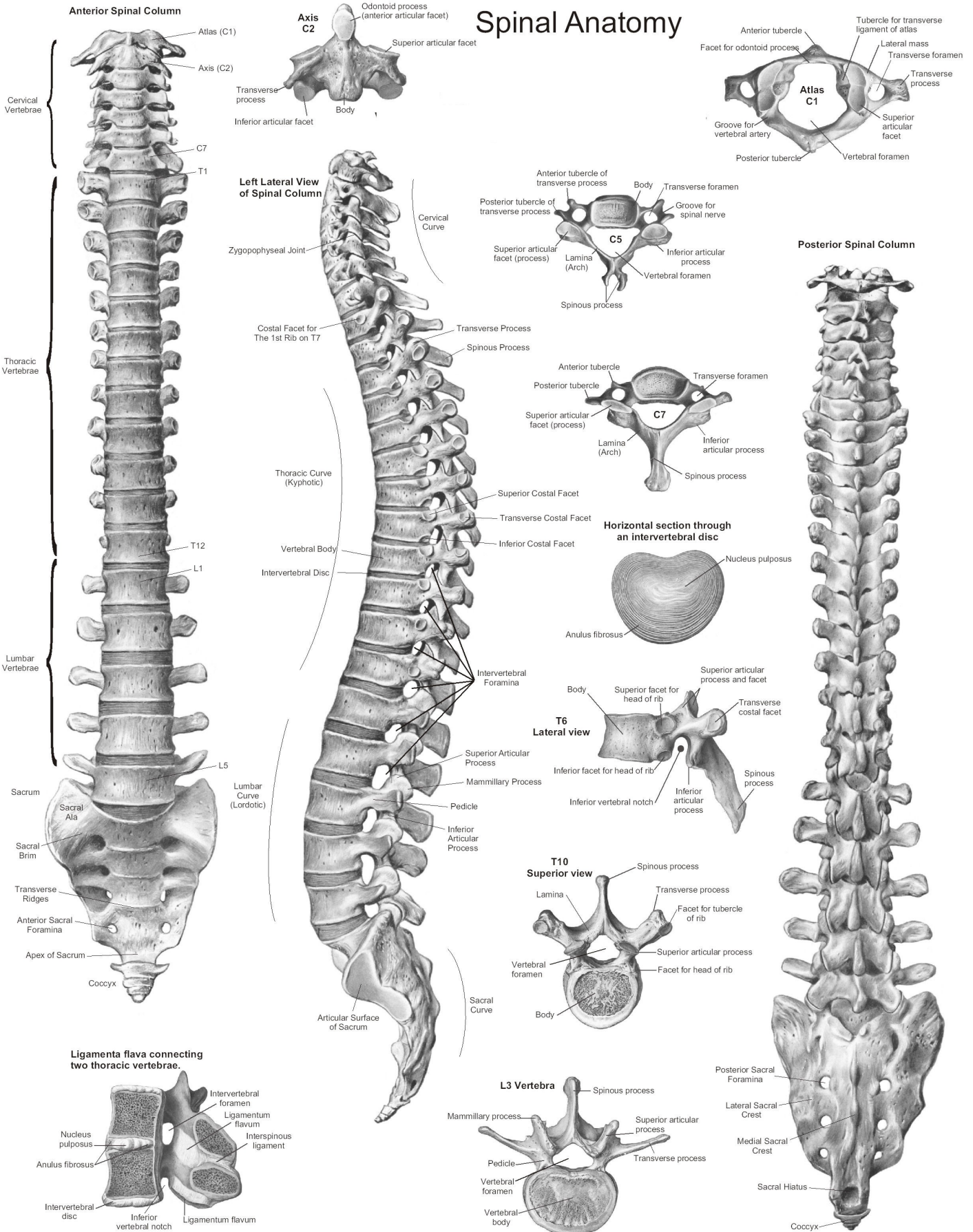
Nervous System: LV3 Taichong - On dorsum of the foot in a depression distal to the junction of the 1st and 2nd metatarsal bones.

Muscles & Tendons: GB34 Yanglingquan - In a depression anterior and inferior to the head of the fibula.

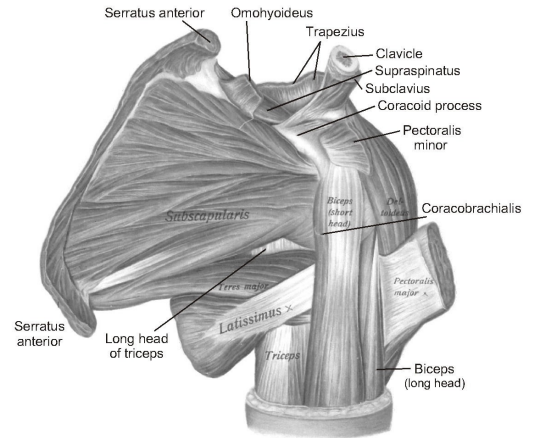
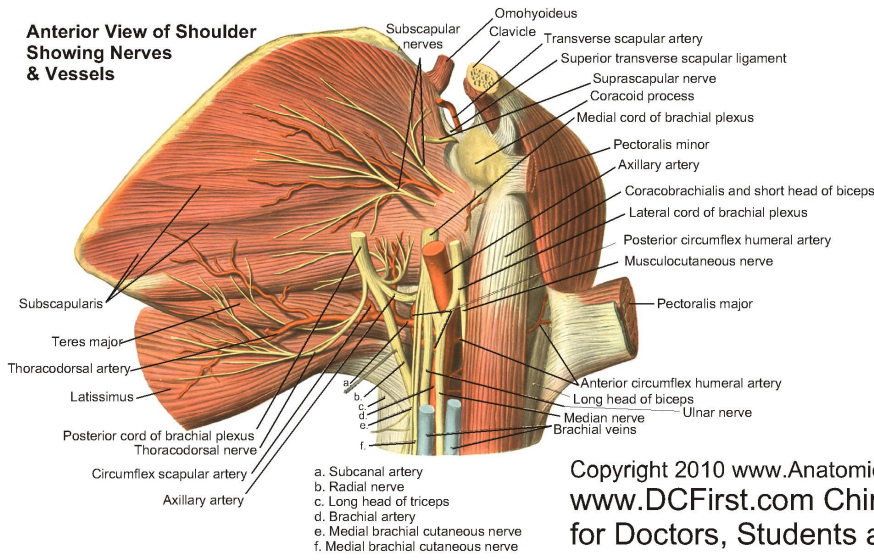
Yang Organs: CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus.

Yin Organs: LV13 Zhangmen - On the lateral side of the abdomen below the free end of the 11th rib.

Spinal Anatomy

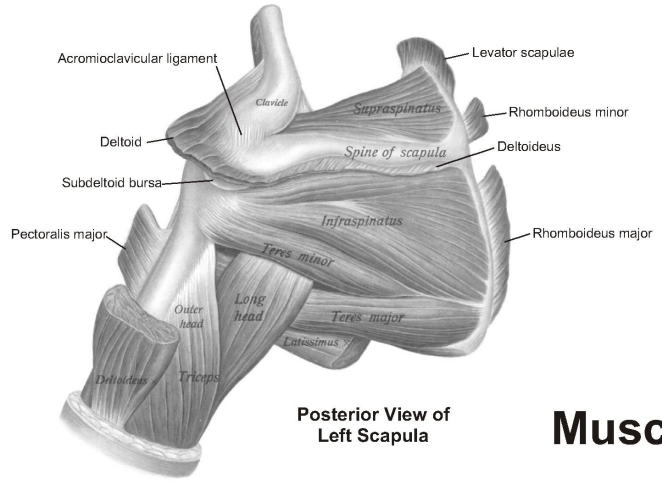


Anterior View of Shoulder Showing Nerves & Vessels

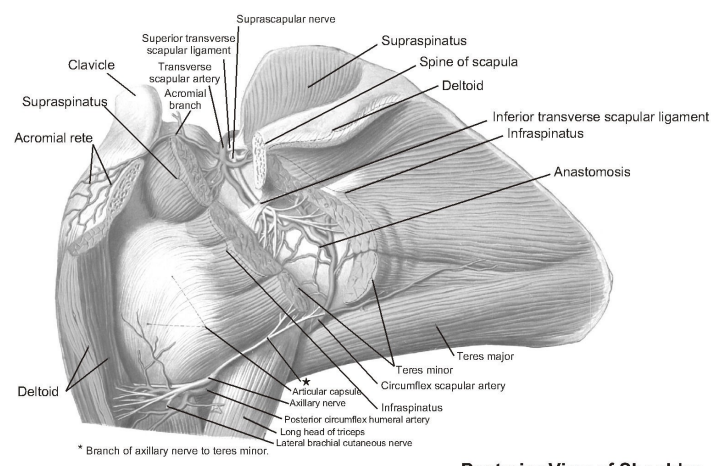


Anterior View of Left Scapula

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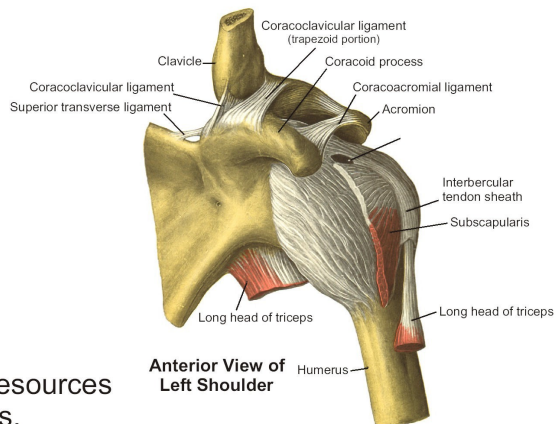
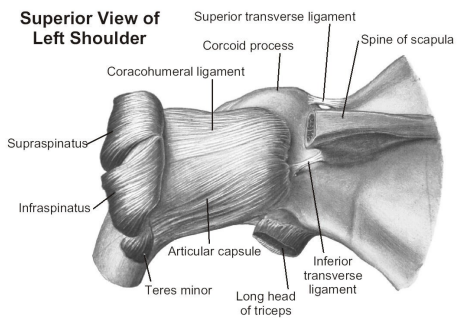


Posterior View of Left Scapula

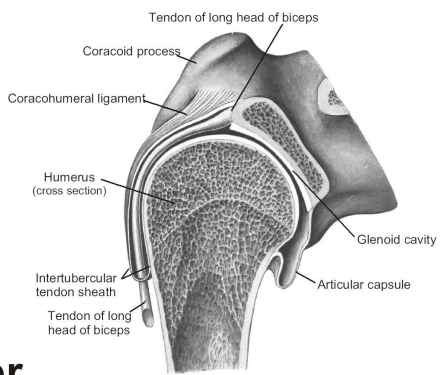
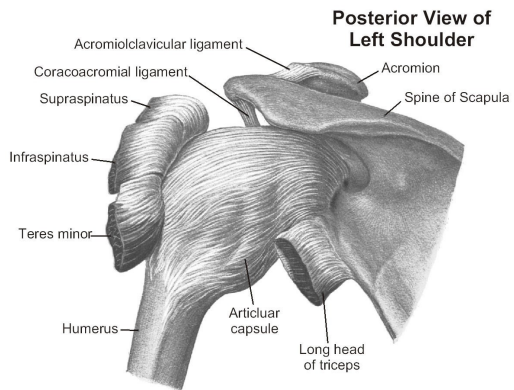


Posterior View of Shoulder Showing Nerves & Vessels

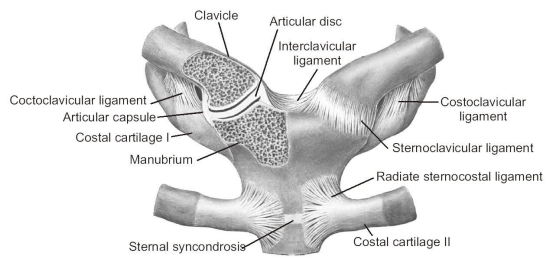
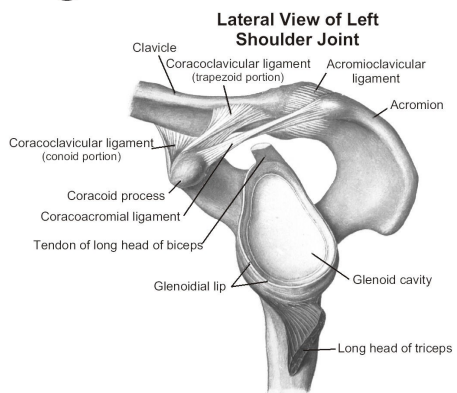
Muscles of the Shoulder



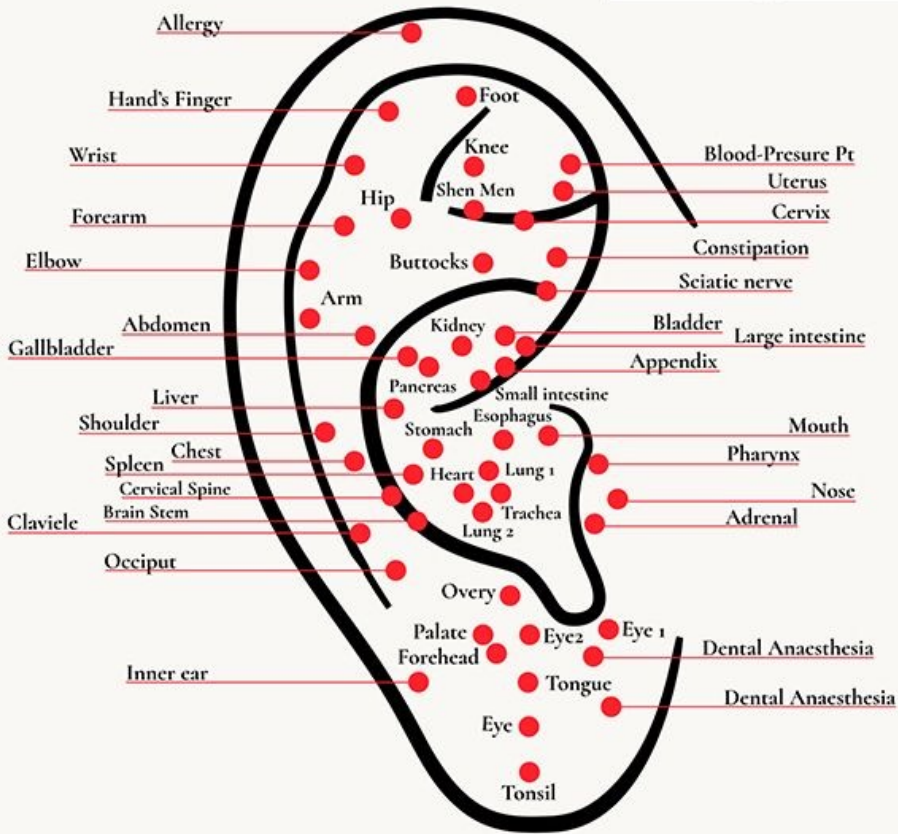
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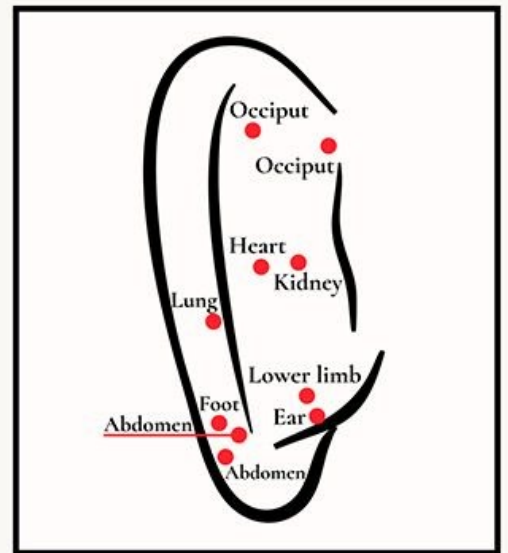
Ligaments of the Shoulder



Acupuncture points on the ear



Back View



Orthopedic Acupuncture Points

Neck Pain and Headaches

1. LI-4 (Hegu): Located on the back of the hand between the thumb and index finger. It is known for its pain-relieving properties and is commonly used for headaches and neck pain.
2. GB-20 (Fengchi): Located at the base of the skull in the hollows on either side of the neck. It is often used for relieving headaches, neck tension, and migraines.
3. BL-10 (Tianzhu): Located at the midpoint of the back of the neck, at the base of the skull. It is frequently used for neck pain, stiffness, and tension.
4. GB-21 (Jianjing): Located on the top of the shoulders, halfway between the base of the neck and the edge of the shoulder. It is commonly used for relieving neck and shoulder tension, as well as headaches.
5. LI-11 (Quchi): Located at the outer end of the elbow crease. It is known for its anti-inflammatory properties and is often used for various types of pain, including neck pain.
6. SI-3 (Houxi): Located on the back of the hand, in the depression just behind the knuckles of the little and ring fingers. It is commonly used for neck and shoulder pain, as well as headaches.
7. SJ-5 (Waiguan): Located on the outer aspect of the forearm, about two finger widths above the wrist crease. It is often used for relieving neck and shoulder pain, as well as headaches.
8. EX-HN3 (Yintang): Located between the eyebrows, at the midpoint of the forehead. It is commonly used for various types of headaches, including tension headaches and migraines.

Mid Back Pain

1. BL-13 (Feishu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the third and fourth thoracic vertebrae. It is commonly used for mid back pain and respiratory conditions.
2. BL-14 (Jueyinshu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the fourth and fifth thoracic vertebrae. It is often used for mid back pain, chest tightness, and emotional imbalances.
3. BL-15 (Xinshu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the fifth and sixth thoracic vertebrae. It is frequently used for mid back pain, anxiety, and heart-related conditions.
4. BL-17 (Geshu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the seventh and eighth thoracic vertebrae. It is commonly used for mid back pain, blood-related conditions, and immune system support.
5. BL-18 (Ganshu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the ninth and tenth thoracic vertebrae. It is often used for mid back pain and liver-related conditions.
6. BL-19 (Danshu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the tenth and eleventh thoracic vertebrae. It is frequently used for mid back pain and gallbladder-related conditions.
7. BL-20 (Pishu): Located on the back, at the level of the lower border of the shoulder blade, between the spinous processes of the eleventh and twelfth thoracic vertebrae. It is commonly used for mid back pain and digestive system support.
8. GB-21 (Jianjing): Located on the top of the shoulders, halfway between the base of the neck and the edge of the shoulder. It is often used for relieving mid back and shoulder tension, as well as headaches.

Low Back Pain

1. BL-23 (Shenshu): Located on the lower back, at the level of the second lumbar vertebra. It is one of the most used acupuncture points for low back pain.
2. BL-25 (Dachangshu): Located on the lower back, at the level of the fourth lumbar vertebra. It is often used for low back pain, constipation, and other digestive issues.
3. BL-26 (Guanmen): Located on the lower back, below the spinous process of the fifth lumbar vertebra. It is frequently used for low back pain, urinary issues, and reproductive system disorders.
4. BL-40 (Weizhong): Located in the middle of the crease behind the knee, between the two tendons. It is commonly used for low back pain, knee pain, and sciatica.
5. GB-30 (Huantiao): Located on the side of the hip, in the depression below the hip joint. It is often used for low back pain, hip pain, and sciatica.
6. GB-34 (Yanglingquan): Located in the depression in front of and below the head of the fibula. It is frequently used for low back pain, knee pain, and leg issues.
7. GB-39 (Xuanzhong): Located in the hollow between the external malleolus and the Achilles tendon. It is commonly used for low back pain, ankle pain, and foot issues.
8. GV-3 (Yaoyangguan): Located in the midline of the lower back, between the spinous processes of the fourth and fifth lumbar vertebrae. It is often used for low back pain, stiffness, and muscle tension.

Sciatica

1. BL-23 (Shenshu): Located on the lower back, at the level of the second lumbar vertebra. It is commonly used for low back pain and sciatica.
2. BL-24 (Qihaihu): Located on the lower back, at the level of the third lumbar vertebra. It is often used for sciatica, as well as bladder and kidney issues.

3. BL-25 (Dachangshu): Located on the lower back, at the level of the fourth lumbar vertebra. It is frequently used for low back pain, sciatica, and digestive issues.
4. GB-30 (Huantiao): Located on the side of the hip, in the depression below the hip joint. It is commonly used for sciatica, hip pain, and lower limb issues.
5. GB-34 (Yanglingquan): Located in the depression in front of and below the head of the fibula. It is often used for sciatica, knee pain, and leg issues.
6. GB-41 (Zulinqi): Located on the top of the foot, in the depression between the fourth and fifth metatarsal bones. It is commonly used for sciatica, ankle pain, and foot issues.
7. BL-54 (Zhibian): Located in the center of the crease behind the knee, between the tendons. It is frequently used for sciatica and knee pain.
8. BL-40 (Weizhong): Located in the middle of the crease behind the knee, between the two tendons. It is commonly used for sciatica, low back pain, and leg issues.

Shoulder Pain

1. LI-15 (Jianyu): Located on the upper arm, in the depression between the shoulder and the biceps muscle. It is commonly used for shoulder pain, stiffness, and range of motion issues.
2. LI-16 (Jugu): Located on the upper arm, on the shoulder muscle, about 3 finger widths above the elbow crease. It is often used for shoulder pain, frozen shoulder, and rotator cuff injuries.
3. SI-10 (Nao Shu): Located on the back of the shoulder, in the depression between the shoulder blade (scapula) and the spine. It is commonly used for shoulder pain, tension, and restricted movement.
4. GB-21 (Jianjing): Located on the top of the shoulders, halfway between the base of the neck and the edge of the shoulder. It is often used for shoulder pain, tension, and headaches.

5. LI-14 (Binao): Located on the upper arm, in the depression just above the elbow crease, on the outer side of the biceps tendon. It is frequently used for shoulder pain, especially when it radiates down the arm.

6. GB-20 (Fengchi): Located at the base of the skull, in the hollows on either side of the neck. It is often used for neck and shoulder tension, headaches, and shoulder pain.

7. TH-14 (Jianliao): Located on the upper arm, on the shoulder muscle, about 3 finger widths below the shoulder joint. It is commonly used for shoulder pain, frozen shoulder, and rotator cuff injuries.

8. LI-11 (Quchi): Located at the outer end of the elbow crease. It is known for its anti-inflammatory properties and is often used for various types of pain, including shoulder pain.

Elbow Pain

1. LI-10 (Shousanli): Located on the forearm, on the crease of the elbow, in the depression on the outer side of the tendon of the biceps muscle. It is commonly used for elbow pain, tennis elbow, and golfer's elbow.

2. LI-11 (Quchi): Located at the outer end of the elbow crease. It is a widely used acupuncture point for various types of pain, including elbow pain.

3. TE-5 (Waiguan): Located on the forearm, on the crease of the wrist, on the outer side of the tendon of the extensor carpi ulnaris muscle. It is often used for elbow pain, tennis elbow, and wrist pain.

4. LI-4 (Hegu): Located on the back of the hand, between the thumb and index finger, in the fleshy webbing. It is known for its pain-relieving properties and can be used for various types of pain, including elbow pain.

5. PC-3 (Quze): Located on the inner side of the elbow crease, in the depression just above the elbow joint. It is frequently used for elbow pain and can help with conditions like golfer's elbow.

6. LU-5 (Chize): Located on the forearm, on the crease of the wrist, on the radial side of the tendon of the extensor digitorum muscle. It is often used for elbow pain, tennis elbow, and wrist issues.

7. SJ-5 (Waiguan): Located on the outer aspect of the forearm, about two finger widths above the wrist crease. It is commonly used for elbow pain, tennis elbow, and wrist pain.

8. GB-34 (Yanglingquan): Located in the depression in front of and below the head of the fibula. It is often used for elbow pain, knee pain, and leg issues, as well as conditions involving the tendons and ligaments.

Wrist Pain

Acupuncture can be beneficial for relieving wrist pain caused by conditions such as carpal tunnel syndrome, tendonitis, sprains, or other injuries. Here are some commonly used acupuncture points for wrist pain:

1. LI-4 (Hegu): Located on the back of the hand, between the thumb and index finger, in the fleshy webbing. It is one of the most commonly used acupuncture points for pain relief and can be effective for wrist pain.

2. PC-6 (Neiguan): Located on the inner side of the forearm, about three finger widths above the wrist crease, between the tendons. It is often used for wrist pain, including carpal tunnel syndrome, and can help with overall pain relief.

3. TE-5 (Waiguan): Located on the forearm, on the crease of the wrist, on the outer side of the tendon of the extensor carpi ulnaris muscle. It is frequently used for wrist pain, including conditions like carpal tunnel syndrome and tendonitis.

4. LI-5 (Yangxi): Located on the back of the wrist, in the depression between the tendons of the extensor pollicis longus and brevis muscles. It is commonly used for wrist pain, including conditions affecting the thumb and wrist joint.

5. SJ-4 (Yangchi): Located on the back of the hand, in the depression between the tendons of the fourth and fifth fingers. It is often used for wrist pain, including conditions affecting the pinky finger and wrist joint.

6. LU-9 (Taiyuan): Located on the wrist crease, on the radial side of the radial artery. It is commonly used for wrist pain and can help with conditions affecting the lungs and respiratory system.

7. HT-7 (Shenmen): Located on the wrist crease, on the ulnar side of the flexor carpi ulnaris tendon. It is frequently used for wrist pain and can help with conditions affecting the heart and emotional well-being.

8. SP-9 (Yinlingquan): Located on the lower leg, about three finger widths above the inner ankle bone. It is often used for wrist pain, including conditions related to dampness and fluid retention.

Hip Pain

Acupuncture can be beneficial for relieving hip pain caused by conditions such as hip arthritis, bursitis, muscle strain, or other injuries. Here are some commonly used acupuncture points for hip pain:

1. GB-30 (Huantiao): Located on the side of the hip, in the depression below the hip joint. It is one of the most commonly used acupuncture points for hip pain and hip-related conditions.

2. GB-29 (Juliao): Located on the side of the hip, in the depression between the greater trochanter (bony prominence) of the femur and the iliac crest. It is often used for hip pain, hip joint issues, and muscle tension in the hip area.

3. BL-54 (Zhibian): Located in the center of the crease behind the knee, between the tendons. It is frequently used for hip pain, as well as lower back pain and sciatica.

4. BL-30 (Baihuanshu): Located in the sacral area, in the depression on the lower back, about two finger widths above the buttock crease. It is commonly used for hip pain, sciatica, and lower back pain.

5. SP-6 (Sanyinjiao): Located on the inside of the leg, about four finger widths above the inner ankle bone. It is often used for hip pain, as well as issues related to the lower abdomen and reproductive system.

6. LI-11 (Quchi): Located at the outer end of the elbow crease. It is known for its anti-inflammatory properties and can be used for various types of pain, including hip pain.

7. LV-3 (Taichong): Located on the top of the foot, in the depression between the first and second metatarsal bones. It is commonly used for hip pain, as well as issues related to the liver and lower limb.

8. ST-36 (Zusanli): Located on the lower leg, about four finger widths below the kneecap and one finger width outside the shin bone. It is frequently used for hip pain, general pain relief, and promoting overall health.

Knee Pain

1. ST-36 (Zusanli): Located on the lower leg, about four finger widths below the kneecap and one finger width outside the shin bone. It is one of the most used acupuncture points for knee pain and is believed to have a general analgesic effect.

2. SP-9 (Yinlingquan): Located on the lower leg, about three finger widths above the inner ankle bone. It is often used for knee pain, swelling, and conditions related to the spleen and dampness.

3. GB-34 (Yanglingquan): Located in the depression in front of and below the head of the fibula. It is frequently used for knee pain, knee stiffness, and conditions affecting the tendons and ligaments.

4. EX-LE4 (Neixiyan): Located on the lower leg, about three finger widths below the kneecap and one finger width outside the shin bone. It is commonly used for knee pain, swelling, and issues related to the muscles and tendons around the knee.

5. ST-35 (Dubi): Located on the lower leg, just below the kneecap, in the depression between the tibia and the fibula. It is often used for knee pain, stiffness, and conditions affecting the patella.

6. SP-10 (Xuehai): Located on the inner thigh, about two finger widths above the inner knee crease. It is frequently used for knee pain, menstrual issues, and conditions related to blood stagnation.

7. BL-40 (Weizhong): Located in the middle of the crease behind the knee, between the two tendons. It is commonly used for knee pain, stiffness, and conditions affecting the muscles and tendons around the knee.

8. GB-33 (Xiyangguan): Located on the outside of the lower leg, about three finger widths above the outer ankle bone. It is often used for knee pain, weakness, and conditions affecting the tendons and ligaments.

Ankle Pain

1. GB-40 (Qiu Xu): Located in the depression on the outside of the ankle, in front of the lateral malleolus. It is commonly used for ankle pain, ankle sprains, and issues related to the lower leg and foot.

2. SP-5 (Shangqiu): Located on the inside of the ankle, in the depression behind the medial malleolus. It is often used for ankle pain, ankle sprains, and conditions affecting the lower leg and foot.

3. KI-3 (Taixi): Located on the inside of the ankle, in the depression between the medial malleolus and the Achilles tendon. It is frequently used for ankle pain, ankle sprains, and related conditions.

4. ST-41 (Jiexi): Located on the top of the foot, in the depression between the second and third metatarsal bones. It is commonly used for ankle pain, foot issues, and pain in the lower leg.

5. LV-3 (Taichong): Located on the top of the foot, in the depression between the first and second metatarsal bones. It is often used for ankle pain, ankle sprains, and conditions affecting the lower leg and foot.

6. LI-4 (Hegu): Located on the back of the hand, between the thumb and index finger, in the fleshy webbing. It is known for its pain-relieving properties and can be used for ankle pain and related conditions.

7. BL-60 (Kunlun): Located in the depression between the Achilles tendon and the lateral malleolus. It is frequently used for ankle pain, ankle sprains, and conditions affecting the lower leg and foot.

8. BL-62 (Shenmai): Located on the outside of the ankle, in the depression just behind the lateral malleolus. It is commonly used for ankle pain, ankle sprains, and issues related to the lower leg and foot.

Foot Pain

1. KI-1 (Yongquan): Located on the sole of the foot, in the depression at the center of the heel. It is commonly used for foot pain, heel pain, and plantar fasciitis.

2. SP-3 (Taibai): Located on the inside of the foot, in the depression behind the base of the big toe. It is often used for foot pain, arch pain, and conditions affecting the inside of the foot.

3. ST-36 (Zusanli): Located on the lower leg, about four finger widths below the kneecap and one finger width outside the shin bone. It is frequently used for foot pain, general pain relief, and promoting overall health.

4. BL-60 (Kunlun): Located in the depression between the Achilles tendon and the lateral malleolus. It is commonly used for foot pain, ankle pain, and conditions affecting the lower leg and foot.

5. BL-67 (Zhiyin): Located on the outside of the little toe, at the corner of the nail bed. It is often used for foot pain, toe pain, and conditions affecting the outside of the foot.

6. GB-40 (Qiu Xu): Located in the depression on the outside of the ankle, in front of the lateral malleolus. It is frequently used for foot pain, ankle pain, and issues related to the lower leg and foot.

7. LV-3 (Taichong): Located on the top of the foot, in the depression between the first and second metatarsal bones. It is commonly used for foot pain, foot cramps, and conditions affecting the top of the foot.

8. KI-3 (Taixi): Located on the inside of the ankle, in the depression between the medial malleolus and the Achilles tendon. It is often used for foot pain, ankle pain, and conditions affecting the lower leg and foot.