

立竿见影

Acupuncture
1, 2, 3

Richard Teh-Fu Tan, O.M.D., L.A.C.

Acupuncture 1, 2, 3

Richard Teh-Fu Tan, O.M.D., L.Ac.

SAN DIEGO, CALIFORNIA

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Introduction



I have been watching how acupuncture is practiced in the Western world for more than two decades. During this time, I have realized that many practitioners do not see optimal results from their acupuncture treatments when I know they should. In traditional acupuncture training, the efficacy of the treatment is called “*Li Gan Jian Ying*” which translates as: “*Stand a pole under the sun, and you should immediately see its shadow.*” This means that the acupuncturist should have no doubt about the effectiveness of his treatment because the results are instantaneous.

I have spent countless hours investigating and researching why many acupuncturists have not achieved these desired results. How can we organize five thousand years of knowledge into a systemized fashion which allows modern practitioners to achieve the same results as ancient Chinese masters? This has been my greatest motivation for writing this book.

What is *ACUPUNCTURE 1, 2, 3*?

Acupuncture 1, 2, 3 means there are three important steps to follow in any treatment, whether it is an internal or external disorder. In this book, we will focus on external symptoms (pain). Symptoms of pain are often described as numbness, burning, throbbing, aching or stabbing sensations. This book does not focus on internal/biomedical problems such as gynecological disorders, digestive disorders and respiratory disorders. Some references are made to these diseases only if significant pain is present.

I hope every practitioner will think about these three important steps before each acupuncture treatment:

Step 1: Diagnose the Sick Meridian.

Step 2: Determine the Treating Meridians based on the Five Systems of the Balance Method

Step 3: Point Selection based on Step Two

From my fifteen years of teaching experience and countless years as a practitioner, I believe the most efficient way to train a good acupuncturist is to simplify the diagnostic and treatment methodology into what I call “*Acupuncture 1, 2, 3*”. The results, time and again are “*Li Gan Jian Ying*.” When giving your treatments, your goal is to stand the pole upright under the sun. When done correctly, your results will inevitably reveal the shadow.

Chapter One: The Acupuncture Way



Most acupuncturists trained today receive the majority of their education in Zang Fu diagnosis. For this reason, common diagnoses include Liver Qi stagnation, Spleen Qi Vacuity, Blood Deficiency, etc. These diagnoses prove most useful for herbal treatments. However, Meridian Theory has historically been used as the diagnostic tool for acupuncture treatments.

After years of studying with traditional masters and consulting historic texts, I firmly stand by the ancient system. Meridian diagnosis and treatment is the most effective acupuncture method, and therefore this is the only method I use in my practice. I have successfully treated thousands of patients in this way.

Due to an overwhelming demand by my apprentices and students, I now bring forth this knowledge worldwide in lectures and books. My goal is always to educate and help others to benefit from my experience and knowledge. This book provides a step-by-step guide to instruct practitioners on simple, yet amazingly effective treatments.

Before making a diagnosis using *Acupuncture 1, 2, 3*, one needs to be very familiar with Chinese anatomy. Here are some concepts to review:

Yang areas generally refer to body parts that are exposed more to the sun than Yin areas.

Tai Yang: The greater Yang region of the body, commonly meaning the posterior Yang area.

Yang Ming: The anterior portion of the Yang area.

Shao Yang: The minor Yang region of the body, lying between *Tai Yang* and *Yang Ming*.

Yin areas generally refer to body parts that are exposed less to the sun than Yang areas.

Tai Yin: The greater Yin region of the body, commonly meaning the anterior Yin area.

Shao Yin: The lesser Yin region of the body, commonly meaning the posterior Yin area.

Jue Yin: The Yin region, lying between *Tai Yin* and *Shao Yin*.

Step 1: Identify the Sick Meridian

Identifying the affected meridian is the most important step in obtaining precise and accurate results. To achieve this we still rely on the four traditional Chinese medical diagnostic methods: Inspection, Auscultation/Olfaction, Inquiry and Palpation (*Wang, Wen, Wen, and Qie*).

Wang (Inspection): The affected meridians are identified by observing swelling, color changes, atrophy, deformities, etc. Distinguishing where these changes occur in terms of Chinese anatomy helps make an accurate diagnosis.

Wen (Auscultation/Olfaction): Listening to the sound and the quality of the patient's voice (laughter, singing/whistling, weeping/wailing, groaning, shouting), and smelling their particular odor (scorched, fragrant, fishy, rotten or putrid, rancid).

Wen (Inquiry): Asking the patient to communicate where the pain is located and at what depth the pain occurs is very important in determining which meridians are involved.

Qie (Palpation): A powerful tool to identify the affected meridians. This is one of the most important diagnostic tools for diagnosing with *Acupuncture 1, 2, 3*.

In the clinic, ask the patient to use one finger to point to the painful area. Using one finger allows the practitioner to pinpoint the exact location of discomfort and make an accurate diagnosis. People use many different words to describe pain, including: sharp, dull, hollow, distended, burning, numb, radiating, itching, throbbing, tingling, cold or just plain uncomfortable. The pain may be located directly on a meridian, between meridians, or may cover two or more meridians. When a patient can show the practitioner an exact location, diagnosing the affected meridians becomes easy. In any case, this first step is crucial. If the affected meridian diagnosis is incorrect, there will be little or no results.

For example, if a patient has a headache, it is important to find out exactly where the pain is located. If it is a frontal headache, the meridians crossing the forehead need to be identified. If it is a parietal headache, the meridians on the side of the head need to be identified. It is all about location. Correctly diagnosing the affected meridian will determine a successful treatment outcome.

For the herbal practitioner, it is important to make a Zang Fu diagnosis such as Liver Yang Rising or Wind-Heat invasion. This determines which herbs are appropriate for the condition. An incorrect diagnosis could do more harm than good. When treating with *Acupuncture 1, 2, 3*, it is not necessary to take into consideration the “label” of a Zang Fu diagnosis. For a successful outcome, the acupuncturist’s focus should be on the location of the discomfort. An affected meridian may indicate solely a physical pain, or may be an indication of an internal issue. Either way, pain determines imbalance. By treating the affected meridian, the practitioner brings balance to the body, reduces pain, and restores health, both internally and externally.

Once the pain is located, Step Two begins.

Chapter Two: Finding Balance



Step 2: Determine the Treating Meridians Based on the Five Systems

After the sick meridians are diagnosed, the next step is to decide which meridians to needle using the Balance Method. One or more of the following systems can be utilized to create balance and reduce pain.

System 1: Chinese Meridian Name-Sharing

System 2: Bie-Jing/Branching Meridian

System 3: Biao-Li/Interior-Exterior Pairs

System 4: Chinese Clock Opposites

System 5: Chinese Clock Neighbors

These Five Systems achieve a dynamic balance by utilizing the different relationships existing between meridians. Relationships among the twelve meridians include attributes such as organ specifications, Yin or Yang quality, anatomical location, Chinese clock positions, and Hand or Foot associations. With the Balance Method, the Chinese meridian names are essential to distinguish meridian relationships: *Tai Yin* (Spleen/Lung), *Jue Yin* (Liver/Pericardium), *Shao Yin* (Kidney/Heart), *Yang Ming* (Stomach/Large Intestine), *Shao Yang* (Gallbladder/San Jiao), and *Tai Yang* (Urinary Bladder/Small Intestine). It would be to your benefit to commit these names and relationships to memory.

System 1: Chinese Meridian Name-Sharing

In System One, meridians sharing the same Chinese name balance each other. For example, Hand *Tai Yang* (Small Intestine) balances Foot *Tai Yang* (Bladder). Both the opposite side and the opposite extremity create the balance. Yin meridians of the hand balance Yin meridians of the foot, and Yang meridians of the hand balance Yang meridians of the foot. All affected meridians in this equation are balanced by using the opposite side and the opposite extremity. The one exception is the Governing (*Du*) and Conception (*Ren*) meridians which also balance each other.

Example One: Right-sided neck pain. Hand *Tai Yang* (Small Intestine) is diagnosed as the sick meridian. Applying System One, corresponding points on Foot *Tai Yang* (Urinary Bladder) meridian create balance. These points are chosen on the left side.

Example Two: Left-sided tennis elbow. Hand *Yang Ming* (Large Intestine) is diagnosed as the sick meridian. Applying System One, the corresponding points on Foot *Yang Ming* (Stomach) meridian create balance. These points are chosen on the right side.

Example Three: Right-sided knee pain. Foot *Shao Yin* (Kidney) meridian is diagnosed as the sick meridian. Applying System One, the corresponding points on Hand *Shao Yin* (Heart) meridian create balance. These points are chosen on the left side.

Example Four: If the sick meridian is the Governing (*Du*) meridian, the Conception (*Ren*) meridian can be selected for needling, and vice versa.

To see results using System One, the **opposite** side is needed.

Sick Meridian	Needled Meridian
Du	Ren
Ren	Du
Hand Tai Yin/Lung	Foot Tai Yin/Spleen
Foot Tai Yin/Spleen	Hand Tai Yin/Lung
Foot Yang Ming/Stomach	Hand Yang Ming/Large Intestine
Hand Yang Ming/Large Intestine	Foot Yang Ming/Stomach
Hand Shao Yin/Heart	Foot Shao Yin/Kidney
Foot Shao Yin/Kidney	Hand Shao Yin/Heart
Hand Tai Yang/Small Intestine	Foot Tai Yang/Urinary Bladder
Foot Tai Yang/Urinary Bladder	Hand Tai Yang/Small Intestine
Hand Jue Yin/Pericardium	Foot Jue Yin/Liver
Foot Jue Yin/Liver	Hand Jue Yin/Pericardium
Hand Shao Yang/San Jiao	Foot Shao Yang/Gall Bladder
Foot Shao Yang/Gall Bladder	Hand Shao Yang/San Jiao

System 2: Bie-Jing/Branching Meridians

In System Two, opposite meridians are paired according to their Chinese meridian names. For instance, Hand *Tai Yin* (Lung) balances Foot *Tai Yang* (Bladder).

System Two illustrates the mutual attraction of *Tai Yin* (Spleen/Lung) with *Tai Yang* (Bladder/Small Intestine), *Shao Yin* (Kidney/Heart) with *Shao Yang* (Gallbladder/San Jiao), and *Jue Yin* (Liver/Pericardium) with *Yang Ming* (Stomach/Large Intestine).

Hand meridians are paired with Foot meridians and Foot meridians are paired with Hand meridians. For example, Hand *Shao Yang* (San Jiao) balances Foot *Shao Yin* (Kidney). In addition, Yin meridians balance Yang meridians and Yang meridians balance Yin meridians.

Example One: Right-sided neck pain. Hand *Tai Yang* (Small Intestine) is diagnosed as the sick meridian. Applying System Two, the corresponding points on Foot *Tai Yin* (Spleen) meridian create balance. These points are chosen on either side.

Example Two: Left-sided tennis elbow. Hand *Yang Ming* (Large Intestine) meridian is diagnosed as the sick meridian. Applying System Two, the corresponding points on Foot *Jue Yin* (Liver) meridian create balance. These points are chosen on either side.

Example Three: Right-sided knee pain. Foot *Shao Yin* (Kidney) meridian is diagnosed as the sick meridian. Applying System Two, the corresponding points on Hand *Shao Yang* (San Jiao) meridian create balance. These points are chosen on either side.

To see results using System Two, **either** side can be needled.

Sick Meridian	Needled Meridian
Hand Tai Yin/Lung	Foot Tai Yang/Urinary Bladder
Foot Tai Yang/Urinary Bladder	Hand Tai Yin/Lung
Hand Tai Yang/Small Intestine	Foot Tai Yin/Spleen
Foot Tai Yin/Spleen	Hand Tai Yang/Small Intestine
Hand Shao Yin/Heart	Foot Shao Yang/Gall Bladder
Foot Shao Yang/Gall Bladder	Hand Shao Yin/Heart
Hand Shao Yang/San Jiao	Foot Shao Yin/Kidney
Foot Shao Yin/Kidney	Hand Shao Yang/San Jiao
Hand Jue Yin/Pericardium	Foot Yang Ming/Stomach
Foot Yang Ming/Stomach	Hand Jue Yin/Pericardium
Foot Jue Yin/Liver	Hand Yang Ming/Large Intestine
Hand Yang Ming/Large Intestine	Foot Jue Yin/Liver

System 3: Biao Li/Interior-Exterior Pairs

System Three represents Interior/Exterior pairs that are easily recognized by their Zang Fu organ relationship. The needed meridian is the Interior or Exterior counterpart to the affected meridian. For example, Foot *Jue Yin* (Liver) treats Foot *Shao Yang* (Gallbladder), Foot *Shao Yang* (Gallbladder) treats Foot *Jue Yin* (Liver). Yin meridians balance Yang meridians and Yang meridians balance Yin meridians. System Three is the only system where Hand meridians pair with Hand meridians and Foot meridians pair with Foot meridians.

Example One: Right-sided neck pain. Hand *Tai Yang* (Small Intestine) is diagnosed as the sick meridian. Applying System Three, the corresponding points on Hand *Shao Yin* (Heart) meridian create balance. These points are chosen on the left side.

Example Two: Left-sided tennis elbow. Hand *Yang Ming* (Large Intestine) meridian is diagnosed as the sick meridian. Applying System Three, the corresponding points on Hand *Tai Yin* (Lung) meridian create balance. These points are chosen on the right side.

Example Three: Right-sided knee pain. Foot *Shao Yin* (Kidney) meridian is diagnosed as the sick meridian. Applying System Three, the corresponding points on Foot *Tai Yang* (Bladder) meridian create balance. These points are chosen on the left side.

To see results using System Three, the **opposite** side is needed.

Sick Meridian	Needled Meridian
Hand Tai Yin/Lung	Hand Yang Ming/Large Intestine
Hand Yang Ming/Large Intestine	Hand Tai Yin/Lung
Hand Shao Yin/Heart	Hand Tai Yang/Small Intestine
Hand Tai Yang/Small Intestine	Hand Shao Yin/Heart
Hand Jue Yin/Pericardium	Hand Shao Yang/San Jiao
Hand Shao Yang/San Jiao	Hand Jue Yin/Pericardium
Foot Tai Yin/Spleen	Foot Yang Ming/Stomach
Foot Yang Ming/Stomach	Foot Tai Yin/Spleen
Foot Shao Yin/Kidney	Foot Tai Yang/Urinary Bladder
Foot Tai Yang/Urinary Bladder	Foot Shao Yin/Kidney
Foot Jue Yin/Liver	Foot Shao Yang/Gall Bladder
Foot Shao Yang/Gall Bladder	Foot Jue Yin/Liver

System 4: Chinese Clock Opposites

System Four uses the format of the Chinese Clock to locate meridians. On the Chinese Clock, meridians opposite each other balance one another. For example, Foot *Tai Yin* (Spleen) balances Hand *Shao Yang* (San Jiao). These two meridians lie on opposite sides of the clock. Traditionally, the flow of Qi creates a twelve hour difference between the clock pairs. For example, the time of Foot *Tai Yin* (Spleen) lies between the hours of 9:00-11:00 a.m., while the time of its balancing meridian, Hand *Shao Yang* (San Jiao) is from 9:00-11:00 p.m. Therefore, the affected meridian on one side of the clock is paired with the needled meridian on the opposite side of the Chinese Clock. Acupuncture points can be needled on either side of the body.

With the Balance Method, the actual time of the acupuncture treatment is not considered; rather it is the relationship between the two meridians. The treatment is effective at any time of the day or night.

In this system, Yin meridians balance Yang meridians and Yang meridians balance Yin meridians; Hand meridians balance Foot meridians and Foot meridians balance Hand meridians. Several pairs within this System overlap with System Two (Bie-Jing/Branching Meridians).

Example One: Right-sided neck pain. Hand *Tai Yang* (Small Intestine) is diagnosed as the sick meridian. Applying System Four, the corresponding points on Foot *Jue Yin* (Liver) meridian create balance. These points are chosen on either side.

Example Two: Left-sided tennis elbow. Hand *Yang Ming* (Large Intestine) meridian is diagnosed as the sick meridian. Applying System Four, the corresponding points on Foot *Shao Yin* (Kidney) meridian create balance. These points are chosen on either side.

Example Three: Right-sided knee pain. Foot *Shao Yin* (Kidney) meridian is diagnosed as the sick meridian. Applying System Four, the corresponding points on Hand *Yang Ming* (Large Intestine) meridian create balance. These points are chosen on either side.

To see results using System Four, **either** side can be needed.

Sick Meridian	Needled Meridian
*Hand Tai Yin/Lung	Foot Tai Yang/Urinary Bladder
Hand Yang Ming/Large Intestine	Foot Shao Yin/Kidney
*Foot Yang Ming/Stomach	Hand Jue Yin/Pericardium
Foot Tai Yin/Spleen	Hand Shao Yang/San Jiao
*Hand Shao Yin/Heart	Foot Shao Yang/Gall Bladder
Hand Tai Yang/Small Intestine	Foot Jue Yin/Liver
*Foot Tai Yang/Urinary Bladder	Hand Tai Yin/Lung
Foot Shao Yin/Kidney	Hand Yang Ming/Large Intestine
*Hand Jue Yin/Pericardium	Foot Yang Ming/Stomach
Hand Shao Yang/San Jiao	Foot Tai Yin/Spleen
*Foot Shao Yang/Gall Bladder	Hand Shao Yin/Heart
Foot Jue Yin/Liver	Hand Tai Yang/Small Intestine

*These meridian pairs share the same relationship as the meridian pairs in System #2, the Bie-Jing/Branching Channels.

System 5: Chinese Clock Neighbors

System Five uses the arrangement of the Chinese Clock to pair meridians that are adjacent to each other. Hand meridians are paired with Foot meridians and Foot meridians are paired with Hand meridians. Yin meridians balance Yin meridians and Yang meridians balance Yang meridians. Several Chinese Clock Neighbors overlap with System One (Chinese Meridian Name-Sharing).

With the Balance Method, the actual time of the acupuncture treatment is not considered. Rather, it is the relationship between the two meridians that holds importance. The treatment is effective at any time of day or night.

Example One: Right-sided neck pain. Hand *Tai Yang* (Small Intestine) is diagnosed as the sick meridian. Applying System Five, the corresponding points on Foot *Tai Yang* (Bladder) meridian create balance. These points are chosen on the left side.

Example Two: Left-sided tennis elbow. Hand *Yang Ming* (Large Intestine) meridian is diagnosed as the sick meridian. Applying System Five, the corresponding points on Foot *Yang Ming* (Stomach) meridian create balance. These points are chosen on the right side.

Example Three: Right-sided knee pain. Foot *Shao Yin* (Kidney) meridian is the sick meridian. Applying System Five, the corresponding points on Hand *Jue Yin* (Pericardium) meridian create balance. These points are chosen on the left side.

To see results using System Five, the **opposite** side is needled.

Sick Meridian	Needled Meridian
Hand Tai Yin/Lung	Foot Jue Yin/Liver
*Hand Yang Ming/Large Intestine	Foot Yang Ming/Stomach
*Foot Yang Ming/Stomach	Hand Yang Ming/Large Intestine
Foot Tai Yin/Spleen	Hand Shao Yin/Heart
Hand Shao Yin/Heart	Foot Tai Yin/Spleen
*Hand Tai Yang/Small Intestine	Foot Tai Yang/Urinary Bladder
*Foot Tai Yang/Urinary Bladder	Hand Tai Yang/Small Intestine
Foot Shao Yin/Kidney	Hand Jue Yin/Pericardium
Hand Jue Yin/Pericardium	Foot Shao Yin/Kidney
*Hand Shao Yang/San Jiao	Foot Shao Yang/Gall Bladder
*Foot Shao Yang/Gall Bladder	Hand Shao Yang/San Jiao
Foot Jue Yin/Liver	Hand Tai Yin/Lung

*These meridian pairs share the same relationship as the meridian pairs in System #1, Chinese Meridian Name-Sharing.

Chapter Three:

The Treatment



Step 3: Point Selection

After selecting the meridians for treatment, the next step is to determine the points to needle along these meridians. After thirty years of research, experimentation, and practice, I have organized many strategies to help with point selection. The Mirroring Format and Imaging Format are two of the simplest and most effective methods, and are therefore used most commonly in my practice.

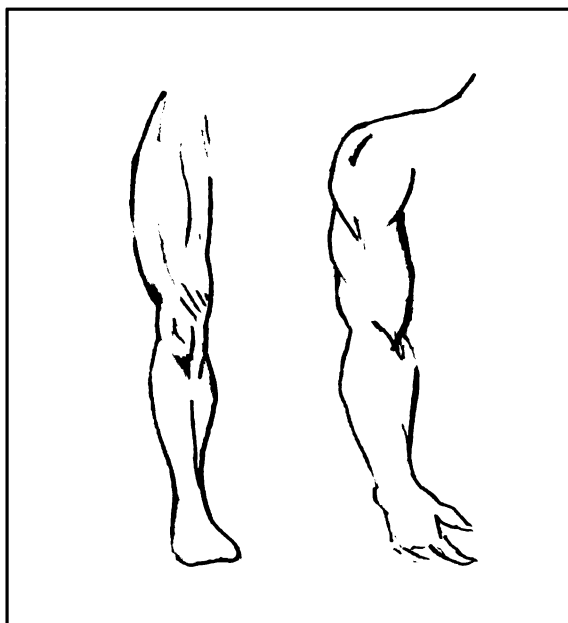
The Mirroring Format

The “Mirror” is a mapping between one limb and another limb. The Mirroring Format is designed to specify the area of the limb that will balance the problem. This method is derived from the body’s remarkable ability to reflect tenderness, weakness or tightness in a distal area which correlates to the sick meridian(s).

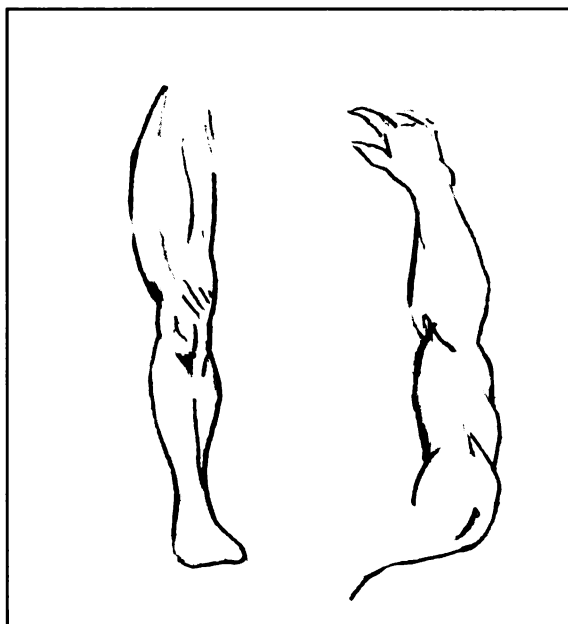
To use the Mirroring Format, choose the appropriate meridian(s) to be needled by application of one of the Five Systems discussed in Chapter 2. Each system specifies if the chosen points will be needled on the same or opposite sides as the sick meridian. Then mirror the “sick” area to a corresponding anatomical location on the chosen needled meridian. Exact point selection is determined in many cases by checking for *ashi* points in the mirrored area rather than the standard acupuncture points.

In most cases, the Mirroring Format balances the upper limb to the lower limb or the lower limb to the upper limb. System #3 is the only exception that balances upper limb to upper limb and lower appendage to lower limb. (The term “limb” includes all parts of the limb such as the fingers, toes, wrists, ankles, elbows, knees, shoulders and hips.) The upper limb reflects and mirrors the lower limb, both directly and in reverse. The direct correlations are: the shoulder mirrors the hip, the upper arm mirrors the thigh, the elbow mirrors the knee, the forearm mirrors the lower leg, the wrist mirrors the ankle, the hand mirrors the foot, and the fingers mirror the toes.

To apply the Reverse Mirroring Format, invert the mirrored limb to be needed. The reverse mirror is as follows: the top of the shoulder mirrors the foot, the shoulder joint mirrors the ankle, the upper arm mirrors the lower leg, the elbow mirrors the knee, the forearm mirrors the thigh, the wrist mirrors the hip joint, and the hand mirrors the top of the hip.



Mirror



Reverse Mirror

Mirroring Format			Reverse Mirroring Format		
Finger	↔	Toe	Finger	↔	Top of Hip
Hand	↔	Foot	Hand	↔	Hip
Wrist	↔	Ankle	Wrist	↔	Hip Joint
Forearm	↔	Lower Leg	Forearm	↔	Thigh
Elbow	↔	Knee	Elbow	↔	Knee
Upper Arm	↔	Thigh	Upper Arm	↔	Lower Leg
Shoulder	↔	Hip	Shoulder	↔	Ankle

In most cases, you have the choice to use the Mirroring Format or the Reverse Mirroring Format. Often points are chosen based on the comfort of the patient and accessibility to the needled area. For example, pain in the shoulder joint can be treated by needling the hip joint. However, it may be more comfortable to use the Reverse Imaging Format and choose points at the ankle instead.

The Imaging Format

An “Image” is a relationship between a limb and the whole body. In other words, different parts of a limb represent different parts of the body. For instance, the hand images the head, the wrist images the neck, the forearm images the chest, the elbow crease images the navel, the upper arm images the lower abdomen, and the shoulder images the groin. In the Reverse Imaging Format, the hand images the groin, the forearm images the lower abdomen, the elbow crease images the navel, the upper arm images the chest, and the shoulder images the head. These formats can be used on either the arms or the legs.

Similar to the Mirroring Format, the corresponding area on the needled meridian often reflects tenderness, weakness or tightness from the sick meridian. However, unlike the Mirroring Format, the Imaging Format is not restricted to balancing limbs with limbs. The limb can balance the head, chest or trunk. Smaller areas of the body become microcosms which reflect (and are able to treat) the

macrocosm, or a larger area of the body.

Most people are familiar with the concept of foot reflexology where the entire body is imaged (and treated) on a small area. Any boney section of the body can image another part of the body. Common areas used for imaging in Chinese Medicine are the ears, the hands, the feet, and the head/scalp. All of these areas can image the entire body.

The most commonly described image uses the entire arm or the entire leg to image the body from the top of the head at DU 20 to the genital region at Ren 1. The following pictures help to conceptualize the Imaging Format.

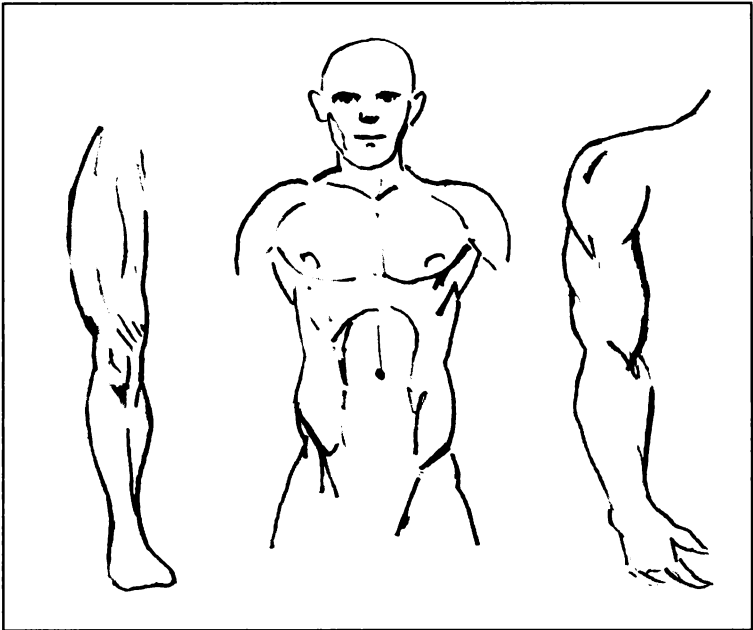
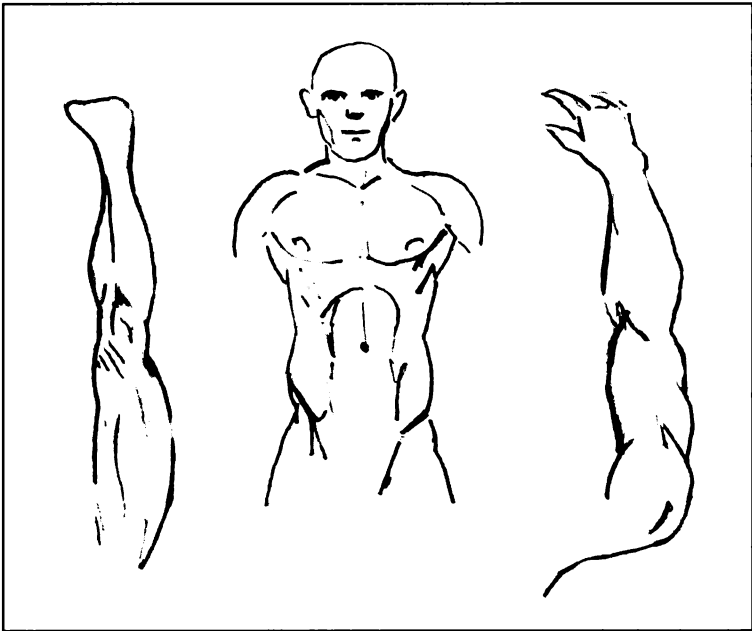


Image of Upper Limb to Head and Trunk
and Image of Lower Limb to Head and Trunk



Reverse Image of Upper Limb to Head and Trunk
and Reverse Image of Lower Limb to Head and Trunk

Image of Upper Limb to Head and Trunk

Needled Area	Image	Reverse Image
Finger	Testicles and anus	Top of head
Hand	Genitals, coccyx, lower sacrum	Head and base of skull
Wrist	Genitals, bladder, sacrum	Neck and neck joint
Forearm	Lower abdomen, lower back	Upper abdomen, rib cage, chest, mid-upper back
Elbow	Umbilicus level, Lumbar 2, waist	Umbilicus level, Lumbar 2, waist
Upper arm	Upper abdomen, rib cage, chest, mid-upper back	Lower back, lower abdomen
Shoulder	Neck, jaw, base of skull	Sacrum, genitals, coccyx
Top of shoulder	Top of head	Testicles and anus

Image of Lower Limb to Head and Trunk

Needled Area	Image	Reverse Image
Toe	Testicles and anus	Top of head
Foot	Genitals, coccyx, lower sacrum	Head and base of skull
Ankle	Genitals, bladder, sacrum	Neck and neck joint
Lower Leg	Lower abdomen, lower back	Upper abdomen, rib cage, chest, mid-upper back
Knee	Umbilicus level, Lumbar 2, waist	Umbilicus level, Lumbar 2, waist
Upper leg	Upper abdomen, rib cage, chest, mid-upper back	Lower abdomen, lower back
Hip joint	Neck, jaw, base of skull	Sacrum, genitals, coccyx
Top of hip	Top of head	Testicles and anus

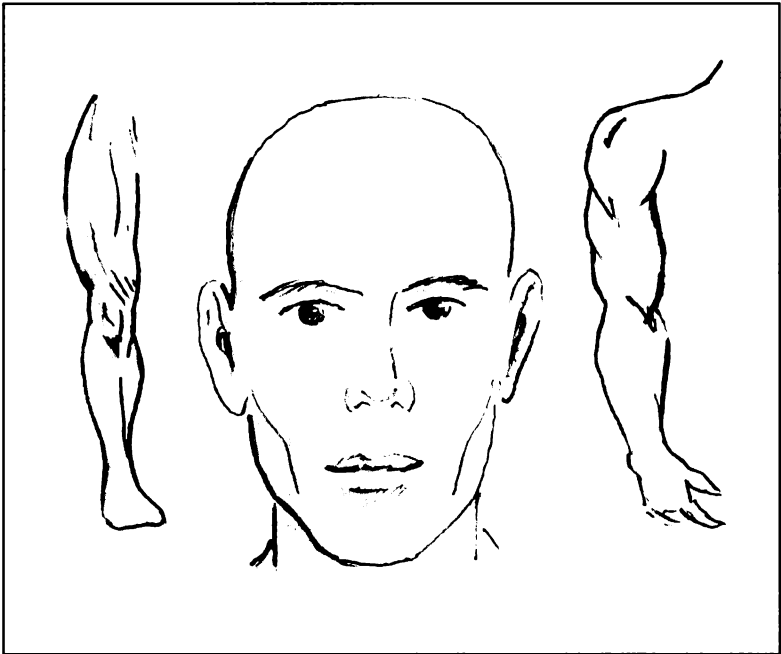
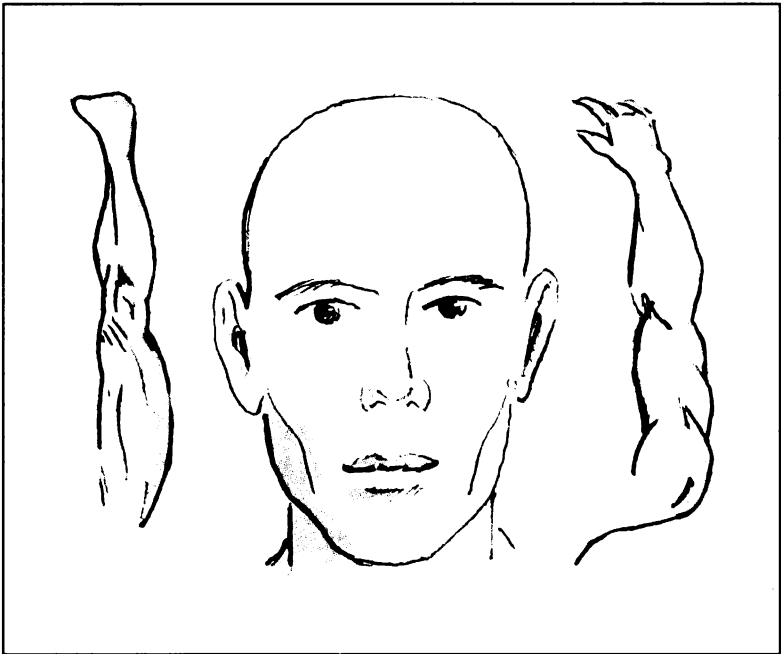


Image of Upper Limb to Head
and Image of Lower Limb to Head



Reverse Image of Upper Limb to Head
and Reverse Image of Lower Limb to Head

Image of Head to Upper and Lower Limbs

Needled Area	Lower Limb	Upper Limb
Top of Head	Hip joint	Shoulder joint
Forehead Level	Upper leg	Upper arm
Eye, Ear, Occiput	Knee	Elbow
Nose Level	Lower leg	Forearm
Mouth Level	Ankle and foot	Wrist and hand
Chin Level	Toes	Fingers

Reverse Image of Head to Upper and Lower Limbs

Needled Area	Lower Limb	Upper Limb
Top of Head	Toes	Fingers
Between Forehead and Top of Head	Ankle and foot	Wrist and hand
Forehead Level	Lower leg	Forearm
Eye, Ear, Occiput	Knee	Elbow
Nose Level	Upper leg	Upper arm
Mouth Level	Hip	Shoulder
Chin Level	Hip joint	Shoulder joint

Scalp Imaging

Scalp Imaging is another useful way to utilize the Imaging Format which can be used alone or added to other treatments. In this format, the midline of the scalp images the spine. Scalp points can be used to treat problems along both the posterior and anterior aspects of the body. This concept is discussed further in advanced classes.

Image of Scalp to the Spine

Hairline	C-1, C-2
Du 24-22	C3-C5
Du 22-20	Thoracic vertebra
Du 20	Lumbar 2 (waist level)
Du 19	L2-L5
Du 18-16	Sacral area
Du 16	Tailbone

How to Determine Ashi and Point Selection

At this point, you have now identified the three Steps:

1. The sick meridian has been identified
2. The needled meridian(s) are chosen based on the Five Systems
3. Specific treatment areas are chosen along the meridians based on the Mirroring Format or Imaging Format

Now, the treatment can begin. Go to the general area on the meridian you wish to needle and palpate with firm pressure. If the patient responds that the area or spot is tender, it is considered an active point to balance the affected meridian. This is called an “ashi” point, often translated as “ah, yes, that is the spot!” These ashi points may be located any place along and between meridians, or they can

also be traditional acupuncture points. Many of these traditional acupuncture points and their distal functions are discussed in my books, *Twelve and Twelve in Acupuncture* and *Twenty-Four More in Acupuncture*. These books are very effective and useful resources.

If the needle has been placed in the correct location, the results should be nearly instantaneous. The patient should have a reduction in pain within as little as ten seconds. If there is no reduction in pain, re-evaluate your diagnosis and make sure the affected meridian is correct.

Chapter Four: Specific Conditions



Each of the following disorders are common conditions found in clinical practice. Please note that the examples generally follow the Straight Imaging and Mirroring Formats. However, the Reverse Mirroring and Imaging Formats can be used, and in many cases may even be easier to needle. Simply refer to Chapter Three for the reverse images. All the points listed in the following examples can be needled on one side, according to the rules of each of the Five Systems. As discussed in Chapter Two, points are needled on the opposite side of the pain when using Systems One, Three or Five for unilateral pain. If using Systems One, Three, or Five for bilateral pain, you may needle both sides. Points can be needled on either side when using Systems Two or Four. When using Systems Two or Four, simply needle the one side that is most tender on palpation.

In addition, most points are listed in reference to traditional acupuncture points. The point locations are not given for these basic points, as they can be found in any student manual. However, I do needle a few points in different locations, and I also use some extra points that may not be commonly known. These point locations are described in the Appendix: Extra Points. In addition, further details and point functions can be found in my books: Twelve and Twelve in Acupuncture and Twenty-Four More in Acupuncture.

When numerous meridians are affected, you will often find that a combination of Yin and Yang meridians will be needled. In these cases, it is useful to needle the points in a Yin/Yang pattern as they travel around the limbs in a circular pattern. For example, Yin points

on the right arm, Yang points on the left arm, Yin points on the left leg and Yang points on the right leg. However, this technique is not necessary for straightforward pain treatments, and it is most often used in internal disorders. It is discussed in detail in advanced seminars, as well as my book: Dr. Tan's Strategy of Twelve Magical Points.

Finally, the following conditions and treatments represent the Five Systems of the Balance Method when used with the Mirroring and Imaging Formats. I find these treatments very effective and I rely on them daily in my clinical practice. However, I do incorporate other acupuncture techniques into my practice when I feel it is necessary. I continue to lecture on all of my techniques in seminars throughout the world. I would like to encourage interested students to attend my lectures and to find which methods resonate in their own practice. Some of these techniques include: Seasonal Balance, Internal Ba-Gua Balance, Eight-Extra Meridian Balance, Five Element Balance and Master Tong's points.

ABDOMINAL PAIN

When treating abdominal pain, it is important to identify the exact location of pain. Abdominal pain includes bloating, distention, cramping, etc. The pain may be a result of irritable bowel, gallbladder stones, endometriosis, menstrual cramps, fibroids or cysts. Regardless of the cause, the treatment approach is the same.

In cases of abdominal pain, the four meridians that are often imbalanced are the Spleen, Stomach, Kidney and Conception (*Ren*) meridians. These four meridians run vertically along the entire abdomen. If the pain is specific to one location, identify which meridians are most affected, and diagnose the sick meridians. If the pain is directly on the midline, the Conception (*Ren*) meridian is the sick meridian and the balancing strategy would be the Governing (*Du*) meridian. Choose the most tender *ashi* points.

If it is inconvenient to needle the Governing (*Du*) meridian on the back, scalp imaging on the Governing (*Du*) meridian can be used.

As discussed earlier, it is important to understand the difference between an herbal and an acupuncture diagnosis. For example, the *organ* affected when treating constipation is the Large Intestine. However, the *meridians* affected are typically the Stomach and the Kidney. Therefore, concentrate on these meridians for treatment.

EXAMPLE 1

Area of Discomfort:

Pain lateral to the midline near KI 15 (*Zhongzhu*) to KI 17 (*Shangqu*), left side.

Step 1. Diagnose the Sick Meridian.

Kidney meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Heart

System 2: San Jiao

System 3: Bladder

System 4: Large Intestine

System 5: Pericardium

Step 3. Point Selection.

System 1: *Ashi* points from HT 3 (*Shaohai*) to HT 4 (*Lingdao*), right side.

System 2: *Ashi* points around SJ 8 (*Sanyangluo*) to SJ 10 (*Tianjing*), either side.

System 3: *Ashi* points from BL 40 (*Weizhong*) to BL 57 (*Chengshan*), right side.

System 4: *Ashi* points from LI 8 (*Xialian*) to LI 11 (*Quchi*), either side.

System 5: *Ashi* points from PC 3 (*Quze*) to PC 4 (*Ximen*), right side.

EXAMPLE 2

Area of Discomfort:

Pain above the umbilicus, lateral to the midline on the right side, on the rectus abdominus between ST 22 (*Guanmen*) and KI 18 (*Shiguan*).

Step 1. Diagnose the Sick Meridian.

Stomach and Kidney meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Kidney</u>
System 1:	Large Intestine	Heart
System 2:	Pericardium	San Jiao
System 3:	Spleen	Bladder
System 4:	Pericardium	Large Intestine
System 5:	Large Intestine	Pericardium

Step 3. Point Selection.

System 1: *Ashi* points between the Large Intestine and Heart meridians; from LI 8 (*Xialian*) to LI 11 (*Quchi*), and distal to HT 3 (*Shaohai*), left side.

System 2: *Ashi* points between the Pericardium and San Jiao meridians; from PC 3 (*Quze*) to PC 4 (*Ximen*), and around SJ 9 (*Sidu*), either side.

System 3: *Ashi* points between the Spleen and Bladder meridians; from SP 8 (*Diji*) to SP 9 (*Yinlingquan*) and BL 56 (*Chengjin*) to BL 57 (*Chengshan*), left side.

System 4: *Ashi* points between the Pericardium and Large Intestine meridians; from PC 3 (*Quze*) to PC 4 (*Ximen*), and LI 6 (*Pianli*), either side.

System 5: *Ashi* points between the Large Intestine and Pericardium meridians, from LI 8 (*Xialian*) to LI 11 (*Quchi*), and PC 3 (*Quze*) to PC 4 (*Ximen*), left side.

Looking at Step Two, the Large Intestine and Pericardium meridians balance both the Stomach and Kidney. The most effective and succinct treatments always use the least amount of needles. Therefore, start by needling LI 8 (*Xialian*) to LI 11 (*Quchi*), or PC 3 (*Quze*) to PC 4 (*Ximen*). If treating one meridian stops the pain, there is no need to needle the second meridian.

EXAMPLE 3

Area of Discomfort:

Pain throughout abdomen.

Step 1. Diagnose the Sick Meridian.

Spleen, Stomach, Kidney and Ren meridians.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Spleen</u>	<u>Stomach</u>	<u>Kidney</u>	<u>Ren</u>
System 1:	Lung	Large Intestine	Heart	Du
System 2:	Small Intestine	Pericardium	San Jiao	n/a
System 3:	Stomach	Spleen	Bladder	n/a
System 4:	San Jiao	Pericardium	Large Intestine	n/a
System 5:	Heart	Large Intestine	Pericardium	n/a

Step 3. Point Selection.

System 1: Bilateral *ashi* points from LU 5 (*Chize*) to LU 9 (*Taiyuan*), LI 4 (*Hegu*) to LI 11 (*Quchi*), HT 3 (*Shaohai*) to HT 7 (*Shenmen*), and DU 18 (*Qiangjian*) to DU 20 (*Baihui*).

System 2: *Ashi* points from SI 4 (*Wangu*) to SI 8 (*Xiaohai*), PC 3 (*Quze*) to PC 6 (*Neiguan*), and SJ 5 (*Waiguan*) to SJ 9 (*Sidu*).

System 3: Bilateral *ashi* points from ST 36 (*Zusanli*) to ST 41 (*Jiexi*), SP 5 (*Shangqiu*) to SP 9 (*Yinlingquan*), and BL 40 (*Weizhong*) to BL 60 (*Kunlun*).

System 4: *Ashi* points from SJ 5 (*Waiguan*) to SJ 9 (*Sidu*), PC 3 (*Quze*) to PC 6 (*Neiguan*), and LI 4 (*Hegu*) to LI 11 (*Quchi*).

System 5: Bilateral *ashi* points from HT 3 (*Shaohai*) to HT 7 (*Shenmen*), LI 4 (*Hegu*) to LI 11 (*Quchi*), and PC 3 (*Quze*) to PC 6 (*Neiguan*).

By choosing two meridians, the Spleen, Stomach, and Kidney can be balanced. For example, the Lung and Large Intestine combination balance all three meridians. The San Jiao and Pericardium can also be chosen. There are several choices. Remember, the object is to create balance. Work through the Steps to find the treating meridians.

The Conception (*Ren*) meridian is balanced by the Governing (*Du*) meridian

The Extra point *Ling Ku*, can enhance the treatment of abdominal pain. The hand images the body, and *Ling Ku* images the lower abdomen.

Eight Magical Points for Global Balance:

When the pain moves around and it is difficult to pinpoint, consider using Dr. Tan’s Eight Magical Points. This is useful for any kind of digestive disorder and abdominal pain.

Left	Right
SJ 5 (<i>Waiguan</i>), LI 4 (<i>Hegu</i>)	PC 6 (<i>Neiguan</i>), LU 7 (<i>Leique</i>)
LR 8 (<i>Ququan</i>), SP 9 (<i>Yinlingquan</i>)	ST 36 (<i>Zusanli</i>), GB 34 (<i>Yanglingquan</i>)

ACID REFLUX

The Conception (*Ren*), Kidney, and Stomach meridians run vertically down the chest and abdomen, covering the affected area associated with acid reflux.

EXAMPLE 1

Area of Discomfort:

Burning pain near the xiphoid process, lateral to Ren 15 (*Jiuwei*).

Step 1. Diagnose the Sick Meridian.

Kidney meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Heart

System 2: San Jiao

System 3: Bladder

System 4: Large Intestine

System 5: Pericardium

Step 3. Point Selection.

System 1: Bilateral *ashi* points from HT 3 (*Shaohai*) to HT 4 (*Lingdao*).

System 2: *Ashi* points from SJ 5 (*Waiguan*) to SJ 7 (*Huizong*).

System 3: Bilateral *ashi* points from BL 57 (*Chengshan*) to BL 59 (*Fuyang*).

System 4: *Ashi* points from LI 6 (*Pianli*) to LI 7 (*Wenliu*).

System 5: Bilateral *ashi* points from PC 4 (*Ximen*) to PC 6 (*Neiguan*).

Using System Five, PC 6 (*Neiguan*), is a very effective point for acid reflux.

Scalp acupuncture: Using the image concept, needle *ashi* points between DU 20 (*Baihui*) to DU 22 (*Xinhui*).

EXAMPLE 2

Area of Discomfort:

Pain around the xiphoid process.

Step 1. Diagnose the Sick Meridian.

Conception (*Ren*) meridian, around REN 14 (*Juque*).

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Du

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Step 3. Point Selection.

System 1: *Ashi* points from DU 9 (*Zhiyang*) to DU 11 (*Shendao*).
(This is the area from T5- T7).

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Scalp acupuncture: Using the image concept, needle *ashi* points between DU 20 (*Baihui*) to DU 22 (*Xinhui*).

ALLERGY

Common symptoms of allergies include nasal congestion, runny nose, sinusitis and painful or itchy eyes. For eye symptoms, please refer to the chapter, “Eye Pain”.

EXAMPLE 1

Area of Discomfort:

Sinus pain (below the eye) and nasal congestion, bilateral.

Step 1. Diagnose the Sick Meridian.

Stomach and Large Intestine, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Large Intestine</u>
System 1:	Large Intestine	Stomach
System 2:	Pericardium	Liver
System 3:	Spleen	Lung
System 4:	Pericardium	Kidney
System 5:	Large Intestine	Stomach

Step 3. Point Selection.

System 1: Bilateral *ashi* points around LI 4 (*Hegu*) or LI 9 (*Shanglian*), and ST 43 (*Xiangyu*) or ST 36 (*Zusanli*).

System 2: *Ashi* points around PC 8 (*Laogong*) or between PC 3 (*Quze*) and PC 4 (*Ximen*), and LR 3 (*Taichong*) or LR 7 (*Xiguan*).

System 3: Bilateral *ashi* points around SP 4 (*Gongsun*) or SP 9 (*Yinlingquan*) and LU 10 (*Yuji*) or LU 6 (*Kongzui*).

System 4: *Ashi* points around PC 8 (*Laogong*) or between PC 3 (*Quze*) and PC 4 (*Ximen*), and KI 2 (*Rangu*) or KI 9 (*Zhubin*).

System 5: Bilateral *ashi* points around LI 4 (*Hegu*) or LI 9 (*Shanglian*), and ST 43 (*Xianggu*) or ST 36 (*Zusanli*).

The extra point, *Bitong*, and LI 14 (*Binao*) can be added to enhance the overall effect.

ANKLE SPRAIN

There are six meridians running through the ankle. Pain can lie on, or between, the meridians. To treat the ankle, use the mirror image of the wrist or the opposite foot.

EXAMPLE 1

Area of Discomfort:

Lateral ankle pain, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: *Ashi* points around SJ 4 (*Yangchi*), left side.

System 2: *Ashi* points around HT 7 (*Shenmen*), either side.

System 3: *Ashi* points around LR 4 (*Zhongfeng*), left side.

System 4: *Ashi* points around HT 7 (*Shenmen*), either side.

System 5: *Ashi* points around SJ 4 (*Yangchi*), left side.

EXAMPLE 2

Area of Discomfort:

Medial ankle pain, left side.

Step 1. Diagnose the Sick Meridian.

Kidney meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Heart

System 2: San Jiao

System 3: Bladder

System 4: Large Intestine

System 5: Pericardium

Step 3. Point Selection.

System 1: *Ashi* points around HT 7 (*Shenmen*), right side.

System 2: *Ashi* points around SJ 4 (*Yangchi*), either side.

System 3: *Ashi* points around BL 60 (*Kunlun*), right side.

System 4: *Ashi* points around LI 5 (*Yangxi*), either side.

System 5: *Ashi* points around PC 7 (*Daling*), right side.

EXAMPLE 3

Area of Discomfort:

Deep pain on the anterior portion of the foot at the ankle joint, right side.

Step 1. Diagnose the Sick Meridian.

Stomach meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection.

System 1: *Ashi* points around LI 5 (*Yangxi*), left side.

System 2: *Ashi* points around PC 7 (*Daling*), either side.

System 3: *Ashi* points around SP 5 (*Shangqiu*), left side.

System 4: *Ashi* points around PC 7 (*Daling*), either side.

System 5: *Ashi* points around LI 5 (*Yangxi*), left side.

Because the pain is deep within the joint, needle insertion should also be deep.

EXAMPLE 4

Area of Discomfort:

Achilles tendonitis, left side.

Step 1. Diagnose the Sick Meridian.

Bladder and Kidney meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>Kidney</u>
System 1:	Small Intestine	Heart
System 2:	Lung	San Jiao
System 3:	Kidney	Bladder
System 4:	Lung	Large Intestine
System 5:	Small Intestine	Pericardium

Step 3. Point Selection.

System 1: *Ashi* points around SI 5 (*Yanggu*), and HT 7 (*Shenmen*), right side.

System 2: *Ashi* points around LU 9 (*Taiyuan*), and SJ 5 (*Waiguan*), either side.

System 3: *Ashi* points around KI 3 (*Taixi*), and BL 60 (*Kunlun*), right side.

System 4: *Ashi* points around LU 9 (*Taiyuan*), and LI 5 (*Yangxi*), either side.

System 5: *Ashi* points around SI 4 (*Wangu*), and PC 7 (*Daling*), right side.

Because the pain is between the Bladder and Kidney meridians, needling between the Small Intestine and Heart meridians, around SI 5 (*Yanggu*) and HT 7, (*Shenmen*) would be appropriate.

If the pain is on the lateral side of the achilles tendon, the Bladder meridian is sick. If the pain is medial, the Kidney meridian is sick.

EXAMPLE 5

Area of Discomfort:

Medial ankle pain, right side.

Step 1. Diagnose the Sick Meridian.

Liver meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Pericardium

System 2: Large Intestine

System 3: Gallbladder

System 4: Small Intestine

System 5: Lung

Step 3. Point Selection.

System 1: *Ashi* points around PC 7 (*Daling*), left side.

System 2: *Ashi* points around LI 5 (*Yangxi*), either side.

System 3: *Ashi* points around GB 40 (*Qiu xu*), left side.

System 4: *Ashi* points around SI 5 (*Yanggu*), either side.

System 5: *Ashi* points around LU 9 (*Taiyuan*), left side.

EXAMPLE 6

Area of Discomfort:

Lateral ankle pain, distal to the lateral malleolus, left side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, near BL 61 (*Pushen*), left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around SI 4 (*Wangu*), right side.

System 2: *Ashi* points between LU 8 (*Jingqu*) and LU 9 (*Taiyuan*), either side.

System 3: *Ashi* points between KI 3 (*Taixi*) and KI 6 (*Zhaohai*), right side.

System 4: *Ashi* points around LU 9 (*Taiyuan*), either side.

System 5: *Ashi* points around SI 4 (*Wangu*), right side.

EXAMPLE 7

Area of Discomfort:

Acute pain with profuse swelling over entire ankle, left foot.

Step 1. Diagnose the Sick Meridian.

All six meridians: Bladder, Gallbladder, Stomach, Spleen, Liver, Kidney, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine, San Jiao, Large Intestine, Lung, Pericardium, Heart

System 2: Lung, Heart, Pericardium, Small Intestine, Large Intestine, San Jiao

System 3: Kidney, Liver, Spleen, Stomach, Gallbladder, Bladder

System 4: Lung, Heart, Pericardium, San Jiao, Small Intestine, Large Intestine

System 5: Small Intestine, San Jiao, Large Intestine, Heart, Lung, Pericardium

Step 3. Point Selection.

System 1: *Ashi* points around SI 4 (*Wangu*) and SI 5 (*Yanggu*), SJ 5 (*Waiguan*), LI 5 (*Yangxi*), LU 9 (*Taiyuan*), PC 7 (*Daling*), and HT 7 (*Shenmen*), right side.

System 2: *Ashi* points around LU 9 (*Taiyuan*), HT 7 (*Shenmen*), PC 7 (*Daling*), SI 4 (*Wangu*) or SI 5 (*Yanggu*), LI 5 (*Yangxi*), and SJ 5 (*Waiguan*), either side.

System 3: *Ashi* points around KI 3 (*Taixi*), LR 4 (*Zhongfeng*), between SP 5 (*Shangqiu*) and SP 6 (*Sanyinjiao*), ST 41 (*Jiexi*), GB 40 (*Qiu xu*), and BL 60 (*Kunlun*), right side.

System 4: *Ashi* points around LU 9 (*Taiyuan*), HT 7 (*Shenmen*), PC 7 (*Daling*), SJ 5 (*Waiguan*), SI 4 (*Wangu*) and SI 5 (*Yanggu*), and LI 5 (*Yangxi*), either side.

System 5: *Ashi* points around SI 4 (*Wangu*) and SI 5 (*Yanggu*), SJ 5 (*Waiguan*), LI 5 (*Yangxi*), HT 7 (*Shenmen*), LU 9 (*Taiyuan*), and PC 7 (*Daling*), right side.

With an acute sprain, it can be difficult to identify the sick meridian. There are two options: One choice is to needle all six meridians around the wrist, or all six meridians around the opposite ankle. To needle fewer points, one can needle all three Yin, or all three Yang meridians, of the wrist or opposite ankle. Look at the Yang

combination of LI 5 (*Yangxi*), SJ 4 (*Yangchi*), and SI 5 (*Yanggu*). The Large Intestine meridian balances the Stomach, Liver and Kidney; the San Jiao meridian balances the Gallbladder, Kidney and Spleen; and the Small Intestine meridian balances the Bladder, Spleen and Liver. Applying the same concept, the Yin acupuncture points of the wrist, LU 9 (*Taiyuan*), PC 7 (*Daling*) and HT 7 (*Shenmen*) can be selected. This same concept applies to using acupuncture points on the opposite ankle.

ARM PAIN

Arm pain is caused by an imbalance of any of the six hand meridians: Lung, Large Intestine, Heart, Small Intestine, Pericardium, or San Jiao. Pain can occur on, or between, the meridians.

To treat arm pain or numbness of the entire arm, all six meridians of the foot can be needled. Alternately, a few meridians such as the three Yin meridians, or the three Yang meridians, of the foot can be chosen.

All *ashi* points can be needled, or choose only the *Shu*-stream and *He*-sea points. This method is discussed in advanced Balance Method lectures.

Treating Meridian	Sick Meridians	<i>Shu</i> -Stream, <i>He</i> -Sea Points
Stomach	<ul style="list-style-type: none"> • Large Intestine • Pericardium 	ST 36 (<i>Zusanli</i>) and ST 43 (<i>Xiangu</i>)
Gallbladder	<ul style="list-style-type: none"> • San Jiao • Heart 	GB 34 (<i>Yanglingquan</i>) and GB41 (<i>Zulinqi</i>)
Bladder	<ul style="list-style-type: none"> • Small Intestine • Lung 	BL 40 (<i>Weizhong</i>) and BL 65 (<i>Shugu</i>)
Spleen	<ul style="list-style-type: none"> • Lung • Small Intestine • San Jiao • Heart 	SP 3 (<i>Taibai</i>) and SP 9 (<i>Yinlingquan</i>)
Liver	<ul style="list-style-type: none"> • Pericardium • Large Intestine • Small Intestine • Lung 	LR 3 (<i>Taichong</i>) and LR 8 (<i>Ququan</i>)
Kidney	<ul style="list-style-type: none"> • Heart • San Jiao • Large Intestine • Pericardium 	KI 3 (<i>Taixi</i>) and KI 10 (<i>Yingu</i>)

If the pain involves a portion of the arm, choose the appropriate image and needle the corresponding points.

EXAMPLE 1

Area of Discomfort:

Bicipital tendonitis, right side.

Step 1. Diagnose the Sick Meridian.

Lung, Heart, and Pericardium meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Lung</u>	<u>Heart</u>	<u>Pericardium</u>
System 1:	Spleen	Kidney	Liver
System 2:	Bladder	Gallbladder	Stomach
System 3:	Large Intestine	Small Intestine	San Jiao
System 4:	Bladder	Gallbladder	Stomach
System 5:	Liver	Spleen	Kidney

Step 3. Point Selection.

System 1: *Ashi* points between SP 10 (*Xuehai*) and SP 11 (*Jimen*), KI 10 (*Yingu*) and KI 11 (*Henggu*), and LR 9 (*Yinbao*) and LR 10 (*Ziwuli*), left side.

System 2: *Ashi* points around BL 37 (*Yinmen*), GB 31 (*Fengshi*), and ST 32 (*Futu*), either side.

System 3: *Ashi* points between LI 12 (*Zhouliao*) and LI 14 (*Binao*), SI 8 (*Xiaohai*) and SI 9 (*Jianzhen*), and SJ 11 (*Qinglengyuan*) to SJ 13 (*Naohui*), left side.

System 4: *Ashi* points around BL 37 (*Yinmen*), GB 31 (*Fengshi*), and ST 32 (*Futu*), either side.

System 5: *Ashi* points between LR 9 (*Yinbao*) and LR 10 (*Ziwuli*), SP 10 (*Xuehai*) and SP 11 (*Jimen*), and KI 10 (*Yingu*) and KI 11 (*Henggu*), left side.

Choose the Systems and acupuncture points that balance the most meridians in the least amount of points. In this instance, the Spleen and Liver meridians treat all three imbalances.

ARTHRITIS

Arthritis is inflammation of the joints, usually accompanied by pain, swelling, and stiffness. It is often a result of infection, trauma, degenerative changes, metabolic disturbances, or other causes. It occurs in various forms, such as bacterial arthritis, osteoarthritis, or rheumatoid arthritis.

Regardless of the type, arthritis is treated in the same fashion as any other painful condition. For positive results, work the three Steps of *Acupuncture 1, 2, 3*. Locate the most painful area and determine the sick meridians. Find the acupuncture points to create balance. For guidance, determine the areas of pain, and refer to the appropriate section of the book.

If there is moving pain, it is considered *Xing Bi* (mobile painful obstruction). In such cases, Twelve Magical Points, or “chasing the pain” method can be utilized. Please refer to Dr. Tan’s Strategy of Twelve Magical Points for details.

The Extra points, *Mu Guan* and *Gu Guan* can also be used.

BACK PAIN

Back pain is a common complaint and affects people of all ages. Pain can be caused from an acute sprain or strain, a herniated disk, surgery, or another type of trauma. Regardless of the cause of injury, the treatment principles are the same. Diagnose the location of the pain, and work the Steps of *Acupuncture 1, 2, 3*. Although the treatment points may be the same, treatment duration may vary based on the severity of the injury.

The primary meridians involved with back pain are the Bladder, Gallbladder, Governing (*Du*), and Girdle (*Dai*) meridians. When selecting points, the Girdle (*Dai*) meridian is considered the same as the Gallbladder meridian.

The arm and leg both create an image of the torso. With this in mind, the knee and elbow image the lumbar spine at the L2 level. Ashi points can be palpated above and below the knee to treat back pain.

By using the Imaging and Reverse imaging Formats, the same points treating low back pain can also treat thoracic pain.

The following points are always added to treat back pain: SI 4 (*Wangu*) and the extra points *Ling Ku*, *Da Bai*, and *Zhong Bai*.

Stimulating the needle every twenty minutes will enhance the effectiveness of the treatment.

EXAMPLE 1

Area of Discomfort:

Paraspinal pain, from L3 to L4, left side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points from SI 7 (*Zhizheng*) to SI 8 (*Xiaohai*), right side.

System 2: *Ashi* points from LU 5 (*Chize*) to LU 6 (*Kongzui*), either side.

System 3: *Ashi* points from KI 8 (*Jiaoxin*) to KI 10 (*Yingu*), right side.

System 4: *Ashi* points from LU 5 (*Chize*) to LU 6 (*Kongzui*), either side.

System 5: *Ashi* points from SI 7 (*Zhizheng*) to SI 8 (*Xiaohai*), right side.

EXAMPLE 2

Area of Discomfort:

Spine pain around the L4 area.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*) meridian.

The Governing (*Du*) meridian runs directly along the spine. This meridian follows System One. Therefore, with the mirror concept, the Conception (*Ren*) meridian is used. Keep in mind, the abdomen tends to have fatty tissue, and it may be more difficult to find the acupuncture points. Deep palpation must be used to find the *ashi* points.

Step 2. Determine the Treating Meridians Based on the Five Systems.

Conception (*Ren*) meridian.

Step 3. Point Selection.

Ashi points around REN 2.

Scalp Imaging:

Needle *ashi* points from DU 19 (*Houding*) to DU 20 (*Baihui*).

EXAMPLE 3

Area of Discomfort:

Lumbar pain, directly on the spine at L2 to L4.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*) meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Conception (*Ren*) meridian.

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Step 3. Point Selection.

System 1: *Ashi* points from REN 3 (*Zhongji*) to REN 6 (*Qihai*).

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Scalp Acupuncture: According to the imaging concept, needle all *ashi* points from DU 18 (*Qiangjian*) to DU 20 (*Baihui*).

EXAMPLE 4

Area of Discomfort:

Sacral pain, from S1 to S2.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*) meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Conception (*Ren*) meridian.

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Step 3. Point Selection.

System 1: *Ashi* points from REN 2 (*Qugu*) to REN 3 (*Zhongji*).

System 2: n/a

System 3: n/a

System 4: n/a

System 5: n/a

Scalp Acupuncture:

ashi points from DU 17 (*Naohu*) to DU 18 (*Qiangjian*).

EXAMPLE 5

Area of Discomfort:

Back pain, medial to the Posterior Superior Iliac Spine (PSIS), radiating down the leg, right side.

Step 1. Diagnose the Sick Meridian.

Bladder and Gallbladder meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>Gallbladder</u>
System 1:	Small Intestine	San Jiao
System 2:	Lung	Heart
System 3:	Kidney	Liver
System 4:	Lung	Heart
System 5:	Small Intestine	San Jiao

Step 3. Point Selection.

System 1: *Ashi* points from SI 4 (*Wangu*) to SI 7 (*Zhizheng*), and SJ 4 (*Yangchi*) to SJ 9 (*Sidu*), left side.

System 2: *Ashi* points from LU 6 (*Kongzui*) to LU 9 (*Taiyuan*), and HT 4 (*Lingdao*) to HT 7 (*Shenmen*), either side.

System 3: *Ashi* points from KI 3 (*Taixi*) to KI 9 (*Zhubin*), and LR 4 (*Zhongfeng*) to LR 6 (*Zhongdu*), left side.

System 4: *Ashi* points from LU 6 (*Kongzui*) to LU 9 (*Taiyuan*), and HT 4 (*Lingdao*) to HT 7 (*Shenmen*), either side.

System 5: *Ashi* points from SI 4 (*Wangu*) to SI 7 (*Zhizheng*) and SJ 4 (*Yangchi*) to SJ 9 (*Sidu*), left side.

In this instance, *Shan Cha* is more effective than *Ling Ku*, *Da Bai*, and *Zhong Bai* because *Shan Cha* points form the reverse image of the hip joint and PSIS. Needle towards the wrist, one cun deep.

EXAMPLE 6

Area of Discomfort:

Thoracic pain around T1 to T7, bilateral.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points from SI 6 (*Yanglao*) to SI 7 (*Zhizheng*).

System 2: *Ashi* points from LU 6 (*Kongzui*) to LU 8 (*Jingqu*).

System 3: Bilateral *ashi* points from KI 7 (*Fuliu*) to KI 9 (*Zhubin*).

System 4: *Ashi* points from LU 6 (*Kongzui*) to LU 8 (*Jingqu*).

System 5: Bilateral *ashi* points from SI 6 (*Yanglao*) to SI 7 (*Zhizheng*).

EXAMPLE 7

Area of Discomfort:

All over back pain.

When the pain moves around and it is difficult to pinpoint, consider using the Twelve Magic Points listed below. To read more about this technique, see Dr. Tan's Strategy of Twelve Magical Points.

To achieve maximum beneficial affect, alternate sides from treatment to treatment.

Left	Right
LU 5 (<i>Chize</i>), PC 3 (<i>Quze</i>), HT 3 (<i>Shaohai</i>), and HT 7 (<i>Shenmen</i>)	<i>Ling Ku, Da Bai and Zhong Bai</i>
GB 41 (<i>Zulinqi</i>) and BL 65 (<i>Shugu</i>)	KI 3 (<i>Taixi</i>), KI 10 (<i>Yingu</i>), SP 6 (<i>Sanyinjiao</i>), and LR 5 (<i>Ligou</i>)

BELL'S PALSY

Bell's Palsy is characterized by a sudden onset of unilateral facial muscle paralysis characterized by muscle weakness and a distorted facial expression. This occurs as a result of trauma, compression or infection of the facial nerve. Frequently, the patient will experience an inability to close the eye. This key symptom is the easiest way to diagnose which side of the body is affected, or sick. It is more accurate to diagnose the sick side by looking at the eye, rather than looking at distortions of the mouth.

To prevent permanent damage or blindness, it is imperative to address eye issues first. If the correct acupuncture points have been chosen, the patient will show a marked improvement in their ability to close the eye. With the balance method, the eyelid should close at least halfway by the end of the first treatment.

The primary meridians involved with the eye are the Stomach and Gallbladder. Generally, there is tightness above the eyebrow, around ST 1 (*Chengqi*) and GB 14 (*Yangbai*).

The patient may also complain of pain and tightness around LI 20 (*Yingxiang*), ST 4 (*Dicang*), BL 2 (*Zanzhu*), SJ 23 (*Sizhukong*), and GB 3 (*Shangguan*).

If the condition has been present for a long time, a greater treatment time is required. In most cases, pain and facial distortions resolve within five to twenty treatments.

EXAMPLE 1

Area of Discomfort:

Facial paralysis and pain, with difficulty moving the eye, cheek, and mouth, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder, Stomach, Large Intestine, and San Jiao meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Stomach</u>	<u>Large Intestine</u>	<u>San Jiao</u>
System 1:	San Jiao	Large Intestine	Stomach	Gallbladder
System 2:	Heart	Pericardium	Liver	Kidney
System 3:	Liver	Spleen	Lung	Pericardium
System 4:	Heart	Pericardium	Kidney	Spleen
System 5:	San Jiao	Large Intestine	Stomach	Gallbladder

Step 3. Point Selection.

System 1: *Ashi* points from SJ 5 (*Waiguan*) to SJ 8 (*Sanyangluo*), LI 7 (*Wenliu*) to LI 11 (*Quchi*), ST 36 (*Zusanli*) to ST 40 (*Fenglong*), and GB 34 (*Yanglingquan*) to GB 36 (*Waiqiu*), left side.

System 2: *Ashi* points from HT 3 (*Shaohai*) to HT 7 (*Shenmen*), PC 3 (*Quze*) to PC 6 (*Neiguan*), LR 6 (*Zhongdu*) to LR 8 (*Ququan*), KI 8 (*Jiaoxin*) to KI 10 (*Yingu*), either side.

System 3: *Ashi* points from LR 6 (*Zhongdu*) to LR 8 (*Ququan*), SP 6 (*Sanyinjiao*) to SP 9 (*Yinlingquan*), LU 5 (*Chize*) to LU 7 (*Lieque*), and PC 3 (*Quze*) to PC 6 (*Neiguan*), left side.

System 4: *Ashi* points from HT 3 (*Shaohai*) to HT 7 (*Shenmen*), PC 3 (*Quze*) to PC 6 (*Neiguan*), KI 8 (*Jiaoxin*) to KI 10 (*Yingu*), and SP 6 (*Sanyinjiao*) to SP 9 (*Yinlingquan*), either side.

System 5: *Ashi* points from SJ 9 (*Sidu*) to SJ 10 (*Tianjing*), LI 9 (*Shanglian*) to LI 11 (*Quchi*), ST 35 (*Dubi*) to ST 37 (*Shangjuxu*), and GB 34 (*Yanglingquan*) to GB 36 (*Waiqiu*), left side.

There are many meridians that treat Bell's Palsy. Try to choose the least amount of meridians to treat the four sick meridians. The Pericardium and Liver meridians effectively treat all four meridians. The Liver balances the Pericardium, Large Intestine, Gallbladder, Small Intestine and Lung. Pericardium balances the Liver, Stomach, San Jiao, Stomach and Kidney. All four sick meridians are balanced while needling only two.

BUTTOCK PAIN

The Imaging and Mirroring Formats can be used to treat buttock pain. The most common locations of buttock pain lie on, or between, the Gallbladder and Bladder meridians. If the pain is located deep within the muscle, needle insertion must also be deep. Using either the shoulder (image), or the wrist (reverse image), palpate around those areas to determine the *ashi* points and find the most appropriate area to needle.

EXAMPLE 1

Area of Discomfort:

Pain on the lateral side of the buttock, located at the Posterior Superior Iliac Spine (PSIS), between the Gallbladder and Bladder meridians, left side.

Step 1. Diagnose the Sick Meridian.

Gallbladder and Bladder meridians, left side

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Bladder</u>
System 1:	San Jiao	Small Intestine
System 2:	Heart	Lung
System 3:	Liver	Kidney
System 4:	Heart	Lung
System 5:	San Jiao	Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around SJ 4 (*Yangchi*) or SJ 14 (*Jianliao*), and SI 4 (*Wangu*) or SI 9 (*Jianzhen*), right side.

System 2: *Ashi* points around HT 7 (*Shenmen*) or HT 1 (*Jiquan*), and LU 7 (*Lieque*) or LU 2 (*Yumen*), either side.

System 3: *Ashi* points around LR 4 (*Zhongfeng*), and KI 5 (*Shuiquan*), right side.

System 4: *Ashi* points around HT 1 (*Jiquan*) or HT 7 (*Shenmen*), and LU 2 (*Yumen*) or LU 7 (*Lieque*), either side.

System 5: *Ashi* points around SJ 4 (*Yangchi*) or SJ 14 (*Jianliao*), and SI 4 (*Wangu*) or SI 9 (*Jianzhen*), right side.

Because the pain is both on and between the Gallbladder and Bladder meridians, it is important to palpate between these meridians to find the exact *ashi* points.

If the pain is deep in the joint, the extra point *Shan Cha* is the most appropriate point to use. This area is the reverse image of the sacral iliac joint.

If the pain also affects the back, add SI 4 (*Wangu*) and the extra points *Ling Ku*, *Da Bai*, and *Zhong Bai*.

ELBOW PAIN (EPICONDYLITIS)

Tennis elbow, tendonitis, arthritis and injury can all cause epicondylitis. It is a common injury among tennis players, hairdressers, tile setters, carpenters, and many others. It is reported to be the result of overuse from many activities. A modern cause of this condition is frequent use of the computer mouse, or “mouse syndrome”. The most common pattern for epicondylitis presents with pain between the San Jiao and Large Intestine meridians. System One and Three are very effective in treating this pattern.

Golfer’s elbow presents on the medial side of the elbow, around the bony prominence of the joint.

EXAMPLE 1

Area of Discomfort:

Lateral elbow pain, right side.

Step 1. Diagnose the Sick Meridian.

San Jiao and Large Intestine meridians, between LI 11 (*Quchi*) and SJ 10 (*Tianjing*), right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>San Jiao</u>	<u>Large Intestine</u>
System 1:	Gallbladder	Stomach
System 2:	Kidney	Liver
System 3:	Pericardium	Lung
System 4:	Spleen	Kidney
System 5:	Gallbladder	Stomach

Step 3. Point Selection.

- System 1:** *Ashi* points between GB 33 (*Xiyangguan*) and ST 35 (*Dubi*), left side.
- System 2:** *Ashi* points between KI 10 (*Yingu*) and LR 8 (*Ququan*), either side.
- System 3:** *Ashi* points between PC 3 (*Quze*) and LU 5 (*Chize*), left side.
- System 4:** *Ashi* points between SP 9 (*Yinlingquan*) and SP 10 (*Xuehai*), and around KI 10 (*Yingu*), either side.
- System 5:** *Ashi* points between GB 33 (*Xiyangguan*) and ST 35 (*Dubi*), left side.

EXAMPLE 2

Area of Discomfort:
Medial elbow pain, right side.

Step 1. Diagnose the Sick Meridian.

Heart and Small Intestine meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Heart</u>	<u>Small Intestine</u>
System 1:	Kidney	Bladder
System 2:	Gallbladder	Spleen
System 3:	Small Intestine	Heart
System 4:	Gallbladder	Liver
System 5:	Spleen	Bladder

Step 3. Point Selection.

System 1: *Ashi* points between KI 10 (*Yingu*) and BL 40 (*Weizhong*), left side.

System 2: *Ashi* points between GB 34 (*Yanglingquan*) and SP 10 (*Xuehai*), either side.

System 3: *Ashi* points between SI 8 (*Xiaohai*) and HT 3 (*Shaohai*), left side.

System 4: *Ashi* points between GB 34 (*Yanglingquan*) and LR 8 (*Ququan*), either side.

System 5: *Ashi* points between SP 9 (*Yinlingquan*) and BL 40 (*Weizhong*), left side.

EXAMPLE 3

Area of Discomfort:

Acute pain, caused by trauma, at the bony prominence of the lateral epicondyle, right side.

Step 1. Diagnose the Sick Meridian.

San Jiao meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Gallbladder

System 2: Kidney

System 3: Pericardium

System 4: Spleen

System 5: Gallbladder

Step 3. Point Selection.

System 1: *Ashi* points around GB 34 (*Yanglingquan*), left side.

System 2: *Ashi* points around KI 10 (*Yingu*), either side.

System 3: *Ashi* points around PC 9 (*Zhongchong*), left side.

System 4: *Ashi* points around SP 9 (*Yinlingquan*), either side.

System 5: *Ashi* points around GB 34 (*Yanglingquan*), left side.

EYE PAIN

Eye pain occurs for several reasons including allergies, lack of sleep, glaucoma, macular degeneration, and trauma. Painful symptoms include swelling, redness, itchiness, a burning sensation, pressure, and dryness.

The following chart is helpful for making an accurate diagnosis:

Area of Discomfort	Sick Meridian
Inner Canthus, Near the Medial Border of the Orbit Pain	<ul style="list-style-type: none">• Bladder
Lateral Eye Pain	<ul style="list-style-type: none">• San Jiao
Upper Eyelid Pain	<ul style="list-style-type: none">• Gallbladder
Behind the Eye	<ul style="list-style-type: none">• Gallbladder
Lower Eyelid Pain	<ul style="list-style-type: none">• Stomach

EXAMPLE 1

Area of discomfort:

Medial eye pain, left side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around SI 8 (*Xiaohai*), right side.

System 2: *Ashi* points around LU 5 (*Chize*), either side.

System 3: *Ashi* points around KI 10 (*Yingu*), right side.

System 4: *Ashi* points around LU5 (*Chize*), either side.

System 5: *Ashi* points around SI 8 (*Xiaohai*), right side.

EXAMPLE 2

Area of Discomfort:

Lower eyelid swelling, itching, and burning, bilateral.

Step 1. Diagnose the Sick Meridian.

Stomach meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points around LI 11 (*Quchi*).

System 2: *Ashi* points around PC 3 (*Quze*).

System 3: Bilateral *ashi* points around SP 9 (*Yinlingquan*).

System 4: *Ashi* points around PC 3 (*Quze*).

System 5: Bilateral *ashi* points around LI 11 (*Quchi*).

EXAMPLE 3

Area of Discomfort:

Pain and pressure behind the eyes, bilateral.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SJ 10 (*Tianjing*).

System 2: *Ashi* points around HT 3 (*Shaohai*).

System 3: Bilateral *ashi* points around LR 8 (*Ququan*).

System 4: *Ashi* points around HT 3 (*Shaohai*).

System 5: Bilateral *ashi* points around SJ 10 (*Tianjing*).

FIBROMYALGIA

Fibromyalgia Syndrome (FMS) produces chronic body pain which migrates throughout the body and can be felt from head to toe. There are eighteen points of pain used for diagnosis. These points cluster around the neck, shoulder, chest, hips, knees and elbows. The location of the pain can change from day to day. Some people complain of pain in the muscles, while others have pain in the joints. In any case, the treatment plan is still the same. Locate the most painful areas, and follow the Steps of *Acupuncture 1, 2, 3*.

Go to the individual chapters, to find treatment strategies for individual locations.

Twelve Magical Points for Global Balance:

When the pain moves around and it is difficult to pinpoint, consider using the twelve magic points listed below for global balance. To read more about this strategy, read [Dr. Tan's Strategy of Twelve Magical Points](#).

To achieve maximum results, alternate sides from treatment to treatment.

Step 1. Diagnose the Sick Meridian.

All twelve meridians.

Step 2. Determine the Treating Meridians Based on the Five Systems.

Use all twelve meridians to balance the body. This is the a mix of all Five Systems of the Balance Method.

Step 3. Point Selection.

Image from the *Jing* Well to *He* Sea, including the anatomic segments covered by all five *Shu* Transporting points mapped onto the whole body (this creates both a regular AND reverse image). These points are arranged in a *Yin/Yang* Balancing Dynamic.

Left	Right
LI 4 (<i>Hegu</i>), SI 3 (<i>Houxi</i>), and SJ 3 (<i>Zhongzhu</i>).	LU 11 (<i>Shaoshang</i>), PC 9 (<i>Zhongchong</i>), and HT 9 (<i>Shaochong</i>).
SP 6 (<i>Sanyinjiao</i>), KI 3 (<i>Taixi</i>), and LR 4 (<i>Zhongfeng</i>).	ST 36 (<i>Zusanli</i>), BL 40 (<i>Weizhong</i>), and GB 34 (<i>Yanglingquan</i>).

FINGER PAIN AND HAND PAIN

There are two ways to treat finger pain. The first uses the Mirroring Format. Needle the toe that corresponds to the injured or painful finger. In other words, if the fourth finger is injured, needle the fourth toe. The second method is similar, as the mirror of the finger will still be the toe. However, in this instance, work through the Steps of *Acupuncture 1, 2, 3* to find the appropriate meridian. Both treatments are effective. With acute pain, you may also bleed the tips or sides of the nail beds.

EXAMPLE 1

Area of Discomfort:

Index finger pain, at the second metacarpophalangeal joint, right side.

Step 1. Diagnose the Sick Meridian.

Large Intestine meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Stomach

System 2: Liver

System 3: Lung

System 4: Kidney

System 5: Stomach

Step 3. Point Selection.

System 1: *Ashi* points between ST 44 (*Neiting*) and ST 45 (*Lidui*), left side.

System 2: *Ashi* points between LR 1 (*Dadun*) and LR 2 (*Xingjian*), either side.

System 3: *Ashi* points between LU 10 (*Yuji*) and LU 11 (*Shaoshang*), left side.

System 4: *Ashi* points between KI 1 (*Yongquan*) and KI 3 (*Taixi*), either side.

System 5: *Ashi* points between ST 44 (*Neiting*) and ST 45 (*Lidui*), left side.

Needle the *ashi* points around ST 44 (*Neiting*) and ST 45 (*Lidui*) on the second toe of the left side. This mirrors the problematic area.

EXAMPLE 2

Area of Discomfort:

Swelling, numbness and tingling sensation on the palmar side of the hand and all five fingers, right side.

Step 1. Diagnose the Sick Meridian.

All six hand meridians: Lung, Pericardium Heart, Small Intestine, San Jiao, and Large Intestine, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Spleen, Liver, Kidney, Bladder, Gallbladder, Stomach

System 2: Bladder, Stomach, Gallbladder, Spleen, Kidney, Liver

System 3: Large Intestine, San Jiao, Small Intestine, Heart, Pericardium, Lung

System 4: Bladder, Stomach, Gallbladder, Liver, Spleen, Kidney

System 5: Liver, Kidney, Spleen, Bladder, Gallbladder, Stomach

Step 3. Point Selection.

Select any *ashi* points from the tip of the toes to the ankle, following the pathways of the meridians.

Typically, choosing any two of the three Foot Yin meridians (Spleen, Liver, or Kidney) will balance all the meridians of the hand.

GROIN PAIN

Groin pain involves all three Yin meridians of the leg: Kidney, Liver and Spleen.

Any of the Systems can effectively treat one-sided groin pain. For bilateral pain, Systems Two and Four are better choices, as needling either side will address the painful areas. This allows you to use fewer needles with the same results.

Pulled muscles, genital herpes, hernia, testicular and vulvar pain are all treated the same. Using the Reverse Imaging Format, the genital region is most easily treated by needling the hand and foot. The groin area is synonymous with the wrist and ankle, and the fingers and toes correspond to the vagina and penis.

EXAMPLE 1

Area of Discomfort:

Groin pain, right side.

Step 1. Diagnose the Sick Meridian.

Kidney, Liver, and Spleen meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Kidney</u>	<u>Liver</u>	<u>Spleen</u>
System 1:	Heart	Pericardium	Lung
System 2:	San Jiao	Large Intestine	Small Intestine
System 3:	Bladder	Gallbladder	Stomach
System 4:	Large Intestine	Small Intestine	San Jiao
System 5:	Pericardium	Lung	Heart

Step 3. Point Selection.

Imaging:

System 1: *Ashi* points around HT 1 (*Jiquan*), PC 1 (*Tianchi*), and LU 2 (*Yumen*), left side.

System 2: *Ashi* points around SJ 14 (*Jianliao*), LI 15 (*Jianyu*), and SI 9 (*Jianzhen*), either side.

System 3: *Ashi* points around BL 36 (*Chengfu*), GB 30 (*Huantiao*), and ST 31 (*Biguan*), left side.

System 4: *Ashi* points around LI 15 (*Jianyu*), SI 9 (*Jianzhen*), and SJ 14 (*Jianliao*), either side.

System 5: *Ashi* points around PC 1 (*Tianchi*), LU 2 (*Yumen*), and HT 1 (*Jiquan*), left side.

Reverse Imaging:

System 1: *Ashi* points around HT 7 (*Shenmen*), PC 7 (*Daling*), and LU 9 (*Taiyuan*), left side.

System 2: *Ashi* points around SJ 4 (*Yangchi*), LI 5 (*Yangxi*), and SI 5 (*Yanggu*), either side.

System 3: *Ashi* points around BL 60 (*Kunlun*), GB 40 (*Qiuxu*), and ST 41 (*Jiexi*), left side.

System 4: *Ashi* points around LI 5 (*Yangxi*), SI 5 (*Yanggu*), and SJ 4 (*Yangchi*), either side.

System 5: *Ashi* points around PC 7 (*Daling*), LU 9 (*Taiyuan*), and HT 7 (*Shenmen*), left side.

EXAMPLE 2

Area of Discomfort:

Hernia with testicular pain, right testicle.

Step 1. Diagnose the Sick Meridian.

Liver meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Pericardium

System 2: Large Intestine

System 3: Gallbladder

System 4: Small Intestine

System 5: Lung

Step 3. Point Selection.

System 1: *Ashi* points around PC 7 (*Daling*), left side

System 2: *Ashi* points around LI 5 (*Yangxi*), either side

System 3: *Ashi* points around GB 40 (*Qiu Xu*), left side

System 4: *Ashi* points around SI 5 (*Yanggu*), either side

System 5: *Ashi* points around LU 9 (*Taiyuan*), left side

Needling around the eyes is another way to treat the testicles. BL 1 (*Jingming*) and *Qiu Hou* can also be added to enhance the overall effectiveness. This is an alternate imaging technique which is discussed further in advanced lectures.

HAND AND FOOT PAIN

Hand pain and foot pain are treated by using the Imaging Format and the Reverse Imaging Format. The hand treats the foot, and the foot treats the hand.

EXAMPLE 1

Area of Discomfort:

Pain on the palm, near HT 8 (*Shaofu*), right side.

Step 1. Diagnose the Sick Meridian.

Heart meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Kidney

System 2: Gallbladder

System 3: Small Intestine

System 4: Gallbladder

System 5: Spleen

Step 3. Point Selection.

System 1: *Ashi* points around KI 1 (*Yongquan*) on the left side.

System 2: *Ashi* points around GB 42 (*Diwuhui*) on either side.

System 3: *Ashi* points around SI 3 (*Houxi*) on the left side.

System 4: *Ashi* points around GB 42 (*Diwuhui*) on either side.

System 5: *Ashi* points around SP 3 (*Taibai*) on the left side.

EXAMPLE 2

Area of Discomfort:

Pain on the third metatarsal bone, between the Stomach and Gallbladder meridians, left side.

Step 1. Diagnose the Sick Meridian.

Stomach and Gallbladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Gallbladder</u>
System 1:	Large Intestine	San Jiao
System 2:	Pericardium	Heart
System 3:	Spleen	Liver
System 4:	Pericardium	Heart
System 5:	Large Intestine	San Jiao

Step 3. Point Selection.

System 1: *Ashi* points between LI 3 (*Sanjian*) and SJ 3 (*Zhongzhu*), right side.

System 2: *Ashi* points between PC 8 (*Laogong*) and HT 8 (*Shaofu*), either side.

System 3: *Ashi* points between SP 3 (*Taibai*) and LR 3 (*Taichong*), right side.

System 4: *Ashi* points between PC 8 (*Laogong*) and HT 8 (*Shaofu*), either side.

System 5: *Ashi* points between LI 3 (*Sanjian*) and SJ 3 (*Zhongzhu*), right side

HEADACHE

The principle for treating headaches is the same as treating any other pain in the body. Work the Steps of *Acupuncture 1, 2, 3*. There is no need to determine a diagnosis based on internal causes. Diagnoses such as sinusitis, wind-cold, or Liver Yang Rising are unnecessary. By using the Balance Method, the sick meridian is diagnosed and treated. The body has a chance to heal itself and restore balance and harmony, thus treating the underlying disorder.

Diagnose the Sick Meridian.

Area	Possible Meridian Imbalance
Frontal	<ul style="list-style-type: none">• Stomach (under the eyes, corner of the mouth, mandible area)• Large Intestine (under the eyes, corner of the mouth)• Gallbladder (above the eyebrows)• San Jiao (corner of the eyebrows)• Small Intestine (in front of the ear, outer corner of the eyes)• Bladder (above the eyebrows, medial end of the eyebrows)• Governing (between the eyebrows)
Occipital	<ul style="list-style-type: none">• Bladder• Gallbladder• Governing (Du)
Temporal	<ul style="list-style-type: none">• Gallbladder• Small Intestine• San Jiao (in rare cases)
Vertex	<ul style="list-style-type: none">• Bladder• Governing (Du)
Behind the eyes	<ul style="list-style-type: none">• Gallbladder• Stomach
Everywhere	<ul style="list-style-type: none">• All the Yang meridians

EXAMPLE 1

Area of Discomfort:

Temporal headache, Bilateral.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SJ 3 (*Zhongzhu*).

System 2: *Ashi* points around HT 8 (*Shaofu*).

System 3: Bilateral *ashi* points around LR 3 (*Taichong*).

System 4: *Ashi* points around HT 8 (*Shaofu*).

System 5: Bilateral *ashi* points around SJ 3 (*Zhongzhu*).

EXAMPLE 2

Area of Discomfort:

Temporal headache, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder and Small Intestine meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Small Intestine</u>
System 1:	San Jiao	Bladder
System 2:	Heart	Spleen
System 3:	Liver	Heart
System 4:	Heart	Liver
System 5:	San Jiao	Bladder

Step 3. Point Selection.

System 1: *Ashi* points from SJ 2 (*Yemen*) to SJ 3 (*Zhongzhu*), and BL 63 (*Jinmen*) to BL 65 (*Shugu*), left side.

System 2: *Ashi* points around HT 8 (*Shaofu*), and SP 4 (*Gongsun*) to SP 5 (*Shangqiu*), either side.

System 3: *Ashi* points around LR 4 (*Zhongfeng*) and HT 8 (*Shaofu*), left side.

System 4: *Ashi* points around HT 8 (*Shaofu*) and LR 4 (*Zhongfeng*), either side.

System 5: *Ashi* points from SJ 2 (*Yemen*) to SJ 3 (*Zhongzhu*), and BL 63 (*Jinmen*) to BL 65 (*Shugu*), left side.

Look at Step Two. Notice that the Liver and Heart meridians will balance both the Gallbladder and the Small Intestine meridians. Choose *ashi* points around either LR 4 (*Zhongfeng*) or HT 8 (*Shaofu*). The fewer needles used, the more succinct the treatment. If one acupuncture point treats the pain, there is no need to needle the second point. If results are not complete, add the second meridian

EXAMPLE 3

Area of Discomfort:

Migraine headache, radiating from the occiput down the trapezius, into the area of GB 21 (*Jianjing*).

Step 1. Diagnose the Sick Meridian.

Gallbladder and Bladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Bladder</u>
System 1:	San Jiao	Small Intestine
System 2:	Heart	Lung
System 3:	Liver	Kidney
System 4:	Heart	Lung
System 5:	San Jiao	Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points from SJ 3 (*Zhongzhu*) to SJ 6 (*Zhigou*), and SI 2 (*Qiangdu*) to SI 7 (*Zhizheng*), right side.

System 2: *Ashi* points from HT 4 (*Lingdao*) to HT 8 (*Shaofu*), and LU 7 (*Lieque*) to LU 11 (*Shaoshang*), either side.

System 3: *Ashi* points from LR 3 (*Taichong*) to LR 5 (*Ligou*), and KI 2 (*Rangu*) to KI 3 (*Taixi*), right side.

System 4: *Ashi* points from HT 4 (*Lingdao*) to HT 8 (*Shaofu*), and LU 7 (*Lieque*) to LU 11 (*Shaoshang*), either side.

System 5: *Ashi* points from SJ 3 (*Zhongzhu*) to SJ 6 (*Zhigou*), and SI 2 (*Qiangdu*) to SI 7 (*Zhizheng*), right side.

Diagnose the primary meridian involved. In this case, it is the Gallbladder. Start by treating this meridian, and see if the pain subsides. If pain is still present after the initial needles are placed, balance the Bladder meridian to resolve the remaining pain.

EXAMPLE 4

Area of Discomfort:

Vertex headache.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*) meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

Conception (*Ren*) meridian.

Step 3. Point Selection.

Use the Reverse Mirroring Format to treat vertex headache: Needle *ashi* points from REN 2 (*Qugu*) to REN 6 (*Qihai*).

Using the Eight Extra Meridians, SI 3 (*Houxi*), the Influential point of the Governing (*Du*) meridian, can also be used to create balance. If the vertex headache also affects the Bladder meridian, this point would be a great choice. Using System One and System Five, SI 3 (*Houxi*) balances the Bladder meridian.

As the Influential point of the Conception (*Ren*) meridian, LU 7 (*Lieque*) is also a great choice to balance the Governing (*Du*) meridian.

Another reason to utilize LU 7 (*Lieque*) and SI 3 (*Houxi*) is ease of access. Distal points allow the practitioner to treat quickly and effectively without having the patient disrobe.

EXAMPLE 5

Area of Discomfort:

Vertex headache

Step 1. Diagnose the Sick Meridian.

Governing and Bladder meridians, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Governing</u>	<u>Bladder</u>
System 1:	Conception	Small Intestine
System 2:	n/a	Lung
System 3:	n/a	Kidney
System 4:	n/a	Lung
System 5:	n/a	Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points from REN 2 (*Qugu*) to REN 6 (*Qihai*), and bilateral *ashi* points from SI 2 (*Qiangdu*) to SI 3 (*Houxi*).

System 2: *Ashi* points from LU 10 (*Yuji*) to LU 11 (*Shaoshang*), and LU 7 (*Lieque*).

System 3: Bilateral *ashi* points from KI 2 (*Rangu*) to KI 3 (*Taixi*).

System 4: *Ashi* points from LU 7 (*Lieque*) to LU 11 (*Shaoshang*).

System 5: Bilateral *ashi* points from SI 2 (*Qiangdu*) to SI 3 (*Houxi*).

LU 7 (*Lieque*) is an excellent point to treat vertex headaches. It is the Influential point of the Conception (*Ren*) meridian, as well as a primary point to balance the Bladder meridian. The Influential point of the Governing (*Du*) meridian, SI 3 (*Houxi*), strengthens the treatment. This type of treatment is discussed in more detail in advanced lectures on the Balance Method and Eight Extra Meridians.

EXAMPLE 6

Area of Discomfort:

Lateral headache radiating from eye level toward the ear.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

In this instance, the limb images the head. Therefore, the eye level maps the elbow and knee.

System 1: Bilateral *ashi* points from SJ 9 (*Sidu*) to SJ 10 (*Tianjing*).

System 2: *Ashi* points around HT 3 (*Shaohai*).

System 3: Bilateral *ashi* points from LR 7 (*Xiguan*) to LR 8 (*Ququan*), or Dr. Tan's Liver Point.

System 4: *Ashi* points around HT 3 (*Shaohai*).

System 5: Bilateral *ashi* points from SJ 9 (*Sidu*) to SJ 10 (*Tianjing*).

EXAMPLE 7

Area of Discomfort:

Frontal headache.

Step 1. Diagnose the Sick Meridian.

Gallbladder and Bladder meridians.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Bladder</u>
System 1:	San Jiao	Small Intestine
System 2:	Heart	Lung
System 3:	Liver	Kidney
System 4:	Heart	Lung
System 5:	San Jiao	Small Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SJ 3 (*Zhongzhu*) and SI 3 (*Houxi*).

System 2: *Ashi* points around HT 8 (*Shaofu*) and LU 10 (*Yuji*).

System 3: Bilateral *ashi* points around LR 3 (*Taichong*) and KI 2 (*Rangu*).

System 4: *Ashi* points around HT 8 (*Shaofu*) and LU 10 (*Yuji*).

System 5: Bilateral *ashi* points around SJ 3 (*Zhongzhu*) and SI 3 (*Houxi*).

EXAMPLE 8

Area of Discomfort:

Frontal, sinus headache, below the eyes.

Step 1. Diagnose the Sick Meridian.

Stomach and Large Intestine meridians.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Large Intestine</u>
System 1:	Large Intestine	Stomach
System 2:	Pericardium	Liver
System 3:	Spleen	Lung
System 4:	Pericardium	Kidney
System 5:	Large Intestine	Stomach

Step 3. Point Selection.

System 1: Bilateral *ashi* points around LI 4 (*Hegu*) and ST 43 (*Xiangu*).

System 2: *Ashi* points around PC 8 (*Laogong*) and LR 3 (*Taichong*).

System 3: Bilateral *ashi* points around SP 4 (*Gongsun*) and LU 10 (*Yuji*).

System 4: *Ashi* points around PC 8 (*Laogong*) and KI 2 (*Rangu*).

System 5: Bilateral *ashi* points around LI 4 (*Hegu*) and ST 43 (*Xiangu*).

EXAMPLE 9

Area of Discomfort:

Occipital headache, located on the spine/midline of the body.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*) meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

Conception (*Ren*) meridian.

Step 3. Point Selection.

If a line were drawn from the occiput to the face, it would connect slightly below the eyes. This helps locate the correct level to image. The chest images the eyes, around the nipples. Therefore, the area below the nipples, images the occiput, specifically from REN 11 (*Jianli*) to REN 15 (*Jiuwei*). Palpate *ashi* points and needle all the tender spots. As the Influential point of the Conception (*Ren*) meridian, adding LU 7 (*Lieque*) will enhance the overall acupuncture treatment. This helps to balance the Governing (*Du*) meridian.

EXAMPLE 10

Area of Discomfort:

Occipital headache, located lateral to the spine, bilateral.

Step 1. Diagnose the Sick Meridian.

Bladder meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SI 3 (*Houxi*), or SI 8 (*Xiaohai*).

System 2: *Ashi* points around LU 5 (*Chize*), or LU 10 (*Yuji*).

System 3: Bilateral *ashi* points from KI 3 (*Taixi*) to KI 4 (*Dazhong*), or around KI 10 (*Yingu*).

System 4: *Ashi* points around LU 5 (*Chize*), or LU 10 (*Yuji*).

System 5: Bilateral *ashi* points around SI 3 (*Houxi*), or SI 8 (*Xiaohai*).

EXAMPLE 11

Area of Discomfort:

Occipital headache, bilateral, including pain on the spine.

Step 1. Diagnose the Sick Meridian.

Governing (*Du*), Bladder, and Gallbladder meridians.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Governing</u>	<u>Bladder</u>	<u>Gallbladder</u>
System 1:	Conception	Small Intestine	San Jiao
System 2:	n/a	Lung	Heart
System 3:	n/a	Kidney	Liver
System 4:	n/a	Lung	Heart
System 5:	n/a	Small Intestine	San Jiao

Step 3. Point Selection.

System 1: *Ashi* points from REN 11 (*Jianli*) to REN 15 (*Jiuwei*), bilateral *ashi* points around SI 3 (*Houxi*), or SI 8 (*Xiaohai*), and SJ 3 (*Zhongzhu*) or SJ 10 (*Tianjing*).

System 2: *Ashi* points between LU 9 (*Taiyuan*) and LU 10 (*Yuji*), including LU 7 (*Lieque*), and HT 7 (*Shenmen*) to HT 8 (*Shaofu*) or HT 3 (*Shaohai*).

System 3: Bilateral *ashi* points between KI 3 (*Taixi*) and KI 4 (*Dazhong*), or KI 10 (*Yingu*), LR 4 (*Zhongfeng*), LR 7 (*Xiguan*) or Dr. Tan's Liver Point.

System 4: *Ashi* points around LU 10 (*Yuji*), or LU 5 (*Chize*), HT 7 (*Shenmen*) to HT 8 (*Shaofu*) or HT 3 (*Shaohai*).

System 5: Bilateral *ashi* points around SI 3 (*Houxi*), or SI 8 (*Xiaohai*), and SJ 3 (*Zhongzhu*) or SJ 10 (*Tianjing*).

As the Influential point of the Conception (*Ren*) meridian, LU 7 (*Lieque*) can be added to balance the Governing (*Du*) meridian.

EXAMPLE 12

Area of Discomfort:

Migraine headache with vomiting spells.

Left	Right
SJ 3 (<i>Zhongzhu</i>) and SJ 10 (<i>Tianjing</i>)	PC 6 (<i>Neiguan</i>) and PC 3 (<i>Quze</i>)
LR 8 (<i>Ququan</i>) or Dr. Tan’s Liver point, LR 3 (<i>Taichong</i>), and SP 9 (<i>Yinlingquan</i>)	GB 34 (<i>Yanglingquan</i>) or Dr. Tan’s GB point, and ST 36 (<i>Zusanli</i>)

This is an advanced technique of the Balance Method. For a detailed explanation, refer to the lectures on Ba Gua Balance Method.

EXAMPLE 13

Area of Discomfort:

Headache in all areas of the head.

In such cases, use the following points. See Dr. Tan’s Strategy of Twelve Magical Points.

Left	Right
LU 11 (<i>Shaoshang</i>), PC 9 (<i>Zhongchong</i>), and HT 9 (<i>Shaochong</i>)	LI 3 (<i>Sanjian</i>), SI 3 (<i>Houai</i>), and SJ 3 (<i>Zhongzhu</i>)
ST 36 (<i>Zusanli</i>), GB 34 (<i>Yanglingquan</i>), and BL 40 (<i>Weizhong</i>)	SP 5 (<i>Shangqiu</i>), LR 4 (<i>Zhongfeng</i>), and KI 3 (<i>Taixi</i>)

HEEL PAIN

Heel pain can be easily treated by needling the corresponding *ashi* points on the opposite palm. This treatment is useful for any kind of heel pain, including plantar fascitis.

EXAMPLE 1

Area of Discomfort:

Heel pain, right side.

Step 1. Diagnose the Sick Meridian.

Between the Bladder and Spleen meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>Spleen</u>
System 1:	Small Intestine	Lung
System 2:	Lung	Small Intestine
System 3:	Kidney	Stomach
System 4:	Lung	San Jiao
System 5:	Small Intestine	Heart

Step 3. Point Selection.

System 1: *Ashi* points between SI 4 (*Wangu*) and LU 10 (*Yuji*), left side.

System 2: *Ashi* points between LU 10 (*Yuji*) and SI 4 (*Wangu*), either side.

System 3: *Ashi* points between KI 2 (*Rangu*) and ST 42 (*Chongyang*), left side.

System 4: *Ashi* points between LU 10 (*Yuji*) and SJ 3 (*Zhongzhu*), either side.

System 5: *Ashi* points between SI 4 (*Wangu*) and HT 8 (*Laogong*), left side.

In this case, the pain exists between the Bladder and Spleen meridians. Therefore, *ashi* points must be palpated and treated between the meridians.

Mu Guan and *Gu Guan* can also be used to treat heel pain.

HIP PAIN

The main meridians traversing the hip are the Gallbladder and Bladder.

EXAMPLE 1

Area of Discomfort:

Lateral hip pain radiating down the upper thigh, left side.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: *Ashi* points from SJ 11 (*Qinglengyuan*) to SJ 14 (*Jianliao*), right side.

System 2: *Ashi* points from HT 1 (*Jiquan*) to HT 3 (*Shaohai*), either side.

System 3: *Ashi* points from LR 11 (*Yinlian*) to LR 12 (*Jimai*), right side.

System 4: *Ashi* points from HT 1 (*Jiquan*) to HT 3 (*Shaohai*), either side.

System 5: *Ashi* points from SJ 11 (*Qinglengyuan*) to SJ 14 (*Jianliao*), right side.

EXAMPLE 2

Area of Discomfort:

Posterior hip pain, right side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around SI 9 (*Jianzhen*), or SI 4 (*Wangu*) to SI 5 (*Yanggu*), left side.

System 2: *Ashi* points from LU 8 (*Jingqu*) to LU 10 (*Yuji*), or from LU 1 (*Zhongfu*) to LU 3 (*Tianfu*), either side.

System 3: *Ashi* points around KI 11 (*Henggu*), or KI 3 (*Taixi*) to KI 5 (*Shuiquan*), left side.

System 4: *Ashi* points around LU 8 (*Jingqu*) to LU 10 (*Yuji*), or from LU 1 (*Zhongfu*) to LU 3 (*Tianfu*), either side.

System 5: *Ashi* points around SI 9 (*Jianzhen*), or SI 4 (*Wangu*) to SI 5 (*Yanggu*), left side.

KIDNEY STONES

EXAMPLE 1

Area of Discomfort:

Para-spinal back pain, left side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points between SI 8 (*Xiaohai*) and SI 9 (*Jianzhen*), right side.

System 2: *Ashi* points around LU 5 (*Chize*), either side.

System 3: *Ashi* points around KI 7 (*Fuliu*) to KI 10 (*Yingu*), right side.

System 4: *Ashi* points around LU 5 (*Chize*), either side.

System 5: *Ashi* points between SI 8 (*Xiaohai*) and SI 9 (*Jianzhen*), right side.

KNEE PAIN

All six meridians running through the knee can be affected when knee pain is present. The Yin meridians (Kidney, Spleen and Liver) and the Yang meridians (Stomach, Gallbladder and Bladder meridians) all pass through the knee. For good results, accurate diagnosis of the affected meridians is important. Pain may be located between meridians, or may cover multiple areas. If the pain is deep inside the knee joint, then deep insertion of distal points is necessary.

EXAMPLE 1

Area of Discomfort:

Lateral knee pain, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: *Ashi* points around SJ 10 (*Tianjing*), left side.

System 2: *Ashi* points around HT 3 (*Shaohai*), either side.

System 3: *Ashi* points between LR 7 (*Xiguan*) and LR 8 (*Ququan*), or Dr. Tan's Liver Point, left side.

System 4: *Ashi* points around HT 3 (*Shaohai*), either side.

System 5: *Ashi* points around SJ 10 (*Tianjing*), left side.

EXAMPLE 2

Area of Discomfort:

Pain below the patella (on the patellar tendon), left leg.

Step 1. Diagnose the Sick Meridian.

Between the Stomach and Spleen meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Spleen</u>
System 1:	Large Intestine	Lung
System 2:	Pericardium	Small Intestine
System 3:	Spleen	Stomach
System 4:	Pericardium	San Jiao
System 5:	Large Intestine	Heart

Step 3. Point Selection

System 1: *Ashi* points between LI 11 (*Quchi*) and LU 5 (*Chize*), right side.

System 2: *Ashi* points between PC 3 (*Quze*) and SI 8 (*Xiaohai*), either side.

System 3: *Ashi* points between SP 9 (*Yinlingquan*) and ST 36 (*Zusanli*), right side.

System 4: *Ashi* points between PC 3 (*Quze*) and SJ 10 (*Tianjing*), either side.

System 5: *Ashi* points between LI 11 (*Quchi*) and HT 3 (*Shaohai*), right side.

LI 11 (*Quchi*) is one of the best points to treat knee pain because it can cover three meridians at the same time. It treats the Kidney (back of the knee), Liver (side of the knee), and Stomach (front of

the knee). It treats three out of the six meridians that pass through the knee. Have the patient bend his or her elbow and use a two cun needle to penetrate from LI 11 (*Quchi*), a Yang meridian, towards the Yin meridian of HT 3 (*Shaohai*). For deep pain, needle deeply. Needle slowly to avoid hitting blood vessels.

EXAMPLE 3

Area of Discomfort:

Bilateral pain at the back of the knee (popliteal fossa) between BL 39 (*Weiyang*) and BL 40 (*Weizhong*).

Step 1. Diagnose the Sick Meridian.

Bladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SI 8 (*Xiaohai*).

System 2: *Ashi* points around LU 5 (*Chize*).

System 3: Bilateral *ashi* points around KI 10 (*Yingu*).

System 4: *Ashi* points around LU 5 (*Chize*).

System 5: Bilateral *ashi* points around SI 8 (*Xiaohai*).

EXAMPLE 4

Area of Discomfort:

Pain above the patella, and around ST 35 (*Dubi*), left leg.

Step 1. Diagnose the Sick Meridian

Stomach meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection

System 1: *Ashi* points from LI 11 (*Quchi*) to LI 13 (*Shouwuli*), right side.

System 2: *Ashi* points around PC 3 (*Quze*), either side.

System 3: *Ashi* points from SP 9 (*Yinlingquan*) to SP 10 (*Xuehai*), right side.

System 4: *Ashi* points around PC 3 (*Quze*), either side.

System 5: *Ashi* points from LI 11 (*Quchi*) to LI 13 (*Shouwuli*), right side.

EXAMPLE 5

Area of Discomfort:

Non-specific pain and weakness “everywhere” around the knee.

Step 1. Diagnose the Sick Meridian.

All six meridians: Stomach, Gallbladder, Bladder, Kidney, Spleen, Liver, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine, San Jiao, Small Intestine, Heart, Lung, Pericardium

System 2: Pericardium, Heart, Lung, San Jiao, Small Intestine, Large Intestine

System 3: Spleen, Liver, Kidney, Bladder, Stomach, Gallbladder

System 4: Pericardium, Heart, Lung, Large Intestine, San Jiao, Small Intestine

System 5: Large Intestine, San Jiao, Small Intestine, Pericardium, Heart, Lung

Step 3. Point Selection

System 1: *Ashi* points around LI 11 (*Quchi*), SJ 10 (*Tianjing*), SI 8 (*Xiaohai*), HT 3 (*Shaohai*), LU 5 (*Chize*), and PC 3 (*Quze*), right side.

System 2: *Ashi* points around PC 3 (*Quze*), HT 3 (*Shaohai*), LU 5 (*Chize*), SJ 10 (*Tianjing*), SI 8 (*Xiaohai*), and LI 11 (*Quchi*), either side.

System 3: *Ashi* points around SP 9 (*Yinlingquan*), LR 8 (*Ququan*), KI 10 (*Yingu*), BL 40 (*Weizhong*), ST 35 (*Dubi*), and GB 34 (*Yanglingquan*), right side.

System 4: *Ashi* points around PC 3 (*Quze*), HT 3 (*Shaohai*), LU 5 (*Chize*), LI 11 (*Quchi*), SJ 10 (*Tianjing*), and SI 8 (*Xiaohai*), either side.

System 5: *Ashi* points around LI 11 (*Quchi*), SJ 10 (*Tianjing*), SI 8 (*Xiaohai*), PC 3 (*Quze*), HT 3 (*Shaohai*), and LU 5 (*Chize*), right side.

When pain involves several meridians, it is best to find the Systems that treat the most meridians with the least amount of points. In this case, the Large Intestine is the first choice as it balances knee pain on the Stomach, Kidney and Liver meridians. The Lung meridian can also be used. It balances the Spleen and the Bladder. Finally, the Heart meridian balances knee pain on the Gallbladder meridian. By using these three meridians, all six meridians encompassing the knee are treated. The best points to choose are *ashi* points around LI 11 (*Quchi*), LU 5 (*Chize*), and HT 3 (*Shaohai*), on the right side.

LEG PAIN

With leg pain, any of the six leg meridians may be imbalanced (Bladder, Stomach, Gallbladder, Liver, Kidney, and Spleen). Pain can occur on, or between, the meridians.

EXAMPLE 1

Area of Discomfort:

Pain radiating down the lateral aspect of the thigh and IT band, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: *Ashi* points between SJ 10 (*Tianjing*) to SJ 14 (*Jianliao*), left side.

System 2: *Ashi* points between HT 1 (*Jiquan*) to HT 3 (*Shaohai*), either side.

System 3: *Ashi* points between LR 8 (*Ququan*) to LR 12 (*Jimai*), left side.

System 4: *Ashi* points between HT 4 (*Lingdao*) to HT 7 (*Shenmen*), either side.

System 5: *Ashi* points between SJ 4 (*Yangchi*) to SJ 10 (*Tianjing*), left side.

EXAMPLE 2

Area of Discomfort:

Pain radiating from the hip joint, down the leg, between the IT Band and the hamstring muscle, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder and Bladder meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Bladder</u>
System 1:	San Jiao	Small Intestine
System 2:	Heart	Lung
System 3:	Liver	Kidney
System 4:	Heart	Lung
System 5:	San Jiao	Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points between SJ 10 (*Tianjing*) to SJ 14 (*Jianliao*), and from SI 8 (*Xiaohai*) to SI 9 (*Jianzhen*), left side.

System 2: *Ashi* points between HT 1 (*Jiquan*) and HT 3 (*Shaohai*), and from LU 2 (*Yumen*) to LU 5 (*Chize*), either side.

System 3: *Ashi* points between LR 8 (*Ququan*) and LR 12 (*Jimai*), and from KI 10 (*Yingu*) to KI 11 (*Henggu*), left side.

System 4: *Ashi* points between HT 4 (*Lingdao*) to HT 7 (*Shenmen*), and from LU 2 (*Yumen*) to LU 5 (*Chize*), either side.

System 5: *Ashi* points between SJ 4 (*Yangchi*) to SJ 10 (*Tianjing*), and from SI 8 (*Xiaohai*) to SI 9 (*Jianzhen*), left side.

EXAMPLE 3

Area of Discomfort:

Cramping of the calf muscles, bilateral.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: Bilateral *ashi* points from SI 5 (*Yanggu*) to SI 8 (*Xiaohai*).

System 2: *Ashi* points from LU 5 (*Chize*) to LU 8 (*Jingqu*).

System 3: Bilateral *ashi* points from KI 3 (*Taixi*) to KI 10 (*Yingu*).

System 4: *Ashi* points from LU 5 (*Chize*) to LU 8 (*Jingqu*).

System 5: Bilateral *ashi* points from SI 5 (*Yanggu*) to SI 8 (*Xiaohai*).

EXAMPLE 4

Area of Discomfort:

Entire leg pain, right side.

Step 1. Diagnose the Sick Meridian.

All meridians: Kidney, Spleen, Liver, Bladder, Gallbladder, Stomach, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Heart, Lung, Pericardium, Small Intestine, San Jiao, Large Intestine

System 2: San Jiao, Small Intestine, Large Intestine, Lung, Heart, Pericardium

System 3: Bladder, Stomach, Gallbladder, Kidney, Liver, Spleen

System 4: Large Intestine, San Jiao, Small Intestine, Lung, Heart, Pericardium

System 5: Pericardium, Heart, Lung, Small Intestine, San Jiao, Large Intestine

Step 3. Point Selection.

A few meridians can be chosen to treat all six meridians. The three Yin meridians of the Hand (Heart, Pericardium, and Lung) treat all six meridians of the leg.

Therefore, palpating and needling all the *ashi* points on the Heart, Pericardium and Lung meridians effectively treats pain of the entire leg. Needle the opposite side. In this case, the left side.

NECK PAIN

Neck pain can occur for several reasons including muscle tightness, disk degeneration, or surgical intervention. Before treatment, it is beneficial to record the patient's range of motion. After needle insertion, range of motion should increase by approximately fifty percent. If your results are less than this, reevaluate your diagnosis. A clear diagnosis can be made by evaluating range of motion, and determining which directions have restrictions:

Lateral Flexion (Gallbladder, Large Intestine):

Lateral flexion, or side bending, involves bending the body or one of its parts in a plane that is perpendicular, away from the median plane. For example, bending the head sideways to the shoulder, away from the midline. If the patient feels pain or cannot perform lateral flexion, the affected meridians are the Gallbladder and the Large Intestine.

Lateral Rotation (Gallbladder):

Lateral rotation is turning the neck left and right, as if looking over the shoulder. If the patient has difficulty or experiences pain performing lateral rotation, the meridian affected is the Gallbladder.

Flexion (Bladder, Gallbladder, Stomach, or Du):

Flexion involves bending the head forward. When the patient has difficulty or pain performing flexion, the Bladder, Gallbladder or Governing (*Du*) meridians are involved.

Extension (Bladder, Gallbladder, Stomach, or Ren):

Extension involves bending the head backwards, as if looking up toward the sky. When the patient has difficulty or pain performing extension, the Bladder, Gallbladder, Stomach, or Conception (*Ren*) meridians are affected.

Although these movement tests are helpful for diagnosis, the most important criteria is the location of the pain.

EXAMPLE 1

Area of Discomfort:

Pain on the upper, posterior part of the sternocleidomastoid (SCM) muscle, right side.

Step 1. Diagnose the Sick Meridian.

Stomach and Large Intestine meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Large Intestine</u>
System 1:	Large Intestine	Stomach
System 2:	Pericardium	Liver
System 3:	Spleen	Lung
System 4:	Pericardium	Kidney
System 5:	Large Intestine	Stomach

Step 3. Point Selection.

System 1: *Ashi* points around LI 5 (*Yangxi*) and ST 41 (*Jiexi*), left side.

System 2: *Ashi* points around PC 7 (*Daling*) and LR 4 (*Zhongfeng*), either side.

System 3: *Ashi* points around SP 5 (*Shangqiu*) and LU 9 (*Taiyuan*), left side.

System 4: *Ashi* points around PC 7 (*Daling*) and KI 3 (*Taixi*), either side.

System 5: *Ashi* points around LI 5 (*Yangxi*) and ST 41 (*Jiexi*), left side.

EXAMPLE 2

Area of Discomfort:

Neck pain on the occipital region, one to two cun lateral to midline, right-sided.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around SI 5 (*Yanggu*), left side.

System 2: *Ashi* points around LU 9 (*Taiyuan*), either side.

System 3: *Ashi* points around KI 3 (*Taixi*), left side.

System 4: *Ashi* points around LU 9 (*Taiyuan*), either side.

System 5: *Ashi* points around SI 5 (*Yanggu*), left side.

EXAMPLE 3

Area of Discomfort:

Occipital neck pain, bilateral.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SJ 4 (*Yangchi*).

System 2: *Ashi* points around HT 7 (*Shenmen*).

System 3: Bilateral *ashi* points around LR 4 (*Zhongfeng*).

System 4: *Ashi* points around HT 7 (*Shenmen*).

System 5: Bilateral *ashi* points around SJ 4 (*Yangchi*).

EXAMPLE 4

Area of Discomfort:

Neck pain on the spine at the level of C6-C7, bilateral.

Step 1. Diagnose the Sick Meridian.

Bladder and Governing meridians (*Du*), bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>Du</u>
System 1:	Small Intestine	Ren
System 2:	Lung	n/a
System 3:	Kidney	n/a
System 4:	Lung	n/a
System 5:	Small Intestine	n/a

Step 3. Point Selection.

System 1: Bilateral *ashi* points around SI 5 (*Yanggu*), and REN 22 (*Tiantu*).

System 2: *Ashi* points around LU 9 (*Taiyuan*).

System 3: Bilateral *ashi* points around KI 3 (*Taixi*).

System 4: *Ashi* points around LU 9 (*Taiyuan*).

System 5: Bilateral *ashi* points around SI 5 (*Yanggu*).

Scalp acupuncture can be added to treat neck pain involving the Bladder and Governing (*Du*) meridians. In these cases, needle the *ashi* points around DU 22 (*Xinhui*) to DU 24 (*Shenting*) and BL 5 (*Wuchu*) to BL 6 (*Chengguang*). If the pain is slightly to the right, then needle slightly to the right of the Governing (*Du*) meridian. If the pain is slightly to the left, then needle slightly to the left of the Governing (*Du*) meridian.

EXAMPLE 5

Area of Discomfort:

Occipital neck pain radiating down the posterior aspect of the arm, over the shoulder, left side.

Step 1. Diagnose the Sick Meridian.

Bladder and San Jiao meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>San Jiao</u>
System 1:	Small Intestine	Gallbladder
System 2:	Lung	Kidney
System 3:	Kidney	Pericardium
System 4:	Lung	Spleen
System 5:	Small Intestine	Gallbladder

Step 3. Point Selection.

System 1: *Ashi* points from SI 3 (*Houxi*) to SI 6 (*Yanglao*), and GB 39 (*Xuanzhong*) to GB 42 (*Diwuhui*), right side.

System 2: *Ashi* points from LU 8 (*Jingqu*) to LU 10 (*Yuji*), and KI 2 (*Rangu*) to KI 7 (*Fuliu*), either side.

System 3: *Ashi* points from KI 2 (*Rangu*) to KI 7 (*Fuliu*), and PC 6 (*Neiguan*) to PC 8 (*Laogong*), right side.

System 4: *Ashi* points from LU 8 (*Jingqu*) to LU 10 (*Yuji*), and SP 3 (*Taibai*) to SP 6 (*Sanyinjiao*), either side.

System 5: *Ashi* points from SI 3 (*Houxi*) to SI 6 (*Yanglao*), and GB 39 (*Xuanzhong*) to GB 42 (*Diwuhui*), right side

EXAMPLE 6

Area of Discomfort:

Pain on the entire neck, shoulder and scapula, right side.

Step 1. Diagnose the Sick Meridian.

Bladder, Gallbladder, Small Intestine, San Jiao meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Bladder</u>	<u>Gallbladder</u>	<u>Small Intestine</u>	<u>San Jiao</u>
System 1:	Small Intestine	San Jiao	Bladder	Gallbladder
System 2:	Lung	Heart	Spleen	Kidney
System 3:	Kidney	Liver	Heart	Pericardium
System 4:	Lung	Heart	Liver	Spleen
System 5:	Small Intestine	San Jiao	Bladder	Gallbladder

Step 3. Point Selection.

- System 1:** *Ashi* points from SI 3 (*Houxi*) to SI 7 (*Zhizheng*), SJ 3 (*Zhongzhu*) to SJ 7 (*Huizong*), BL 59 (*Fuyang*) to BL 62 (*Shenmai*), and GB 38 (*Yangfu*) to GB 40 (*Qiu xu*), left side.
- System 2:** *Ashi* points from LU 7 (*Lieque*) to LU 9 (*Taiyuan*), HT 4 (*Lingdao*) to HT 7 (*Shenmen*), SP 5 (*Shangqiu*) to SP 6 (*Sanyinjiao*), and KI 5 (*Shuiquan*) to KI 7 (*Fuliu*), either side.
- System 3:** *Ashi* points from KI 5 (*Shuiquan*) to KI 7 (*Fuliu*), LR 4 (*Zhongfeng*) to LR 5 (*Ligou*), HT 4 (*Lingdao*) to HT 7 (*Shenmen*), and PC 6 (*Neiguan*) to PC 7 (*Daling*), left side.
- System 4:** *Ashi* points from LU 7 (*Lieque*) to LU 9 (*Taiyuan*), HT 4 (*Lingdao*) to HT 7 (*Shenmen*), LR 4 (*Zhongfeng*) to LR 5 (*Ligou*), and SP 5 (*Shangqiu*) to SP 6 (*Sanyinjiao*), either side.
- System 5:** *Ashi* points from SI 3 (*Houxi*) to SI 7 (*Zhizheng*), SJ 3 (*Zhongzhu*) to SJ 7 (*Huizong*), BL 59 (*Fuyang*) to BL 62 (*Shenmai*), and GB 38 (*Yangfu*) to GB 40 (*Qiu xu*), left side.

There are several choices listed above. It can be overwhelming to look at so many different acupuncture points and try to figure out what might work. With *Acupuncture 1, 2, 3*, the object is to find the simplest way to treat the most complex problems. Look for common meridians between each system. The Kidney meridian can treat the Bladder and San Jiao meridians. The Heart meridian treats the Gallbladder and the Small Intestine. Therefore, look for *ashi* points between KI 5 (*Shuiquan*) to KI 7 (*Fuliu*) and HT 4 (*Lingdao*) to HT 7 (*Shenmen*).

EXAMPLE 7

Area of Discomfort:

Neck pain “all over”.

Step 1. Diagnose the Sick Meridian.

Neck pain encompasses eight meridians: Small Intestine, Large Intestine, San Jiao, Stomach, Gallbladder, Bladder, Governing (*Du*) meridian, and the Conception (*Ren*) meridian.

Step 2. Determine the Treating Meridians Based on the Five Systems.

See Below

Step 3. Point Selection.

The quickest way to treat encompassing neck pain is to image the hand as the head. There are two different ways to create this image. The first uses the individual bones as an image of the head and neck. The end of the metacarpophalangeal joint images the neck. Needle the five points in the depressions proximal to all the metacarpophalangeal joints: LI 3 (*Sanjian*), *So Jing Dian*, SJ 3 (*Zhongzhu*), SI 3 (*Houxi*), and between the second and third metacarpophalangeal bones.

The second image uses the whole hand as an image of the head. The wrist images the neck. Needle all the points around the wrist to treat the pain: LI 5 (*Yangxi*), SJ 4 (*Zhongzhu*), SI 5 (*Yanggu*), LU 9 (*Taiyuan*), PC 7 (*Daling*), and HT 7 (*Shenmen*). For a more effective treatment, needle the Yin points on one wrist and the Yang points on the other wrist. Dr. Tan's Strategy of Twelve Magical Points elaborates on this idea.

Luo Zhen is another extra point that can enhance any treatment for neck pain.

ONE-SIDED BODY PAIN

As with localized pain, when treating body pain that covers a large area, it is important to determine the affected meridian. Keep in mind that pain may lie between meridians or cover multiple meridians.

EXAMPLE 1

Area of Discomfort:

Pain on the temporal region of the head, radiating down the neck, shoulder, and scapular region, through the paraspinal muscles, down the back of the leg, to the lateral side of the foot, left side.

Step 1. Diagnose the Sick Meridian.

San Jiao, Small Intestine, and Bladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>San Jiao</u>	<u>Small Intestine</u>	<u>Bladder</u>	<u>Gallbladder</u>
System 1:	Gallbladder	Bladder	Small Intestine	San Jiao
System 2:	Kidney	Spleen	Lung	Heart
System 3:	Pericardium	Heart	Kidney	Liver
System 4:	Spleen	Liver	Lung	Heart
System 5:	Gallbladder	Bladder	Small Intestine	San Jiao

Step 3. Point Selection.

System 1: *Ashi* points from GB 34 (*Yanglingquan*) to GB 44 (*Zuqiaoyin*), BL 40 (*Weizhong*) to BL 67 (*Zhiyin*), SI 1 (*Shaoze*) to SI 8 (*Xiaohai*), and SJ 1 (*Guanchong*) to SJ 10 (*Tianjing*), right side.

System 2: *Ashi* points from KI 1 (*Yongquan*) to KI 10 (*Yingu*), SP 1 (*Yinbai*) to SP 9 (*Yinlingquan*), LU 5 (*Chize*) to LU 11 (*Shaoshang*), HT 3 (*Shaohai*) to HT 9 (*Shaochong*), either side.

- System 3:** *Ashi* points from PC 3 (*Quze*) to PC 9 (*Zhongchong*), HT 3 (*Shaohai*) to HT 9 (*Shaochong*), KI 1 (*Yongquan*) to KI 10 (*Yingu*), and LR 1 (*Dadun*) to LR 8 (*Ququan*), right side.
- System 4:** *Ashi* points from SP 1 (*Yinbai*) to SP 9 (*Yinlingquan*), LR 1 (*Dadun*) to LR 8 (*Ququan*), LU 5 (*Chize*) to LU 11 (*Shaoshang*), and HT 3 (*Shaohai*) to HT 9 (*Shaochong*), either side.
- System 5:** *Ashi* points from GB 34 (*Yanglingquan*) to GB 44 (*Zuqiaoyin*), BL 40 (*Weizhong*) to BL 67 (*Zhiyin*), SI 1 (*Shaoze*) to SI 8 (*Xiaohai*), and SJ 1 (*Guanchong*) to SJ 10 (*Tianjing*), right side.

The benefit of using *Acupuncture 1, 2, 3*, is that many meridians can be balanced with very few acupuncture points. Looking at the diagram above, the Heart balances the Gallbladder and Small Intestine while the Kidney balances the San Jiao and Bladder.

Needle all the *ashi* points from HT 3 (*Shaohai*) to HT 9 (*Shaochong*) and KI 1 (*Yongquan*) to KI 10 (*Yingu*). Amazing results can be achieved.

PERIPHERAL NEUROPATHY

Peripheral Neuropathy causes unusual or unpleasant irritations including tingling, burning, itchiness, crawling sensations, dizziness, clumsiness and more. It occurs primarily on the hands and feet. Treat the opposite extremity to relieve the symptoms. If the hands are painful, treat the feet; if the feet are painful, treat the hands. Any *ashi* point can be needled. Use up to twenty needles to address the pain. If the neuropathy affects both the hands and feet, needle the shoulder and hip joints to relieve the pain. This is the reverse mirror which can be used in order to avoid direct needling of the painful areas.

When needling the tip of the fingers or toes, up to two needles per digit can be needled. The *Jing* well points at the corner of the nail bed are effective.

Zhong Bai is an effective point to treat the extremities if it involves the Kidney, Gallbladder, or Spleen meridian.

PHANTOM PAIN

Phantom pain is pain or discomfort felt by an amputee in the area of the missing limb. *Acupuncture 1, 2, 3*, is one of the most effective ways to treat this kind of pain. Have the patient identify where the pain is, and work the Steps. Needling the opposite limb is one of the best treatments. For example, if the left arm has been amputated, and the patient feels pain at the left elbow, needle the right elbow.

PROSTATE ENLARGEMENT

Benign Prostate Hypertrophy (BPH) can be treated by needling around the wrist or ankle. The hand and foot image the genital region.

Step 1. Diagnose the Sick Meridian.

Kidney and Liver meridians, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Kidney</u>	<u>Liver</u>
System 1:	Heart	Pericardium
System 2:	San Jiao	Large Intestine
System 3:	Bladder	Gallbladder
System 4:	Large Intestine	Small Intestine
System 5:	Pericardium	Lung

Step 3. Point Selection.

System 1: Bilateral *ashi* points around HT 7 (*Shenmen*) and PC 7 (*Daling*).

System 2: *Ashi* points around SJ 4 (*Yangchi*) and LI 5 (*Yangxi*).

System 3: Bilateral *ashi* points around BL 62 (*Shenmai*) and GB 40 (*Qiu xu*).

System 4: *Ashi* points around LI 5 (*Yangxi*) and SI 5 (*Yanggu*).

System 5: Bilateral *ashi* points around PC 7 (*Daling*) and LU 9 (*Taiyuan*).

Another way to treat BPH is to use the face as an image. The eyeballs image the testicles and ovaries, the nose images the penis and vagina, and the mouth images the anus. Therefore, using BL 1 (*Jingming*) treats testicular and ovarian issues; and BL 2 (*Zanzhu*) and GB 14 (*Yangbai*) treat prostate issues.

SCAPULAR PAIN

The Small Intestine and Bladder meridians are the primary meridians involved with scapular pain. If the pain is directly on the scapula, the Small Intestine meridian is affected. If the pain is between the scapula, on the paraspinal and rhomboid muscles, the Bladder is the primary cause of pain.

As with all pain, the goal is to follow the steps of *Acupuncture 1, 2, 3*. If the correct meridian is diagnosed and the steps are followed, the treatment will be successful. With scapular pain, it can be difficult to make a correct diagnosis. The following information is given to help isolate the origin of the pain and therefore, have a more effective treatment.

There are three primary causes of scapular pain: Impingement of the rotator cuff muscles, thoracic and rib dysfunction, and C5-C6 or C6-C7 nerve impingement. With all types of scapular pain, overhead lifting or reaching will be painful.

There are four muscles making up the rotator cuff: Infraspinatus, Supraspinatus, Subscapularis, and Teres Minor. These muscles are located on the Small Intestine meridian. With Infraspinatus, Supraspinatus, and Teres Minor pain, reaching back (such as in a car) with an outstretched hand, will cause pain. With Supraspinatus and Subscapularis pain, a patient may complain of pain when reaching their hand behind their back (such as fastening a bra, or tucking in a shirt). Surfers often complain of pain when paddling.

For pain directly on the spine, see the chapters on back pain and neck pain.

EXAMPLE 1

Area of Discomfort:

Scapular pain, right side.

Step 1. Diagnose the Sick Meridian.

Small Intestine meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Bladder

System 2: Spleen

System 3: Heart

System 4: Liver

System 5: Bladder

Step 3. Point Selection.

System 1: *Ashi* points around BL 59 (*Fuyang*), left side.

System 2: *Ashi* points around SP 6 (*Sanyinjiao*), either side.

System 3: *Ashi* points around HT 4 (*Lingdao*), left side.

System 4: *Ashi* points around LR 4 (*Zhongfeng*) to LR 5 (*Ligou*), either side.

System 5: *Ashi* points around BL 59 (*Fuyang*), left side.

EXAMPLE 2

Area of Discomfort:

Scapular and upper back pain, left side.

Step 1. Diagnose the Sick Meridian.

Small Intestine and Bladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Small Intestine</u>	<u>Bladder</u>
System 1:	Bladder	Small Intestine
System 2:	Spleen	Lung
System 3:	Heart	Kidney
System 4:	Liver	Lung
System 5:	Bladder	Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points around BL 59 (*Fuyang*), and SI 6 (*Yanglao*) to SI 7 (*Zhizheng*), right side.

System 2: *Ashi* points around SP 6 (*Sanyinjiao*), and LU 6 (*Kongzui*) to LU 7 (*Lieque*), either side.

System 3: *Ashi* points around HT 4 (*Lingdao*), and KI 7 (*Fuliu*) to KI 9 (*Zhubin*), right side.

System 4: *Ashi* points from LR 4 (*Zhongfeng*) to LR 5 (*Ligou*), and LU 6 (*Kongzui*) to LU 7 (*Lieque*), either side.

System 5: *Ashi* points around BL 59 (*Fuyang*), and SI 6 (*Yanglao*) to SI 7 (*Zhizheng*), right side.

SCIATIC PAIN

The most common meridians affected with sciatic pain are the Gallbladder and Bladder. Pain may also occur between these meridians. Another pain pattern is on, or between, the Liver and Kidney meridians. Occasionally the pain radiates anterior and lateral, indicating the Stomach meridian.

EXAMPLE 1

Area of Discomfort:

Pain radiating from the buttock, along the back of the leg, to the lateral side of the foot, right side.

Step 1. Diagnose the Sick Meridian.

Bladder meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Small Intestine

System 2: Lung

System 3: Kidney

System 4: Lung

System 5: Small Intestine

Step 3. Point Selection.

System 1: *Ashi* points from SI 8 (*Xiaohai*) to SI 10 (*Naoshu*), left side.

System 2: *Ashi* points from LU 2 (*Yumen*) to LU 5 (*Chize*), either side.

System 3: *Ashi* points from KI 10 (*Yingu*) to KI 11 (*Henggu*), left side.

System 4: *Ashi* points from LU 2 (*Yumen*) to LU 5 (*Chize*), either side.

System 5: *Ashi* points from SI 8 (*Xiaohai*) to SI 10 (*Naoshu*), left side.

EXAMPLE 2

Area of Discomfort:

Sciatic pain radiating laterally down the side of the hip, leg, and foot, left side.

Step 1. Diagnose the Sick Meridian.

Gallbladder meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: San Jiao

System 2: Heart

System 3: Liver

System 4: Heart

System 5: San Jiao

Step 3. Point Selection.

System 1: *Ashi* points from SJ 4 (*Yangchi*) to SJ 10 (*Tianjing*), right side.

System 2: *Ashi* points from HT 3 (*Shaohai*) to HT 7 (*Shenmen*), either side.

System 3: *Ashi* points from LR 4 (*Zhongfeng*) to LR 8 (*Ququan*), right side.

System 4: *Ashi* points from HT 3 (*Shaohai*) to HT 7 (*Shenmen*), either side.

System 5: *Ashi* points from SJ 4 (*Yangchi*) to SJ 10 (*Tianjing*), right side.

EXAMPLE 3

Area of Discomfort:

Sciatic pain down the back and lateral side of the leg radiating to the ankle, left side.

Step 1. Diagnose the Sick Meridian.

Gallbladder and Bladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>Bladder</u>
System 1:	San Jiao	Small Intestine
System 2:	Heart	Lung
System 3:	Liver	Kidney
System 4:	Heart	Lung
System 5:	San Jiao	Small Intestine

Step 3. Point Selection.

In this instance, it is important to remember that the pain lies between the Bladder and Gallbladder meridians. Palpating for *ashi* points between these two meridians will be important for a successful treatment.

System 1: *Ashi* points between SJ 4 (*Yangchi*) and SJ 10 (*Tianjing*), and SI 8 (*Xiaohai*) and SI 10 (*Naoshu*), right side.

System 2: *Ashi* points between HT 3 (*Shaohai*) and HT 7 (*Shenmen*), and LU 2 (*Yumen*) and LU 5 (*Chize*), either side.

System 3: *Ashi* points between LR 4 (*Zhongfeng*) and LR 8 (*Ququan*), and KI 10 (*Yingu*) and KI 11 (*Henggu*), right side.

System 4: *Ashi* points between HT 3 (*Shaohai*) and HT 7 (*Shenmen*), and LU 2 (*Yumen*) to LU 5 (*Chize*), either side.

System 5: *Ashi* points between SJ 4 (*Yangchi*) and SJ 10 (*Tianjing*), and SI 8 (*Xiaohai*) and SI 10 (*Naoshu*), right side.

As can be seen from the above examples, the Lung meridian balances the Bladder meridian. Therefore, if the palm is used as an image of the genital region, the area around LU 10 (*Yuji*) can be used to treat lower sacral pain.

Frequently, back pain accompanies sciatic pain. If this pattern exists, consider adding the following extra points on the opposite side of the pain: *Ling Ku*, *Da Bai* and *Zhong Bai*.

SCM PAIN

The primary meridians affected with sternocleidomastoid (SCM) muscle pain are the Stomach and Large Intestine. Carefully differentiate and diagnose the affected meridian to achieve maximum treatment results.

EXAMPLE 1

Area of Discomfort:

SCM pain, left side.

Step 1. Diagnose the Sick Meridian.

Stomach meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection.

System 1: *Ashi* points around LI 5 (*Yangxi*), right side.

System 2: *Ashi* points around PC 7 (*Daling*), either side.

System 3: *Ashi* points around SP 5 (*Shangqiu*), right side.

System 4: *Ashi* points around PC 7 (*Daling*), either side.

System 5: *Ashi* points around LI 5 (*Yangxi*), right side.

EXAMPLE 2

Area of Discomfort:

SCM pain, right side.

Step 1. Diagnose the Sick Meridian.

Large Intestine meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Stomach

System 2: Liver

System 3: Lung

System 4: Kidney

System 5: Stomach

Step 3. Point Selection.

System 1: *Ashi* points around ST 41 (*Jiexi*), left side.

System 2: *Ashi* points around LR 4 (*Zhongfeng*), either side.

System 3: *Ashi* points around LU 9 (*Taiyuan*), left side.

System 4: *Ashi* points around KI 3 (*Taixi*), either side.

System 5: *Ashi* points around ST 41 (*Jiexi*), left side.

EXAMPLE 3

Area of Discomfort:

Radiating SCM pain, bilateral.

Step 1. Diagnose the Sick Meridian.

Stomach and Large Intestine meridians, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Large Intestine</u>
System 1:	Large Intestine	Stomach
System 2:	Pericardium	Liver
System 3:	Spleen	Lung
System 4:	Pericardium	Kidney
System 5:	Large Intestine	Stomach

Step 3. Point Selection.

System 1: Bilateral *ashi* points around LI 5 (*Yangxi*) and ST 41 (*Jiexi*).

System 2: *Ashi* points around PC 7 (*Daling*) and LR 4 (*Zhongfeng*).

System 3: Bilateral *ashi* points around SP 5 (*Shangqiu*) and LU 9 (*Taiyuan*).

System 4: *Ashi* points around PC 7 (*Daling*) and KI 3 (*Taixi*).

System 5: Bilateral *ashi* points around LI 5 (*Yangxi*) and ST 41 (*Jiexi*).

SHOULDER PAIN/ FROZEN SHOULDER

The shoulder area is complex and difficult to diagnose due to the number of meridians in this region.

A knot at the apex of the shoulder indicates a Gallbladder meridian imbalance. When the pain is located on the scapula, the Small Intestine meridian is imbalanced. When the pain is between the apex of the shoulder and the scapula, the San Jiao meridian is involved. If the pain is above the acromio-clavicular (AC) joint, the Large Intestine meridian is imbalanced. Below the AC joint, consider the Lung meridian. Understanding the location of the meridians is important to making an accurate diagnosis. If the pain does not improve after needle insertion, check your diagnosis.

Range of motion test will help diagnose which meridians are involved:

Flexion:

If the patient has trouble lifting the arm forward and upward, the Large Intestine meridian is affected.

Abduction:

If the patient has trouble lifting the arm sideways, the San Jiao meridian is involved.

Internal Rotation and Adduction:

If the patient has trouble moving the arm behind the back, the Small Intestine and the Lung meridians are affected.

EXAMPLE 1

Area of Discomfort:

Anterior shoulder pain, right side.

Step 1. Diagnose the Sick Meridian.

Lung meridian, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Spleen

System 2: Bladder

System 3: Large Intestine

System 4: Bladder

System 5: Liver

Step 3. Point Selection.

System 1: *Ashi* points from SP 5 (*Shangqiu*) to SP 6 (*Sanyinjiao*), left side.

System 2: *Ashi* points from BL 60 (*Kunlun*) to BL 62 (*Shenmai*), either side.

System 3: *Ashi* points around LI 5 (*Yangxi*), left side.

System 4: *Ashi* points from BL 60 (*Kunlun*) to BL 62 (*Shenmai*), either side.

System 5: *Ashi* points around LR 4 (*Zhongfeng*), left side.

EXAMPLE 2

Area of Discomfort:

Pain on the acromion, left side.

Step 1. Diagnose the Sick Meridian.

Large Intestine meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Stomach

System 2: Liver

System 3: Lung

System 4: Kidney

System 5: Stomach

Step 3. Point Selection.

Image:

System 1: *Ashi* points around ST 31 (*Biguan*), right side.

System 2: *Ashi* points around LR 11 (*Yinlian*), either side.

System 3: *Ashi* points around LU 2 (*Yunmen*), right side.

System 4: *Ashi* points around KI 11 (*Henggu*), either side.

System 5: *Ashi* points around ST 31 (*Biguan*), right side.

Reverse Image:

System 1: *Ashi* points around ST 41 (*Jiexi*), right side.

System 2: *Ashi* points around LR 4 (*Zhongfeng*), either side.

System 3: *Ashi* points around LU 9 (*Taiyuan*), right side.

System 4: *Ashi* points around KI 3 (*Taixi*), either side.

System 5: *Ashi* points around ST 41 (*Jiexi*), right side.

EXAMPLE 3

Area of Discomfort:

Radiating acromion pain, left side.

Step 1. Diagnose the Sick Meridian.

Large Intestine and Lung meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Large Intestine</u>	<u>Lung</u>
System 1:	Stomach	Spleen
System 2:	Liver	Bladder
System 3:	Lung	Large Intestine
System 4:	Kidney	Bladder
System 5:	Stomach	Liver

Step 3. Point Selection.

System 1: *Ashi* points between ST 41 (*Jiexi*) and SP 5 (*Shangqiu*), right side.

System 2: *Ashi* points between the Liver and Bladder meridians, from LR 4 (*Zhongfeng*) to LR 5 (*Ligou*), and BL 60 (*Kunlun*) to BL 62 (*Shenmai*), either side.

System 3: *Ashi* points between LU 9 (*Taiyuan*) and LI 5 (*Yangxi*), right side.

System 4: *Ashi* points between the Kidney and Bladder meridians, from KI 3 (*Taixi*) to KI 4 (*Dazhong*), and BL 60 (*Kunlun*) to BL 62 (*Shenmai*), either side.

System 5: *Ashi* points between ST 41 (*Jiexi*) and LR 4 (*Zhongfeng*), right side.

Notice the Liver meridian balances both the Large Intestine and the Lung. Therefore, choosing the Liver meridian will be the simplest

and most effective treatment. Because the pain covers a larger area, it is important to palpate not only the acupuncture point, but the area around the point.

EXAMPLE 4

Area of Discomfort:

Scapular pain, left side.

Step 1. Diagnose the Sick Meridian.

Small Intestine meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Bladder

System 2: Spleen

System 3: Heart

System 4: Liver

System 5: Bladder

Step 3. Point Selection.

System 1: *Ashi* points from BL 60 (*Kunlun*) to BL 62 (*Shenmai*), right side.

System 2: *Ashi* points around SP 5 (*Shangqiu*), either side.

System 3: *Ashi* points from HT 6 (*Yinxi*) to HT 7 (*Shenmen*), right side.

System 4: *Ashi* points around LR 4 (*Zhongfeng*), either side.

System 5: *Ashi* points from BL 60 (*Kunlun*) to BL 62 (*Shenmai*), right side.

EXAMPLE 5

Area of Discomfort:

Posterior deltoid pain, infraspinatus, supraspinatus, and trapezius pain, left side.

Step 1. Diagnose the Sick Meridian.

San Jiao, Small Intestine, and Gallbladder meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>San Jiao</u>	<u>Small Intestine</u>	<u>Gallbladder</u>
System 1:	Gallbladder	Bladder	San Jiao
System 2:	Kidney	Spleen	Heart
System 3:	Pericardium	Heart	Liver
System 4:	Spleen	Liver	Heart
System 5:	Gallbladder	Bladder	San Jiao

Step 3. Point Selection.

System 1: *Ashi* points around GB 30 (*Huantiao*) or GB 39 (*Xuanzhong*), BL 60 (*Kunlun*), and SJ 5 (*Waiguan*), right side.

System 2: *Ashi* points around KI 7 (*Fuliu*), SP 6 (*Sanyinjiao*), and HT 4 (*Lingdao*), either side.

System 3: *Ashi* points around PC 6 (*Neiguan*), HT 4 (*Lingdao*), and LR 5 (*Ligou*), right side.

System 4: *Ashi* points around SP 6 (*Sanyinjiao*), LR 5 (*Ligou*), and HT 4 (*Lingdao*), either side.

System 5: *Ashi* points around GB 39 (*Xuanzhong*), BL 60 (*Kunlun*), and SJ 5 (*Waiguan*), right side.

Two of the best points to treat shoulder pain include SP 6 (*Sanyinjiao*), which treats the Small Intestine and San Jiao meridians, and

HT 4 (*Lingdao*) which treats the Small Intestine and Gallbladder meridians.

EXAMPLE 6

Area of Discomfort:

Shoulder stiffness with an inability to move or lift the arm above shoulder height.

Step 1. Diagnose the Sick Meridian.

The Yang meridians passing through the shoulder joint: Large Intestine, San Jiao, Gallbladder, and Small Intestine.

Step 2. Determine the Treating Meridians Based on the Five Systems.

The Yin meridians of the leg can balance the Yang meridians of the shoulder. Utilize the Liver, Spleen, and Kidney. This is a more advanced technique, elaborated upon in Dr. Tan's Strategy of Twelve Magical Points.

Step 3. Point Selection.

The ankle is the appropriate image for the shoulder. In this instance, needling the ashi points around LR 4 (*Zhongfeng*), SP 5 (*Shangqiu*) and KI 3 (*Taixi*) will treat the Yang meridians. Ask the patient to move the shoulder while the needles are in.

Other images using the concept of Twelve Magical Points:

Left Hand	Right Hand
SI 3 (<i>Houxi</i>), SJ 3 (<i>Zhongzhu</i>), and LI 3 (<i>Sanjian</i>). This is the shoulder area when imaging the body to the hand.	PC 6 (<i>Neiguan</i>), LU 8 (<i>Jingqu</i>), and HT 5 (<i>Tongli</i>). This is the shoulder and upper back area when imaging from the fingers to the elbow.
Dr. Tan’s Liver point, SP 9 (<i>Yinlingquan</i>), and KI 10 (<i>Yingu</i>). This is the shoulder area when imaging the body to the leg.	ST 38 (<i>Tiaokou</i>), GB 37 (<i>Guangming</i>), and BL 58 (<i>Feiyang</i>).

SORE THROAT

When a sore throat is present, the Stomach, Large Intestine, and Conception (*Ren*) meridians are most commonly involved. Choose points along the wrist and ankle which image the throat. The treatment strategy is the same for sleep apnea, tonsillitis, or loss of voice.

EXAMPLE 1

Area of Discomfort:
Sore throat.

Step 1. Diagnose the Sick Meridian.

Stomach, Large Intestine, and Conception (*Ren*) meridians, bilateral.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Stomach</u>	<u>Large Intestine</u>	<u>Conception</u>
System 1:	Large Intestine	Stomach	Du
System 2:	Pericardium	Liver	n/a
System 3:	Spleen	Lung	n/a
System 4:	Pericardium	Kidney	n/a
System 5:	Large Intestine	Stomach	n/a

Step 3. Point Selection.

System 1: Bilateral *ashi* points around LI 5 (*Yangxi*), ST 41 (*Jiexi*), and from DU 14 (*Dazhui*) to DU 15 (*Yamen*).

System 2: *Ashi* points around PC 7 (*Daling*) and LR 4 (*Zhongfeng*).

System 3: Bilateral *ashi* points around SP 5 (*Shangqiu*) and between LU 9 (*Taiyuan*) and LU 10 (*Yuji*).

System 4: *Ashi* points around PC 7 (*Daling*) and KI 6 (*Zhaohai*).

System 5: Bilateral *ashi* points around LI 5 (*Yangxi*) and ST 41 (*Jiexi*).

EXAMPLE 2

Area of Discomfort:

Tonsillitis, left side.

Step 1. Diagnose the Sick Meridian.

Stomach meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection.

System 1: *Ashi* points around LI 5 (*Yangxi*), right side.

System 2: *Ashi* points around PC 7 (*Daling*), either side.

System 3: *Ashi* points around SP 5 (*Shangqiu*), right side.

System 4: *Ashi* points around PC 7 (*Daling*), either side.

System 5: *Ashi* points around LI 5 (*Yangxi*), right side.

If there is generalized pain in the throat and neck area, the following treatment prescription is very effective. Sides can be alternated from treatment to treatment.

Left	Right
SJ 5 (<i>Waiguan</i>), LI 5 (<i>Yangxi</i>)	PC 6 (<i>Neiguan</i>), HT 5 (<i>Tongli</i>)
Dr. Tan's Liver, KI 2 (<i>Rangu</i>), KI 4 (<i>Dazhong</i>), and KI 7 (<i>Fuliu</i>)	Dr. Tan's Gallbladder Point, ST 36 (<i>Zusanli</i>)

Having the patient chew gum will encourage circulation of Qi and blood, thereby reducing stagnation and pain.

TRIGEMINAL NEURALGIA

Trigeminal Neuralgia is a disorder of the fifth cranial (trigeminal) nerve. It causes episodes of intense, stabbing, shock-like pain in the areas of the face where the branches of the nerve are distributed. The lips, eyes, nose, scalp, forehead, upper jaw, and lower jaw can be affected. The pain is typically one-sided, but can occur on both sides.

Trigeminal neuralgia is typically caused by a Stomach meridian imbalance. It can also affect the San Jiao, Gallbladder, Large Intestine and Small Intestine meridians. The symptoms of Trigeminal Neuralgia are similar to Bell’s Palsy and involve the same meridians. If the examples below do not address the issue at hand, refer to the chapter on Bell’s Palsy.

Area of Pain	Meridians Affected
Pain shooting upward toward the eyes and eyebrows.	<ul style="list-style-type: none">• Gallbladder• San Jiao
Pain radiating to the nose.	<ul style="list-style-type: none">• Small Intestine• Bladder
Lower jaw and lower part of the face.	<ul style="list-style-type: none">• Large Intestine• Stomach

The following Extra Points are effective for Trigeminal Neuralgia:

Dr. Tan’s Liver Point is often used for trigeminal neuralgia. Use oblique insertion on the bone. This point is around one inch in diameter. Either one specific point can be needled, or several *ashi* points in the general area.

Dr. Tan’s Gallbladder Point is another point frequently used to treat trigeminal neuralgia. This point is around one inch in diameter. The patient will often feel an electric shock sensation shooting down their leg when this needle is inserted.

EXAMPLE 1

Area of Discomfort:

Pain on the face, radiating upward, toward the eyebrow, right side.

Step 1. Diagnose the Sick Meridian.

Gallbladder and San Jiao meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Gallbladder</u>	<u>San Jiao</u>
System 1:	San Jiao	Gallbladder
System 2:	Heart	Kidney
System 3:	Liver	Pericardium
System 4:	Heart	Spleen
System 5:	San Jiao	Gallbladder

Step 3. Point Selection.

System 1: *Ashi* points around SJ 10 (*Tianjing*), and Dr. Tan's Gallbladder point, left side.

System 2: *Ashi* points around HT 3 (*Shaohai*), and KI 10 (*Yingu*), either side.

System 3: *Ashi* points around Dr. Tan's Liver point, and PC 3 (*Quze*), left side.

System 4: *Ashi* points around HT 3 (*Shaohai*), and SP 9 (*Yinlingquan*), either side.

System 5: *Ashi* points around SJ 10 (*Tianjing*), and Dr. Tan's Gallbladder point, left side.

EXAMPLE 2

Area of Discomfort:

Pain on the face, radiating toward the nose, left side.

Step 1. Diagnose the Sick Meridian.

Small Intestine meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Bladder

System 2: Spleen

System 3: Heart

System 4: Liver

System 5: Bladder

Step 3. Point Selection.

System 1: *Ashi* points around BL 40 (*Weizhong*), right side.

System 2: *Ashi* points around SP 9 (*Yinlingquan*), either side.

System 3: *Ashi* points around HT 3 (*Shaohai*), right side.

System 4: *Ashi* points around Dr. Tan's Liver point, either side.

System 5: *Ashi* points around BL 40 (*Weizhong*), right side.

EXAMPLE 3

Area of Discomfort:

Pain on the face, radiating downward, left side.

Step 1. Diagnose the Sick Meridian.

Stomach meridian, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

System 1: Large Intestine

System 2: Pericardium

System 3: Spleen

System 4: Pericardium

System 5: Large Intestine

Step 3. Point Selection.

System 1: *Ashi* points around LI 11 (*Quchi*), right side.

System 2: *Ashi* points around PC 3 (*Quze*), either side.

System 3: *Ashi* points around SP 9 (*Yinlingquan*), right side.

System 4: *Ashi* points around PC 3 (*Quze*), either side.

System 5: *Ashi* points around LI 11 (*Quchi*), right side.

EXAMPLE 4

Area of Discomfort:

Radiating pain on the left side of the face (involving all three nerves), left side.

Step 1. Diagnose the Sick Meridian.

Gallbladder, San Jiao, Small Intestine, Bladder, Large Intestine, and Stomach meridians, left side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

The three Yin meridians of the leg treat all Yang meridian imbalances of the upper body. The Kidney meridian balances the San Jiao, Bladder and Large Intestine meridians. The Spleen meridian balances the Stomach, San Jiao, and Small Intestine meridians. The Liver meridian balances the Gallbladder, Large Intestine, and Small Intestine meridians.

Step 3. Point Selection.

KI 10 (*Yingu*), SP 9 (*Yinlingquan*) and Dr. Tan's Liver point, right side.

WRIST PAIN

Wrist pain includes tendonitis, arthritis, sprain, and Carpal Tunnel Syndrome (CTS). The radiating pain associated with Carpal Tunnel Syndrome primarily involves the Lung, Heart and Pericardium meridians. Occasionally, it also involves the Large Intestine meridian. Rarely are the San Jiao and Small Intestine meridians affected.

The Liver meridian can treat the Lung, Pericardium, Large Intestine, and Small Intestine meridians. According to the Mirroring Format, LR 4 (*Zhongfeng*) reflects the area of LU 9 (*Taiyuan*), PC 7 (*Daling*), LI 5 (*Yangxi*), and SI 5 (*Yanggu*). These are the points that commonly hurt with Carpal Tunnel Syndrome.

EXAMPLE 1

Area of Discomfort:

Pain radiating from the carpal tunnel, right side.

Step 1. Diagnose the Sick Meridian.

Lung, Heart, and Pericardium meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Lung</u>	<u>Heart</u>	<u>Pericardium</u>
System 1:	Spleen	Kidney	Liver
System 2:	Bladder	Gallbladder	Stomach
System 3:	Large Intestine	Small Intestine	San Jiao
System 4:	Bladder	Gallbladder	Stomach
System 5:	Liver	Spleen	Kidney

Step 3. Point Selection.

System 1: *Ashi* points around SP 5 (*Shangqiu*), KI 3 (*Taixi*) and LR 4 (*Zhongfeng*), left side.

System 2: *Ashi* points around BL 60 (*Kunlun*), GB 40 (*Qiuxu*), and ST 41 (*Jiexi*), either side.

System 3: *Ashi* points around LI 5 (*Yangxi*), SI 5 (*Yanggu*), and SJ 4 (*Yangchi*), left side.

System 4: *Ashi* points around BL 60 (*Kunlun*), GB 40 (*Qiuxu*), and ST 41 (*Jiexi*), either side.

System 5: *Ashi* points around LR 4 (*Zhongfeng*), SP 5 (*Shangqiu*), and KI 3 (*Taixi*), left side.

EXAMPLE 2

Area of Discomfort:

Wrist pain when turning a doorknob, using scissors, and clipping fingernails, right side.

Step 1. Diagnose the Sick Meridian.

Large Intestine and San Jiao Meridians, right side.

Step 2. Determine the Treating Meridians Based on the Five Systems.

	<u>Large Intestine</u>	<u>San Jiao</u>
System 1:	Stomach	Gallbladder
System 2:	Liver	Kidney
System 3:	Lung	Pericardium
System 4:	Kidney	Spleen
System 5:	Stomach	Gallbladder

Step 3. Point Selection.

System 1: *Ashi* points around ST 41 (*Jiexi*) and GB 40 (*Qiuxu*), left side.

System 2: *Ashi* points LR 4 (*Zhongfeng*) and KI 3 (*Taixi*), either side.

System 3: *Ashi* points LU 9 (*Taiyuan*) and PC 7 (*Daling*), left side.

System 4: *Ashi* points KI 3 (*Taixi*) and SP 5 (*Shangqiu*), either side.

System 5: *Ashi* points ST 41 (*Jiexi*) and GB 40 (*Qiuxu*), left side.

Appendix 1: Extra Points

The following are common points which are used throughout this book which are useful in clinical practice. The proper location and needling of these points is crucial in the success of your acupuncture treatments. For detailed descriptions and diagrams of distal acupuncture points, please refer to my books: Twelve and Twelve in Acupuncture and Twenty-Four More in Acupuncture.

Ling Ku: In the depression, just distal to the junction of the first and second metacarpal bones. Approximately 0.5 cun proximal to LI 4 (*Hegu*), on the *Yang Ming* line. Needle perpendicular, 0.5 to 0.9 cun.

Da Bai: Approximately 0.5 cun proximal to LI 3 (*Sanjian*), on the *Yang Ming* line. Needle perpendicular, under the bone, 0.3 to 0.7 cun in depth.

Zhong Bai: About 0.5 cun proximal to SJ 3 (*Zhongzhu*), on the *Shao Yang* line. Needle perpendicular, 0.3 to 0.5 cun.

Ba Guan: In the notch formed just distal to the epicondyle of the proximal phalangeal bone of the middle finger, on either side of the bone. Needle towards the epicondyle of the bone, with the shaft of the needle angled about forty-five degrees from the middle finger. Needle to a depth of 0.1 to 0.2 cun, on both sides of the bone.

So Jing Dian: In the depression, approximately level with SJ 3 (*Zhongzhu*), between the third and fourth metacarpal bones. *Ashi* location is appropriate. Needle perpendicular 0.3 to 0.5 cun.

Mu Guan: Level with *Gu Guan*, about 0.5 cun distal to the prominence of the pisiform bone. *Ashi* location is appropriate. Needle perpendicular 0.2 to 0.5 cun.

Gu Guan: In the depression (about 0.5 cun) distal to the prominence of the scaphoid bone. *Ashi* location is appropriate. Needle perpendicular 0.2 to 0.5 cun.

Luo Zhen: On the dorsum of the hand between the second and third metacarpal bones, 0.5 cun proximal to the metacarpophalangeal joints. *Luo* means “fall” and *Zhen* means, “pillow”. This translates to sleeping in a poor position and waking up with neck pain. This extra point commonly treats neck pain.

Shan Cha: Three points on the dorsum of the hand between the second, third, fourth and fifth metacarpal bones. They are located in the depression proximal to the metacarpophalangeal joints. Have the patient make a fist and needle toward the wrist, 1 to 1.5 cun deep.

Qiu Hou: Along the inferior border of the orbit, at the junction of the lateral one quarter and medial three quarters of the infra-orbital margin. Push the pupil carefully upwards, 0.5-1 cun perpendicular, directly along the inferior border of the orbit; no needle manipulation.

Dr. Tan’s Liver Point: On the medial side of the condyle of the tibia bone, anterior and superior to SP 9 (*Yinlingquan*). *Ashi* points are appropriate. Use oblique insertion on the bone. This point is around one inch in diameter. More than one needle can be used to access this point.

Dr. Tan’s Gallbladder Point: On the tendon, on the fibula head, superior and posterior to GB 34 (*Yanglingquan*). This point is located directly in the tendon. When the needle is inserted, the patient will often feel an electric shock sensation shooting down their leg.

Appendix 2: Balance Method Chart

Lung

System 1: Spleen
System 2: Bladder
System 3: Large Intestine
System 4: Bladder
System 5: Liver

Spleen

System 1: Lung
System 2: Small Intestine
System 3: Stomach
System 4: San Jiao
System 5: Heart

Heart

System 1: Kidney
System 2: Gallbladder
System 3: Small Intestine
System 4: Gallbladder
System 5: Spleen

Kidney

System 1: Heart
System 2: San Jiao
System 3: Bladder
System 4: Large Intestine
System 5: Pericardium

Pericardium

System 1: Liver
System 2: Stomach
System 3: San Jiao
System 4: Stomach
System 5: Kidney

Liver

System 1: Pericardium
System 2: Large Intestine
System 3: Gallbladder
System 4: Small Intestine
System 5: Lung

Large Intestine

System 1: Stomach
System 2: Liver
System 3: Lung
System 4: Kidney
System 5: Stomach

Stomach

System 1: Large Intestine
System 2: Pericardium
System 3: Spleen
System 4: Pericardium
System 5: Large Intestine

Small Intestine

System 1: Bladder
System 2: Spleen
System 3: Heart
System 4: Liver
System 5: Bladder

Bladder

System 1: Small Intestine
System 2: Lung
System 3: Kidney
System 4: Lung
System 5: Small Intestine

San Jiao

System 1: Gallbladder
System 2: Kidney
System 3: Pericardium
System 4: Spleen
System 5: Gallbladder

Gallbladder

System 1: San Jiao
System 2: Heart
System 3: Liver
System 4: Heart
System 5: San Jiao

Appendix 3: Questions and Answers

How deep should I needle?

The correct depth of needle insertion is essential to getting treatment results. Depth of the needle should correspond to the depth of the pain. For example, if there is pain at the shoulder near SJ 14 deep inside the joint, then the depth of needle insertion at the selected point GB 30 should also be deep. If the pain is superficial, then the depth of insertion at selected points should be shallow (no deeper than .5 cun).

Should electro-stimulation be used in the treatments?

No. It is not necessary to use electro-stimulation. However, it is important to get a *De Qi* needle sensation at the site of insertion. Afterwards, the patient can rest and the needles do not have to be stimulated any further.

What length and gauge of needles are used?

Needle gauges vary according to the pain tolerance of the patient. Generally, 1.5" needles are used in 30-36 gauges. You may want to start with thinner needles until the patient is comfortable with the treatments. You can explain to the patient that thicker needles may allow for reduced treatment frequency and faster results.

How often should the patients be treated?

For patients with severe pain, daily treatments may be necessary in the beginning. For most cases, patients should be needled two or three times a week in the initial treatment stages. Generally, patients should be given follow-up treatments before the pain is allowed to return to its original level.

What is "Chasing the Pain?"

"Chasing the Pain" is a technique which is used when the pain moves after a needle is inserted. Subsequent needles are inserted depending on which direction the pain moves. For example, a patient may complain of neck pain located lateral to C6-7 on the Foot *Tai*

Yang (Urinary Bladder) meridian. Using System One, SI 5 would be a corresponding point to treat this area. If the point is needled and the neck pain moves up to the occipital region, another needle would be inserted at SI 4. This is called “Chasing Pain.”

Which System should I use?

All Five Systems work. Selection of a System depends on the practitioner’s experience, preference, convenience, and the patient’s reaction. Sometimes, it is not convenient to needle certain points because the area is covered by clothing or because of the uncomfortable position required to needle certain points. The System with the most accessibility should be used first.

Some patients respond more strongly to one System compared to another. You can select and palpate all the points that can be used according to the Five Systems and see which points are the most tender or sensitive. *Ashi* points with the strongest reactions will most likely produce the most effective results.

Normally, needling the points from one System is sufficient. However, if the results are unsatisfactory, it may be necessary to add points from another System. Also, adding additional points on the same meridian, or increasing the depth of insertion, may be necessary to achieve the desired results. If there is still no improvement, reconsider your diagnosis.

Should a different System be chosen for each treatment?

No. If one System is working, use this treatment each time until the treatment effect plateaus. At that time, choose another System.

Do the needles need to be inserted or removed in a certain order?

No.

Where is Dr. Tan's "T" Point on the Ear?

The "T" point is located on the cartilage inferior to the point *Ear Shenmen*, on the inferior antehelix crus. Needle obliquely. By the Imaging Format, this is a good point to facilitate communication between the upper and lower jiao.

What if the pain is between meridians?

If the pain is between meridians, then needle the *ashi* points between the balancing meridians. For example, if the pain is located between Hand *Tai Yang* (Small Intestine) and Hand *Shao Yang* (San Jiao) meridians, you may use System One to needle the *ashi* points between the Foot *Tai Yang* (Bladder) and Foot *Shao Yang* (Gallbladder).

How many needles need to be inserted?

When treating pain, you should use as many needles as necessary to cover the *ashi* points, or to cover the approximate area of the pain. Many times, a patient will complain of pain in a particular area. Ask them to describe the entire area that the pain covers. If the area is small, pinpoint the location. Using one needle for the treatment will usually suffice. If it is a large area, such as the size of an egg, several needles may be necessary to mirror or image the complete area of pain. It is not necessary to pick one *ashi* point, especially if the pain covers a large area.

Does the patient need to do anything after the needles are inserted?

Preferably they should move the area of pain for one to three minutes while the needles are in place. This enhances the Qi and blood circulation to the local area and facilitates recovery.

If there is amputation, surgical removal or surgically implanted metal parts, will acupuncture still be effective?

Yes, the Balance Method will harmonize the flow of Qi in the entire body.

How soon should the patient feel better?

Usually the patient's pain will be greatly reduced, or completely relieved, after one treatment. While the pain often returns, it is usually at a lower intensity level. This may be due partly to the severity of the injury, but also due to poor habits. People may continue to hold themselves in certain body patterns which induce the pain, or they may continue to do a repetitive motion that aggravates the affected area. The Balance Method looks to change these patterns and heal the tissues. Thus with each treatment, the patient should have less and less pain.

If the patient experiences relief immediately after the treatment, but the pain comes back with the same intensity the next morning, then they need to be treated more frequently. In these cases, treatments may need to be increased to once a day or every other day.

How long are the needles retained?

The needles are usually retained for thirty minutes to an hour. Patients should be completely relaxed in order to receive maximum benefit from the treatment.

With so many options, how do I decide which meridians to needle?

The best points are usually below the elbows and knees. These points are usually more sensitive and cover the five *Shu* (Transporting) points. For beginners, palpate and select the points that are most tender. For more advanced practitioners, the Ba-Gua meridian associations, Yin/Yang Balance and Seasonal Balance can be incorporated. In general, the Heart and Lung should be chosen over the San Jiao meridian when applicable. These meridians tend to be easier to needle and usually have a stronger *Qi* sensation.

Is it normal for the patient to feel relief when the needles are first inserted and then have the pain return during the treatment?

Yes. It is common for pain to subside and return during acupuncture treatments. It is normal for the intensity of pain to come in waves. In cases where the pain returns during the treatment, manipulate the needles to increase stimulation. Overall, the pain should reduce or subside by the end of the treatment.

Should I needle according to Straight Imaging and Mirroring Formats or Reverse Imaging and Mirror concepts?

Points should be chosen according to effectiveness, efficiency and convenience. It is best to needle points that will produce the most optimal results and require the least amount of time. Typically, straightforward imaging and mirror relations are more frequently used than reverse imaging and mirror concepts. However, needling points below the elbows and knees allows for an effective treatment without having the patient disrobe. In these cases, you may reverse the image.

Systems Two and Four can be needled on either side. If the patient responds to both sides, which side do you needle?

If both sides hurt, needle the side that is more tender, this will produce the best results. If the pain hurts equally on both sides, then either side can be needled.

Appendix 4: Diagrams of Systems

Some people learn better from a visual image rather than the written word. Instead of learning and memorizing the *pin yin* names and relationships, one can memorize these charts and the pictures they form. It would also be helpful to memorize the order of the meridians as they follow the Chinese Clock. Once these Systems are committed to memory, it is easy to access them and put them to use in the treatment room.

System 1: Opposite side

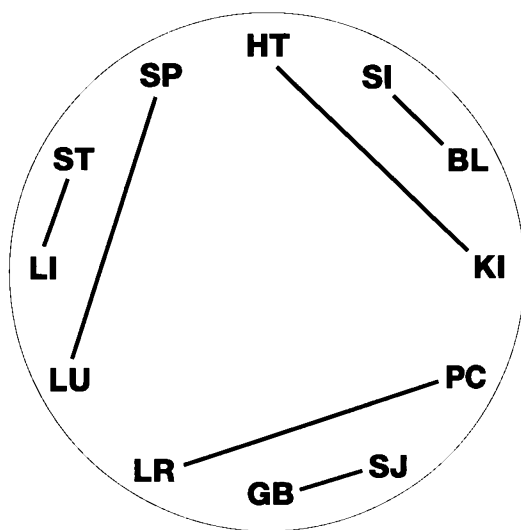
System 2: Either side

System 3: Opposite side

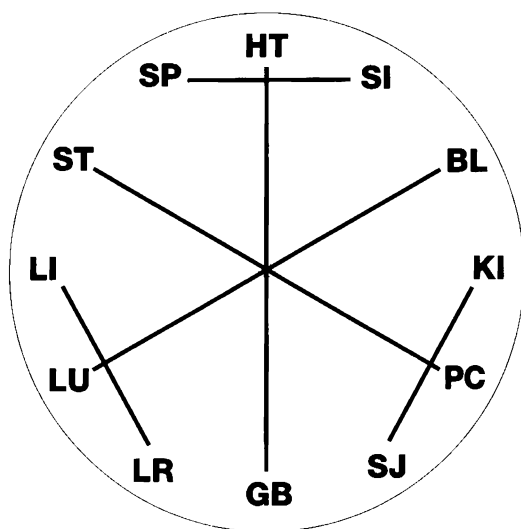
System 4: Either side

System 5: Opposite side

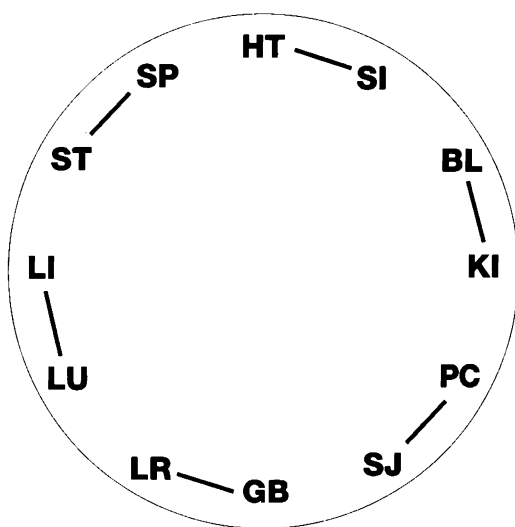
System 1: Chinese Meridian Name-Sharing



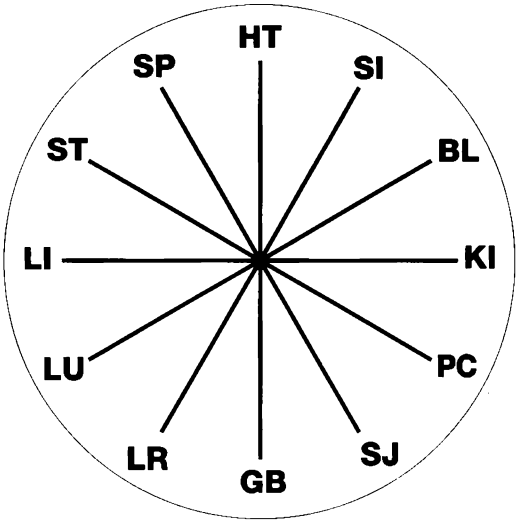
System 2: *Bie-Jing*/Branching Meridians



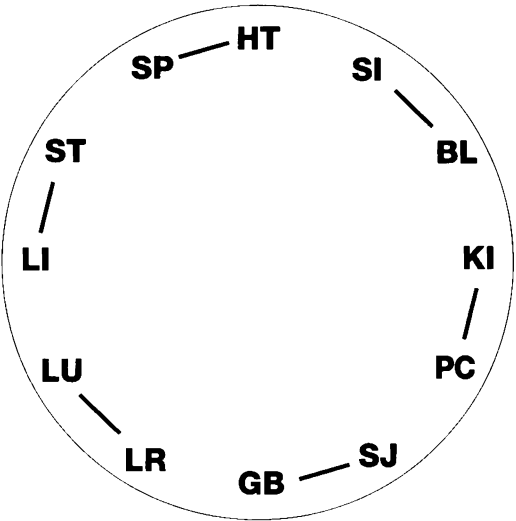
System 3: *Biao Li*/Interior Exterior Pairs



System 4: Chinese Clock Opposites



System 5: Chinese Clock Neighbors



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