

Master Tung's Points Dr. Tan's Applications Part II



By
Richard Tan, O.M.D., L.Ac.



Lotus Institute Of Integrative Medicine

LEARN THE SCIENCE PRACTICE THE ART HEAL

Our Mission

To provide the highest quality,
clinically relevant information readily
accessible to the TCM community.

Our Vision

All TCM practitioners operate in the highest level of
efficiency and effectivity in the healing of patients
and the professional practice becoming an active,
vital and integral resource in the health needs of
the community.

Our Promise

To help you maximize clinical success and to make
TCM the first choice when it comes to healthcare.



Lotus Institute Of Integrative Medicine

Services and Products by Lotus Institute Of Integrative Medicine

Lotus CEU Seminars

For years, Lotus Institute has taken pride in the presentation of the most qualified and experienced speakers and practitioners of Oriental Medicine in their respective specialties. This allows us to fulfill our mission of providing the highest quality, clinically relevant, and readily available information to the TCM community. Most of our speakers have over twenty-five years of clinical experience. They have preserved and developed clinically effective approaches that now serve as testaments to their longevity of successful practice.

Our speakers are individuals who are respected by their peers, beyond the readily apparent scholastic and professional achievements, but more so by their willingness to share their highly-valued insights so you will be able to utilize them immediately, the very next day in your practice.

Like Lao-tzu's adage - *when you do better, we all do better*

Lotus Website: www.eLotus.org



eLotus updates. The current events of ancient wisdom. Subscription is free. Articles will be emailed to you monthly to enrich your practice.



Topics of Articles for Download

Auricular Acupuncture • Acupuncture • Disorders • Herbs / Herb
Drug Interaction / Pharmacological Effects of Herbs • Pulse
Diagnosis • Practice Management / Legal Aspects • Others



Lotus Online Forum

Post a question, get an answer; interact with your colleagues

DRUG-HERB REFERENCE GUIDE SET 2ND EDITION



is an invaluable suite of reference tool that will serve as a catalyst to support and multiply your skills for an effective acupuncture and herbal practice.

Clinical Manual Of Oriental Medicine, 2nd edition
CDManual Of Oriental Medicine, v.2
MiniManual Of Integrative Medicine 2nd edition



Lotus Institute Of Integrative Medicine

LEARN THE SCIENCE. PRACTICE THE ART. HEAL.

Lotus Institute of Integrative Medicine

PO Box 92493 City of Industry, CA 91715

Tel: 626-780-7182 Fax: 626-905-6887

www.eLotus.org info@elotus.org



MASTER TUNG'S POINTS DR. TAN'S APPLICATIONS PART II

Dr. Richard Tan, L.Ac., O.M.D.

Lotus Institute of Integrative Medicine

PO Box 92493, City of Industry, CA 91715

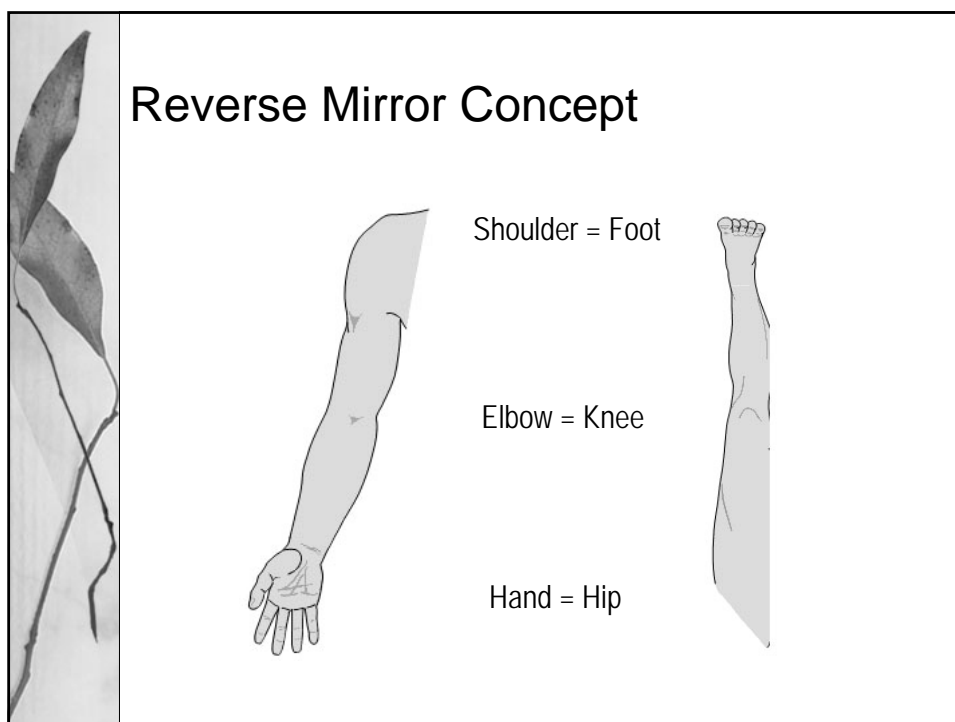
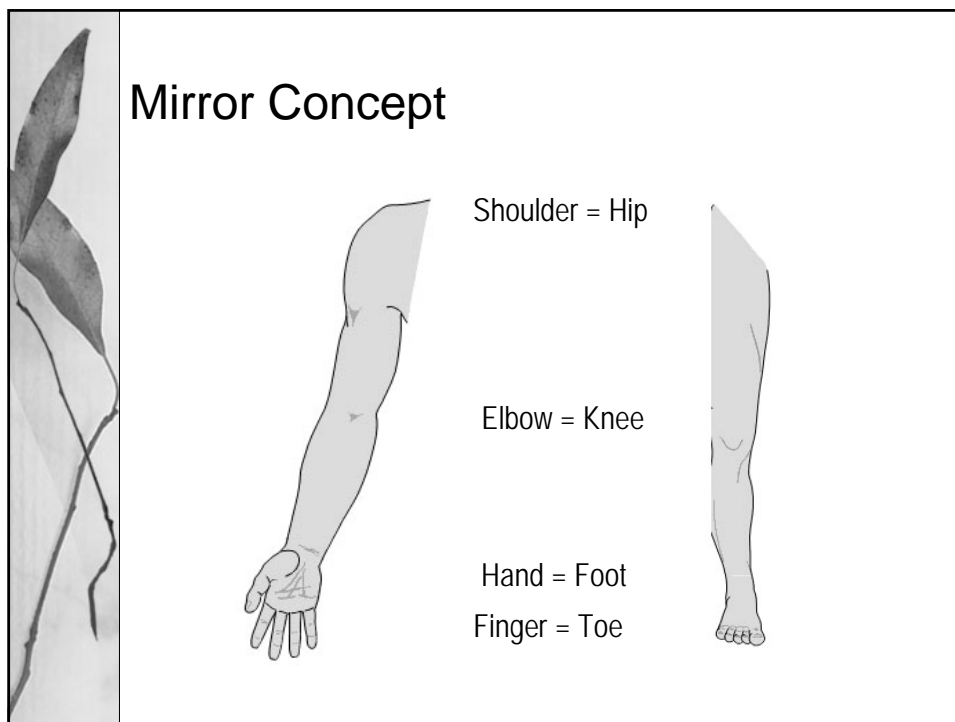
www.eLotus.org

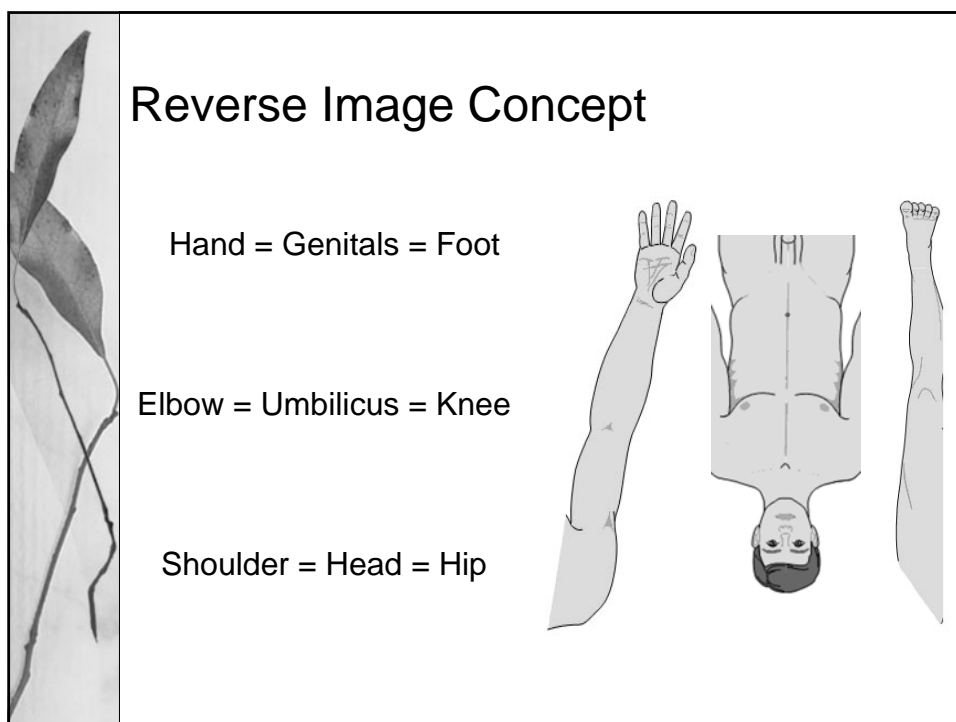
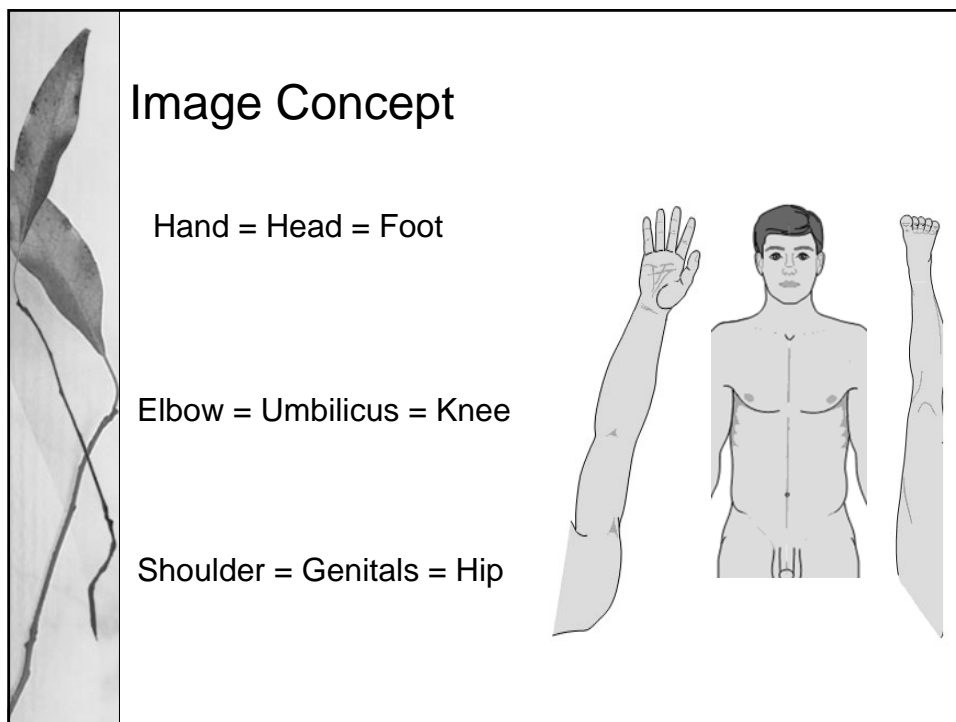
626-780-7182

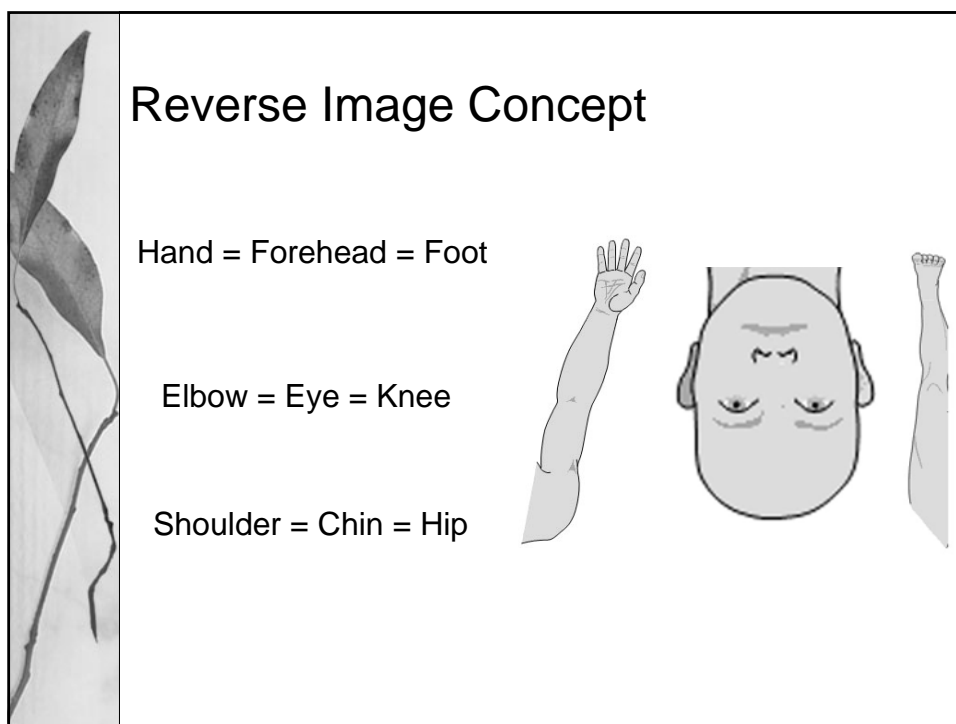
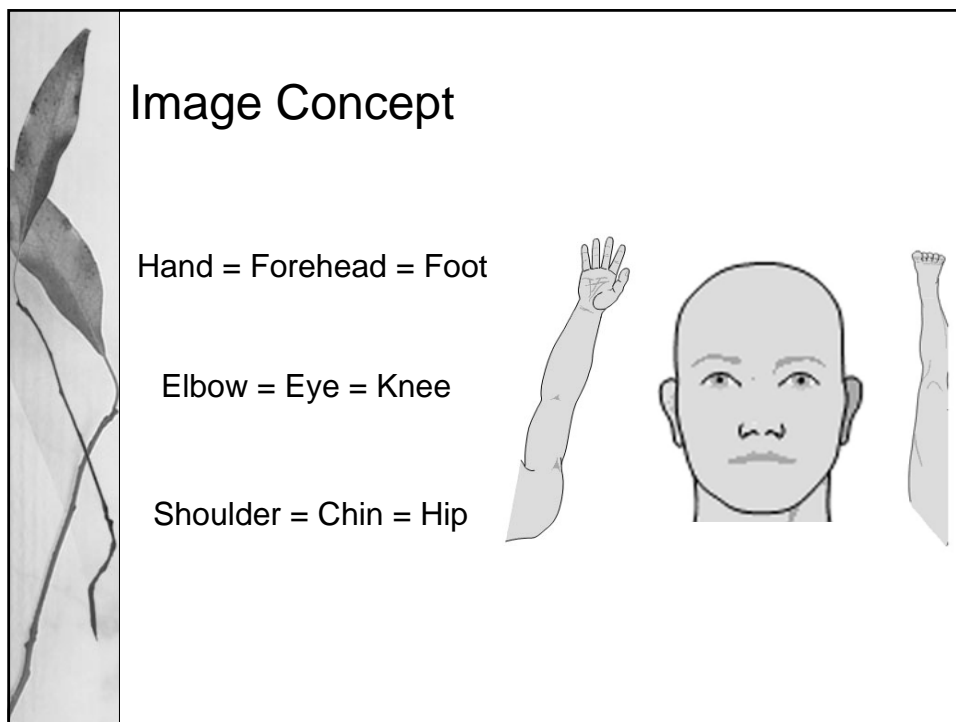


Class Outline

- ☐ Introduction
- ☐ Mirror and Image Concepts
- ☐ Master Tung's Points, Dr. Tan's Applications
(Indications and Herbal Formulas)
 - ☐ Points on the foot – dorsal aspect
 - ☐ Points on the foot – plantar aspect
 - ☐ Points on the lower limb – medial aspect
 - ☐ Points on the lower limb – lateral aspect
 - ☐ Points on the lower limb – anterior aspect
 - ☐ Points on the lower limb – posterior aspect
- ☐ Live Demonstration





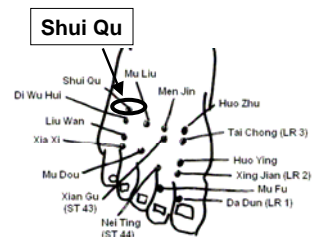


Points on Foot (Dorsal Aspect)

- | | |
|--|--|
| <input type="radio"/> <i>Shui Qu</i> | <input type="radio"/> <i>Nei Ting</i> |
| <input type="radio"/> <i>Di Wu Hui</i> | <input type="radio"/> <i>Mu Fu</i> |
| <input type="radio"/> <i>Liu Wan</i> | <input type="radio"/> <i>Huo Zhu</i> |
| <input type="radio"/> <i>Xia Xi</i> | <input type="radio"/> <i>Tai Chong</i> |
| <input type="radio"/> <i>Mu Liu</i> | <input type="radio"/> <i>Huo Ying</i> |
| <input type="radio"/> <i>Mu Dou</i> | <input type="radio"/> <i>Xing Jian</i> |
| <input type="radio"/> <i>Me Jin</i> | <input type="radio"/> <i>Da Duan</i> |
| <input type="radio"/> <i>Xian Gu</i> | |

Points on Foot (Dorsal Aspect): *Shui Qu*

- ☐ LOCATION: Shui Qu is located between the 4th and 5th metatarsal bones, 1.0 cun proximal to Liu Wan.
- ☐ DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Di Wu Hui*

- LOCATION: Di Wu Hui is located in the depression proximal to the heads of the 4th and 5th metatarsal bones.
- DR TAN'S APPLICATION:



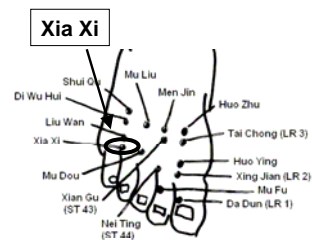
Points on Foot (Dorsal Aspect): *Liu Wan*

- LOCATION: Liu Wan is located between the 4th and 5th metatarsal bones, 0.5 cun distal to the metatarsal and phalangeal joint.
- DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Xia Xi*

- LOCATION: Xia Xi is located between the 4th and 5th toe, proximal to the margin of the web.
- DR TAN'S APPLICATION:



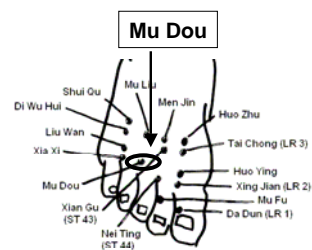
Points on Foot (Dorsal Aspect): *Mu Liu*

- LOCATION: Mu Liu is located in the depression distal to the junction of the 3rd and 4th metatarsal bones, 1.0 cun proximal to Mu Dou.
- DR TAN'S APPLICATION:



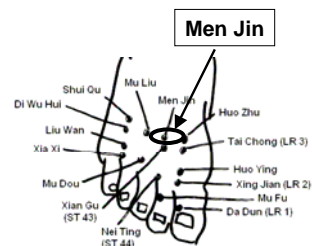
Points on Foot (Dorsal Aspect): *Mu Dou*

- LOCATION: Mu Dou is located between the 3rd and 4th metatarsal bones, 0.5 cun distal to the metatarsal and phalangeal joint.
- DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Men Jin*

- LOCATION: Men Jin is located in the depression directly distal to the junction of the 2nd and 3rd metatarsal bones, parallel to Huo Zhu.
- DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Xian Gu* (ST 43)

- LOCATION: Xian Gu is located in the depression distal to the junction of the 2nd and 3rd metatarsal bones.
- DR TAN'S APPLICATION:



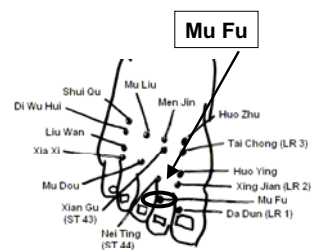
Points on Foot (Dorsal Aspect): *Nei Ting* (ST 44)

- LOCATION: Nei Ting is located proximal to the web margin between the 2nd and 3rd toes, in the depression distal and lateral to the 2nd metatarsodigital joint.
- DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Mu Fu*

- LOCATION: Mu Fu is located 0.3 cun lateral to the center of the middle segment of the 2nd toe.
- DR TAN'S APPLICATION:



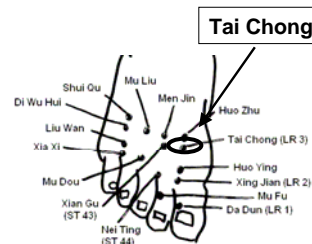
Points on Foot (Dorsal Aspect): *Huo Zhu*

- LOCATION: Huo Zhu is located in the depression directly distal to the junction of the 1st and 2nd metatarsal bones, 1.0 cun proximal to Huo Ying.
- DR TAN'S APPLICATION:



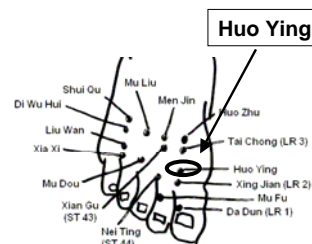
Points on Foot (Dorsal Aspect): *Tai Chong* (LR 3)

- LOCATION: Tai Chong is located in the depression distal to the junction of the 1st and 2nd metatarsal bones.
- DR TAN'S APPLICATION:



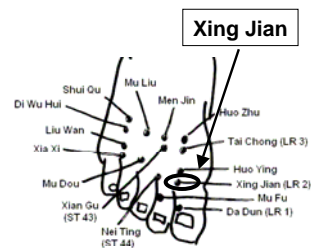
Points on Foot (Dorsal Aspect): *Huo Ying*

- LOCATION: Huo Ying is located between 1st and 2nd metatarsal bones, 0.5 cun proximal to the junction of the metatarsal and phalangeal bones.
- DR TAN'S APPLICATION:



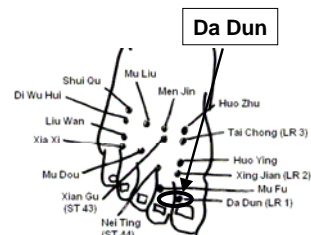
Points on Foot (Dorsal Aspect): *Xing Jian* (LR 2)

- LOCATION: Xing Jian is located between 1st and 2nd toes, proximal to the margin of the web.
- DR TAN'S APPLICATION:



Points on Foot (Dorsal Aspect): *Da Dun* (LR 1)


- LOCATION: Da Dun is located on the lateral side of the terminal phalanx of the great toe, between the lateral corner of the nail and the interphalangeal joint.
- DR TAN'S APPLICATION:





Points on Foot (Plantar Aspect)

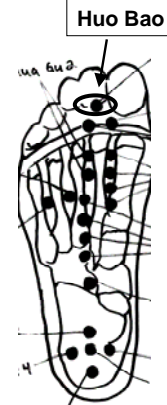
<input type="radio"/> <i>Huo Bao</i>	<input type="radio"/> <i>San Sheng 1, 2, 3</i>
<input type="radio"/> <i>Fu Ling 1</i>	<input type="radio"/> <i>Shang Liu</i>
<input type="radio"/> <i>Fu Ling 2</i>	<input type="radio"/> <i>Wu Hua 1</i>
<input type="radio"/> <i>Hua Gu 1</i>	<input type="radio"/> <i>Wu Hua 2</i>
<input type="radio"/> <i>Hua Gu 2</i>	<input type="radio"/> <i>Wu Hua 3</i>
<input type="radio"/> <i>Hua Gu 3</i>	<input type="radio"/> <i>Wu Hua 4</i>
<input type="radio"/> <i>Hua Gu 4</i>	<input type="radio"/> <i>Wu Hua 5</i>
<input type="radio"/> <i>Yong Quan</i>	



Points on Foot (Plantar Aspect): *Huo Bao*

☐ LOCATION: *Huo Bao* is located in the center of the distal crease of the 2nd toe.

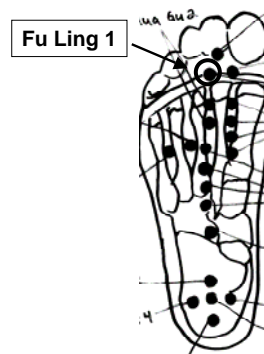
☐ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Fu Ling 1*

○ LOCATION: Fu Ling 1 is located at the lateral end of the proximal interphalangeal crease of the 2nd toe.

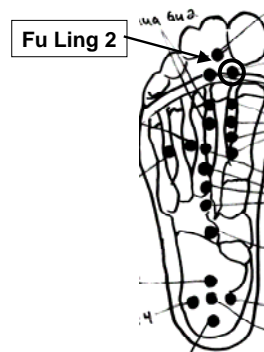
○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Fu Ling 2*

○ LOCATION: Fu Ling 2 is located at the medial end of the proximal interphalangeal crease of the 2nd toe.

○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Hua Gu 1* (a four-point unit)

○ LOCATION: Hua Gu 1 are located between the 1st and 2nd metatarsal bones.

- 1st point: 0.5 cun proximal to the joint of the big toe and 2nd toe
- 2nd point: 0.5 cun proximal to 1st point
- 3rd point: 0.5 cun proximal to 2nd point
- 4th point: 0.8 cun proximal to 3rd point

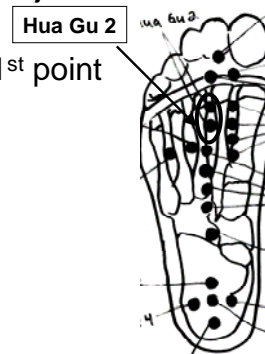


Points on Foot (Plantar Aspect): *Hua Gu 2* (a two-point unit)

○ LOCATION: Hua Gu 2 are located between the 2nd and 3rd metatarsal bones.

- 1st point: 1.0 cun proximal to the joint of the two toes
- 2nd point: 0.5 cun proximal to 1st point

○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Hua Gu 3*

○ LOCATION: Hua Gu 3 is located between the 3rd and 4th metatarsal bones, 2.0 cun proximal to the joint of the two toes.

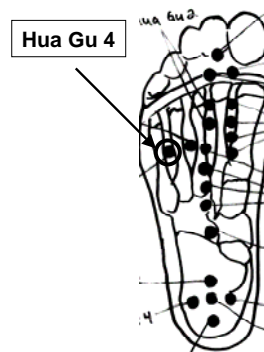
○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Hua Gu 4*

○ LOCATION: Hua Gu 4 is located between the 4th and 5th metatarsal bones, 1.5 cun proximal to the joint of the two toes.

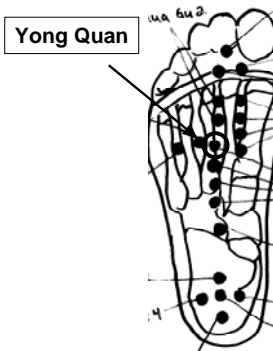
○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Yong Quan* (KI 1)

○ LOCATION: Yong Quan is located between the 2nd and 3rd metatarsal bones, 1/3 the distance from the webs of the toes to the heel.

○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *San Sheng* 1, 2, 3

○ LOCATION: San Sheng 1, 2, 3 are uniformly located on the median plane (midsagittal plane) of the plantar surface of the foot.

□ San Sheng 1: 1 cun proximal to K-1

□ San Sheng 2: 2 cun proximal to K-1

□ San Sheng 3: 3 cun proximal to K-1

○ DR TAN'S APPLICATION:



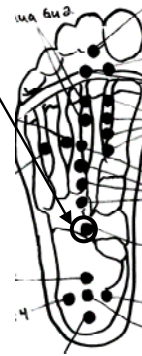
San Sheng 1, 2, 3

Points on Foot (Plantar Aspect): *Shang Liu*

○ LOCATION: Shang Liu is located in the center of the anterior edge of the hard skin of the heel.

○ DR TAN'S APPLICATION:

Shang Liu

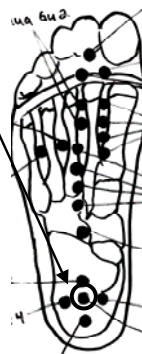


Points on Foot (Plantar Aspect): *Wu Hua 1*

○ LOCATION:

○ DR TAN'S APPLICATION:

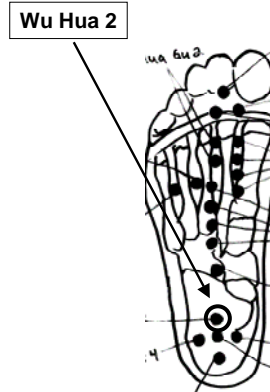
Wu Hua 1



Points on Foot (Plantar Aspect): *Wu Hua 2*

○ LOCATION:

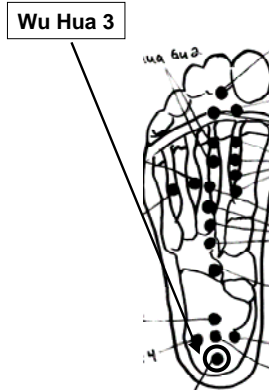
○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Wu Hua 3*

○ LOCATION:

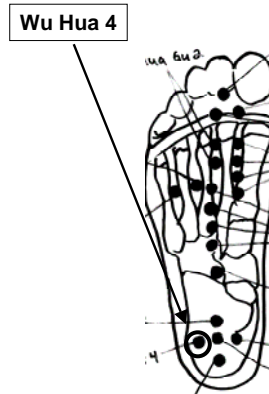
○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Wu Hua 4*

○ LOCATION:

○ DR TAN'S APPLICATION:



Points on Foot (Plantar Aspect): *Wu Hua 5*

○ LOCATION:

○ DR TAN'S APPLICATION:

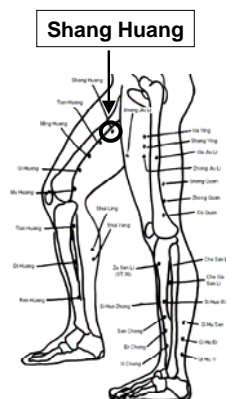


Points on Lower Limb (Medial Aspect)

- ☐ *Shang Huang*
- ☐ *Tian Huang*
- ☐ *Ming Huang*
- ☐ *Qi Huang*
- ☐ *Mu Huang*
- ☐ *Tian Huang*
- ☐ *Di Huang*
- ☐ *Ren Huang*
- ☐ *Shui Ling*
- ☐ *Shui Yang*

Points on Lower Limb (Medial Aspect): *Shang Huang*

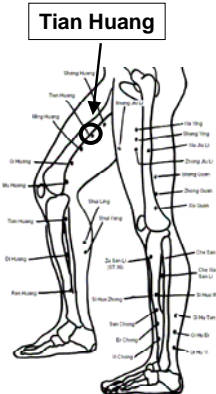
- ☐ LOCATION:
- ☐ DR TAN'S APPLICATION:



Points on Lower Limb (Medial Aspect): *Tian Huang*

○ LOCATION: Tian Huang is located 3.0 cun superior to Ming Huang, on the Foot Jue Yin Liver channel.

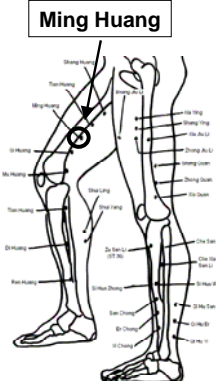
○ DR TAN'S APPLICATION:



Points on Lower Limb (Medial Aspect): *Ming Huang*

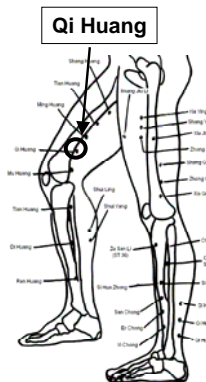
○ LOCATION: Ming Huang is located in the center of the medial aspect of the thigh, on the Foot Jue Yin Liver channel.

○ DR TAN'S APPLICATION:



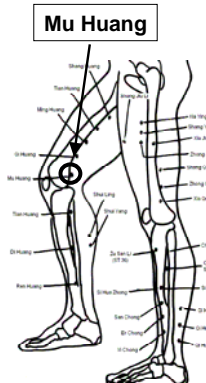
Points on Lower Limb (Medial Aspect): *Qi Huang*

- LOCATION: Qi Huang is located 3.0 cun inferior to Ming Huang, on the Foot Jue Yin Liver channel.
- DR TAN'S APPLICATION:



Points on Lower Limb (Medial Aspect): *Mu Huang*

- LOCATION:
- DR TAN'S APPLICATION:

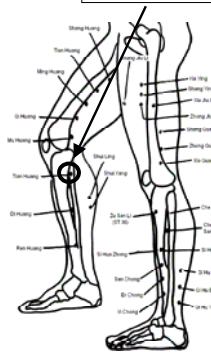


Points on Lower Limb (Medial Aspect): *Tian Huang*

- LOCATION: Tian Huang is located 1 cun distal to SP 9, between the medial border of the tibia and the medial head of the gastrocnemius muscle.

- DR TAN'S APPLICATION:

Tian Huang

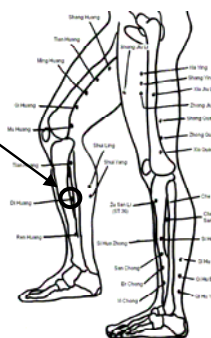


Points on Lower Limb (Medial Aspect): *Di Huang*

- LOCATION: Di Huang is located on the posterior border of the medial aspect of the tibia, 7 cun superior to the medial malleolus.

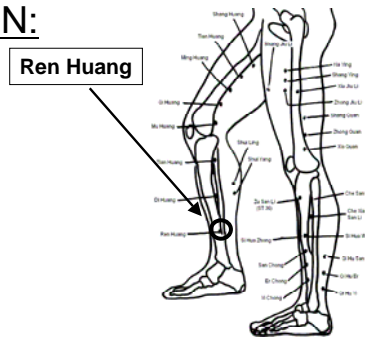
- DR TAN'S APPLICATION:

Di Huang



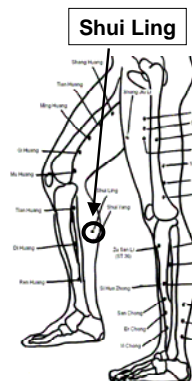
Points on Lower Limb (Medial Aspect): *Ren Huang*

- LOCATION: Ren Huang is located on the posterior border of the medial aspect of the tibia, 4 cun superior to the medial malleolus.
- DR TAN'S APPLICATION:



Points on Lower Limb (Medial Aspect): *Shui Ling*

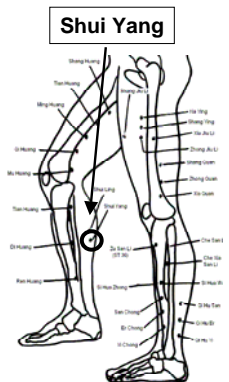
- LOCATION:
- DR TAN'S APPLICATION:



Points on Lower Limb (Medial Aspect): *Shui Yang*

○ LOCATION:

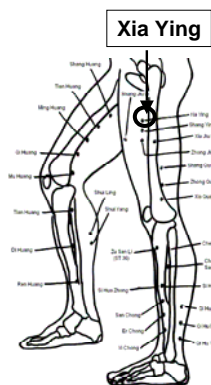
○ DR TAN'S APPLICATION:



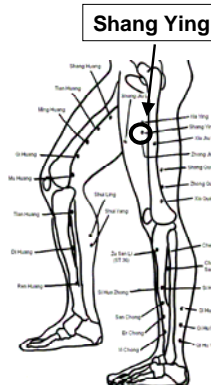
Points on Lower Limb (Lateral Aspect)

- | | |
|-----------------------|-------------------------|
| ○ <i>Xia Ying</i> | ○ <i>Che Xia San Li</i> |
| ○ <i>Shang Ying</i> | ○ <i>Si Hua Zhong</i> |
| ○ <i>Shang Jiu Li</i> | ○ <i>Si Hua Wai</i> |
| ○ <i>Zhong Jiu Li</i> | ○ <i>San Chong</i> |
| ○ <i>Xia Jiu Li</i> | ○ <i>Er Chong</i> |
| ○ <i>Shang Quan</i> | ○ <i>Yi Chong</i> |
| ○ <i>Zhong Quan</i> | ○ <i>Qi Hu San</i> |
| ○ <i>Xia Quan</i> | ○ <i>Qi Hu Er</i> |
| ○ <i>Zu San Li</i> | ○ <i>Qi Hu Yi</i> |
| ○ <i>Che San Li</i> | |

-



-

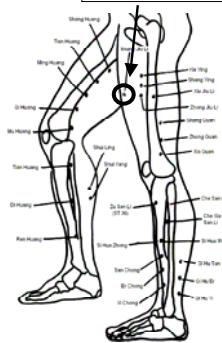


Points on Lower Limb (Lateral Aspect): *Shang Jiu Li*

○ LOCATION: Shang Jiu Li is located 1.5 cun anterior to Zhong Jiu Li.

○ DR TAN'S APPLICATION:

Shang Jiu Li

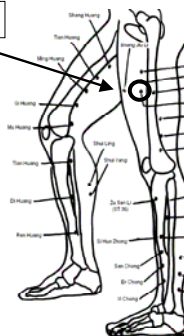


Points on Lower Limb (Lateral Aspect): *Zhong Jiu Li*

○ LOCATION: Zhong Jiu Li is located in the center of the median line of the lateral thigh, 9 cun proximal to the center of the femorotibial joint.

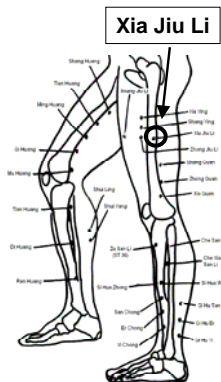
○ DR TAN'S APPLICATION:

Zhong Jiu Li



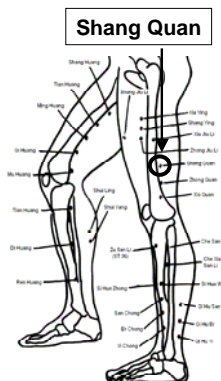
Points on Lower Limb (Lateral Aspect): *Xia Jiu Li*

- LOCATION: Xia Jiu Li is located 1.5 cun posterior to Zhong Jiu Li.
- DR TAN'S APPLICATION:



Points on Lower Limb (Lateral Aspect): *Shang Quan*

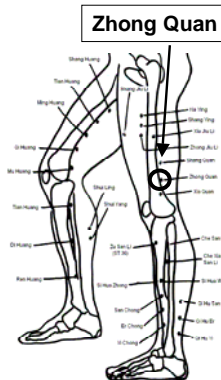
- LOCATION: Shang Quan is located 2.0 cun superior to Zhong Quan.
- DR TAN'S APPLICATION:



Points on Lower Limb (Lateral Aspect): *Zhong Quan*

○ LOCATION: Zhong Quan is located 2.0 cun superior to Xia Quan.

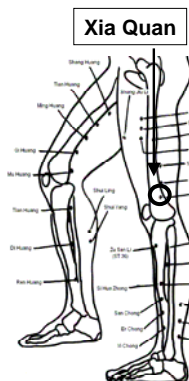
○ DR TAN'S APPLICATION:



Points on Lower Limb (Lateral Aspect): *Xia Quan*

○ LOCATION: Xia Quan is located 2.5 cun superior to the knee joint, along the medial line of the lateral thigh.

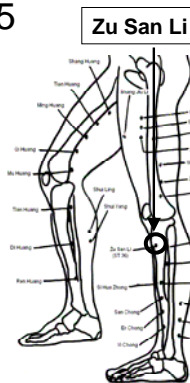
○ DR TAN'S APPLICATION:



Points on Lower Limb (Lateral Aspect): *Zu San Li* (ST 36)

- LOCATION: Zu San Li is located on the leg, one finger breadth lateral to the anterior crest of the tibia, 3 cun inferior to ST 35 in the depression to the lateral side of the patella.

- DR TAN'S APPLICATION:

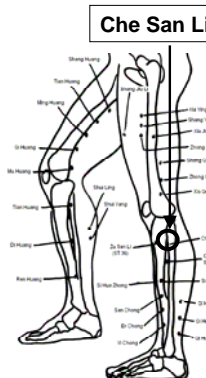


Points on Lower Limb (Lateral Aspect): *Che San Li* (Ce San Li)

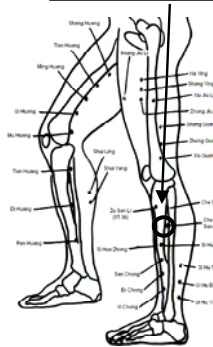
- LOCATION: Che San Li is located on the anterior border of the tibia, 1.5 cun lateral to Si Hua Shang.

- Si Hua Shang: 3 cun distal to the lateral “eye of the knee” immediately lateral and adherent to the anterior tibial crest at the level of ST-36

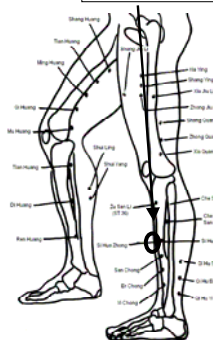
- DR TAN'S APPLICATION:



- Che Xia San Li



- Si Hua Zong



- ### DR TAN'S APPLICATION:



- ### DR TAN'S APPLICATION:



Points on Lower Limb (Lateral Aspect): *Er Chong (Er Zhong)*

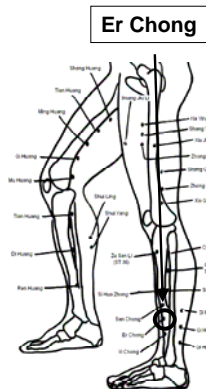
○ **LOCATION:** Er Chong is located 2.0 superior to Yi Chong.

○ **DR TAN'S APPLICATION:**

For grave's dz; hyperthyroidism:

Use Liu Wei Di Huang Wan 75% +
Bu Zhong Yi Qi Tang 25% or Thyrodex

Hypothyroidism: hai zao + kun bu
These are the kelp / sargasum herbs
with lots of iodine. They also soften
nodules for goiter.



Thyroid disorders

○ For grave's dz; **hyperthyroidism:**

□ Use Liu Wei Di Huang Wan 75% + Bu Zhong Yi Qi Tang 25% or Thyrodex

○ **Hypothyroidism:** hai zao + kun bu

□ These are the kelp / sargasum herbs with lots of iodine. They also soften nodules

□ For goiter; also Thyro-forte

□ Hai dai – also a kelp type of herb

- [illegible]

-

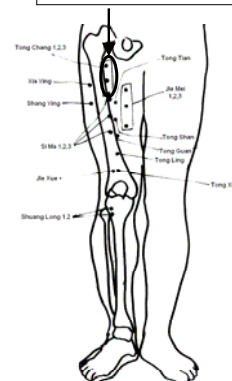
Points on Lower Limb (Anterior Aspect)

- | | |
|---|--|
| <input type="radio"/> <i>Tong Chang 1, 2, 3</i> | <input type="radio"/> <i>Tong Tian</i> |
| <input type="radio"/> <i>Xia Ying</i> | <input type="radio"/> <i>Tong Shan</i> |
| <input type="radio"/> <i>Shang Ying</i> | <input type="radio"/> <i>Tong Guan</i> |
| <input type="radio"/> <i>Si Ma 1, 2, 3</i> | <input type="radio"/> <i>Tong Ling</i> |
| <input type="radio"/> <i>Jie Xue</i> | <input type="radio"/> <i>Tong Xin</i> |
| <input type="radio"/> <i>Shuang Long 1, 2</i> | <input type="radio"/> <i>Jie Mei 1, 2, 3</i> |

Points on Lower Limb (Anterior Aspect): *Tong Chang 1, 2, 3*

- ☐ LOCATION:
- ☐ DR TAN'S APPLICATION:

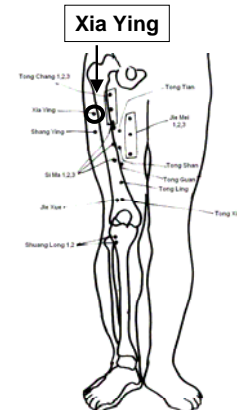
Tong Chang 1, 2, 3



Points on Lower Limb (Anterior Aspect): *Xia Ying*

○ LOCATION:

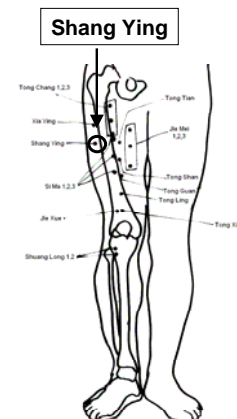
○ DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Shang Ying*

○ LOCATION:

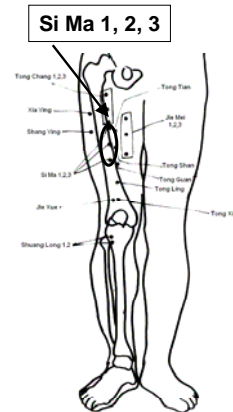
○ DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Si Ma 1, 2, 3*

○ LOCATION:

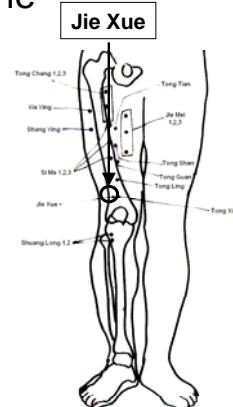
○ DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Jie Xue*

○ LOCATION: Jie Xue is located 1.0 cun proximal, and 3 fen medial, to the superolateral corner of the patella.

○ DR TAN'S APPLICATION:

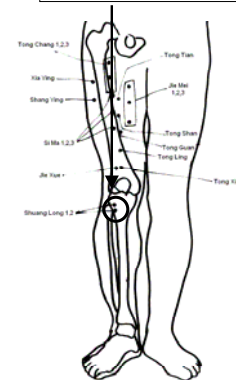


Points on Lower Limb (Anterior Aspect): *Shuang Long 1, 2*

○ LOCATION:

○ DR TAN'S APPLICATION:

Shuang Long 1, 2

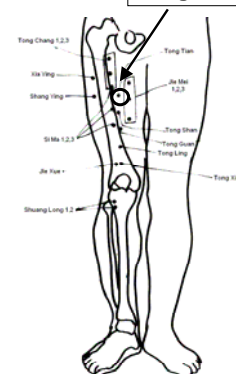


Points on Lower Limb (Anterior Aspect): *Tong Tian*

○ LOCATION: Tong Tian is located on the midline of the femur, 4.0 cun directly superior to Tong Guan.

○ DR TAN'S APPLICATION:

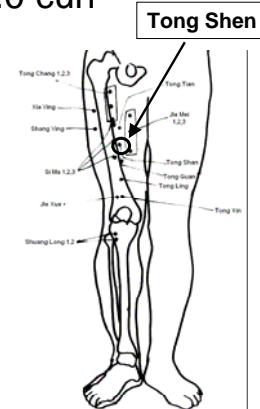
Tong Tian



Points on Lower Limb (Anterior Aspect): *Tong Shan*

- LOCATION: Tong Shan is located on the anterior midline of the femur, 2.0 cun superior to Tong Guan.

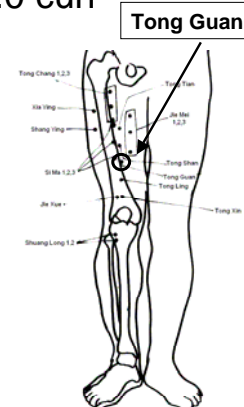
- DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Tong Guan*

- LOCATION: Tong Guan is located on the anterior midline of the femur, 5.0 cun superior to the knee crease.

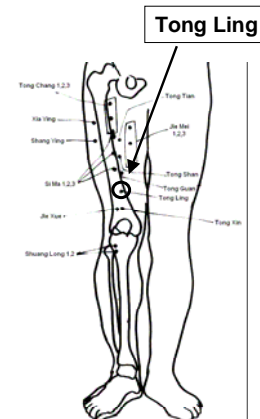
- DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Tong Ling*

○ LOCATION:

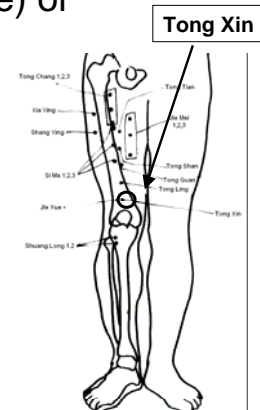
○ DR TAN'S APPLICATION:



Points on Lower Limb (Anterior Aspect): *Tong Xin*

○ LOCATION: Tong Xin is located on the median plane (midsagittal plane) of the anterior thigh 1.0 cun proximal to the center of the superior edge of the patella.

○ DR TAN'S APPLICATION:

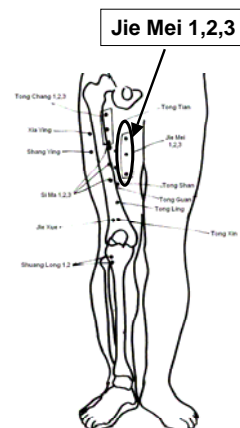


Points on Lower Limb (Anterior Aspect): *Jie Mei 1, 2, 3*

LOCATION:


- Jie Mei 1: 1.0 cun medial to and 1.0 cun superior to Tong Shan
- Jie Mei 2: 2.5 superior to Jie Mei 1
- Jie Mei 3: 2.5 superior to Jie Mei 2

DR TAN'S APPLICATION:




Points on Lower Limb (Posterior Aspect)

- | | |
|---------------------------|---------------------|
| □ <i>Jin Fu</i> | □ <i>Jin Zhi</i> |
| □ <i>Jin Liang</i> | □ <i>Jin Ling</i> |
| □ <i>Huo Chang</i> | □ <i>Jin Fu</i> |
| □ <i>Jin Chang</i> | □ <i>Jin Yang</i> |
| □ <i>San Quan 1, 2, 3</i> | □ <i>Zheng Shi</i> |
| □ <i>Shang Qi</i> | □ <i>Zheng Zong</i> |
| | □ <i>Zheng Jin</i> |



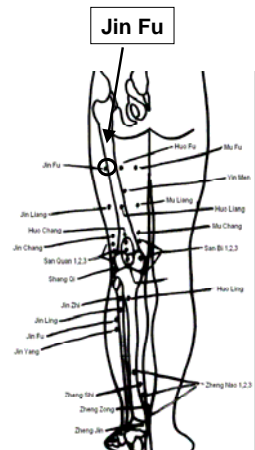
Points on Lower Limb (Posterior Aspect)

<input type="radio"/> <i>Huo Fu</i>	<input type="radio"/> <i>Mu Chang</i>
<input type="radio"/> <i>Mu Fu</i>	<input type="radio"/> <i>San Bi 1, 2, 3</i>
<input type="radio"/> <i>Yin Men</i>	<input type="radio"/> <i>San Ling 1, 2, 3</i>
<input type="radio"/> <i>Mu Liang</i>	<input type="radio"/> <i>Huo Ling</i>
<input type="radio"/> <i>Huo Liang</i>	<input type="radio"/> <i>Zheng Nao 1, 2, 3</i>



Points on Lower Limb (Posterior Aspect): *Jin Fu*

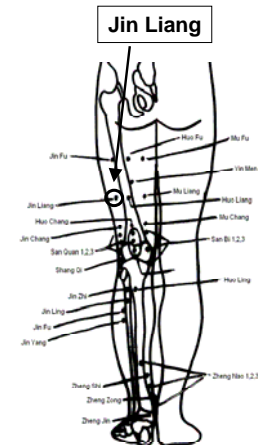
- ☐ LOCATION:
- ☐ DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Jin Liang*

○ LOCATION:

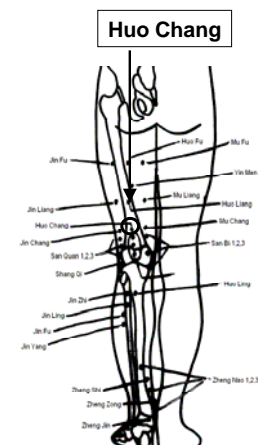
○ DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Huo Chang*

○ LOCATION:

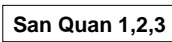
○ DR TAN'S APPLICATION:



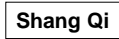
-



-



- 



-



-

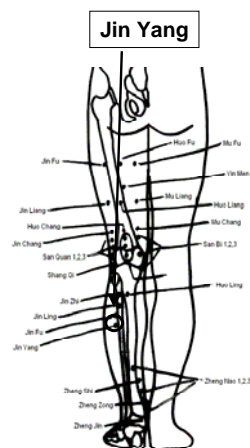


-



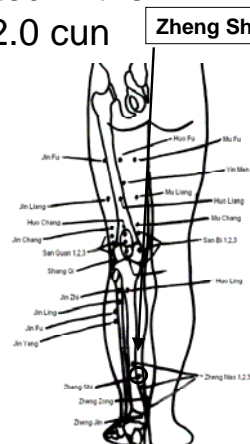
Points on Lower Limb (Posterior Aspect): *Jin Yang*

- LOCATION:
- DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Zheng Shi*

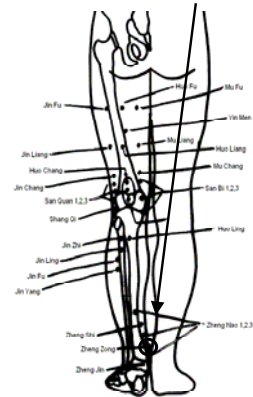
- LOCATION: Zheng Shi is located in the center of the Achilles tendon, 2.0 cun superior to Zheng Zong.
- DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Zheng Zong*

- LOCATION: Zheng Zong is located in the center of the Achilles tendon, 2.0 cun superior to Zheng Jin.

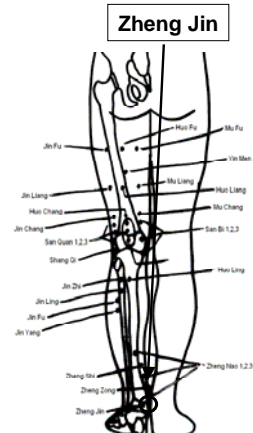
- DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Zheng Jin*

- LOCATION: Zheng Jin is located in the center of the Achilles tendon, 3.5 cun superior to the heel.

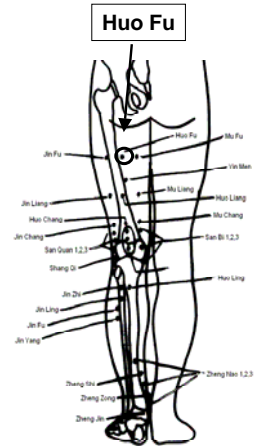
- DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Huo Fu*

○ LOCATION:

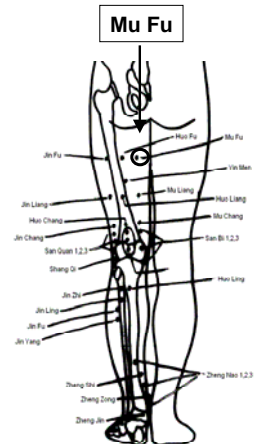
○ DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Mu Fu*

○ LOCATION:

○ DR TAN'S APPLICATION:

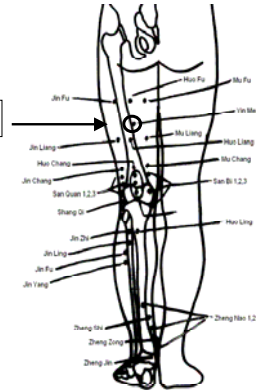


Points on Lower Limb (Posterior Aspect): *Yin Men*

○ LOCATION: Yin Men is located 6 cun below Cheng Fu (BL 36) on the line joining Cheng Fu (BL 36) and Wei Zhong (BL 40).

○ DR TAN'S APPLICATION:

Yin Men

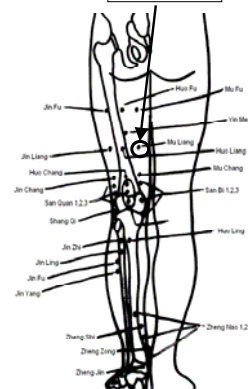


Points on Lower Limb (Posterior Aspect): *Mu Liang*

○ LOCATION:

○ DR TAN'S APPLICATION:

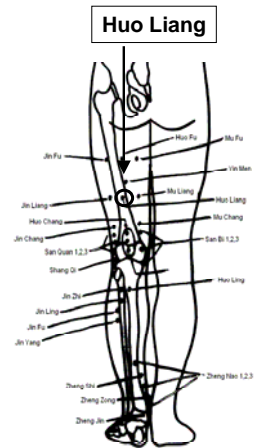
Mu Liang



Points on Lower Limb (Posterior Aspect): *Huo Liang*

○ LOCATION:

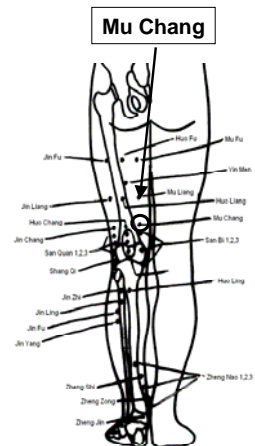
○ DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Mu Chang*

○ LOCATION:

○ DR TAN'S APPLICATION:

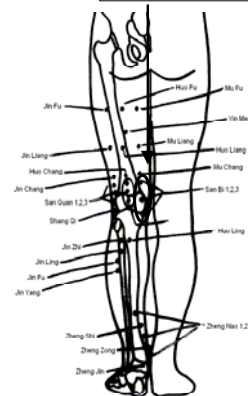


Points on Lower Limb (Posterior Aspect): *San Bi* 1, 2, 3

○ LOCATION:

○ DR TAN'S APPLICATION:

San Bi 1, 2, 3

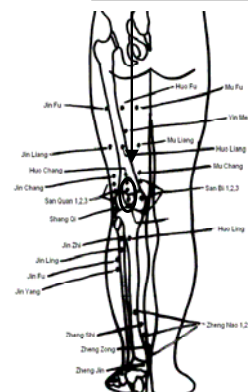


Points on Lower Limb (Posterior Aspect): *San Ling* 1, 2, 3

○ LOCATION:

○ DR TAN'S APPLICATION:

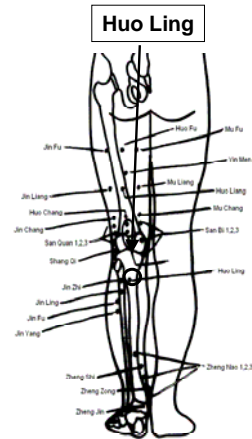
San Ling 1, 2, 3



Points on Lower Limb (Posterior Aspect): *Huo Ling*

○ LOCATION:

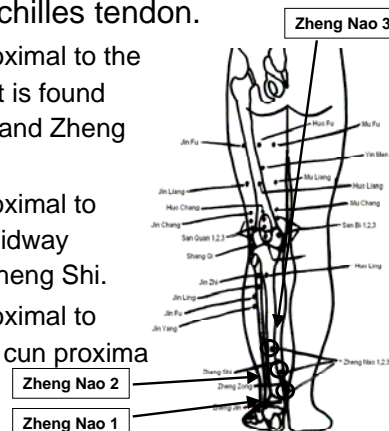
○ DR TAN'S APPLICATION:



Points on Lower Limb (Posterior Aspect): *Zheng Nao 1, 2, 3*

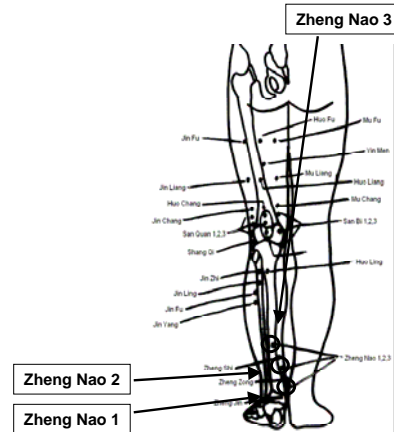
○ LOCATION: These three points are uniformly located on the Achilles tendon.

- Zheng Nao 1: 4.5 cun proximal to the plantar surface of the heel. It is found midway between Zheng Jin and Zheng Zong.
- Zheng Nao 2: 2.0 cun proximal to Zheng Nao 1. It is located midway between Zheng Zong and Zheng Shi.
- Zheng Nao 3: 2.0 cun proximal to Zheng Nao 2. It is found 1.0 cun proximal to Zheng Shi.



Points on Lower Limb (Posterior Aspect): *Zheng Nao 1, 2, 3, cont.*

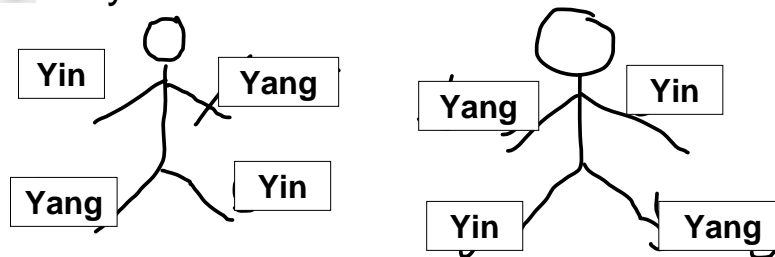
○ DR TAN'S APPLICATION:



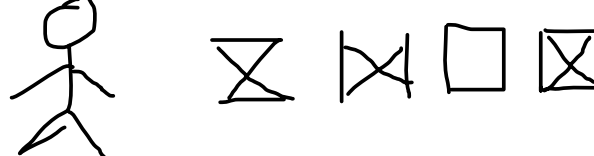
Global Balance

○ Two criteria:

○ 1. dynamic balance



○ 2. static balance



Hypothyroidism

○ Fatigue, no energy, no appetite,
insomnia, no pulse on chi position

HA on left side

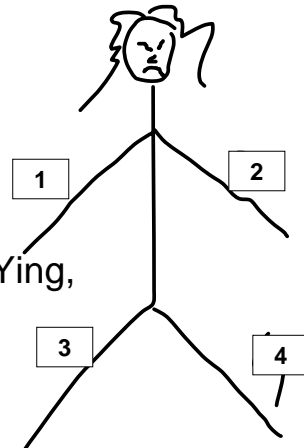
○ 1: Yang: SJ5, LI4

○ 2: Yin: PC6

○ 3: Yin: SP6, Ren Huang,

○ 4: Yang: Xia Ying; Shang Ying,
GB31, ST36

Rx: Ba Wei Di Huang Wan,
Jin Qui Shen Qi Wan



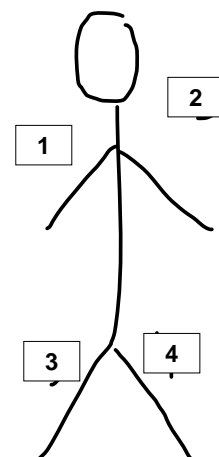
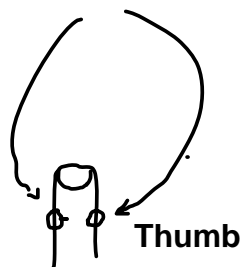
Lost of eye (rt) sight after surgery

○ 1. PC3, Heart3, LU5, GB20 (both sides)

○ 2. Zhu Yuan 1&2*

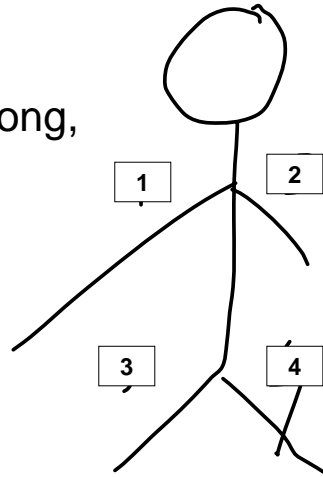
○ 3. ST35, UB40, GB(tan's),

○ 4. Huo Zhu, Huo Ying, a-shi pts
Kidney10a, Tian Huang,



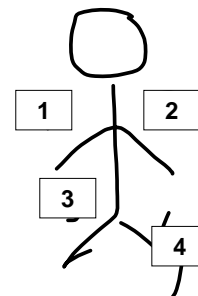
Stiff neck and shoulder

- 1. H4, H5, H6, Lu8
- 2. Shou Jing Dian
- 3. Zheng Jin, Zheng Zhong, Zheng Shi,
- 4. LV 4.5, LIV5, SP6



Infertility

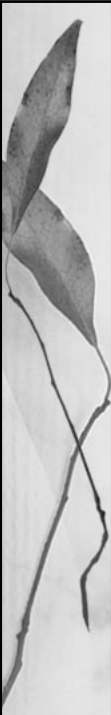
- Painful mense, cramps, lower back pain, headache, BC for a long time but stopped for the last 1.5 years, cannot get pregnant.
- 1. SJ5, Ling Ku, Da Bai, SI4
- 2. LU5, LU7, H3, H7
- 3. K2, K4, K7, Tian Huang, Di Huang, Ren Huang,
- 4. Liu Wan, Shui Qu, UB65, Dr's loo pt, UB62
- Lower back pain: Ling Ku, Da Bai, Zhong Bai, SI4
- Rx: Dang Gui Shao Yao San





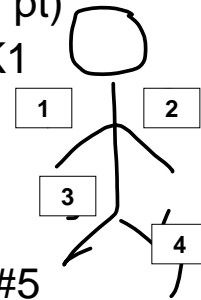
Infertility

- Rx: Dang Gui Shao Yao San
- With spleen qi def: add Bu Zhong Yi Qi Tang.
- With excessive bleeding: add Gui Pi Tang + Xian He Cao + Qian Cao Gen
- With kidney def (chi weak): add Liu Wei Di Huang Wan
- For Liver type: add Xiao Yao San

- 
- Dang Gui Bu Xue Tang – one of the best to tonify blood. Only has two herbs: dang gui + huang qi. This formula is also excellent for side effect of chemotherapy where there is very low blood count (WBC or RBC). This formula will work within about 2 weeks.

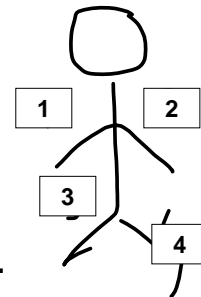
Heart problems

- Fibrillation, irregular heart beat, congestion feeling in the chest
 - 1. SJ5, LI3,
 - 2. PC6,
 - 3. K1, Ren Huang, SP6 (a-shi pt)
master tung's pts around K1
(San Sheng 1,2,3)
 - 4. Tong Tian, Tong Guan,
Tong Shan
- Or – Tan's 12 magic pt Pattern #5



Carpal tunnel syndrome

- Acupuncture 1,2,3
- No need to do global balance.
- Diagnose where the pain is
and treat with balance method





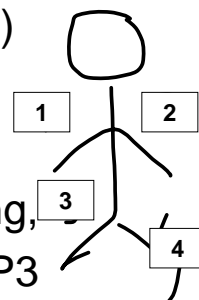
Headache

- ☐ ... with 3 needles?
- ☐ three sets of points to choose from:
 - ☐ PC9, H9, LU11 (Yin channel Jing-Well pt)
 - ☐ LI4, SI3, SJ3 (hand to image the head)
 - ☐ KI1, SP1, LV1 (Jing Well pt)



Allergy – affecting the nose

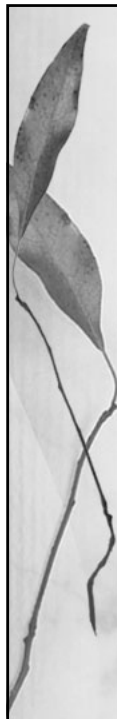
- ☐ UB2 (bilateral), LI20 (bilateral)
- ☐ 1. LI3, LI11
- ☐ 2. LU9.5, LU5,
- ☐ 3. Xia San Huang (Tian Huang, Ren Huang, Di Huang), SP3
- ☐ 4. Si Hua, Si Hua Wai
ST43





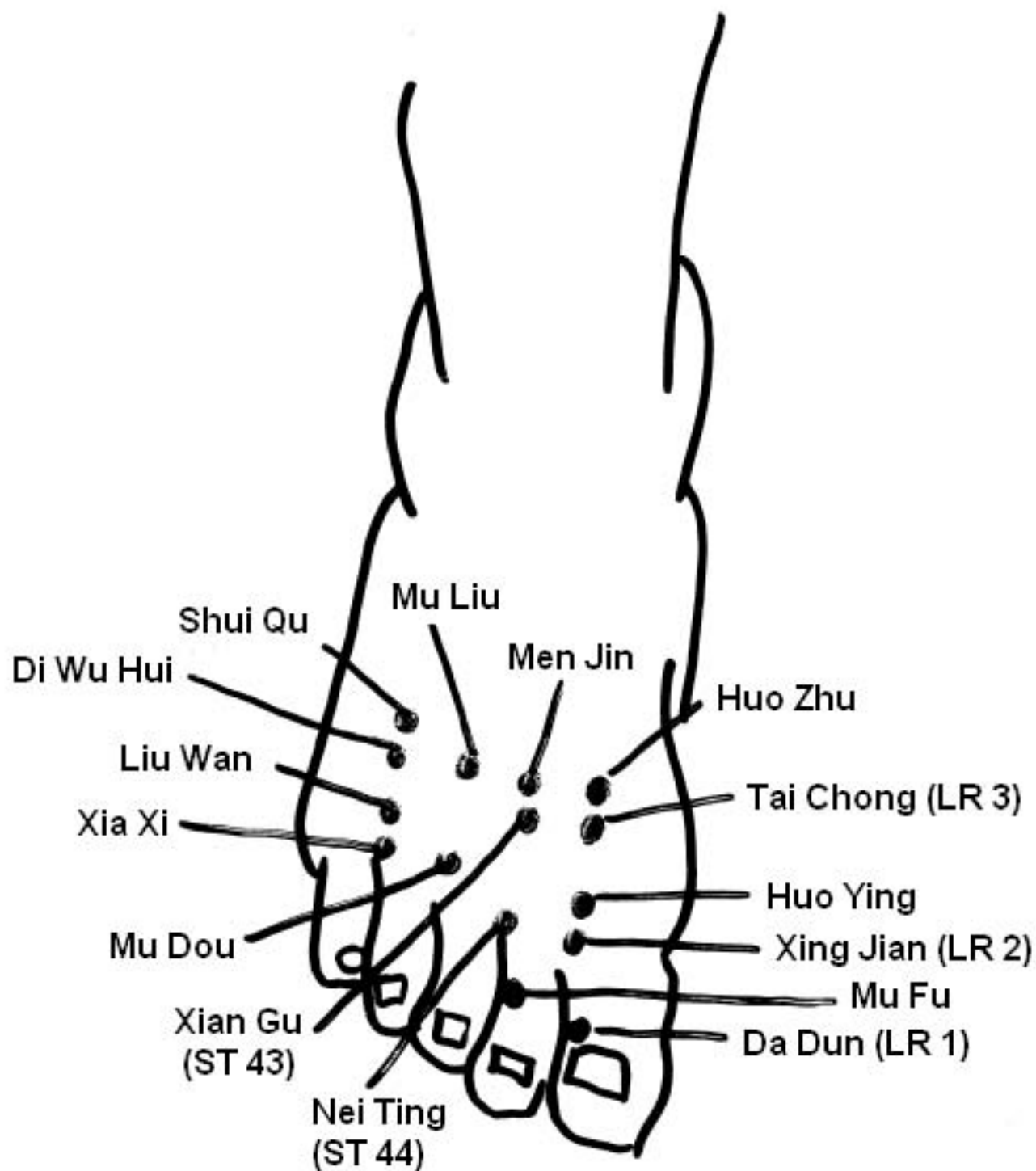
Allergy – affecting the nose

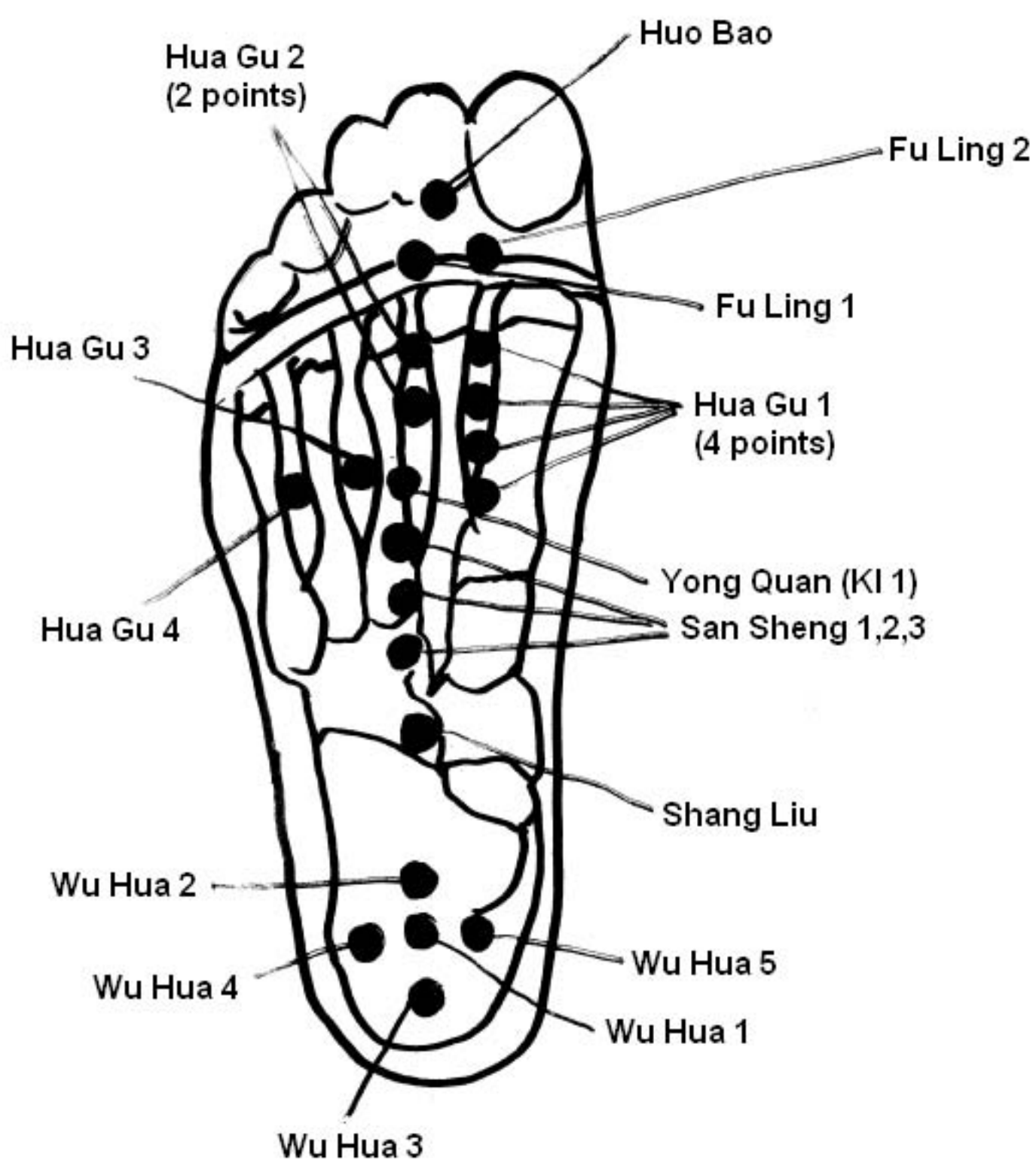
- Cang Er San (xanthium fruit powder) – wind heat (yellow thick nasal discharge)
- Xin Yi San (magnolia flower powder) – wind cold (clear watery discharge)
- Dr Tan's combines both formulas at 50:50% ratio and give them to the patient together.

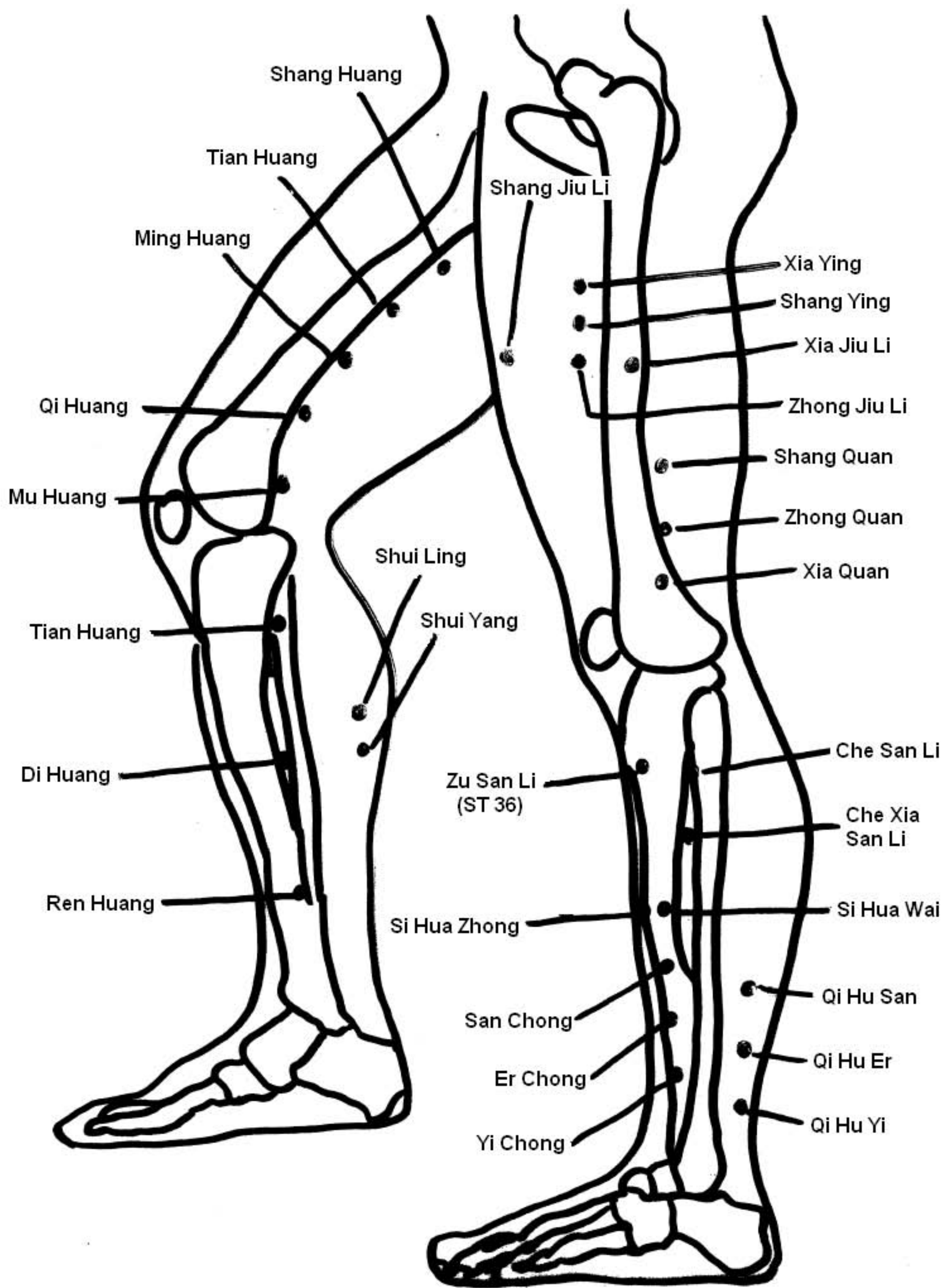


Allergy – affecting the nose

- If it is a sinus infection: use Qing Bi Tang to clear damp-heat
- If dry: add Mai Men Dong Tang or Bai He Gu Jin Tang
- If wet: add Xiao Qing Long Tang (Minor Blue Dragon Decoction)
- If fever: add Zi Yin Jiang Huo Tang (nourish yin to descend fire decoction)







Tong Chang 1,2,3

Tong Tian

Xia Ying

Jie Mei
1,2,3

Shang Ying

Si Ma 1,2,3

Tong Shan

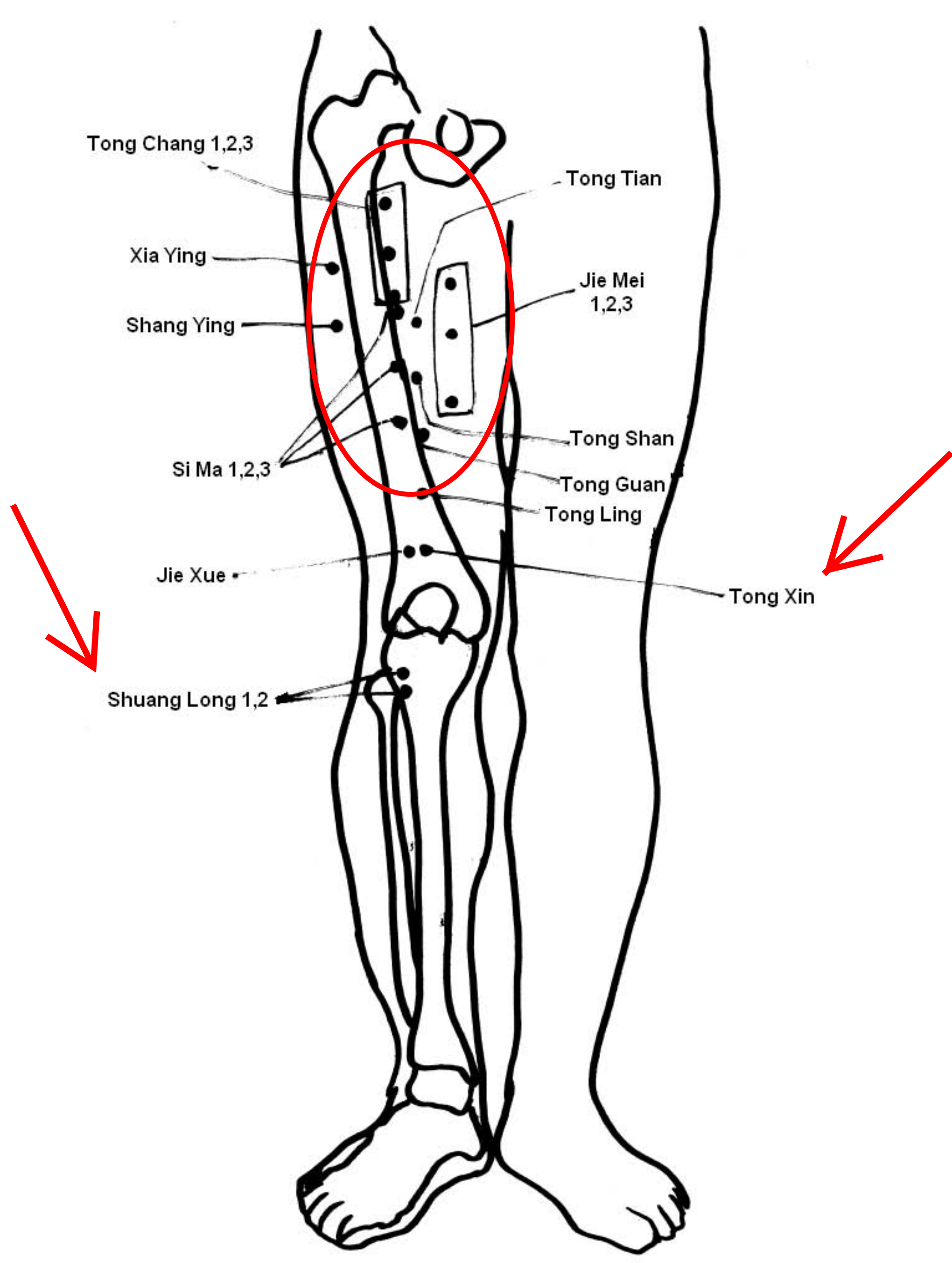
Tong Guan

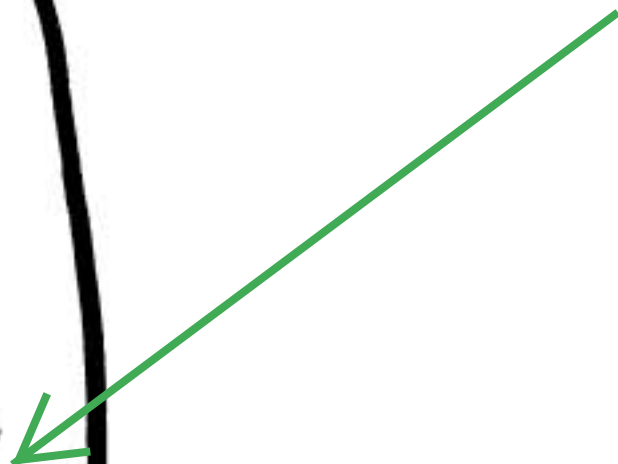
Tong Ling

Jie Xue

Tong Xin

Shuang Long 1,2





Mu Fu

Yin Men

Mu Liang

Huo Liang

Mu Chang

San Bi 1,2,3

San Ling 1, 2, 3

Huo Ling



Jin Fu

Jin Liang

Huo Chang

Jin Chang

San Quan 1,2,3

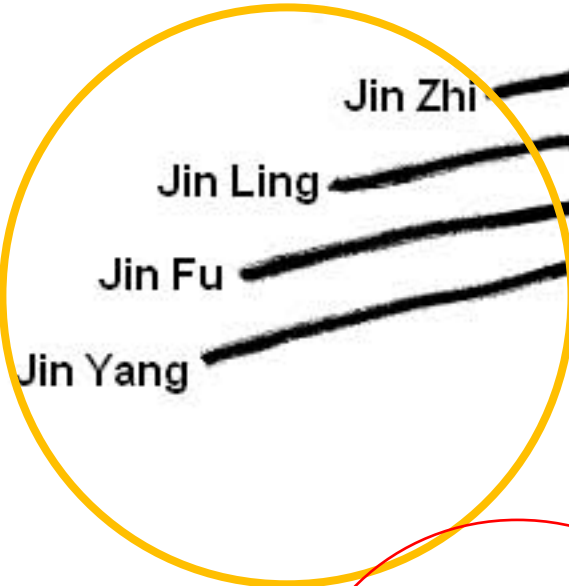
Shang Qi

Jin Zhi

Jin Ling

Jin Fu

Jin Yang



Zheng Shi

Zheng Zong

Zheng Jin



Zheng Nao 1,2,3

