

Master Tung's Essential Acupuncture



by
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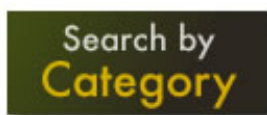
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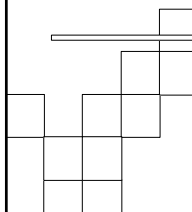
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- Tina Chen and John Chen for their help along the way
- The great staff at Evergreen Herbs and Lotus Institute




Acupuncture Introduction




What do the Acupuncture Classics say about...

- Treating Kidney Deficiency?
- Treating Liver Qi Stagnation?
- Treating Spleen Qi Deficiency?
- Treating Kidney Excess?




Which of these is Acupuncture?

- Stomach Yang Deficiency
- Wood Overacting on Earth
- Stomach Channel Problem



Which is Herbal or Acupuncture?

- 8 Principles
- *Zang Fu*
- Six Channels Diagnosis
- *Wei Qi Ying Xue*
- *San Jiao*
- Five Elements
- Yin/Yang
- Channels and Collaterals



How would you treat?

- Neck and Shoulder Pain, Stiffness and Spasm
- Occipital Headache
- Diarrhea

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Acupuncture Classics

- *Jia Yi Jing*
- *Nan Jing*
- *Zhen Jiu Da Cheng*
- *Ling Shu*
- Not CAM, Shanghai Text, or other TCM classics!

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Ling Shu Chapter 10

- Le Gong said: I want to know all about meridians at once.
- Huangdi answered: A doctor should know the theory of meridians in order to know the condition; prognosis of all kind of diseases, and how to regulate excess or deficiency of diseases.

Ling Shu Acupuncture English edition Hardcover, 2007 Published by Ling Shu Press, ISBN 0-9770605-1-9, Copyright No. TX 6-601-362

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Ling Shu 26 *Za Bing Lun*

- In this chapter we are acquainted with many types of miscellaneous diseases, and their signs and symptoms.
- The only way to treat is to determine what channels are involved.

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Modernizing TCM

- Communist Party Chairman Mao Zedong - "Chinese medicine and pharmacology are a great treasure house and efforts should be made to explore them and raise them to a higher level."

Crozier RC (1968). *Traditional medicine in modern China: Science, Nationalism, and the Tensions of Cultural Change*. Cambridge: Harvard University Press.

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Yang Ji Zhou's advice:

- "Better to forgo the points than the channels"

Zhen Jiu Da Cheng

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TCM – A Modern Paradigm

- TCM is the system of Acupuncture and Chinese Herbals that stems from the 1950's
- Widely taught in schools, and practiced in hospitals in China
- Leading form of Acupuncture practiced worldwide
- Uses Herbal diagnosis and memorized acupoint Rx's

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TCM – A Modern Paradigm

- Acupuncture had to be learned with Acupuncturists
- Herbals had to be learned with Herbalists
- Modern TCM fuses the two
- The mistake is Herbal Diagnosis does not fit hand in hand with Acupuncture diagnosis

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Yin Shui, Si Yuan

(When you drink water, remember the source)

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Master Tung



- Master Tung Ching-Chang 1975
- Taiwan revered acupuncturist
- Inheritor and innovator
- Creator of our method

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About Master Tung Ching-Chang (Dong Jing-Chang)

- Born in 1916, passed away in 1975
- Pingdu, Shangdong province, China
- Early in life joined the Kuomintang (Guomindang) army, fled to Taiwan in 1949
- Acupuncture practitioner in Taiwan for 26 years

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About Master Tung continued...

- Treated over 40,000 patients, with one quarter of them treated at no charge
- Was recognized with award "Representative of fine people and fine deeds"
- Treated Cambodian President Long Nuo, who suffered from hemiplegia 5 X, between 1971 and 1974
- Decorated by Chang Kai Shek (Jiang Jie-shi) "Honor Certificate" in the field of Traditional Chinese Medicine

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Master Tung's Method

- Family set of 740 points, but most are on the channels – proper name is “*Dong Si Zhen Jing Qi Xue*” (Tung's 12 Channel Extra Points)
- Not used as “*Qi Xue*” (Extra Points), but rather, in conjunction with the 12 channels
- There are unique methods of using the 12 channels based on channel relationships
- Embodies principles of many schools of acupuncture and Chinese medicine

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Master Tung's First Generation

- Work is passed on through his numerous students and grandstudents
- One of the most prolific and famous students is Young Wei Chieh
- Responsible for bringing Master Tung's work here in the USA – taught Miriam Lee
- 1st English edition 1974 – translation of Dr. Young's “*Dong Si Qi Xue*” by Dechen Palden, a Tibetan student of Master Tung. Later revised by Miriam Lee as Blue Poppy's “Master Tong's Acupuncture”

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Tung Acupuncture Teachings

- World Association of Tung's Acupuncture (WATA) formed by Dr. Young Wei Chieh
- International Tung's Acupuncture Research Association (ITARA) formed by Robert Chu

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Good vs. Bad Acupuncture

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What makes a good acupuncturist?

- Identify which channel is involved
- Less is more
- Optimize multiple functions for one needle
- The affected area is not needed, which corresponds to the *Nei Jing Su Wen* Chapter 63 “*Miu Ci Lun*” (Incorrect needling)

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Good Acupuncturists

- There should be almost instantaneous response to the needling
- If it doesn't work in the first try, try something else
- Compassionate
- Problem Solver - Able to research problems

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Good Acupuncturists

- Consider use of Time, Day, Month, Season, and Year
- It is unnecessary to manipulate the needle
- Cupping, *Gua Sha*, Moxa, *Tui Na*, and adjunct therapies are performed in conjunction with the main therapy
- A good acupuncturist always considers threading more than one point

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Master Tung's Acupuncture

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Why Study Master Tung's Acupuncture?

- Relearn the uses of Acupoints in a new light
- A legacy left to us by a true master:
 - Strategies
 - Combinations
- Better understand Acupuncture in general

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Why Study Master Tung's Acupuncture?

- Understand Chinese cultural images applied to acupuncture
- General everyday fast efficient system that gets results

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Master Tung's Acupuncture -- Introduction

- There are 740 family points in all, plus unique applications of the 14 channel points. All the points are distributed on the 14 channels, or found between the channels.
- Clinically, it is not important to use them all. In my experience, 20 – 30 points are all that are needed in general daily use.

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Master Tung 3 Phases

- When Master Tung first came to Taiwan, he used regular acupuncture points, but used them according to channel relationships and circuits.
- When other acupuncturists began to mimic him and get similar results, he used his family set of 740 points.
- Toward the later phase of his life, he freely combined regular acupuncture points and Tung family points.

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Master Tung Intro

- Master Tung's numbering system is poor – it's mainly used as a reference system
- It is easier to memorize the Chinese names, as they relate to the function of that point

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Needling Methods

- *Huang Di Nei Jing Su Wen's Miu Ci* chapter and the *Ling Shu's* chapter on the 9 needles, 12 *Yuan* Source suggest that one can needle in the opposite side.
- This is the primary application for pain

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Needling Methods continued...

- If the disease is bilateral, we *may* choose to needle bilaterally. For example, for Lung issues, we may choose to needle *Shui Jin* and *Shui Tong* points bilaterally.

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Needling Methods continued...

- In Classical acupuncture, needling is applied on the left for men, and right for women.
- Remember, women are always right!

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Needling Methods continued...

- Points on limbs, ears, head, and face treat general disorders and are generally treated with fine needles.
- For stubborn diseases, we typically use the method of *Fang Xue* (pricking)

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Fang Xue - Pricking

- We *usually* prick on the ipsilateral (same) side.
- Pricking is generally done in the Western clinic with a lancet and cupping on chosen points. We may also choose the 3-edged needle.

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Fang Xue - Pricking

- Avoid pricking against the bone.
- Points on chest, abdomen, and dorsal areas are usually pricked, but distal bloodletting is also done on limb points and the ear.
- Make sure you know the laws of your state - in some areas of the USA, the triangular needle is forbidden and appears to be a surgical instrument to the untrained eye.

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Fang Xue - Pricking

- Do not sharpen the triangular needle, as this does not follow Clean Needle Technique protocol.
- Develop skill with the triangular needle on an orange first, as few develop the proper skill to adequately use this clinically.

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Fang Xue - Pricking

- Beware of Clean Needle Technique
- Hold point of 3-edged needle on target
- Pull needle toward you
- At apex, needle should pierce skin
- Cover yourself
- Wear protective equipment

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Needling Advice

- One should observe proper needle angle and depth with straight or diagonal insertion when needling the torso or over vital areas.
- Generally, one does not have to manipulate the needle with Tung's Acupuncture.

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Traction Needle Method

- Young Wei-Chieh introduced and clarified the technique of *Qian Yin Zhen* (Traction or Pulling Needle) – a method in which to guide needle sensation by using a point distal to the affected area or channel.
- I refer to this simply as “*Dai Zhen*” – Guiding Needle

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Other Methods When Needling...

- *Xi Qi* (Breathing Qi) – the concept of breathing energy into the affected area, akin to the intention used in *qi gong* practices
- *Huo Qi* (Moving Qi) – when a patient is needled distally, he is asked to move the affected area
- *An Mo* (Massage) – in this method, the practitioner massages the affected area to guide energy to that area.

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Dao Ma Zhen

- Master Tung makes extensive use of the method of *Dao Ma Zhen* (Falling Horses Needling)
- There are several ways to explain the term:
 - Lead or Guide Horses
 - Capturing horses
- I simply refer to it as *Lian huan zhen fa* (Needling in succession)

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Channel Relationship to Itself (*Tong Jing*)

- Every channel can treat itself; for example, if there is a problem with the Stomach channel, *choose* the Stomach channel
- In Acupuncture, we diagnose by channel and treat by channel

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Poor Strategy using Tung's Acupuncture

- Many people today have studied Tung's points, but lack the clinical experience and have not internalized the strategy, and fall back on their TCM acupuncture training, using a poor method of using Tung's points as "extra points" to their memorized recipes.

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Hand and Foot Relationship (*Tong Ming Jing*)

- In the same channel name relationship, the Lung and Spleen are *Tai Yin*; therefore use the Lung to treat the Spleen. Since the *Yang Ming* channel is composed of the Large Intestine and Stomach Channels, use them to treat each other.

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Biao Li Relationship (Interior/Exterior Channel Relationship)

- This is the common internal-external relationship found in TCM.
- For example, use Lung Channel to treat the Large Intestine Channel. The rest follow accordingly.

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Bie Jing Relationship (Branching Channel Relationship)

- This theory stems from the *Nei Jing* and *Ling Shu* and shows how diseases progress from exterior to interior.
- Zhang Zhong Jing modified this theory to fit in with his *Shang Han Lun* (Discussion of Cold Induced Diseases) herbal formulae.

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Bie Jing Relationship continued...

- The root of this theory is expounded in the *Yi Jing*, where one trigram is put on top of another forming a hexagram. A trigram is said to have three layers – if we take a yang trigram (*Qian Gua*), the outermost layer is *Tai Yang*, the middle layer is *Shao Yang*, and the root or base layer is *Yang Ming*.

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More on Bie Jing Relationship

- If we take a Yin Trigram (*Kun Gua*), there are also three layers, the upper most is *Tai Yin*, the middle is *Shao Yin*, the bottom layer *Jue Yin*.
- In the *Nei Jing*, this is referred to as the *Guan, Shu, He* relationship.

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Bie Jing Channels

- There are 3 sets of Branching relationship for the channels:
- *Tai Yang* and *Tai Yin* treat each other
- *Shao Yang* and *Shao Yin* treat each other
- *Yang Ming* and *Jue Yin* treat each other

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Some Principles of Master Tung's Acupuncture

- On the affected channel, treat the channel.
- Using a related channel, you can include or not include the affected channel.
- Use the corresponding area when imaging to produce the best results.

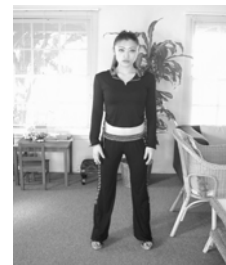
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Dui Ying (Imaging) Methods

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Same Height Imaging

- In this method, points that correspond on the same plane can be chosen to treat a particular disease.
- For example, pain at the elbow at LI 11 may be treated with the opposite side LU 5.
- Ren 24 may be used to treat occipital neck pain.



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Hand and Foot Imaging

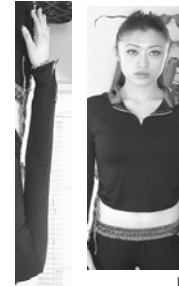


- In this method, the foot is treated by the hand and vice versa; the ankle is treated by the wrist; the lower leg corresponds to the forearm; the knee corresponds to the elbow; and the thigh corresponds to the upper arm.

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Hand and Torso Imaging

- In this method, the neck corresponds to the wrist, chest to the forearm, and umbilicus to the elbow, groin to the shoulder.
- An example illustrating this would be for neck pain, use SJ 5, Lu 5, LI 5



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Foot and Torso Imaging



- With this method, we would use the foot to treat facial problems, ankle to treat neck problems, lower leg to treat chest problems. The rest may be inferred.

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Flipped Imaging

- In this method, we think of a torso overlaid and a flipped image of it on the torso. Examples to illustrate this method would be LI 20 for intestinal worms, or pain in the perineum we needle Du 26.



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Some Principles of Master Tung's Acupuncture

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Some Principles

- Use the depth of the needle to treat multiple problems.
- Use the elements to treat problems.
- Use levels to treat problems.

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Master Tung uses 5 Element Diagnosis heavily

- Be sure to know your Five Element table of correspondences when you practice Master Tung's Acupuncture
- We use it to determine and diagnose the affected channels
- Once diagnosed, we treat that channel

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Acupuncture/Herbal Diagnosis

- Channel based by symptoms involved
- Points focus on movement and transport and sedation
- Ashi diagnosis through palpation of channels.
- Herbs based on diagnosis of symptoms, tongue, pulse
- You can have a separate TCM diagnosis for herbs, but choose what you want to treat with herbs and what you want to treat with acupuncture.

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Acupuncture Treatment Summary

- Identify the channel(s) involved.
- Balance the channel with intelligent choice of points
- Treat with Master Tung, Five *Shu* Points, *Xi Cleft*

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Dr. Chu's Acupuncture Rx

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Dr. Chu's WTH Acupuncture Rx

- Left side *Xia San Huang*, St 36, 37
- Right Side *Huo Ying*, *Huo Zhu*, Liv 6, GB 34, 39

All needles perpendicular insertion, retain for 28.8 minutes

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Xia San Huang

- **Shen Guan/Kidney Gate**
Location: 1.5 cun below *Tian Huang* (Sp 9).
- **Di Huang/Earth Emperor**
Location: 4 cun above Sp 6
- **Ren Huang/Man Emperor**
Location: 3 cun above the tip of the medial malleolus, along the border of the tibia



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Huo Ying and Huo Zhu

- **Huo Ying/Fire Hard;**
Huo Zhu/Fire Ruler

Location: *Huo Ying* is found 0.5 cun posterior to Liv 2; *Huo Zhu* is located at the junction of the 1st and 2nd metatarsal bones.



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WTH Graphically...

<i>Huo Ying, Huo Zhu,</i> Liv 6 GB 34, 39	<i>Xia San Huang</i> St 36, 37

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Disease is like a rabbit running in a field. We use a net wide enough to catch it.

Dou Han Qing

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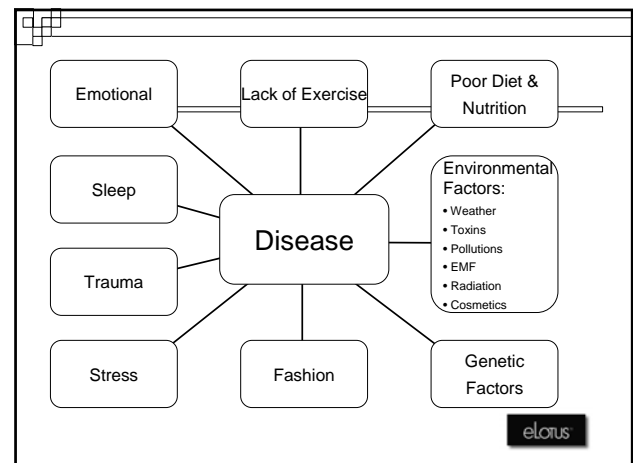
Real Healing

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L.Ac. - The Lifestyle Consultant?

- Many of today's diseases stem from a poor lifestyle. This includes poor eating, lack of exercise, stress, unhealthy emotions, poor fashion choices, genetics, pollution, preservatives in foods, cosmetics and the like.
- Acupuncture and herbs are not enough, one needs to give dietary and lifestyle advice.
- The Licensed Acupuncturist must change his/her orientation to be a *Lifestyle Consultant*.

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Pillars to Good Health

- Diet and Nutrition
- Exercise
- Sleep
- Healthy Emotions/Less Stress
- Don't set off genetic triggers

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Diet and Nutrition

- 6-8 small meals a day, organic foods
- Detoxing with green leafy bitter vegetables – i.e. spinach, kale, broccoli, water cress, red leaf lettuce, arugula – best bet: Gourmet Salad Greens
- Quick energy boost – take B Complex time-release vitamins, Probiotics, Food Enzymes
- Best water
- Ideal breakfast, lunch and dinner: Oatmeal or multigrain cereal, mixed greens salad with 2 ounces of protein
- Don't take too many vitamins, Ca, Glucosamine, Chondroitin, MSM – take only 3X a week

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Some food guidelines

- Avoid excessive carbs - chips, pizza, bread, breadsticks, pasta, rice, tortillas, burritos, tacos, soft drinks – these are simple carbs, and have little nutritional value. You need complex carbs (vegetables and fruits) to stay alive, roughly 30-40% per meal - but overdoing with simple carbs is unnecessary.
- Become a label reader! Avoid hidden sugars like high fructose corn syrup. Sugar or honey is better than artificial sweeteners.
- Avoid any foods with artificial color, flavor, sweeteners, and preservatives, as well as ingredients you don't know or can't pronounce. Avoid enriched white flour, trans-fatty acids and triglycerides.

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Exercise

- Try *Tai Chi*, *Qi Gong* or Yoga
- 10,000 steps a day, wear a pedometer
- Some basic weight training: Deadlift, Clean and Press – learn how to do these exercises with barbells or dumbbells – 10 reps each, 3x day for legs
- Hourly routine: 10 squats, 10 push ups, 10 twists – takes 2 minutes for every hour you are awake

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Sleep

- 6 –8 hours a day
- ½ hour naps OK
- Bed time is sleep time!
- Don't lie in bed thinking
- Keep regular hours

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Less Stress, More Healthy emotions:

- Do Meditation, Yoga
- Awareness Therapy/Hypnotherapy/NLP/EFT
- Read the "Power of Now", "A New Earth" and "Silence Speaks" by Eckhart Tolle
- Watch movies to educate the family: Sicko, SuperSize Me, Fast Food Nation, King Corn
- Learn how to deal with toxic people and emotional vampires
- Avoid Qi Stagnation

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Don't set off genetic triggers

- Clean environment, avoiding toxins, plastics/styrofoam
- Check out <http://www.cosmeticsdatabase.com>
- Medications, best for short term
- Go for natural medicine first

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Diagnosis

- History
 - Acute or chronic?
 - Check blood tests, blood pressure, BMI
 - How much does the patient exercise?
 - What does the patient eat?
 - What is the patient's profession, lifestyle, family life, hobbies?
 - Family history

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Exam

- Physical Exam:
 - General Health

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Labs

- Blood Pressure
- BMI
- Lipid Profile
- Thyroid Panel
- Blood Sugar/Glucose Test

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Commonly Seen in the Clinic

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Bronchitis

- Acute bronchitis:
- Hacking cough.
- Yellow, white, or green phlegm, usually appearing 24 to 48 hours after a cough.
- Fever, chills.
- Soreness and tightness in chest.
- Some pain below breastbone during deep breathing.
- Some shortness of breath.

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Acupuncture for Bronchitis

- Acupuncture: *San Shi*, *Shui Jin*, *Shui Tong*, *Xia San Huang*

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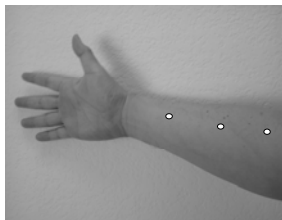
Shui Jin and *Shui Tong*

- *Shui Tong* is 0.4 cun below the outer corner of the mouth; *Shui Jin* is 0.5 cun medial to *Shui Tong*.
- These are Master Tung's 2nd favorite Kidney points



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San Shi (Three Scholars)



- ***Tian Shi*** Heavenly Scholar - on the Lung channel, along radius, 10 cun proximal from the wrist crease.
- ***Ren Shi*** Man Scholar - on the Lung channel, along the radius, 4 cun proximal to the wrist crease.
- ***Di Shi*** Earth Scholar - on the Lung channel, along the radius, 7 cun proximal to the wrist crease.

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Bronchitis

<i>Shui Jin</i>	<i>Shui Tong</i>
	<i>San Shi</i>
	<i>Xia San Huang</i>

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Herbal for Bronchitis

- Rx: *Xiao Qing Long Tang* or *Qing Qi Hua Tan Wan*
- Respitrol (CF) (p. 657 Lotus Clinical Manual)
- Respitrol (Heat) (p. 674 Lotus Clinical Manual)
- Respitrol (Cold) (p. 662 Lotus Clinical Manual)

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Palpitations

- Symptoms of Palpitations include a feeling of skipped heart beats, fluttering or rapid heart beats, or pounding in your chest. May be related to Coronary Artery Disease, Heart Attack (Myocardial Infarction), Arrhythmias, Atrial Fibrillation, Heart Valve Disease, Congenital Heart Disease, Heart Muscle Disease (Cardiomyopathy), Pericarditis

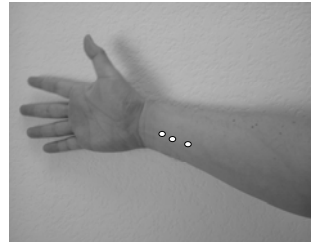
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Acupuncture for Palpitations

- Acupuncture: *Xin Ling*, *Huo Ying*, *Huo Zhu*, *Xia San Huang*

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Xin Ling



- 3 points on the Pc Channel, between tendons of m. palmaris longus and m. flexor radialis.
- The first point is 1.5 cun above transverse crease of wrist. The other two points are 1.0 cun and 2.0 cun respectively above this point.

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Palpitations

	<i>Xin Ling</i>
<i>Huo Ying</i> , <i>Huo Zhu</i>	<i>Xia San Huang</i>

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Herbals for Palpitations

- *Dan Shen Pian* and *Xue Fu Zhu Yu Tang*
- **Circulation** (p. 305 Lotus Clinical Manual)
- **Balance (Heat)** (p. 236 Lotus Clinical Manual)

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Hypertension

- Blood pressure greater than 130/90, including:
- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat

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Hypertension

- Blood in the urine
- Untreated hypertension can lead to serious diseases, including stroke, heart disease, kidney failure and eye problems.
(From WebMD)

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Acupuncture for Hypertension

- Dr. Chu's WTH Rx
- Add: *Yin Tang*, Du 20

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WTH Rx

Huo Ying, Huo Zhu
Liv 6
GB 34, 39

Xia San Huang
St 36, 37

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Herbals for Hypertension

- *Long Dan Xie Gan Tang* and *Tian Ma Gou Teng Yin*
- *Qi Ju Di Huang Tang*
- *Jia Wei Xiao Yao Wan*
- Gentiana Complex (p. 414 Lotus Clinical Manual)
- Kidney DTX (p. 511 Lotus Clinical Manual)
- Gardenia Complex (p. 401 Lotus Clinical Manual)

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Hemorrhoids

- Hemorrhoids are varicose (swollen or dilated) veins located in or around the anus. They can be internal inside the anus -- or external under the skin around the anus. (From WebMD)

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Acupuncture and Herbals for Hemorrhoids

- Acupuncture: Bloodlet UB 40 or Er Xia
- Herbal: *Huai Jiao Wan*
- GI Care (HMR) (p.443 Lotus Clinical Manual)

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Insomnia

- Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with insomnia have one or more of the following symptoms:
- Difficulty falling asleep
- Waking up often during the night and having trouble going back to sleep
- Waking up too early in the morning
- Feeling tired upon waking
(From WebMD)

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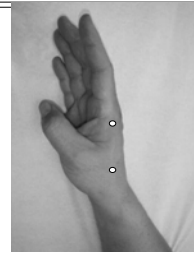
Acupuncture for Insomnia

- Acupuncture: *Ling Gu*, *Da Bai*, *Huo Ying*, *Huo Zhu*, Liv 6, *Yin Tang*, Du 20

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Ling Gu and *Da Bai*

- ***Ling Gu*/Adroit Bone; *Da Bai*/Big White**
Location: *Ling Gu* is located at the junction of the first and second metacarpal bones on the LI channel. *Da Bai* is located at LI 3.



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Insomnia

Du 20 <i>Yin Tang</i>	<i>Ling Gu</i> , <i>Da Bai</i>
<i>Huo Ying</i> , <i>Huo Zhu</i>	<i>Xia San Huang</i>

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Herbals for Insomnia

- Rx: *Suan Zao Ren Tang* and *Xiao Yao San* – 50/50
- Calm (ES) (p. 276 Lotus Clinical Manual)
- Schisandra ZZZ (p. 685 Lotus Clinical Manual)

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Hyperlipidemia (High Cholesterol)

- Cholesterol is a lipid that your body needs for many important functions, such as producing new cells. If you eat too many high-cholesterol foods and/or too much saturated fat or you have an inherited tendency to make too much cholesterol, your cholesterol levels may be too high. This increases your risk for hardening of the arteries, or atherosclerosis, and can lead to life-threatening illnesses, such as coronary artery disease, heart attack, or stroke.

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Reference Chart

Total cholesterol (mg/dL)	Classification	Total cholesterol (mmol/L)
Less than 200 mg/dL	desirable	5.17
200 to 239	borderline-high	5.17 - 6.18
240 or higher	high	6.21 or higher

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Acupuncture for High Cholesterol

- WTH Rx
- Add: St 40

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High Cholesterol

Huo Ying, Huo Zhu
Liv 6
GB 34, 39

Xia San Huang
St 36, 37, 40

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Herbals for High Cholesterol

- Cholisma (p. 293 Lotus Clinical Manual)
- *Dan Shen Pian*
- Shan Zha Jiang Zhi Pian

Regulation of diet and more exercise

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Gout

- Gout is a form of arthritis that causes sudden, severe attacks of pain, tenderness, redness, warmth and swelling (inflammation) in some joints. It usually affects one joint at a time. The large toe is most often affected, but gout also can affect other joints in the leg (knee, ankle, and foot) and, less often, joints in the arm (hand, wrist, and elbow). The fingers are rarely involved and the spine is almost never affected.

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Gout

- One may find:
- Sudden, intense joint pain, which often first occurs in the early morning hours
- Swollen joint that is warm to touch
- Red or purple skin around the joint

(From WebMD)

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Acupuncture for Gout

- Acupuncture: Prick affected area, *Huo Ying, Huo Zhu*, Liv 6, *Zu Wu Hu* 3, 5 or *Wu Hu* 3, 5

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Gout

Huo Ying, Huo Zhu Liv 3	Zu Wu Hu 3, 5

Prick affected areas

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Herbals for Gout

- Rx: *Shu Jing Huo Xue Tang* and *Dan Shen Pian*
- Flex (GT) (p. 372 Lotus Clinical Manual)

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Lifestyle changes for Gout

- Proper diet, less meat, more vegetables
- Foot Roller
- Soak Feet in Epsom Salt Bath Daily

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Hypothyroidism

Causes: Poor Diet, Lack of Exercise, Stress

S/S include:

- Feeling tired, weak, or depressed.
- Dry skin and brittle nails.
- Cold intolerance
- Constipation
- Memory issues or having trouble thinking clearly.
- Heavy or irregular menstrual periods.

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Reference Chart Hypothyroidism

- TSH Test - A range between 0.3 and 3.04 is considered normal, with 2.0 being the ideal. Higher levels suggest hypothyroidism.

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Acupuncture for Hypothyroidism

- WTH Rx
- Add: K 3, 6, *San Zhong*

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San Zhong

- **San Zhong: Yi Zhong; Er Zhong; San Zhong/ Three Weights**

Location: *Yi Zhong* is at GB 39; *Er Zhong* is 2 cun above *Yi Zhong*; *San Zhong* is 2 cun above *Er Zhong*.



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Rx for Hypothyroidism

Huo Ying, Huo Zhu,
Liv 6
San Zhong
K 3, 6

Xia San Huang
St 36, 37

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Herbals for Hypothyroidism

- **Thyro-forte** (p. 713 Lotus Clinical Manual)
- **Imperial Tonic** (p. 498 Lotus Clinical Manual)
- **Shine** (p. 692 Lotus Clinical Manual)
- **Adrenoplex** (p. 196 Lotus Clinical Manual)
- ***Jin Gui Shen Qi Wan + Fu Zi Li Zhong Wan***

Regulation of Diet and more exercise

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Bell's Palsy

- Bell's palsy is a paralysis or weakness of the muscles on one side of your face. It results from damage to the facial nerve that controls muscles on one side of the face, causing that side of your face to droop. The nerve damage also affects taste sensation and tear and saliva production. This condition comes on suddenly, often overnight, and usually resolves on its own within a few weeks.

(From Web MD)

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Acupuncture for Bell's Palsy

- Acupuncture: *Ce San Li, Ce Xia San Li, Qian Zheng, Xia San Huang*

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Ce San Li and *Ce Xia San Li*



- ***Ce San Li/Besides 3 Miles* and *Ce Xia San Li/Below Besides 3 miles***

Location: *Ce San Li* is level with St 36, 0.5 cun lateral; *Ce Xia San Li* is 2 cun below *Ce San Li*.

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Acupuncture Rx for Bell's Palsy

<i>Xia San Huang</i>	<i>Ce San Li</i> <i>Ce Xia San Li</i>

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Herbals for Bell's Palsy

- Rx: *Qian Zheng Tang* and *Bu Yang Huan Wu Tang*
- Symmetry (p. 702 Lotus Clinical Manual)

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Trigeminal Neuralgia

- Trigeminal Neuralgia, also known as Tic Douloureux, is a disorder of the fifth cranial nerve (trigeminal nerve) characterized by attacks of intense, stabbing pain affecting the mouth, cheek, nose, and/or other areas on one side of the face. The exact cause of Trigeminal Neuralgia is not fully understood.
(From WebMD)

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Trigeminal Neuralgia Continued

- In Chinese Medicine, we consider this to be a Wind/Cold/Damp attack or Bi Syndrome.
- Acupuncture: *Ce San Li*, *Ce Xia San Li*, *Wai San Guan*, *Huo Ying*, *Huo Zhu*
- Rx: *San Cha Fang* or *Tian Ma Gou Teng Wan* and *Long Dan Xie Gan Tang*

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Wai San Guan

- 3 points by drawing an imaginary line between the head of the fibula and the lateral malleolus, the 2nd point is the mid point, the upper point is the midpoint between the 2nd point and the head of the fibula; the lower point is the midpoint between the 2nd point and the lateral malleolus.



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Acupuncture Rx for Trigeminal Neuralgia

<i>Huo Ying</i> <i>Huo Zhu</i>	<i>Ce San Li</i> <i>Ce Xia San Li</i> <i>Wai San Guan</i>

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Herbals for Trigeminal Neuralgia

- Rx: *San Cha Fang* or *Tian Ma Gou Teng Wan* and *Long Dan Xie Gan Tang*
- Symmetry (p. 702 Lotus Clinical Manual)

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San Cha Fang for Trigeminal Neuralgia

- **San Cha Fang**
Cnidium & Angelica Combination
Ingredients: *Cnidium* (Chuan Xiong), *Chinese Angelica Root* (Dang Gui), *Persica* (Tao Ren), *Red Peony* (Chi Shao), *White Peony* (Bai Shao), *White Atractylodes* (Bai Zhu), *Uncaria* (Gou Teng), *Scorpion* (Quan Xie), *Centipede* (Wu Gong), *Processed Mastic* (Zhi Ru Xiang), *Processed Myrrh* (Zhi Mo Yao), *Earthworm* (Di Long)

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Also for Trigeminal Neuralgia

- Symmetry (p. 702, Lotus Clinical Manual)
- Flex (NP) (p. 385, Lotus Clinical Manual)

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Tinnitus

- A noise in the ears, such as ringing, roaring, buzzing, hissing or whistling; the noise may be intermittent or continuous. (From WebMD)
- Chinese Medicine distinguishes two types of tinnitus:
 - High pitch – Related to Liver yang rising
 - Low pitch – Related to Kidney deficiency

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Acupuncture for Tinnitus

- Acupuncture: *Ling Gu*, *Da Bai*, *Wai San Guan*, *Liu Wan*, *Shui Qu*, *Zhong Bai*, *Xia Bai*

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Liu Wan and *Shui Qu*

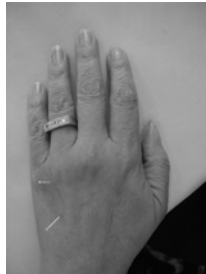


- **Liu Wan/6th End** is found at GB 43 or according to some sources, 0.5 cun posterior to GB 43.
- **Shui Qu/Water Score** is found 1 cun behind *Liu Wan*.

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Zhong Bai, Xia Bai

- *Zhong Bai* is located at SJ 3.
- *Xia Bai* is located at the junction of the 4th and 5th metacarpal bones, on the dorsum of the hand



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Tinnitus Acupuncture Rx

Zhong Bai
Xia Bai

Ling Gu
Da Bai

Wai San Guan
Liu Wan, Shui Qu

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Herbals for Tinnitus

- Rx: *Er Long Zuo Ci Wan* or *Long Dan Xie Gan Tang*
- **Gastrodia Complex** (p. 408, Lotus Clinical Manual)
- **Kidney Tonic (Yin)** (p. 521 Lotus Clinical Manual)

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Metabolic Syndrome

- Metabolic syndrome is a group of risk factors -- high blood pressure, high blood sugar, high cholesterol levels, and belly fat -- that increases risk of heart disease and diabetes. Diet, exercise, and medications improve it.
- Causes: Poor Diet, Lack of Exercise, Stress

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Acupuncture for Metabolic Syndrome

- Dr. Chu's WTH Rx

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Rx for Metabolic Syndrome

Huo Ying, Huo Zhu,
Liv 6
GB 34, 39

Xia San Huang
St 36, 37

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Herbals for Metabolic Syndrome

- **Cholisma** (p. 293 Lotus Clinical Manual)
- **Herbalite** (p. 492 Lotus Clinical Manual)
- **Calm ES** (p. 276 Lotus Clinical Manual)
- **Herbal DTX** (p. 481 Lotus Clinical Manual)
- *Liu Jun Zi Tang*

Diet and Exercise play a major part

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Diabetes (Type II)

- S/S: Increased thirst, frequent urination, increased hunger, unusual weight loss, extreme fatigue, and irritability.
- Type 2 diabetes is the most common type of diabetes. People who develop type 2 diabetes are often overweight and not physically active. It is most common in people over the age of 40 but is becoming more common in children. (From Web MD)

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Complications of Diabetes:

- Diabetic retinopathy - can lead to vision loss, blindness, cataracts or glaucoma
- Diabetic nephropathy which can lead to kidney failure, blood vessel damage (macrovascular disease) which can lead to heart attack, stroke, or circulation problems in the legs, further leading to amputation.
- Diabetic neuropathy which can lead to: Impotence, Peripheral neuropathy, blood vessel disease in the legs can lead to foot problems, amputation.

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Reference for Diabetes

- Blood Test for Glucose:
- Normal fasting blood glucose is between 70 and 100 milligrams per deciliter or mg/dL for people who do not have diabetes. The standard diagnosis of diabetes is made when two separate blood tests show that your fasting blood glucose level is greater than or equal to 126 mg/dL.

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Acupuncture for Diabetes

- Dr. Chu's WTH Rx
- Add *Tian Mi* – point between Lu7 and LI 5

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Rx for Diabetes Type II

	<i>Tian Mi</i>
<i>Huo Ying, Huo Zhu,</i> Liv 6 GB 34, 39	<i>Xia San Huang</i> St 36, 37

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Herbals for Diabetes

- Herbal DTX (p. 481 Lotus Clinical Manual)
- Equilibrium (p. 360 Lotus Clinical Manual)
- *Yu Quan Wan*
- *Bai Hu Jia Ren Shen Tang*
- *Liu Wei Di Huang Tang* or variations

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Lifestyle Changes

Suggest Mega Changes in Diet and Exercise

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Male Diseases

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Erectile Dysfunction (ED)

- Signs and Symptoms: Erectile dysfunction (impotence) is the inability to get and keep an erection firm enough for sex. Having erection trouble from time to time isn't necessarily a cause for concern. But if erectile dysfunction is an ongoing problem, it may cause stress, cause relationship problems or affect your self-confidence.

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ED Continued

- Problems getting or keeping an erection can be a sign of a health condition that needs treatment, such as heart disease or poorly controlled diabetes. Treating an underlying problem may be enough to reverse your erectile dysfunction.

(From MayoClinic.com)

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ED treatment

- Acupuncture: *Xia San Huang*, K 3, 6, *Huo Ying*, *Huo Zhu*, Liv 6

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Herbals for ED

- **Huan Shao Dan** - *Da Zao* (Fructus Jujubae), *Shu Di Huang* (Radix Rehmanniae Praeparata), *Gou Qi Zi* (Fructus Lycii), *Fen Bi Xie* (Rhizoma Dioscoreae Hypoglaucae), *Fu Ling* (Poria), *Rou Cong Rong* (Herba Cistanches), *Xiao Hui Xiang* (Fructus Foeniculi), *Ba Ji Tian* (Radix Morindae Officinalis), *Du Zhong* (Cortex Eucommiae), *Niu Xi* (Radix Achyranthis Bidentatae), *Wu Wei Zi* (Fructus Schisandrae Chinensis), *Shan Zhu Yu* (Fructus Corni), *Chu Shi Zi* (Fructus Broussonetiae)
- **Vitality** (p. 739 Lotus Clinical Manual)

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Suggestions

- **Lifestyle:** Check medications, exercise, maintain healthy BMI

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Benign Prostate Hypertrophy

- Benign prostatic hypertrophy (BPH) is enlargement of the prostate. This condition is common in older men.
- **Signs and Symptoms include:**
 - Urinary hesitancy
 - Weak urination
 - Urinary blockage
 - Urinary urgency
 - Urinary leakage
 - Urinary dribbling
 - Difficulty starting urination

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BPH S/S

- **Signs and Symptoms include:**
 - Unsteady urine stream
 - Frequent urination
 - Night urination
 - Frequent urination of small amounts
 - Uncontrolled urinary dribbling
 - Urinary frequency
 - Hesitancy
 - Incomplete bladder emptying
 - Decreased force of stream
 - Dribbling or dripping

(From http://www.wrongdiagnosis.com/b/benign_prostate_hyplasia/symptoms.htm)

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Acupuncture for BPH

- **Acupuncture:** *Xia San Huang*, St 36, 37, 39, *Huo Ying*, *Huo Zhu*, Liv 6, K 3, 5, 6

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Rx for BPH

<i>Huo Ying</i> , <i>Huo Zhu</i> , Liv 6 K 3, 5, 6	<i>Xia San Huang</i> St 36, 37, 39

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Herbals for Prostatitis

- *Kai Kit Wan* - (*Jie Jie Wan* or *Qiang lie xian fang*)
- *Long Dan Xie Gan Tang*
- *San Miao San*
- P-Statin (p. 630 Lotus Clinical Manual)
- Gentania Complex (p. 414 Lotus Clinical Manual)

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Lifestyle advice

- Maintain good BMI, regulate diet, drinking, limit meat intake

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Renal Calculi

- Kidney stones (renal calculi or nephrolithiasis) are made of salts, minerals, and other substances normally found in the urine that stick together and build up on the inner surfaces of the urinary system. Stones can develop in the kidney, the ureter, or the bladder. About 80% of kidney stones contain calcium compounds, mostly calcium oxalate, and are called calcium stones.

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Renal Calculi

- Factors that affect the normal balance of the urine can lead to kidney stone formation. The most common cause of kidney stones is decreased fluid intake (dehydration). When you become dehydrated, the salts, minerals, and other substances in the urine are more likely to stick together and form a stone.

(From WebMD)

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Acupuncture for Renal Calculi

- Acupuncture: UB 63, 65, 66, 40, SI 9, 10, *Huo Ying*, *Huo Zhu*, Liv 6, St 36, 37, 39

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Rx for Renal Calculi

	SI 9 10
<i>Huo Ying</i> , <i>Huo Zhu</i> , Liv 6 UB 40, 63, 65, 66	St 36, 37, 39

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Herbals for Renal Calculi

- Herbals: *Ba Zheng San*, *Li Niao Pai Shi Wan* and *Long Dan Xie Gan Tang*
- Dissolve KS (p. 349 Lotus Clinical Manual)

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Lifestyle

- Avoid dehydration
- Be aware of caffeine, diuretics, medications

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Female Disorders

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Infertility

- Primary infertility describes couples who have never been able to become pregnant after at least 1 year of unprotected sex (intercourse).
- Secondary infertility describes couples who have been pregnant at least once, but have not been able to become pregnant again.

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Female infertility may be due to:

- Problems with a fertilized egg or embryo being able to survive once it is attached to the lining of the uterus
- Problems with the eggs being able to attach to the lining of the uterus
- Problems with the eggs being able to move from the ovary to the uterus
- Problems with the ovaries producing eggs

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Female infertility may be caused by:

- Autoimmune disorders, such as antiphospholipid syndrome (APS)
- Clotting disorders
- Defects of the uterus and cervix (myomas or fibroids, polyps, birth defects)
- Excessive exercising, eating disorders, or poor nutrition
- Exposure to certain medications or toxins
- Heavy use of alcohol

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Female infertility may be caused by:

- Hormone imbalance or deficiencies
- Long-term (chronic) disease, such as diabetes
- Obesity
- Ovarian cysts and polycystic ovary syndrome (PCOS)
- Pelvic infection or pelvic inflammatory disease (PID)
- Scarring from sexually transmitted disease or endometriosis
- Tumor

(From <https://health.google.com/health/ref/Infertility>)

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Acupuncture for Infertility

- Acupuncture: *Fu Ke*, *Xia San Huang*, St 36, 37, *Huo Ying*, *Huo Zhu*, Liv 6, K 3, 5, 6

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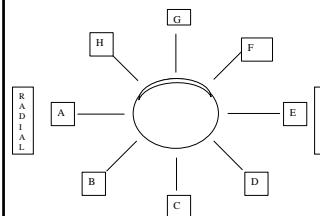
Fu Ke

- On the F line of the proximal segment of the dorsal thumb, 2 points, the first is 0.66 distal to the base of the thumb, the second is 0.33 distal to the base of the thumb.



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Finding the F Line



- Each digit of the hand is divided into 8 lines. Dr. Young in his book, *Dong Shi Qi Xue Zhen Jiu Xue*, Zhi Yuan Publishing, Taiwan 1992, named the palmar side lines as named A through E, I named the lines F – H, on the dorsal side, following his example. This helps in locating the points on the fingers:

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Finger Lines

- Line A is the radial side of the finger, at the junction of the red and white skin
- Line B is the bisecting line between Line A and Line C
- Line C is the palmar centerline of that particular finger
- Line D is the bisecting line between Line C and Line E
- Line E is the ulnar side of the finger, at the junction of the red and white skin
- Line F is the bisecting line between Line E and Line G
- Line G is the dorsal centerline of the finger
- Line H is the bisecting line between Line G and Line A

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Rx for Infertility

	<i>Fu Ke</i>
<i>Huo Ying</i> , <i>Huo Zhu</i> , Liv 6 K 3, 5, 6	<i>Xia San Huang</i> St 36, 37

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Herbals for Infertility

- Herbals: *You Gui Wan*, *Xiao Yao San*, *Er Xian Tang*, *Ba Zhen Tang*
- Blossom Phases 1 – 4
 - Blossom (Phase 1) (p. 244 Lotus Clinical Manual)
 - Blossom (Phase 2) (p. 247 Lotus Clinical Manual)
 - Blossom (Phase 3) (p. 250 Lotus Clinical Manual)
 - Blossom (Phase 4) (p. 253 Lotus Clinical Manual)

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Amenorrhea

- Amenorrhea is the absence of menstrual bleeding and may be primary or secondary.
- Primary amenorrhea is the absence of menstrual bleeding and secondary sexual characteristics (for example, breast development and pubic hair) in a girl by age 14 years or the absence of menstrual bleeding with normal development of secondary sexual characteristics in a girl by age 16 years.

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Amenorrhea

- Secondary amenorrhea is the absence of menstrual bleeding in a woman who had been menstruating but later stops menstruating for 3 or more months in the absence of pregnancy, lactation (the ability to breastfeed), cycle suppression with systemic hormonal contraceptive (birth control) pills, or menopause.

(From http://www.emedicinehealth.com/amenorrhea/article_em.htm)

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Acupuncture for Amenorrhea

- Acupuncture: *Fu Ke*, *Xia San Huang*, *Huo Ying*, *Huo Zhu*, Liv 6

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Rx for Amenorrhea

	<i>Fu Ke</i>
<i>Huo Ying</i> , <i>Huo Zhu</i> , Liv 6	<i>Xia San Huang</i>

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Herbals for Amenorrhea

- *Ba Zhen Wan* - *Shu Di Huang* (Radix Rehmanniae Praeparata), *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Paeoniae Alba), *Dang Shen* (Radix Codonopsis), *Fu Ling* (Poria), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Chuan Xiong* (Rhizoma Chuanxiong), *Gan Cao* (Radix et Rhizoma Glycyrrhizae).
- *Dang Gui Shao Yao San*
- Resolve Lower (p. 646 Lotus Clinical Manual)
- Menotrol (p. 560 Lotus Clinical Manual)

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Lifestyle for Amenorrhea

- Encourage blood building diet, regular exercise

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Dysmenorrhea

- Dysmenorrhea refers to the syndrome of painful menstruation. Its prevalence is estimated at 25% of women and up to 90% of adolescents.¹ No significant difference exists in prevalence or incidence between races, though the most common causes of dysmenorrhea differ by age. Although it is not life-threatening, dysmenorrhea can be debilitating and psychologically taxing for many women. Some choose to self-medicate at home and never seek medical attention for their pain. Dysmenorrhea is responsible for significant absenteeism from work, and it is the most common reason for school absence among adolescents.

(From <http://emedicine.medscape.com/article/795677-overview>)

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Dysmenorrhea

- In TCM, we consider this to be a form of Qi and Blood Stagnation or Coldness in Lower *Jiao*, or Liver Kidney Deficiency
- Acupuncture: *Fu Ke*, *Xia San Huang*, *Huo Ying*, *Huo Zhu*, Liv 6

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Rx for Dysmenorrhea

	<i>Fu Ke</i>
<i>Huo Ying</i> , <i>Huo Zhu</i> Liv 6	<i>Xia San Huang</i>

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Herbals for Dysmenorrhea

- *Ba Zhen Tang*
- *Wen Jing Tang*
- *Shao Fu Zhu Yu Tang*
- Mense-Ease (p. 567 Lotus Clinical Manual)

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Lifestyle for Dysmenorrhea

- Regulate the Blood through proper diet and exercise and rest

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Ovarian Cysts

- An ovarian cyst is a sac filled with fluid that forms on or inside of an ovary.
- Ovarian cysts may occur during the process in which an egg is released from the ovary (ovulation). During the days before ovulation, a follicle grows. But when ovulation is supposed to occur, the follicle fails to break open and release an egg, as it is supposed to do. Instead, the fluid stays in the follicle and forms a cyst.

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Ovarian Cysts

- Ovarian cysts are somewhat common, and are more common during a woman's childbearing years (from puberty to menopause). Ovarian cysts are rare after menopause.
- No known risk factors have been found.

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Ovarian Cysts

- Functional ovarian cysts are not the same as ovarian tumors (including ovarian cancer) or cysts due to hormone-related conditions such as polycystic ovary disease.

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Ovarian Cyst S/S

- An ovarian cyst can cause pain if it:
 - Bleeds
 - Breaks open
 - Is twisted or causes twisting (torsion) of the fallopian tube
 - Pushes on nearby structures
- Symptoms of ovarian cysts can include:
 - Abnormal uterine bleeding (change from normal menstrual pattern)

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More on Ovarian Cysts

- Absent menstruation
- Irregular menstruation
- Longer than usual menstrual cycle
- Shorter than usual menstrual cycle
- Bloating or swelling in the abdomen
- Pain during bowel movements
- Pain in the pelvis shortly after beginning or ending a menstrual period

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More on Ovarian Cysts

- Pain with intercourse or pelvic pain during movement
- Pelvic pain -- constant, dull aching

Note: Often there are no symptoms.

(From <https://health.google.com/health/ref/Ovarian+cysts>)

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Acupuncture for Ovarian Cysts

- *Fu Ke, Huo Ying, Huo Zhu, Liv 6, Xia San Huang*

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Rx for Ovarian Cysts

	<i>Fu Ke</i>
<i>Huo Ying, Huo Zhu Liv 6</i>	<i>Xia San Huang</i>

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Herbals for Ovarian Cysts

- *Gui Zhi Fu Ling Wan* and *Shao Fu Zhu Yu Tang*
- **Resolve (Lower)** (p. 646 Lotus Clinical Manual)

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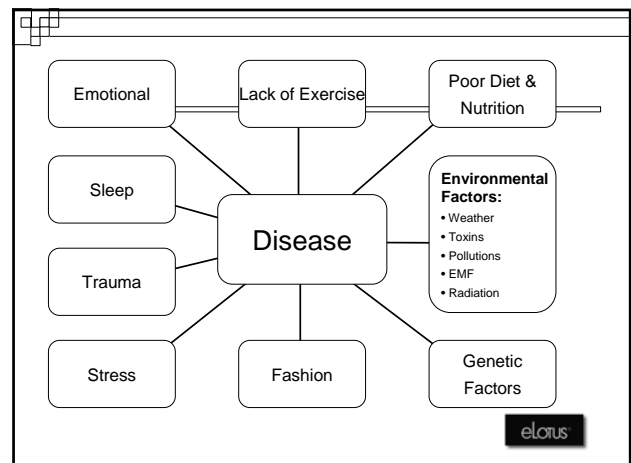
Pain and Musculoskeletal Disorders

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Introduction

- Pain is the most common disorder seen in the clinic
- Pain stems from Qi and blood stagnation

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Diagnosis

▪ History

- Acute or chronic?
- Check blood tests, blood pressure, BMI
- How much does the patient exercise?
- What does the patient eat?
- What is the patient's profession, lifestyle, Family life, hobbies?
- Family history

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Physical Exam

- General Health
- Range of Motion
- Pain Scale (Subjective)
- Orthopedic examination
- Diagnostic tests – MRI, X Rays, Radiologist's ROF, Orthopedic Surgeon's ROF

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Acupuncture/Herbal Diagnosis

- Channel based by symptoms involved
- Points focus on movement and transport and sedation
- Herbs based on diagnosis of symptoms, tongue, pulse
- *Ashi* diagnosis through palpation of channels. But don't needle the local *Ashi* area.

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Acupuncture Treatment Summary

- Identify the channel(s) involved.
- Balance the channel with intelligent choice of points through imaging, channel relationship, point properties, point function
- Treat with Master Tung, Five *Shu* Points, *Xi Cleft* points
 - * generally avoid local *Ashi* points

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Neck Pain

▪ **Yi Zhong; Er Zhong; San Zhong/Three Weights**

Location: *Yi Zhong* is at GB 39; *Er Zhong* is 2 cun above *Yi Zhong*; *San Zhong* is 2 cun above *Er Zhong*.

▪ **Qi Hu/Seven Tigers**

Location: 3 points, the first is 1.5 cun above UB 60, the 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.

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Neck Pain

▪ **San Zhong; Yi Zhong; Er Zhong; San Zhong/Three Weights**

Location: *Yi Zhong* is at GB 39; *Er Zhong* is 2 cun above *Yi Zhong*; *San Zhong* is 2 cun above *Er Zhong*.



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Neck Pain

- **Qi Hu/Seven Tigers**

Location: 3 points, the first is 1.5 cun above UB 60, the 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.



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Herbals – Neck Pain

- Neck and Shoulder (Acute) (p. 579 Lotus Clinical Manual)
- Neck and Shoulder (Chronic) (p. 586 Lotus Clinical Manual)
- *Qiang Huo Sheng Shi Tang*
- *Ge Gen Tang*
- Custom Rx: *Tao Hong Si Wu Tang + Xiao Huo Luo Dan + Ge Gen, Qiang Huo, Jiang Huang*

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Shoulder Pain

- **Qi Hu/Seven Tigers**

Location: 3 points, the first is 1.5 cun above UB 60, the 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.

- **Shen Guan/Kidney Gate**

Location: 1.5 cun below *Tian Huang* (Sp 9).

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Shoulder Pain

- **Qi Hu/Seven Tigers**

Location: 3 points, the first is 1.5 cun above UB 60, the 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.



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Shoulder Pain

- **Shen Guan/Kidney Gate**

Location: 1.5 cun below *Tian Huang* (Sp 9).

- **Bloodlet Lu 5**



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Herbals – Shoulder Pain

- Neck and Shoulder (Acute) (p. 579 Lotus Clinical Manual)
- Neck and Shoulder (Chronic) (p. 586 Lotus Clinical Manual)
- *Qiang Huo Sheng Shi Tang*
- *Ge Gen Tang*
- Custom Rx: *Tao Hong Si Wu Tang + Xiao Huo Luo Dan + Jiang Huang, Qiang Huo, Ge Gen*

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Midback Pain

- **Gan Men/Liver Gate**

Location: On SI channel, 6 cun from wrist crease.

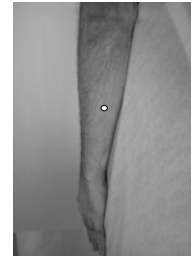
- GB 34
- Liv 6
- *Shen Guan*

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Midback Pain

- **Gan Men/ Liver Gate**

Location: On SI channel, 6 cun from wrist crease.



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Herbals for Midback Pain

- *Du Huo Ji Sheng Wan*
- Custom Rx: *Xiao Huo Luo Dan* + *Tao Hong Si Wu Tang* + *Du Huo*, *Niu Xi*, *Du Zhong*
- *Xue Fu Zhu Yu Tang*
- *Fu Yuan Huo Xue Tang*
- Back Support (Acute) (p. 207 Lotus Clinical Manual)
- Back Support (Chronic) (p. 215 Lotus Clinical Manual)
- May need to tonify Lungs or Kidney

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Low Back Pain

- **Ling Gu/Adroit Bone; Da Bai/Big White**

Location: *Ling Gu* is located at the junction of the first and second metacarpal bones on the LI channel. *Da Bai* is located at LI 3.

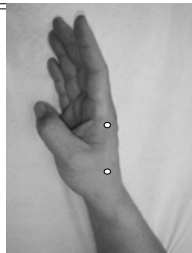
- Combine with UB Channel Points – UB 40, 63, 65 or GB Channel Points – GB 34, 36, 39
- Can add *Xia San Huang* to loosen

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Low Back Pain

- **Ling Gu/Adroit Bone; Da Bai/Big White**

Location: *Ling Gu* is located at the junction of the first and second metacarpal bones on the LI channel. *Da Bai* is located at LI 3.



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Rx for Low Back Pain

	<i>Ling Gu</i> <i>Da Bai</i>
UB 40, 63, 65 GB 34, 36, 39	<i>Xia San Huang</i>

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Herbals – Low Back Pain

- *Du Huo Ji Sheng Wan*
- *Xiao Huo Luo Dan + Tao Hong Si Wu Tang + Du Huo, Niu Xi*
- Back Support (Acute) (p. 207 Lotus Clinical Manual)
- Back Support (Chronic) (p. 215 Lotus Clinical Manual)
- May need to tonify Lungs or Kidney

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Acupuncture for Knee Pain

- **Huo Ying/Fire Hard; Huo Zhu/Fire Ruler**
- Lu 5, LI 11, and Pc 6 are also great points to use

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Rx for Knee Pain

	Lu 5 LI 11 Pc 6
Huo Ying Huo Zhu	

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Herbals – Knee Pain

- Knee & Ankle (Acute) (p. 525 Lotus Clinical Manual)
- Knee & Ankle (Chronic) (p. 530 Lotus Clinical Manual)
- *Shu Jing Huo Xue Tang*
- Custom Rx – *Tao Hong Si Wu Tang + Xiao Huo Luo Dan + Niu Xi, Mu Gua, Du Huo*

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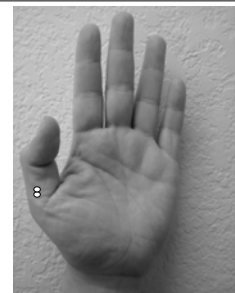
Ankle Pain

- Use **Wu Hu 4, 5** or **Zu Wu Hu 4, 5**
- **Wu Hu/Five Tigers**
Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.
- **Zu Wu Hu/Foot Five Tigers 4, 5**
Location: These points are discovered by Robert Chu. These are 5 points equidistant found at the proximal segment of the big toes distal to Sp 2 on the junction of the red and white skin.
The 4th and 5th points are the most proximal on both *Wu Hu* and *Zu Wu Hu*.

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Ankle Pain

- **Wu Hu/ Five Tigers 4,5**
Location: On the junction of the red and white skin on the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant. The 4th and 5th points are the most proximal.



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Ankle Pain

- **Zu Wu Hu 4, 5/Foot Five Tigers 4, 5**

Location: These points are discovered by Robert Chu. These are 5 points equidistant found at the proximal segment of the big toes distal to Sp 2 on the junction of the red and white skin.

The 4th and 5th points are the most proximal.



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Herbals – Ankle Pain

- Knee & Ankle (Acute) (p. 525 Lotus Clinical Manual)
- Knee & Ankle (Chronic) (p. 530 Lotus Clinical Manual)
- *Shu Jing Huo Xue Tang*
- Custom Rx – *Tao Hong Si Wu Tang + Xiao Huo Luo Dan + Niu Xi, Ze Lan, Du Huo, Xu Duan*

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Available by Robert Chu

- **Master Tung's Acupuncture for Internal Medicine Problems**
- **Master Tung's Acupuncture for Neuromusculoskeletal Disorders**
- **Master Tung's Acupuncture Primer**
- **Master Tung's Acupuncture for Male and Female Disorders**
- **Master Tung's Acupuncture for Difficult Diseases**
- Contact Dr. Chu at **626 487-1815** or **acuchu.com**

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Questions and Answers

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Upcoming Seminar in SD, March 2011

- Master Tung's Acupuncture for Male and Female Disorders, March 26-27 2011, 15 CEU's pending
- See <http://www.sustaincommunityacupuncture.com/ceus/>

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Upcoming seminars March 2011

- March 12-13, 2011 - Robert Chu - Master Tung's Magic Points – Maryland Acupuncture Society
- See <http://www.maryland-acupuncture.org>

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