

## Kiiko Matsumoto NESAs March 13-14, 2010

Start treatments with Stomach Qi and kidney treatments first then add other treatments (Stomach Qi, makes circulation of meridians so facilitate other treatments, Kidney is deep, and needs more time)

Sui (marrow) – something covered by bone. Spine is of that nature

G.B.39 – use for headache behind eyeball (used to use U.B.59)  
Also Parkinson's

At birth: two Jings collide to make Shen, this develops into Sui, then bone... to skin  
Then birth happens  
Swallowing of mud (milk?)  
Formations of Qi – Gu, Zong, Ying, Wei  
That means that all Qi, all meridians start in Middle Jiao

Ren Mai is important. Indicates how meridians are moving

Stress – ask person where they receive their stress, is it in stomach?

Stomach Qi indications:

1. Ren12 – palpate, it has to be in good shape
2. pulse – you feel no movement forward (“unmovable pulse”) only up/down  
SP/ST position – diminishes with pressure
3. check Stomach line

### Ren12:

This is like the “ignition” of the meridians  
Too much sugar, meat, oil hurts Stomach Qi  
One meal a day – use no oil

Ren10, 12, 13 – Wan  
Character describes the inside of the stomach, rugae  
Also called bone fat  
The yellow is marrow/fat  
So related also to myelin sheath (it is fat),  
➔ MS (scarring of myelin sheath)

Wan Points are thus related to brain, nerves, spine  
These are neurological points

Navel goes higher, short distance between navel and xyphoid –  
This is weak rugae, shrinking

It also makes hunched back

Long time meds – more likely to be shrinking type  
Also cancer – always check Ren12

With lots of meds, Ren12 may be numb

Check Stomach Qi line, right next to the bone  
Choose 3 points: between ST36 and ST38  
between ST38 and ST40  
below ST40

then pulse starts to move, you can take top one out,  
and add another one below ST40  
maximum 3 points at once

ST40 – Leng Long: the two characters together mean lightening storm  
LU7 – Lie Que, also means lightening  
Therefore ST40 = LU7 for electrical shock issues

Right ST40 – very important for G.B. issues

Neuropathy, diabetic or chemo-type – ST40-41 is very important  
Also for toe operations, Achilles operations

Use Ren12 (directly) for sciatica on Stomach channel  
or very sensitive/pain on Stomach channel (in leg)

Stomach Qi points – start on left side: left is Qi, right is Blood

T5 – nerve of T5 relates to Stomach  
Hunch back and stomach are related  
Always check T5 if Ren12 shows

Su Wen 19:

When an organ is diseased the pulse shows as:

Liver – wiry  
Kidney – sinking  
Heart – strong/flooding  
Lung – floating

Stomach Qi puuls hem all to centre, moderates the pulse so it sinksless,  
floats less, etc.

First use Stomach Qi, then you can treat the organ

Chopped stomach – this is hardest type, because there is no more rugae

Freezing abdomen – is more difficult, very important to treat

ST21 – is ulcer reflex

### **Ling Shu 10:**

Jue Obstruction – mental disorder of Foot Yang Ming

The trigger is the flu –

Then one hates people, hates fire (talking nonsense)  
becoming over-sensitive to light and noise  
turns to agoraphobia

then – action and motion do not match  
the Heart desires action

(this is already a disease on its own because the Shen likes peace)  
with emotion usually one goes out and does something: move the emotion  
but here they stay inside  
this is also for emotional conflicts  
as in “I should not eat this” but they do

Then – butterflies in the stomach

This type – under stress they loose appetite (or the opposite, eating lots with stress)

For this type –     Check Ren12  
                          Press G.B.20 & S.J.16 together  
                          And recheck Ren12 again  
                          + Immune points

Ren12 + psychiatric – check T5

## **Big pulse above navel**

More difficult type

This is moving Qi between Kidneys that is out of order

The Aorta has to be way back

This type comes with fatigue, depression

This pulse can move slightly to the left

Ren9 pulse – ANS related, this is Sympathetic dominance.

If navel pulsing – check ren17 and Left SP20 for Heart

SP20 “Cycle with regularity”

Second meaning – it goes everywhere (circumference)

So it relates to function of heart

Reflects – anxiety, panic attack, ANS, always worry type, etc.

SP20- can be used as reflex instead of Ren9

(Kiiko says SP20 is more reliable reflex of anxiety than Ren17)

## **Yi:**

Yi character is a tone over the Heart character.

This is a tone that suppresses the heart, as in when an older person commands you and you cannot express your opinion/objection

So it represents suppression/frustration

The Yi is in the heart, not the Spleen – it is the reaction (frustration)

Spleen channel goes to “inside of Heart”

This is not where the Shen resides, Shen resides in regular heart

Heart and Spleen are only channels that connect with “inside of heart”

If “inside of Heart” gets bigger, it disturbs the “regular Heart”, so it disturbs the Shen

Shen – likes space, therefore Yi must be small

Yi – is struggling, frustration

Si – (field over heart characters) this is thinking

Zhi – is the Yi when it goes somewhere

### Su Wen 5:

Once Yi goes out (it is now Zhi) it becomes an emotion.  
If it becomes anger it injures the Liver, if sadness, it injures the lung,  
fear/kidneys, joy/heart

here the joy character is the joy of eating:  
if you eat too much , brain gets sleepy

Heart and Aorta have to be balanced

Ren9 pulse, left SP20 indicates Yi has become too large and is pushing itself out

How to shrink the Yi?

Right St24 – to make circulation smooth: needle 80 degrees outwards  
Then left G.B.26  
Then U.B.52 (because it is about person being sympathetic,  
so support adrenaline)

Ming men is small heart by Su Wen

Small Heart – nan Jing says this is Gate of breathing, so it must relate to Lungs also

Erythropoietin – produced in Kidneys and helps red cell production in marrow  
This is some way in which Kidney is involved in oxygenation  
Perhaps this is the meaning of Small Heart

Yi – if you add the mouth character, it is resignation

The Heart resigns  
The Spleen swallows (suppresses)  
These are the effects used to control the Yi from expanding

## L5 (Josen):

Any symptoms around the navel, tightness around the navel – relates to L5  
(centre is always hard to treat)

Shrinking rugae also affects L5

Emphysema – affects L5

Tight rhomboid muscle (lung muscle) then symptoms get worse

Autoimmune

Knee problems

Restless leg

Gynecology

Abdominal pain

Treat L5 – needle 45 degrees downwards, L5 and out to edge of sacrum on L5 level  
Or needle down and away from spine (not just down)

L5 – best point for kids with abdominal pain

L5 – if you find one side, treat both sides (unaffected side is prevention)

DU3 (L4) – Gate of Yang (Yao Yang Men – lumbar yang gate)

DU4 (L2) – Gate of Life/destiny

DU – a staff that supports a vine, the vine grows toward the sun  
with character for hand (to the right)  
and the eye character (below)

DU3 – from here it is Yang, which means that below is Yin (roots)

DU4 – spiral starts here

(first part of vine is straight)

Another name for Ming Men is “Belonging to Spiral”

Kiiko feels that tail bone injury , if it affects the body, will show on Right St27

Puffy Sacrum – magnets directly on sacrum is good

### **Trochanter:**

Nagano said never on bone. Kiiko finds to the front is most effective.

Use for:

ANS

Gluteus, piriformis tightness

Rhomboid tightness

Erectus spinii tightness

Structural imbalance

Respiratory problems (if shows on rhomboid)

Stomach problems

G.B. spasm

IBS like symptoms

Gynecology

Goes often with L5

G.B.31 (Hukaya) can be substituted for Trochanter if it is too painful

### **F3 Pointer machine (magnets):**

Two frequencies, one for needles, one for magnets

Structural issues – magnets are great, organ issues, needles might be better

L5 issues – use magnets

Scars – use magnets (better than needles)

Brand new scar: not on scar but next to it  
(north to south with channel flow)

Use F3 Pointer or 3,000 gauss magnets with Manaka Hammer

Ren9 pulse – use Right ST24 (north) with Left G.B.26 (south)

If it works – leave 600/800 gauss magnets

## Post-Surgical Pain:

This can be from:

- PTSD (person may be susceptible to fear)
- Messed-up operation
- Easily inflamed type

If Zhi becomes fear (it will show on Left SP20), it then injures the Kidney  
look for Kid2 pain  
also check SCM – SCM is related to Kidney

same for RSD

SCM relates to Kidney – originally SCM was gill  
(also, SCM is cranial nerve, not spinal nerve, therefore Kid)  
Fish are our ancestors

Yellow Emperor's Grandson was Kun (fish)  
Kun failed to fix the floods, so he was not king  
and returned to the ocean.  
Kun's son was Wu (reptile)  
Wu was able to fix the floods  
and he became the first emperor

Yellow Emperor's wife's name is Female Spiral Ancestor  
This story evokes idea of mitochondria

Trapezius is fin – check/use for issues of balance or issues of direction  
SCM is gill

RSD, et al - if SCM changes the target will change  
(you may not be able to poke target)

Kid2 – not just pain, may feel gummy (normally you feel the skin and bone under)  
PTSD/RSD – has chewing gum feeling on Kid2

Then check L5 also

PTSD/RSD –  
Check SP20, Kid2, SCM, and L5

U.B.52 – very important for sympathetic dominance

Traumatic operation, fear, etc., but no Kid2 pain, use Kid6 + Kid27  
Motion sickness type – Kid9 + Kid27

Then check for inflammation. If lower abdomen, use Liv5



Vertigo in Chinese medicine – eye type, or ear type

Use Kid9 for motion sickness

For auto-immune – use Kidney between Kid8 and Kid9

Kid10 – is ovary point

Kid6 + Kid27 for TMJ

For Quadratus Lumborum pain – use outside U.B.40 (best) and also LU10

U.B.52 Adrenaline point. Use for PTSD. Needle towards U.B.23  
If person died and came back – add DU4

### **Liver:**

Oketsu:

- weak liver
- low blood pressure (high does not develop Oketsu as easily)
- bad circulation
- tight underwear, tight jeans

treat Left Liv4 + LU5

Oketsu Kai (kai, “chunky”) – add outside ST30 needle toward thigh

Person who easily develops blood clot

If they take coumadin - use kid9 + L.I.15, because coumadin is a poison (rat)

Right L.I.15 is very important, related to Liver

Coumadin type – use Liv1

they will show Right C3: Phrenic Nerve reflex  
may have a nodule there

Liver gets large if something is wrong,  
it pushes on diaphragm,  
and then reflects on phrenic nerve reflex

Right C3 – comes from Liver deficient type

Right G.B.12/G.B.20 – comes from Oketsu type

Fatty Liver essential points – Right ST25 + Right Liv13

Mal-nutrition/bad-nutrition – makes fatty liver

Diabetes patients – have fatty liver (“guaranteed”)  
Must treat SP3.2, Odi, Adrenal, and Fatty Liver

Mushrooms – best for fatty liver type, any kind of mushroom  
chop as small as possible then cook in water for at least 20 mins  
(Fatty Liver type tends to hate mushrooms)

Checking Liver under ribs -  
Also check when inhaling (slow inhale)  
if you find nothing regularly

Liv14 pressure pain – check also above and below  
If two points, this is Liv/GB and not just Liver

Liv/GB type – use St40 area (right) also

G.B. type – tap to diagnose (Kidney stone – tap on G.B.26 area, it shows)

For G.B. – treat both G.B. and Liver because it is the liver that makes the stone  
Gall bladder only stores it

Odi sphincter – it is a muscle: GB type can be SP3 type that developed into GB stone  
can also be bad digestion type  
people diagnosed with IBS – may have come from Odi  
all abdominal, digestive issues – check Odi  
if you find, treat SP3.2

Stomach issues – do not forget to check T5!

Typical IBS – left SP2 or Left Liv2 shows

Left ovary – relates to Oketsu

Right ovary – relates to appendix

T7 – important for menopause and blood disorders  
Hua Tuo of T7 more than U.B.17

## **Cervical Vertebrae:**

Neck pain involving movement (shoulder with movement also)

Treat opposite S.J.8 + G.B.40

If no mobility pain/issues, and tight SCM – check Kid2

Check Brachial Plexus – you can needle or use magnets

Subclavian artery shows here (Scalenes), then it continues as vertebral and basal arteries and goes to head/brain.

It relates to headache in the back of the head.

Also related to eye problems (because “screen” is above G.B.20 – relates to scalenes)

Scalenes, via subclavian artery, influences the back of neck and skull

Endocrine disorders, fatigue, memory problems, are all part of brain:

Check Scalenes.

If you find Scalenes, you will find cervical vertebrae also

(because artery continues to the neck)

Trapezius, Pectoral, Latissimus – all are nourished by subclavian artery

Several neck injuries – use DU12 with DU16 (or DU15)

If back is out, neck can be out, and vice versa – for neck use L5

Eye points:

On thumb inter-phalangeal joint

Middle finger – middle of proximal phalangeal joint in centre (Yang side)

Cataract – use S.J.20 (above apex of ear)

Yu Yao + U.B.2 – very popular, because so many people are on computers  
and texting straining eyes

SP21 to Liv13 – this is “sensor line” this is area fish use to hear through vibration

Sore throat – best point is base of middle finger (pericardium side)

Heel Insomnia point – very good for pain (it calms the brain)

For thirst or to produce saliva, use DU15

Too much saliva – use DU2

Trigger Finger – nagano says must have a nodule on G.B.26 (needle)

Contracture of tendons in hand – Stomach Qi

Liv8 (Liv2 will be painful)

## Case I

### Symptoms:

Dizzy  
Restless leg

### Findings:

Ren12 to Ren15

Ren9 – no vertical rope, no separation feeling, no pulse, but pressure pain  
ST25 % - eye reflex

U.B.2 – made ST25 better

Left ST28

Right Kid13

Ren17

Left SP20

thumb & middle finger eye points make ST25 better

Right SCM

Kid9 makes Ren15 better

### Treatment:

Stomach Qi, 3 points, then take top out and add ST40

Abdomen is better now

Kid9 + Kid27

Right St25 – still pain (because right SCM possibly)

Ren9 is okay, Left Sp20 is okay

U.B.2 + Yu Yao

Right Middle finger and Thumb eye points

Right ST24

Ren17 still sore, SP20 now still sore

She has LBP, Kiiko checks P.8 (no pain)

LU10 is painful (both sides)

LU5 + LU8

SP6 + P.6

Right ST22

Anemia treatment: she says she is iron deficient

because SP20 felt like a bruise

Back Findings:

Right sacro-iliac  
U.B.23 both sides pain  
T5 (also made SP20 better)  
Sugar points  
L5

Back Treatment:

L5 – needle downwards  
Now all back findings were better  
Sugar (on Du)  
T5 (Du)

**CASE II:**

Wheezing  
Car accident 5 years ago, whip lash

Findings:

Pulsing around navel (all around) and up to Ren12  
Kid26 %  
Left SP20  
SCM  
S.J.16  
Right ST27

Treatment:

SP4 + LU5  
SP9 – add to help SP4 (Spleen Damp type (?))  
Immune

Right ST24 + Left G.B.26                      now Ren9 & SP20 are better  
Scalenes are better

Back Findings:

C6    U.B.52 makes C6 better  
Tight Rhomboid                              Trochanter makes Rhomboid better

Back Treatment:

U.B.52    Now she wants to do Trochanter so turn to side  
Trochanter + Kyutoshin

**CASE III:**

Neck and shoulder pain

Findings:

Ren9

Ren12

Kid16 %

Ren6

She is an L5 treatment candidate

Right ST28

Left SP20

SCM % - worse on right

C4 %

Left behind G.B.21

T8 – bruise

ST22 made it better (she fell on ice)

T5, T7

L5 – makes back much better

Treatment:

L5 – 2 sets of magnets and F3 pointer

Right U.B.52 (north) + G.B.25 (south) for SCM

T5 Hua Tuo (north and south)

That is four sets

Now on Front:

Navel tightness is better

Right ST24 (north) + Left G.B.26 (south)

Left Stomach Qi (with F3 pointer)

Right Stomach Qi (with Manaka hammer)



## CASE IV

Melanoma removed on left Kid2 – now very painful

### Findings:

Ren9 pain and pulsing

### Treatment:

Left Kid7 (north) + Kid10 (south)	because of location (kid2)
Right ST24 (north) + Left G.B.26 (south)	treat constitution
Stomach Qi	made Kid2 scar better her Stomach Qi is puffy (also more lateral to usual)
Under Second Toe (North) + Insomnia (south)	originally cancer Under-2nd-Toe: cancer reflex

\*This was a 20 minute treatment at end of class so Kiiko switched magnets  
Rather than turn patient over

Switch Left G.B.26 to Left U.B.52	Adrenaline point
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Switch Stomach Qi to lower points

Moxa Under-2nd-Toe + Insomnia

She would be an L5 type  
Because of location  
(heel/lower?)

## CASE I (Sunday):

Diabetic for two years  
Had gestational diabetes, also diabetic parents  
Operation on right foot – very puffy  
Fibroids, hysterectomy

### Findings:

Right G.B.40 area  
Right Kid2  
Ren line scar  
Right Kid13  
Left ST28  
Odi – shows slightly  
Right Liv14  
Right C3 (also centre)  
Right ST25 + Liv13 – makes C3 better  
SP3 is very painful, but makes Odi and trapezius better  
Liv8 – makes foot better, Ren line better, Liv14 better  
But not as good for under the ribs (right)

### Treatment:

SP3 %  
Liv8%  
Right ST25 + Liv13  
Kid6 + Kid27           because Kid2 pain was gone after Liv8)

### Back Treatment:

L5 – 4 needles  
Sugar (Du)  
Left U.B.21  
T7  
DU15                   because she is thirsty

**CASE II (Sunday):**

Right neck and hip pain  
Gestational diabetes in both pregnancies

Findings:

Ren9  
Left Kid16  
Laparoscopy scar under navel  
Right G.B.26  
Right SCM + Scalenes  
Right C4

Scalenes makes C4 better  
Odi makes C4 better also, as did Right ST24

Kid2

Treatment:

Kid7 + 10  
Right St24 + Left G.B.26  
SP3.2 + moxa  
Right Scalenes – needle  
Left S.J.8 + G.B.40           for right scapula (pain on motion)  
Odi

Back findings:

puffy sacrum  
tight piriformis

On the Side (on left side first):

L5 – 2 needles  
Trochanter  
U.B.52  
Sugar  
HT3

On right side (left side up):

L5 again (left side) + U.B.52 + Trochanter  
Symptoms still somewhat there  
She has tailbone injury (affects sacrum)  
Du13 + U.B.66 + LU7

### CASE III (Sunday):

5 neck injuries from 5 car accidents  
Hernia surgery (left)  
Heavy bleeding (less so now)  
Anxiety (in past)

#### Findings:

Ren9 - pulsing  
Hernia scar  
Oketsu Kai she has bad circulation (so Oketsu Kai)  
Ren12  
Left SP20  
Right SCM  
Left behind G.B.21 (she grinds teeth)  
C3 – centre, also C4  
Kid2 (right) Scalenes makes neck better

#### Treatment:

Stomach Qi starts with Stomach Qi – bad circulation  
& Oketsu Kai  
Now neck is better by two thirds  
(circulation got started)  
for TMJ  
Kid6 + Kid27  
left Liv4 + LU5  
+ left ST30  
Right St24 + Left G.B.26  
Right S.J.8 + G.B.40  
left Scalenes (2 needles)

#### Back treatment:

DU12 + DU16 best for several accidents in neck  
Can be DU16 or DU15

L5 2 needles on each side