

Kiiko Matsumoto Los Angeles, Feb 5-6, 2011

Dan Tian – cinnabar field 丹田

This term is not in the Ling Shu, Su Wen or Nan Jing

It is a Daoist/alchemy term not originally in the medical tradition

In the Nan Jing, this area is referred to as Kidney reflex

One text says that Dan Tian is Ren5 (Shi Men 石門)

And Upper Dan Tian is DU20

Ren5 – forbidden to needle in women (said to prevent ability to conceive)
it is also the Mu of the San Jiao

but can we use Ren5 for diagnosis?
the name is Shi Men, Gate of Stone

some women have a sunken ren5/Dan Tian
deep inside, in some, like a stone

Kiiko thinks maybe this stone tightness started at Ren5

The area we are looking at is Ren6 (Qi Hai) to Ren4 (Guan Yuan 關元)

Nagano used Ren6 for rapid pulse (with ANS)

Ren4 – for auto-immune (with rapid pulse)

Nagano – slow pulse type, do not needle abdomen, treat the back

Rapid pulse is the type that deep abdominal breathing helps calm down
(activation of Dan Tian)

Steroids – pulse becomes rapid

Asthmatics on inhalers – back treatment can make worse
moxa, or needle in/out
but do not retain the needle

G.B.26, Liv13 – these can be done with slow pulse, but not center

C-section – affects this area: externally across ST30, but internal scar goes up the middle

The more C-sections, the weaker the Dan Tian seems to get

Kiiko – “how can I take stone away”?

Ren4 Guan Yuan 關元
Gate of Origin
This Origin has same meaning as Yuan points but written differently
Yuan in Yuan points has water radical 原
Yuan in Ren4 had “head” not “water” 元
Same meaning, different character

Yuan in abdomen (Mu points) can treat Yuan points on limbs
Kiiko seems to prefer Manaka’s Mu points for this
(perhaps because he researched his Mu points
in relation to the Yuan point stretching affecting Mu points?)
Example – ST25 for S.J.4 (ST25 is Manak’s San Jiao Mu
Ren17 is good for pericardium wrist pain

Cutting Ren4 can cause head symptoms, e.g. post-partum depression
Ren4 clearly relates to head

“What is best way to strengthen Dan Tian?”

Nan Jing 8 :

The name for Dan Tian in Nan Jing is “pulsing between Kidneys”

Root of energy – aorta is supposed to be between kidneys
towards the back, not in the front
if you feel power deep inside – that’s normal
aorta – relatively left,
therefore left Kid16 tends to show more

Chubby patient – you cannot feel but suspect – check left SP20

Left SP20 – also related to aorta
Check for cardiac also
(with Ren17, left Kid24, 25, left S.I.11, U.B.15)
Panic attack type – also shows left SP20

Ablation, balloon in arteries, stint type – also show left SP20

Kiiko thinks left SP20 reflects where pulmonary vein enters heart

Nan Jing focuses on pulse in abdomen, not on pulse in heart/chest

Su Wen – “in front of seventh segment”

21 vertebrae (sacral, lumbar, thoracic)

Divide by 3 (3 Warmers) = 7

T1-T7, T8-L2, L2-tail

Seventh Segment is Ming Men

In front of Ming Men is Small heart

Kiiko – Ren4 surrounded by the two kidneys

looks like heart surrounded by lungs

abdominal breathing – this area is like extra lungs below

Small Heart – should be “small,” not pulsing strongly

If pulsing –

must be calmed down or the treatment will not take root

Nan Jing’s Dan Tian – implies Kidney and pulsing (small heart)

The Trigram for Kidney is Yin, Yang, Yin (broken, solid, broken)

That is two Kidneys (Yin) with Heart (Yang) in middle

Right kidney is Ming men kidney

Left kidney is regular kidney

Sun Si Miao – Right Kidney is Stem 10 – Water/Yin

Left Kidney is Stem 9 – Water/Yang

Right Kidney is more important

Stem 10 character is a compass, planning,

It is Water Yin (stem 9 is Water Yang)

The seed (water leading to sprout/wood)

Stem 10 is the king’s advisor, the planner, programmer

It makes the future smooth

If Stem 10 has a problem, future will be problematic

Must check Programming (right Kidney) to determine prognosis

e.g. – appendix scar, right ovary chopped

If the Five Element programme moves well

colon moves well (same direction, clockwise: secum to sigmoid)

aorta will move well

the five element movement starts at Stem 10 (kidneys)

Aging comes from S.I. – Kiiko associated that with S.I. channel, under arm, soggy

Hormonal shoulder pain – older woman suddenly cannot lift arm: must treat hormones
Relates to Ren4 (S.I. Mu)

Ling Shu: Stomach, Lung, Kidney – essential/foundation to maintain life

Lower Dan Tian – cinnabar, red

Ren17 – Sea of Bright red

Reflex of anxiety, panic with slight pressure
Deeper, stronger pressure – reflects esophagus

Upper Dan Tian – DU20 – pain or heat, or loose

above Ren17 should be cool
“good head people have no headache”

Not loose, no heat, no dents, solid
OR – Upper dan Tian can be “in between the eyebrows”
can be Yin tang
Nagano used U.B.2 Yu yao

Yu Yao – Fish Lumbar

Fish is our ancestor (fish → reptile → mammal)

Heaven and Earth are represented as bird and fish
fish is symbol of Earth – it has death in it
(Phoenix is “no death bird”
there is no “no death fish”)

LU10 – also fish point

also under feet, behind Liv3

some Buddha statues have a fish embedded here

Nan Jing – pulse must go to Fish (up towards LU10)

LU10 represents neck and head

(it is above Upper Warmer/Cun position)

Yu Yao + U.B.2 – very useful

many people have eye strain due to computer usage
use for neck and shoulders

U.B.2 + Yu Yao – are Upper Dan Tian points

Reflects on Ren17 + Ren15 + right Liv14 + Ren12
this type often complains of bloating

U.B.2 + Yu Yao treats this pattern

U.B.2& Yu Yao –
are also endorphin/encephalin producing
use for any person with terrible pain
Lupus – Kiiko “must use” U.B.2 + Yu Yao
RSD or person with sever pain killer drugs

Kid26 (Yu Zhong 彘中 Refined/Pattern Center)
Check in depression (with Ren17, 14 and left SP20)
On the back check T5

Dan Tian on the Back:

L5 or Hua Tou

U.B.27 (Small Intestine Shu 小腸輸) – on edge of Sacro-iliac joint

U.B.26 (Guan Yuan Shu - 關元輸) – Shu of Ren4)

This area clearly relates to Ren4, Gate of Yuan, gate of Head

If you fix this area, abdomen changes

– perhaps the abdominal pattern started here

To fix back of Dan Tian (L5, S.I.Shu area) – use S.I.13

S.I.13 – hormonal point (Posterior Pituitary)

connects U.B. and S.I. (which L5 area is also)

below L5 – needle downwards (above L5 upwards)

if you slice around Ren4 –

the back is L5

the side is Trochanter (Kiiko calls Mu Shu Connecting points)

if you fix the back and side, center will improve.

Mu Shu – use for IT band issues, also ankle issues

Shen Protector is Dan Tian by Nan Jing

Shen resides up but is protected from below

Shen – never fights back, it is delicate, therefore it needs a protector

Insecure (floating) Shen – secure below

If trauma – Shen does not fight, it gets suppressed.

Hormonal headache – use SP6 + Pericardium

After menopause – use LU7 instead of Pericardium

Headache above Tai Yang – relates to Immune, comes from lymphatic glands

Use immune points (3 points)

Crest line back pain is Immune

It often hurts when arching the back

Frontal headache – best are Ba Feng, also for post stroke

Nagano's points to send blood to brain

Chronic depression – start with Ba Feng, you get 20-30% improvement in reflexes

Then do other points

Kid26 (Yu Zhong 彘中 Refined/Pattern Center) – relates to “undecided”, “wandering”

cannot make up one's mind

(no pattern?)

DU2 – for Cauda Equina, spine pain

also for nose

also for DU20 headache

Joint pain, whole body – look at SP5 and SP9

SCM – belongs in Kidney category

Originally gill relates to breathing

Nerves control trapexius and creates parasympathetic response

First kidney (fish)

S.J.8 + G.B.40 – more for whiplash, muscular

ST41 + Ren12– better for vagus congestion (neurological)?

ST41 can replace ST Qi

(Nagano originally used ST41 then ST Qi points came)

Ear Vagus (San Jiao) can also release

Kid10 – use for ovaries

Kid27 – for Sugar, numbness, bones: always add Kid27 (to Kid below)

Numbness, tingling in upper body – relates to parathyroid → use Kid27

Parathyroid is related to muscle cramps also (Calcium metabolism)

Numbness in feet – use Stomach Qi + Ren10, 12, 13

Kid2 pain – common in women that right side shows more
right side is blood side
left side (Qi side) shows if emotional

Add Immune point for Adrenal type because adrenal lowers immunity
Acne on chin (lower jaw) – this is Adrenal type

Adrenal treatment – very important to prevent miscarriage: treat first 4 months.

G.B.39 – for eye orbit
Marrow – any soft tissue surrounded by bone

Shoulder pain, on S.I. channel:

Check between L.I.15 down towards LU1, find pain
Use HT3 and 2 fingers below LU5
treat S.J.20 first

(Kiiko calls it S.J.20 but named it Fu Bai, G.B.10, 浮白
and takes it closer to G.B.9)

add above ST12

Tricep-brachii point – is on outer edge of scapula (behind G.B.22)

Cardiac:

On back – check left S.I.11, check left U.B.60

If U.B.60 is painful – use U.B.66 + 67

If not – you can needle S.I.11 (surround) and moxa

Right Liv14 – use for sugar issues and “must eat” type, cravings

Reflux – release the lower sphincter (pyloric) so cardiac sphincter can close

U.B.27 – for esophagus

T5 – for stomach

T11 – so food moves towards S.I.

T9 – to loosen sphincter

To move food down so upper sphincter can close

Right ST21 – reflects duodenum

Left ST21 – reflects Stomach

Left ST22 – reflects Jejunum

Ulcerative Colitis:

It is autoimmune – but Ren4 may not be advisable (even though colon is not on ren4)

Best are Mu Shu points
reflect on Stomach/Spleen lines on left
70% of colitis is above sigmoid (left side)

Mu Shu – very important for colon
look for nodule
in some people – it is icy (skin or inside)

very important for any surgery in lower abdomen
also for chronic ankle sprains.

Song Dynasty – G.B.27, G.B.28 were behind current location,
where Mu Shu is

Following points, look for precise location, not by text:

HT3 – for S.I. channel pain
Liv8 – for tendon pain
Kid1 – for heel pain

Odi point – very related to left side symptoms
left sciatica - first choice is Odi
Sugar type complains of left side

ST11 – very important for treatment of hiccups
Phrenic nerve runs under it
also check C3

Kombu – has anti-radiation and blood cleansing capacity, better than other seaweeds

Thyroid often comes from Liver deficiency

Glycogen treatment (right Liv14) – very important for patient who cannot stay on diet
after some time they start to eat
they lose weight and then start to eat and rebound

SP6 + LU8 – best for LU10 area pain

Ischium – treat behind G.B.34
Also L5 (when patient is on side with leg bent so you can palpate ischium)

Hypothyroid:

DU2, DU4, T11, T9, T4

(note that now it is T9 and T4 and no longer T7 and T5)

Resuscitated patient (in their medical history):

U.B.2 + Yu Yao, LU10

Jue point on bottom of foot where fourth toe touches ball of foot –
good for piriformis and IT band

Patient who over-sensitive to palpation:

Look at Sugar and Calcium (parathyroid) therefore Adrenal

Check SCM – side that is tight, L2,3,4 will be tight on same side

Tiger-warmer the ear to relax

CASE I

35 year old woman
Depression on and off for 12 years, possibly ADD
Emotionally numb and unmotivated
Insomnia – wakes up at 3:30am
Acne
Sluggish digestion, constipated
Nausea and stomach pain after eating

Subclinical hyperthyroidism, possibly Graves 10 years ago
Gained weight, cravings, dizzy, exhausted

Three root canals
Birth control pill – 15 years
Frequent UTIs (when starting relationships)

Father – heart attack at age 53, hypothyroidism

Findings:

DU20 – warm, dent, slightly sensitive
Ren9 – tight but not pulsing: line alba splitting feeling
Ren6
Ren12
Ren15
Ren17
Right Liv14 (Upper Dan Tian pattern)

Oketso
Left C3
Right ST9

U.B.2 + Yu Yao resolved Ren line, Liv14 and left C3

Right foot turns out – right Liv12 pressure pain

Right U.B.26 it fixes right Liv12
Right T7
T5
Left S.I.11
Left U.B.60 U.B.66 + 67 – fixed S.I.11
Right Kid11 now Kiiko looks for UTI reflections
Right S.I.13 + left U.B.66/67 fix right Kid11 (UTI reflex)
Also fix Dan Tian (Ren6) and Liv12
Right Kid2

Treatment:

Left U.B.66 + 67	cardiac father
Right Kid7 + 10	Kid2 pain
U.B.2+ Yu Yao	Upper dan Tian pattern
Right ST24	for Ren9
SP6, SP9, P.6, LU5	Stagnant Blood in Head
	DU20 – only 50% better
	Left U.B.60 – still sore
	even after moxa on U.B.66 + 67
right S.I.13	
right U.B.26, 27	
left U.B.28 (bladder)	
	T5 – still pain
T5 + moxa	

CASE II

16 year old girl
Joint and muscle diffuse pain, possibly fibromyalgia, for 7 years
Recently headache for 3 weeks
History of headaches – had morphine for it at age 14
Eye pressure

Age 5 – car accident trauma (saw death)
Started at age 8 with right knee pain, then joint pain at age 12
Spinal pain began at age 14
Headache began at age 14 – Tai Yang

Worst pain is knees and wrists

Findings:

Ren9, 12, 14, 15
Left SP20
Ren9 pulse

right also, but more on left

Above Tai Yang

related to Immune
She had enlarged tonsils
and inflamed esophagus

left ST25 – made wrists better
this is Manaka's S.J. Mu
also made knees better

right Kid2
right wrist had all Yuan points painful (left less)

Treatment:

Immune (3 points)
ST25, ST27

Kid7 + 27

for Kid2 pain and right wrist

right ST24

U.B.2 + Yu Yao

for spine (thoracic) – now 50% better
Now C3, C4 – very painful

Ren6
Under-3rd-Toe
Right Liv1 + moxa

ameliorated C3, C4
she has low blood pressure
for neck

Back:

C3 is okay, but spine still painful

DU2

made spine better

DU15

she has dry mouth (but also Marrow – for spine)

CASE III

48 year old woman
Syncope and PVC – Sept 2009
Food poisoning – Jan 2011 with residual gut distress, loose stools
Right shoulder pain since January

History:

3 laparoscopies for painful ovulation
C section at age 40
Fibroids

Left ACL reconstruction – 1994
Concussion after car accident in 80's
Numbness and tightness in face, orbital pain when tired or stressed

Vaso-vagal response
Rapid pulse

Findings:

Left G.B.33 area	ACL reconstruction
Left St28	ovary reflex
Kid13 %	uterus reflex
Left ST30	
Ren7/navel	laparoscopy
Ren9 + left kid16	
Left SP20	
Ren17	harder not sharp
Right SCM, right G.B.12	checking vaso-vagal
Right Kid2	(same side as SCM)
	Right Kid2+10 + 27 made occiput better
L5 center	
Left S.I.11	cardiac reflex
Left U.B.60	

Treatment:

right Kid 7 + 10	for Kid2 pain & SCM & occiput
left Liv4 + LU5 + left ST27	now right G.B.12 is better

right ST41 + Ren12
right Ear Vagus

for ST9 (vasovagal response)
for SCM

right G.B.39

for eye/orbital pain

right ST2
right Liv9

for eye

Kiiko went to the eye area because
Ren9 was still somewhat sensitive

Right HT3
Two fingers below LU5 (right)
Right S.J.20
Tricep Brachii point (edge of scapula)

for shoulder

Back:

S.I.13
U.B.52 %

for L5
for left S.I.11 (continuation of Ren9 tx.)

Left U.B.66, 67 + moxa

cardiac

L5

Front again:

SP20 – still some
Check HT (no pain)
Then P.4 – blood supply to heart

P.4

for left SP20

Dan Tian side (Mu Shu)

for G.B.33 pain

CASE IV

67 year old woman

Insomnia

(there was only 30 minutes left
it was supposed to be a quick fill-in
so no history was taken seriously in advance)

Findings:

Left SP20

Ren17

Ren15

Ren12

Right Liv14

typical Upper Dan Tian pattern\

Ren4

Ren9 – but no pulse

Kid16

Kid2 pain %

U.B.2 + Yu yao – makes ren17, 15, 12 better

T7

Sugar

Left S.I.11

Left U.B.60

related to sleep)

Treatment:

Kid7, 10 + 27

U.B.2 + Yu Yao

Adrenal + Kid 2 pain

Right ST24 + left G.B.26

Ren9

Ren15 – still pain

SP3 + P.4 (moxa on SP3)

for Ren15/insomnia

Right Liv14 + moxa

for sugar issues and food cravings

Back:

Left U.B.66 + 67 + moxa
T7
U.B.10/An Mian
Moxa heel insomnia points

makes S.I.11 better
Insomnia

After getting up she said she has reflux

Ren17 – deep pain

U.B.27 (S.I. Shu)
T5
T9 + moxa

makes Ren17 better

CASE V

40 year old woman

Anxiety – since car accident (10/09)

10/09 car accident – chest and foot

Airbag blew into chest fractured sternum on Ren17, hit on Kid26 (right)

Ulcerative colitis – diagnosed 2000, episode 1/11

Surgeries –

Nose – 2007

Bunion – 1987

Environmental allergies

Findings:

Ren17

left Kid26

Ren9

Ren12

Left outside of Stomach line

ulcerative colitis

Right outside of stomach line also

Mu Shu made Stomach line better

Right Liv14

Treatment:

Mu Shu – 2 needles

for colitis

now outside Stomach line is good

Ren9 – still pulsing, but ST24 has discomfort

right ST24 (shallow) + moxa

left G.B.26

these made left Kid26 better

right Liv14 + moxa

made Kid26 even better

right Kid7 + 10

for Kid2 pain

right LU5 + LU8

checking LU10

because Kid2 was very painful

→ check mama channel

also autoimmune – do Lung

U.B.2 + Yu Yao

Back:

Findings:

L5

left S.I.11

nothing on left U.B60

L5

U.B.52 + moxa

essential for autoimmune

S.I.11 (left) 3 needles surround + moxa

IHiKun

for head injury

CASE VI

54 year old woman

Right 11th rib fracture (car accident)

Right neck and scapula pain from car accident two months ago

Feb 2009 – C5 left injury

Ovarian cyst – 2 surgeries (30 years ago)

Findings:

Right ribs scar from seat belt – lateral to Liver Mu

Tip of eleventh rib (right)

ST30 %

Right ST28 (not left) ovary

Kid2 more on left

Ren17

Ren15

Oketsu

Ren4

right Mu Shu makes ST30 & ST28 better
but not a big change on ribs
Odi made a difference on ribs

Treatment:

SP3.2 to release Odi

Odi

Kid7 + 27 % and left Kid10

right Mu Shu – 2 needles

Now ribs are better

right LU5

fully resolved ribs

now moxa on ribs

Liv4 + LU5

U.B.2 + Yu Yao

left Mu Shu

to help with ovary scar

Adding moxa on SP3 and Odi
Kyutoshin on MuShu

On side:

Kid16
Under mastoid

for 12th rib (it is Kidney, G.B.25)
for 11th rib (Liv13)

Moxa again on ribs

On back:

HT3 + LU5
T11

Right scapula – pain all over

made right scapula better
left T11 made right scapula better

DU2

DU20 is loose
for DU20

U.B.11 + moxa

CASE VII

43 year old woman
Right plantar fasciitis for a year (on heel)
Lactating around ovulation
Left side of body is numb since 2 years ago
Still numb in left fingers
Swelling in left gums with stress and trigeminal nerve pain

Findings:

left ST23
left ST28
under ribs %
right St27
right ST30

Kiiko checked mammary line for nipple
Dog has several nipples

right heel insomnia point – pain
right SCM

Ren9 pulsing and tight, also Ren10
left SP20

Kid16 %
Ren6
Ren12
Ren17

Kid6 + 27 cleared abdomen but not Ren9 or 12
Numbness got better in left fingers
her numbness came from stress,
adrenaline related

Treatment:

Ki6 + 27

Adrenal Treatment

Right St24 + left G.B.26

for Ren9 pulsing

right Kid1 moxa

Mu Shu %

fixed mammary line
if Dan Tian gets better, other things improve

Immune, 2 needles

for Tai Yang headache
Now fingers are almost normal

Back:

Sugar
S.I.11
U.B.52

CASE VIII

33 year old woman
right abdominal and groin pain with stress
right ovarian cyst
insomnia – waking at 3am
digestion – gas, bloating, constipation since birth control pill
hemorrhoids – past 3 weeks
left shoulder pain – for 18 years
no period since birth of daughter 26 months ago
tingling and numbness occasionally in arm
anxiety
she had gestational diabetes

Findings:

left behind G.B.21	she has left jaw issues
right groin on inguinal, side of G.B.28	possibly she has L1 shift
left ST25, 26, 27	Oketsu
	checking right Liv14 (diabetes) – no pain
right ST21	Duadenal reflex
right ST27	
left ST22	Jejunum reflex
right SCM	
Ren17	She has acne on chin: Kid6 + 27 – helped findings

Treatment:

Ki6 + 27	Adrenal (acne) Left shoulder is now 50% better
ST6, 7	made shoulder better
Odi SP3.2 Liv4 + LU5	now shoulder is 70% better If inguinal did not change – do Liv8

Back:

U.B.52 pain she was hit by rock there

L1 (right) – pain

Kiiko this is between her symptoms
(left shoulder, right inguinal), so is Sugar

L1

now right U.B.52 is better, G.B.21 is better

T12 (Sugar)

U.B.27

she has duodenal reflex which is Small Intestine

CASE IX

52 year old woman

Chronic right elbow pain

Colds and flus and strept throat age 1-10

Mononucleosis – age 16

Chronic fatigue and rheumatoid arthritis in 20's – now gone

Menopause – hot flushes at night for 2 months

Findings:

between L.I.15 and LU1 - right
right pectoralis

Kiiko thinks the elbow comes from the shoulder

right SCM and Scalenes
right G.B.26

Ren6
Oketsu
Left SP20

Treatment:

right Kid7 + G.B.26

for pectoral area

right ST24 + left G.B.26

for left SP20

right Kid27

SCM is still painful
Ren12 – not helping
SCM is better

Right ST41

Scalenes

L.I.15 to LU1 area is now better

S.J.20 (G.B.10)

for shoulder

Now needle L.I.15 to LU1 area

elbow is now released

Back:

Edge of scapula 3 needles
L5

for shoulder
autoimmune

Front again –

Scalenes one more needle + Immune

CASE X

42 year old woman

Left shoulder pain for 2 years

Right cervical pain, radiating to right thumb – past 4 weeks

Age 13 – partial thyroidectomy for a benign tumor

Left ovarian cyst – burst twice

Findings:

left L.I15, S.J.14

ST11 %

ST9

ST28

Ren9

Ren15

C3 – very tight

radial-brachial

thyroid

ovary reflex

if both ST11, check diaphragm
(and other phrenic nerve connections)

ST11 alleviates Ren15 pp

Treatment:

Liv1

ST11

right ST24

Kid10 %

right Liv14

right ST41 + Ren12

right SP6 + LU8

for C3 (phrenic nerve)

needle under thyroidectomy scar, outwards

Ren15 is good now

for ovaries (ST28)

now left shoulder is good

because thyroid can come from Liver deficiency

for SCM

for thumb

Back:

L5

U.B.27 %

DU2, T11, T9, T4

gynecological issues

possibly hypothyroid (partial removal)