

Kiiko Matsumoto Los Angeles, February 11-12, 2012

Ren and Du Su Wen 59:

Originally Ren Mai – from throat to pubic
the face/chin came later
Kiiko believes it starts at Ren23 or Ren22
but she thinks the two points are parallel
not Ren22 or Ren23 but on the sides of Ren23
then down

Du - the same, probably DU15/16 – same line as Ren23
when chin is up,
Ren23 and Du16/15 are on same line

Mouth to anus tube – that is why the direction is down

Twisting – starts at S.I.:

In the fetus, from the tube it twists and “gets complicated”
This is Ren4 – S.I. has most twisting
Ren4 – Gate of Origin
(mesentery tightness – must break down for auto-immune)

Around Ren4 – not just a twist, it is like wringing, a torque,
So centre is calm, not moving

DU15 – “Gate of Mute” Ya Men - 啞門

DU16 – “Wind Gathering” Feng Fu - 風府

But in ancient times they were called:

Horizontal Tongue (Heng She, 橫舌 – DU15 – note, Heng SP15)

Root of Tongue (She Ben - 舌本– DU16)

The character for tongue (She, 舌) is related to DU character 督
(Kiiko then started talking about DU but did not relate it to the tongue)

Oldest muscle (in fish) is the tongue:
it is a muscle to catch food (no hands)

DU 督 – this is Eye + stake of a vine + hand
Stake of vine – climbing up towards sun
Du Mai – goes up towards the sun and should be upright
Du – goes up to high place so you can see what is going on
– this is governor

Normally Du is interpreted as the eye that looks over the hands, 又, that are collecting beans, 尗 (Kiiko has interpreted that as a stake)
Shu 尗 – bean/pea. It is composed of Shang (above, to go up -上) and Xiao (small 小), so similar in idea...

The stake of the vine – the base is DU4

Zhuang Zi - 以督为經 – because of Du there are meridians
(since Zhuang Zi is not a medical book, this may have meant “central oversight allows experience”? avi)

The 12 meridians are Jing, 經

The 8 Extras are Mai, 脈 (pulsations)

The 12 come from the Du – because of central line the Jing can exist, the meridians are vertical

Organs – these come from mouth-to-anus tube

Du Mai and 12 meridians
relate to Daoist figure with arms up palms facing the sky

Nan Jing28

Says the Ren and Du move up
Ren starts below the Middle Pole Zhong Ji, Ren3, 中極
Meaning behind (deeper than)

Du starts at Shu of Lower Pole (unclear in terms of precise point)

Pole – you have to have a good axis and good rebound

Middle Pole, Ren3 – also North Star

both are stabilizers

North Pole – for navigation

Lower Pole – for gravity (rebound)

If you loose pole – you get dizzy or balance issues

Kiiko cannot find an “upper pole”

Lower Pole – perhaps it is the sacrum,
so the shu of Lower Pole would be just outside the sacrum?

Du is like climbing up the pole

Ren 任 is person with pregnancy,

Kiiko says 工 is originally is a spool, a human spool

Kid11, Heng Gu, 橫骨– Horizontal Bone, this is lower edge of spool

Tongue bone is called horizontal bone in Ling Shu

This is upper edge of spool – ST9 to ST9

壬 – this is normally interpreted as a pole
(the central line) for carrying work (Gong 工)

ST9 – very important, treats neck

Welcome Human, 人迎: to become an adult

Elderly with numbness and tingling – C5-C6 area problem
this is common injury site, because it is highly mobile (like L4-L5)
use ST9 to fix C5-C6 irritation (same side)

needle away from centre,
then slightly up and under SCM, then slightly down & under SCM.

red face, rosacea – use ST9
it is like choking neck creates heat up in face

Kid11 injury (other end of spool) – hernia, C-section

If one side of the spool shifts, so will the other side, affecting whole Ren Mai
also, any organ operation – affects the central axis of gravity
treat one side of the spool for the other

SP15, 大橫, Da Heng Great Horizontal

This is like the balance stick – relates to the balance of Ren Mai

Collar bone break – also create Ren Mai spool issue (never fully heals)

Comment (Avi's, not Kiiko's): SW59 might need to be looked at in relationship to SW58 (the question is about 365 points and at end of SW59, in some versions, that is when it is said these are the 365 points). It also lists all the points (on the Yang meridians) starting in the head moving down to the limbs (which would not be the "flow" for the Hand Yang). So it is hard to know if this is meant to describe the flow of the meridian or simply allocating points to regions. It does say, in the Du points, that there are 15 points from Da Zhui (DU14) downwards to the lower end of the spine and on the side... It also gives 28 points to the Ren, so this chapter appears to be giving "crossing points" and not the flow of the channel... It starts with two points in the centre of the throat, continuing down to the pubic bone, then adds a point in the lower Yin region, one below the lip and also DU27. So in some ways we can see that throat to pubic bone is the main part with Ren1, Ren24 as "added ons."

Why does Stomach meridian go down when all the front meridians go up?

Ren – symbol of vegetable, originally also going down, so is Stomach
This is normal movement of food

So first there is Ren and Stomach going down
Spleen and Kidney moving up comes later
once food is down, blood has to circulate up,
therefore Spleen (blood) goes up

Spleen is transportation (e.g. ovarian tube is transporting)
Kidney is meridian of hormones (ovary)
but Spleen is for the tube while Kidney is for ovary (Kid10)

Blood vessels, including lymph – this is Spleen

any lymph issue – use SP5, SP9 (regardless of SP2 pain)
blood vessels get tight (Reynard's) – use SP6 + SP9

Li Dong Yuan says Spleen is regulator of blood,
including blood vessels

Heart – first come blood vessels,
then some congeal to become heart

Enlarged Heart – use SP4
Typical enlarged heart – obese,
long term hypertension pills
cholesterol pills

check Ren17, left SP20, left Kidney line, Ren15

left SP20 – cardiac reflex

lipitor taker – check liver

SP3, SP4 – antagonistic
SP3 – for ischemia
SP4 – spreads the blood
Enlarged heart – not SP3
If enlarged heart and muscle pain –
do organ first (SP4),
later you can do muscle pain (SP3)

SP4 – often works opposite side to release SP20

Nan Jing 8 –

Pulsing between Kidneys – Gate of Life, DU4 – also called Small Heart
ancient Chinese “respect aorta more than heart”

Dan Tian pulsing – this is aorta

if pulsing – should be small not large

Nan Jing concentrates on Small Heart

pulse between Kidneys – also “gate of Breathing”

deep breathing into back stimulates erythropoietin

(stimulate kidney to stimulate bone marrow)

Left SP20 –

use right ST24 to calm Ren9 pulsing (which might be on left Kid16)

Right ST24 calms pulsing and also left SP20

Dan Tian weakness –

Ren9 pulse is one indication

Also weak Dan Tian (also overly tight?)

2 issues in Dan Tian:

1. pulsing
2. sunk, weak Ren4

Weak Dan Tian:

Needle U.B.26 – Guan Yuan Shu: sacro-iliac joint corner

Dan Tian slice – find the tight spot on the side

Bronze Statute – shows G.B.27/28 on the side (below 26)

by Ming Dynasty they went to inguinal

(as it was in Han Dynasty)

MuShu – very important for colon cancer,

also best for sprained ankle

Head Injuries:

Nose injury –

Also check back of head: DU16 area, DU17 (entrance to brain) area

Side of head injury – check G.B.26, also opposite G.B.20

Any head injury – C5-C6 will get contracted as a reaction

Internal bleeding in head (e.g. boxing) – check DU20, Stagnant Blood in Head
should be no pain, not mushy, no heat
pressure pain – changes easily
mushy – more difficult

Nasal allergies –

Use navel + treat Liver (right ST25, Liv13)

Motion sickness – main point is Kid9 also Yao Tong Xue

Kidney category – Trapezius and SCm belong to Kidney
They are controlled by cranial nerve, not accessory nerve
TMJ, C1 subluxation, ear – these belong to Kidney

C1 shift – shows by mastoid

SCM –

bottom – thyroid

middle – motor nerve reflex

top – ear, TMJ, C1 shift

in front of C1 is adenoid

if adenoids were removed C1 can shift

S.J.16 – immune reflex: tonsils/adenoids

If neck does not change, especially C1 – use Yao Ting Xue

Herniated discs – use Ren12: most important for herniation

in neck add ST9

if left side – add Odi

If Adrenal treatment does not change Kid16, add G.B.25

If big trauma and only one side Kid2 shows, check Liv2

Facial tic – use Kid6 + Kid27

Waking up with fluid feeling in hand – use Kid6

Neck:

G.B.20 – estrogen reflex

G.B.20 to G.B.12, right side – Oketsu: treat left Liv4, LU5 + left ST26

C3 is phrenic nerve reflex

Right side – liver – liver presses on diaphragm sending signal to phrenic nerve

Left side – Spleen – use SP1

Dizziness: very common C1 and C3 (either side but right is more common)

C1 – use Yao Tong Xue – best is on edge of bone

Adenoid or ear type – likely to develop C1

Sleep apnea – check S.J.16, St9 (tongue) and C1

C5 – C6 – use ST9

If whole neck – check below, it is possibly trapezius – use Inner Yin

otherwise, for muscle – use SP3 + Odi

especially left side

left side -sugar or emotion related

right side – blood side

left side – Qi (therefore emotion)

Basillary Artery insufficiency – person may have mental foginess

Levator – can come from eyes (S.I. channel)

person may have one pupil that relaxes to the side

this is S.I.channel tightness (on same side)

the eye uses muscle for sensing (other sense organs do not)

ST2 – most important; Si Bai, 四白, Four Whites

relates to the whites of the eye, if they are not in the right place
then check edge of nose: U.B.1 to ST2 area

this is also for tight shoulder (S.I. channel)

sometimes so tight to point of nausea

also for stigmatism

if you have an injury above U.B.10 (screen point)

– higher chance of eye problem

Dropping eyes – best is LU10

LU10 + L.I.4 – for face

G.B.39 – for behind eyeball

Viscero-ptosis type, hunch back type – Ren8-Ren15 is longer than navel to pubic

S.I.13 is related/reflects Sacro-iliac

Treat L5 for neck and neck for L5

HT3 – for C7/T1 and also for L5

ANS:

If pulse is rapid, sympathetic dominance, it has to be addressed first

Originally Shu points were for organs only, Du Shu, Ge Shu, pancreas Shu – these came later

Similarly the third toe has no Jing point.

Akabane said that the Jing points are directly related to the back Shu points

Third Toe is missing Jing Well, T7 are is missing Shu point.

Akabane established a clear connection between the two.

T7 – very important for menopause

Heart of Sole – 足心- 1 cun distal to Kid1: best for spinal tap pain

Kiiko calls Kid0

She says Ling Shu (on pathways) mentions only this point

(it names Kid2 also right after saying it travels to centre of the heart of the sole)

Heart of Sole – good for T7 and above:

upper excess/lower deficiency

Hot flushes – start with Adrenal

add SP9 and G.B.34

T7 – very important to treat for menopause

Upper Excess – start with Kid0 (Heart of Sole) and DU2

S.J.5 – sympathetic dominance point

Insomnia point – for deep pain

G.B.20 – hormonal reflex

Right G.B.20 to G.B.12 – can be Okestu

For hormonal – use U.B.66 (Water on Water)

Water on Water:

Kid10 – ovary point

Right side ovary is more important – it is Ming Men side
Relates to fertility

U.B.66 – estrogen point

Gall Bladder operation type – originally related to cholesterol
cholesterol – precursor to estrogen
use U.B.66

G.B.20 – reflex for hormones

U.B.66 – moisturizes

moistens the voice

also vaginal dryness (with U.B.32)

also H.A. from G.B.20 to eye

(U.B.10 HA – more IHiKun)

amenorrhea

red spots on mid-warmer (angimas)

Fertility:

Check piriformis (release with Huakaya G.B.31)

U.B.32 – women's points

LU10 pain – best is SP6 + LU8

Lactose intolerance – use Ming Men, left towards UB channel

DU4 – use for “life threatening” for person who survived life threatening incident

Bone bruise pain (vertebrae included) – use Kid7, Kid27, LU5, U.B.11

Lupus with pain – best is U.B.2 + Yu Yao (+ autoimmune treatment)

G.B.34 – best for rheumatoid arthritis with hand pain

Auto-immune Kid9 – up from Kid6, slide and look for “gap”
“like a hole”

Liv8 for lumps in tendon: Dupuytren's contraction

Quadratus Lumborum – use LU10 and U.B.40 (lateral to U.B.40)

Navel hernia – moxa on the edges

Ocean Points (Kid6, SP10, Ren6, S.I.8, HT3) –
for kidney stones, excess minerals, bone spurs, calcification
if osteo patient does not respond to Kid7+27, try Ocean treatment

U.B.28 (or half way between U.B.27 to U.B.28) – best for kidney stones

Too much saliva – DU2

Too little saliva – DU15

U.B.32- women's points (U.B.33 – men's point)

U.B.43 – long term hereditary family issues

Jejunum – shows on upper left quadrant (not one specific point)
has to always be emptying (in Japanese Jejunum is “empty intestine”)
congestion in jejunum is due to liver congestion,
portal vein is not emptying
Jejunum symptoms – generally treat the liver

IBS – Liver/Spleen Metal Water

S.J.19 – Lu Xi 顛息 (Skull Rest)

for insomnia that started from not resting the brain

息 – is rest or breath or extinguish (out breath out of the heart)

Kiiko took it quite a bit lower (even lower than S.J.18) and more posterior,
basically on the GB channel, making it more like G.B.11 (Tou Qiao Yin 頭竅陰)

Kiiko Matsumoto 2/11-12/2012 - Treatments

I. Head Injury, Seizures:

17 year old male with seizures
Water tubing accident 6 months ago:
 broke bridge of nose, lost consciousness, now seizures
 chest pain since injury
Nasal allergies (before accident)
Nightmares

Findings:

Ren17
Left SP20
DU20 – warm
Nose - feels weird on bridge
Ren9 – pulse, no pain
Rapid pulse

Behind G.B.20 – very painful
C5-C6 – jumpy (left)

reflects sleep/nightmares (An Mian)
better with S.J.5 + G.B41

Treatment:

Left S.J.5 + G.B.41

alleviated C5, left SP20 and Ren17

Ren6

for G.B.20 and ren17
Ren4 did also, but Kiiko chose Ren6

Right ST24

Nose still feels weird
Right G.B.20 did not change
for right C3

Right Liv1 + moxa

Nose – still painful
 he has allergies
 Kid16 pain

Kid6 + Kid27
Right G.B.25

for Kid16: right Kid16 still has pp
Kid16 is better, nose slightly better

Right Kid16

now nose is better

Back:

Findings:

DU4 – pain from spinal taps
T7

Treatment:

Heart of Sole
Under 3rd Toe
DU2
Insomnia point + moxa

best for spinal taps/epidural pain

III. neck pain – herniated discs:

41 year old woman
Herniated discs in neck
Miscarriages

Findings:

Right ST28	ovary
Ren6	
Left Kid13	uterus
SCM – mid (right)	herniated disc pain is worse on left
C6 – left	
Piriformis, especially right	fertility related

Treatment:

Ren12 + kyutoshin	fixed C6 (best for herniated disc) Trying Odi – but it is painful
SP3 + moxa	
Odi + Kyotoshin	especially for left side symptoms now C6 is better SCM is better
Kid6 + Kid27	for gyn findings – ST28, Kid13, Ren16
Right U.B.66 + Kid10	for right ST28, right G.B.20
Left ST9	for herniated disc

On left side:

Right Huakaya G.B.31 + moxa	to release piriformis
U.B.32 %	women's point
U.B.66 moxa	

Under-3rd-Toe	all with moxa
Akabane 3rd Toe	for T7 pain
Insomnia	

On right side:

Left Huakaya G.B.31	to release piriformis
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IV. Rhomboid and G.B.21 pain:

(a quick case in last 10 minutes)

Findings:

Full palm pressure pain
Ren9 pulse
G.B.21
Right Kid2

SP9 indication

Treatment:

SP5 + SP9

for G.B.21
Still full palm pressure

Right Kid7 + Kid10
Right ST24

Trochanter point

for U.B.42

Ren12

for C7-T1

V. Whiplash:

60's year old woman

Hit by a car four times – whiplash

Slight hypertension

Treatment suggested was to replace C3-C4, fuse C5-C6 and replace C7

Pain is more on left side, also nausea

Findings:

SCM %

C3 to C7

C3 on right creates nausea

C7 on left is most painful

Ren9

Oketsu

Right Kid2

Left Liv2

Right G.B.26 + pectoralis

in trauma if one Kid2 shows, check Liv2

typical seat belt pattern

LU10 %

Ren17

Treatment:

Kid7 + 10 + 27 (right)

released G.B.26, SCM and C3

Left Liv4 + Liv8

Right ST24

Ren12

Odi

Now neck is better but C7 area is burning
changed burning – sympathetic dominance

S.J.5

ST9

Liv1 (right)

Left ST26

(continuation of Ren9 treatment)

Now Ren17 is better

Kid6 + Kid27 (left)

because she has a tic

Left HT3

for C7

Left U.B.1 + Yu Yao

for C7

Left ST12

Back:

Findings -

S.I.13 – tight

T7

stagnant blood

T4

Treatment -

L5

DU2

Sacro-iliac

relates to S.I.13

Sugar

IHiKun

Insomnia + moxa

DU4

for life threatening circumstances

L4, L5

VI. Triger Finger:

17 year old female
Trigger fingers (3 in each hand)
Lupus – diagnosed at age 8
Kidney biopsy age 9

Findings:

Pain at base of middle, ring and little fingers
Tendon contracture – Kiiko feels this is DuPuytren's, not trigger finger

Treatment:

U.B.2 + Yu Yao	best for lupus with pain
Ren17	for P.8 pain
Ren14	for HT8 pain
Ren4 + Kyutoshin	autoimmune
G.B.34 %	for hands
Liv8	tendon contraction
Kid6 + Kid10	autoimmune (Kid6 or 7 + Kid9 or 10)
Immune	

Back:

L5 + U.B.26	for autoimmune
LU10 + U.B.39 (left)	for puffy left QL
Kid9 moxa	autoimmune – helped QL muscle

Presstacks on Kid6, Ren4, U.B.1, Yu Yao

VII. Eye Pain:

Right eye pain
Eyelid droops
Tight levator scapula
Behind eyeball pain

Findings:

Right kidney scar
Right G.B.27 and ingunal

kidney stone operation

Treatment:

Kid6, SP10, Ren6, S.I.8, HT3

Ocean points – kidney stones: minerals

Kid27

parathyroid point

G.B.39

for pain behind eyeball

On side:

U.B.28

kidney stone point

II. Migraines neck pain and radiculopathy:

53 year old female
Migraines since puberty
Bone spur
Torus mandibularus & palatinu (extra bones behind teeth)
Herniated C3, C4, C5

Findings:

Bunion bone – right	bone spur
Medial knee	diagnosed as arthritis
SCM, S.J.16	
C4, C5	left C4 produces electric feeling in arm
G.B.20	
Kid11 – left	2 C-sections
Ren7	
ST28 – right	
Kid13 – left	
Oketsu	
Under right rib - dull	

Treatment:

Liv4 + LU5	Oketsu
U.B.66 %	for G.B.20, ST28, Ren7
Liv1 – right	now above are much better
Left ST26	continue with Oketsu
Left ST9 + ST12	for radiculopathy
Ren12	
Right SP15	for left Kid11 (balance the spool)
Left Kid7 + 27	for bone spur
Right ST24	for left SP20
+ Sp4 (right)	long term HTN pills (because she is chubby, Kiiko couldn't find Ren9)
Right ST25 + Liv13 + Kyutoshin	for high cholesterol
Left SP4 + P.6	for left S.I.11 (cardiac)

Back:

S.I.11 – right (left just slightly now)
Left edge of scapula

Treatment –

U.B.11	Bone Shu made scapula better
DU15	she has dry mouth
U.B.32	women's point
Under-3rd-Toe	she has HTN
U.B.43	long-term family history (cardiac)

IX. Back Pain, Insomnia:

35 year old female
Insomnia for 2 years (since studying for boards)
Low back pain – disc degeneration L5, S1
Neck pain and tightness
Abdominal pain for 3 years, also bloating and gas

Findings:

Ren12	
Left ST21	either pancreatic abdomen or jejunum
Left ST24	since it is not sharp – not pancreatitis
Ren9 pulsing	
SCM	

Treatment:

Right ST24	for Ren9
Right ST25 + Liv13 + Liv3	for jejunum (treat Liver) Liv3 against channel flow
	SP/Liv Metal/Water (as for IBS) No change
	Trying Stomach Qi She has pitting edema
SP3, 7, 11 (+ moxa on SP7)	for edema – makes jejunum much better
ST9	for C5-C6 also treat L5 by treating neck

Back:

L5 – left	
T1 – left	
T7	insomnia reflex

Treatment –

HT3 – left	for L5 and T1
Liv8 – left	because she has gummy sacro-iliac tendon
S.J.19	Skull Resting point Kiiko thinks insomnia came from not resting head (too much study for exam)
U.B.26/Sacro-iliac %	done on the side