

Kiiko Matsumoto Santa Cruz, July 13-14, 2013
Knees and Lungs

Obese patients –

Shen Men (HT7) – it is Spleen Deficiency
Fire is mother of Earth
HT7 is Earth point on Fire

G.B.27-28 – needle away from trunk

Fatty liver – probably in obese

also diabetics (even if skinny) – always have fatty liver
right ST25 + right Liv13
for obese type – start with left G.B.26, left ST27
if rapid pulse – also Ren6

Cholesterol medication – means arteriosclerosis – use Jue points

Visceroptosis- use P.8, between index and middle fingers: TCM text location

ST41 + P.8:

Take ST41 more towards G.B., lateral to tendon, needle towards G.B.40

ST41 – for anti-inflammatory
anything unhealed, post-operation
anything unhealed, not just knee

use ST41 + P.8 for yeast infection

yeast likes to be around cecum – shows right ST26-27
diabetics also show this area
if lots of antibiotics – shows this
30-40% of patients have yeast reflex

If patient has right ST26-27 – the right side knee, shoulder, etc., will not heal well
do P.8 + ST41 – strengthen Small Intestine

(unclear/unfinished – if limping, one side off, centre line is off/shifted – use ST41 + P.8?)

Nagano considered this as part of Stomach Qi line (though it is lateral)

Spool Shift:

If centre is shifted, appendages do not heal easily
fix ST9, Kid11 – spool
you can also use DU15 (also called Horizontal Tongue)
to change centre line shift

Sleep apnea – either tongue goes backwards or airway is too narrow
may belong in the category of Ren/Horizontal bone – DU15
use DU15, ST9

Parinson's, dizzy, lack of coordination, pain that keeps shifting
– these may be spool shift

DU15 – “stop suicide thoughts” point
DU12 – “stop killing others thoughts” point

If DU15 does a good job, help it by cutting down on cold food/drink consumption

Kiko believes Dan Tian breathing stimulates erythropoietin, stimulating red blood cells – that is why Dan Tian is related to source, kidneys, etc. (and still is also Small Heart by Su Wen 52)

Crane knee – use U.B.20, U.B.21
+ points on SP/ST that are the border between flabby & skinny

G.B.34 – reflects shift in SI joint
for sacro-iliac joint pain – use G.B.34,
also can use SI joint for G.B.34 pain

Pain on outside of knee – use Liv3 + HT5 (or HT6)

Maniscus – Kiiko says it shows on Inner Knee Eye (Avi's experience more on SP9)
use opposite SP4

Unstable knee – check inner thigh as well as G.B.29 and ASIS
Fix pressure pain on hip

Pain behind the knee – use U.B.23

Respiratory:

Jue Tai Yin & Jue Shao Yin – always use for respiratory

Jue Tai Yin + Jue Shao Yin – for any shortness of breath, panic attack, cannot breathe

Ling Shu 75 on Zong Qi –

one direction goes to the throat, one goes down

if Jue in feet, blood coagulates and Zong Qi is disrupted

Nan Jing – inhalation is Kidney

exhalation comes from the Chong

thus Nagano used Kid3 for inhalation problems

SP4 for exhalation (if it does not work, try SP9)

in both cases, start with LU5 (look for best spot, slightly above or below)

Inhalation by Daoists – goes to the heel

Kid3, three locations –

Standard – half way between bone and tendon – Thyroid (needle towards tendon)
on edge of heel (like Kid5) – Respiratory,

also for panic attacks (cannot breathe)

needle down towards heel

a tiny bit higher than regular Kid3 – for brain (needle towards Kid7)

(there was a discussion on location of Respiratory Kid3 versus Kid5 and Kiiko felt that Kid5 is on the actual bone and this Kid3 is on the edge of the bone of the heel)

Brain Kid3 – use above Kid3 + DU4, Kidney Shu

Always check Lung Fire (LU10) if weak immunity

Rhomboid is Lung muscle – fix with Trochanter points

usually after Trochanter, rhomboid is better

but U.B.42 is usually left, then needle U.B.42

Bronchial – shows on Kidney line in chest

Emphysema – shows LU1. LU2 area – use S.I.10 towards scapula

find nodule, go under the nodule towards the scapula

Brain – is the Ocean of Sui (marrow)
Sui – anything surrounded by bone:
spinal cord, brain, not just bone marrow
Brain by Han Dynasty dictionary (not now) is Sui in the head
thus for them spinal cord is more important – the brain is a branch of that

one doctor, who treats stroke, found that brain stimulation (scalp)
was not effective, instead he stated to use the “end of the spinal cord”
this is L2-L3: Ming Men (we might think of it as a Jing Well of the spinal cord)

Stroke, Parkinson’s –
use DU4, Kid3(brain)
if DU4 is painful – use Heart of Sole first

G.B.39 – can release erector-spini tightness

Lumbar spinal tightness – lack of adrenaline

Lactose intolerance – use Food Allergies (outside L2)
it shows on Kid16 or on Ren12
Japanese acupuncture school teaches that Triple Warmer
is related to Cisterna Chyli and the Thoracic Duct
the lymph in the front of the spine

IBS – use left Spleen & Liver Metal/Water

Top of SCM pressure pain – this is C1 subluxation (shows only one side)
use Yao Tong Xue
great for sinus/face (especially with back issues)

any issue above neck – check if C1 subluxation
shows at top of SCM
use Yao Tong Xue

Cataract point – above apex of ear
cataract operation – lens is not yours,
protection from UV light is not as good
liver is affected

Rapid pulse:

- sympathetic dominance
- anemia
- medication, especially prednisone

Anemia causing rapid pulse – check Ren17, Ren12, left ST21
perhaps stomach not able to extract food

Stomach has to be strong, lower warmer should be warm
“food essences goes up to the lungs and changes colour to red,
becomes blood”

Fatigue –

- adrenal
- fatty liver
- immune

Deviated septum – use opposite side U.B.10/G.B.20 area (like contra coup)
G.B.40 – essential point for sinus infections

G.B.22 – for dizzy when getting up: it is “sensory line” in fish,
look anywhere below HT1

U.B.33 – Men’s point, use for prostate

Bunion operation – use Jue Tai Yin and Jue Jue Yin

Plumb Pit – use U.B.27, thoracics

Kiiko Matsumoto 7/13-14/2013 - Treatments

I. Knee Replacement:

71 year old woman
right knee replacement – 7 weeks ago
left knee – replaced 1 year ago
age 6 – left lower lobe of lung was removed (due to repeated pneumonia)
age 53 – sleep apnea surgery on root of tongue
age 47 - navel hernia reappear

Findings:

right patella, Inner Knee (above SP9)
right ankle is swollen
right ST42 to ST41 area – pain, also G.B.40
scar from Ren15 to Ren2: pp on Ren7, Ren4, Ren2, also on pubic bone
below navel – cool
right Liv14
right ST9
right Kid11

ST41 – painful

DU15 – ameliorated all except knee
trying for anti-inflammatory

Treatment (on left side):

right ST44, ST45 + Jue Yang Ming
DU15
right ST25, Liv13
Insomnia point
P.8 (WHO)
HT7, G.B.27
left Jue Tai Yin + Jue Jue Yin

left SP5
Jue Shao Yin
G.B.43,44

for ST41 pain

fatty Liver – for Liv14: over-weight
for ST41
anti-inflammatory
over-weight
varicosity on inner thigh (Liv/SP)
still pain on SP9 (knee)

Heart – blood vessels
because Liv14 was 3 places
so must involve GB also
also G.B.29 pain

II. Knee Arthritis:

58 year old woman
chronic bilateral arthritis in knees – left is worse
right hip
varicosity on G.B. channel – works standing, gets fatgued
35 – C-sections

Findings:

left External Knee Eye, side of patella, Inner Knee Eye
right External Knee Eye, lateral patella, Inner Knee
left G.B.31
Ren2
Right Kid11, slight on left
Ren6
right iliac crest line
right ST9

better with Immune

DU15 – alleviates ST9, Kid11, Ren6 & knees

Treatment (on left side):

DU15
right Heart of Sole
right L3
right G.B.43, 44
right U.B.20/21

to release L3
for hip and External Knee Eye
because G.B.38 (Fire) has pain
to release quadriceps

Treatment (on right side):

left U.B.20/21
left G.B.43, 44
left Jue Tai Yin + Jue Yang Ming
DU15 – again
Immune
left SP15
Sacro-iliac

for G.B.31 and G.B.channel

(ST9 & Kid11 were on right)
for G.B.34 pain

III. IBS, Knee Pain:

38 year old woman – IBS, knee pain
12 years old – anorexia
13 years old – strept throat, mono
22 years old – IBS
26 & 28 years old – child birth
34 years old – debilitating knee pain

Findings:

Kid11 %
left Kid16
left Kid13
right knee – around Liv8
right ST27

digestion reflex
ST41 + P.8 – alleviated abdomen and knee

Treatment:

right ST41 + P.8 + okyu

Ren12 is sensitive – Lactose intolerant
on back use left L2
Food Allergies
to release L2 which releases Ren12

Heart of Sole

right Liv3 (against channel) + HT5
press-tacks on ST41, Liv3, HT5

pain on outside of knee

Back Treatment:

T11,T12
L2 Hua Tuo

food allergies
was very tight on right,
patient complained it was painful
so took out

right Heart of Sole
DU15

for right L2
to release tight muscles on right
(spool shift)
release muscles on right para-spinals

Jue Tai Yang
Sacro-iliac
U.B.39
now needle T11/12 + L2

good to release erector-spini

IV. Torn ACL:

42 year old woman – left ACL torn
Hashimoto's
IBS
Asthma
was on birth control – gained weight, irritable
2008 – right hand injury, missing little finger
Allergic to anti-inflammatories but was injected with them
hand swelled up, arthritis set in, and she lost the finger

Findings:

left below patella, and above
left G.B.34
tight peronial/tibialis
left Stomach Qi
ST25 %
right ST27
Kid11 %
Ren12
Ren6
Ren17
right ST9
laparoscopy holes
(age 18 to explore for stomach pains)
yeast
tubal ligation
DU15 – changed whole abdomen
and knee, but not Yeast
right ST41 – changed right ST27

Treatment (back):

Findings –
T5, Shen Disturbance (she says she feels suicidal)
L2-L4 – lack of adrenaline
diagnosed with lack of Progesterone

DU15

Front Treatment:

ST41 + P.8 %
right SP15
right Heart of Sole
left Jue Jue Yin

Inner thigh pressure pain

for Ren/Spool shiftt

V. post-polio, ACL replacement:

64 year old male – right knee, ACL replaced
Had polio as a child
low back pain
left side – leg feels unstable

Findings:

right L1 – extra bone feeling
left G.B.29 (unstable knee side)
right inguinal
right External Knee Eye
right Inner Thigh
left patella, External Knee Eye
left inner thigh/groin: Liv/ST

because of polio – start on back

Treatment:

DU15
Left ST44, 45 + Yang Ming Jue + okyu for ST41 pain

Treatment (back):

DU15 – again
right Jue Shao Yin for L2
he nearly died when he had
epidural for knee surgery

L1 – 3 needles in “pumice stone”
left Jue Shao Yin + okyu

Press-tacks on L1, ST41

VI. Pneumonia:

45 year old woman – pneumonia, on and off since January
allergies since childhood, had allergy shots, age 8-17
tonsillectomy – age 19
sinus and bronchial infections – yearly, age 5-19

Findings:

Kid27, Kid26 %
right ST27, ST28
right LU1
left LU10

LU5 fixes LU1 and Kidney line

Treatment:

LU5 %
Respiratory Kid3 (on bone) %
Jue Tai Yin + Jue Shao Yin
Immune

for inhalation – needle down to heel

for S.J.16 and top of SCM
(swollen on left)

ST2 – pain especially on left
for left back pain and sinus (ST2)

left Yao Tong Xue

right ST25 + Liv13

fatty liver – antibiotics, prednisone
made breathing on right side better

DU15

Left ST44, 45 + Yang Ming Jue + okyu

for ST41 pain

Treatment (on left side):

Findings - Rhomboid (Lung muscle)
U.B.42, 43
U.B.12 (above rhomboid)

Trochanter – 4 needles
U.B.42
T9

for rhomboid

continue Fatty Liver tx.

Treatment (on right side):

Findings - left Rhomboid – not as tight as right
Left sacrum pain
C1

Presstacks on left Yao Tong Xue
Trochanter – 4 needles
U.B.42

for C1 and sacrum
for rhomboid

then sitting – G.B.26 – 3 needles for trigger finger

VII. COPD, Emphysema & Asthma:

70 year old woman – COPD, emphysema, asthma, SOB, wheezing, cough
appendectomy, hemorrhoidectomy, tubal ligation
vein stripping
hysterectomy
septum repair surgery, cataract surgeries
left knee replacement
sleep apnea

Findings:

Scar (tubal ligation and hysterectomy) – Kid11 %
right ST27
slight Oketsu
Ren15
Right Liv14 and under the ribs – sharp, Liver is swollen
Ren17, 16, 18
Kid23 %
LU1 %
rapid pulse
right big toe is fused

emphysema reflex

right Kid7, SP7 – helps Liv14
she has Jue in feet (varicose veins)
Liver line on left especially painful
DU15 – alleviates Ren17
(many operations → centre shifted)

Right T9, U.B.18
tight rhomboid
L5 - laminectomy

Treatment (on left side):

DU15
right Trochanter
Jue Yin Jue + okyu
S.I.10 (toward scapula)
U.B.42
Press-tack on S.I.10

makes rhomboid, T9 and L5 better

Liver channel veins
LU2 still shows (emphysema reflex)
alleviates LU2

Treatment (on right side):

left Trochanter
let S.I.10
U.B.42

Treatment (front):

abdomen is okay now,
only Liver is left

right Kid7, SP7, HT3, P.4
right ST25 + Liv13
ST41 + P.8 %

anti-inflammatory treatment
for Ren17 area (some still left)

Cataract point (above ear apex)

makes breathing better
it affects the Liver (UV absorption)

Treatment (on right side):

DU15

left Trochanter
left U.B.23
left sacro-iliac
U.B.20

adding ST9

LU8
T11, 12

Jue Tai Yang

spool shift (R L5, L C5-6)
now T5 is better
for rhomboid
for baker cyst behind knee

best for crane knee and quads

to try to affect numbness
(suggested by Stuart Kutchins)

numbness
cannot do SP3 because of SP4

back of knee is Tai Yang

IX. Emphysema, COPD:

66 year old man – COPD, emphysema, extreme SOB
Pain and numbness in both legs for 6 years
bladder tumor(possibly cancer)
25 – double hernia repair
56-60 – chemical exposure
60 – fell off roof, fractured left calcaneus

Findings:

left Kid3 area fracture

left Liv14

Oketsu

right ST25, 26

left Kid11

hernia, also bladder

right ST30

Ren12, 13

LU1, LU2 %

but S.I.10 did not release

right Kid9, LU5, LU8 – released

Kid9 is detox – chemical exposure point

DU15 – released abdomen, but not Kid11

L4, L5

numbness in legs

Erector spinii is ver y hard

Rhomboid

Now (on side) S.I.10 did releaseLU1

Treatment (on left side):

DU15

right S.I.10

right Sacro-iliac

right Trochanter

left Jue Shao Yin

+ Jue Tai Yin

right Jue Tai Yin + Jue Shao Yin

U.B.33

U.B.42

HT3

Below HT1 (Kiiko took this totally below, practically G.B.22)

to relax erector-spini

to release rhomboid

for Kid3

for breathing

for breathing

men's point – for enlarged prostate

(after Trchanter, U.B.42 is left over)

he has both C6-7 and L5

Treatment (on left side):

Trochanter

U.B.33

U.B.52 (sacro-iliac)

S.I.10

U.B.42

Treatment (front):

Liv9 %

Kid9, Kid27 %

L.I.15 % + okyu on right

LU5, LU8

Right Liv1 + okyu

Ren6

cancer point – for Ren3 (bladder cancer)

for under ribs

he has rapid pulse

X. Anemia:

heavy menstruation, loss of blood, due to fibroids
(quick demo case)

Findings:

Ren12
Ren14
left ST21

stomach is not string enough
leads to lack of blood

Ren4 – on fibroid

better by Liv8, SP7

Treatment:

SP3, SP7, Liv8
ST41, P.8

perhaps gastritis
it helped Ren12

Jue Shao Yin + Jue Jue Yin

for fibroid

Treatment (on back):

Needle T5

T5 is painful – stomach reflex

right HT3

L5 has a bump on the right
L5 - affects gynecology

U.B.32

women's point

DU15

she has scoliosis