**BASIC HARA DIAGNOSIS**
An Introduction to Kiiko Style
The “Avi Way”

Full classes with treatments are available on http://acupuncturemedical.org/teaching-videos

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**This Style vs TCM**
- **Terminology** – use Western rather than Chinese terms
- **Extensive use of Medical History**
- **Reliance on Palpation** as a form of diagnosis
- **Testing** – obtaining immediate feedback

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**Treat the Underlying Weakness**
- A TCM Pattern is a Description, it is not a cause
- What is holding the patient from healing?
- Clear the past so as to heal the present

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**Principles/Process of this Style**
- Gather Medical History
- Gather Palpatory Findings
- Correlate & Prioritize
- Test and Treat

Keep going between steps 3 and 4 (prioritizing/diagnosing and testing) until you find the point combination that clears the abdomen most effectively. If you are unable to get an effective treatment from your diagnosis, go back to steps 1 & 2 (change diagnosis)
**Medical History**
- Chronological order including birth and inherited diseases
- Look for the "first injury"
- Look for most significant injuries/events
- Can you identify the "root"?
  Root = the injury that when addresses knocks of all other findings like a domino effect

**Palpatory Findings**
- Get the General Picture first
  Do not try and resolve anything until you have the full picture so you can prioritize
- Palpate the abdomen, neck & throat
  It is hard to palpate and test the back when the patient lies face up
- Channel Palpation
  Fire point diagnosis, bumps, edema, etc.

**Prioritizing**
- Is the first injury reflecting in the body?
- Most significant aspects of medical history
- Most significant palpatory findings
Here we correlate all that we have found and create a “strategy”, “a story” that explains why the patient has this condition.
This strategy may be wrong, hence we test it. Keep going through strategies, abandoning what does not work, until you find the best strategy.

**Testing**
- Does this strategy (Step 3) resolve the abdomen? How fully?
- Look for the “one strategy” that clears the whole abdomen, neck and back
  This is not always possible
  2-3 strategies are sometimes needed
  A strategy/protocol that clears only one finding is less valuable than one that clears many.
  Abandon less efficient strategies!

**Left SP13-14**
**Baseline**
Patient needs to know what your hand feels like.

Except if colon issues
(colon patients may have pressure pain here)
Left ST26-27
May extend to under left Kid16
Reflects – Oketsu
Treat –
Left Liv4 + left LU5

Right ST26-27
Reflects –
Immune
Lung
Digestion
Pelvic shift
Kidneys
May reflect any of those (one or more)

4 & 8 O’clock (below Kid16)
Reflects –
Adrenal
Treat –
Kid6 + 27
may use:
Kid7
Kid7 + 10
Kid4
Kid9

Ren9
Pressure Pain – sadness
Pulse – Weak Dan Tian
You may feel the pulse above
And also below navel on left side
Treat –
for Sadness – SP3 + Per
+ Right ST24
for pulse – MuShu
then Right ST24
+ Left G.B.26

Ren12
Reflects –
Weak Stomach,
Weak start of meridians
Weak rugae
Neurological (Marrow)
Stress
Treat –
Kidney
Stomach Qi
Immune
release neck (ANS)

Beam across ST21
Reflects –
Pancaetitic Tummy
(weak pancreas)
Treat –
Kid6, Kid27
SP5, LU5
**Ren15**

Reflects –
Worry
digestion
Cardiac (if up and to left)

Treat –
SP3 + Pericardium

**Right Subcostals**

Liv14

Reflects –
Liver
Sharp = Excess
Dull = Deficiency

Treat –
Sharp: Right Kid7, SP7, HT3, P.4
Dull: Liv1
Fatty Liver: Right ST25, Liv13

**Ren17**

Reflects –
Anxiety
Insomnia
Cardiac
Esophagus (hard pressure)

Treat –
Clear neck lymph:
Immune + S.J.8
(G.B.20 + S.J.16)
Then – SP3 + Pericardium

**Gynecological Reflexes**

Kid13 - Uterus
Treat Liver/Spleen

ST28 - Ovaries
Treat Kidney

male ureogenital reflexes will tend to reflect lower - Ren3
Kid11/ST30 for

**Immune Point**

Angle towards S.I.

L.I.11

L.I.10
Scalenes Treatment points:

- SP3
- HT3
- LU8
- Inner Yin

The back of the neck can be palpated with the patient face up.
Reach your hand under the neck and palpate on each side.
For opposite side:
Cervicals – extend the hand past the spine then poke towards spine.
**Releasing the Occiput**

ANS –
- use Under-3rd-Toe (opposite side)

Hormonal –
- use U.B.66 (same side)

Oketsu –
- Left Liv4 & LUS
  + Left St26/27

**Treating Cervicals**

As a group –
- S.J.8 (same side)

C3 – Liv1 for right side
  SP1 for left side

C4 – ST9

C5 – L.I.18

C6-7 – HT3

Mastoid – Yao Tong Xue Liv13

**On the Back**

Concentrate on Hua Tuo/Du
- clear the nervous system

Less about clearing reflexes
- use reflexes as treatment

Major curve changes:
- T11/12 and T5 affect the whole back

Clear back findings with:
- Sacro-iliac
- DU2
- 4-Corners

**The Upper Back**

(T1 – T7)

T2 – Thymus

T4 – Eyes

T1-T3 – Face & Brain

T2-T9 – Shen

**The Mid Back**

T7 – T12

Right T7-T9 – Liver
  Hua Tuo & U.B.18

Right T10 – G.B
  + Right T2 & S.I.11

T11, T12 - Sugar

**The Lumbar Back**

L1 – Inguinal ligament

L2 – Kidneys, Ears

L3 – hips

L5 – hormonal, Legs

Yao Yan - Legs
Actual S.I. Joint

But Sacro-iliac ligaments can be needled more easily here
And can also be extended to under the iliac crest

The Sacrum

The Tailbone

Area to Release

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<tr>
<th>Use</th>
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<tr>
<td>S.I. joint</td>
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<td>Piriformis</td>
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<td>Tailbone</td>
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Palpation in Order:

- Left ST26-27 – Oketsu
- Right ST26-27 – lung, immune, digestion, kidney, pubic shift
- 4 Diaphragm - Adrenal
- Ren9 – Pulm – Weak Dan Tian pressure pain + Spleen
- Ren12 – weak stomach
- ST11, Ren12 – Ushers (ST13)
- Weak Pancreas (Beam)
- Ren15 – Worry up and left – cardiac
- Ren17 – Anxiety, Cardiac
- Right Liv14 & Subcostal – liver
- Kid13, ST28 – uterus and ovaries
- Inginal – weak ligaments
- blood flow blockage
- G.B.26 – twisting syndrome

Now the neck:

- The SCM – with the flat part of the fingers
- The S.I.16 – tip of fingers
- S.I.16 – light pressure
- S.I.16 – Immune

What is the Root?

What is the Patient's Type?
Major Types used by Systems:

**Endocrine System**
- Adrenal
- Thyroid
- Sugar
- Estrogen
- Pituitary

**Nervous System**
- Tight Pulse type
- Vagus Congestion

**Circulatory System**
- Cardiac
- Blood pressure
- Anemia
- Stomach Qi

**Immune System**
- Nasopharynx
- Allergy
- Auto-immune

**Structural Types:**
- Scoliosis, tail bone, head injury, Viscero, TMI, etc

**Metabolic Types:**
- IBS, Constipation, etc
- Liver metabolism

**Other Types:**
- Skin & toxicity, respiratory
- weak marrow, weak Dan Tian, Inflammatory, etc.

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**Cardiac Reflexes**

- Ren15 pressed in and up
- Ren17
- Left Kid24-26
- Left P.1
- Left ST18
- Left SP20
- Left S.I.11
- Left U.B.43, 44

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**Cardiac Treatments**

Check pulse first: Rapid or slow, weak or strong

**Treat weak pulse or edema first,**
then you can treat the heart.

- Weak/short pulse (no Chi position)
  - First treat SP6, SP9, Per - to build the blood
  - Edema –
    - Move the water before pushing the pump (heart)
    - Use SP3, SP7, 11

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**Cardiac Treatments**

- Rapid or slow pulse?
  - Ren4 for rapid pulse
  - U.B.27 for slow pulse
  - regular pulse – use both/either

- Rapid pulse – use Under-2nd-Toe

- Check U.B.60 (especially left)
  - pain on U.B.60 – use U.B.66, 67
  - no pain – needle U.B.60 (upwards)

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**Cardiac Treatments**

Now treat the “dried apricot” (puffy S.I.11) and the “dried papaya” (ropy inner border of the scapula) – left side.

- Surround left S.I.11 + Okyu
- Inner border of scapula + Okyu

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**Pulse considerations**

- Slow pulse – do not needle lower abdomen
- Rapid pulse – exercise caution on spine
- Weak pulse – use SP3, avoid SP4
- Strong pulse – use SP4, avoid SP3
- Irregular pulse – Use G.B.39, G.B.5
  - Xuan (懸) Hanging
  - Heart (心) that is suspended (懸)

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**Lung Reflexes**
Kidney line bilaterally – bronchial reflex
LU1-2 area
Right ST 26-27
Rhomboids (U.B.13 area)

**Treating Lungs**
LU5 and/or LU8
Inhalation – use Kid4 (Da Zhong - 大鍾)
Exhalation – use SP4 (Chong)
S.I.9/10 – up and out
Yao Yan (Lumbar Eye) – down and out
Trochanter – in front of trochanter: creates space for chest to expand clears U.B.13

**Treating Lungs**
U.B.13/U.B.42 is the target
Reduce puffy and pressure pain first:
Trochanter, S.I.9/10, Tao Yan
then needle and Okyu U.B.13/42
U.B.17 is Asthma and Diaphragm Shu
Kawai’s Lung Combination:
Ding Chua, U.B13,
U.B.17, U.B.20
all with Kyutoshin (or use Okyu)

**Spleen Types**
**SP9 Type:**
* Appendix (left ST26-27)
* Bloated abdomen (full palm pressure on inguinal)
* G.B.21 (exact spot) pain

**SP3 Type:**
* Scalenes
* Muscular pain type
* Sugar type
T11,12 on the back
“Pear shape” – thick thighs, skinny waist and above

**Other Spleen Types**
SP7 – for edema, bleeding, ear infections
find the hole behind the bone
SP6 – for the anemia patient
for blood pressure problems
for vertex headaches

**Liver reflexes**
Right subcostal and/or Liv14
Right U.B.17-18 or Hua Tuo
“Apple shape” – skinny legs and round abdomen
Liver Excess
- Physical Liver Damage:
  - Right Kid7, SP7, HT3, P.4
- Liv2 pressure pain:
  - (Typical in alcohol issues)
  - Liv4 + Liv8
- Mouth Sore type:
  - Liv3 + SP3 bilateral

Fatty Liver Type
- Obese patient – use full treatment
  - Left G.B.26, Left ST27, Ren6
  - Right ST25, Right Liv13
- Non-Obese – use abbreviated treatment
  - Right ST25 + Right Liv13

Liver Deficient Type
- Liv1 (+ okuyu moxa)
- choose the best Liv1

Liver Back Treatment:
- Left U.B.35
- may also needle U.B17/18 area or T7/T9 Hua Tuo

Kidney/Adrenal reflexes
- 4 o’clock and 8 o’clock
- Kid2 pain
- Valley back
- Quadratus Lumborum pain
- Physical Kidney – may reflect on SP15
- Kidney stones – pain on tapping on G.B.26
- Tight G.B.26 – salt eating type, or structural twist

Toxic Liver Type
- Kid9 + L.I.15 (add okuyu to L.I.15)

Undefined/Mixed Liver Type
- Kid9
  - G.B.28
  - Right of DU20 (between U.B. and G.B.)

Adrenal Treatment
- Kid6 + Kid27

Substitute Kid6 with
- Kid7 + 10 – if Kid2 is painful
- Kid4 – for lung with inhalation problems
- Kid9 – for TMJ, neck, goiter or emotional issues
- Kid3 (node above) – for brain injury type
**IMMUNE TYPE**

Weak immunity, lymph congestion, tonsillectomy, nasal allergies, pain across posterior iliac crest, temporal headaches

Reflexes:
- S.J.16, R ST26/27

Treatment:
- Immune Point
- Du14
- Du12
- Under Scapular Spine

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**ANS (Autonomic Nervous System) TYPE**

There are no clear reflexes for the autonomic nervous system. However, it may show on the following:

- Tight SCM, (pressing on the Vagus nerve)
- Occipital tightness or pressure pain (this is An Mian, 安眠, Peaceful Sleep area)
- Tight diaphragm (also C3)
- Liv12
- Ren17
- Ren9
- T2-T9, especially T5 and T7
- Left inner border of scapula (U.B.43, 44)

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**NERVOUS SYSTEM SYMPTOMS**

- Insomnia
- Palpitations
- sweat easily (hands and feet)
- cold hands and feet
- easily startled
- anxiety, depression or panic
- unusual blood pressure, often low

In parasympathetic mode –
- increased peristalsis, increased urination, heart burn

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**NERVOUS SYSTEM PULSE**

Tight Pulse by Nagano is
- the quality is tight (TCM’s “thin wiry”)
- disappears upon pressure
- it changes quality and becomes wider/hollow

Distinguish rapid and slow pulses

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**NERVOUS SYSTEM TYPE TREATMENTS**

Under-3rd-Toe – if pulse is not slow, or it is clearly tight

- S.J.8 for regular and slow pulse, S.J.5 for rapid pulse
- Pericardium (check P.8)
- Ren6 (rapid pulse only)
- Liv12 (rapid pulse)
- DU2
- S.I.9/10
- T5, T7

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**Adrenal**

\[\text{Adrenal} \quad \leftrightarrow \quad \text{Nervous System}\]

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**Immune**
**BLOOD PRESSURE DISORDER TYPE**

This include high, low as well as "weird" gap
Normal gap between systolic and diastolic is 40mmHg
There is no one clear reflex for blood pressure issues

Treatment:
- SP6, SP9 + Pericardium
  (check P.8 and determine accordingly)
- Under 3rd-Toe (check pulse is not slow)
- U.B.17
- S.I.9/10

**Ren9 PULSE TYPE**

This indicates a weak Dan Tian, or weak mesentery tissue

Findings:
- Ren9 pulse
  (may extend above, may extend below on the left)
- Left SP20

Treatment:
- By Kiiko – Right ST24 (direct needle slightly outwards)
  Left G.B.26
- By Avi – Mu Shu (may add U.B.2)
  then Right ST24 + Left G.B.26 if necessary
- U.B.52 – needle towards DU4

**THYROID TYPE**

Reflects on ST9, and middle and lower parts of the SCM

Treat with Kidney points
- originally – Kid3 for hypo, Kid7 for hyper, Kid9 for goiter
  however, do not rely on this and check the effect on ST9
- ST Qi – can be useful also (ST9 is thyroid reflex)

Hypothyroid – activate the Du
- Du2, (L2), T11,12, T7, T5 (or T9, T4)

Consider autoimmune issue
- Consider toxicity (Kid9, L.I.15)
- Always treat Liver and Thyroid in any type of cancer

**SUGAR TYPE**

Sugar imbalance – SP3 + T11/12

Diabetes – SP3
- Adrenal (Kid below knee + 27)
- Immune
  Odi (right ST22)
  T11,12

Use SP3 for muscular pain
Use Odi for muscular pain and bruise pain
Consider Diabetes to also be autoimmune (add Ren4 etc.)
Consider Fatty Liver treatment

**LACK OF STOMACH QI**

These are the bumps along the Stomach channel,
between ST40 and ST41

Needle down and towards the bone
- for "lack of Stomach Qi" in the pulse
- the pulse has no forward movement
- for knees (or use SP5 + ST41)
- Bending-Stretching point (as are Sacro-iliac)
- seasonal changes (including allergies)
- time adjustments

**AUTOIMMUNE TYPE**

There are no specific reflexes, but the mastoid may show
This is a primary type

Treat systemic Metal/Water (Kidney and Lung) + S.I.Shu/Mu

Rapid pulse:
- Ren4, Kidney + Lung
  (check for best Kidney and Lung points)

Slow pulse:
- U.B.27, U.B.23 or 52 + U.B.13 or 42
- IHiKun (U.B.60, 58, 40 – anything that started with a ‘lever’)

Rapid pulse – consider S.I.1, 2, U.B.66, 67
Hormonal Type Reflexes

Hormonal Type
Reflects on –
U.B.2, Occiput, S.I.13
also Inner Yin area
Treatment:
U.B.66 (足通谷 Zu Tong Gu)
Kid10 (or Kid7)
Inner Yin
U.B.2
S.I.13
U.B.32
Birth Control Pill – S.I.3

OTHER HORMONAL

Menopause/hot flushes:
Adrenal (Kid6 + 27, or Kid below knee + 27)
SP9, G.B.34
Inguinal (G.B.27/28)

Cysts:
Liv8 (add okyu)

LACK OF INNER LEG & PERINEAL FLOOR AWARENESS
also known as the MuShu Type

申 Shen – to extend
comes from 甲 – two hands extending a rope

舉 Ju lift, raise, uphold, whole
Kid6 Lift starts at feet, activation of Kid6,
Inner Yin Into the inner thigh
Mu Shu activating the Perineal Floor
up the spine to the throat
ST9
or U.B.2 coordinating the 3 Dan Tians

VISCERO-PTOSIS TYPE
Pressure pain on Inguinal
From –
over-weight
large breasts
hysterectomy

Treatment –
ST13 up and out
G.B.26
Inner Yin
Immune

INGUINAL / INNER THIGH

Inner Thigh release with:
Kid7
Liv4
SP9

Inguinal release with:
Immune
Liv4
**BASILLARY ARTERY INSUFFICIENCY**

Reflects on cervicals  
Symptoms – dizzy, vision, weak legs, stroke  
Treatment –  
S.J.8, Liv8, Kid10  
by Avi substitute—Liv8 or Inner Yin  
Kid7 or Kid9  
IHiKun – U.B.60, 58, 40

**HEAD INJURY**

can reflect on SCM and cervicals,  
can reflect opposite of injury  
Shao Yang injury -  
S.J.8 (+G.B.40)  
rapid pulse S.J.5 + G.B.41  
Tai Yang injury:  
IHiKun  
U.B.60 (Kun Lun)  
U.B.58 (Fey Yang – Hi Yang)  
U.B.40 (Wei Zong – I Zong)  
Kid3, DU4

**TAIL BONE INJURY**

Pain on tailbone, below, or on sides  
Can affect whole spine and nervous system  
Treatment –  
U.B.66  
LU8  
C7/T1 Hua Tuo

**NOSE INJURES**

Including broken nose or deviated septum  
Immune Points  
G.B.40  
DU23  
DU2  
BiTong/L.I.20  
(+ magnets or diode rings)

**TMJ**

Reflects on:  
ST6 area  
may show on mastoid  
May also have:  
headaches  
auditory problems  
dizzy  
Treatment:  
Kid9 + 27, S.J.8  
behind G.B.21

**METAL / WATER Treatments**

If the Fire point on any channel is painful on palpation  
use Metal and Water points on that channel  
Systemic inflammation:  
use Metal/Water channels (Kidneys and Lungs)  
Or check all Fire points.
ANTI-INFLAMMATORY POINTS

Liv5 – anti-inflammatory for lower Jiao
SP5 – anti-inflammatory point
ST41 – anti-inflammatory point for anti-inflammatory ST41, take it one tendon over from G.B.40

Needle angle – towards G.B.40

Regular ST41 Needle towards Kid6

DETOX & SKIN

Kid9 + L.I.15 – any skin or detox check against Thyroid and Liver
Liv5 Okyu – for eczema, itchy or oozing skin, poison oak
U.B.63 – Metal Gate for boils and diarrhea (cock’s crow type)

BY PULSE

Short/Weak
SP6 + Per
No ST Qi
Stomach Qi
No Spleen
SP3
Flooding
Rem4/UB27

Wiry
G.B.39, SP9

Tight
3rd-Toe

POINTS TO CONSIDER AS TYPES

Liv5 – anti-inflammatory, endometriosis
Liv8 – cysts
SP7 – water retention, bleeding
SP9 – appendix type
Kid9 – inguinal tension, TMJ, detox
Kid7 – bones, ovaries, Kid2 pain

POINTS TO CONSIDER AS TYPES II

Stomach Qi – lack of Stomach Qi pulse
G.B.39 – wiry pulse, scoliosis
U.B.66 – hormonal
Under-3rd-Toe – blood pressure & ANS

POINTS TO CONSIDER AS TYPES III

Ren4 – autoimmune, cardiac
Ren6 – rapid pulse
Ren12 – neurological conditions, spine
DU2 – ANS, spine
POINTS TO CONSIDER AS TYPES IV
Immune – immune and lymph, nasal, Ren12 pp, temporal HA
S.J.8 – tight SCM, tight cervicalS
S.J.5 – same as S.J.8 but for rapid pulse important in pain
Pericardium – choose according to P.8 blood disorders (with Spleen) Insomnia/emotional

Decision Making Flow – start with the pulse
Pulse – restricted circulation?
• Low blood pressure?
• Weak pulse/anemia?
• Lack of Stomach Qi?
Qi and Blood not moving! Treat these first

Decision Making Flow – Flow Blockages?
Blocked Circulation (blood, lymph, nerve)?
• Tight SCM?
• Congested Cervicals?
• Inguinal Tightness?
• Inner thigh tightness?
Body Signals are slow!
Release blockages to enable circulation. Enable brain/organ communication

Decision Making Flow – Type Determination
Does abdomen show?
• Adrenals?
• Immune?
• ANS (SCM or by pulse)?
• Ren9 Pulse?
• Endocrine? sugar, thyroid, estrogen?
Primary Types! Must be treated (or at least considered)

Decision Making Flow – Systemic Diseases?
Metabolic or systemic disorders?
• Diabetes?
• autoimmune?
• cardiac?
Whole body is affected!
Address these diseases first

Everything else
What is still unresolved?
• In abdomen/neck/back
• In history
• In symptoms
Address those!
Choose points that best affect the whole picture
Be a detective,
Be creative,
Keep at it,
Enjoy the process,
Have Fun!