


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!

Why Choose A Point

- It is part of a protocol (“my teacher said so”)
- Location, channel, classification, etc. fit the strategy
- Name

The point has to “prove itself” by creating a clear change. The change can be in the pulse, palpatory findings, or whatever, so you can evaluate it (ideally prior to needling).

It is **NOT** enough that a point clears a finding in the abdomen!!!

- The question is how much of the abdomen does it clear.
- When you find a point that clears a reflex it has no connection to, it suggests that point is central.

Priorities & Preferences

1. Ensure there is Chuai 踹 (up/down in the legs)
2. The "Type" of the patient (Spleen, Liver, ANS, etc.)
3. The physiology/pathology of the patient:
This comes from the medical history can be Chinese (5 elements) or Western
4. Channel/location of problem

Type (#2) and physiology (#3) can be the same or different

Types that Tend to Take Priority

Blood Pressure or Circulation
ANS
Thyroid
Diabetes (as well as sugar imbalances)
Autoimmune
Immune
Fibroids/cysts

Does the person have Chuai 踹?

Chuai (踹) kicking/stomping

足 foot

+ 崙 focus

(山 above ground & 而 below ground)

Liv8 曲泉 Qu Quan

曲 Qu = Bent

泉 – Quan = Spring, Fountain

Cysts/fibroids
Tendons/ligaments
Water Point (Metal Water – Liv4 +8)

SP9 陰陵泉 Yin Ling Quan

陰 – Yin

陵 – Ling = Mound, burial - 冢 Hill + 夂: walk over a protruding mound

泉 – Quan = Spring, Fountain (White 白 above + Water under)

L4-L5 (G.B.34 for sacro-iliac), for G.B.21
Appendix (right side)
Diarrhea (left side)
Blood Pressure
Parkinson's (with G.B.39)

G.B.34 陽陵泉 Yang Ling Quan

陽 Yang

陵 Ling = Mound/Burial ground
β Hill + 夔 : walking over a protruding mound

泉 Quan = Spring/Fountain

Meeting of "Torque"	Calf cramps
Sacro-iliac ligament	Hot Flushes (with SP9)
Wrist & shoulder	Exorcism

The Knee = Quan 泉

泉 Quan = Spring/Fountain

The knee is like a fountain or a spring

French: Le Genou

from générer (to generate)

Hebrew: בֵּרַךְ (Berech)

from בְּרִיכָה (Brecha - pool) and בְּרַכָּה (Bracha - blessing)

Farsi: زانو (Zanoo)

Za = birth (e.g. زائيد Za-eed to give birth) Noo = new

SP3 太白 Tai Bai

Diabetes (with Kidney, Immune, Oddi, T11/12)

Muscular pain

Brachial Plexus congestion

Numbness/neuropathy

Anxiety/Depression (shows on Ren15 or Ren17 – add Pericardium)

Weak Pulse – second position disappears with pressure

Liv4 中封 Zhong Feng

中 – Zhong = Centre

封 – Feng = seal, authority: to confer authority

圭 a jade tablet symbolizes feudal authority over the land
+ 手 HandPsoas, inguinal, low back 圭 is also in Jie, Street 街 – as in Qi Jie/ST30
Ligaments/tendons
Liver (Metal on Wood)
Oketsu

Liv4 中封 Zhong Feng

Ling Shu 2 –

中封內踝之前一寸半

Zong Feng (Liv4) enters the ankle prior to one cun, incompletely
Meaning it is one cun below the ankle! (you will find slightly puffy tissue there)

使逆則宛, 使和則通

Make opposite (against) then bent (crooked),
make harmony then open (flow)

搖足而得之

Rock the foot to find it

Kid7 復溜 Fu Liu

復 Fu = Repeat, Recover step 彳 + repeat 復

溜 Liu = Skate, slip away

Water + 留 Liu to remain:

stop 卯 in a field 田

The falling (lack of Chuai 踰) in the kidney channel
Thyroid
Ovaries
Bones (kidney homes to bones: heel, pubic, sternum, hyoid)
Quadratus Lumborum, G.B.26, Pectoralis, L.I./Lung shoulder pain

Liv5 蠡溝 Li Gou

蠡 – Li = Insect that bores into wood

溝 – Gou = Ditch, gutter, groove
 ↳ water with 葦 interlocking structure

Endometriosis
 Anti-inflammatory for lower Jiao
 Skin
 Gout



G.B.39 懸鐘 Xuan Zong (or 絕骨 Jue Gu)

懸 – Xuan = Suspended: Heart + 縣 and inverted head + tie

鐘 – Zhong = Bell, clock, a servant hitting the metal

絕 – Jue = Cut off: 刀 knife cutting 糸 silk into 𠃉 sections
 (written as 巴 anxious, awaiting – a coiled snake)

骨 – Gu = Bone

Spine, scoliosis
 Brain injury (wiry pulse) Skipping heart beat

Inner Yin 新殷門 Xin Yin Men

新 Xin = New, Fresh

殷 Yin = Abundance

門 Men = Gate

Meaning New B37 (Yin Men)

5 fingers above Kid10

or think of it as Liv9 on the Kidney

Liv9 = Yin Bao 陰包

Hormonal
 Supports Perineal Floor – Upright Posture
 Trapezius Releasing point
 Constipation (left side)

BL66 通谷 Tong Gu

通 Tong = to penetrate, to communicate, to pass through
 Move 通 + 甬 a bud bursting forth

谷 Gu = Valley

Endocrine: estrogen imbalance
 Tail bone injuries
 Metal/Water

BL36 承扶 Cheng Fu

承 Cheng = Receive, accept, undertake, to hold
 the seal 𠃉 of hands 手 joined respectfully 井

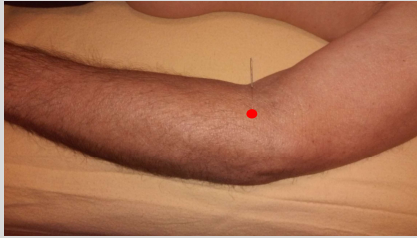
扶 Fu = Support: to help with a hand, to prop up

Back Pain (Kawai used 2 fingers below)
 Any structural issue
 Re-educate posture and give it support

L.I.10 手三里 Shou San Li

"Immune Point"

any immune issues
Shao Yang H.A.
Shoulder



L.I.11 曲池 Qu Chi

曲 – Qu = Bend

池 – Chi = Pond/Pool

where water pools into, a basin

(e.g., 電池 a battery – where electricity pools)

P.1 - Tian Chi 天池 (Heaven Pool)

S.J.4 - Yang Chi 陽池 (Yang Pool)

G.B.20 – Feng Chi 風池 (Wind Pool)

What is pooled at L.I.11? the ability to bend/manipulate/move
(see S.J.22)

LU5 尺澤 Chi Ze

尺 – Chi = A measurement, Foot

澤 – Ze = Pond or radiance, luster, grace, also moist/damp

‣ Water + 睪 to watch, to spy

Lung – asthma, bronchitis etc.

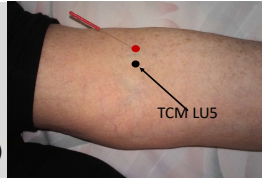
add Kid4 for inhalation problems

SP4 for exhalation problems

Immune

Autoimmune

Supporting Kidney (water on Metal)



Oxygenation

LU4 - Xia Bai 俠白 (to expand ribs/lungs)

俠 – Xia = Heroic/Noble:

Person + 夾 (Jia: a person holding two others – suggestive of rescue)

白 – Bai = White, The Sun 日 rising

LU8 - Jing Qu 經渠 (to increase blood oxygenation)

經 – Jing = Channel

渠 – Qu = Ditch, canal

DU2 腰俞 Yao Shu

腰 – Yao = Waist, lower back,

俞 – Shu = Transport

Spine/Back

ANS (check against left BL43)

BL42 魄戶 Po Hu

BL43 膏肓俞 Gao Huang Shu

魄戶 BL42 Po Hu, Door of Po

膏肓俞 BL43 Gao Huang Shu

膏 Huang = Wang 亡 – dead, perished missing, buried
to enter 入 into a concealed space
+月 - in the body

Circulation

Oxygenation

(U.B.43 - genetic disorders)

DU13 陶道 Tao Dao

陶 – Tao = Happy, Pleasing Pottery
 阝 hill
 + 匋 Tao – a pottery furnace

道 – Dao = Path
 to walk, 辶 + head/lead 首

Relates to micro-circulations, easeful circulation
 (e.g. Reynaud's)

S.I.9 肩貞 Jian Zhen

S.I.10 臑俞 Nao Shu

肩 – Jian = Shoulder (flesh + door leaf)

臑 – Nao = Soft, Biceps

貞 – Zhen = Virtuous

俞 – Shu = Transport

Releases: rhomboids, upper thoracics, inner border of scapula
 Affects sympathetic nervous system
 Shoulder/Deltoid
 Blood Pressure

S.I.11 天宗 Tian Zong

天 – Tian = Heaven

宗 – Zong = Ancestor, Sect (a building of revelation/worship 示)

Zong (Ancestral/Pectoral) Qi: circulation
 Left – Cardiac
 Right – Digestion (Gall Bladder, Liver, Stomach, Small Intestine)
 “Breast Shu”



S.J.22 (耳)和膠 (Er) He Liao

耳 – Er = Ear

和 – He = Harmony

膠 – Liao = “Bone Hole” -骨 Bone + 翬 to soar, the sound of wind