

## Treating Digestive Disorders

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1. Principles & Theory
2. Digestion & Influences by Other Systems
3. Digestive Issues Reflexes
4. Points used in Digestive Disorders
5. Protocols used in Digestive Disorders

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## Digestive Principles

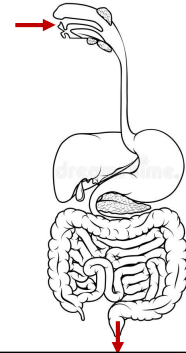
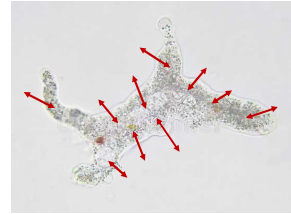
Digestion is about taking the world and assimilating it.

taking in  
transforming/assimilating  
excreting waste

Much of Chinese medicine is about the interaction of the World and the Person (e.g. stages of disease invasion, Wei-Ying-Yuan model, etc.)

和 – Harmony: when the grain, 禾, is in the mouth 口.

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## Digestive Principles

Digestive Tract is a central canal from mouth to anus  
it is related to the Ren/Chong (central channels/canals)

The heart and circulation are in service of metabolism  
(digestion/respiration)  
is the brain in service of the body?  
or is the body in service of the brain?

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## Digestive Principles

Spleen and Pericardium synergy:

Mental:

SP3 + P.4 – for insomnia, depression, anxiety

Circulatory:

SP6, SP9 + Pericardium – for blood pressure disorders

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## Digestive Principles

Digestion and mind are strongly correlated

餓鬼 – E Gui Hungry Ghost

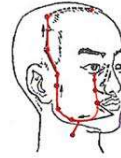
蠱 – Gu, Decay, Poison, Enchanted, Bewitched

蟲 worm on a dish 皿



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## The Stomach Channel



The Stomach channel

- starts at the eye
- goes through the nose, circles the mouth
- through the jaw, side of ear
- up to join the brain (ST8 & DU24)

Take the input from the world and bring it to "me"  
Making the world part of me

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## Digestive Principles

Movement, Breakdown, Absorption, (circulation), elimination

Digestion involves

- movement

Fu – constant movement  
smooth muscle

- assimilation

Zang – transformation, assimilation  
lymph and mucosal membrane

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## Digestion in relation to Other Systems

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## Digestion & Autonomic Nervous System

Digestion requires movement

– Smooth muscle

activated by Interstitial cells of Cajal (ICC - like a pace maker)

– Sphincters

Harmony is when mouth has food

– it depends on the ANS, state of the vagus nerve  
it works best under parasympathetic input

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## Digestion & Autonomic Nervous System

Reflect on:

SCM, cervicals, under occiput  
T2-T7, Left U.B.43

Treat with:

S.J.8 or S.J.5 (opposite tight SCM)  
Pericardium (check P.8 first)  
Under-3rd-Toe (blood pressure point)

DU2, S.I.9/10

ST8 to DU24 line

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## Digestion & Tight Diaphragm

### Reflect on:

Ren15 (also Ren12 to Ren15)  
edge of ribs  
T7  
C3-C4

### Treat with:

U.B.2	LU4 (3 cun above LU5)
SP3 + Pericardium (check P.8)	G.B.29 (front of Trochanter)
S.J.8	G.B.34
U.B.17	Liv4

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## Digestion & Immune System

The Digestive Track exposes us to the outside world

- has great concentration of immune defenses within it
- mucosal membranes is immune related
- susceptible to inflammation

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## Digestion & Immune System

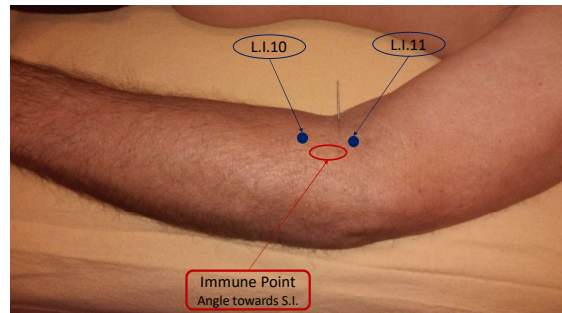
### Immune reflect on:

S.J.16  
Right ST26/27  
below scapular spine  
above posterior iliac crest

### Treat with:

Immune Points  
ST41 (towards G.B.40)  
SP5  
Adrenal (Kid6 or 7 + Kid27)  
Metal/Water  
S.I.11

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## Digestion & the Liver

### Reflect on:

Under right ribs  
Right T7-T9  
Right U.B.43 (fatty Liver)

### Liver Deficiency Tx:

Right Liv1  
Left U.B.35  
Right T7-T9

### Fatty Liver Tx:

Right Liv8  
Right ST25, Liv13  
(obese + Left G.B.26, ST27, Ren6)  
Left U.B.35  
Right U.B.43 (with okyu)  
Right S.I.11

### Liver Excess Tx:

Right SP7, Kid7, HT3, P.4  
Left U.B.35  
Right T7-T9

### Undefined Liver Type:

Kid9, Right G.B.27-28

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## Digestion & Blood Pressure

**Treat:**

SP6 + SP9  
 Pericardium –  
 check P.8  
 if painful, use P.3 + P.5 (Metal/Water)  
 if no pain use either P.6 or P.4 (2 cun below P.3)  
 Under-3rd-Toe  
  
 S.I.9/10

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## Digestive Bleeding

**Stop Bleeding:**

SP7 + okyu

**Blood Loss:**

SP6 + P.4 (okyu both)  
 or SP6 (okyu) + P.6

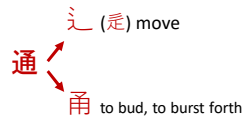
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## Digestion & Hormones

**Reflect on:**

U.B.2  
 G.B.20  
 Inner Yin  
 S.I.13/S.J.15

Tong Gu 通谷 U.B.66



**Treat with:**

S.I.3  
 U.B.2 (release first)  
 U.B.66  
 Inner Yin

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## Palpatory Reflexes Common in Digestive Disorders

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## Reflexes - SCM

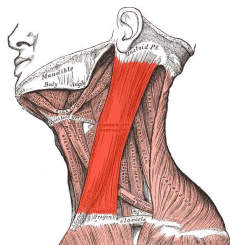
Affects vagus nerve

ST9 人迎 Human Welcome

Mediates brain and organs

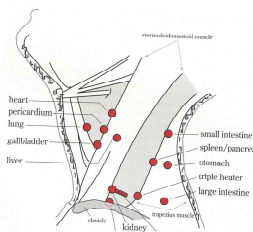
**Treat with:**

Opposite side S.J.8 (or 5)  
 ST41  
 Kid7 or 9  
 S.J.22

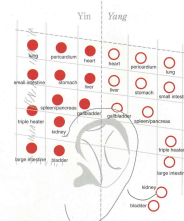


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## Yamamoto Ypsilon Areas



Diagnosis Area



Treatment Area

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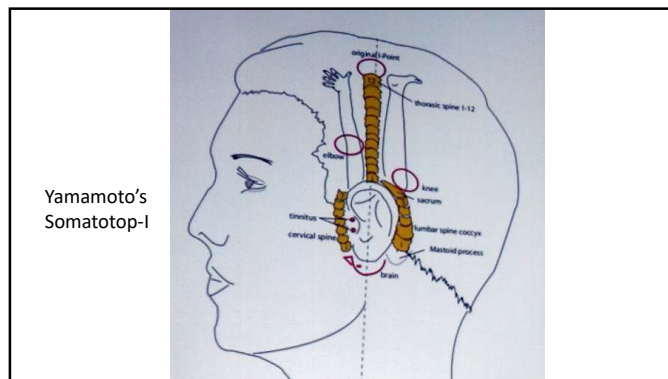
**S.J.22 (耳)和膠 (Er) He Liao**

耳 – Er = Ear

和 – He Harmony

膠 – Liao “Bone Hole”  
 骨 Bone + 翬 to soar, the sound of wind  
 羽 – wings, 彡 - hair

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**Digestive Reflexes – Ren17**

Reflects –  
 Esophagus (hard pressure)  
 Also  
 Anxiety  
 Insomnia  
 Cardiac

Treat –  
 SP3 + Pericardium

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**Digestive Reflexes – Ren15**

Reflects –  
 Acid Reflux  
 Also  
 Worry  
 Cardiac (up and to left)

Treat –  
 SP3 + Pericardium

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**Digestive Reflexes – Ren12**

Reflects –  
 Weak Stomach  
 Weak Rugae (Fu)  
 Also  
 Weak start of meridians  
 Neurological (Marrow)  
 Stress

Treat –  
 Immune Points  
 Kidney  
 Stomach Qi  
 release neck (ANS)

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**Digestive Reflexes – ST21**

Reflects –  
 Stomach/Ulcers  
 right – stomach ulcer  
 left – duodenal ulcer

Treat –  
 SP4 + P.6

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### Digestive Reflexes – Ren12 Beam



Beam across ST21

Reflects –  
Pancreatic Tummy  
(weak pancreas)

Treat –  
Kid6, Kid27  
SP5, LU5

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### Digestive Reflexes – Liver

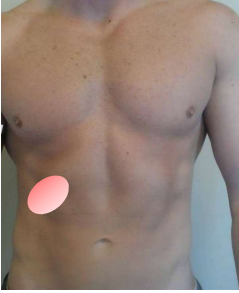


Reflects –  
Liver  
Sharp = Excess  
Dull = Deficiency  
pinch = fatty/deficient

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

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### Digestive Reflexes – Gall Bladder



Lateral to Liv14, below the ribs  
Pain/discomfort on tapping

Treat –  
Right G.B.43, 44  
Right S.J.1, 2  
Ren6  
Right Stomach Qi

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### Digestive Reflexes – Navel



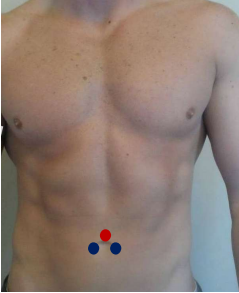
Full Palm Pressure on the navel

Reflects –  
Small Intestine

Treat –  
SP9  
S.I.1 & 2, or S.I.3

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### Digestive Reflexes – Navel



Ren9 –  
emotional reflex (“sadness”) – SP3 + Per  
Small Intestine – S.I.1,2 or S.I.3  
Weak mesentery (with pulse) – Side G.B.27

Below Kid16 –  
Adrenal reflex – Kd6 + Kid27

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### Digestive Reflexes – Right ST26-27



Reflects –  
Digestion  
ileocecal valve  
Inflammation (appendicitis)  
Also  
Immune  
Lung  
Pelvic shift  
Kidneys

Treat –  
SP9, Immune  
anti-inflammatory ST41

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## Digestive Reflexes – Descending Colon



Left Spleen Line  
 Reflects descending colon  
 inflammation, constipation  
 Treat –  
 L.I.1, 2  
 Immune  
 SP5, 9  
 Inner Yin (left)

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## Digestive Reflexes – ST30 Qi Jie 氣街



Reflects –  
 inflammatory bowel conditions  
 Treat –  
 SP4 or Liv4  
 Liv4 Zong Feng 中封  
 ST30 Qi Jie 中街

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## Digestive Reflexes – Inguinal



With full palm pressure  
 Reflects bloating  
 Treat – SP9

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## Digestive Reflexes – The Back

T5 – stomach and esophagus  
 T6 to T8 – pancreas  
 Right T7 to T9 – Liver. Use left U.B.35 first  
 Right T10 – Gall Bladder (also T2 on the right)  
 T11, T12 – sugar metabolism  
 Right S.I.11 – stomach, liver, GB, intestines

To release “stubborn”  
 reflexes

DU2  
 Sacro-iliac  
 DU16  
 S.I.9/10  
 Other reflexes

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Points commonly  
 used in  
 Digestive Disorders

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## Lung Points for Digestion

LU5 – amplifies Adrenal (anti-inflammatory) treatment  
 e.g. pancreatitis

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## Large Intestine Points for Digestion

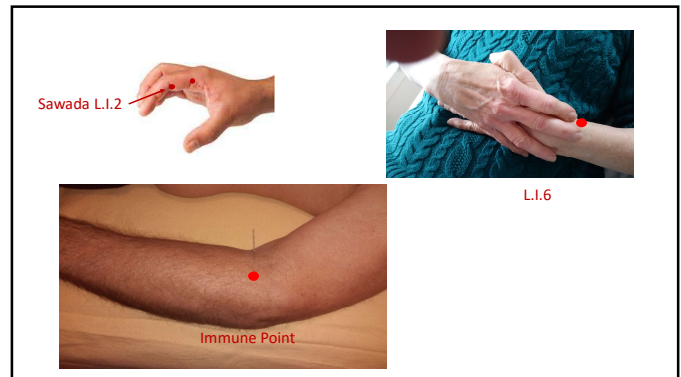
L.I.1 & 2 – Metal/Water, anti-inflammatory for gums and intestines  
diverticulosis

L.I.6 – gums

Immune Point – immune/lymph and digestion  
releases ileocecal valve (Right ST26/27)  
releases Ren12

L.I.15 – detox

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## Stomach Points for Digestion

Reflexes:

ST9 – “Primitive Reflex,” Vagus

Left ST11,12 – weak stomach acid

ST21 - Stomach

Right ST26-27 – ileocecal valve, appendicitis, inflammatory bowels

ST30 – gas, inflammation

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## Stomach Points for Digestion

Treatment points:

ST36 – weak stomach acid

Stomach Qi – when pulse is lacking wave  
on the right for G.B.

ST41 – anti-inflammatory

Left ST44 & 45 – constipation (with Right G.B.43/44)

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## Spleen Points for Digestion

SP3 – Tonification, Raises Spleen Yang, emotional components, cramps

SP5 – anti-inflammatory, Pancreatitis, diarrhea (left)

SP6 – build blood

SP7 – stop bleeding

SP9 – appendicitis, gas, bloating, ileocecal valve

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## Small Intestine Points for Digestion

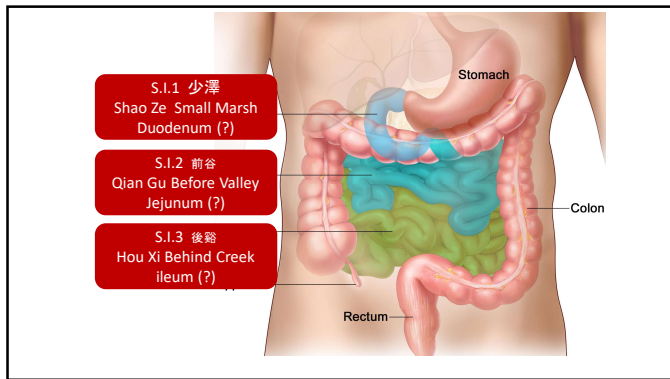
S.I.1 & 2, or S.I.3 – for Small Intestine  
(reflects on Navel, Ren9, or ileocecal)

S.I.3 – hormonal components

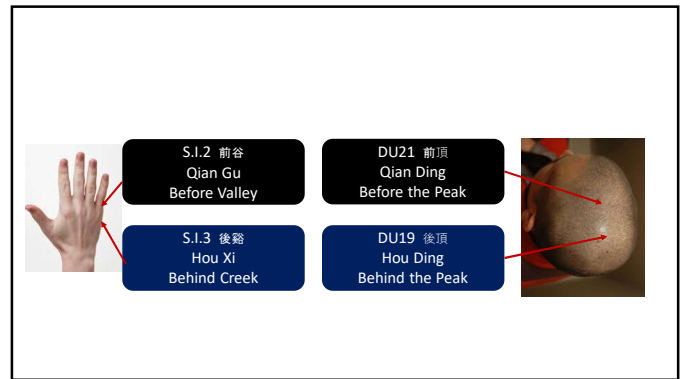
Right S.I.11

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## Urinary Bladder Points for Digestion

- U.B.2 – tight diaphragm
- U.B.17, 18, 20 – Six Flowers
- U.B.63 – explosive diarrhea, boils, (“Damp Heat Toxin”) supports Spleen
- U.B.66 - hormonal

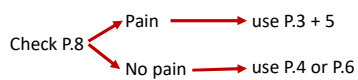
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## Kidney Points for Digestion

- Kid6, 7 or 9 – Adrenal (systemic anti-inflammatory) release Ren12
- Kid27 – Adrenal sympathetic tone

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## Pericardium Points for Digestion



- P.6 – esophagus, chest
- P.4 – 3 fingers below P.3 abdominal circulation

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## San Jiao Points for Digestion

- S.J.1 & 2 – right side: gall stones (with right G.B.43,44)
- S.J.8 – (one third below elbow) release SCM/Vagus use S.J.5 if pulse is rapid
- S.J.22 – release SCM, affects all organs, Yamamoto Ypsilon points

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## Gall Bladder Points for Digestion

G.B.7/8 – Yamamoto Ypsilon, release SCM  
 G.B.13, 15, 16, 17, 18 – emotional factors, esp. fear  
 Behind G.B.21 – release jaw  
 G.B.24 (lateral) – reflects G.B.  
 G.B.29 (in front of trochanter) – release diaphragm  
 Right G.B.43 & 44 – gall stones, constipation

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## Liver Points for Digestion

Liv4 – release psoas, ST30, harmonizes abdomen  
 Liv5 – anti-inflammatory  
 Liv8 – fatty Liver  
     cysts, diverticulosis  
 Liv12 – ANS, circulation to lower abdomen  
 Liv13 (right) – fatty liver

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## Du Points for Digestion

DU2 – releases spine and nervous system  
 T5 (Du or Hua Tuo) – stomach  
 T6-8 (Du or Hua Tuo) – pancreas  
 T11-12 (Du or Hua Tuo) - sugar  
 DU24 – digestive issues with emotional components

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## Ren Points for Digestion

Reflexes:  
 Ren17 – esophagus  
 Ren15 – Acid Reflux  
 Ren12 – stomach and motility (fu)  
 Ren9 – small intestine

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## Digestive Conditions & Treatment Protocols

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## Gums



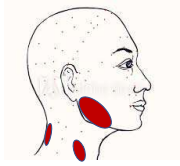
L.I.6 – for inflamed gums  
 (between index and middle fingers)

L.I.1,2 – Metal Water  
 Consider moxa on L.I.15

Mouth sores – Liv3 + SP3

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## TMJ & Tight Jaw Muscles



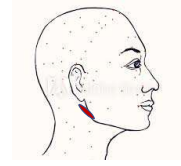
### Check:

ST5, 6 area  
SCM  
Cervicals

### Treat:

Kid7 or 9  
S.J.8 (or S.J.5 for rapid pulse)  
behind G.B.21  
(can release with SP9 or Inner Yin)

## Salivary Glands



### Check:

S.I.17 area

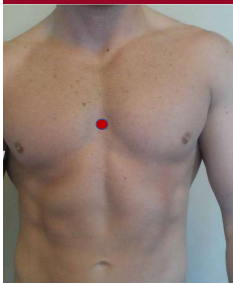
### Treat:

Kid3 (needle towards Achilles tendon)

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## Esophagus



### Can reflect on:

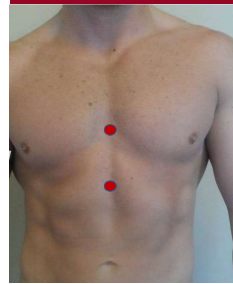
Ren17 – with hard pressure  
T4-T2

### Treatment:

SP3 + Pericardium  
release the SCM (S.J.8 or 5)  
DU2 (ANS) + U.B.32  
T2-T7

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## Acid Reflux/Heart Burn



### Can reflect on:

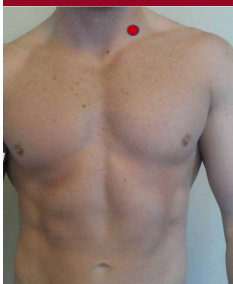
Ren17 – with hard pressure  
Ren15  
T4-T5

### Treatment:

SP3 (or 4) + Pericardium  
release the SCM (S.J.8 or 5)  
DU2 (ANS)  
T2-T7

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## Low Stomach Acid



Can be a cause of Heart Burn

### Reflect on:

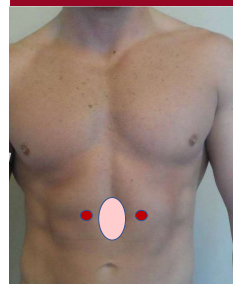
Left ST11 (scalenes) area

### Treatment:

Left ST36  
Left Ear Endocrine  
Then -  
SP4+ P.6 (especially if Inner Knee Eye)  
release the SCM (S.J.8 or 5)  
DU2 (ANS)  
T2-T7

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## Gastritis & Ulcers



### Reflect on:

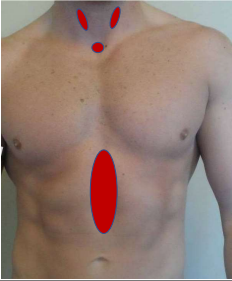
Ren10-13 – chronic gastritis  
Right ST21 – stomach ulcer  
Left ST21 – duodenal ulcer

### Treatment:

SP4 + P.6  
S.J.8  
Immune

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### Nausea



Reflect on:  
 Ren10-15 – may need to avoid  
 Ren22  
 ST9/SCM

Treatment:  
 S.J.8 (release opposite SCM)  
 Kid9  
 Ears - S.J.8 + SP7  
 Toxicity – Kid9 + L.I.15

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### Ear Endocrine

Use Ear Endocrine to release T4



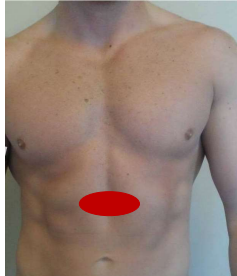
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### Food Poisoning



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### Pancreas weakness & Inflammation



Reflect on:  
 beam across ST21 on both sides

Treatment:  
 Kid6 + 27  
 Add -  
 Pancreatitis – SP5, LU5  
 Sugar imbalance – SP3  
 Diabetes – Immune + Right ST22  
 Back points –  
 T11,12, T6-8

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### ST22 關門 Guan Men (Gate of Gate)



On the line between the navel and the edge of the ribs at 45°.  
 Half way (on the right side) is the Oddi Point or ST22

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### Gall Stones and Biliary Obstruction

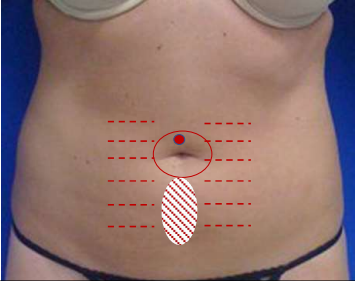


Reflects on:  
 edge of right ribs  
 (with tapping)  
 Right T10, T2, S.I.11

Treat with:  
 Right S.J.1,2, G.B.43, 44  
 Ren6 (non-slow pulse)  
 Right ST Qi  
 Right T10, T2  
 Right S.I.11

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### Reflex zones of the Small Intestine



In patches - mid & lower abdomen between Ren10 and Ren4  
Stomach, Kidney and Ren

Around the navel (full palm pressure)  
Ren9 (pressure or pulse)

Right S.I.11

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### Reflex zones of the Small Intestine




Full palm pressure above inguinal

Treat with SP9

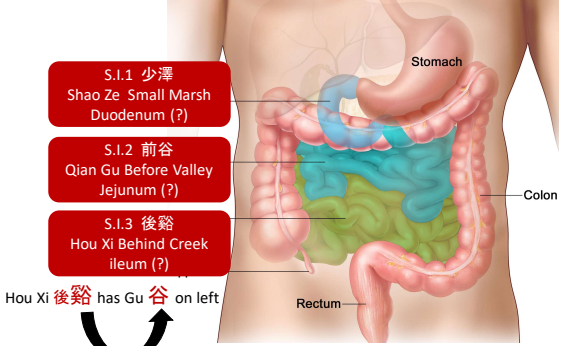
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### Small Intestine Treatments

Side G.B.27 ("Mu Shu")



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S.I.1 少澤  
Shao Ze Small Marsh  
Duodenum (?)

S.I.2 前谷  
Qian Gu Before Valley  
Jejunum (?)

S.I.3 後谿  
Hou Xi Behind Creek  
Ileum (?)

Hou Xi 後谿 has Gu 谷 on left

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### S.I.11



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### Further Considerations for S.I. Treatments

Immune Points

Blood Pressure

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## Inflammatory Bowel Disorders Crohn's & Ulcerative Colitis


Systemic Metal/Water  
Kidney (6, 9, 7 or 7+10)      U.B.52 (toward spine)  
LU5 and/or LU8      U.B.42 (toward scapula)

Mu/Shu of Fire-Yang (S.I.):  
Side G.B.27 (substitute for Ren4)      U.B.27/sacro-iliac ligaments

Immune Points

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## Ileocecal Valve & Appendix



Reflect on:  
Right ST26-27

Treatment:  
SP9  
Add –  
- SP5 – with okyu  
- S.I.1+2, or S.I.3  
- Immune  
- anti-inflammatory ST41


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Extensor hallucis longus muscle  
Anti-inflammatory ST41  
Extensor digitorum longus tendons  
Regular ST41  
Extensor hallucis longus tendon

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## Large Intestine



Reflect on:  
Right ST26-27  
left SP13-14

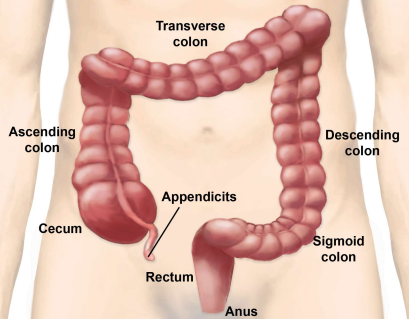
Treatment:  
SP9  
Immune  
ST8 to DU24 line  
S.J.8 (release vagus)

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L.I.1 商陽 Shang Yang  
商 – Shang = Merchant, to discuss, to trade

L.I.2 二間 Er Jian  
二 – Er = two  
間 – Jian = Space, crack, in between  
sun/light 日 through the door 門

L.I.3 三間 San Jian  
Third Space



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## Large Intestine Treatments

Diarrhea	Left SP5 + SP9, Right Liv4 + Liv8 "explosive" diarrhea – U.B.63 (okyu)
Constipation	Left ST44 + ST45, Right G.B.43 + G.B.44 Inner Yin (especially on left side)
Cramps	SP3
Polyps	Liv8 (+ okyu)
Bleeding	SP7 (okyu)
Back Tx.	L5, Yao Yan, T11/12, T7

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## Large Intestine – other considerations

Toxicity	Kid9 + L.I.15 (okyu) U.B.63 (okyu)
Ulcerative Colitis	Kid6, 7, or 9 + LU5, 8, or 9 Side G.B.27
Food Poisoning	

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## Hemorrhoids

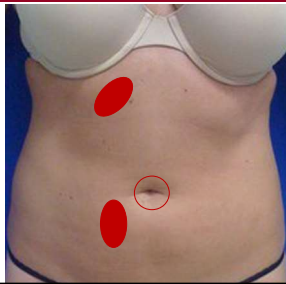
Left LU6 (3 fingers below LU5) + okyu

L5 – lancet of 7-star spider veins

Kawaii 3-Bypass cord and pachi-sparker treatment:  
U.B.35 – one side with green clip one side with red  
L5 – spark and place black clip

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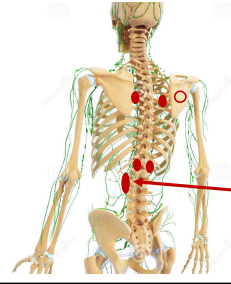
## Food Allergies



May reflect on –  
Right ST26/27  
around the navel  
Ren12  
Under Right ribs (Liver)  
U.B.43  
T1/12

87

## Food Allergies



Right S.I.11  
U.B.43  
T11/12  
Cisterna Chyli

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## Food Allergies – Treatments

Immune Points

SP9

Around the navel

Liv1 (or Liv8)

Stomach Qi

DU24 to ST8 line

U.B.2 (for pressure pain along the Ren above Ren12)

LU8

DU2, T11-12, T7, U.B.43

Left U.B.35, Cisterna Chyli

Right S.I.11

89

Protocols are just  
a starting point!

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