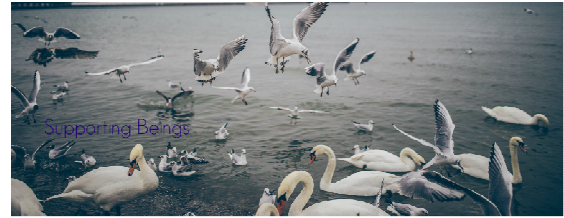


BASIC HARA DIAGNOSIS An Introduction to Kiiko Style The "Avi Way"

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



www.acupuncturemedical.org/teaching-videos

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

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



- ? Why do you have this?
- ? What predisposed you to it?
- ? Is it your mother's thyroid?
- ? Is it papa's heart condition?
- ? Is it medications that affected the Liver?
- ? Is it high sugar consumption?

? What is the ROOT that is holding you back?

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!



30 year old with arthritis? Eh? Why?

Medical history – contaminated rabies shot

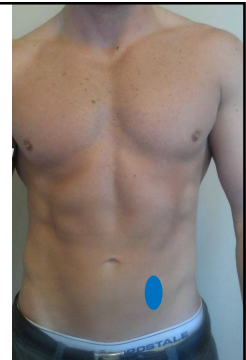
Findings – tiny scar on left ST26

→ Treat as if rheumatoid
 Success!
 Root is chemical contamination predisposing him to arthritis.

Left SP13-14

Baseline
 Patient needs to know what your hand feels like.

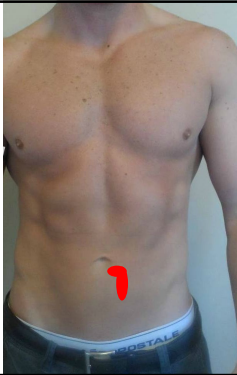
Except if colon issues
 (colon patients may have pressure pain here)



Left ST26-27
 May extend to under left Kid16

Reflects – Oketsu

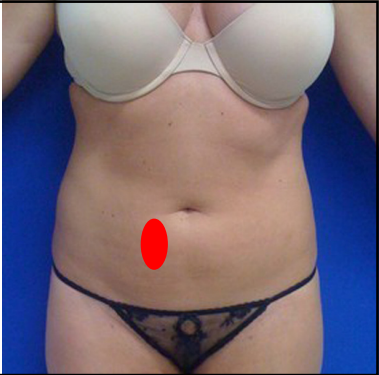
Treat –
 Left Liv4 + left LU5



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

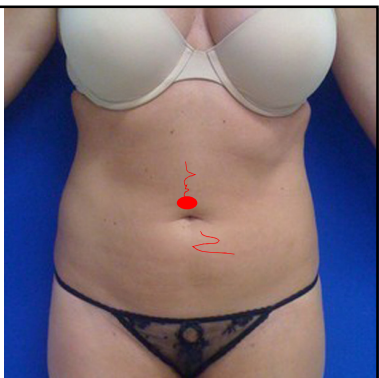


Ren9

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

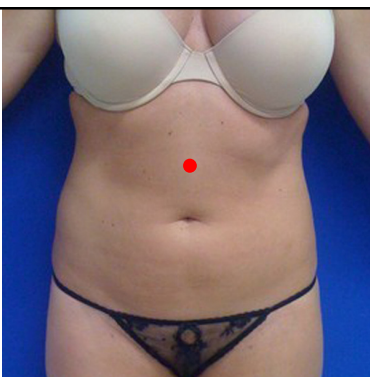
for pulse – MuShu
 then Right ST24
 + Left G.B.26



Ren12

Reflects –
 Weak Stomach,
 Weak start of meridians
 Weak rugae
 Neurological (Marrow)
 Stress

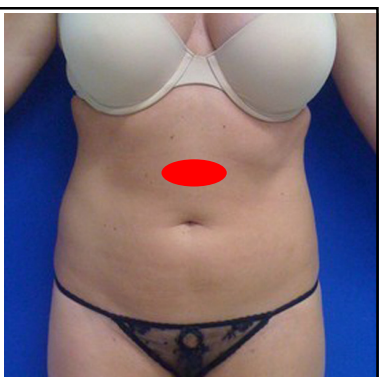
Treat –
 Kidney
 Stomach Qi
 Immune
 release neck (ANS)



Beam across ST21

Reflects –
 Panceatitic Tummy
 (weak pancreas)

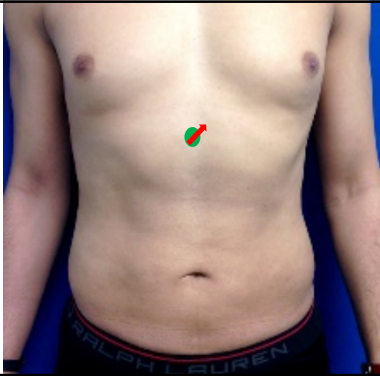
Treat –
 Kid6, Kid27
 SP5, LU5



Ren15

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

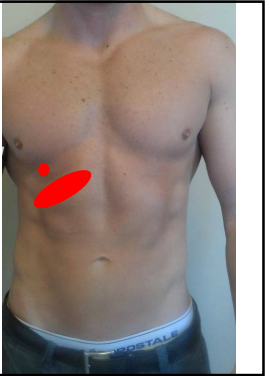
Treat –
SP3 + Pericardium



Right Subcostals Liv14

Reflects –
Liver
Sharp = Excess
Dull = Deficiency

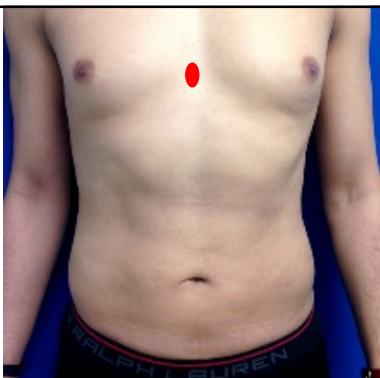
Treat –
Sharp: Right Kid7, SP7, HT3, P.4
Dull: Liv1
Fatty Liver: Right ST25, Liv13



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

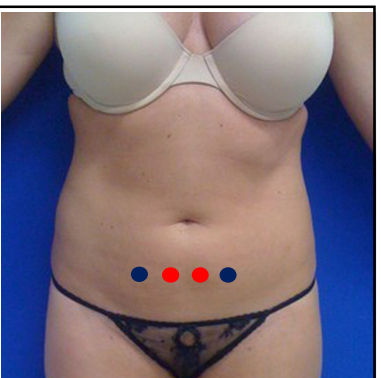
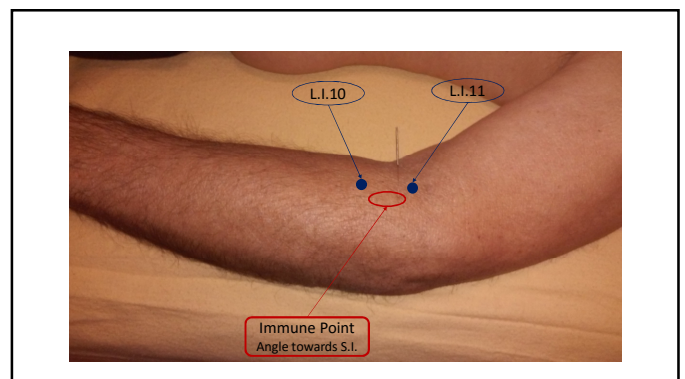
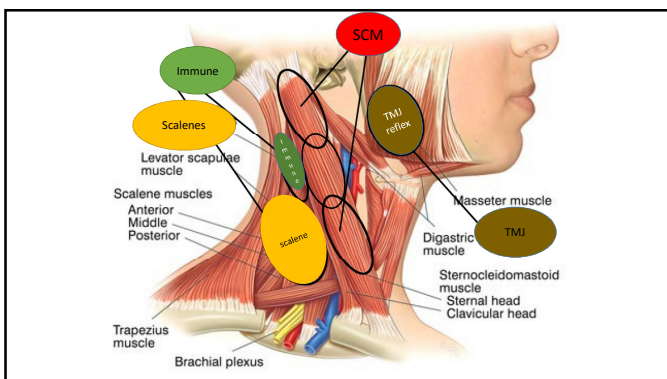


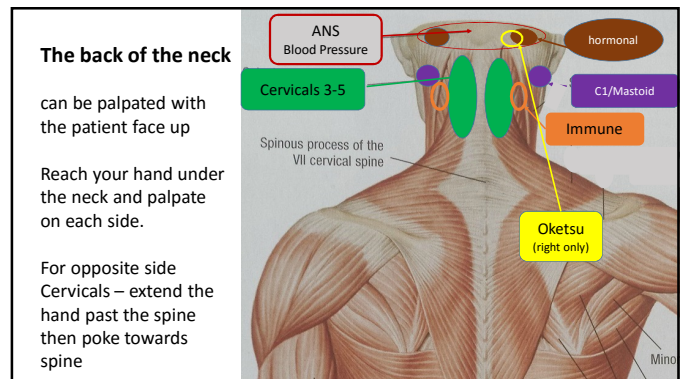
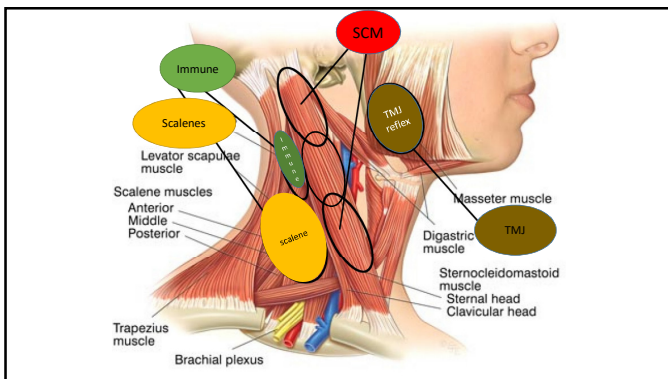
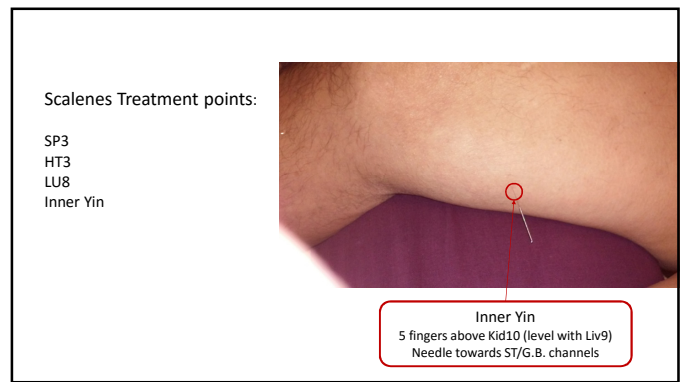
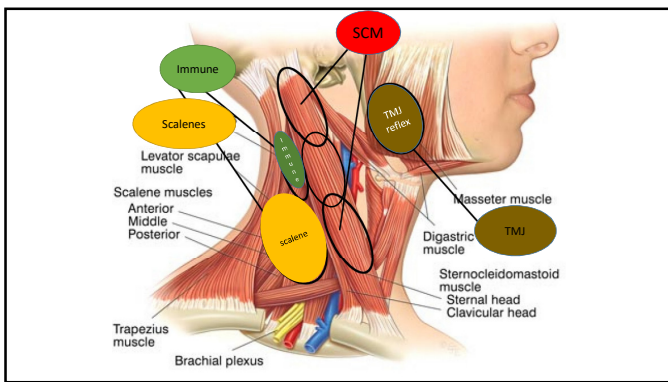
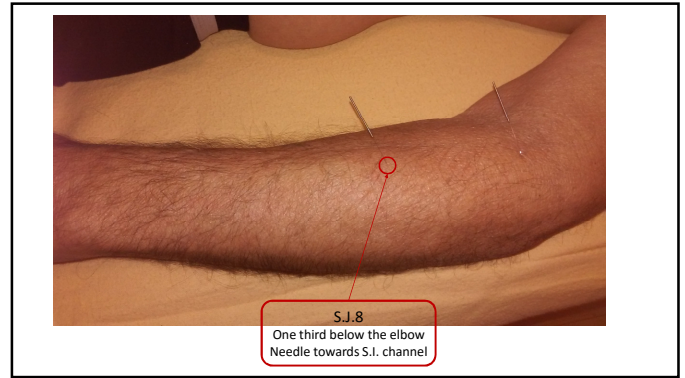
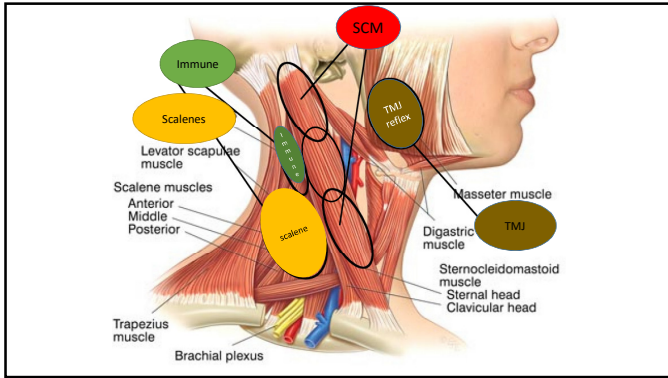
Gynecological Reflexes

Kid13 - Uterus
Treat Liver/Spleen

ST28 - Ovaries
Treat Kidney

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



Releasing the Occiput

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

Hormonal –
use U.B.66
(same side)

Oketsu –
Left Liv4 & LU5
+ Left St26/27

ANS Blood Pressure

Cervicals 3-5

Spinous process of the VII cervical spine

hormonal

C1/Mastoid

Immune

Oketsu (right only)

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

ANS Blood Pressure

Cervicals 3-5

Spinous process of the VII cervical spine

hormonal

C1/Mastoid

Immune

Oketsu (right only)

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)

Cardiac

Lungs

ANS
Asthma
Insomnia

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

Right T7-T9 – Liver
Hua Tuo & U.B.18

The Lumbar Back

Quadratus Lumborum -
Kidneys

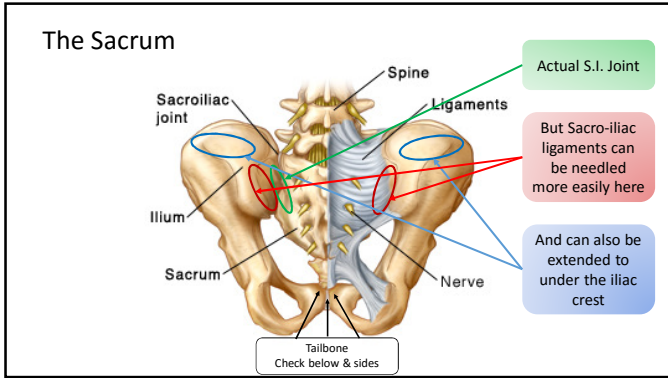
L1 – Inguinal ligament

L2 – Kidneys, Ears

L3 – hips

L5 – hormonal, Legs

Yao Yan - Legs



Area to Release	Use
S.I. joint	G.B.34
Piriformis	Huakaya G.B.31 Kid16
Tailbone	LU8 U.B.66 T1 Hua Tuo

Palpation in Order:

- Left ST26-27 – Oketsu
- Right ST26-27 – lung, immune, digestion, kidney, pelvic shift
- 4 o'clock 8 o'clock – Adrenal
- Ren9 - Pulse = Weak Dan Tian pressure pain = Sadness
- Ren12 – weak stomach
- ST21, Ren12 – Ulcers (ST21) Weak Pancreas (beam)
- Ren15 – Worry up and left – cardiac
- Ren17 – Anxiety, Cardiac
- Right Liv14 & Subcostal – Liver
- Kid13, ST28 – uterus and ovaries
- Inguinal – weak ligaments viscero-ptosis blood flow blockage
- G.B.26 – twisting syndrome

Now the neck:

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

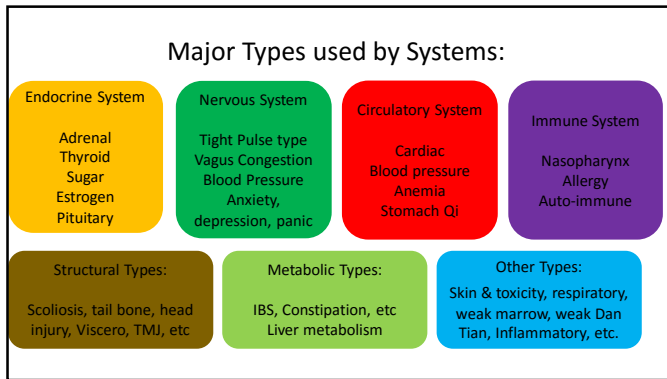
The back of the neck

Patient is still face up

- Cervicals – both sides
- Occiput –
 - Blood Pressure
 - Hormonal – more lateral
 - Oketsu – right only

What is the Root?

What is the Patient's Type?

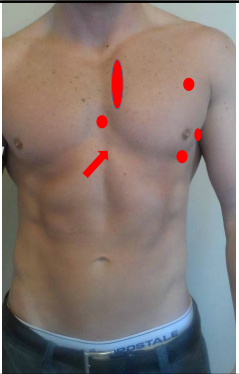


Cardiac Reflexes

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



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

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)

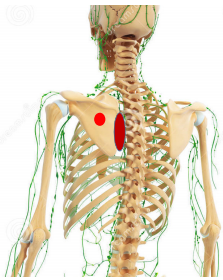
- pain on U.B.60 – use U.B.66, 67
- no pain – needle U.B.60 (upwards)

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



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

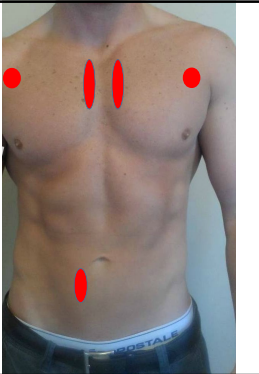
Irregular pulse – Use G.B.39, G.B.5

Xuan (懸) Hanging
Heart (心) that is suspended (懸)

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 - 大鐘)
 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

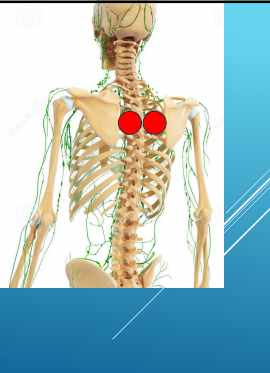
U.B.13/U.B.42 is the target

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.B.13,
 U.B.17, U.B.20
 all with Kyutoshin (or use Okyu)



Spleen Types

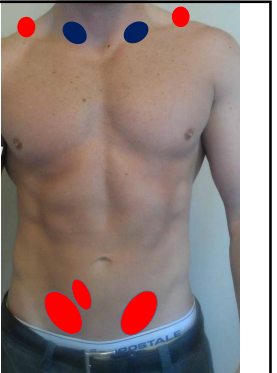
SP9 Type:

- * 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

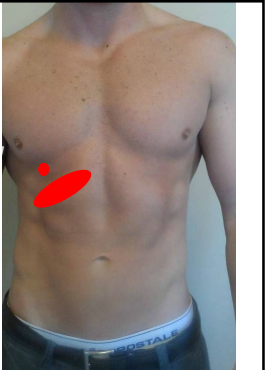
SP6 – for the anemia patient
 for blood pressure problems
 for vertex headaches

Liver reflexes

Right subcostal and/or Liv14

Right U.B.17-18 or Hua Tuo

"Apple shape" -
 skinny legs and round abdomen



Liver Excess

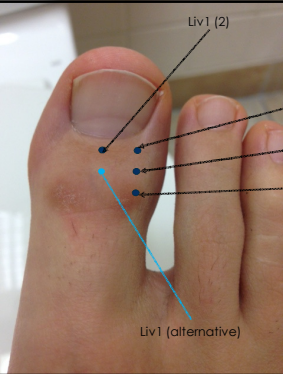
Physical Liver Damage:
Right Kid7, SP7, HT3, P.4

Liv2 pressure pain:
(Typical in alcohol issues)
Liv4 + Liv8

Mouth Sore type:
Liv3 + SP3 bilateral

Liver Deficient Type

Liv1 (+ okyu moxa)
choose the best Liv1



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

Toxic Liver Type

Kid9 + L.I.15 (add okyu to L.I.15)

Undefined/Mixed Liver Type

Kid9
G.B.28
Right of DU20 (between U.B. and G.B.)

Liver Back Treatment:

Left U.B.35
may also needle U.B17/18 area or T7/T9 Hua Tuo

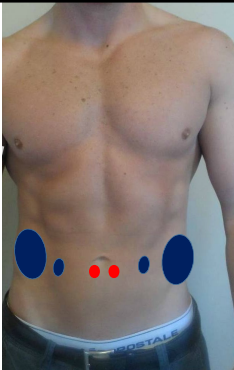
Kidney/Adrenal reflexes

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



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 (nodule above) – for brain injury type

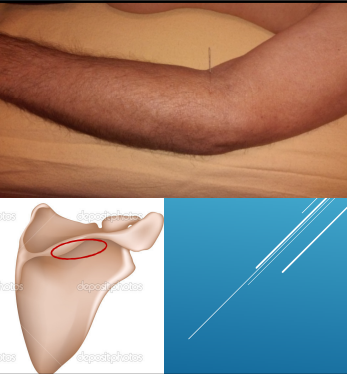


IMMUNE TYPE

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

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

Treatment:
Immune Point
Du14
Du12
Under Scapular Spine



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)

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

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

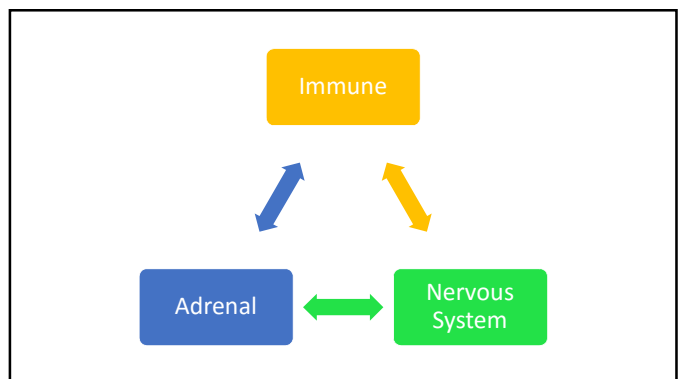
Distinguish rapid and slow pulses

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



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:

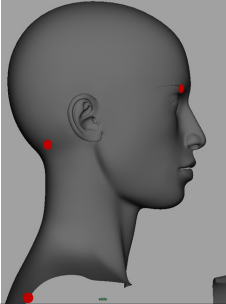
U.B.27, U.B.23 or 52 + U.B.13 or 42


IHiKun (U.B.60, 58, 40 – anything that started with a fever)

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

Hormonal Type Reflexes

U.B.2
Occiput
S.I.13





Inner Yin
(By Avi)

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 申 – 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

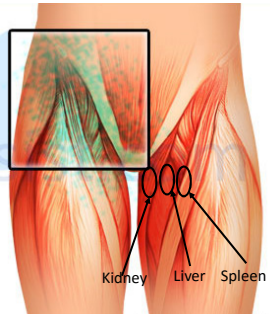
Treatment –
ST13 up and out
G.B.26
Inner Yin
Immune



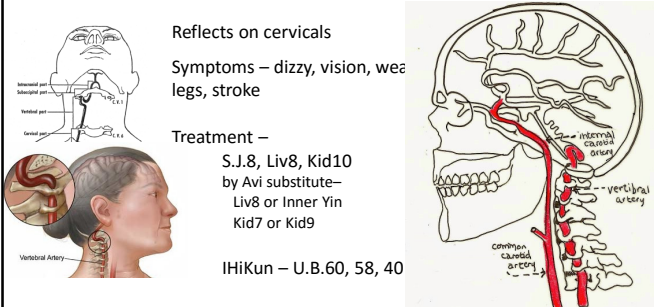
INGUINAL / INNER THIGH

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



U.B.40 either location

TAIL BONE INJURY



Pain on tailbone,
below, or on sides

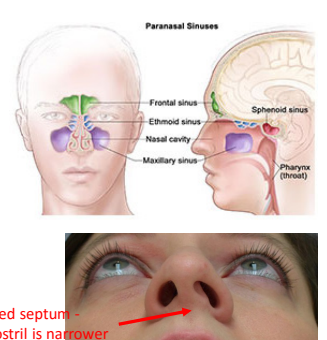
Can affect whole spine and
nervous system

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)



Paranasal Sinuses
Frontal sinus
Ethmoid sinus
Nasal cavity
Maxillary sinus
Sphenoid sinus
Pharynx (throat)

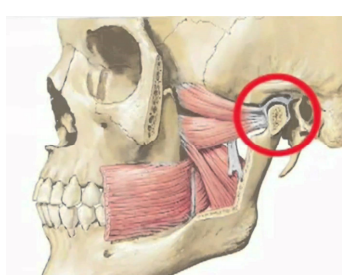
Deviated septum -
one nostril is narrower

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



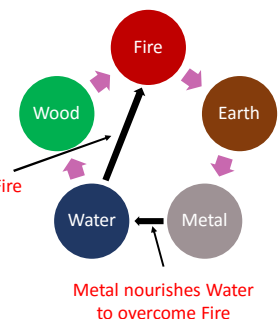
METAL / WATER Treatments

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.



Water overcome Fire


Metal nourishes Water to overcome Fire

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



Anti-inflammatory ST41
Needle 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 金門 for boils and diarrhea (cock's crow type)

BY PULSE

Short/Weak SP6 + Per	No ST Qi Stomach Qi	No Spleen SP3	Flooding Ren4/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!**