

Key Points on the Meridians

"The Chart"

Organs	Lu	LI	St	Sp	Ht	SI	Bl	Kd	Pc	SJ	GB	Liv
Ting Well	Lu 11 Wood	LI 1 (H) Metal	St 45 (S) Metal	Sp 1 (C) Wood	Ht 9 (T) Wood	SI 1 Metal	Bl 67 (T) Metal	Kd 1 (S) Wood	Pc 9 (T) Wood	SJ 1 Metal	GB 44 (C) Metal	Liv 1 (H) Wood
Ying Spring	Lu 10 (C) Fire	LI 2 (S) Water	St 44 Water	Sp 2 (T) Fire	Ht 8 (H) Fire	SI 2 (C) Water	Bl 66 (H) Water	Kd 2 Fire	Pc 8 (H) Fire	SJ 2 (C) Water	GB 43 (T) Water	Liv 2 (S) Fire
Shu Stream	Lu 9 (T) Earth	LI 3 Wood	St 43 (C) Wood	Sp 3 (H) Earth	Ht 7 (S) Earth	SI 3 (T) Wood	Bl 65 (S) Wood	Kd 3 (C) Earth	Pc 7 (S) Earth	SJ 3 (T) Wood	GB 41 (H) Wood	Liv 3 Earth
Jing River	Lu 8 (H) Metal	LI 5 (C) Fire	St 41 (T) Fire	Sp 5 (S) Metal	Ht 4 Metal	SI 5 (H) Fire	Bl 60 Fire	Kd 7 (T) Metal	Pc 5 Metal	SJ 6 (H) Fire	GB 38 (S) Fire	Liv 4 (C) Metal
He-Sea	Lu 5 (S) Water	LI 11 (T) Earth	St 36 (H) Earth	Sp 9 Water	Ht 3 (C) Water	SI 8 (S) Earth	Bl 40 (C) Earth	Kd 10 (H) Water	Pc 3 (C) Water	SJ 10 (S) Earth	GB 34 Earth	Liv 8 (T) Water
Source	Lu 9	LI 4	St 42	Sp 3	Ht 7	SI 4	Bl 64	Kd 3	Pc 7	SJ 4	GB 40	Liv 3
Luo	Lu 7	LI 6	St 40	Sp 4	Ht 5	SI 7	Bl 58	Kd 4	Pc 6	SJ 5	GB 37	Liv 5
Xi Cleft	Lu 6	LI 7	St 34	Sp 8	Ht 6	SI 6	Bl 63	Kd 5	Pc 4	SJ 7	GB 36	Liv 6
Back Shu	Bl 13	Bl 25	Bl 21	Bl 20	Bl 15	Bl 27	Bl 28	Bl 23	Bl 14	Bl 22	Bl 19	Bl 18
Front Mu	Lu 1	St 25	Ren 12	Liv 13	Ren 14	Ren 4	Ren 3	GB 25	Ren 17	Ren 5	GB 24	Liv 14
Lower He-Sea	–	St 37	St 36	–	–	St 39	Bl 40	–	–	Bl 39	GB 34	–

Ren: Luo Connecting Point-Ren 15

Du : Luo Connecting Point-Du 1

(C) = Control cycle point

(T) = Tonification point

(H) = Horary point

(S) = Sedation point

The 8 Extra
Meridians

Confluent Point	Extra Meridian	Couple Meridian
Pc 6	Yinwei	Chong
SJ 5	Yangwei	Dai
Kd 6	Yinqiao	Ren
Bl 62	Yangqiao	Du
Lu 7	Ren	Yinqiao
SI 3	Du	Yangqiao
Sp 4	Chong	Yinwei
GB 41	Dai	Yangwei

Influential
Points

Tissue	Influential Point
Zang Organs	Liv 13
Fu Organs	Ren 12
Qi	Ren 17
Blood	Bl 17
Tendons	GB 34
Vessels	Lu 9
Bone	Bl 11
Marrow	GB 39

Chart by Fred Jennes

System #1

Named Pairs

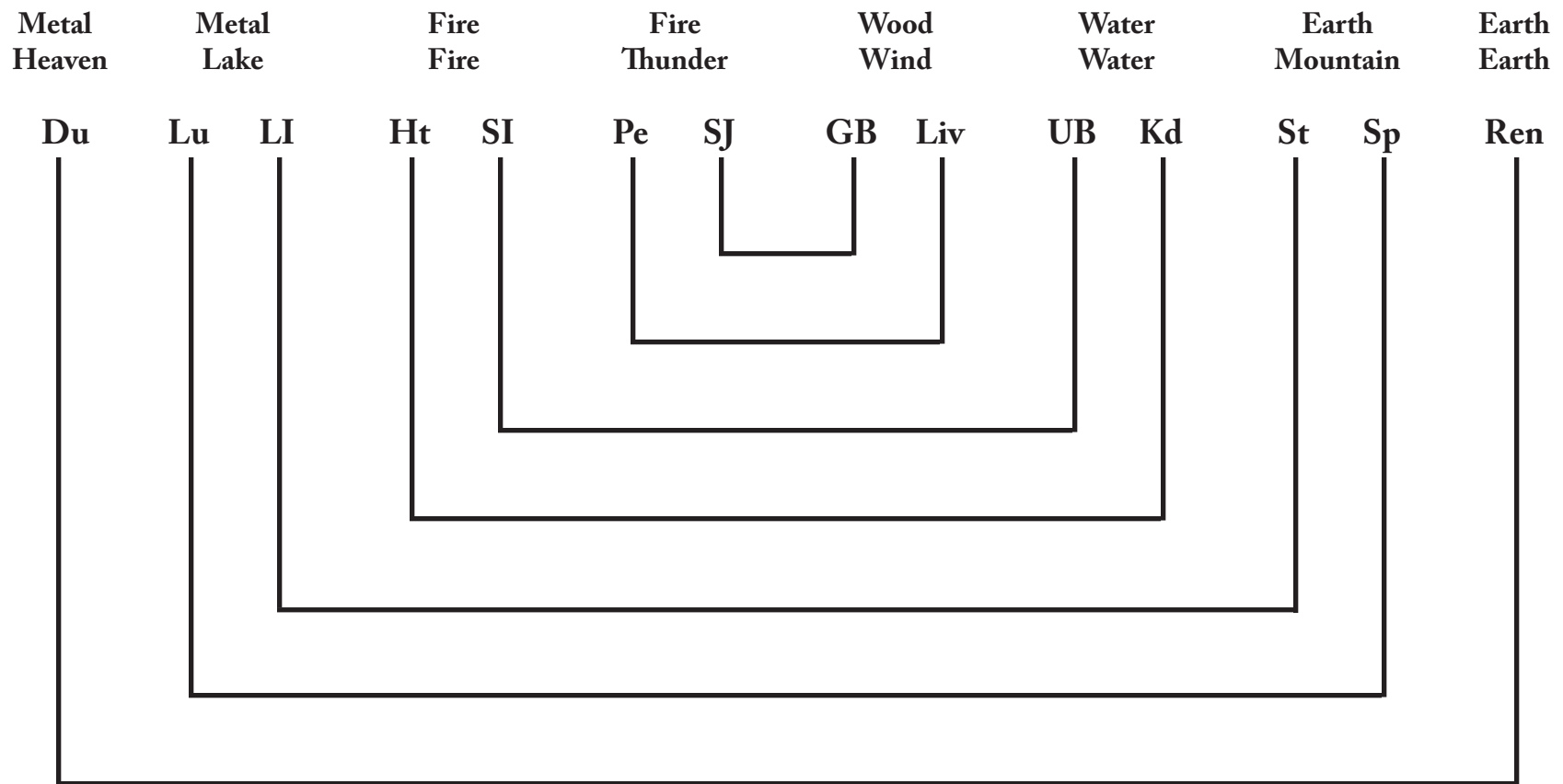
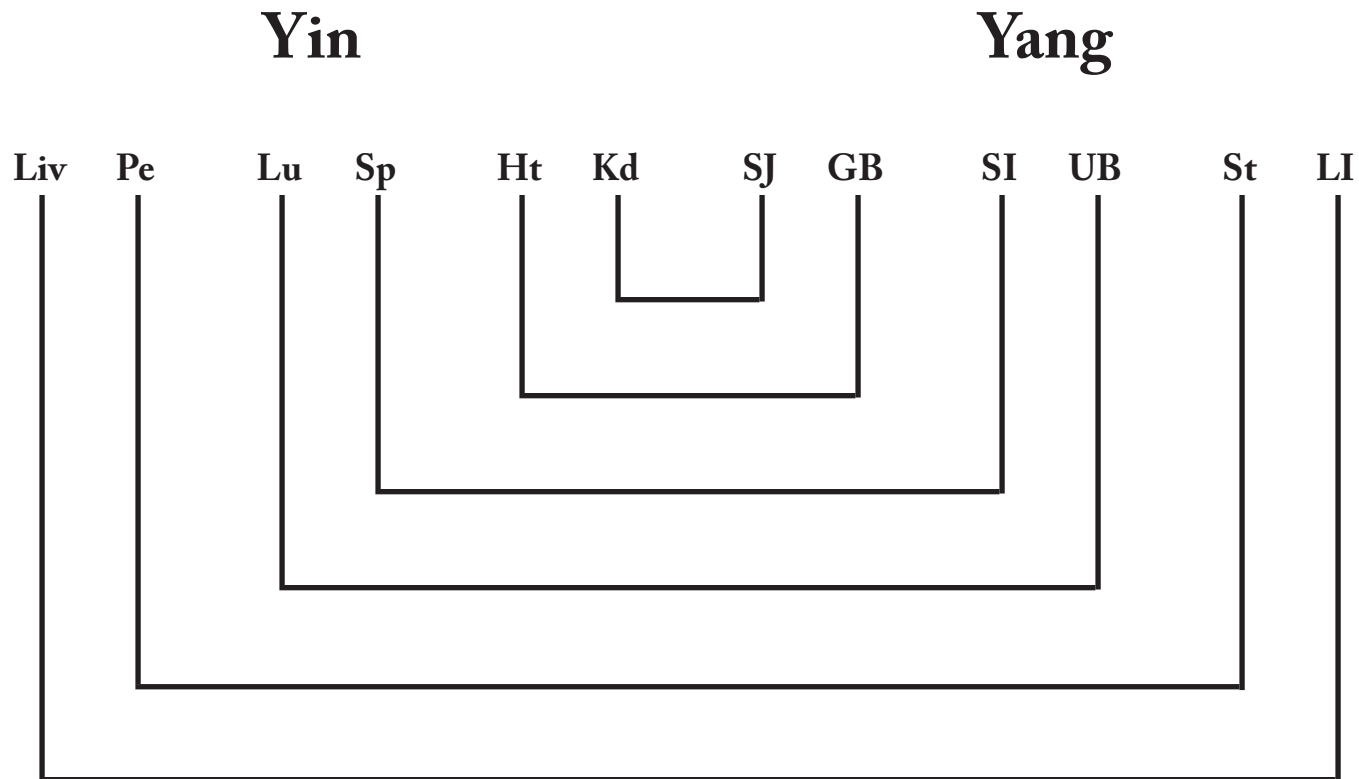


Chart by Fred Jennes, L.Ac.

System #2

Branching Pairs



System #3

Interior-Exterior Pairs

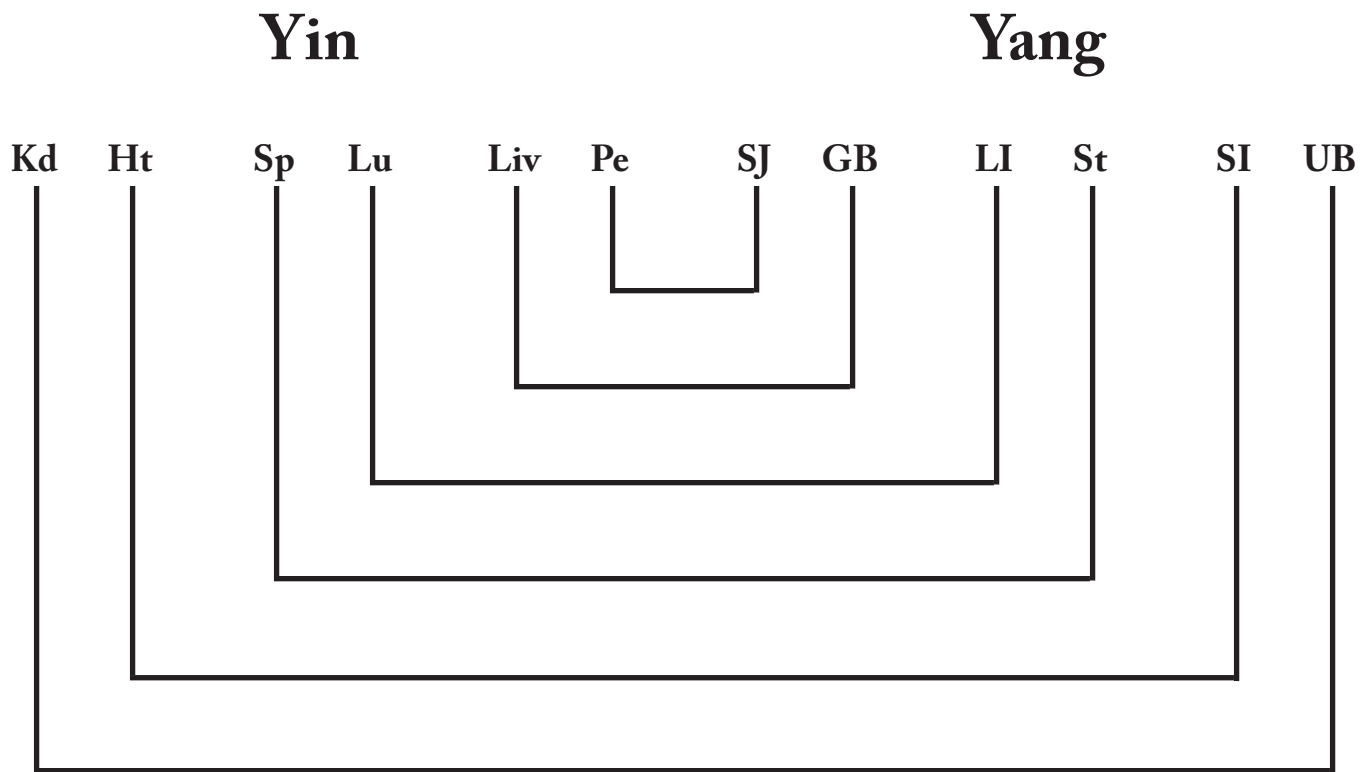


Chart by Fred Jennes, L.Ac.

The Chart—Practice

[illegible]

The Chart

Fill in the chart below. List each point. Include the ELEMENT of the point as well as whether it is a Control, Tonification, Horary, or Sedation point. To get credit, you must fill in the information correctly.

[illegible]

8 Extra Meridians				
Meridian	Master	Couple	Luo	XiCleft

8 Influential Points	
What is Influenced	Point

Window of the Sky Points	

4 Seas Points		
Sea	Lower Point	Upper Point

4 Command Points	
What they command	Point

Group Luo Points	
3 Arm Yang	
3 Arm Yin	
3 Leg Yang	
3 Leg Yin	

The Chart												
Fill in the chart below. List each point. Include the ELEMENT of the point as well as whether it is a Control, Tonification, Horary, or Sedation point. To get credit, you must fill in the information correctly.												
	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
Jing Well												
Ying Spring												
Shu Stream												
Jing River												
He Sea												
Yuan Source												
Luo Connecting												
Xi Cleft												
Lower He Sea												
Front Mu												
Back Shu												
Entry												
Exit												

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Meridian	Master	Couple	Luo	XiCleft

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Group Luo Points	
3 Arm Yang	
3 Arm Yin	
3 Leg Yang	
3 Leg Yin	

4 Seas Points		
Sea	Lower Point	Upper Point

4 Command Points	
What they command	Point

Creating “The Chart”

Step 1. Memorize the Number Sequences

For each meridian, memorize the column as a sequence of numbers. For example, the Lung meridian would be: 11,10, 9,8,5—9,7,6—13,1. Hint: Look for patterns and similarities. Some meridians have similar patterns, with the exception of a number or two, i.e. Heart: 9,8,7,4,3 Pericardium: 9,8,7,5,3. Look for other similarities to ease the burden on your memory.

Step 2. Add the 5 Elements

All meridians follow the generative cycle. Yin meridians start with the Wood element, Yang meridians start with the Metal element. So your sequences would be: Wo-F-E-M-Wa and M-Wa-Wo-F-E, respectively.

Step 3. Put in the Control Points

Start with the H(orary) Point. For example, on the Lung meridian, since it is a Metal meridian, you would center on the Metal point, which is Lu8. The point preceding Lu8 (Lu9), is the T(onification) point, the point following Lu8 (Lu5) is the S(edation) point. The point which precedes the T(onification) point is the C(ontrol) point.

Step 4. Check your Work

There is a lot of information on these sheets. It is inevitable that at the beginning you will make errors. So check your work over very carefully to avoid errors. Remember, you will receive no credit if anything on your chart is incorrect.

Step 5. Practice!

To avoid errors, you must be very familiar with each meridian. The idea is to be sensitive to the various sequences to find these errors. This will come with practice. The more familiar you become with each meridian, the more easily you will recognize an error when you make one. You may wish to learn the whole chart at once (I recommend this!), or chunk it a meridian or two at a time. At the beginning, practice at least an hour a week. Later, you may decrease this amount of time, but don't skip a week. Keep the material fresh!

Organs	Lu
Ting Well	Lu 11 Wood
Ying Spring	Lu 10 (C) Fire
Shu Stream	Lu 9 (T) Earth
Jing River	Lu 8 (H) Metal
He-Sea	Lu 5 (S) Water
Source	Lu 9
Luo	Lu 7
Xi Cleft	Lu 6
Back Shu	Bl 13
Front Mu	Lu 1
Lower He-Sea	—

Meridian Theory

Functions of the Meridians

1. Transport Qi and Blood Throughout the body

- Nourish, warm, energize organs and tissues
- Metaphor: Tissues=Flower Channels=Stem Root=Zangfu
- Links-Exterior-Interior, Left-Right, Top-Bottom, “Physiological Connections”

2. Protect the Body

- Prevent penetration by pathogens - Example: Taiyang meridians (see Deadman, p.12)

3. Respond to disharmonies within the Body

- Disharmonies within the channels - Examples: Back strain, Wind Cold attack
- Disharmonies within the Zangfu—Liver Qi Stagnation, Liver Fire
- Zangfu-Zangfu transmission of disease—Heart Fire → Small Intestine Fire
- Show the path/course of the disease—i.e. Blood Stasis (purple), Blood Def. (pale)

4. Transmit Qi to diseased areas within the body

- Transmit the treatment stimulation to the diseased area
- Modalities: acupuncture, moxibustion, tui na, cupping

Pairings (see pairing handouts)

Divergent Channels

How they are organized

Separate from their primary zang or fu at a limb, enter or connect their related zang or fu, then rejoin their primary zang or fu (often at the upper part of the body)

How they work

- Strengthen the Yin-Yang relationship between paired meridians—Example: Lu-LI
- Supply Qi and Blood to areas not directly connected to the primary channel—Example: Lu
- Qi gets to the nose through the Lu divergent vessel connecting with the LI primary channel. (See Deadman, p.74 for illustration)

Luo Connecting Vessels

How they are organized

Branch out from their primary and 8 Extra channels (see Deadman, p.26)
15 total (12 Primary, Ren, Du, Great Luo of Spleen)

How they work

Strengthen & facilitate the connection between the paired channels and zang-fu

Needling Theory

General Tenets

1. Most acupoints are safe to needle because they are purposely located away from vessels, organs, and nerves.
2. **Most needling accidents occur due to poor or over-aggressive technique by untrained or reckless acupuncturists.**
3. If you practice careful, deliberate needling technique, the risk of injuring your patient or yourself is slight.

Angle of Insertion

Perpendicular

The needle is placed at a 90 degree angle to the skin surface. Most points on the body can be needled this way.

Oblique

The needle is placed at a 45 degree angle to the skin surface. This technique is used for points close to important viscera or bowels, or where the muscle is thinner. Points that are needled with an oblique technique include Ren15, Liv14, and many of the back shu points.

Horizontal or Transverse

The needle is placed parallel to the skin surface through the subcutaneous tissue. This technique is used for points where the skin is very thin, such as Du20, St8, UB2, Ren17.

Depth of Insertion

Avoiding a Pneumothorax Injury

Above all else, you should learn to carefully needle points on the chest and back that are near the lungs. Deep perpendicular or oblique needling of points such as Lu1 and GB21 and the thoracic back shu points dramatically increases the risk of causing a pneumothorax injury.

Avoiding the Peritoneum

Penetrating the peritoneum can, in some cases, cause severe bleeding and increases the risk of infection. When needling points on the abdomen, such as those along the Ren meridian and especially in thin patients, it is wise to needle more shallowly to avoid penetrating the peritoneal cavity.

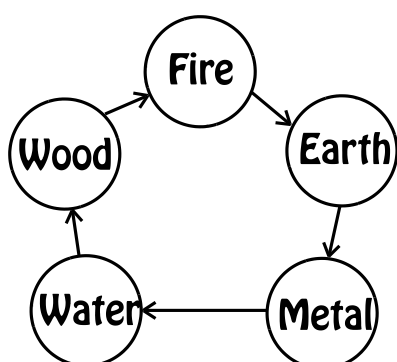
Avoiding Organ Puncture

While most acupoints are located away from, or adequately superior to the major organs, **it is important when needling a point that is over an organ, to beware of using deep, perpendicular insertion.** Points such as UB23, Ren15, and Liv13 can puncture vital organs if needled too deeply.

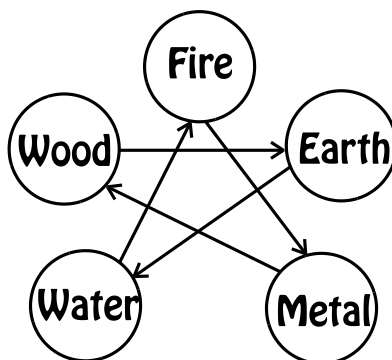
Avoiding Vessel or Nerve Puncture

A number of acupoints, such as Lu9, Ht7, and Pc6, are located over a major blood vessel or nerve. When needling these points, it is wise to use a shallow insertion to avoid the risk of causing bleeding or pain.

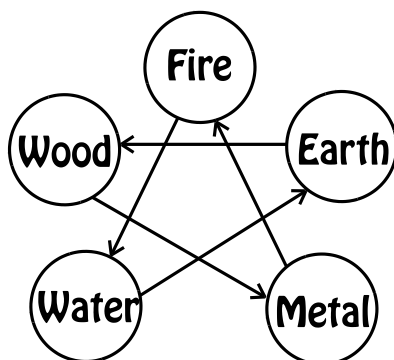
The 5 Element Chart



Generating



Controlling/Over-acting



Insulting

5 Element Terminology

Mother Channel Element Child

Tonification Horary Sedation

Water

Wood

Fire

Kidney

Liver

Heart

Horary-Tonification-Sedation

1. Horary

- The same element as the Channel. Example: Liv1 is the Horary point of the Liver channel because it is the Jing Well on a Yin channel, therefore a Wood element point. And because it is a Wood element point on a Wood channel it is therefore the Horary point.

2. Tonification

- The point that precedes the Horary point on the Generating Cycle. Example: Lu9, an Earth point precedes Lu8, the Metal and Horary point, and therefore is the Tonification point.

3. Sedation

- The point which follows the Horary point on the Generating Cycle. Example: Ht7, the Earth point, follows Ht8, the Fire and Horary point, and is therefore the Sedation point.

Generating Cycle Concepts

1. The Concept of Mother and Child

- For every shu point, each element is the Child of the one preceding it, and Mother of the one following it.

Example:

Lu9 (Earth) is the Mother of Lu8 (Metal)

Lu5 (Water) is the Child of Lu8 (Metal)

2. Yin channels vs. Yang channels

- Yin channels—Start with Wood, end with Water
- Yang channels—Start with Metal, end with Earth

3. Tonification vs. Sedation

- In cases of Deficiency, Tonify the Mother.
- In cases of Excess, Sedate the Child.
 - Example: Lung Qi Deficiency—Tonify Lu9 (i.e. the Earth point, because Earth Produces Metal on the Generating Cycle—see chart on previous slide)
 - Example: Heart Fire—Sedate Ht7 (i.e. the Earth point, because Earth sends energy back to Fire on the Generating Cycle—see chart on previous slide)

The Concept of “Control”

Control Point (aka Grandmother Point)

The point that precedes the Tonification point on the Generating Cycle.

These points follow the flow and rules of the Controlling Cycle. Example: Sp1, the Wood point, precedes Sp2, the Fire point on the Generating Cycle, which precedes Sp3, the Earth and Horary point. Therefore, Sp1 is Grandmother to Sp3, Sp2 is Mother to Sp3.

Thus Wood controls Earth on the Controlling Cycle, so Sp1 would control Sp3 the Horary and Earth point.



Back Shu Points

- Location
 - Lie at roughly the same anatomical location of their related Zang or Fu organ
 - Example: *Feishu* (UB13)-Upper lobe of the Lung
 - Lie more or less opposite their corresponding Front Mu point
 - Example: UB13-Lu1
- Functions
 - Generally used for diseases of their related Zang—Example: *Pishu* for Spleen issues
 - Generally used for deficiency conditions

Zang Fu	Pinyin Point Name	UB#	Spine Location	Spirit Point Name	UB#
Lung	Feishu	13	T3	Pohu	42
Pericardium	Jueyinshu	14	T4	Gaohuangshu	43
Heart	Xinshu	15	T5	Shentang	44
Liver	Ganshu	18	T9	Hunmen	47
Gallbladder	Danshu	19	T10		
Spleen	Pishu	20	T11	Yishe	49
Stomach	Weishu	21	T12		
Sanjiao	Sanjiaoshu	22	L1		
Kidney	Shenshu	23	L2	Zhishi	52
Lg. Intestine	Dachangshu	25	L4		
Sm. Intestine	Xiaochangshu	27	S1		
Bladder	Pangguangshu	28	S2		

Front Mu (Alarm) Theory

- Location
 - Located on Chest or Abdomen in close proximity to their respective Zang or Fu
- Functions
 - Can be used diagnostically for determining Zang or Fu dysfunction (tenderness)
 - Often combined with Back Shu for treatment
 - Example Ren14-UB15 for Heart patterns

Front Mu-Back Shu Point Pairs

Lu	Lu1-UB13	UB	Ren3-UB28
LI	St25-UB25	Kd	GB25-UB23
St	Ren12-UB21	Pc	Ren17-UB14
Sp	Liv13-UB20	SJ	Ren5-UB22
Ht	Ren14-UB15	GB	GB24-UB19
SI	Ren4-UB27	Liv	Liv14-UB18

The 4 Seas Theory

Location: Each has upper and lower points associated with each Sea

1. Sea of Qi—St9, Ren17 (Du14, Du15)

Excess: Fullness in the chest, labored breathing, red face

Deficiency: Lack of energy, weak speech

2. Sea of Blood—UB11, St37, St39

Excess—body “too big”, disquiet

Deficiency—body “too small”, feels reduced in stature

3. Sea of Nourishment—St30, St36

Excess: Abdominal fullness

Deficiency: Hunger, but inability to eat

4. Sea of Marrow—Du20, Du16

Rarely ever in excess (except in Daoists and Yogi’s perhaps)

Deficiency: Dizziness, tinnitus, lower leg pain, vision impairment, sleepiness

Forbidden Point Theory

Definition

Forbidden Points are points that should not be needled, some under any circumstances, some during special circumstances

No Needling Ever

St17—The Nipple

Ren8—The Navel

Pregnancy

Never—LI4, Sp6, GB21, UB60, UB67

Not during the 1st and 2nd Trimesters—The 8 Liao's

Influential (Hui Meeting) Points

○ Definition

- Points which have a therapeutic effect on a certain tissue, region, or function

○ Functions

- Liv13—Front Mu of Spleen, Tonifies Spleen and body as a whole
- Ren12—Front Mu of Stomach, Controls Post-Natal Qi and therefore Fu organs
- Ren17—Sea of Qi, Gathers Qi, Controls Lung and Heart functions
- UB17—Treats Blood Stasis, Blood Heat, Blood Deficiency
- GB34—Treats sinew stiffness, tightness, atrophy, paralysis
- LU9—Controls pulse and vessels, strengthens the pulse, keeps blood in vessels
- UB11—Bi Syndrome, any type of bone pain
- GB39—Marrow and Essence deficiencies, including weakness, contraction, pain

Hui Meeting Point	Liv13	Ren12	Ren17	UB17	GB34	GB39	UB11	Lu9
Region Of Effect	Zang	Fu	Qi	Blood	Sinews	Marrow	Bones	Vessels

Ministerial Fire

The Mingmen

- Force that sparks the union of the sperm and egg
- Resides in the Lower Burner at Du4 and projects energy to the Dan Tien
- Can be replenished by post-natal Shen through Qi Gong, etc.

The Pericardium

Primary Role—circulation of Jing and Shen

- Upper Burner—Heart Governor
 - Protects the Heart from external invasion
 - Aids the Heart in storing the Shen
 - Assists the Heart in the circulation of Blood
- Middle Burner—Spleen Yang
 - Builds and circulates Ying
 - Replenishes the Ming Men through the T&T function of the Spleen
- Lower Burner—Jing and Shen Operations
 - Circulates Jing and Shen throughout the body
 - Aids in the storage of Jing and Shen in the Dan Tian
 - Makes these treasures available to the body

The San Jiao

- The Governor of Sluices and Waterways
 - Aids in fluid metabolism
- The Digestive Tract as a Whole
 - Provides energy for the digestion of food and its transformation and transportation
- The Fascia—The “Organ” of the San Jiao
 - The fascia binds and connects the entire body—see drawing below
 - It is maintained by the San Jiao
- The Source of the 12 Meridians
 - An alternate messenger (primary is Kidney) in the movement of Qi
 - Helps move and circulate Wei, Ying, and Yuan Qi

Entry-Exit Points

- Definition
 - Points that connect one channel to the next via a secondary (Luo) vessel in the superficial circulation of Qi
- Functions
 - Used when a stagnation in one channel causes a depletion in the succeeding channel
 - 3 Rules
 1. Tonifying a Point of Entry will Supplement its respective channel
 2. Sedating a Point of Entry will Drain its respective channel
 3. Tonifying a Point of Exit will Sedate its respective channel and Supplement its succeeding channel

Exit	Lu7	LI20	St42	Sp21	Ht9	SI19	UB67	Kd22	Pc8	SJ22	GB41	Liv14
Entry	LI4	St1	Sp1	Ht1	SI1	UB1	Kd1	Pc1	SJ1	GB1	Liv1	Lu1

The 12 Heavenly Star Points

- Developed by Ma Dan Yang in the Jin Dynasty (*Song of the 11 Heavenly Star Points*)
- Considered to be the most important acupoints on the human body
- Originally 11 points, then Liv3 added later by another author

Lu7	St44	UB60
LI4	Ht5	GB30
LI11	UB40	GB34
St36	UB57	Liv3

1. Lu7 (*Lieque*)—1-sided headache, wind painful obstruction and numbness of the whole body, obstruction of phlegm in the upper body, lockjaw
2. LI4 (*Hegu*)—Headache, swelling of the face, malaria with chills and fever, tooth decay, nosebleed, lockjaw with inability to speak
3. LI11 (*Quchi*)—Aching elbow, hemiplegia with inability to close the hand, inability to draw a bow, flaccidity of the sinews so that a person cannot comb their hair, throat painful obstruction as if going to die, recurring fevers, skin disorders due to wind
4. St36 (*Zusanli*)—Cold stomach, borborygmus and diarrhea, swelling of the leg, soreness of the knee and calf, injury by cold, weakness, emaciation, parasitic infection of all types
5. St44 (*Neting*)—Deathly chill in the hands and feet, dislike of voices, skin rashes, sore throat, continuous yawning, toothache, malaria with inability to eat
6. Ht5 (*Tongli*)—Inability to speak despite a desire to do so, vexation and anger, pounding of the Heart, Excess: heaviness of the 4 limbs, head, cheeks and face are red; Deficient: inability to eat, sudden loss of voice, an expressionless face
7. UB40 (*Weizhong*)—Lumbar pain with inability to straighten up, severe lumbar pain that radiates up the back with pain and stiffness of the sinews and bones, wind painful obstruction that frequently re-occurs, difficulty in stretching and bending the knee
8. UB57 (*Chengshan*)—Lumbar pain, hemorrhoids, difficulty in defecation, leg qi, swelling of the knee, cramps and spasms and pain with cholera, tremors
9. UB60 (*Kunlun*)—Cramping of the lumbar region and sacrum, sudden dyspnea, fullness of the Heart, inability to walk or even take a step, as soon as he moves he groans
10. GB30 (*Huantiao*)—Cold wind and damp painful obstruction, pain radiating from the hip to the calf, sighing with pain when turning over
11. GB34 (*Yanglingquan*)—Swelling and numbness of the knee, cold painful obstruction, hemiplegia, inability to raise the leg
12. Liv3 (*Taichong*)—Fright epilepsy wind, distention of the throat and Heart, both legs unable to walk, the seven types of Shan disorder, unilateral sagging and swelling of the testicle, cloudy vision, lumbar pain

Points of Intersection

- Definition: Places where channels intersect, usually via small, secondary vessels
- Function
 - Enhance the effect of the treatment by treating multiple channels with one needle
- Critical Intersections
 - Sp6—3 Foot Yin (Sp, Liv, Kd)
 - St12—3 Arm Yang (SI, SJ, LI) + GB
 - UB1—3 Foot Yang (GB, UB, St)+ 2 Arm Yang (SI, SJ)+Yin Qiao+Yang Qiao
 - Ren3—3 Foot Yang (GB, UB, St)+ 3 Arm Yang (SI, SJ, LI)+3 Foot Yin (Sp, Liv, Kd)+ Ren
 - Du14—3 Foot Yang (GB, UB, St)+ 3 Arm Yang (SI, SJ, LI)+Du
 - Du20—3 Foot Yang (GB, UB, St)+ 3 Arm Yang (SI, SJ, LI)+Du+Ren

8 Extra Vessels

Ren (aka Conception Vessel)

- Master: Lu7, Couple: Kd6, Luo: Ren 15
- Points: Ren1-Ren24
- Areas: Abdomen, Thorax, Lungs, Throat, Face
- Treats:
 - Yin Deficiency (Heart or Kidney)
 - Ob-Gyn Problems (menstruation, fertility, pregnancy, childbirth)
 - Lumps (hernia, fibroids, carcinoma)
 - Lung-Kidney disharmonies (especially asthma)

Du (aka Governing Vessel)

- Master: SI3, Couple: UB62, Luo: Du1
- Points: Du1-Du28
- Areas: Back, Spine, Back of neck, head
- Treats:
 - Kidney Yang deficiency
 - Wind (both external and internal)
 - Spine and Brain Nourishment (dizziness, tinnitus, poor memory)

Chong Mai (aka Penetrating, Central Vessel)

- Master: Sp4, Couple: Pc6
- Points: Ren1, Ren7, St30, Kd11-Kd21
- Areas: Abdomen, Uterus, Chest, Heart
- Treats:
 - Stagnant or Rebellious Qi (dysmenorrhea, flatulence, abdominal masses, fullness of chest or epigastrium)
 - Regulation of Uterus and Menstruation (dysmenorrhea, amenorrhea, menorrhagia)
 - Digestive Disturbances (malabsorption, loss of appetite)
 - Heart Problems (chest pain, blood stasis, palpitations)

Dai Mai (aka Girdle or Girdling Vessel)

- Master: GB41, Couple: SJ5
- Points: GB26-GB28
- Areas: Genitals, Waist, Hips
- Treats:
 - Liver and Gallbladder excess (especially migraines)
 - Genital infections (Damp Heat symptoms such as herpes or cystitis)
 - Leg circulation problems (cold or purple legs & feet, tight tendons)
 - Leg weakness (including atrophy)
 - Hip pain (especially from malnourishment of sinews or joints)

Yin Qiao

- **Master:** Kd6, **Couple:** Lu7, **Xi Cleft:** Kd8
- **Points:** Kd2, Kd6, Kd8, St12, St9, UB1
- **Areas:** Inner side of legs, abdomen, eyes
- **Treats:**
 - Sleep disturbances (either insomnia or hypersomnia along with the Yang Qiao)
 - Leg tightness (inner muscles are tight, outer are flaccid when channel is in excess)
 - Ob-Gyn problems (masses, lumps, fibroids, difficult delivery)
 - Structural imbalances between left and right side of body

Yang Qiao

- **Master:** UB62, **Couple:** SI3, **Xi Cleft:** UB59
- **Points:** UB62, UB61, UB59, GB29, SI10, LI15, LI16, St4, St3, St1, UB1, GB20
- **Areas:** Outer side of legs, back, neck, head, eyes
- **Treats:**
 - Wind (both external and internal)
 - Low back pain, especially if excess in nature
 - Nervous tension due to excess Yang
 - Leg tightness (outer muscles are tight, inner are flaccid when channel is in excess)
 - Hip pain
 - Structural imbalances between left and right side of body
 - Sleep disturbances (along with Yin Qiao)

Yin Wei

- **Master:** Pc6, **Couple:** Sp4, **Xi Cleft:** Kd9
- **Points:** Kd9, Sp12, Sp13, Sp15, Sp16, Liv14, Ren22, Ren23
- **Areas:** Chest, Heart
- **Treats:**
 - Stress due to Blood Deficiency (insomnia, anxiety, restlessness)
 - Digestive Disturbances (nausea, motion sickness)
 - Heart Problems (chest pain, stuffiness in chest, palpitations)

Yang Wei

- **Master:** SJ5, **Couple:** GB41, **Xi Cleft:** GB35
- **Points:** UB63, GB35, SI10, SJ15, GB21, St8, GB13-GB20, Du16, Du15
- **Areas:** Lateral sides of body, legs, neck, head
- **Treats:**
 - Intermittent or alternating fevers (Shaoyang syndrome)
 - Pain on the sides of body or legs (hypochondriac, Gallbladder sciatica, lateral neck pain)
 - Pain in ears of excess nature (Gallbladder or Liver-type tinnitus or deafness)

Special Systems

What are Special Systems?

Special Systems are alternative ways of treating patients that extend the TCM theory you have learned. The ones we will study were developed by masters in the field, and can be useful adjunct methods for treating your patients. They will use the points that you have learned this term in innovative and interesting ways.

These Special Systems are not currently part of the standard curriculum at TCM colleges, nor are they tested on the NCCAOM Board examinations. You should consider them to be enrichment materials designed to broaden your knowledge of Meridian and Acupoint Theory, and as an enjoyable experience on how some masters have expanded our base of knowledge.

The material we discuss will appear on the course final examination as extra credit for those of you that wish to study these systems now. However, you are not required to master them at this time, and you will not be penalized on the final if you choose to study these systems at a later time.

Miriam Lee's 10 Needles

- Best for: Any patient
- Function: Treats all diseases
- Points: Lu7, LI4, LI11, St36, Sp6
- Application
 - Points are needled bilaterally in the order listed.
- Modifications/Suggestions
 - Add Kd6 as the last set of needles to create a “Wheel” treatment
 - For weak or anxious patients, use tonification technique with very thin needles
 - Great as a first treatment for patients with complex patterns
- Source
 - Miriam Lee, *Insights of a Senior Acupuncturist*, Blue Poppy Press, 1994.

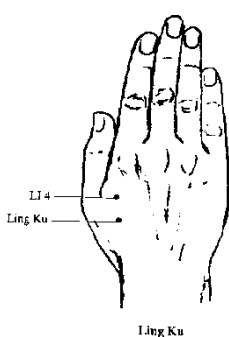
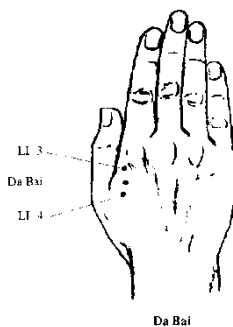
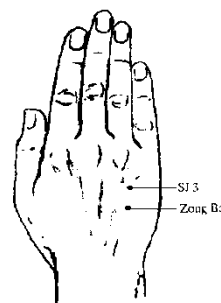
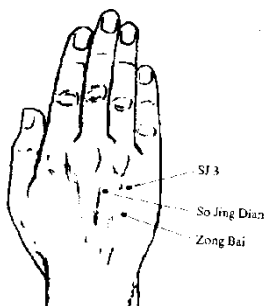
Wang Le Ting's 12 Needles

- Best for: Patients with digestive problems
- Function: Treats any Spleen-Stomach disharmony
- Points: Ren13, Ren12, Ren10, Ren6, St25(Bi), Pc6(Bi), St36(Bi)
- Application
 - Begin with the “ruling points,” (Ren12, St36), add others as needed.
 - Ren13, Ren10, Ren12 open up the Stomach and Spleen, Ren6 is for Qi Deficiency, St25 regulates the intestines, Pc6 upbears the clear and downbears turbidity.
- Modifications/Suggestions
 - Works best with gold needles, such as Viva Gold .36, 1”
 - Use a proportional spacing measuring device, such as a Newman ACI, for belly points
- Source

- Yu Hui-chan and Han Fu-ru, *Golden Needle Wang Le-ting*, Blue Poppy Press, 1997.

Richard Tan's Pain Points

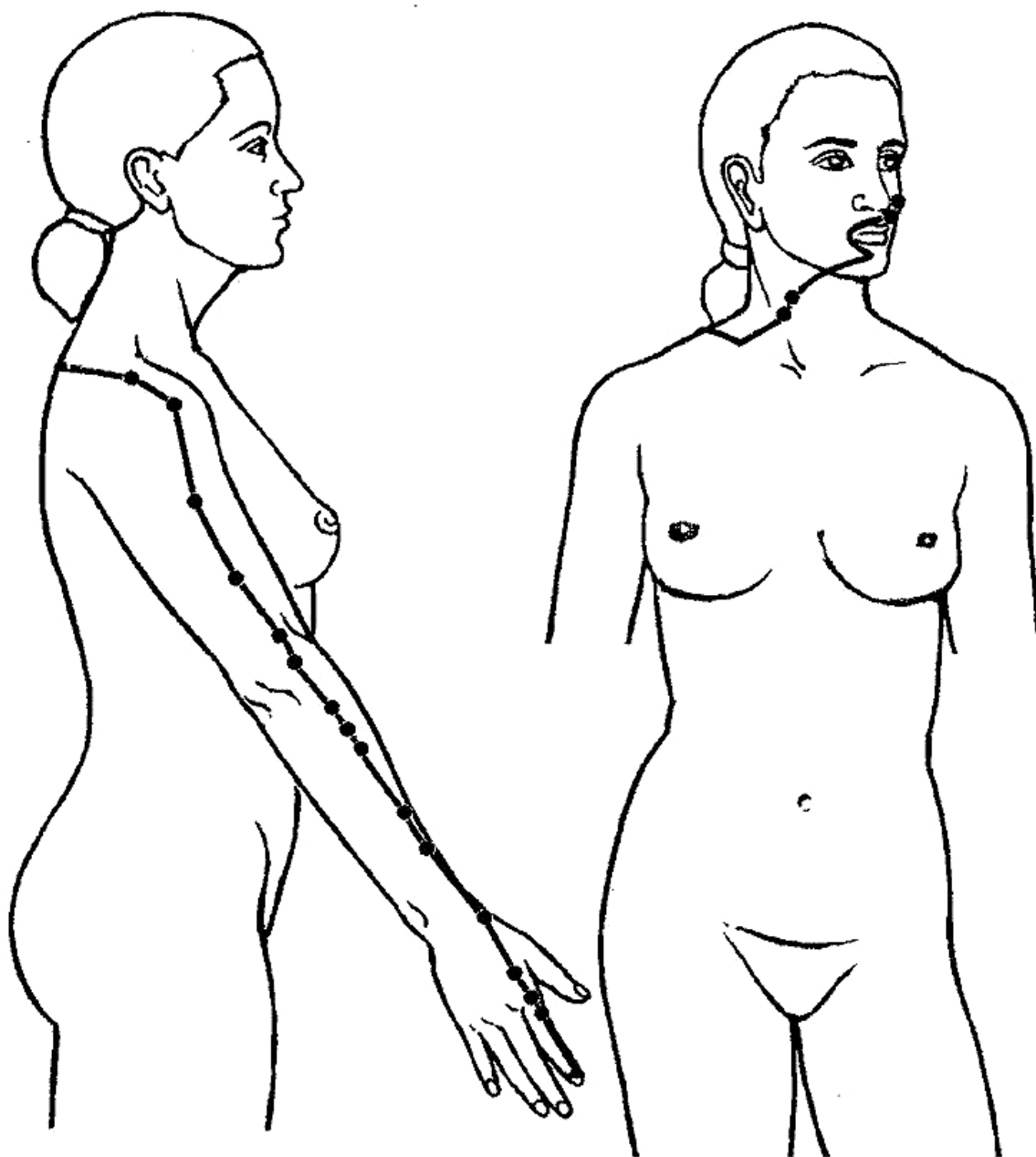
- Best for: Patients with an acute pain condition, Patients with sufficient Qi and Blood
- Function: Treats musculoskeletal pain
- Points:
 - Ling Ku—Sciatica, Shooting-type pains throughout the body (see illustration for location)
 - Da Bai—Use with Ling Ku for sciatica (see illustration for location)
 - Zhong Bai—low back pain in L2-3 area, edema in limbs (see illustration for location)
 - So Jing Dian—Neck pain (see illustration for location)
 - Ht4—Pain in neck and trapezius
 - Ht5—Sciatic pain in posterior region of thigh
 - Pc6—Knee pain
 - LI11—Knee pain
- Application
 - Palpate points to determine exact location. Ashi is applicable and desirable.
 - Needle all points strongly to obtain *de qi*.
- Retain needles for at least 25 minutes, gently stimulate needles every 5 minutes.
- Modifications/Suggestions
 - Patients may be needled while seated, they may also be encouraged to walk about and describe their progress as the pain lessens.
 - Patients should be seen at least twice a week for best results.
 - In rare instances a condition may worsen within 24 hours after treatment, then it will resolve.
- Source
 - Richard Tan and Steven Rush, *Twelve and Twelve in Acupuncture*, Self-Published, 1996.

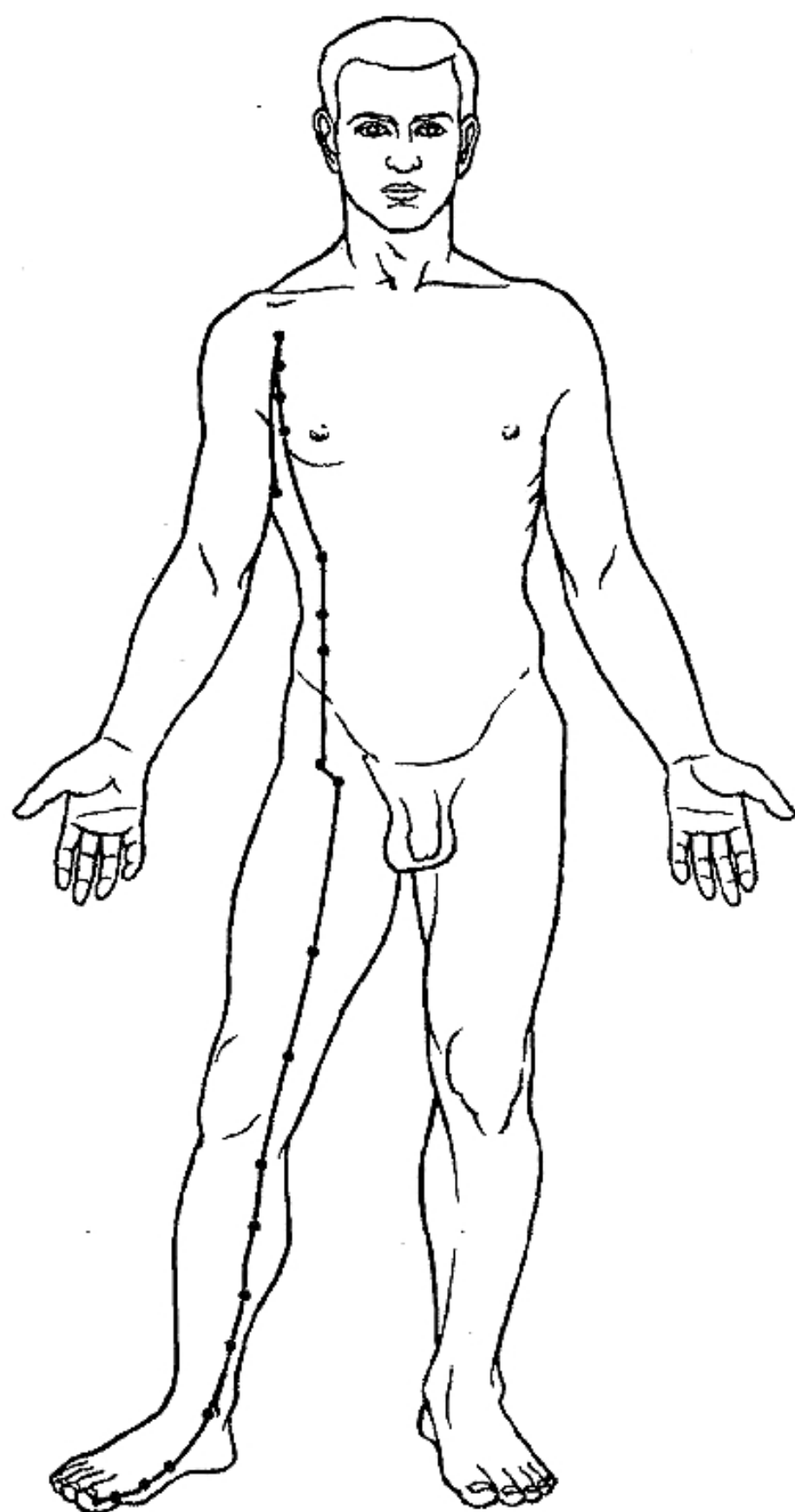


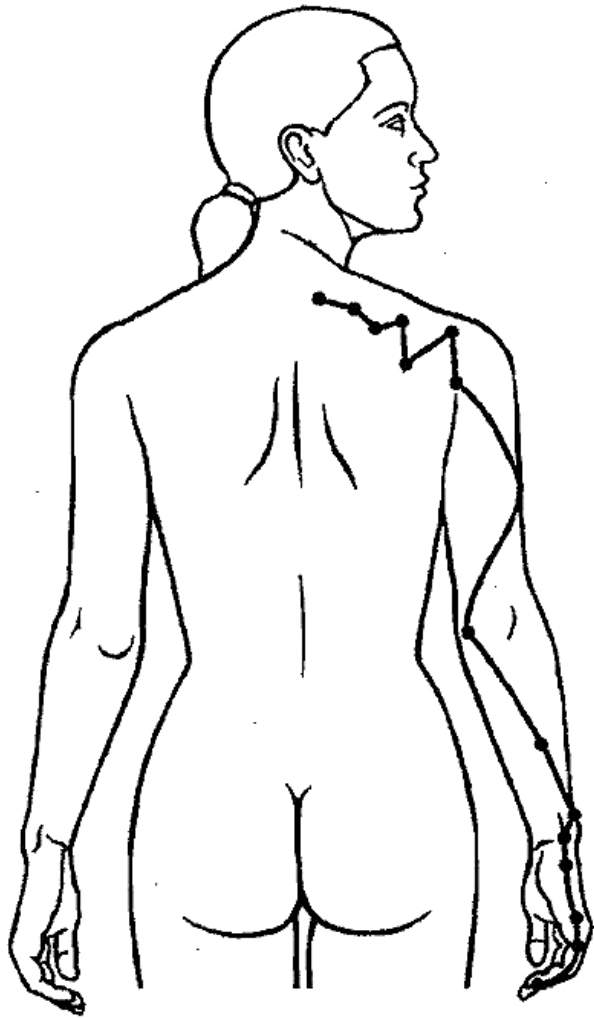
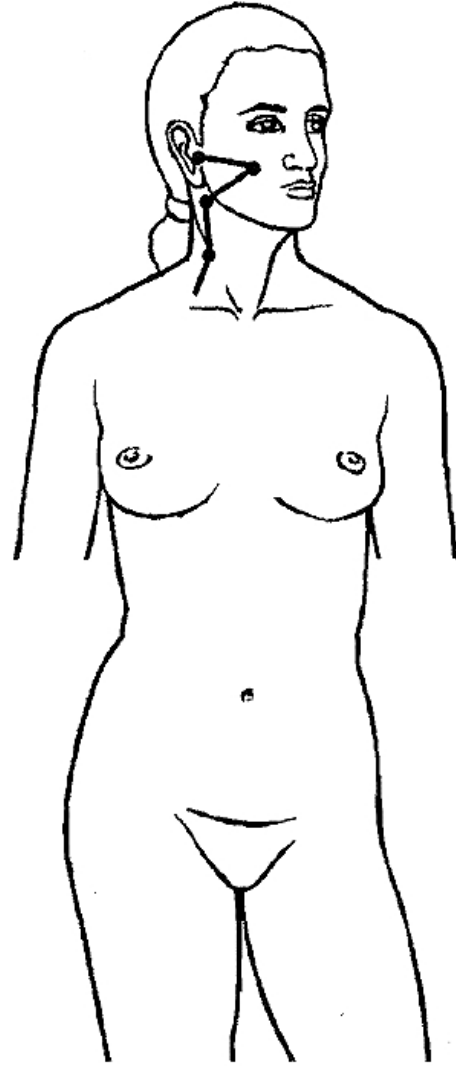
Meridian Trajectory Review

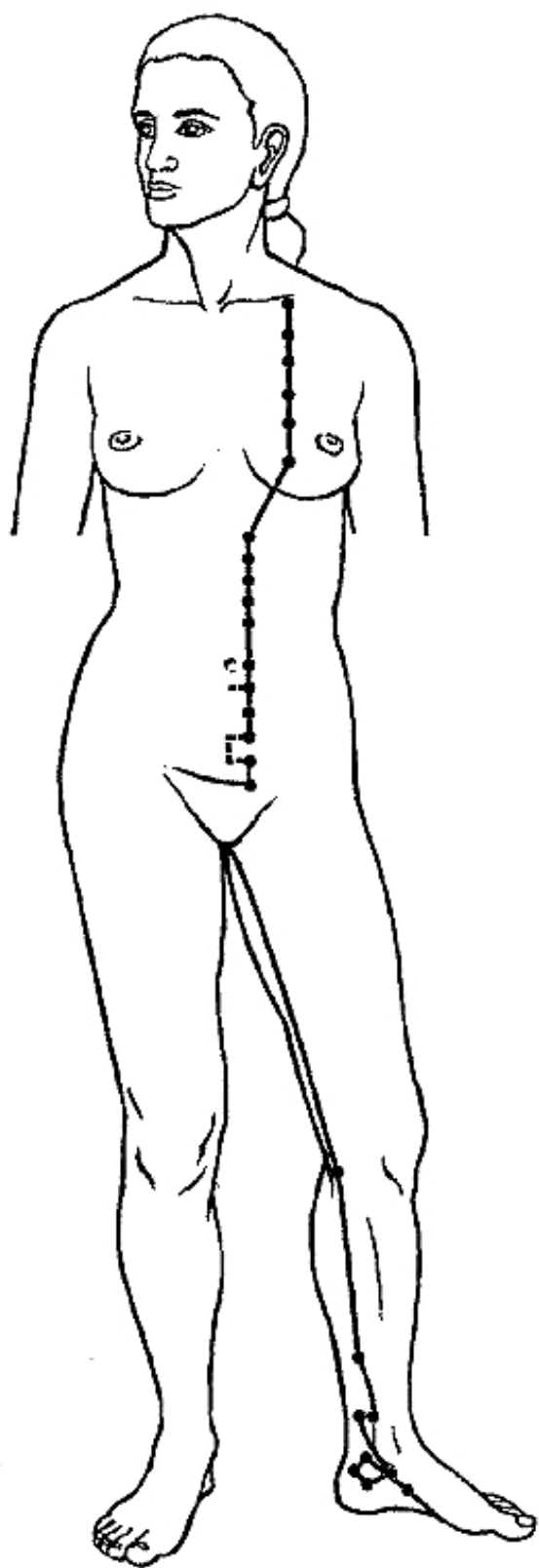
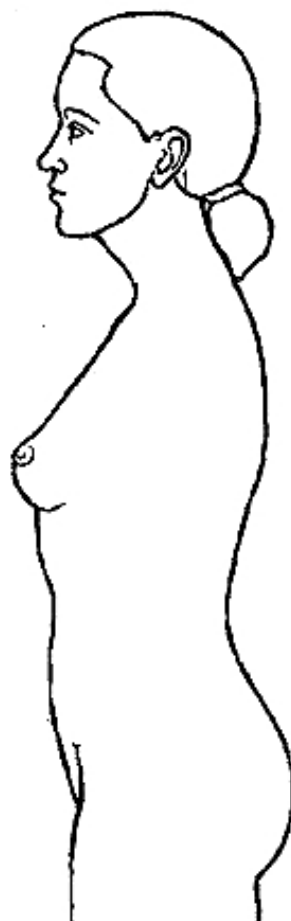
Compiled by Fred Jennes, R.Ac.

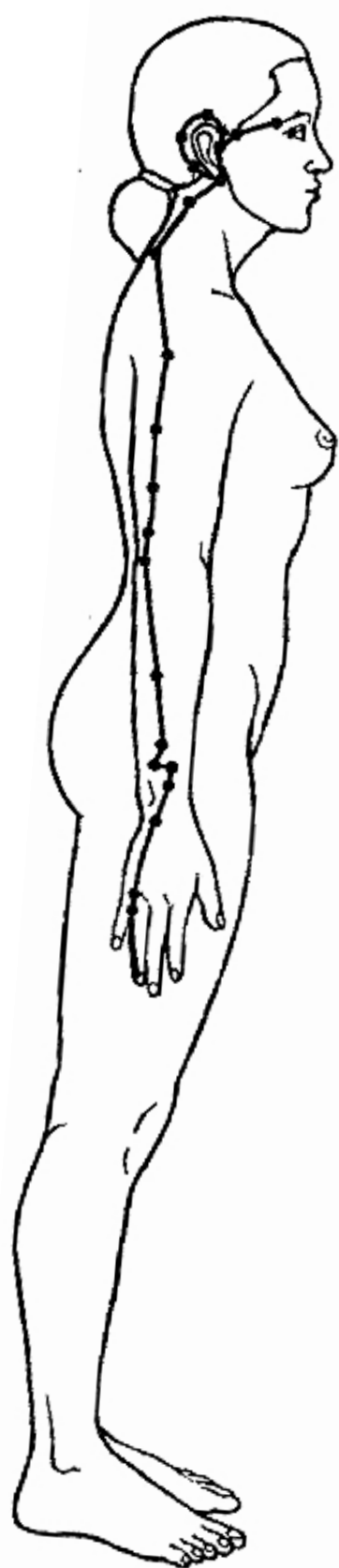
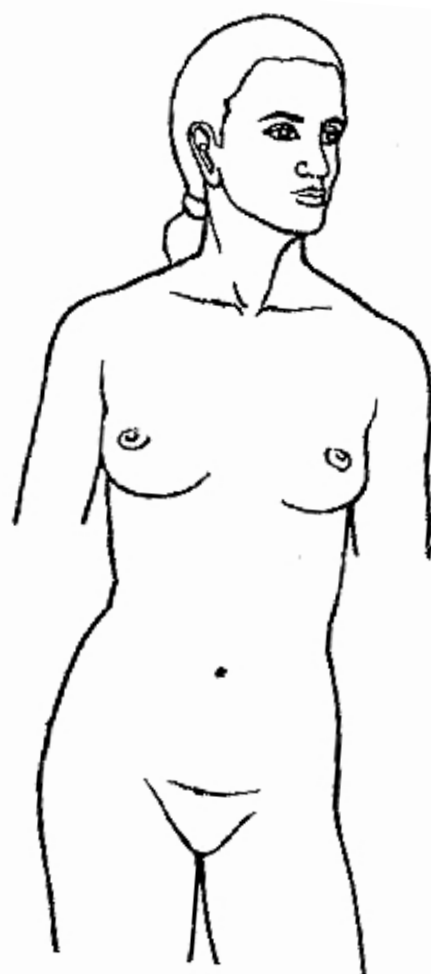
Instructions: For each drawing, identify the meridian and add the internal pathway and major organs permeated by the channel. Put in arrows to show the energy flow through the channel.

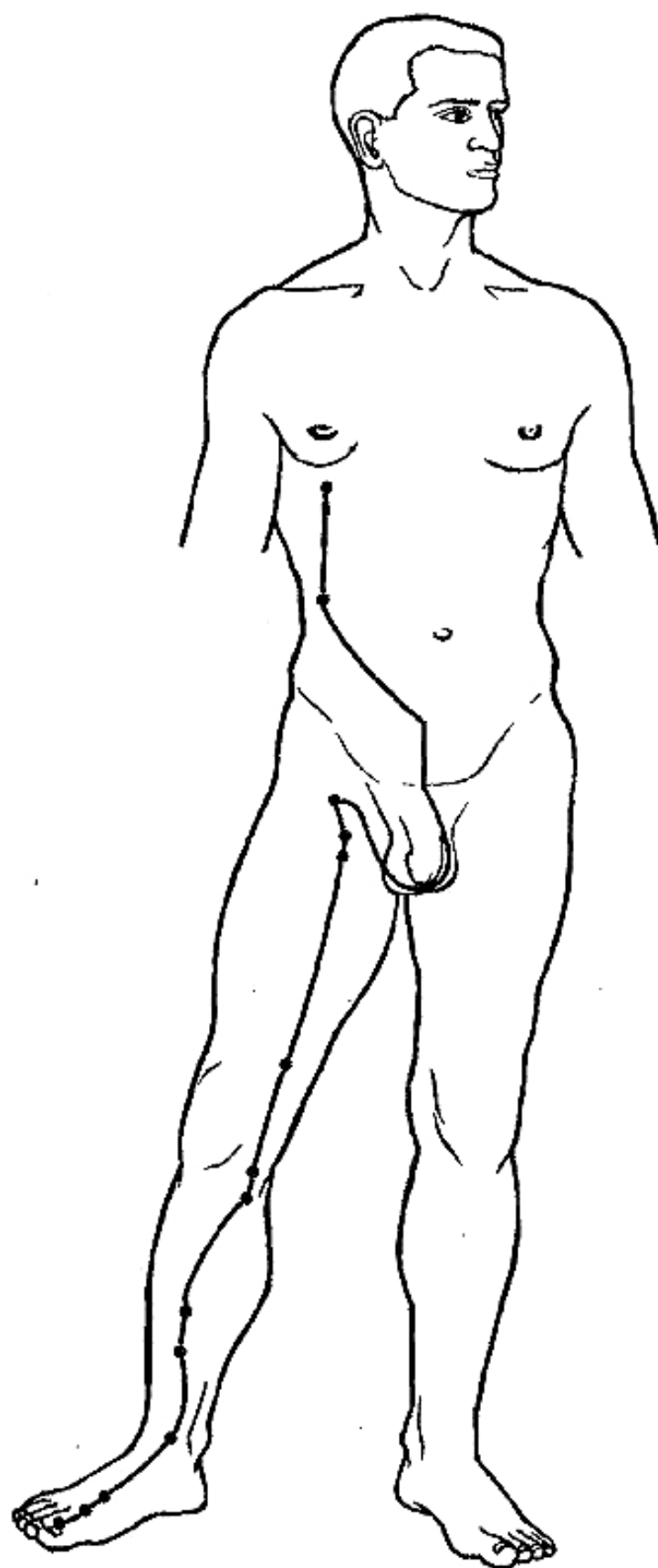




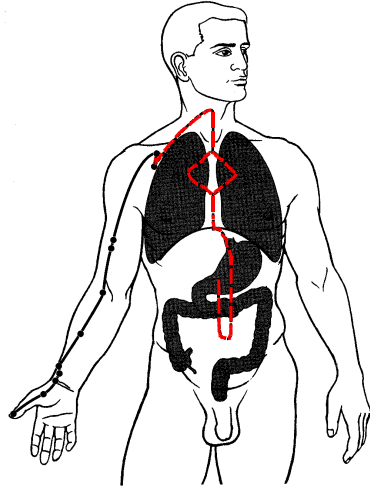




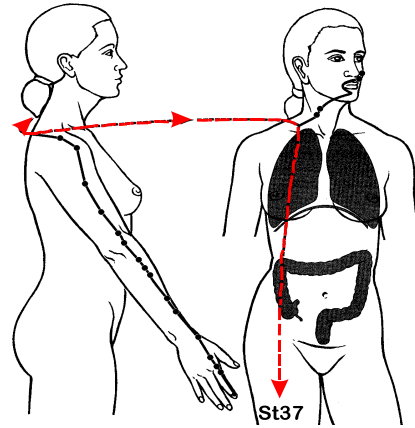




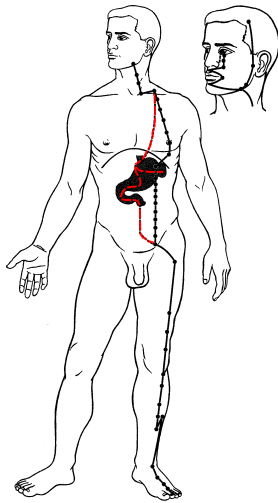
Lung



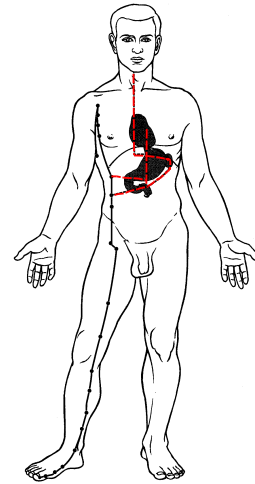
Large Intestine



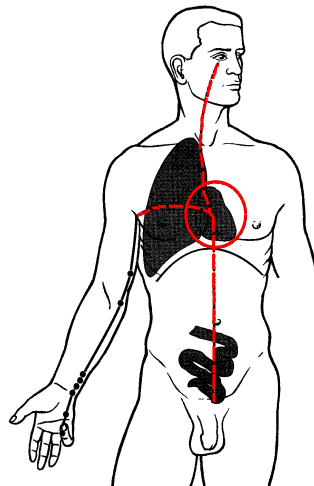
Stomach



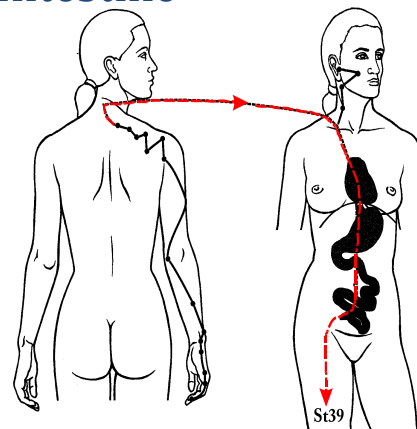
Spleen



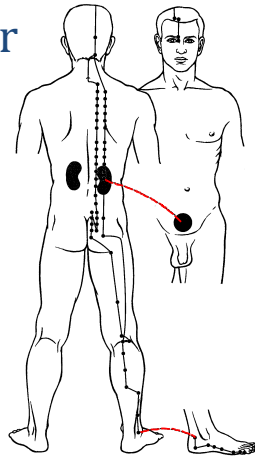
Heart



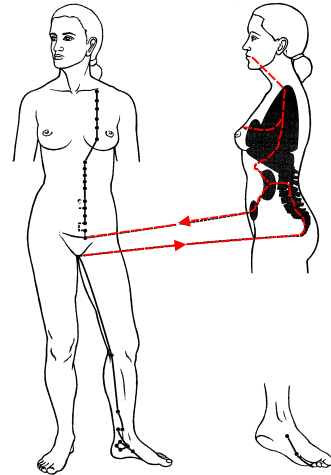
Small Intestine



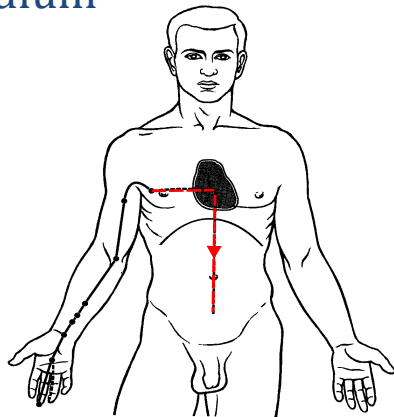
Urinary Bladder



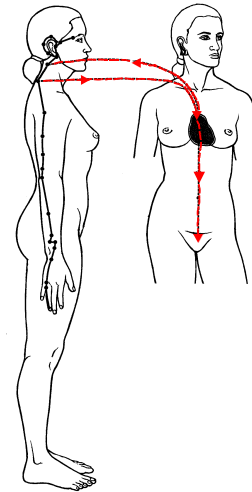
Kidney



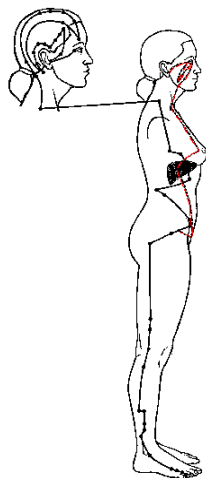
Pericardium



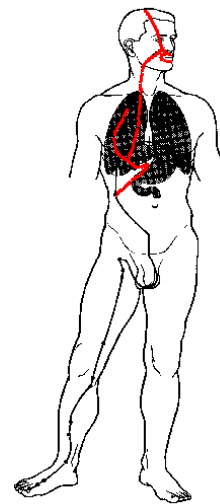
San Jiao



Gallbladder



Liver



Large Intestine Meridian of Hand Yangming

Ting Well: LI1 [M] (H)

Ying Spring: LI2 [Wa] (S)

Shu Stream: LI3 [Wo]

Jing River: LI5 [F] (C)

He Sea: LI11 [E] (T)

Source: LI4

Luo: LI6

Xi-Cleft: LI7

Others: LI15, LI20

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Spleen Meridian of Foot Taiyin

Ting Well: Sp1 [Wo] (C)

Ying Spring: Sp2 [F] (T)

Shu Stream: Sp3 [E] (H)

Jing River: Sp5 [M] (S)

He Sea: Sp9 [Wa]

Source: Sp3

Luo: Sp4

Xi-Cleft: Sp8

Others: Sp6, Sp10, Sp21

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Small Intestine Meridian of Hand Taiyang

Ting Well: SI1 [M]

Ying Spring: SI2 [Wa] (C)

Shu Stream: SI3 [Wo] (T)

Jing River: SI5 [F] (H)

He Sea: SI8 [E] (S)

Source: SI4

Luo: SI7

Xi-Cleft: SI6

Others: SI9-11, SI19

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Kidney Meridian of Foot Shaoyin

Ting Well: Kd1 [Wo] (S)

Ying Spring: Kd2 [F]

Shu Stream: Kd3 [E] (C)

Jing River: Kd7 [M] (T)

He Sea: Kd10 [Wa] (H)

Source: Kd3

Luo: Kd4

Xi-Cleft: Kd5

Others: Kd6, Kd8, Kd9, Kd27

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

San Jiao Meridian of Hand Shaoyang

Ting Well: SJ1 [M]

Ying Spring: SJ2 [Wa] (C)

Shu Stream: SJ3 [Wo] (T)

Jing River: SJ6 [F] (H)

He Sea: SJ10 [E] (S)

Source: SJ4

Luo: SJ5

Xi-Cleft: SJ7

Others: SJ14, SJ17, SJ21

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Liver Meridian of Foot Jueyin

Ting Well: Liv1 [Wo] (H)

Ying Spring: Liv2 [F] (S)

Shu Stream: Liv3 [E]

Jing River: Liv4 [M] (C)

He Sea: Liv8 [Wa] (T)

Source: Liv3

Luo: Liv5

Xi-Cleft: Liv6

Others: Liv13, Liv14

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Du Meridian

Du1 (Luo)

Du4

Du9

Du10

Du14

Du16

Du20

Du23

Du26

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

Extra Points Data Sheet

Baxie

Yaotongxue

Luozhen

Jianqian

Baichangwo

Heding

Xiyan

Lanweixue

Dannangxue

Bafeng

Advisories:

Please note that this information is important to your education, however there may be some discrepancies due to the usage of different source texts

- History of major trauma, or hospitalization. Major trauma (emotional as well as physical) can produce AE. I have also found that those who have undergone surgery or who have been hospitalized will invariably come away from this experience with Aggressive Energy.
- No energetic intervention seems to work or hold.

How to treat it.

Basically, 95% of the time Aggressive Energy remains in the Yin organs. Using the back Shu points relating to the Yin organs on the inner bladder line (BL13, BL14, BL15, BL18, BL20, BL23), insert needles perpendicularly, subcutaneously just enough to allow the needle to stay in the skin), and bilaterally. If AE is present there will be a distinct red circle about the size of a dime or quarter that appears around the needle. It is helpful to place a "test needle" somewhere along the back that isn't a point to help discriminate between the redness of skin irritation and the redness caused by AE. Leave the needles in until all the redness disappears. This can take anywhere from 10 minutes to 3 hours. Average time is usually 30 to 45 minutes. Even though it may appear that AE is eliminated after the first treatment, it is a good idea to test for AE next visit to be sure it is totally gone. Both you and your patient should be prepared for the extended time which may be needed for this treatment. You may wish to situate the patient in a spare room, assuring them that you will check in on them periodically. If you don't have a spare room and you can't clear AE during the allotted time, have your patient return as soon as possible, and repeat the treatment each time until this condition is cleared. Remember, this treatment is helping create a strong and integrated foundation, on which all future energetic work depends.

What can you expect?

Sometimes a subtle treatment such as this has incredibly profound results. I have always been amazed by it. Most patients feel very relaxed after the treatment. During the treatment patients may move through some very emotional states, reliving past traumas etc. (This is not necessary, but be prepared). Some patients will feel like they are being relieved of an internal battle. Some patients may get very dizzy, almost to the point of fainting. If they still feel dizzy or ungrounded after the treatment, I usually add St36 after I have taken the AE needles out, to help them center themselves. Always feel your patient's pulses during and after the treatment. There should be an overall softening, and a clearing of the chaotic or shifting quality that was there before.

How to evaluate the results.

In addition to improved pulses, the patient will usually experience a lessening of symptoms whether they be physical or emotional. Just recently I treated a patient for PMS and migraine headaches. She had been treated unsuccessfully with acupuncture for several years. After treating her for several sessions and having little success myself, I concluded that Aggressive Energy might very well be present even though there were no signs of it on the pulse, or by all the other indicators I mentioned above, except the fact that nothing was energetically working or holding for her. Two days after the AE treatment, she called to report that she had experienced a profound internal shift, and that she felt like a totally different person. She was feeling very relaxed. Since then, the subsequent treatments have been holding and she is 90% symptom free as of this writing. When nothing else is working, always be suspicious of Aggressive Energy as the saboteur.

If you have any questions about this treatment procedure, I encourage you to talk to other practitioners who are familiar with Aggressive Energy and have experience in treating it.

President's message *continued*

On an up note, Ron Rosen is already planning the next general meeting on February 12 and 13 at the Hilton Hotel in the Denver Tech Center. It will be two days of classes and even more vendors. We will be sending out a special brochure about this after the first of the new year. We intend to make pins and bumper stickers this year to advertise acupuncture and Oriental medicine and raise money. We have already had t-shirts and sweatshirts made. (See the ad in this newsletter.) There's all sorts of things we could do with your suggestions, advice, energy, and participation. If you'd like to serve on an AAC committee, call me. If you'd like to start a new committee, tell me about it. Last year was a milestone in AAC history. This year could be even better with your participation. I look forward to hearing from you. My number is 303-442-0796 and my fax number is 303-447-0740. As of this writing, the AAC now has 82 professional members, 25 student members, and a half dozen associate members.