

MASTER TUNG'S MAGIC POINTS
and
THREE YELLOWS FOR LIVER DISEASE

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Among all of Master Tung's Acupuncture Points, and the classic meridian points as well, nothing treats the liver in a more profound and lasting way than Three Yellows, found along the liver channel, on the medial aspect of the thigh. Three Yellows is a point pattern comprised of three points on each thigh, six points in total. The primary or chief point is the middle point, 88.12 Bright Yellow. Bright Yellow is located at the center of the medial aspect of the thigh, on the liver channel. 88.13 Yellow Sky is located 3.0 cun above 88.12, and 88.14 This Yellow is located 3.0 cun below 88.12, all on the liver channel. These points are easy to locate because of their extreme sensitivity. Palpate very gently to find their exact location.

My most successful case using these fantastic points was with a forty-year-old male awaiting a liver transplant. Because of their excruciating sensitivity, he would not even allow me to palpate, much less needle these points, for at least four weeks. During that period of time, I was forced to use classic meridian acupuncture, Tung's Points 11.20 Wood Inflammation, and a very powerful liver cleansing formula. As soon as he was able to tolerate Three Yellows, his condition changed quickly. Within six weeks, the headaches, jaundice, nosebleeds, insomnia and severe liver pain were almost completely gone. Within three months, the liver enzymes (AST & ALT) had radically dropped and the patient was no longer in need of a liver transplant. Within six months, this man, who had barely been able to function, was riding his bicycle all over town. This is the kind of power that Three Yellows, combined with Wood Inflammation, has on the liver.

Not only used for the successful treatment of hepatitis, cirrhosis and hepatomegaly, these powerful points are capable of keeping a patient with severe liver cancer comfortable for as long as necessary, a great relief for the patients and their families, too.

I learned very clearly in my HIV clinic in San Francisco, where I treated hepatitis regularly in the 1980s, that no matter how exhausted the patient felt, any kind of tonification technique, whether acupuncture or herbs, could result in a severe worsening of symptoms. As the liver is responsible for cleaning the blood, liver dysfunction always results in blood toxicity, which causes the patient to feel wiped out, nauseous, sick and

unable to move. Restoration of health in these cases necessarily begins with the cleaning of the liver. That is where these amazing points come into action. 88.12 - 88.14 Three Yellows are specific in the treatment of exhaustion due to liver disease.

For Hepatitis A and B, the treatment principle is to dispel damp, clear heat and relieve toxins. In order to accomplish this, we may use Three Yellows, adding 33.11 Liver Gate and 33.10 Intestine Gate, or 11.20 Wood Inflammation. Additional points include ST36, SP9, UB18 and LV3. SI4 is a very good point for the liver, as we know that the small intestine channel drains dampness; Liver Gate and Intestine Gate are both forearm points, found on the small intestine channel. Three Yellows are also applied with Hepatitis C, but the treatment principal includes tonifying the spleen, and the herbs we use are different. For cirrhosis, first bleed UB18, UB19 and UB20, then apply the above hepatitis treatment, or 66.06 and 66.07, Mu Do, Mu Liu.

Through classic TCM we understand that the spleen controls the blood and the liver restores the blood. Located in large muscle and in close proximity to the spleen meridian, these liver points are also useful in the treatment of splenomegaly and a variety of blood diseases. There are several other point patterns in Tung's Acupuncture that can be used to treat blood diseases, like 66.06 and 66.07 Mu Do, Mu Liu and 77.05 - 77.07 Three Weights, but Three Yellows are extremely helpful in cases of low white or red blood cell count. Of course we must also consider the kidneys and the bone marrow, and may choose to add 77.18 Shen Guan (Kidney Gate), as well.

Three Yellows can be used in conjunction with other points to treat Parkinson's Disease, because they expel wind. Shaking diseases such as Parkinson's always relate to the liver and kidney. Three Yellows alone are not enough to treat Parkinson's, because this disease is a case of water not nourishing wood, and the root (kidney/water) needs to be treated. We may add kidney points like 77.18 Shen Guan, K7 or SP6 (Two Emperors) to treat the root. In the treatment of Parkinson's, it is important to avoid the use of too many needles. We may want to use 88.12 Bright Yellow with 77.18 and 77.21 Two Emperors, or 88.12 and 88.14 Two Yellows with 77.18 Shen Guan, using fewer needles and leaving them a long time, for a stronger effect. PC3 is also recommended for eliminating wind, due to the Jue Yin connection between the pericardium and liver. GV20 is commonly used in the treatment of Parkinson's, or GV19 and GV21, needled toward GV20.

Meniere's Disease, another wind condition that we see frequently, can also be treated very effectively using Three Yellows. Alternate or combine them with 22.05 Ling Gu, PC6 and LI11, especially when nausea and vomiting are present. Again, avoid the use of too many needles when treating wind diseases.

In the treatment of hyperthyroidism, known in TCM as "shaking, nervous, sweating, hungry – wind disease," a combination of Three Yellows with Four Horses can be used to soothe the liver.

For canker sores, bleed around the sore and then needle Three Yellows. For sores on the tongue, needle retention must be greater than one hour.

There are some diseases for which we utilize just one of the Three Yellows points. My absolute favorite treatment for cholecystitis combines the most distal Yellow Point, 88.14 This Yellow, with 88.15 Fire Branch and 88.16 Fire All, found 1.5 cun on either side of 88.14. Add 1010.18 Wood Branch for a slam-dunk treatment for gallbladder inflammation. This combination is just extraordinary. Eat lots of walnuts for prevention and treatment of both gallbladder and kidney stones.

For bone diseases, like bone spurs, scoliosis, spinal pain, spinal meningitis, and spinal periostitis, we can use the chief of the Three Yellows, 88.12 Bright Yellow, because it is directly opposite GB31, and has a similar function due to the liver/gallbladder correspondence, and the Shao Yang's function of controlling bone. For scoliosis, needle Three Yellows with GV26 and LI11; you can also add UB60. First clear all the muscles and movable joints along the spine with cupping, then moxa UB 18 and UB20, Gan Shu and Pi Shu.

As you can see, Three Yellows can deliver phenomenal results in a wide variety of situations. If you'd like to learn more about Three Yellows and many other Master Tung's Acupuncture Points, visit www.mayway.com or www.tungspoints.com to see the seminar schedule for the upcoming three-weekend Beginning Series. The first class in the series will take place on the weekend of April 10th and 11th. Each weekend contains new material and may be attended individually. To register, email seminars@mayway.com or call (510) 208-3113.

Susan Johnson, Licensed Acupuncturist, has been practicing Master Tung's style of acupuncture since 1982 and has been licensed in California since 1985. A student of Dr. Miriam Lee and Dr. Young Wei-Chieh, she has studied Master Tung's Points for over 25 years. Susan maintains a private practice in Santa Cruz, California. She is a dynamic teacher who loves her work and is renowned for her clear presentation of this style of acupuncture.