

# Master Tung's Magic Points

## Beginning Series Three



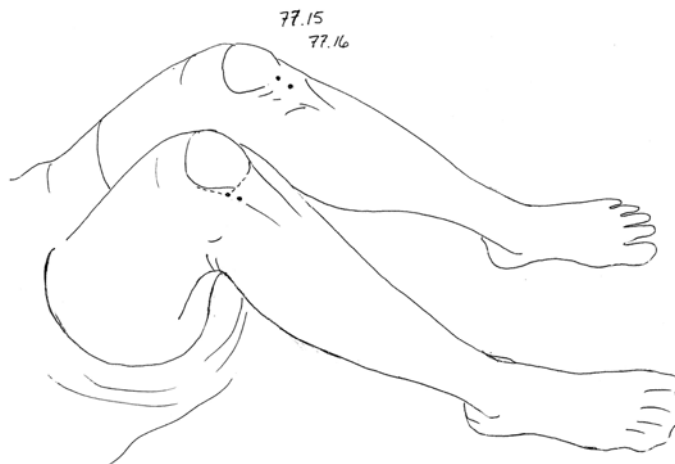
Susan Johnson, L.Ac.

# Master Tung's Magic Points

## Beginning Series Three

**Susan Johnson, L.Ac.**

### 77.15-77.16 Two Lips



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## 77.15 Upper Lip - Shang Chun

## 77.16 Lower Lip - Xia Chun

- **Location:** Upper Lip is located 1 cun lateral to the distal apex of the patella. Lower Lip is just distal to Upper Lip, on the upper margin of the tibia. These points are most easily found with the knees bent, opening the space between the patella and the tibia. Alternately, these points may be located on the midline. These points are only bled.
- **Meridian:** Stomach                      **Reaction Area:** Lips
- **Indications:** Herpes (oral, anal and genital), lip or mouth ulcers, thrush, inflammation of the mouth (stomatitis).
- **Comments:** From 1983-1988 I had an HIV clinic in San Francisco and each day treated multiple cases of herpes. When a case is severe the blood will be dark, nearly black. This treatment was highly effective when performed bi-monthly, and though the punctures are painful, patients would regularly request it. Chronic anal herpes make bowel movements excruciating; the bleeding of Two Lips is invaluable for cooling the heat and alleviating the pain.

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## 77.15-77.16 Two Lips

- If you are bleeding on the midline, it is necessary to puncture firmly, as most patients' skin in this area is tough. The patient should lie on their back with their legs bent, knees together and feet spread apart (like a tripod). When the legs are positioned this way the space between the patella and the top of tibia will open. Have the patient cough each time you pierce the skin (twice on each knee), bleeding all four points quickly in sequence so that the patient is not left anticipating the treatment on the opposite side. You may need to pinch the skin firmly at each point to get blood from these points, swiping one drop at a time. 10-20 drops per point should be effective; however, I will continue bleeding up to 50 drops per point if it is bleeding easily. If you find a vein crossing this space beneath the patella, always use the vessel, as you will see in the second demonstration of the bleeding of Two Lips on my DVD set, *Master Tung's Magic Points*.

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## 77.15-77.16 Two Lips

- Since my early days observing in Dr. Miriam Lee's clinic and studying with Dr. Young, and until recently in my own practice, I always bled these points on the midline just below the tip of the patella and approximately 0.5 cun distal, never realizing that the official location was on a lateral line. Two years ago I bled Two Lips on a 50 year old woman in this midline location, and though there was never any infection, a small red dot remained at each point of insertion for months following the treatment, and she developed minor knee pain. Since that time I have occasionally chosen to bleed Two Lips at the lateral location, avoiding the patellar ligament, though I have found it to be less effective. If the patient is younger and the herpes are aggressive, I still consider using the midline location, as I did for more than 25 years without incident.
- Over-consumption of sugar and alcohol can cause high blood sugar and this may lead to outbreaks, especially among diabetics. I had one patient with extreme Liver excess who would develop a herpes outbreak after drinking only one cup of coffee.
- Bleeding Two Lips during the last trimester for a pregnant patient who has herpes can help her avoid an active outbreak during delivery which would require a caesarean section.

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## 77.17 Heaven Emperor - Tian Huang

- **Location:** Heaven Emperor is located on the medial side of the lower leg, 0.5 cun distal to SP9, sliding down the medial edge of the tibia. This is Tung's SP9.
- **Meridian:** Spleen    **Reaction Area:** Heart, Kidney
- **Caution:** Do not moxa Heaven Emperor, as it is a water point on an earth meridian. Earth needs water; applying moxa will dry out the earth.
- **Indications:** Acid reflux, bad breath, diabetes mellitus, hypercholesterolemia, stomach disease with vomiting, vomiting after eating (including bulimia), heart disease with frontal headache, arteriosclerosis, dizziness, hypertension, insomnia or shoulder pain; nephritis, proteinuria, rheumatoid arthritis, tightness of the neck and thoracic spine, arm pain.
- **Comments:** I do not often needle this point, substituting 77.18 Kidney Gate (Shen Guan) as a much more powerful choice.

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## 77.17 Heaven Emperor - Tian Huang

- **Comments:** Heaven Emperor is the He-Sea point of the Spleen and the water point on an earth channel, tonifying Spleen qi and Kidney yin. Needling close to the bone increases Kidney tonification (bone-treating-bone). Being powerfully related to both Spleen and Kidney, all 'Emperor' points (77.17-77.21) tonify both pre-natal and post-natal qi.
- SP9 treats all three Jiao, especially good for the chest (Young). Master Tung needled Heaven Emperor to treat heart diseases, including hypertension, dizziness, headache, insomnia and arm pain.
- Both Heaven Emperor and 77.18 Kidney Gate decrease stomach acid. Because He-Sea points correct reflux in the flow of qi, and Heaven Emperor is the water point in an earth channel (cooling Stomach fire), this combination of two points is used for acid reflux and bad breath. Note: 77.08 Four Flower Upper (ST36) has the opposite effect, increasing stomach acid.

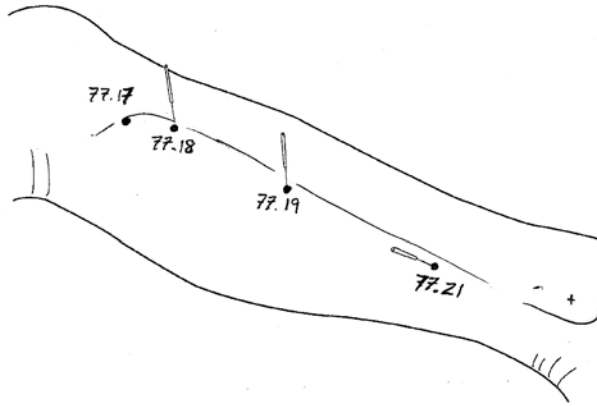
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## 77.17 Heaven Emperor - Tian Huang

- **Case History:** "Once I saw Master Tung treat a man with 95% blockage of his coronary arteries. The man's face was purple-black. He could not do anything. He kept fidgeting, standing up and sitting down, trying to pump blood to his heart. Master Tung needled Heaven Emperor. After a while, the patient was able to breathe deeply and I saw his facial color turn bright pink. That day, that was the only needle Master Tung used on this man with such a severe condition." (Lee)
- Dr. Young combines Heaven Emperor with 66.14 Water Phase (KD3), as the two points share similar energetics – one point is water in earth, and the other point is earth within water. Together, they act like the herbal formula Zhen Wu Tang (True Warrior Formula) to treat edema, diabetes, proteinuria and other diseases of the Kidney and Spleen.

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## 77.17-77.21 Emperor Points



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### 77.18 Kidney Gate - Shen Guan

- **Location:** This point is located on the medial side of the lower leg, 1.5 cun (two fingers) inferior to 77.17 Heaven Emperor (SP9). Slide the needle down the back of the tibia, touching the bone.
- **Meridian:** Spleen      **Reaction Area:** Heart, Kidney
- **Cautions:** Do not needle in cases of low blood pressure.
- **Indications:** Strongest Kidney tonification point, treats all diseases affecting the kidneys: deficient hypertension, dizziness, deficient frontal headache, diabetes, thirst, excess stomach acid, male sexual dysfunction, hot flashes, night sweats, urinary diseases, interstitial cystitis, lower back pain, weakness, edema or numbness of the extremities (especially the legs), shoulder pain, trigeminal neuralgia, facial twitch, late stage paralysis, mental disorders, eye problems. Excellent in postpartum care.

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## 77.18 Kidney Gate - Shen Guan

- **Comments:** Master Tung's master Kidney point, Kidney Gate (Shen Guan) regulates earth and water to treat all diseases due to Kidney deficiency, tonifies Spleen and Kidney, benefits qi, and tonifies yin.
- 77.18-77.21 Three Emperors are Kidney points found on the Spleen channel and are comprised of Kidney Gate (Shen Guan), 77.19 Earth Emperor and 77.21 Man Emperor (SP6). Three Emperors are one of Master Tung's primary Dao Ma combinations used to strengthen both Kidney and Spleen function, and are indicated to treat pathological changes due to Kidney deficiency. Kidney Gate (Shen Guan) is used as a substitute for 77.17 Heaven Emperor (SP9) in the combination Three Emperors, as it is a much more powerful Kidney tonification point.
- Spleen governs postnatal qi and Kidney governs prenatal qi. This makes Kidney Gate (Shen Guan) or Three Emperors useful for addressing four major systems: digestive, neurological, reproductive and urinary.

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## 77.18 Kidney Gate - Shen Guan

- Kidney Gate (Shen Guan) connects UB23 Shen Shu and REN4 Guan Yuan, consolidates and astringes, and is therefore useful in the treatment of premature ejaculation, impotence, incontinence, and frequent urination.
- Because of the Foot Tai Yin (Spleen)/Hand Tai Yang (Small Intestine) connection, Kidney Gate can be used to treat back-of-the-shoulder pain. Kidney Gate's connection to Hand Tai Yin (Lung) treats the front of the shoulder, making it useful in the treatment both the front and back aspects of frozen shoulder.
- Kidney Gate (Shen Guan) or Three Emperors is essential in the treatment of hypertension or diabetes.
- When strengthening the power of vision is required, Two or Three Emperors are exceptional, substituting 77.28 Bright Light for 77.21 Man Emperor. Add GB20, GB37, and 55.02 Flower Bone One for a dynamite eye treatment.

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## 77.19 Earth Emperor - Di Huang

- **Location:** This point is located on the medial side of the lower leg. Earth Emperor is considered a floating point as it is found midway between 77.18 Kidney Gate (Shen Guan) and 77.21 Man Emperor (SP6), and its location may vary as much as 1 cun depending upon where Man Emperor (SP6) is found (see 77.21 Man Emperor). Slide the needle down the back of the tibia, touching the bone.
- **Meridian:** Spleen                      **Reaction Area:** Kidney
- **Caution:** Do not needle during pregnancy.
- **Indications:** Nephritis, diabetes, edema of the four limbs, frequent urination, male sexual dysfunction, low back pain, dysmenorrhea.

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## 77.19 Earth Emperor - Di Huang

- **Comments:** Earth Emperor functions as SP7 Lou Gu (the Xi-Cleft point on the Spleen channel). It is indicated for treating urinary, reproductive, digestive, and gynecological diseases resulting from Kidney and Spleen deficiency.
- Earth Emperor is often needled with 77.21 Man Emperor as auxiliary points to 77.18 Kidney Gate (Shen Guan), thus forming the Dao Ma combination Three Emperors. When Kidney Gate (Shen Guan) and Man Emperor are selected without Earth Emperor, the combination is called Two Emperors.
- I add Earth Emperor to Two Emperors to enhance the strength of the treatment, and any time I am treating the lower extremities. However, for patients (such as the elderly) who are deficient, and for whom the number of needles should be limited, Earth Emperor is a point I might omit.

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## 77.20 Four Limbs - Si Zhi

- **Location:** Four Limbs is located on the medial side of the lower leg, 4 cun (six fingers) proximal to the tip of the medial malleolus.
- **Meridian:** Spleen  
**Reaction Area:** Heart, Kidney, Four Limbs
- **Caution:** Do not needle during pregnancy.
- **Indications:** Neck, shoulder and/or elbow pain, pain or tingling in the arms or fingers, pain in the four limbs (hands and feet), peripheral neuropathy, diabetes mellitus, diabetic lesions.
- **Comments:** Four Limbs is located on the Spleen meridian and treats both the Spleen and Kidney. It is not often chosen. It can be needled as a substitution for 77.19 Earth Emperor in the combination Three Emperors, or may be needled on its own.

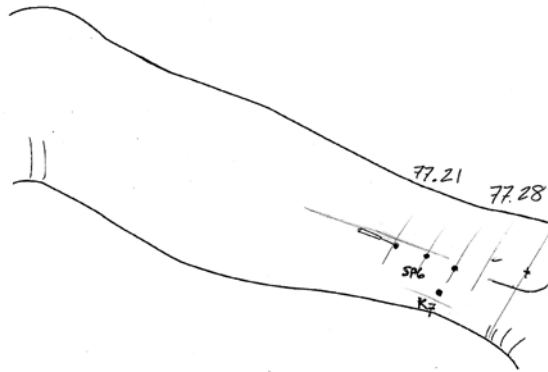
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## 77.20 Four Limbs - Si Zhi

- It is important to understand the cause of the tingling, numbness or pain in the arms or hands to know how to treat the condition. If there are bone spurs in the cervical vertebrae (*see 22.08 for the bone spur protocol*) the treatment will be different than one that is designed to treat peripheral neuropathy from diabetes, drug side effects, high blood pressure and/or high cholesterol (*see 77.18-77.21 Three Emperors*). When the numbness comes from the Heart, choose 88.01-88.03 Heart Passing points.
- *For neck pain, see 77.01-77.02 Correct Tendons.*

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## 77.21 Man Emperor - Ren Huang



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## 77.21 Man Emperor - Ren Huang

- **Location:** This point is located on the medial side of the lower leg, 3 cun (four fingers) above the top of the medial malleolus. Slide the needle down the back of the tibia, touching the bone.
- Man Emperor is located 3 cun above the top of the malleolus. SP6 San Yin Jiao is located 3 cun above the tip of the malleolus. Either location can be chosen for this point, as both are good.
- **Meridian:** Spleen      **Reaction Area:** Kidney
- **Caution:** Do not needle during pregnancy except to induce labor. Because this point lowers blood pressure, avoid needling in cases of extremely low blood pressure.
- **Indications:** Hypertension (due to deficiency), dizziness, nephritis, diabetes, proteinuria, hematuria, incontinence, dysmenorrhea, male sexual diseases, infertility, difficult labor, insomnia, back pain, spine pain, weakness of the lower back and legs, mental disorders and weakness of the nervous system, trigeminal neuralgia.

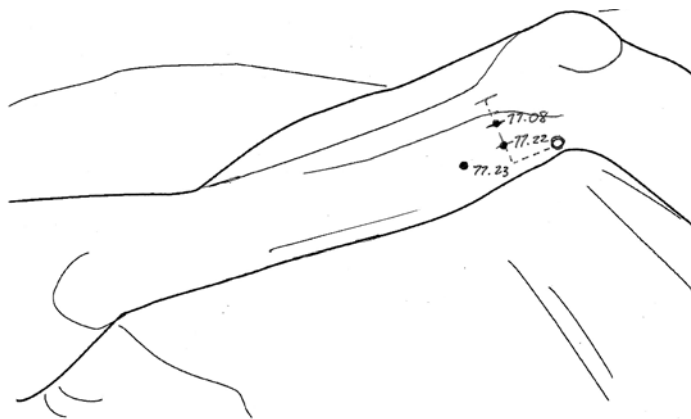
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## 77.21 Man Emperor - Ren Huang

- **Comments:** Man Emperor is located anterior to SP6 (closer to the bone), which activates the bone-treating-bone system and enhances the Kidney tonification effect. Its power is enhanced due to its proximity to classic SP6, the crossing point of Spleen, Liver and Kidney.
- Man Emperor is often needled as an auxiliary point to 77.18 Kidney Gate (Shen Guan) in the combination known as Two Emperors.
- When treating diseases of the eyes, 77.28 Bright Light (Tung's KD7) can be substituted for Man Emperor.

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## 77.22-77.23 Beside Three Miles



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77.22 Beside Three Miles - Ce San Li

77.23 Beside Three Miles Lower - Ce Xia San Li

- **Location:** Beside Three Miles is located on the lateral side of the lower leg, 1.0-1.5 cun lateral to 77.08 Four Flower Upper (Tung's ST36). In the proper location of this point, we utilize the exact method of locating Four Flower Upper (Tung's ST36). Whereas Four Flower Upper is found one third of the distance lateral to the tibial tuberosity, this point is located two thirds lateral on the same line.
- 77.23 Beside Three Miles Lower is located 2 cun (three fingers) distal to Beside Three Miles, two large finger breadths lateral to the anterior tibial crest. Beside Three Miles Lower will often not appear to be directly inferior to Beside Three Miles. Measure carefully and palpate for the precise location. This point is easily felt.
- **Meridian:** Between Stomach and Gallbladder
- **Reaction Area:** Lung, Teeth

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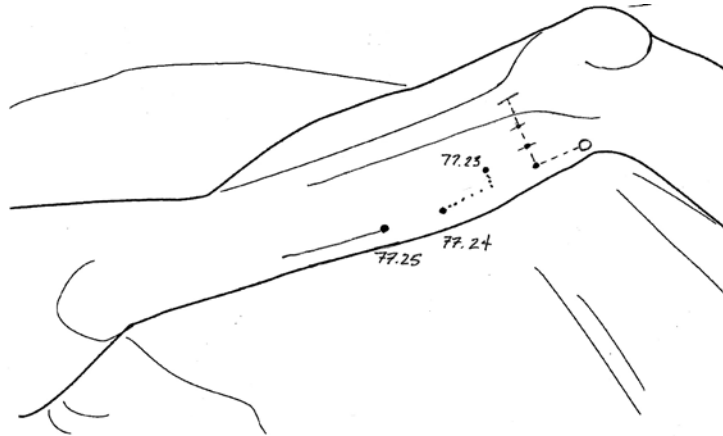
## 77.22-77.23 Beside Three Miles

- **Indications:** Migraine, shooting pain in the head, TMJ, trigeminal neuralgia, facial paralysis including Bell's palsy, facial twitch or tick, inner ear pain, toothache, pain or strain, one-sided pain of the body: neck, shoulder, elbow, wrist and heel.
- **Comments:** All Gallbladder points deal with joints and tendons. Almost all of the indications for these points relate to wind. Beside Three Miles are primary points for treating one-sided (Shao Yang) migraine headaches or pain which often includes TMJ, the sternocleidomastoid muscle, and GB20 Feng Chi. Beside Three Miles are excellent for one-sided ligament/tendon-related shoulder, elbow, wrist and hand pain because of the connection between the Hand Shao Yang (SJ) and Foot Shao Yang (GB).
- Because the Gallbladder channel wraps around the ear, Beside Three Miles are excellent for otitis media and ear pain. 22.06 Middle White (Zhong Bai - SJ3) makes an excellent guiding point.

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77.24 Leg Thousand Gold - Zu Qian Jin

77.25 Leg Five Gold - Zu Wu Jin



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77.24 Leg Thousand Gold - Zu Qian Jin

77.25 Leg Five Gold - Zu Wu Jin

- **Location:** To locate these points you must first locate 77.22-77.23 Beside Three Miles. Leg Thousand Gold is located 2 cun (three fingers) inferior and 0.5 cun lateral to Beside Three Miles Lower. Leg Five Gold is located 2 cun (three fingers) directly distal to Leg Thousand Gold.
- **Meridian:** Between Stomach and Gallbladder      **Reaction Area:** Kidney, Lung, Thyroid
- **Indications:** Boils in the throat, pharyngitis, laryngitis, swollen throat, fish bone stuck in throat, parotitis (mumps), plum pit qi sensation in the throat, tonsillitis, thyroiditis, hyperthyroidism, thyroid enlargement, shoulder and back pain, shoulder pain with difficulty moving the shoulder forward and back (cannot move arm behind back), inability to lift the arm over the head, acute intestinal inflammation (enteritis).
- **Comments:** I use these points primarily for frozen shoulder, thyroid, and throat diseases, and would choose other points for intestinal inflammation.

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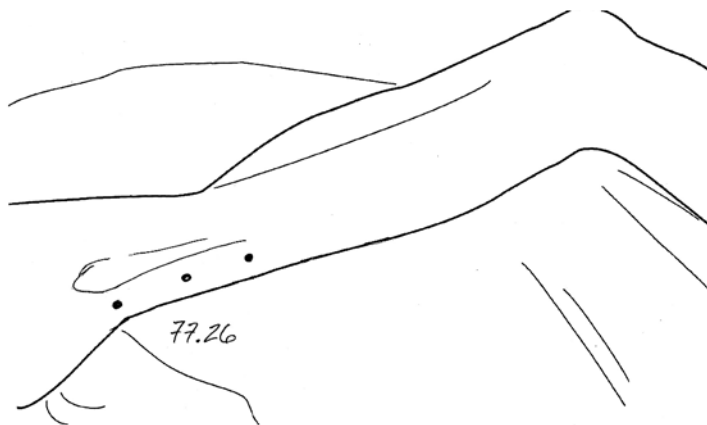
## 77.24 Leg Thousand Gold - Zu Qian Jin

## 77.25 Leg Five Gold - Zu Wu Jin

- These points are located on the anterior border of the gastrocnemius muscle on the classic Gallbladder line. There are many points in Master Tung's system located between the Gallbladder and Stomach meridians, all of which treat shoulder and upper back pain: 77.05-77.07 Three Weights, 77.22-77.23 Beside Three Miles, 77.24-77.25 Leg Five/Leg Thousand Gold, 77.08-77.09 Four Flower, 88.17-88.19 Four Horses.
- Leg Five/One Thousand Gold tonify metal to control wood, similar to 88.17-88.19 Four Horses.
- I have had excellent results with the bilateral needling of 77.24-77.25 Leg Five/Thousand Gold in the treatment of gestational hyperthyroid.

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## 77.26 Seven Tigers - Qi Hu



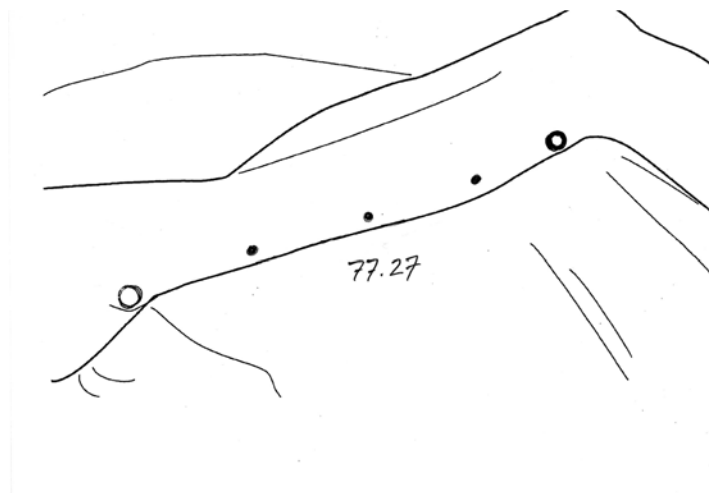
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## 77.26 Seven Tigers - Qi Hu

- **Location:** This three-point unit is located on the lateral side of the lower leg. The first point is 1.5 cun (two fingers) posterior and 2 cun (three fingers) proximal to the lateral malleolus. The second point is located 2 cun proximal to the first point. The third point is located 2 cun proximal to the second point.
- **Meridian:** Between Urinary Bladder and Gallbladder  
**Reaction Area:** Bones, Chest
- **Indications:** Clavicular pain, inflammation or injury, shoulder bone pain (acromioclavicular joint), scapular pain, breast bone pain with swelling and distention (sternum area), costal pleural inflammation (pleuritis), swollen and painful ribs, infection with extreme pain.
- **Comments:** Seven Tigers is located between the Tai Yang (UB) and the Shao Yang (GB) channels. Because the Foot Tai Yang (UB) and the Hand Tai Yin (LU) are connected, and Foot and Hand Tai Yang (UB/SI) are connected, these points treat pain of the clavicle, sternum and scapula, though they are best for treating broken clavicle. If this is an old injury, gentle cupping or bleeding locally may be helpful.

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## 77.27 Outer Three Gates



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## 77.27 Outer Three Gates - Wai San Guan

- **Location:** This three-point unit is located on the anterior border of the fibula. The middle point (chief point) is located midway on a line drawn between the proximal head of the fibula and the lateral malleolus, creating two sections. The other two points are located in the center of these two sections on the same line.
- **Meridian:** Gallbladder      **Reaction Area:** Lung
- **Indications:** Cancer or tumors, skin conditions, trigeminal neuralgia, tonsillitis, shoulder, elbow and hand pain, hot or swollen hands, elbows and arms.

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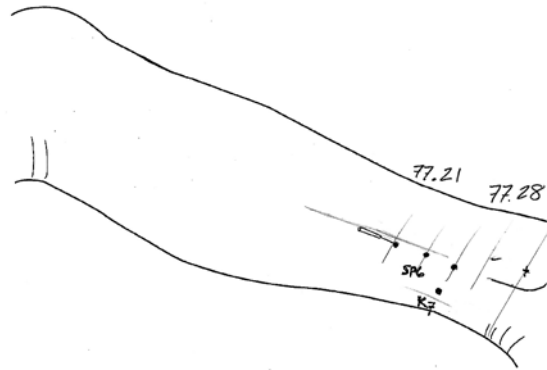
## 77.27 Outer Three Gates

- **Comments:** These points are located near 77.22-77.23 Beside Three Miles. I tend to choose Beside Three Miles for most of the listed indications. Outer Three Gates are considered primary for tumors and cancer anywhere in the body.
- Treats shoulder impairment (cannot move forward and backward) similar to 77.24-77.25 Leg Five/Leg Thousand Gold that are located nearby.
- Outer Three Gates treat dermatological diseases because 'Outer' implies an exterior function, and also because of their Lung Reaction Area. For the same reason, they treat acne, tonsillitis and shoulder pain.

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## 77.28 Bright Light - Guang Ming



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## 77.28 Bright Light - Guang Ming

- **Location:** This point is considered to be Tung's KD7. There are two locations taught for this point. It may be found just anterior to the Achilles tendon, 2 cun proximal to the medial malleolus (Carson). I was taught by Dr. Young to needle this point anterior to classic KD7, directly behind the posterior border of the tibia, placing it more on the Spleen channel (similar to 77.18-77.21 Three Emperors, Kidney points located on the Spleen channel).
- **Meridian:** Kidney      **Reaction Area:** Kidney
- **Indications:** Astigmatism, cataracts, double vision, floaters, glaucoma, acute back strain, cough, asthma.
- **Comments:** Either location of this point tonifies the Kidney. Whether it is being used as KD7, as the metal/mother point on the Kidney channel, or as Kidney point on the Spleen channel, it will tonify metal to strengthen water. When we tonify water we also strengthen wood, and so Bright Light is good for strengthening the power of vision and also for issues of the eye organ. An alternate name for this point is 'Bright Eye'.

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## 77.28 Bright Light - Guang Ming

- In treating eye diseases, I always use 55.02 Flower Bone One to strengthen the Liver. If the condition also requires strengthening the Kidney to enhance the power of vision, I will then add 77.18-77.21 Three Emperors, including Kidney Gate (Shen Guan), but substituting Bright Light for 77.21 Man Emperor. Dr. Lee would often needle what she called KD7.5 (KD7 at the level of SP6, located at the anterior edge of the Achilles tendon). Any of these three possible locations used for Bright Light will strengthen the Kidneys and therefore benefit the Kidney, Liver, eyes and vision.
- If I am treating glaucoma in a patient younger than 60 years old I will usually treat 55.02 Flower Bone One combined with 77.08-77.09 Four Flower. For elderly patients, I am more likely to use 55.02 Flower Bone One with 77.18-77.21 Three Emperors, GB20 Feng Chi and GB37 Guang Ming. If the patient presses on the eyeballs with their fingers and finds this uncomfortable, use 77.08-77.09 Four Flower for glaucoma.

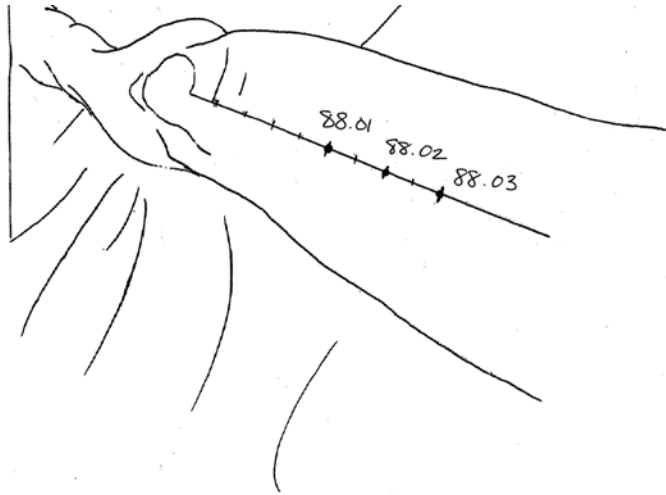
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## 77.28 Bright Light - Guang Ming

- For treating floaters in the field of vision use 66.05 Golden Gate (ST43) and A.04 San Cha Three with 55.02 Flower Bone One and 77.18-77.21 Three Emperors.
- Bright Light as KD7, the metal and Jing-River point on a water channel, especially close to the tendon, can treat back spasms, though I would usually choose other points for this condition. If using it to treat the eyes the back may improve.

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## 88.01-88.03 Heart Passing Points



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88.01 Passing Gate - Tong Guan

88.02 Passing Mountain - Tong Shan

88.03 Passing Heaven - Tong Tian

- **Location:** These three points are located on the on the anterior midline of the thigh. Passing Gate is located 5 cun (seven fingers) proximal to the center of the top edge of the patella. Passing Mountain is located 2 cun (three fingers) proximal to Passing Gate. Passing Heaven is located 2 cun proximal to Passing Mountain.
- **Meridian:** Close to the Stomach      **Reaction Area:** Heart
- **Caution:** These are very powerful points; for this reason Master Tung suggested that we needle all six points only when the patient is strong. *When using these points for habitual miscarriage one needle on each side is enough.*

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## 88.01-88.03 Heart Passing Points

- **Indications:** Coronary heart disease, heart pain (both sides), palpitations, pericarditis (acute), rheumatic heart disease, poor circulation or paresthesia (prickling or tingling sensation), rheumatoid arthritis with excessive phlegm, whole body ache and multiple joint pain (especially fingers and toes), cerebral anemia, disorientation (phlegm masking the orifices), dizziness, high blood pressure, vertigo, blurred vision, gastritis, stomach pain, impotence, weakness, swelling or pain of the legs due to Heart and Lung, skin rashes, nose problems.
- **Comments:** ST32 Fu Tu is located just lateral and between 88.01 and 88.02. In *The Great Compendium of Acupuncture and Moxibustion*, ST32 is called the meeting point of blood vessels and luo meridians, indicating that this point strongly regulates blood vessels, making it very useful for cardiac patients (Carson/Young).

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## 88.01-88.03 Heart Passing Points

- Because the Foot Yang Ming (ST) and the Hand Jue Yin (PC) are connected, these points are used to strengthen the Heart, blood, blood vessels and circulation. 'Passing Gate' indicates a relationship to PC6 Nei Guan (Inner Gate). These points pass through the Inner Gate, three gates going through to the Heart. Heart (fire), Liver (wood), Spleen (earth) and Kidney (water) all relate to blood, therefore these points treat heart disease, palpitations, dizziness, blurred vision, gastritis and weakness.
- All three points have the Reaction Area of the Heart and are used to tonify the Spleen and Stomach. The two upper points, 88.02 Passing Mountain and 88.03 Passing Heaven, are especially good for heart disease and heart related issues; the two lower points, 88.01 Passing Gate and 88.02 Passing Mountain, have a very powerful regulatory effect on the Stomach. These points tonify fire to generate earth, and thereby regulate qi, blood and circulation.

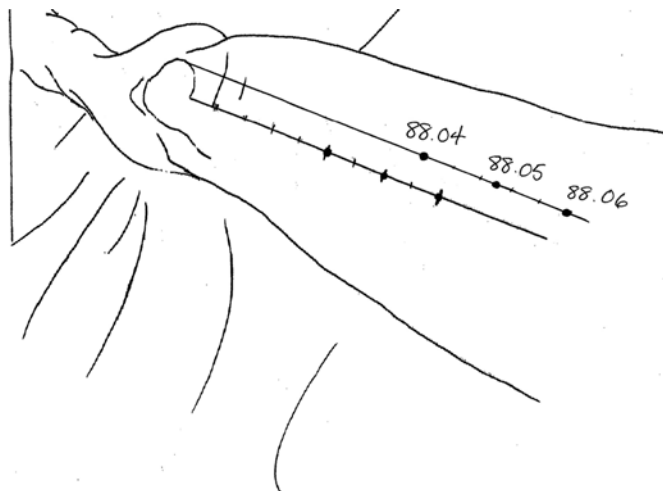
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## 88.01-88.03 Heart Passing Points

- I find these points to be extraordinary and use them frequently in my practice, as I have many elderly patients with coronary disease. They are especially effective when the patient has circulatory issues causing extreme weakness, cold, pain or numbness in the lower body. I treated an 88-year-old woman who was unable to walk across her kitchen without extreme pain in both legs. Within two treatments her condition was 80% better. She now walks to the mailbox to get her mail and rides her stationary bike 20 minutes every day.
- These points are the primary points used to treat rheumatoid arthritis. When treating pain in the extremities, if one or two joints hurt, we have many points to choose from to treat them directly. If all joints hurt or the whole body aches, it is a blood circulation issue with qi and blood stagnation due to deficiency or phlegm. Using the Heart Passing Points will be more beneficial than points related to bone. We may choose to combine Heart Passing Points with 33.12 Heart Gate and 11.27 Five Tigers for a comprehensive rheumatoid arthritis treatment. Bleed 11.16 Fire Knee (SI1) for hand pain.

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## 88.04-88.06 Three Sisters



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88.04 First Sister - Jie Mei Yi

88.05 Second Sister - Jie Mei Er

88.06 Third Sister - Jie Mei San

- **Location:** First Sister is located 8 cun (four fingers twice, plus three fingers) proximal, and 1 cun medial, to the center of the top of the patella. Second Sister is located 2.5 cun proximal to First Sister. Third Sister is located 2.5 cun proximal to Second Sister.
- **Meridian:** Spleen                      **Reaction Area:** Kidney, Uterus
- **Indications:** Gynecological disease including: excessive emotion attacking the uterus, hormonal imbalance, menorrhagia (heavy or avalanche bleeding), menstrual induction, irregular menstruation (early, late, excessive or scanty), infertility, leucorrhea, miscarriage, ovarian cyst, uterine cyst, uterine inflammation (uteritis), uterine tumor, vaginal itching, vaginitis; peptic ulcer, lower abdominal pain (intestinal).

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## 88.04-88.06 Three Sisters

- **Comments:** Because Three Sisters have the Reaction Area of the Kidney and Uterus, and are located on the Spleen meridian, they strengthen the Kidney and control the blood making them useful in the treatment of gynecological diseases.
- I use these points frequently in my practice to regulate the hormones, especially in cases where women have been using birth control for extended periods of time. In my opinion birth control pills may be used safely for less than five years, but when taken for ten years or longer it can be difficult to return the body to normal hormonal activity. Three Sisters with 11.06 Return to the Nest and 11.24 Gynecological are very helpful in this situation. If the patient is anovulatory, this treatment will encourage the return of hormonal cycling. This is perfectly illustrated in the case of a 27 year old woman who had been using birth control pills for fifteen years. It took almost six months to regulate her menstrual cycles. This is usually accomplished within three months with the short-term use of birth control pills.
- Three Sisters are my points of choice for irregular menses or when a given menstrual cycle is delayed. Usually within 24 hours of treatment, when the woman is premenstrual and overdue (and having already ovulated but not pregnant), her period will begin.

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## 88.04-88.06 Three Sisters

- I alternately needle Three Sisters and Three Plum Blossom when working on fibroids. Many women have multiple fibroids that swell right before the period, causing lower abdominal bloating and discomfort. We can use Three Sisters during the premenstrual week, as Three Plum Blossom (located on the lower abdomen) may be too sensitive, especially if there is liver disease.
- A few years ago I treated a 52 year old woman with seven fibroids varying in size, the largest being about the size of a duck egg. Every two weeks she experienced avalanche bleeding. Her blood loss had caused most of her hair to fall out and extreme weakness. She was menopausal, having hot flashes and night sweats that were incapacitating. Because she is a prominent figure in our community it was not convenient for her to have a hysterectomy, though her medical advisors were strongly recommending it. Using the above treatments along with a Chinese herbal formula and the frequent application of moxa on LV1/SP1, we were able to get the bleeding completely under control. She kept her uterus and continued her rigorous speaking schedule. Her hair grew back, her health returned, and she is now five years post-menopause. If a woman is close enough to menopause and having excessive or avalanche bleeding we can usually save the uterus. The fibroids will shrink after menopause.

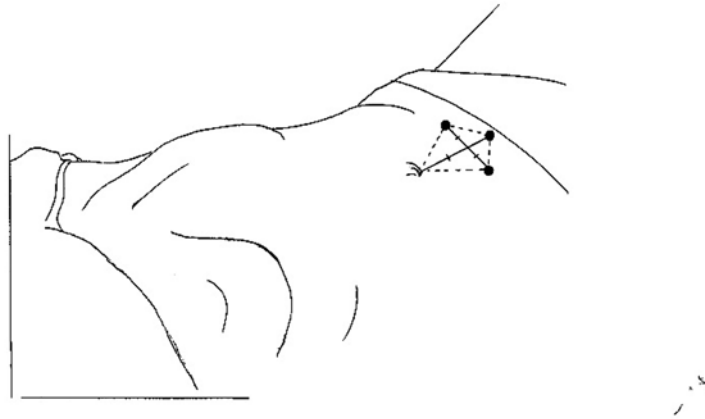
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## 88.04-88.06 Three Sisters

- In another case of avalanche bleeding, a 35-year-old woman had an intrauterine myoma (in the wall of the uterus) very near to the opening of the cervix, which prevented the cervix from completely closing. This caused her to spot or bleed continuously, and at times dangerously. She was capable of passing four clots, each the size of a fist, in fifteen minutes. Because of her age, this woman did not want to have a hysterectomy, though it had been recommended to her. In addition to Three Sisters, Return to the Nest, and the Gynecological points, she also required a loose herb formula and lots of moxa. Almost twenty years later she is now post-menopausal and still has her uterus.
- Because these points are located on the upper medial thigh, 11.24 Gynecological and 11.06 Return to the Nest are often substituted for reasons of privacy and convenience (particularly by male practitioners) to treat many of these indications.

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## Three Plum Blossom



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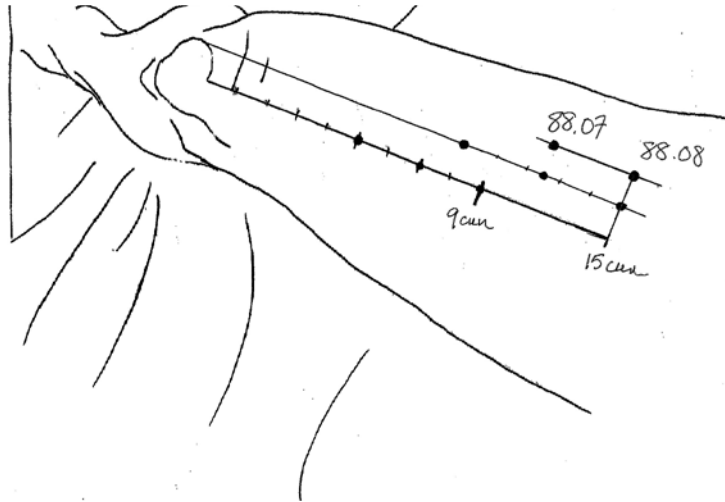
## Three Plum Blossom

- **Location:** Three Plum Blossom is a point combination that can be selected as an alternative to Three Sisters. Located on the abdomen, make an upside down kite out of REN4 Guan Yuan and the navel. The first point is 3 cun (four fingers) inferior to the navel, the other two points are 2 cun (three fingers) inferior to the navel and 2 cun lateral to the midline. Needle these points deeply, using 50-60mm needles, penetrating into the hollow of the uterus.
- Three Plum Blossom and Three Sisters are relatively interchangeable. Three Sisters, because they regulate hormonal activity, are said to have a stronger effect on the ovaries, whereas Three Plum Blossom primarily effects the uterus. Both treat gynecological issues that have an emotional component due to Liver qi congestion: irritability, depression, moodiness, breast pain or headaches; they regulate the menstrual cycles and treat infertility, endometriosis and irregular or delayed menses.

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88.07 Catch Cold First - Gan Mao Yi  
 88.08 Catch Cold Second - Gan Mao Er



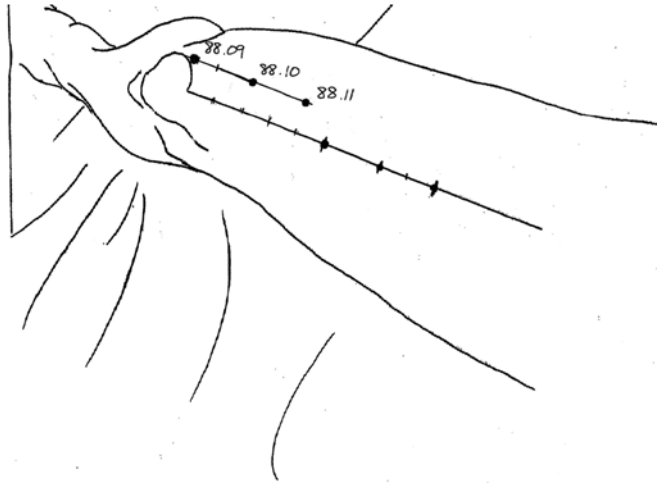
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88.07 Catch Cold First - Gan Mao Yi  
 88.08 Catch Cold Second - Gan Mao Er

- **Location:** Catch Cold First is located on the thigh, 10.5 cun proximal to the superior border of the patella, and 2 cun medial to midline (1 cun medial to 88.05 Second Sister). Catch Cold Second is located 2.5 cun proximal to Catch Cold First, also 2 cun medial to the midline (1 cun medial to 88.06 Third Sister).
- **Meridian:** Spleen      **Reaction Area:** Lung, Six Bowels
- **Indications:** Common cold or flu, headache (due to common cold or flu), high fever, severe chills.
- **Comments:** Catch Cold points are located on the Spleen meridian that shares a Tai Yin connection to the Lung. As they have the Reaction Area of the Lung, Master Tung liked needling Catch Cold points to treat colds and flu. I prefer 88.17-88.19 Four Horses with A.04 San Cha Three. Bleed LU11 and LI1 for sore throat. Needle LI20 towards Yin Tang to clear the sinuses.

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## 88.09-88.11 Passing Kidney Points



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88.09 Passing Kidney - Tong Shen

88.10 Passing Stomach - Tong Wei

88.11 Passing Back - Tong Bei

- **Location:** These three points are located along the medial border of the rectus femoris. 88.09 Passing Kidney is located at the medial superior border of the patella. 88.10 Passing Stomach is located 2 cun (three fingers) proximal to Passing Kidney (the classic location of SP10 Xue Hai). 88.11 Passing Back is located 2 cun proximal to Passing Stomach.
- **Meridian:** Spleen                      **Reaction Area:** Kidney
- **Caution:** When using these points for habitual miscarriage, one needle on each side is enough. These are very powerful points, and so Master Tung suggested that we only needle all six points when the patient is strong.

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## 88.09-88.11 Kidney Passing Points

- **Indications:** Kidney deficient diseases, including: Habitual miscarriage, nephritis, proteinuria, water retention or whole body edema, facial edema, edema of the four limbs, diabetes mellitus, obesity, rheumatism, interstitial cystitis or urinary bladder spasms causing frequent painful urination, impotence, premature ejaculation, gonorrhea, leucorrhea with reddish discharge, dizziness and low back ache; Kidney yin deficient thirst with dryness of the mouth and throat, sore throat; laryngitis, benign laryngeal tumor, frozen shoulder (Passing Back), low back pain, dorsal foot swelling and redness, inflamed instep, cold feet in men due to kidney weakness.
- **Comments:** Similar to the 77.18-77.21 Three Emperors, the Kidney Passing Points are located along the Spleen channel and tonify the earth to control water. Whereas Three Emperors have more of a gynecological, sexual and neurological function, the Kidney Passing Points are primarily selected to treat edema, nephrology, and gestational conditions.

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## 88.09-88.11 Kidney Passing Points

- All three points are used for dry mouth and sore throat. The upper two Passing Points are also indicated for back pain and to stabilize a pregnancy, as they calm the fetus and can reduce morning sickness. In pregnancy, especially where there is habitual miscarriage, use only one point on each leg, alternating 88.10 and 88.11 every day, along with 11.06 Return to the Nest and 11.24 Gynecological.
- The best treatment for nausea and vomiting in pregnancy is to radically increase the consumption of protein, in small amounts. Within two weeks, even the most severe case of hyperemesis should be largely resolved. I treated two vegetarian women for hyperemesis in pregnancy. One was also asthmatic; because of her poor health, she was frequently in the hospital. Because cooking smells are intolerable in cases like these, I recommended bacon cheeseburgers from a drive-through fast food restaurant. Both women showed up the next week with their hamburger wrappers, bragging that their nausea was completely gone. They were then able to prepare better quality proteins in their own kitchens. I guarantee this result; it is better than any herbs or acupuncture treatments for morning sickness.

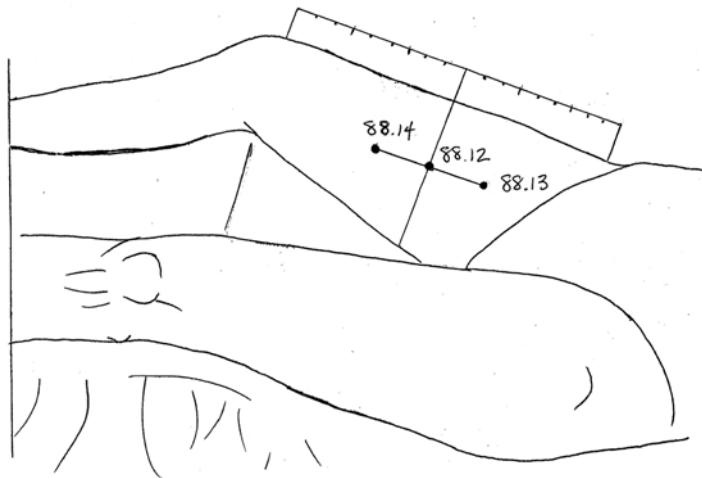
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## 88.09-88.11 Kidney Passing Points

- REN9 Shui Fen is the main point for edema. If it is whole body edema, we use the Kidney Passing Points. If the edema is in one leg only it is usually a heart issue, and so we would choose to needle, 88.01-88.03 Heart Passing Points.
- Dr. Lee recommended using these points to treat cold feet in men and had good results. I prefer 88.01-88.03 Heart Passing Points to strengthen the heart and increase blood circulation.
- In addition to the indications of 88.09, 88.10 Passing Stomach can be used on its own to treat stomach problems.
- 88.11 Passing Back (only) can be used to treat frozen shoulder, back pain, and upper back ache caused by kidney stones (stops the pain but does not dissolve the stone).

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## 88.12-88.14 Three Yellows



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88.12 Bright Yellow - Ming Huang  
88.13 Heaven Yellow - Tian Huang  
88.14 This Yellow - Qi Huang

- **Location:** Three Yellows is a three-point combination located on the Liver channel (on the medial thigh, midway between the anterior and posterior surfaces).
- The middle (chief) point 88.12 Bright Yellow is located at the midpoint of the anterior thigh, directly opposite 88.25 Center Nine Miles (GB31).
- 88.13 Heaven Yellow is located 3 cun (four fingers) proximal to Bright Yellow.
- 88.14 This Yellow is located 3 cun (four fingers) distal to Bright Yellow.
- **Meridian:** Liver  
**Reaction Area:** Liver, Heart (all); Gallbladder (88.14)

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### 88.12-88.14 Three Yellows

- **Indications:** Any type of liver disease: liver pain, hepatitis, cirrhosis, liver cancer, hepatomegaly, polycystic liver, exhaustion due to liver, liver related back pain, dizziness, vertigo, eye pain with blurred vision, meningitis, bone enlargement, bone spurs, entire spine pain; blood diseases: splenomegaly, leukemia, anemia, low white blood cells, nosebleeds, bleeding gums; Parkinson's disease, Meniere's disease, night twitching in children, mouth abscess/blisters.
- **Comments:** Among all of Master Tung's points, and among classic textbook points as well, none treat the liver in a more profound and lasting way than Three Yellows. They address liver organ disease and are **not** used to treat emotional issues due to Liver qi congestion.
- Careful palpation of the Liver channel is essential in order to obtain the outstanding effects of these points. On any patient with severe liver disease these points will be excruciatingly painful to palpation, and may be too sensitive to be needled initially or premenstrually.

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## 88.12-88.14 Three Yellows

- A deep needle insertion is essential when using these points and is related to their Reaction Areas. A needle insertion of 1.0 cun is used for treatment at the Kidney level, 2.0 cun is good for Liver and 3.0 cun effects the Heart. I always use a 40mm needle on a thin patient. On an average or larger patient a 50mm or 60mm needle is required. Because of the strong connection between the Kidney, Liver and Heart in blood diseases, a deeper needle insertion is required and a 50mm needle depth would affect all three levels.
- In TCM, we understand that the Spleen controls blood and the Liver restores blood. Three Yellows are located on the Liver meridian, but because they are in close proximity to the Spleen channel, they regulate the functions of the liver and spleen and are very effective in the treatment of blood disorders.
- Bruising is expected with these points in cases of advanced cirrhosis.

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## 88.12-88.14 Three Yellows

- I had an HIV/AIDS clinic in the 1980's in San Francisco, and treated a multitude of patients with hepatitis and liver disease. The effects of Three Yellows were outstanding. From treating these patients, I realized that exhaustion due to Liver was entirely based upon the inability of the liver to clean the blood, and any direct tonification of qi and blood could result in a worsening of the condition. With proper treatment, patients who were previously too tired to walk, were able to climb the two flights of stairs into my clinic.
- Hepatitis A, B and C can all be treated using the same basic protocol: Three Yellows, 11.20 Wood Inflammation, and a thorough cupping of DT.01-DT.02 Toxin Points. With Hepatitis A and B the herbal emphasis is on cleaning the blood. However, in the treatment of Hepatitis C the herbal prescription is radically different and utilizes the principles of tonifying Spleen qi, moistening Kidney yin, moving blood stagnation, and detoxing the liver.

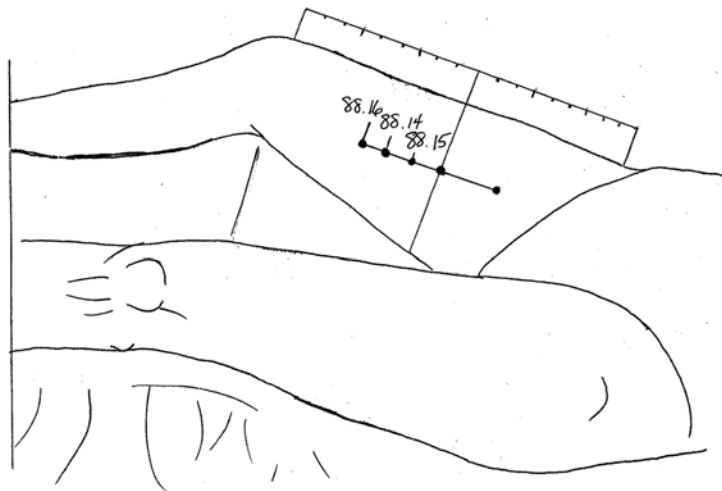
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## 88.12-88.14 Three Yellows

- Because they expel wind, Three Yellows is very useful in the treatment of diseases such as Parkinson's and Meniere's. Shaking diseases such as Parkinson's always relate to both the Liver and Kidney. Three Yellows alone is not enough to treat Parkinson's, because in this disease water is not nourishing wood, and the root (Kidney/water) needs to be treated. When treating Meniere's, we need to consider both wind and phlegm.
- Bright Yellow may address bone spurs because of the internal/external relationship between the Liver/Gallbladder, and because Bright Yellow is located directly opposite Center Nine Miles (GB31). Shao Yang (GB) controls bones.

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## 88.14-88.16 Gallbladder Points



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88.14 This Yellow - Qi Huang

88.15 Fire Branch - Huo Zhi

88.16 Fire All - Huo Quan

- **Location:** This three point pattern is located on the Liver channel of the medial thigh. The chief point is 88.14 This Yellow.
- Fire Branch is located halfway between 88.12 Bright Yellow and 88.14 This Yellow (or 1.5 cun proximal to Bright Yellow).
- 88.16 Fire All is located 1.5 cun (two fingers) distal to 88.14 This Yellow.
- **Meridian:** Liver  
**Reaction Area:** Gallbladder, Heart, Liver (all); Spine (88.16)

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88.14 This Yellow

88.15 Fire Branch

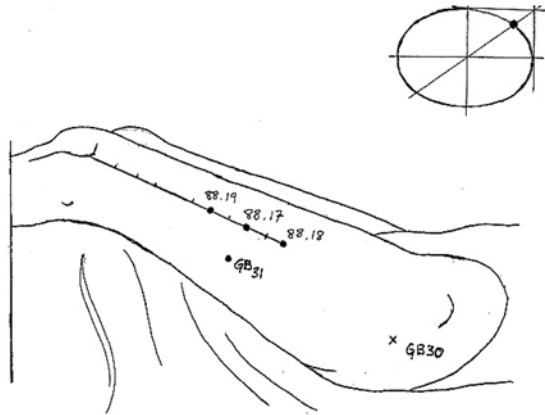
88.16 Fire All

- **Indications:** Gallbladder inflammation, pain from gallstones, sludge in the gallbladder, hepatitis, jaundice, blurred vision with upper back pain, heel pain (88.16).
- **Comments:** I love getting patients with gallbladder inflammation because I now have the perfect tool for treating them. These three points are outstandingly effective in the treatment of gallbladder disease!

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## 88.17-88.19 Four Horses



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88.17 Four Horses Middle - Si Ma Zhong

88.18 Four Horses Upper - Si Ma Shang

88.19 Four Horses Lower - Si Ma Xia

- **Location:** 88.17 Four Horses Middle (chief point) is located 3 cun (four fingers) anterior to GB31, at the junction of the top and side of the leg on a line drawn from the lateral corner of the patella.
- 88.18 Four Horses Upper is located 2 cun (three fingers) proximal to Four Horses Middle along the same line.
- 88.19 Four Horses Lower is located 2 cun (three fingers) distal to Four Horses Middle along the same line.
- Though the needles are inserted perpendicularly, they will appear to be at a 45 degree angle to the body.
- **Mnemonic:** ***Four** Horses are **three** fingers apart, **Three** Yellows are **four** fingers apart.*

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## 88.17-88.19 Four Horses

- **Meridian:** Stomach      **Reaction Area:** Liver, Lung
- **Indications:** Extreme fatigue and related pain, acute or chronic cough, asthma, pleurisy, tuberculosis, autoimmune conditions, allergies, rhinitis, sinusitis, nasal polyps, nasal atrophy, psoriasis, eczema, itching, rashes, acne, skin diseases, facial paralysis, hemiplegia, muscle atrophy, multiple sclerosis, fibromyalgia, deafness, tinnitus, otitis media, hyperthyroid, enlarged thyroid, conjunctivitis, red eyes (sclera relates to Lung), chest pain, breast pain, rib or flank pain, upper back pain, sciatica, lower back pain due to Lung deficiency.

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## 88.17-88.19 Four Horses

- **Comments:** 88.17-88.19 together are called Four Horses, although there are only three points. The name refers to the power of four horses pulling a carriage and moving with extraordinary momentum. This point pattern has strong and lasting effects, is easy to locate, and very versatile. Practitioners of Master Tung's acupuncture highly value these points because they treat a wide and diverse array of disorders. I use Four Horses more frequently in my practice than any other point pattern.
- Because they have the Reaction Area of the Lung and Liver, Four Horses are our most useful points for skin, and I have found them to be extraordinary in the treatment of psoriasis (although dietary changes are also essential). Skin diseases relate to Lung and Liver, wind and blood. For treatment of wind disorders, it is necessary to expel the wind and move the blood. Skin diseases are more common in wealthy cultures because of rich foods, environmental toxins, pets, etc. Also consider bleeding 99.08 Ear Three (Apex).

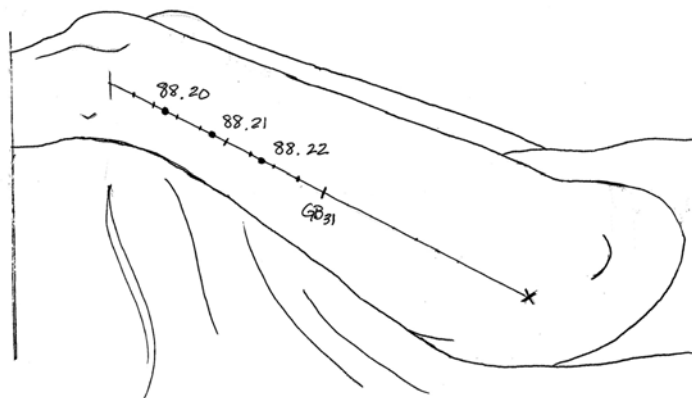
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## 88.17-88.19 Four Horses

- Because Four Horses is located in large muscle near the Stomach channel, it tonifies Spleen to tonify qi. Because Four Horses can adjust the Spleen and Stomach, and the Stomach meridian travels to the face, it is good for the eyes, ears, nose and throat. Add LI20 for sinus congestion.
- A.04 San Cha Three is often added, needled towards HT8 Shao Fu, to address itching, exhaustion, immune deficiency and sciatica.
- Most practitioners think of tinnitus as a Kidney deficient condition. However, Kidney tonification does not always help with tinnitus; in those situations it may be more effective to tonify Spleen qi and yang.
- For acute or chronic cough, or asthma, add 1010.19-1010.20 Water Gold/Water Through.
- Opposite side needling is appropriate in the treatment of one-sided pain of the upper back, chest, abdomen, rib, and also hemiplegia.

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## 88.20-88.22 Three Fountains



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88.20 Lower Fountain - Xia Quan

88.21 Middle Fountain - Zhong Quan

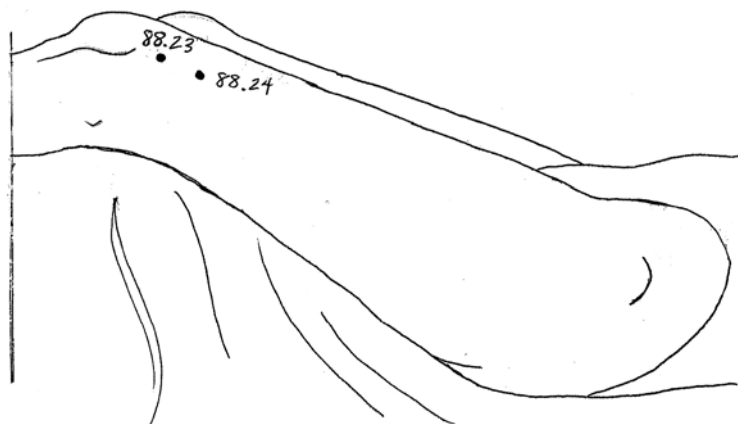
88.22 Upper Fountain - Shang Quan

- **Location:** 88.20-88.22 Three Fountains are located on the lateral side of the thigh. 88.20 Lower Fountain is located 2.5 cun (three and a half fingers) above the knee crease. 88.21 Middle Fountain is located 2 cun (three fingers) proximal to Lower Fountain. 88.22 Upper Fountain is located 2 cun proximal to Middle Fountain.
- **Meridian:** Gallbladder      **Reaction Area:** Face, Lung
- **Indications:** Facial nerve paralysis and numbness (Bell's palsy), facial nerve twitch or tic, eye twitch after Bell's palsy, facial atrophy, wry mouth and eyes, strabismus, tinnitus and poor hearing.
- **Comments:** Three Fountains are located on the Gallbladder channel and are needled to expel wind. They can be used to treat wind-related disorders such as Bell's Palsy and eye twitch, though I choose 77.05-77.07 Three Weights over these points. Three Fountains are better for hysterical paralysis or attack by wind than for treating true neurological conditions.

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88.23 Gold Front Lower - Jin Qian Xia

88.24 Gold Front Upper - Jin Qian Shang



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## 88.23 Gold Front Lower - Jin Qian Xia

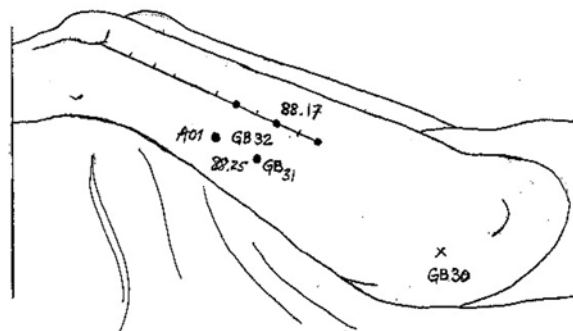
## 88.24 Gold Front Upper - Jin Qian Shang

- **Location:** These points are located on the same line as 88.17-88.19 Four Horses, on a line extending up from the lateral corner of the patella. Gold Front Lower is 1.0 cun proximal to the lateral edge of the patella. Gold Front Upper is 1.5 cun (2 fingers) proximal to Gold Front Lower.
- **Meridian:** Stomach                      **Reaction Area:** Liver, Lung
- **Indications:** Allergic skin sensitivity, epilepsy, headache, indigestion, liver weakness, lung disease and Lung deficiency, protuberance of the manubrium (sternum), rabies.
- **Comments:** Gold Front Lower and Upper have the Reaction Areas of the Liver and Lung, so they regulate qi and blood and disperse wind, treating epilepsy, skin allergies, headaches and other wind conditions.
- These points uniquely treat protrusion of the manubrium due to Rickets. Rickets arises because of a deficiency of Vitamin D, calcium or phosphorus, that leads to a softening of the bones and abnormal bone growth during childhood.

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## 88.25 Center Nine Miles (GB31) - Zhong Jiu Li

## A.01 Seven Miles (GB32) - Qi Li



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## 88.25 Center Nine Miles (GB31) - Zhong Jiu Li

- **Location:** Center Nine Miles is located 9 cun proximal to the popliteal crease on the lateral aspect of the thigh. An easier way to find it is to measure eight cun (four fingers twice plus three fingers) above the top of the patella. Palpate for the point as it is usually very sensitive. This is GB31 Feng Shi.
- **Meridian:** Gallbladder      **Reaction Area:** Lung, Extremities
- **Indications:** Any wind condition; pain all over the body; pain in any of the following areas: upper, middle or lower back, spine, leg, thigh, sole of the foot, ear, eye; weakness of the nervous system; bone spur; stiff neck; numbness of the leg and back; numbness of the extremities; hemiplegia; facial paralysis; vertigo; dizziness; trigeminal neuralgia; tinnitus; headache and migraine; itchy skin; insomnia; mental disorders.

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## 88.25 Center Nine Miles (GB31)

- **Comments:** Center Nine Miles is located at GB31 Feng Shi. Feng Shi translates as “Wind Market” or “Wind Through.” Master Tung’s use of the name Center Nine Miles for this point reflects the fact that it is located halfway between the popliteal crease and the tip of the greater trochanter of the femur. Because we are unable to see the popliteal crease when a patient is lying on his or her back, I always look for this point 8 cun proximal to the top of the patella on the Gallbladder meridian. For the most powerful response, palpate for the most sensitive point.
- Center Nine Miles simultaneously adjusts the Liver, Spleen and Kidney because it is located on the Gallbladder channel, needled through the IT band (tendon-treats-tendon) in large muscle with ample blood and nerve supply (muscle-treats-muscle), and needled deeply until the needle gently taps the bone (bone-treats-bone).

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## 88.25 Center Nine Miles (GB31)

- Because wood governs wind and Shao Yang (GB/SJ) controls bone, Center Nine Miles expels wind, tranquilizes the spirit, and relieves pain all over the body. It can be used to treat all kinds of pain, paralysis, nerve damage or weakness, and is similar in function to 22.06 Middle White (Zhong Bai/Tung's SJ3), though significantly more powerful.
- Dr. Miriam Lee said that if you don't know what to do, needle ST36. Dr. Young says that if you are not sure what point to choose, needle GB31 (one of Master Tung's favorite points). Either point addresses a wide range of conditions. If you can find a point that directly targets a painful area, use it. If there is no direct avenue or if there is pain in multiple areas of the body, choose GB31. In order to enhance the effect of GB31, it may be combined with GB32 (A.01 Seven Miles).

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## 88.25 Center Nine Miles (GB31)

- Because the Gallbladder channel wraps all around the head, GB31 is an excellent choice for issues related to the upper body and head, and can be very effective in the treatment of headaches, migraines, vertigo, tinnitus, mental disorders and insomnia due to Liver and Kidney deficiency.
- For any kind of one-sided pathology, especially trigeminal neuralgia, facial paralysis, hemiplegia, arm or ear pain, use opposite side GB31.
- Because Center Nine Miles expels wind, we can use it for itching, though 88.17-88.19 Four Horses are usually chosen, due to their proximity to GB31. In extreme cases we can combine GB31 with Four Horses and A.04 San Cha Three.
- Because Shao Yang (GB) controls bones, Nine Miles is used in the treatment of bone diseases and spurs, including spine, knee and heel. It is directly opposite to 88.12 Bright Yellow, which is also indicated for bone spurring. Difficulty walking downhill or down stairs is a classic diagnostic sign of knee spurring.

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## A.01 Seven Miles (GB32) - Qi Li

- **Location:** This point is located 2 cun (three fingers) distal to 88.25 Center Nine Miles (GB31). It will usually be tender when palpated.
- **Meridian:** Gallbladder
- **Indications:** Hemiplegia, neuromyotonia, neck, back and lower back pain, leg pain or weakness, numbness of the hands or arms, arthritis, itching, dizziness, vertigo, distending eyes, gallbladder pain and inflammation, hypochondriac pain.
- **Comments:** Seven Miles is located at GB32 Zhong Du. It is often selected as an auxiliary point to 88.25 Nine Miles to enhance the sedation and therapeutic effect. Together they disperse wind (GB31) and damp (GB32), and treat pain of the entire body. My most frequent use of this combination is in the treatment of post-stroke hemiplegia or in cases of weakness, tension, spasm, pain or numbness affecting the entire opposite side of the body (combined with 22.04-22.05 Ling Gu/Da Bai).

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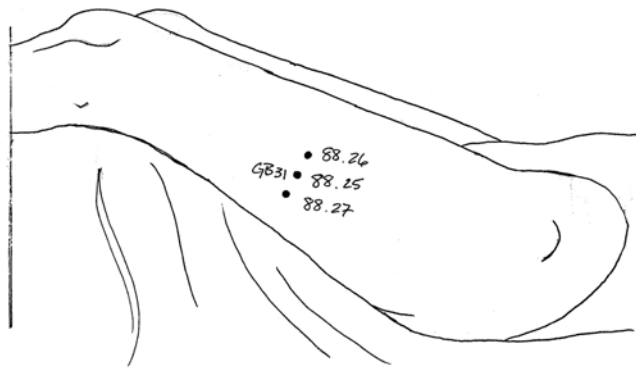
## A.01 Seven Miles (GB32) - Qi Li

- As Shao Yang (GB) controls bone, this point treats arthritis, bone spurs and disc issues related to the lumbar spine.
- Seven Miles are located opposite the 88.14-88.16 Gallbladder Points, and for this reason may have a side effect of reducing inflammation of the gallbladder and treating gallstone pain. However, 88.14-88.16 Gallbladder points are outstandingly effective, and I would always choose them first.

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## 88.25-88.27 Three Nine Miles



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### 88.25-88.27 Three Nine Miles

88.26 Upper Nine Miles - Shang Jiu Li

88.27 Lower Nine Miles - Xia Jiu Li

- **Location:** This three point pattern begins with 88.25 Center Nine Miles (GB31). Upper Nine Miles is located 1.5 cun (two fingers) anterior to 88.25 Center Nine Miles (GB31). Lower Nine Miles is located 1.5 cun posterior to 88.25 Center Nine Miles (GB31).
- **Meridian:** Between Stomach, Gallbladder, and Urinary Bladder  
**Reaction Area:** Heart, Kidney (88.26); Back, Legs (88.27)
- **Indications:** Combined with 88.25 Center Nine Miles (GB31) for any indication to enhance its effect. 88.26: Eye pain, back, shoulder and/or hand pain, upper arm pain due to Heart, Kidney deficient abdominal distention. 88.27: Upper back pain, thigh pain (due to lack of blood flow).

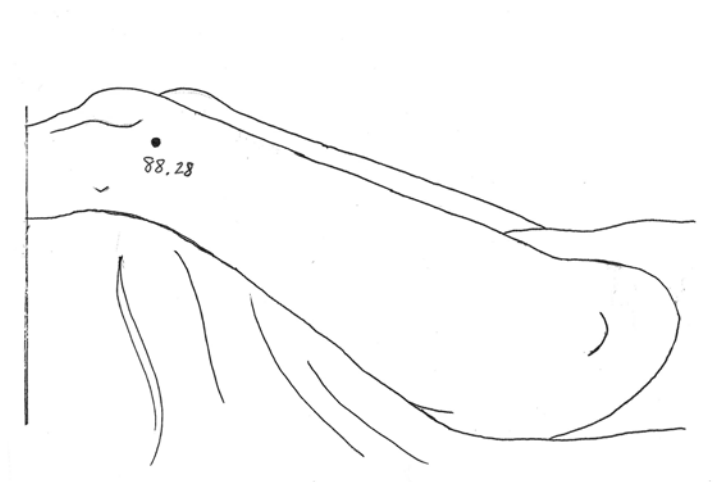
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## 88.25-88.27 Three Nine Miles

- **Comments:** Master Tung taught that these points treat the Heart and Kidney. They are usually needled as a three-point pattern, but either 88.26 or 88.27 could also be needled as a two-point Dao Ma with GB31.
- Upper Nine Miles is located between the Stomach and Gallbladder meridians, making it effective for treating arm pain, eye pain or abdominal distention due to Kidney deficiency.
- Lower Nine Miles is located between the Urinary Bladder and Gallbladder meridians, making it effective in the treatment of upper back and thigh pain, and of ischemia (poor blood flow) in the lower extremities.

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## 88.28 Release - Jie



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## 88.28 Release - Jie

- **Location:** This point is located in the depression 1.0 cun proximal and 0.3 cun lateral to the lateral/proximal edge of the patella (1 cun distal to ST34 Liang Qiu).
- **Meridian:** Stomach  
**Reaction Area:** Blood Vessels, Heart
- **Caution:** If used within 45 minutes of a traumatic injury, or needle mishap, the needle is retained for eight minutes only.
- **Indications:** Acute traumatic injury, strains and sprains, bleeding, contusion and injury; disturbance in the flow of qi and blood, extreme fatigue, whole body aching after exercise; dizziness, pain and/or swelling from acupuncture or injection, vascular disease, mental over-stimulation leading to aching and pain.

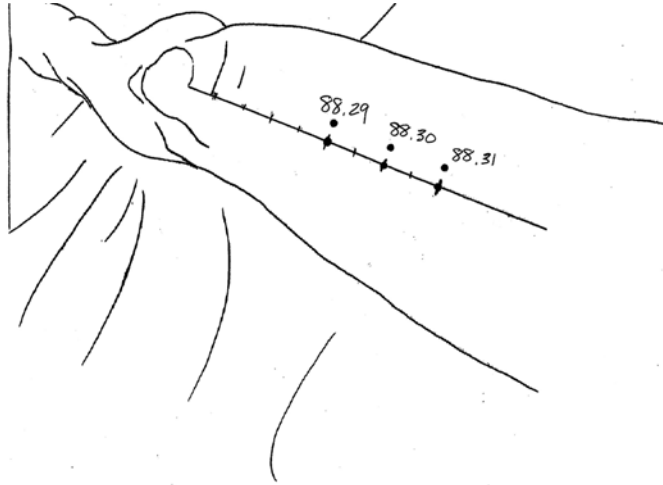
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## 88.28 Release - Jie

- **Comments:** Release resolves dizziness after needling due to low blood sugar, fatigue, overeating, or excessive exercise. Have the patient lie down with their feet elevated and needle this point. My patients are well trained to know that they should arrive for treatment with good blood sugar; however, I keep protein bars on hand for those requiring a boost in blood sugar.
- 88.28 Release shares the Xi-Cleft function of ST34 Liang Qiu. Xi-Cleft points are where qi and blood accumulate and are used to treat acute conditions and pain. Release treats problems due to needling, including pain or swelling, difficulty removing a needle, a bent or broken needle, muscle not releasing the needle, or qi and blood going in the wrong direction from needling.
- A needle will often appear to be stuck when it is not yet energetically finished. If there is time to do so, leave the needle another ten minutes and try again. If there is not enough time, then needle Release to relax the muscle, in order to easily remove the needle.
- Treats acute injury, strains, sprains, joint pain, or trauma. This point is not used for old or chronic injuries.

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## 88.29-88.31 Inner Passing Points



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88.29 Inner Passing Gate - Nei Tong Guan

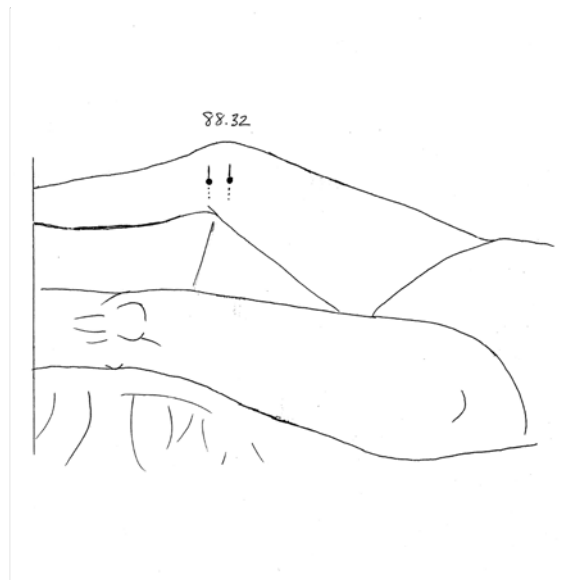
88.30 Inner Passing Mountain - Nei Tong Shan

88.31 Inner Passing Heaven - Nei Tong Tian

- **Location:** 88.29-88.31 Inner Passing Points are located 0.5 cun medial to 88.01-88.03 Heart Passing Points.
- **Meridian:** Close to the Stomach    **Reaction Area:** Heart
- **Caution:** Needle 0.5-1.0 cun. Do not needle all six points together.
- **Indications:** Blood deficiency leading to whole body pain, coronary heart disease, palpitations, weak arms and legs, due to Heart deficiency, excessive cold or overmedication; hemiplegia, TIA or CVA, aphasia due to stroke, quadriplegia, low back pain.
- **Comments:** Inner Passing Points are located close to the Heart Passing Points and share a similar function. They are not commonly chosen, but can be occasionally needled as an alternative to 88.01-88.03 Heart Passing Points in order to alleviate point fatigue.

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## 88.32 Lost Voice - Shi Yin



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## 88.32 Lost Voice - Shi Yin

- **Location:** This is a two-point pattern. The first point is located on the Spleen channel at the medial side of the knee joint, in line with the center of the patella. The second point is located 2 cun distal to the first point. Needles are inserted horizontally toward the posterior leg.
- **Meridian:** Spleen      **Reaction Area:** Kidney, Throat
- **Indications:** Hoarseness, inflammation and swelling of the throat, loss of voice, pharyngitis, thyroiditis, thyroid enlargement, tonsillitis.
- **Comments:** Lost Voice are useful points but not particularly powerful. I most frequently use these points for schoolteachers when they have laryngitis or bronchitis. These points have a function similar to SP5 Shang Qiu. The Spleen, Liver and Kidney meridians all pass through the throat; the Spleen and Kidney connect to the root of the tongue.
- Bleeding 1010.07 All Pivot (DU15-DU16 area) is a more powerful treatment for the throat.

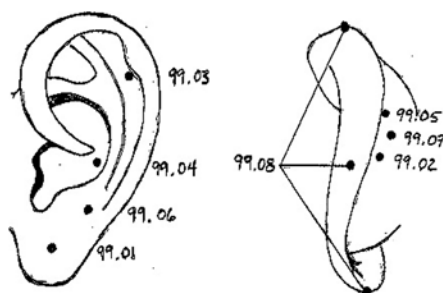
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## The Real Magic of Tung's Points



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## 99.01-99.09 Ear Points



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## 99.01-99.09 Ear Points

- The ear points may be added to any acupuncture treatment without adversely affecting the energetic lines. In this way they are similar to Master Tung's finger points. Like all parts of the body, the ear corresponds holographically with the whole body, and points on the ear can be selected to treat many diseases.
- Classic acupuncture teaches that the ear is the opening to the Kidney; however, the Su Wen states that the ear is also the opening to the Heart. Gallbladder points are located all around the ear, and it is the relationship between the Foot Shao Yang (GB) and the Hand Shao Yin (HT), as well as the Hand and Foot Shao Yin (HT/KD) connection, that make ear acupuncture so powerful. The most commonly chosen treatment is to bleed either 99.07 Ear Back or 99.08 Ear Apex (Three) in the treatment of high blood pressure, insomnia, skin diseases and night sweats.
- When bleeding ear points, insert a lancet or triangular needle obliquely to avoid damaging the cartilage. Thicker ears bleed easily; thinner ears must be squeezed.

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## 99.01 Ear Ring - Er Huan

- **Location:** This point is located in the center of the anterior surface of the earlobe.
- **Reaction Area:** Six Bowels
- **Indications:** Intoxication from alcohol, hangover, vomiting.
- **Comments:** This point is used primarily for hangover. Since the Liver governs the eye, and this point is located at the ear "Eye" point, it is being used to tonify the Liver.
- Ear Ring is bled for alcohol intoxication, and can be combined with the bleeding of 1010.12 Upright Source (DU25). Other options are to bleed 55.01 Fire Bag, 99.08 Ear Three (Apex) or ST45 Li Dui.
- Cardiac disease can be diagnosed by vertical lines in the earlobe area. Horizontal lines are diagnostic for tinnitus.

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## 99.02 Wood Ear - Mu Er

- **Location:** This area is located approximately 0.3 cun inferior to the horizontal midline of the back of the ear. For most effective treatment, bleed any obvious vessel in this area.
- **Reaction Area:** Liver
- **Indications:** Liver disease, pain, cirrhosis, hepatomegaly, exhaustion due to Liver deficiency, chronic gonorrhea, frequent painful urination due to urinary spasms.
- **Comments:** “Wood” indicates a Five Element correspondence to the Liver, and so Wood Ear can be chosen to treat liver disease.

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## 99.03 Fire Ear - Huo Er

- **Location:** On the anterior surface of the ear, in the middle of the outer border of the antihelix, lateral to Shen Men.
- **Reaction Area:** Heart
- **Indications:** Heart disease: heart failure, palpitation, shortness of breath; knee pain (due to heart deficiency or rheumatoid arthritis), extremity pain.
- **Comments:** Fire Ear corresponds with the auricular point “Knee.” “Fire” indicates a correspondence to the Heart. Master Tung taught that knee pain comes from the Heart; therefore, points that treat the Heart also treat knee pain. Because Heart governs blood circulation, Fire Ear can be used to treat pain of the extremities.

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## 99.04 Earth Ear - Tu Er

- **Location:** On the anterior surface of the ear, in the center of the cavity of the concha.
- **Reaction Area:** Spleen
- **Indications:** Weakness of the nerves, neurosis, excessive red blood cells, high fever, diabetes.
- **Comments:** Earth Ear corresponds with the auricular point “Spleen.” “Earth” indicates a Five Element correspondence to the Spleen, therefore it tonifies the Spleen.
- For high fever, bleeding 99.08 Ear Three (Apex) is more effective than Earth Ear.

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## 99.05 Gold Ear - Jin Er

- **Location:** On the posterior surface of the ear, on the upper third of the outer edge of the dorsal aspect of the helix. Look for a vessel in the area.
- **Reaction Area:** Lung
- **Indications:** UB channel sciatica, scoliosis, common cold, allergic rhinitis.
- **Comments:** Gold Ear overlaps the auricular point “Lung.” “Gold” corresponds with Metal and therefore Lung.
- Treats Lung deficient sciatica (UB channel). Master Tung taught that points indicated to treat the Lung also treat Urinary Bladder channel sciatica, due to the relationship between the Hand Tai Yin (LU) and Foot Tai Yang (UB).

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## 99.06 Water Ear - Shui Er

- **Location:** On the anterior surface of the ear, at the lower end of the outer border of the antihelix.
- **Reaction Area:** Kidney
- **Indications:** Kidney deficient: astigmatism, nearsightedness, dry mouth, abdominal distention and tightness, low back pain (both sides).
- **Comments:** Water Ear overlaps the auricular point “Nephritis,” and is indicated for the treatment of Kidney diseases. “Water” also indicates a connection to the Kidney.

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## 99.07 Ear Back - Er Bei

## 99.08 Ear Apex (Three) - Er San

- **Comments:** Ear Back and Ear Apex are interchangeable. Look for a good vessel on the back of ear; if one is found, bleed it. If there is no good vessel at Ear Back, bleed the top point of Ear Apex instead.
- Bleeding Ear Back or Ear Apex tonifies the Heart and Kidney, clears Liver fire, calms the spirit, disperse wind, vitalizes blood and relieves stagnation. Chronic diseases affect the Heart and Kidney; acute diseases are related to the Liver. These points address both acute and chronic diseases.
- The Urinary Bladder channel goes to the ears via 1010.01 Upright Meeting (DU20). The Kidney controls the brain, and the Heart controls the shen. Therefore, the ears can be chosen to address head issues, both mental and structural, as well as urinary bladder channel problems, including spine and back pain.

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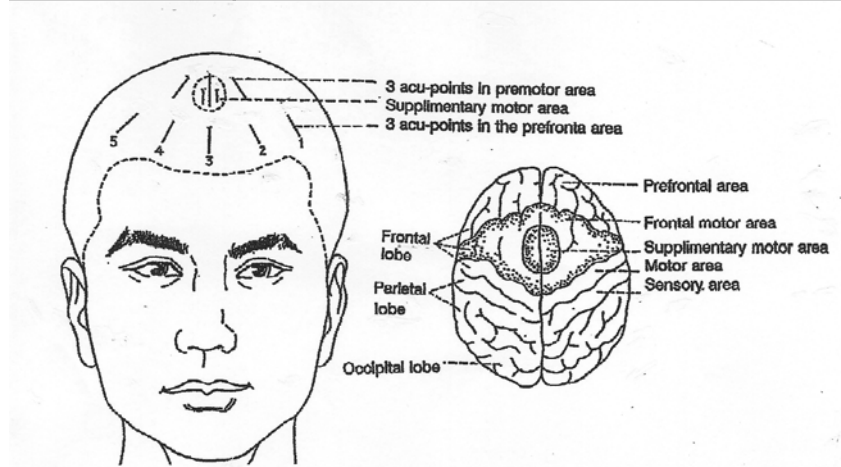
## 99.07 Ear Back - Er Bei

## 99.08 Ear Apex (Three) - Er San

- The Urinary Bladder and Gallbladder channels meet at the back of the ear. Because the UB channel dominates the exterior, these points are good for treating skin diseases. Because the Gallbladder channel is primary in dispersing wind, these ear points can treat all kinds of wind diseases. The combination of these two influences makes these ear points some of Master Tung's favorites, and exceptionally useful in treating both wind in the head (hypertension, headache and facial paralysis) and skin diseases. I always add 88.17-88.19 Four Horses when treating the skin.
- The Heart meridian opens to the tongue internally, and the ear externally. Because the Heart controls the spirit and the ear is the opening to both the Heart and the Kidney, when Heart and Kidney are not communicating there may be palpitations, insomnia, sweating and anxiety. Ear Back and Ear Apex restore proper communication by calming the spirit, dispersing wind and clearing heat. Because the Heart controls sweating, Ear Back and Ear Apex are used for night sweats. I would add 77.18-77.21 Three Emperors and LV3 & LI4 Four Gates; they are also effective. For menopausal women, include 11.06 Return to the Nest and 11.24 Gynecological.

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## Prefrontal Scalp Points



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## Prefrontal Scalp Points

- **Location:** There are four points included in the Prefrontal Scalp Points, three of which are found 1.5 cun superior to the anterior hairline, needled toward the nose.
- The first point is located on the DU Mai, 1.5 cun within the hairline and threaded downward toward the nose.
- The second point is DU20 Bai Hui. Insert the needle at DU21, threading it through DU20.
- The third and fourth needles are threaded downward toward the face, parallel to the first. Because these points are located in the prefrontal area of the scalp, it is not necessary for them to be in a precise location. For this reason, we can move them laterally in order to avoid blood vessels that we cannot see. Because needling blood vessels in the scalp can be very painful, note in the chart where they are found in order to avoid them in subsequent treatments.
- For a severely distressed or manic patient you might add two additional points parallel to the third and fourth needles; however, the scalp will become tighter as you add more needles.

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## Prefrontal Scalp Points

- **Indications:** Anxiety, depression, insomnia, bipolar disorder, irritability, foggy thinking, mental instability.
- **Comments:** The Prefrontal Scalp Points are found within the area of the scalp connected to the part of the brain responsible for cognitive thinking. The specific location of the needles is not crucial, as all of the area will stimulate the prefrontal brain. Prefrontal Scalp Points calm the spirit and allow the patient to think clearly.
- Prefrontal Scalp Points can be added to points such as 11.17 Wood (Anger), 22.04 & 66.03 Anxiety Four Gates, etc.
- Scalp needles can be added to other treatments because needling the scalp does not interfere with the energetic lines of other treatments (similar to finger or auricular points).

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## Prefrontal Scalp Points

- **Needling notes:** Insert thin gauge 40mm needles superficially and thread the shaft of the needle between the scalp and the skull in the zone where they move freely. Scalp needles can be painful if practitioners do not find the proper zone or if they use large gauge needles.
- In order to find this free zone, tap the needle in and press the shaft of the needle against the patient's scalp. If a small (bulge) of skin appears in front of the needle tip, the needle insertion is too deep. If the practitioner continues this insertion it will skid along the skull and be painful. Therefore, it is best to back out the needle until the tip pops up and the shaft flattens to the surface of the scalp. Now the needle will be exactly in the proper zone for the free movement of the needle.
- By holding the handle up and flattening the shaft against the skin, it is easy to painlessly insert a 40mm needle. Always retain 0.2 cun of the needle shaft out of the skin for safety purposes (for example, in case the needle shaft and handle separate).

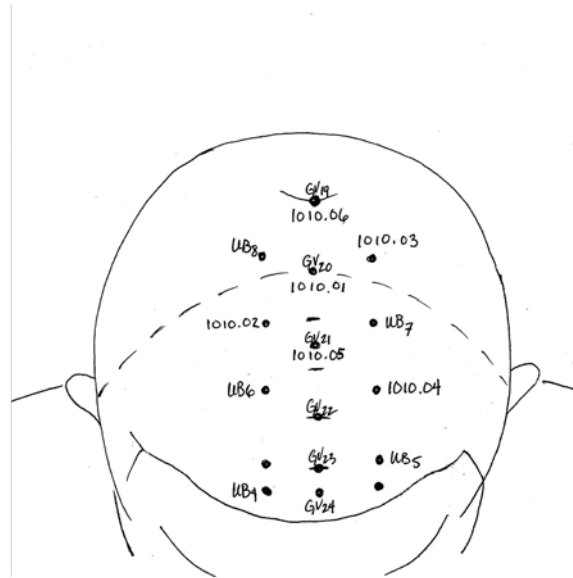
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## Prefrontal Scalp Points

- Pay attention to the patient's body language. If you hit a blood vessel in the scalp, the patient will experience a burning sensation and wince or duck away from you. You must then decide whether to continue with the insertion or relocate the needle. If you penetrate a blood vessel (in one side and out the other), the pain will quickly dissipate. If your needle is following the blood vessel it will be necessary to remove and slightly relocate it. The needle needs to be moved only 1-2mm in order to in order to avoid a vessel that is moving in the same direction as the needle. Always have sterile cotton balls on hand in case the points bleed when the needles are removed.
- Patients who are needle phobic, or under the age of twelve, can be needled painlessly with the thinnest gauge needles (Japanese 02, Chinese 44).

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## Head Points 1010.01-1010.06



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## 1010.01 Upright Meeting - Zheng Hui

- **Location:** This point is located on the center of the top of the head, at the same location as DU20 Bai Hui.
- **Meridian:** DU Mai      **Reaction Area:** Brain
- **Cautions:** Not used with infants or children under the age of seven (you must wait until the fontanel fuse).
- **Indications:** All wind diseases: spasms or convulsions, dizziness, facial paralysis or tics (mouth and eye), stroke, hemiplegia, aphasia, nervous system dysfunction, Parkinson's, Alzheimer's, cerebral palsy, mental retardation, brain injuries, coma, epilepsy (including seizures caused by fear), tremors of the extremities; any kind of prolapse: bladder, uterine, anal, hemorrhoids or ball of the foot pain (use moxa); fatigue, anxiety, depression, insomnia, head distention, arthritis, throat pain, coccyx pain, general physical weakness.

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## 1010.01 Upright Meeting - Zheng Hui

- **Comments:** Upright Meeting can be added to any treatment involving weakness or prolapse because it warms the yang. It is the meeting point of the DU, Liver and Urinary Bladder meridians. DU warms, raises, and regulates the yang, warms the extremities, enters the brain and calms the mind. Liver governs wind (travels internally to the apex); the Urinary Bladder meridian governs the exterior and tendons, making it extraordinarily versatile.
- Upright Meeting is often needed in combination with 1010.05 Anterior Meeting (DU21) or 1010.06 Posterior Meeting (DU19). Alternatively, instead of needling DU20, we can needle DU19 and DU21 towards Upright Meeting, threading 40mm needles between the scalp and skull so that they pass through DU20, enhancing or supplementing DU20's effectiveness.
- In front of, and behind DU20 are the motor and sensory areas of the brain. The motor and sensory lines come down from the top of the head at an angle on either side of DU20 to a line drawn horizontally from the corner of the eye. These lines have the whole body superimposed upon them, but significantly emphasize the tongue and fingers.

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## 1010.01 Upright Meeting - Zheng Hui

- Because Upright Meeting is so effective in the treatment of wind diseases, it is a primary element of the point combinations used for stroke or hemiplegia. When treating stroke, especially a recent one, first bilaterally needle 11.10 Wood Fire (Mu Huo) as directed (see cautions, 11.10). Following that, needle opposite side 22.04-22.05 Great White/Spirit Bone (Ling Gu/Da Bai) and 88.25 Center Nine Miles with A.01 Seven Miles (Qi Li). Then add Upright Meeting by itself or using DU19 and DU21 as directed above. Points 1010.01-1010.06 can all be used to restore circulation to the brain and disperse wind. Bleeding may also be appropriate in cases of stroke, as stagnation is a serious issue due to paralysis from brain injury. Choose from the following options: DT.04 Five Mountain Range, 33.16 Curve Mound, UB40 Wei Zhong and Tai Yang (Extra point). We might also choose to bamboo cup along the Large Intestine and Gallbladder channels. Bleeding may be repeated at 10-day intervals, making sure that the patient has eaten and has adequate blood sugar before being bled, and rests well after.
- In cases of tremors including Parkinson's disease, use Upright Meeting with 88.12-88.14 Three Yellows and/or 88.25 Center Nine Miles (GB31). Because Upright Meeting calms the spirit and disperses Liver wind, it is especially effective for shaky/wind diseases affecting the elderly.

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## 1010.01 Upright Meeting - Zheng Hui

- My most frequent use of Upright Meeting is in the treatment of any kind of prolapse. This includes anal, uterine, bladder, and even ball of the foot pain. For these cases I have found the use of moxa, either direct or with a stick or moxa pot, to be the most effective in severe cases. Moxa helps DU20 to warm and raise the yang. Depending upon the type of prolapse, other points may be added.
- Needling Upright Meeting with 1010.08 Tranquility (Yin Tang) calms the spirit (Shen) and sedates the mind. Dr. Lee would often add these two points to *Miriam Lee's 10 Great Needle Treatment* for anxiety or depression.
- Upright Meeting can be used as an emergency point to restore consciousness. For coma, needle DU19, 20, 21, 26, PC6, LV3 through KD1, and bleed the Jing-Well points or fingertips.

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## 1010.02 State Round - Zhou Yuan

- **Location:** This point is located 1.3 cun (a little less than two fingers) to the left and right side of 1010.01 Upright Meeting, close to UB7 Tong Tian (which is located 1.5 cun lateral to 1010.01 Upright Meeting).
- **Meridian:** Urinary Bladder                      **Reaction Area:** Lung
- **Indications:** Tremors, Parkinson's, wheezing, asthma, shortness of breath, hemiplegia, hyperactivity, nervous system dysfunction, fatigue, weakness and deficiency, weakness of the extremities; Lung deficient: upper and lower back pain, UB channel sciatica.

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## 1010.02 State Round - Zhou Yuan

- **Comments:** State Round has indications such as asthma and UB sciatica due to the Reaction Area of the Lung and because of the relationship between the Hand Tai Yin (LU) and Foot Tai Yang (UB).
- For early Parkinson's, bilaterally thread a 60mm needle from 1010.02 State Round (UB7) toward UB5 Da Zhu. This will also treat arm tremors (Dr. Lee).
- 1010.01 Upright Meeting, 1010.02 State Round, 1010.03 State Elder Brother, 1010.04 State High Mountain, 1010.05 Anterior Meeting, and 1010.06 Posterior Meeting all have a strong sedative function, as well as the function to activate the circulation and meridians. They are commonly chosen to treat hemiplegia and other wind syndromes (Dr. Young).

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## 1010.03 State Elder Brother - Zhou Kun

- **Location:** This point is located 1 cun (1.5 cun) posterior to 1010.02 State Round, on both sides of the midline (at the same location as UB8 Luo Que).
- **Meridian:** Urinary Bladder                      **Reaction Area:** Lung
- **Indications:** Tremors, Parkinson's, wheezing, asthma, shortness of breath, hemiplegia, hyperactivity, nervous system dysfunction, fatigue, weakness and deficiency, weakness of the extremities; Lung deficient: upper and lower back pain, UB channel sciatica.
- **Comments:** State Elder Brother has the same indications and functions as 1010.02 State Round. Please refer to comments under 1010.02.

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## 1010.04 State High Mountain - Zhou Lun

- **Location:** This point is located 1.5 cun (two fingers) anterior to 1010.02 State Round, on both sides of the head (the same location as UB6 Cheng Guan).
- **Meridian:** Urinary Bladder  
**Reaction Area:** Lung
- **Indications:** Benign brain tumors, tremors, Parkinson's, wheezing, asthma, shortness of breath, hemiplegia, hyperactivity, nervous system dysfunction, fatigue, weakness and deficiency, weakness of the extremities; Lung deficient: upper and lower back pain, UB channel sciatica.

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## 1010.04 State High Mountain - Zhou Lun

- **Comments:** State High Mountain shares similar indications as 1010.02 State Round and 1010.03 State Elder Brother, however, it also has the indication of benign brain tumors.
- For brain tumor with bulging eyeball, use direct moxa on opposite side State High Mountain (UB6). The moxa must burn. (The first two will hurt, after which there will be no pain. This will leave a scar.) The eyeball should recede 8 to 12 hours after direct moxa. Alternatively, you can thread a 50-60mm needle from 1010.03 State Elder Brother (UB8) to 1010.04 State High Mountain (UB6). One can tell if the tumor is on the left or right side of the brain by looking at the eyeballs. If the right eyeball bulges, the tumor is on the right side. If the left eyeball bulges, the tumor is on the left side. (Dr. Lee).

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## 1010.05 Anterior Meeting - Qian Hui

- **Location:** This point is located 1.5 cun (two fingers) anterior to 1010.01 Upright Meeting (DU20). This the same location as DU21 Qian Ding.
- **Meridian:** DU Mai                      **Reaction Area:** Brain
- **Indications:** Dizziness, vertigo, fainting, unconsciousness, coma, shock, blurred vision, spots in front of the eyes, brain distention, tension headache, nervousness, weakness of the nerves, anxiety, depression, insomnia, Parkinson's.
- **Comments:** 1010.01 Upright Meeting (DU20) is often needed in combination with Anterior Meeting (DU21) or 1010.06 Posterior Meeting (DU19). Alternatively, instead of needling DU20, we can needle DU19 and DU21 towards Upright Meeting, threading 40mm needles between the scalp and skull so that they pass thru DU20, enhancing or supplementing DU20's effectiveness.

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## 1010.05 Anterior Meeting - Qian Hui

- DU21 treats all wind diseases.
- Upright Meeting can be used as an emergency point to restore consciousness. For coma, needle DU19, 20, 21, 26, PC6, LV3 through KD1, and bleed the Jing-Well points or fingertips.
- Three variations of point combinations using Anterior Meeting:
- To warm Shao Yin (HT/KD), needle DU21 with KD1 Yong Quan and PC6 Nei Guan.
- To enhance Heart qi and disperse phlegm, needle DU21 with PC6 Nei Guan and 77.14 Four Flower Outer (ST40).
- To rebuild Heart Yang, needle DU21 with 66.03-66.04 Fire Hardness/Fire Master and PC6 Nei Guan.

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## 1010.06 Posterior Meeting - Hou Hui

- **Location:** This point is located 1.6 cun (a little more than two fingers) posterior to 1010.01 Upright Meeting. This is the same location as DU19 Hou Ding.
- **Meridian:** DU Mai                      **Reaction Area:** Brain, Spine
- **Indications:** Cerebrovascular disease, hemiplegia, aphasia due to stroke, dizziness, vertigo, Parkinson's, mild headache, bone or spinal tuberculosis, spine pain, neuropathy, heel pain.
- **Comments:** 1010.01 Upright Meeting (DU20) is often needled in combination with 1010.05 Anterior Meeting (DU21) or Posterior Meeting (DU19). Alternatively, instead of needling DU20, we can needle DU19 and DU21 towards Upright Meeting, threading 40mm needles between the scalp and skull so that they pass thru DU20, enhancing or supplementing DU20's effectiveness.

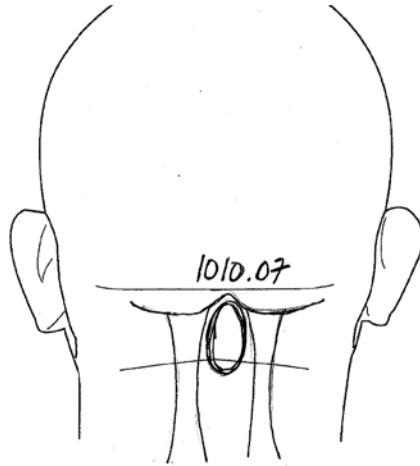
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## 1010.06 Posterior Meeting - Hou Hui

- DU19 treats all wind diseases.
- Anterior and Posterior Meeting can be used together to treat tailbone pain because they warm and raise the yang. Conversely, bleeding the sacrum can relieve pressure in the head and occiput.
- DU19 is effective in the treatment of heel pain (top treats bottom).
- Posterior Meeting treats the entire spine but is most effective for the lower thoracic/upper lumbar area.

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## 1010.07 All Pivot - Zong Shu



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## 1010.07 All Pivot - Zong Shu

- **Location:** This point is found in the occipital notch, directly below the external occipital protuberance, in the depression between the bilateral origins of the trapezius muscle, 0.8 cun superior to the posterior hairline.
- **Meridian:** DU Mai                      **Reaction Area:** Dan Tian
- **Indications:** Nausea and vomiting due to toxicity of any kind: summer heat stroke, chemotherapy, excessive exercise, paralytic colon due to anesthesia; loss of voice, difficulty swallowing, diarrhea, headache, heart failure, local neck pain.
- **Comments:** All Pivot is an area approximately 2 cm in length. We locate it 0.8 cun above the hairline but others will call it DU16 Feng Fu. As this point is only bled, anywhere within this area should work. The difficulty in bleeding All Pivot is that the skin must be pinched and firmly held. If you are within the hairline (as you will be on most patients), the hair will cause the skin to slip through your fingers when the pressure of the needle is applied. As a superficial puncture will not do the job, it is necessary to pinch as large an amount of skin as possible in order to secure the area and allow a deeper puncture, as deep as 5mm. When properly punctured, All Pivot is extraordinary in relieving extreme nausea and vomiting.

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## 1010.07 All Pivot - Zong Shu

- When a person is nauseous their stomach spasms and draws upward. By bleeding this area of the brain stem where toxins collect, we cause the stomach to relax and descend. The patient will usually experience a sensation of the stomach dropping within the first minute after beginning to bleed this area. Though on two occasions in the past 30 years I have punctured a vein here, it is rare. Aside from those two occasions, I have found it necessary to squeeze hard in order to draw one drop of blood. The squeezing is far more uncomfortable than the initial puncture. Sometimes it may be difficult to get the blood going, but once you do, you may keep it going by occasionally swiping the area with an alcohol swab. Even in cases of paralytic colon in which dry heaving is extreme, the patient will usually report feeling the stomach drop within the first minute or approximately 10-20 drops of blood, and relief from the nausea. Once the stomach drops, I continue to bleed for another minute or two in order to completely clean the toxins from the brainstem area.

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## 1010.07 All Pivot - Zong Shu

- In patients with paralytic colon after anesthesia, bleed All Pivot and needle SP4 Gong Sun and PC6 Nei Guan. Within four to six hours there should be bowel sounds. In these cases I try to treat the patient early in the day, so that if necessary I can return in the later afternoon and reapply the needle portion of the treatment. In my experience, this treatment has worked within twenty-four hours, every time.
- Bleeding All Pivot is a real blessing in helping patients with nausea who are undergoing chemotherapy and radiation.
- For marathon runners, or in cases of summer heat stroke, bleeding All Pivot descends reflux of Stomach qi.
- All Pivot treats lost voice from internal weakness, cold or flu because it is a wind point, and because it is opposite REN24 Cheng Jiang.
- As a stroke point, All Pivot treats sudden aphasia and difficulty swallowing.

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## 1010.08 Tranquility - Zhen Jing Yin Tang (Extra point)



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## 1010.08 Tranquility - Zhen Jing

- **Location:** This point is Tung's version of classic extra acupuncture point Yin Tang. While the classic location of Yin Tang is midway between the eyebrows, Master Tung needled Tranquility 0.3 cun superior, threading the needle downward through Yin Tang.
- **Meridian:** DU Mai      **Reaction Area:** Brain
- **Indications:** Mental disorders: stress, anxiety, depression, hyperactivity, hysteria, mania; epilepsy, insomnia, restless sleeping or night terrors, children night crying or easily startled, nasal obstruction, leg soreness and weakness, pain or paralysis of the four limbs; stress related: shaky, weak or numb extremities.

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## 1010.08 Tranquility - Zhen Jing

- **Needling notes:** I usually insert the needle 0.5 cun superior to Yin Tang and needle downward toward the nose. To aid in needle insertion, pinch the skin just above the eyebrows and insert the needle, threading it superficially downward.
- Internal thickening or scarring beneath the skin is common in this area due to childhood acne or botox. Starting the needle above the affected area makes insertion much more comfortable for these patients.
- Patients may bruise at the site of the insertion or the point may bleed a drop or two when the needle is removed. Always have cotton balls on hand in case the point bleeds when the needle is removed. Note in the chart when Yin Tang bleeds, so that you avoid the blood vessel in future insertions.

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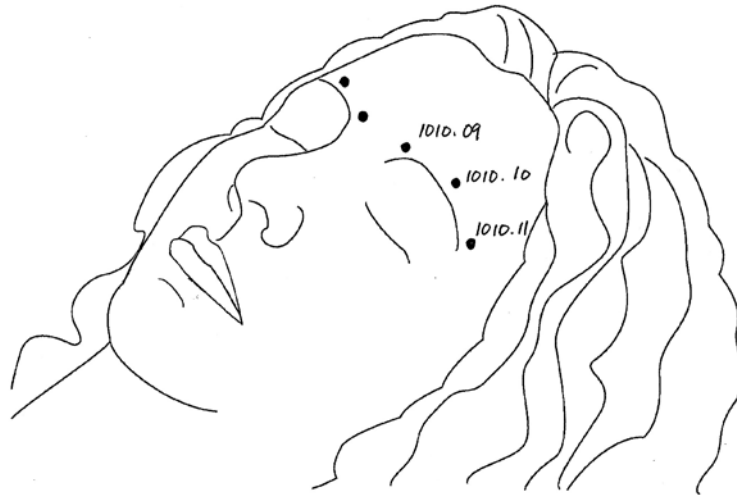
## 1010.08 Tranquility - Zhen Jing

- **Comments:** Tranquility is located on the DU meridian just above Yin Tang, and has a very strong sedative effect. This area of the face corresponds to the Heart and Lung (Dr. Young). Tranquility connects Lung and Heart to treat both, making this an excellent point to calm the Heart and spirit and to open the mind. I always use Tranquility as my first needle on every patient who is lying face up unless they have local symptoms such as a frontal headache. It helps them stay on the table, relaxed or asleep, for the duration of their treatment. When they wake up, they feel rested and rejuvenated.
- Combine Tranquility with 1010.01 Upright Meeting (DU20) for the treatment of epilepsy, insomnia, and manic depression to calm the spirit and clear the brain.

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## 1010.09-1010.11



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### 1010.09 Supreme Mile - Shang Li

- **Location:** This point is located 0.2 cun above the medial end of the eyebrow.
- **Meridian:** Urinary Bladder     **Reaction Area:** Eyes, Lung
- **Indications:** Vertigo, acute frontal headache, dizziness, blurred vision.
- **Comments:** Supreme Mile is located 0.2 cun superior to UB2 Zan Zhu. It shares similar indications to UB2 and is an important point for the treatment of dizziness and headache.
- I bleed this point for acute headache or face pain, but I do not needle it. It is not used for chronic headache.
- Bleed Supreme Mile, 1010.10 Four Bowels Second and Four Bowels First to treat acute headache.

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## 1010.10 Four Bowels Second - Si Fu Er

## 1010.11 Four Bowels First - Si Fu Yi

- **Location:** Four Bowels Second is located 0.2 cun above the center of the eyebrows, 0.2 cun superior to Yu Yao (Extra point). Four Bowels First is located 0.2 cun superior to the lateral end of the eyebrows, 0.2 cun superior to SJ23 Si Zhu Kong.
- **Meridian:** San Jiao (1010.11)      **Reaction Area:** Eyes, Lung
- **Indications:** Dizziness, acute frontal headache, herpes in the eye, blurred vision, disorders of the eyelids, vertigo, lower abdominal distention.
- **Comments:** Four Bowels First and Second have a holographic correspondence to the Large Intestine and the Small Intestine and are therefore indicated for abdominal distention (Dr. Young).

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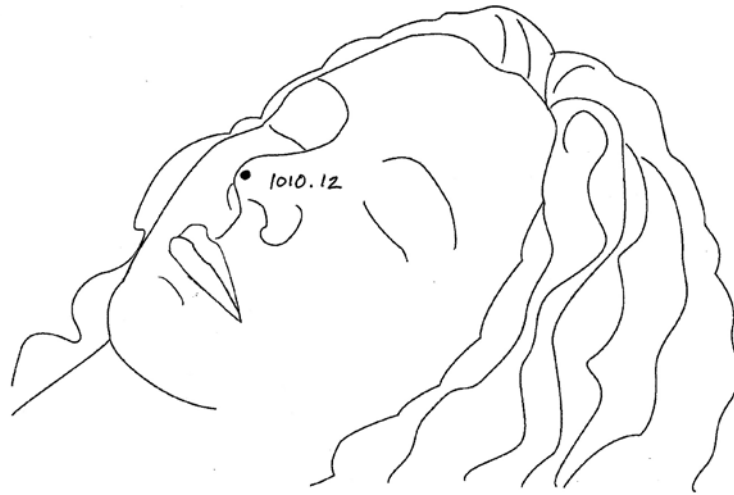
## 1010.10 Four Bowels Second - Si Fu Er

## 1010.11 Four Bowels First - Si Fu Yi

- These points are bled to clear the head and eyes. I have had several patients with herpes in the eye. One patient was taking Acyclovir, and still having regular outbreaks. He complained of seeing 'cotton balls' in his visual field (indicative of white blood cells in the area), constant irritation in the affected eye, and diminished visual acuity. After bleeding a vein above his eyebrow extending into the area of 1010.10, the intense redness of the sclera cleared, returning to mostly white, the irritation subsided and the 'cotton balls' disappeared. With the third bleeding of this vessel the output was significantly diminished, signaling the healing or shrinking of the vessel itself. The patient discontinued Acyclovir and had no further outbreaks in the following ten months until the death of his father, at which time he had a massive herpes outbreak in the same eye. When I bled the vessel again it produced 50% of the original output, and so I began to bleed the sides of the tip of the middle finger instead (see Koryo Hand Therapy), saving this vessel for another traumatic event, should it ever be required.

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## 1010.12 Upright Source - Zheng Ben



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## 1010.12 Upright Source - Zheng Ben

- **Location:** This point is located at the tip of the nose in the opening between the lower lateral cartilages. It is commonly bled. (Be careful not to hit the cartilage). The point is DU25 Su Liao.
- **Meridian:** DU Mai                      **Reaction Area:** Lung
- **Indications:** Lung weakness, coma, allergic rhinitis, alcohol nose, enlargement of nasal mucosa, sinus obstruction, stuffy nose, intoxication, hangover.
- **Comments:** Upright Source awakens the brain, enhances memory for elderly patients who remember the past but forget the present, and opens the whole head.

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## 1010.12 Upright Source - Zheng Ben

- Upright Source is bled more than needled, in order to wake up the brain in cases of psychosis or inebriation. It can also clear the sinus and treat bacterial skin infection on the face, but I would never consider using it for those reasons. Puncturing this point is very painful.
- Used to treat psychosis, Dr. Lee would say it “chases the devil away.” For psychosis from possession or grief, needle HT1 Ji Quan by firmly gripping the flesh of the armpit and quickly inserting the needle perpendicularly. To treat possession, you can tape the patient’s thumbs together and apply moxa on LU11 Shao Shang on both hands simultaneously.

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## 1010.13 Horse Gold Water - Ma Jin Shui

## 1010.14 Horse Fast Water - Ma Kuai Shui



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## 1010.13 Horse Gold Water - Ma Jin Shui

## 1010.14 Horse Fast Water - Ma Kui Shui

- **Location:** Horse Gold Water is located directly beneath the edge of the outer canthus of the eye, just inferior to the zygomatic arch and approximately level with the nasal ala. This is Tung's SI18.
- Horse Fast Water is located approximately 0.4 cun inferior to Horse Gold Water, level with DU26 Ren Zhong.
- **Meridian:** Small Intestine **Reaction Area:** Kidney, Lung
- **Indications:** Pain due to kidney stone (will not dissolve the stone), nephritis, interstitial cystitis, urethra pain, hematuria due to anger, urinary incontinence, prostate diseases, acute lower back sprain, nasal inflammation, chest pain due to gas.

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## 1010.13 Horse Gold Water - Ma Jin Shui

## 1010.14 Horse Fast Water - Ma Kui Shui

- **Comments:** Horse Gold Water and 1010.14 Horse Fast Water are usually used together. They tonify and regulate the qi of the Lung and Kidneys to treat urinary system issues. 'Gold' indicates metal and therefore the Lung, and 'Water' refers to the connection to the Kidneys. Both points share the Reaction Area of the Lung and Kidney; 1010.13 has a stronger effect on the Kidney and 1010.14 more strongly affects the Urinary Bladder.
- The Kidneys and Lungs work together to support water metabolism. If the Lungs are functioning correctly, people can easily hold their urine. People whose lungs are weak may experience incontinence when they laugh, sneeze, or cough. This is especially true for many elderly people. Such incontinence is not a Kidney/Bladder problem but a Lung problem. One should tonify the Lungs (child) by strengthening the Spleen and Stomach (mother) (Dr. Lee).
- Dr. Young needles opposite side Horse Gold Water with 1010.19 Water Through to treat acute back strain. If the pain is bilateral, or centered in the back, needle both points bilaterally.

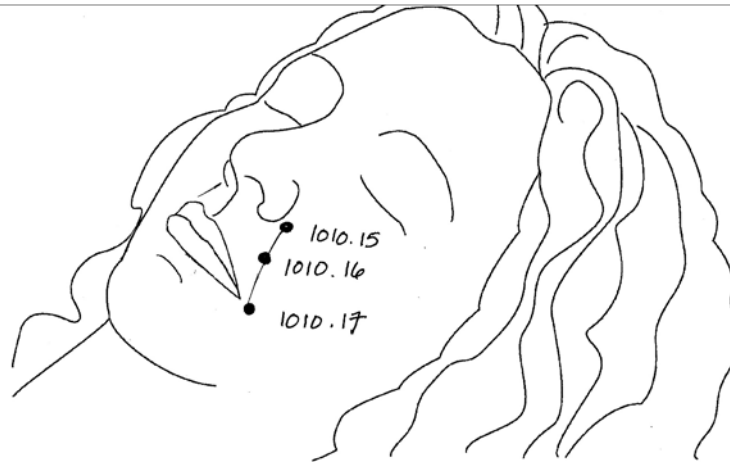
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1010.15 Bowels Fast

1010.16 Six Fast

1010.17 Seven Fast

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LI20 Welcome Fragrance - Ying Xiang

1010.15 Bowels Fast - Fu Kuai

- **Location:** This point is found at the level of the nasal ala, lateral to the nose, at the creases formed by the laugh lines of the face.
- **Meridian:** Large Intestine  
**Reaction Area:** Kidney, Six Bowels
- **Indications:** Acne, sinus congestion, abdominal pain or distention, hernia.
- **Comments:** Because Bowels Fast is located at LI20 Ying Xiang, the crossing point of the Stomach and Large Intestine meridians, it has the indications of abdominal distention and pain. Because there are so many other useful points for these conditions, I never use it that way. I primarily use Bowels Fast as Welcome Fragrance to quickly open the sinuses, for common cold, allergies, and acute or chronic sinus swelling. It is also a good guiding point for treating acne on the face.

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## LI20 Welcome Fragrance - Ying Xiang

- Classically, LI20 is located directly next to the nasal ala, with a perpendicular insertion. I hope that after this lecture you will never needle it that way again, as that location and insertion is extremely painful and virtually ineffective. My preferred way of needling Welcome Fragrance is to utilize the laugh lines at the level of the nasal ala, and direct the needle superficially toward Yin Tang. The difficulty of this manner of insertion is that we need to introduce a slight curve to the tip of the needle in order to lift it over the edge of the nasal bone. I have developed an easy way of doing this that I call the “curving needle technique.” By holding the handle of the needle at a 45 degree angle away from the body, and thus flattening the shaft of the needle against the skin, you will introduce a curve in the shaft that extends to the tip and causes it to lift up and over the bone. Watch the tip of the needle as it is progressing, and after you pass the nasal bone with the tip, lower the handle to drop the curve. By doing this, you will avoid contact between the needle’s tip and the sensitive underside of the epidermis. This curving needle technique is useful in the insertion of many different points, but in Welcome Fragrance it is essential, as a straight needle insertion will painfully hit the bone. Using this curving needle technique, we are able to insert a 1 cun needle virtually painlessly and nearly all the way in. Needled this way, LI20 Welcome Fragrance can open a congested sinus cavity in ten minutes or less; patients are surprised when they can suddenly breathe easily through both nostrils.

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## 1010.16 Six Fast - Liu Kuai

- **Location:** This point is located 1.4 cun (just under two fingers) lateral to DU26 Ren Zhong in the laugh line.
- **Meridian:** Close to Yang Ming    **Reaction Area:** Urinary tract
- **Indications:** Stone stuck in the urethra, urethra inflammation.
- **Comments:** Needling Six Fast with 1010.14 Horse Fast Water treats pain from stones in the urethra. Needling Six Fast with 1010.17 Seven Fast treats inflammation or urethra pain. All three points correspond with the lower jiao area of the face and will treat pain from a urinary stone, but will not dissolve it. In order to slowly dissolve urinary calculi, drink up to 40 pounds of Lysmachia (Jin Qian Cao).

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## 1010.17 Seven Fast - Qi Kuai

- **Location:** This point is located 0.5 cun lateral to the corner of the mouth. This is Tung's ST4 Di Cang.
- **Meridian:** Stomach                      **Reaction Area:** Lung
- **Indications:** Facial paralysis, Lung deficiency, stone stuck in urethra, urethra pain.
- **Comments:** "Use ST4 Di Cang in all cases where treacherous wind enters the ear, mouth and eye, and leads to deviation." (*Secret Writings of Bian Que*).
- Needled with 1010.16 Six Fast to treat pain of the urethra.

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## 1010.18 Wood Branch - Mu Zhi



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## 1010.18 Wood Branch - Mu Zhi

- **Location:** This point is located in the depression just anterior to the condyloid process of the mandible when the mouth is wide open. This is ST7 Xia Guan.
- **Meridian:** Stomach                      **Reaction Area:** Gallbladder, Liver
- **Indications:** Gallstones, liver or gallbladder weakness, gallbladder inflammation or disease; weakness of the legs with a tendency to fall in the elderly; hysteria, night crying of children.
- **Comments:** ST7 is the meeting point of the Gallbladder and Stomach meridians, so it treats conditions that affect both, such as gallstones.

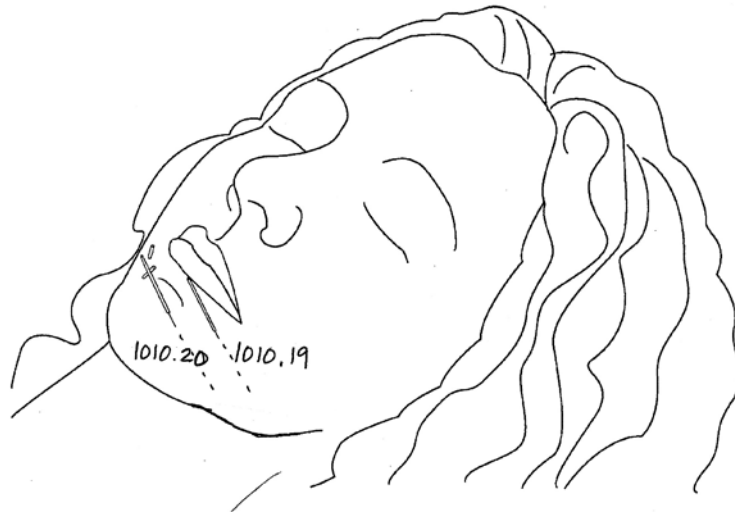
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## 1010.18 Wood Branch - Mu Zhi

- “Wood” indicates a connection to the Liver, “Branch” refers to the Gallbladder in relation to the Liver.
- A patient with Liver weakness is easily tired. A patient with Gallbladder weakness is easily startled; this is called “empty gallbladder,” indicating that the bile is lacking.
- Dr. Lee said that the presence of gallstones indicates that there is something is wrong in the patient’s life; they are unhappy, worried or full of regret.

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1010.19 Water Through - Shui Tong  
1010.20 Water Gold - Shui Jin



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1010.19 Water Through - Shui Tong  
1010.20 Water Gold - Shui Jin

- **Location:** 1010.19 Water Through is located 0.4 cun directly below the corner of the mouth. Needled horizontally beneath the skin, toward the angle of the jaw.
- 1010.20 Water Gold is located at the lateral corner of the ball of the chin (at the end of the rainbow), 0.5 cun inferior and medial to Water Through. Needled parallel to Water Through, toward the angle of the jaw.
- **Reaction Area:** Kidney
- **Indications:** Kidney qi deficiency, asthma, cough with or without phlegm, dyspnea, twisted spine, acute lumbar strain, paralysis, weakness of the legs, exhaustion, dizziness, vertigo, blurry eyes, hiccups, sexual dysfunction or impotence, prostate enlargement.

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1010.19 Water Through - Shui Tong  
1010.20 Water Gold - Shui Jin

- **Comments:** “Water” in the name indicates a connection to the Kidney, while “Gold” indicates a connection to metal and the Lungs. Water Gold/Water Through are two of Master Tung’s favorite points for tonifying the Kidneys. In Chinese medicine, breathing is viewed as the Kidney qi grasping the descending Lung qi and anchoring it. If the Kidneys are not able to receive the Lung qi, breathing will be long and labored. If the Lung qi is not descending, there will be panting. Water Gold/Water Through connect metal (Lung) and water (Kidney) to strongly tonify the Kidney and powerfully regulate Lung qi. They are useful for symptoms of reversal of qi, such as cough and asthma, hiccups or vomiting.

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1010.19 Water Through - Shui Tong  
1010.20 Water Gold - Shui Jin

- Due to their location on the chin, these four points may be needled and still allow the patient to walk around gently during treatment (Active Qi Moving), especially useful in the treatment of lower back pain.
- The Large Intestine meridian is internally connected to the Lung, and goes around the mouth, ending at LI20 to connect to the Stomach meridian, tonifying the earth to produce metal. Because the Yang Ming (ST/LI) channel has more qi and more blood, Water Gold/Water Through are effective in regulating qi and blood and strengthening Lung and Kidneys.

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1010.19 Water Through - Shui Tong

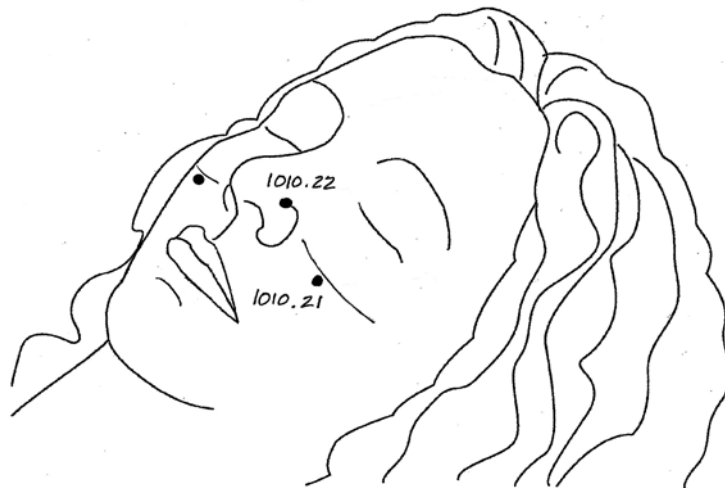
1010.20 Water Gold - Shui Jin

- A green hue around the mouth and chin is a sign of Kidney weakness and could indicate chronic Kidney deficiency in cases such as asthma and lower back pain. Additionally, darkness around the eyes, especially under the eyes, indicates extreme depletion and might also be seen with dizziness, blurred vision and lower back pain.
- These points may bruise easily, especially if the needle is inserted too deeply. Keep the needle tip superficial enough as to see it moving back toward the angle of the jaw. This will prevent bleeding or bruising caused by contacting the blood vessels located in the large and strong masseter muscles.

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1010.21 Jade Fire

1010.22 Nose Wing



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## 1010.21 Jade Fire - Yu Huo

- **Location:** This point is located in the infraorbital foramen of the maxilla bone, directly inferior to the center of the eyeball. This is ST2 Su Bai.
- **Meridian:** Stomach                      **Reaction Area:** Heart, Liver
- **Indications:** Pain due to stagnation or deficiency of blood, cheek pain, maxillary pain, mandible pain, shoulder and upper arm pain, pain of the four limbs, sciatica, knee pain.
- **Comments:** Because Jade Fire has the Reaction Areas of the Heart and Liver, it regulates the blood and is used for any kind of pain due to blood deficiency or stagnation.
- All points in Master Tung's acupuncture with "Fire" in their name treat the Heart and knee.

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## 1010.22 Nose Wing - Bi Yi

- **Location:** This point is located at the end of the curl of the nasal ala where many cultures pierce the nose. The needle is inserted through the nose into the nasal cavity. (Be careful not to contact the septum.)
- **Reaction Area:** Kidney, Lung, Spleen
- **Indications:** Severe pain due to deficiency or qi stagnation, whole body pain due to Kidney deficiency, nerve pain, severe exhaustion, migraine, hemiplegia, dizziness, vertigo, blurred vision, tongue pain or stiffness, sciatica due to qi deficiency, extremity pain.

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## 1010.22 Nose Wing - Bi Yi

- **Comments:** Nose Wing is essential in cases of real exhaustion or qi deficiency because it has the reaction areas of the Lung, Spleen and Kidney. Nose Wing warms the yang, increases energy, clears the brain and wakes a tired spirit. It is excellent for treating soreness and pain of the whole body.
- Nose Wing is primarily needled on the left side as the left side relates to qi, while the right side relates to blood. In cases of left side sciatica, it can be needled on the right.
- In combination with opposite side 22.04-22.05 Great White/Spirit Bone (Ling Gu/Da Bai) and 22.06-22.07 Middle White/Lower White (Zhong Bai/Xia Bai), Nose Wing is very good for sciatica due to qi deficiency.

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## 1010.23 State Fire

## 1010.24 State Gold



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## 1010.23 State Fire - Zhou Huo

- **Location:** This point is located 1.5 cun superior to the apex of the ear.
- **Meridian:** Gallbladder      **Reaction Area:** Heart
- **Indications:** Palpitations, phlegm masking the orifices, rheumatic heart disease; Kidney yin deficient: tiredness, lack of strength in the four limbs and lower back pain.
- **Comments:** “Fire” in the name of the point indicates that it treats the Heart and cardiovascular diseases. This area of the head is very sensitive, due to the large number of blood vessels traversing the side of the head. Bleeding 99.08 Ear Three (Apex) is also effective and less sensitive than this point.

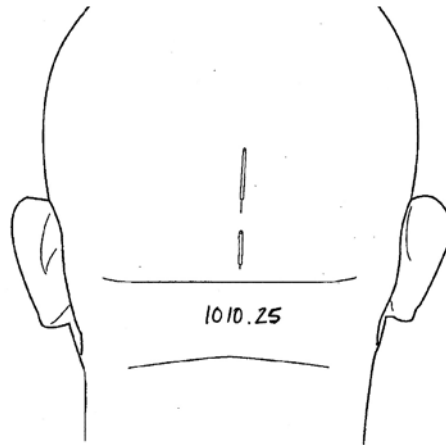
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## 1010.24 State Gold - Zhou Jin

- **Location:** This point is located 1.5 cun superior and 1.0 cun posterior to the ear apex, level with 1010.23 State Fire.
- **Meridian:** Gallbladder      **Reaction Area:** Lung
- **Indications:** Rheumatism, lower back pain or UB channel sciatica due to Lung deficiency.
- **Comments:** Because of the relationship between the Hand Tai Yin (LU) and the Foot Tai Yang (UB), this point is used to treat sciatica resulting from Lung deficiency. State Gold has the Reaction Area of the Lung, and “Gold” in the name indicates the connection to metal and the Lung. State Gold is a crossing point of the San Jiao, Gallbladder and Urinary Bladder meridians, all of which are involved in sciatica.
- Due to the many blood vessels traversing the side of the head, this point can be very sensitive. Downsize your needle gauge and insert superficially toward the ear 0.5 cun.

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## 1010.25 State Water - Zhou Shui



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## 1010.25 State Water - Zhou Shui

- **Location:** This is a two-point pattern. The first point is located on top of the occipital protuberance. The second point is located 0.8 cun superior to the first point.
- **Meridian:** Du Mai      **Reaction Area:** Kidney
- **Indications:** Nervous system dysfunction, spine and waist pain, lower back pain, lower limb numbness or paralysis, weakness of the extremities.
- **Comments:** “Water” in the name indicates that these points relate to the Kidney. State Water is located on the DU channel and can therefore treat spinal and lumbar vertebrae, and is especially good for the L5-S1 area. The DU Mai warms the yang and treats weakness of the lower limbs.
- When I am treating a severely protruding disk at L5 I will often needle State Water in combination with 55.04-55.05 Flower Bone Three and Four. State Water sends the qi down the spine, whereas Flower Bone Three and Four sends the qi up the spine; the qi meets at the hinge (L5-S1 area).

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## 1010.25 State Water - Zhou Shui

- **Needling notes:** When inserting State Water, be sure that the patient does not hold their chin down. When they hold their chin down, the neck will be tight, and we want it relaxed when needling these points. Start by sliding your finger up the center of the back of the neck into the posterior hairline, locating the occipital notch and parting the hair. Move up and over the notch until you are on centered on the top of the occipital protuberance. Insert the needle horizontally downward, flattening the shaft of the needle against the head in order to thread it superficially. The second needle is located 0.8 cun superior to the first and is also threaded superficially downward until it contacts the first needle. Occasionally, you will tap the bone of the occipital protuberance. If this occurs back the needle out slightly and use a curving needle technique to lift the tip of the needle up and over the bone. You may need to pull up a bit of hair/scalp just above the shaft of the needle to create a space for the needle to slide over the bone. After insertion, have the patient rotate their head to the left and right to verify that there is no muscular tension on the needles.

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## 1010.25 State Water - Zhou Shui

- I often combine State Water with Flower Bone Three and Four, needling State Waters first while the patient is standing. Because patients with lower back pain have an extremely difficult time lying on their stomach, once I have needled Flower Bone Three and Four with the patient face down on the table, I will then help the patient to sit up by swinging their legs over the side of the table. From this position it is easier for them to pivot their hips and lie back down, face up. Carefully cup the back of their head, covering the needles, while they reposition their head on the pillow. Because the needles for State Water are inserted horizontally beneath the skin, they are flattened between the back of the head and the pillow, as long as the patient does not move around. Place a bolster under the legs, elevating the feet, so as not to put any additional stress on the lumbar spine. This will be a comfortable position for the patient to maintain during the treatment of at least one hour.
- Consider bleeding UB40 Wei Zhong to release the pressure in the lower back.

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## DU26 Ren Zhong - Human Center

- **Location:** Directly inferior to the nose at the juncture of the upper third and middle third of the philtrum.
- **Indications:** Cervical bone spurs, spine pain, acute lumbar sprain, deviation of the mouth and eyes, facial edema, fainting, unconsciousness or coma, mental disorders, hysteria, epilepsy, infantile convulsions.
- **Comments:** Ren Zhong is used as an emergency point because it opens the DU Mai, connects to the brain, warms the yang, and regulates the qi and blood.
- Because Ren Zhong expels wind it is used to restore consciousness and calm the spirit. The Stomach and Large Intestine channels cross the DU Mai at DU26 Ren Zhong.

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## DU26 Ren Zhong - Human Center

- Needle DU26 by pinching up the skin before insertion. Because this point is extremely painful, the eyes will often water. This point will penetrate the frenulum on the inside of the upper lip. Leave the tip of the needle gently touching the maxilla for a bone-treating-bone effect.
- I primarily needle this point in Dr. Young's combination for bone spurs, which includes SI3 Hou Xi, UB65 Shu Gu, 88.25 Center Nine Miles (GB31) and Ren Zhong. If the bone spurs are cervical we can alternate needling Ren Zhong and REN24 Cheng Jiang. Because both of these points are very painful for the patient, it is helpful to include other points that treat the spine and back.
- Bleeding UB40 Wei Zhong is essential in the treatment of bone spurs. This can be done every ten days to two weeks.

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## REN24 Cheng Jiang - Receiving Fluid

- **Location:** This point is centered in the depression at the juncture of the lower lip and chin.
- **Indications:** Cervical bone spurs, sudden onset neck pain (falling pillow syndrome), amenorrhea or delayed menses, mental disorders, deviation of the eyes and mouth, facial edema, excess or deficient salivation, swelling of the gums, toothache.
- **Comments:** For cervical bone spurs, alternate Cheng Jiang with DU26 Ren Zhong in combination with SI3 Hou Xi, UB65 Shu Gu, 88.25 Center Nine Miles (GB31).
- Because Cheng Jiang extinguishes draft and spasm, it is an excellent point to choose in combination with 22.01-22.02 Double Child/Double Fairy in the treatment of falling pillow neck pain.

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## REN24 Cheng Jiang - Receiving Fluid

- REN24 is used to treat amenorrhea because both the Stomach and Large Intestine channels (with more qi and blood) meet at REN24. Additionally, Cheng Jiang is the Jing-Well point for the REN channel, so it opens the orifices and regulates the REN Mai.
- In the treatment of amenorrhea we can add REN24 to 11.06 Return to the Nest, 11.24 Gynecological and 88.04-06 Three Sisters. Dr. Young recommends REN24, 66.15 Water Fairy and ST25 Tian Shu to treat this condition.

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## DT.01-DT.17 Back Points

- Points on the chest and upper back are bled with a three-edge needle using shallow insertion. In Master Tung's system points on the chest and upper back are never deeply needled, so that there is no danger of puncturing or injuring the internal organs.
- Points on the upper back will usually not bleed on their own after being punctured. It is necessary to apply a glass cup to draw out the blood.
- If you puncture, and do not get a good bleed, never re-puncture the same exact location. This is not productive and painful for the patient. Puncture 1-2mm next to the original site.
- It is rare, but possible, to hit an artery when bleeding points on the back, particularly as you will rarely see a vessel. Three times, in more than five hundred punctures, I have hit an artery in the vicinity of UB43 Gao Huang Shu. If this should happen you will see a rhythmic pulse to the tiny stream of blood. This is no cause for panic, simply apply pressure to stop the bleeding and a tight band-aid. Note in the chart where the artery was found so that you may avoid it in the future. Since the goal is to remove stagnant blood, puncturing an artery will not be therapeutic. On the upper back you will rarely see a vessel and it is not necessary to find one. On the lower back we stretch the skin a little bit to search for a vein, in order to puncture it. Without a vein in the area of the sacrum, the treatment will be less effective.

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## DT.01-DT.17 Back Points

- Points on the chest and upper back are bled with a three-edged needle using shallow insertion. In Master Tung's system, points on the chest and upper back are never deeply needled, thus avoiding any danger of puncturing or injuring the internal organs.
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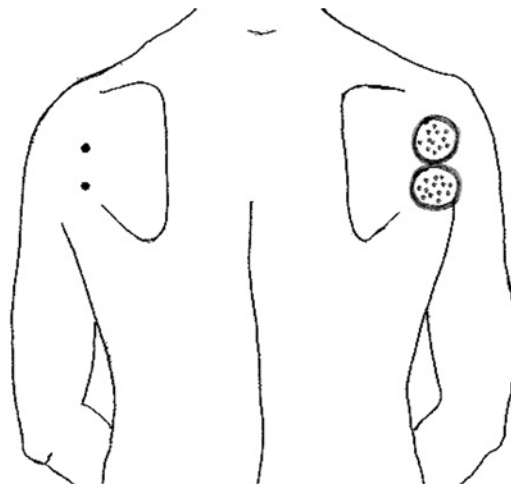
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## DT.01-DT.17 Back Points

- It is rare, but possible, to hit an artery when bleeding points on the back, particularly as you will rarely see a vessel. Only three times, in over five hundred punctures, have I hit an artery in the vicinity of UB43 Gao Huang Shu. If this should happen, you will see a rhythmic pulse to the tiny stream of blood. This is no cause for panic; simply apply pressure to stop the bleeding, and then affix a tight band-aid. Note in the chart where the artery was found so that you avoid it in the future. Since the goal is to remove stagnant blood, puncturing an artery will not be therapeutic. On the upper back you will rarely see a vessel, and it is not necessary to find one. On the lower back we stretch the skin a bit to search for a vein, in order to puncture it. Without a vein in the area of the sacrum, the treatment will be less effective.

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## DT.01-DT.02 Toxin Areas



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## DT.01-DT.02 Toxin Areas

### DT.01 Separate Branch - Fen Zhi Shang

### DT.02 Separate Branch Lower - Fen Zhi Xia

- **Location:** These points are located on the lateral edge of the scapula, half on and half off the scapula. On a large person you may need to use three points. These points are usually cupped. Follow the color to completely clear the toxins.
- **Meridian:** Small Intestine
- **Reaction Area:** Endocrine Glands (both); Breast and Lung (DT.02)
- **Indications:** Removes all toxins: drug, chemical, food, gas, poison oak, snake, scorpion or centipede bites, rabies, scabies, foul body odor, whole body itching from poisoning, halitosis, diabetes, gonorrhea with discharge, urinary tract infection.

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## DT.01-DT.02 Toxin Areas

- **Comments:** The Toxin Areas (also known as the Poison Points) are where the liver stores toxins that it cannot fully eliminate from the body. Cupping the toxin areas is very effective in clearing accumulated toxins. I usually cup the Toxin Points on every patient until the area stops coloring. The first time a patient is cupped he or she is likely to be much darker and more uncomfortable than in subsequent cupping sessions; 80% of the toxins that have accumulated are usually removed during the first treatment. The second treatment, at least ten days later, should remove the residual 20%. The third treatment, a few months later, verifies that the toxins are not continuing to accumulate. If the area continues to color, the patient is likely being exposed to toxins via their environment, or consuming too much animal protein.

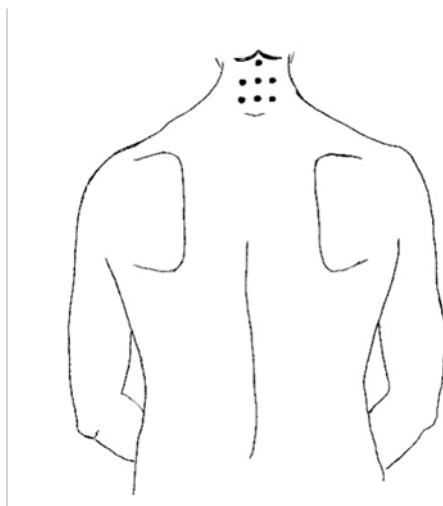
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## DT.01-DT.02 Toxin Areas

- Due to their Reaction Area, these points may assist in regulating the endocrine system. They are very effective in the draining of toxins located anywhere in the body, in part because of their proximity to the Small Intestine channel, which drains damp heat. Through this cleansing effect, these points strengthen the immune system.
- I have identified two additional Toxin Areas that may be cupped. The first is located directly behind the ear lobes; the second is located where the neck and shoulders come together. (When cups are placed at these points, they will stand at a 45 degree angle away from the body.) **For these areas use a cup no larger than #4 (1.3 cun).**
- All of the Toxin Points described above coincide with areas of concentrated lymph nodes.

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## DT.03 Seven Stars - Qi Xing



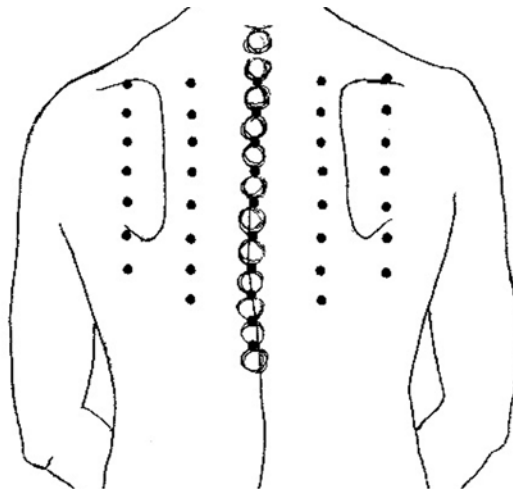
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## DT.03 Seven Stars - Qi Xing

- **Location:** This is a seven-point unit. To simplify the point locations, we might describe them as three points approximately 1 cun apart; the first is 0.8 cun above the posterior hairline. The next two points are found 1 cun apart, directly below the first. The last four points are located 1 cun lateral to the second and third points.
- Alternatively, puncture seven points approximately 1 cun apart on the back of the neck.
- **Cautions:** These must be superficial punctures (1-3mm). Deeper punctures in children may cause deafness and aphasia.
- **Meridian:** DU Mai and Urinary Bladder  
**Reaction Area:** Brain, Lung
- **Indications:** Nausea and vomiting (disturbance of the five zang organs), common cold and headache, high fever in children, infantile convulsion, other childhood diseases due to wind.
- **Comments:** These points are used to treat a common cold, especially one with a fever. The first two points duplicate the function of 1010.07 All Pivot, which I use for nausea and vomiting.

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## DT.04 Five Mountain Range - Wu Ling



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## DT.04 Five Mountain Range - Wu Ling

- **Location:** This combination of 40 points is located along five lines on the upper back. A simplified description follows:
- Make ten punctures starting beneath the posterior vertebral process of thoracic 2 and ending beneath thoracic 12. Then make a line of eight punctures, 3 cun lateral to the first line, ending lateral to the space below thoracic 10. Then puncture a third line of seven points, 6 cun lateral to the first line, ending lateral to the space below thoracic 9.
- **Meridian:** DU Mai and Urinary Bladder  
**Reaction Area:** Heart, Liver, Lung, Spleen
- **Indications:** High blood pressure, hemiplegia or numbness (especially after stroke or with high blood pressure), high fever, acute severe headache, sudden dizziness, severe common cold, acute stomach pain, acute enteritis, vomiting diseases, back pain due to arteriosclerosis.

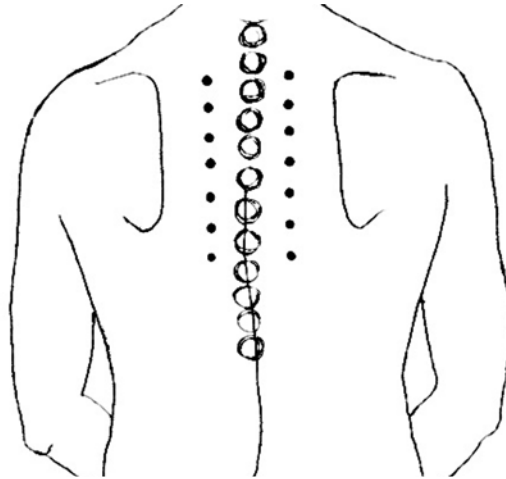
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## DT.04 Five Mountain Range - Wu Ling

- **Comments:** I have used Five Mountain Range on multiple occasions when urgent treatment was required. In every case a trip to the emergency room was avoided and I was afforded the time to treat the underlying condition. I use Five Mountain Range primarily to drop a very high fever involving severe lung stagnation (such as pneumonia or pneumocystis), or to lower extremely high blood pressure (220/120). It is not necessary to puncture every point precisely, but rather five lines across the upper back. These points do not usually bleed on their own, so it will be necessary to apply large cups that cover as many points as possible in order to draw the blood.
- When treating extremely high blood pressure, consider also bleeding the fingertips. This will be equally effective and easier to accomplish, though those ten punctures may be more painful than the 40 of Five Mountain Range.
- Each of the points in this pattern have a corresponding five-element relationship. The upper points relate to the Heart and Lung; the lower points relate to Liver and Spleen and Kidney. See the drawing for more details.

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## DT.05 Double Phoenix - Shuang Feng



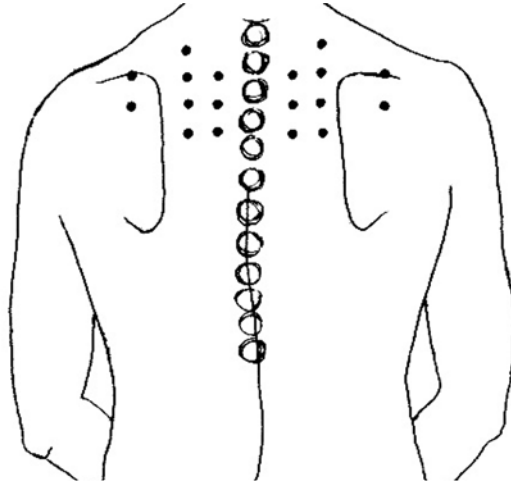
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## DT.05 Double Phoenix - Shuang Feng

- **Location:** This is a 14-point pattern comprised of two lines of seven points each, 1.5 cun lateral to the spine, beginning at thoracic 2.
- **Meridian:** Urinary Bladder      **Reaction Area:** Blood Circulation
- **Indications:** Bone spurs, whole body pain due to blood stagnation, arteriosclerosis causing numbness of the hands and feet.
- **Comments:** The name Double Phoenix means “Both Limbs”. All points in this pattern belong to the element of fire, so they are used to vitalize and circulate the blood. Numbness is caused in several different ways: for example, by arteriosclerosis, bone spurs or high blood pressure. We normally bleed the upper extremity points to treat the lower body, and the lower extremity points to treat the upper body; Double Phoenix can treat them all.
- Bone spurs on the neck may create numbness of only one or two fingers. Thumb and index finger numbness relates to cervical vertebrae C5-C6. Middle finger numbness relates to C7. If all of the fingers are numb, the cause could be bone spurring on the spine, or the numbness could relate to pharmaceutical side effects, high blood pressure, high cholesterol or diabetes. In order to properly treat numbness, differential diagnosis is essential.

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## DT.06 Nine Monkeys - Jiu Hou



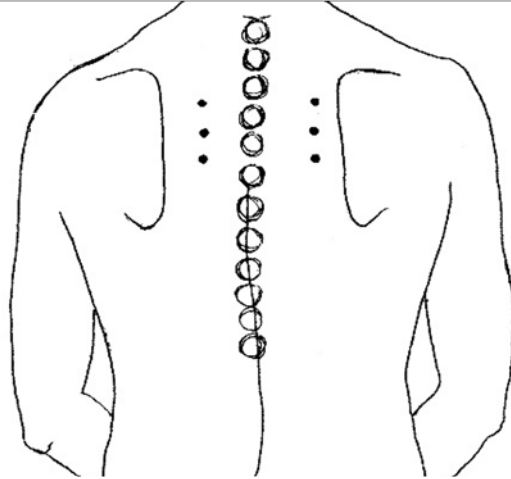
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## DT.06 Nine Monkeys - Jiu Hou

- **Location:** The first line is three points, 1 cun apart and 1.5 cun lateral to the spine, beginning just below the posterior vertebral process of Th2. The second line of four points is 3 cun lateral to the spine, beginning just below the posterior vertebral process of Th1. The third line is two points 6 cun lateral to the spinous process of Th2 and Th3.
- **Meridian:** Tai Yang (UB/SI)      **Reaction Area:** Heart, Lung
- **Indications:** Arteriosclerosis or other circulatory diseases, scarlet fever, high fever, heat stroke.
- **Comments:** These points relate to fire and metal, and are very similar to DT.04 Five Mountain Range.

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## DT.07 Three Gold - San Jin



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### DT.07 Three Gold - San Jin

- **Location:** These three points are located at UB42 Po Hu, UB43 Gao Huang Shu, and UB44 Shen Tang, 3 cun (four fingers) lateral to the spine, level with the spaces between the T3-T6 vertebrae.
- **Meridian:** Urinary Bladder      **Reaction Area:** Heart, Lung
- **Indications:** Degenerative knee pain, arthritis of the knee cap, soft tissue inflammation due to bone spurs, chronic knee pain or swelling.
- **Comments:** These points are only bled. Palpate and choose the most sensitive point. If more than one point is sensitive, two may be punctured; however, if none are significantly sensitive the treatment is unlikely to work.
- I always bleed bilaterally because a degenerative process will usually affect both sides, even if one side is more pronounced. This point will not bleed freely, and must be cupped in order to draw at least a tablespoon of blood. If you bleed these points and the pain returns within twenty-four hours, it will not be effective to bleed them again (the degeneration is too advanced).

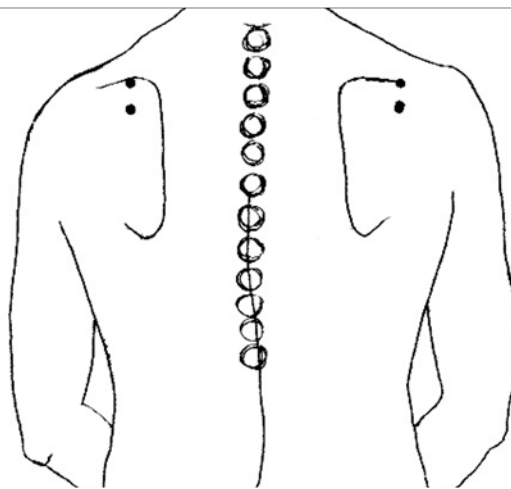
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## DT.07 Three Gold - San Jin

- All three points are Metal, hence the name “Three Gold.” They relate to the Shu points of the Lung, Pericardium and Heart. In Tung’s acupuncture, all points that strengthen the Heart also treat the knees. Bleeding Three Gold has a remarkable effect on the treatment of pain that is underneath the knee cap, inside the joint. If the patient cannot describe the pain that way, I will not use this treatment. I have not found it to be effective if the knee pain is medial, lateral, proximal or distal to the joint. However, for chronic pain inside the joint, Three Gold is unsurpassed. This is one of the reasons I have coined the term “Magic” in ‘Master Tung’s Magic Points,’ for when bleeding UB43 is successful, patients have been known to laugh and cry with the joy of a gentle deep knee bend.
- If walking downstairs is more painful than walking upstairs, there is likely to be a bone spur in the joint. Knee spurs are more frequently medial than lateral. Three Gold affects only soft tissue inflammation.

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## DT.08 Essence Branch - Jing Zhi



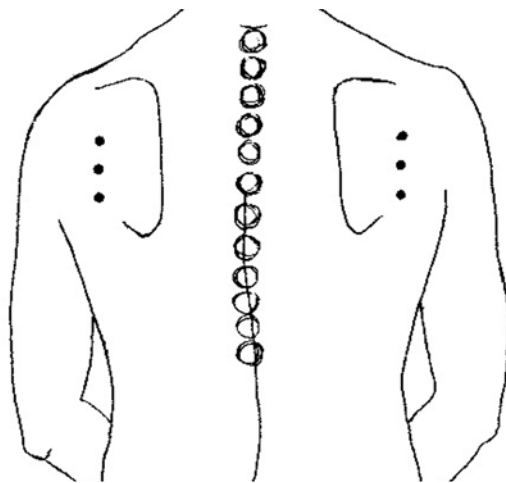
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## DT.08 Essence Branch - Jing Zhi

- **Location:** DT.08 is a two-point pattern found 3 cun lateral to the top two points of DT.07 Three Gold (UB42, 43), or 6 cun lateral to the space below the posterior spinous process of Th2 and Th3. Another way to find these points is to palpate for the most sensitive spots in the approximate area of SI9 and SI10, in the area of the back where the arm connects to the torso. These two points relate to metal.
- **Meridian:** Tai Yang (UB/SI)    **Reaction Area:** Kidney, Lung
- **Indications:** Sciatica (Gallbladder meridian), lower leg tight and distended or painful, swelling of leg and knee.
- **Comments:** I have found these points to be exceedingly helpful in the treatment of stubborn gallbladder channel sciatica, especially in the area approximately six cun above the ankle. They are also used to treat pain, tightness or distention of the lower leg.

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## DT.09 Gold Forest - Jin Lin



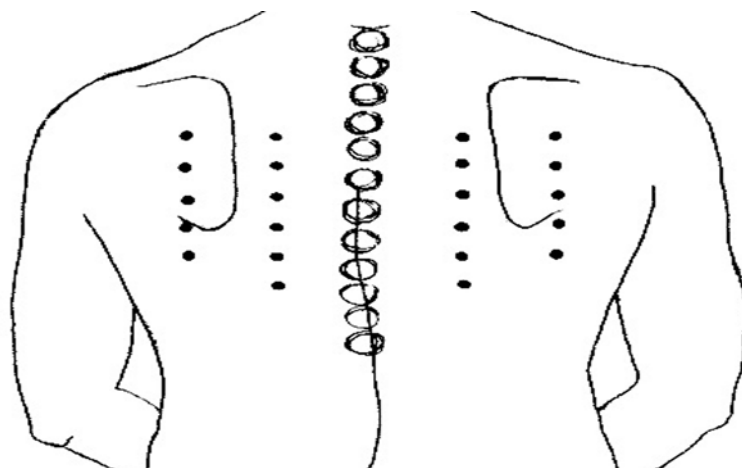
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## DT.09 Gold Forest - Jin Lin

- **Location:** DT.09 is located 3 cun lateral to UB44, 45, 46, or 6 cun lateral to the space below the posterior spinous process of Th4, Th5, and Th6. The lowest point is approximately level with the base of the scapula. The superior point is metal, and the two inferior points are wood.
- **Reaction Area (left side):** Lung, Kidney, Spleen  
**Reaction Area (right side):** Lung, Kidney, Liver
- **Indications:** Sciatica (GB channel) due to arteriosclerosis; thigh pain.
- **Comments:** Because Gold Forest treats the thigh, these points are very effective for Gallbladder channel sciatica. Palpate DT.08 and DT.09 to find the most sensitive points to bleed and cup.

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## DT.10 Top Pillar - Ding Zhu



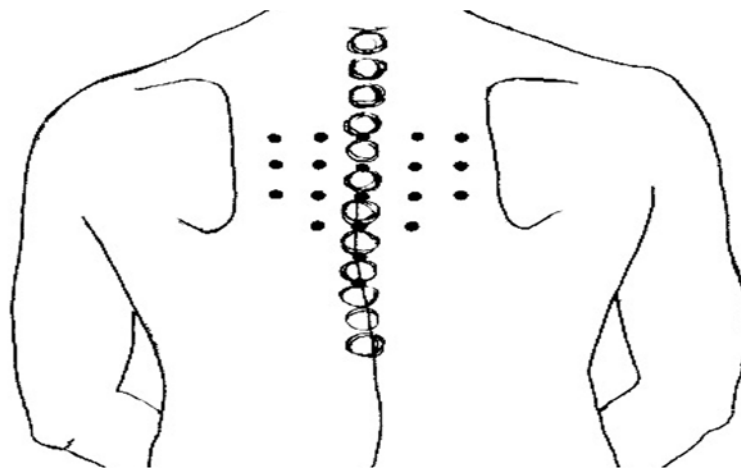
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## DT.10 Top Pillar - Ding Zhu

- **Location:** Top Pillar is comprised of 22 points. The first two points in this pattern are metal and are in the same location as UB43 and UB44. The third point is fire and is located at UB45. The next three points are wood and are located at UB46, 47, 48. In the second line of points, the first point is metal and found 6 cun lateral to the space below Th4. The next four points are wood and are found 6 cun lateral to the spaces between Th5-Th8.
- **Meridian:** Tai Yang (UB/SI)  
**Reaction Area (left side):** Heart, Liver, Spleen  
**Reaction Area (right side):** Heart, Liver, Lung
- **Indications:** Chest pain due to gas, low back pain due to arteriosclerosis, pain of the leg, thigh and lower back.

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## DT.11 Posterior Heart - Hou Xin



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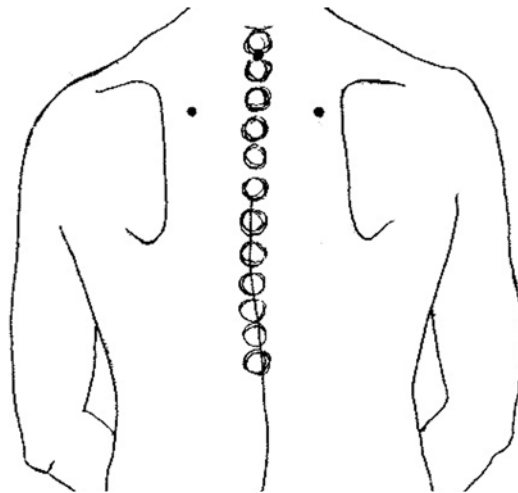


## DT.11 Posterior Heart - Hou Xin

- **Location:** Posterior Heart is comprised of 20 points, all are related to fire. The first six are found between the spinous processes of Th4-Th9. The next four points are found 1.5 cun lateral to the spine, directly lateral to the first four points of the first line. The last three points are found 3 cun lateral to the spine, directly lateral to the first three points of the first line. These points are very similar to DT.04 Five Mountain Range.
- **Meridian:** DU Mai/Urinary Bladder      **Reaction Area:** Heart
- **Indications:** Acne or boils, heart attack or coronary heart disease, circulatory issues, hemiplegia, wind stroke, severe common cold with wind-cold transmitted into the interior, chronic gastritis.
- **Comments:** Posterior Heart strengthens the Heart, warms the yang and regulates body temperature. Strengthening fire promotes earth to treat diseases of the stomach.

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## DT.12 Catch Cold Three - Gao Mao San



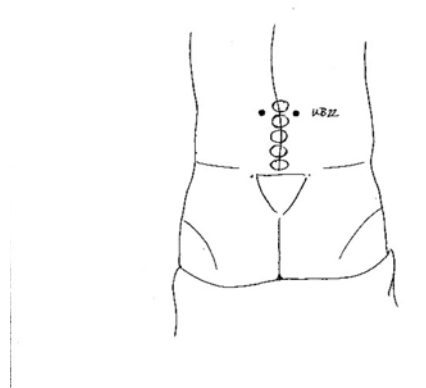
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## DT.12 Catch Cold Three - Gao Mao San

- **Location:** This is a three-point pattern with the same location as DU14 Da Zhui and UB42 Po Hu.
- **Meridian:** DU Mai/Urinary Bladder  
**Reaction Area:** Heart
- **Indications:** Severe common cold.
- **Comments:** I would bleed these points, particularly if the patient is experiencing a fever. When a patient has a wind-chill invasion, I immediately cup the entire upper back, and then needle 88.17-88.19 Four Horses and A.04 San Cha Three. Illness may be avoided altogether if, within a few hours of being chilled, the patient takes an extremely hot shower with water beating upon the upper back and neck, corresponding with the Chinese teaching, "The wind-chill evil enters through the back of the neck."

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## DT.13 Water Center - Shui Zhong



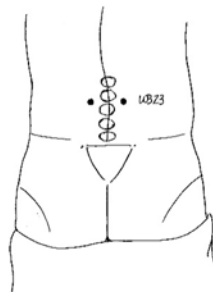
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## DT.13 Water Center - Shui Zhong

- **Location:** These two points are located at UB22 San Jiao Shu.
- **Meridian:** Urinary Bladder  
**Reaction Area:** Kidney
- **Indications:** Kidney deficiency, nephritis, kidney failure, kidney stones, thirst, constipation, irregular menstruation, spinal pain, pain of the lumbar vertebrae (due to coldness).
- **Comments:** Due to the Reaction Area of the Kidney and the relationship between the Foot Shao Yin (KD) and the Hand Shao Yang (SJ), Water Center tonifies Kidney qi. As the Shu point of the San Jiao, Water Center regulates the San Jiao.

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## DT.14 Water Bowels - Shui Fu



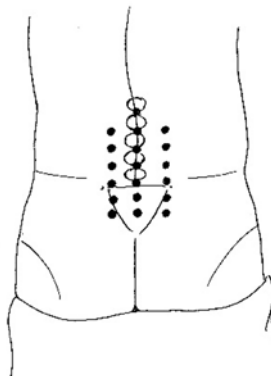
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## DT.14 Water Bowels - Shui Fu

- **Location:** These two points are located at UB23 Shen Shu.
- **Meridian:** Urinary Bladder      **Reaction Area:** Kidney
- **Indications:** Kidney deficiency, nephritis, impotence, premature ejaculation, blurred vision, dizziness, headache, insomnia, diabetes, thirst, retention of urine, difficult or painful urination, urinary bladder stone, intestinal inflammation, constipation, retention of a dead fetus, irregular menstruation, chest pain due to gas, spinal pain and rigidity, upper or lower back pain.
- **Comments:** My preferred treatment in this area is to moxa, especially during "moxa season." Moxa season is a month-long period during which the Ming Men is said to be opening and closing. The two weeks in the middle of this time are when the gate is open wide, allowing the penetrating heat of moxa to tonify and build the pure qi more powerfully than at any other time. Moxa seasons occur during every change of season, however, we focus only on the change from fall to winter (November 1-28), and winter to spring (starting the week prior to Lunar New Year). During the middle of moxa season, when the gate is open wide, a wind-cold invasion is particularly destructive, making it difficult for the patient to recover, perhaps for the entire year. Daily moxa, applied for 30 minutes over the kidneys, and then another 30 minutes between the navel and pubic bone, will ensure good health and longevity.

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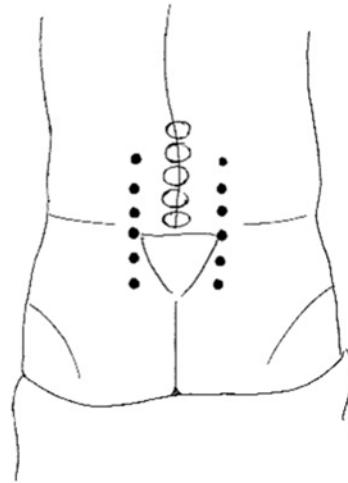
## DT.15 Three Rivers - San Jiang



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## DT.16 Two Rivers - Shuang He

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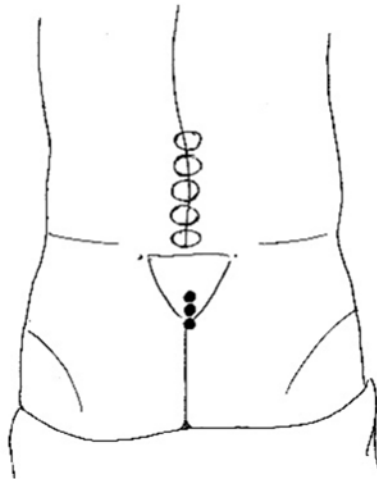
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## DT.15 Three Rivers - San Jiang DT.16 Two Rivers - Shuang He

- **Location:** Three Rivers is comprised of 19 points. Seven points are located between the spinous processes beginning below L1. To these seven points we add DT.16 Two Rivers, consisting of six additional water points on each side of the spine, beginning 3 cun lateral to Ming Men (L2).
- **Meridian:** DU Mai/Urinary Bladder  
**Reaction Area:** Kidney, Six Bowels
- **Indications:** Amenorrhea, uterine inflammation, acute intestinal inflammation, chest pain due to gas, pain in back, shoulder, arms, elbow and hands.
- **Comments:** Two Rivers is used mostly for arm, shoulder, and upper back pain. When we include the points on the DU Mai, it becomes Three Rivers and is then used to treat twisted lower back, intestinal disease and male or female reproductive disorders, including infertility. We bleed the back because we cannot bleed the front. It is not necessary to bleed every point.

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## DT.17 Up-Shooting Heaven - Chong Xiao



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## DT.17 Up-Shooting Heaven - Chong Xiao

- **Location:** A three-point pattern located just above the coccyx, evenly spaced on the midline of the sacrum. For the best treatment, stretch the skin with your fingers to expose any visible veins in the area and then bleed them.
- **Meridian:** DU Mai      **Reaction Area:** Cerebellum
- **Indications:** Cerebellar pain, pressure or tension; dizziness, occipital headache, spasms or convulsions, neck pain, arm pain, acute or chronic enteritis, ovarian disease, uterine infection, amenorrhea, male or female infertility, stagnation in the lower jiao, acute or chronic lower back pain.

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## DT.17 Up-Shooting Heaven - Chong Xiao

- **Comments:** Up-Shooting Heaven can be bled to relieve pressure in the occiput, head and entire spine. The use of this extraordinary tool cannot be overemphasized. I was visiting a friend when her neighbor burst through the door in a panic. His wife was flailing and convulsing and needed urgent help. When I arrived at the scene I was not sure what to do, so I called my teacher Dr. Lee for her assistance. At first she recommended bleeding the Ba Feng points and then needling 77.01-77.02 Correct Tendons, though neither could be done with the patient writhing. We hung up the phone. A few minutes later she called back and suggested that I bleed Up-Shooting Heaven. This could be done as the woman's torso, though contorting, was still the center from which her movement originated, and was relatively stationary. Within ten minutes of bleeding DT.17, the spasms began to subside. The pressure on the brainstem had been released, after which I could needle Correct Tendons. Subsequently, a spinal tap was performed and no infection or white cells were found, eliminating the possibility of an external pathogen. It appeared that the woman had experienced a cerebrovascular incident. After she was medically evaluated, I treated her twice more, needling Correct Tendons. In my opinion, it is due to the bleeding of DT.17, that this woman is alive and well today.

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## DT.17 Up-Shooting Heaven - Chong Xiao

- Bleeding the sacrum slowly releases pressure anywhere along the spine, and can be an incredibly effective treatment for a number of acute conditions such as the one mentioned above, as well as high blood pressure, severe occipital headache, fluid on the brain or stroke.
- While studying bleeding techniques in He Fei, China in 1987, I saw the Up-Shooting Heaven area of the sacrum bled routinely for men and women experiencing infertility. This treatment is also appropriate for any other kind of lower jiao stagnation or blockage.

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## VT.01 Nine Moths - Hou E Jiu

- **Location:** Though there are officially nine points in this pattern, I do not bleed them all. Palpate the sensitive area and bleed where the tissue feels swollen or thick.
- **Reaction Area:** Lung
- **Caution:** When bleeding these points, pinch up the skin to avoid injuring the sinews or cartilage.
- **Indications:** Sore throat, itching throat, thyroiditis, tonsillitis.
- **Comments:** Primarily used for acute conditions, bleed the ah-shi points on this area of the throat to immediately relieve the pain. Bleeding the throat is less painful than bleeding the LU11 and LI1, and is equally effective in the treatment of a severe sore throat.

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## Susan Johnson's YouTube Videos

**Sample videos are available on the following two Youtube channels:**

### **TungsPoints:**

Tungs Points: Da Bai & Ling Gu

The Ancient Art of Cupping

### **Susan Johnson:**

Tung's Points: 88.17-88.19 Four Horses

Tung's Points: 88.04-88.06 Three Sisters

Tung's Points: 88.01-88.03 Heart Passing Points

Tung's Points: 66.05 Golden Gate

### **Five Element TCM Webinars:**

Master Tung's Magic Points with Susan Johnson L.Ac.

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