



Center for Acupuncture and Herbal Medicine, P.A.

ACUPUNCTURE POINTS

TAI YIN CHANNEL

LU 1	ZHONG FU	CENTRAL TREASURY	Front Mu of the Lung
	Laterosuperior to the sternum, lateral to the 1 st intercostal space, 6" lateral to the Ren.		
	<i>Clears & Diffuses the Upper Burner & Courses Lung Qi, Regulates LU qi and stops cough - Descends LU qi: cough (repletion phlegm heat), asthma, pain in chest, shoulder back, fullness in chest</i> Needle: obliquely 0.5-0.8" for acute excess; clears heat & disperses fullness		
LJ	E/E (Lu1/Lv14) - connection between eyes turned upward towards heaven with optimism and great vision, and the inspiration of a spiritual connection with heaven. Empowers the synchronicity of all rhythmic movement. Characteristic sign is frustration giving way to despair as the liver qi stagnates. Emptiness & loneliness may manifest as the lungs failing to bring quality to one's inner life or to make contact with one's inner worth. Depletion is suggested by the presence of a caved in chest and shoulders that are hunched forward.		
PK	stimulates LU fx of taking in and quantitatively assessing value to mix w/ gu qi and shen to send to rest of body		
LU 2	Yun Men	CLOUD GATE	
	In the depression below the acromial extremity of the clavicle, 6" lateral to the Ren.		
	<i>Cough, asthma, pain in chest/shoulder/arm, fullness in chest (generally local)</i>		
LJ	For a person who is chronically negative as if "followed by a cloud", this point may invoke inspiration by allowing a glimpse of heaven.		
PK	Resolve grief, allowing the heart's intention to shine through. congestion that leads to muddled consciousness/clarity; weakness of metal to clearly analyze and observe; old grief and sadness		
LU 3	Tian Fu	HEAVENLY PALACE	Window of the Sky Point
	On the medial aspect of the upper arm, 3" below the axillary fold on the lateral side of the biceps brachii.		
	<i>Asthma, epistaxis, pain in medial upper arm (one text says contraindicated to needle - causes counterflow lung qi); grief</i>		
LJ	Window of the Sky (key pt for reaching spirit level of the Lung meridian) - Good point for grieving for that which one has lost, or longing for something that has eluded one; when lungs are not in touch with the quality in life and emptiness ensues.		
PK	irreg breathing/HT beat; roughness in transitions of zhong qi when tied w/ longing and grief; also for issues of self-worth and doubt		
LU 4	Xia Bai	Guarding White	
	On the medial aspect of the upper arm, 1" below Lu 3 on the lateral side of the biceps brachii.		
	<i>Cough, fullness in the chest, pain in the medial aspect of the upper arm</i>		
LU 5	CHI ZE	Cubit Marsh	He Sea/Water (hot/bleeding)
	On the lateral end of the transverse cubital crease, on the lateral side of the tendon of biceps brachii.		
	<i>Discharges Lung Fire: hemoptysis, afternoon fever (Strong heat, prick to bleed); Downbears Counteflow Qi: cough (repletion heat), asthma;</i>		
	<i>Clears Upper Burner Heat: sore throat, fullness in chest, mastitis (phlegm); Stimulates the descending action of LU qi: Expels phlegm from the LU; Benefits the Bladder; Relaxes the sinews: infantile convulsions, spasmodic pain of elbow and arm, mastitis</i>		
	Needle: 0.5-1.0" perpendicular		
PK	Outside Marsh: filters value and clarity; metal type w/ yin defic and dryness (critical, judgmental; lack of passion towards self and others)		
LU 6	KONG ZUI	Collection Hole	XI-Cleft (dry/bleeding)
	On the palmar aspect of the arm, on the line joining Lu5 & Lu9, 7" above the wrist crease.		
	<i>Moistens the Lung & Staunches Bleeding: cough (dry acute w/ bleeding), pain in the chest, hemoptysis, asthma</i>		
	<i>Clears Heat & Resolves the Exterior: sore throat, cough (Wind Heat); Regulates and descends LU qi spasmodic pain of elbow and arm</i>		

PK Needle: 0.5-1.0" perpendicular
stag assoc w/ grief, longing, sadness

LU 7 LIE QUE Broken Sequence Luo/Command of the Head & Neck/Confluent of the Ren

Superior to the styloid process of the radius, 1.5" superior to the wrist crease.
Diffuses the Lung & Dispels Cold: cough (qi vacuity, w-c), asthma, sore throat (External Wind Cold; some WH - wei qi/exterior)
Courses Channels & Frees CVs: pain/weakness in the wrist (local); main pt. on channel to open waterways
Treats headache, migraine, neck rigidity, facial paralysis, toothache (Command);
Stimulates descending and dispersing of LU qi: Circulates defensive wei qi and releases ext.: Benefits the Bladder and opens water
passageways: Opens the nose heat in palms, yawning, frequent urination, urinary incontinence, SOB
Needle: 0.3-0.5" obliquely towards chest.

GM Settles and Opens up the Corporeal Soul. This point has a releasing effect on emotions (esp. sadness, worry, grief) constraining the Po in the chest.

PK Narrow Passage: used like a tonfic pt; helps to allay guilt, sadness, longing, fairness assoc w/ fertility (Ren) prob; guilt over abortions

LU 8 JING QU Channel Ditch Jing River/Metal/Horary

On the radial end of the transverse crease, in the depression on the lateral side of the radial artery.
Diffuses Lung & Donwbears Qi: cough, asthma, fever, pain in chest (**lung congestion; hot or cold**), wrist pain; Courses wind and resolves ext.
Needle: 0.1-0.3" perpendicular *avoid radial artery

LU 9 TAI YUAN Great Abyss Shu Stream/Earth/Yuan/Influential pt. of Vessels

On the radial end of the transverse crease in the depression on the lateral side of the radial artery.
Dispels Wind & Transforms Phlegm: palpitations, chest pain (**Phlegm cough**)
Rectifies Lung & Suppresses Cough: cough, asthma
Clears & Depurates Upper Burner & Lung Qi: hemoptysis, sore throat, palpitations;
Tonifies LU qi, yin and Zong qi: Promotes circulation of blood; Clears LU and LV heat
Yuan Source - Supports the lung (Vacuity cough w/ phlegm)

Needle: 0.2-0.3 perp/Avoid the radial artery - brings up the pulse

PK feeling resigned; giving up due to grief (esp w/ cold and defic signs - LU qi defic); ability to empty self in order to take in more

LU 10 YU JI Fish Border Ying Spring/Fire (heat cough)

On radial aspect of 1st metacarpal bone, on the junction of red & white skin.
Courses Lung & Harmonizes Stomach: abdominal pain, inability to eat, **sweet tooth**
Disinhibits the Throat: sore throat (swelling), loss of voice, cough
Courses Blood Heat: hemoptysis, fever
Abates Fever: fever, feverish sensation in the palms; lung heat in Qi level
Also used to help pts relax, shen problems, anxiety, stimulate brain fx (connection b/w thumb and brain - opposable digits)
Needle: perpendicular _0.5-0.8"

LU 11 SHAO SHANG Lesser Shang Jing Well/Wood (heat cough)

On the radial side of the thumb, 0.1" posterior to the corner of the nail.
Frees Channel Qi: cough, asthma, spasmodic pain in thumb; Dispels int and ext wind; Stimulates dispersing and descending of LU qi
Revives Inversion: loss of consciousness, mania (jing well fxn)
Clears Lung Counterflow: cough (heat), asthma
Disinhibits the Throat: sore throat
Courses & Discharges surging counterflow in the 12 channels: epistaxis, fever
Needle: subcutaneous 0.1" or prick to bleed. w/ LI 13 for blood vacuity thirst; sore throat; W/ Du 26 and Ki 1 for infantile fright wind

LI 1	SHANG YANG	Jing Well/Metal/Horary
	<p>On the radial side of the index finger, about 0.1" posterior to the corner of the nail. <u>Resolve the Exterior and Abate Heat; Clears the LU & Disinhibits the throat; Courses YangMing Pathenogenic Heat; Opens the Portals & Revives the Spirit; Brightens the Eyes, Calms the Mind, Expels Wind and Scatters Cold;</u> toothache, sore throat, swelling of the mandibular region, numbness of fingers, febrile diseases w/anhidrosis, loss of consciousness.</p>	
LI 2	ER JIAN	Ying Spring/Water
	<p>On the radial side of the index finger, distal to the mcp joint at the junction of the red and white skin <u>Dissipates Pathenogenic Heat; Disinhibits the Throat;</u> blurring of vision, epistaxis, toothache, sore throat, febrile diseases</p>	
LI 3	SAN JIAN	Shu Stream/Wood
	<p>When a loose fist is made, the point is on the radial side of the index finger, in the depression proximal to the head of the 2nd mcp. <u>Discharges Pathenogenic Heat, Disinhibits the Throat; Regulates Bowel Qi; Dispels Exterior Wind; Brightens the Eyes;</u> toothache, ophthalmalgia, sore throat, redness and swelling of the fingers and the dorsum of the hand</p>	
LI 4	HE GU	JOINING OF THE VALLEYS Yuan Source/Command Pt of the Face and Mouth
	<p>On the dorsum of the hand between the 1st and 2nd metacarpal bones, approximately in the middle of the 2nd mcp on the radial side. <u>Frees the Channels & Quickens Connecting Vessels; Courses Wind & Resolves the Ext; Clears & Discharges LU Heat; Frees Gastrointestinal Downbearing; Relieves Pain and Quiets the Spirit; Stimulates the dispersing fx of the LU; Tonifies qi; Harmonizes ascending and descending fxs;</u> headache, pain in the neck, redness swelling and pain of the eye, epistaxis, nasal obstruction, rhinorrhea, toothache, deafness, swelling of the face, sore throat, parotitis, trismus, facial paralysis, febrile disease w/anhidrosis, hidrosis, abd pain, dysentery, constipation, amenorrhea, delayed labor, infantile convulsion, pain, weakness and motor impairment of the upper limbs.</p>	
LJ PK	<p>For the ability to eliminate what no longer serves. Harmonizes functions of receiving (lungs) and letting go (intestines) invig qi; harmonize inside (intestines) and outside (wei qi), and regulates taking in value and letting go what is no longer needed</p>	
LI 5	YANG XI	YANG RAVINE Jing River/Fire
	<p>On the radial side of the wrist. When the thumb is tilted upward, it is in the depression between the tendons of m. pollicis longus and brevis. <u>Dispels Wind & Drains Fire; Dissipates YangMing Pathenogenic Heat; Benefits the Throat; Stops Pain;</u> headache, redness, pain and swelling of the eye, toothache, sore throat, pain of the wrist.</p>	
LI 6	PIAN LI	CONNECTING LI Luo
	<p>With the elbow flexed and the radial side of the arm upward, the point is on the line joining LI5 and LI11, 3" above LI 5. <u>Reg. Waterways; Frees Channels & CVs;</u> eye redness, tinnitus, deafness, epistaxis, aching hands/arms, sore throat, edema, tooth decay, toothache</p>	
LI 7	WEN LIU	WARM FLOW/CURRENT XI Cleft
	<p>With the elbow flexed and the radial side of the arm upward, the point is on the line joining LI5 and LI11, 5" above LI 5. <u>Clears Pathenogenic Heat; Rectifies ST and Intestines; Stops Pain; Benefits the Throat; Expels Wind;</u> headache, swelling of the face, sore throat, borborygmus, ab pain, aching of the shoulder and arm, facial pain</p>	
PK	<p>when cold in metal channels; warms/invig channels; cold, aloof, arrogant and distant patients</p>	
LI 8	Xia Lian	
	<p>On the line joining LI5 and LI11, 4" below LI 11. ab pain, borborygmus, pain in elbow and arm, motor impairment of upper limbs</p>	
LI 9	Shang Liang	
	<p>On the line joining LI5 and LI11, 3" below LI 11. aching shoulder/ arm, motor impairment upper limbs, numb hands/arms, borborygmus, ab pain</p>	
LI 10	SHOU SAN LI	Arm 3 LI
	<p>On the line joining LI5 and LI11, 2" below LI 11. *analogus to ST 36 (inner 4 gates) <u>Dispels Wind & Frees CVs; Harmonizes ST & Disinhibits Intestines; Removes Obstruction from Channels; Tonifies Qi;</u> ab pain, diarrhea, toothache, swelling of the cheek, motor impairment of the upper limbs, pain in the shoulder/back *releases negative energy</p>	
LI 11	QU CHI	He Sea/Earth
	<p>Elbow flexed, in the depression at the lateral end of the transverse cubital crease, midway between LI 5 and the lateral epicondyle of the humerus. <u>Courses Pathenogenic Heat; Disinhibits Joints; Eliminates Water-Damp; Courses Wind & Resolves Ext; Harmonizes Qi & Blood; Cools Blood;</u> sore throat, toothache, eye redness & pain, stye (direct moxa), scrofula, urticaria, motor impairment of upper extremities, ab pain, vomiting, diarrhea, febrile diseases</p>	

PK harmonizes hot/cold; stinginess; brings earth into metal; harmony, integration, centeredness, generosity; loneliness; sense of distance from others

LI 12 Zhou Liao

Elbow flexed, the point is superior to the lateral epicondyle of the humerus, about 1" superiolateral to LI 11 on the medial border of the humerus.
Pain, numbness and contracture in the elbow and arm

LI 13 Shou Wu LI Arm 5 LI

Superior to the lateral epicondyle of the humerus, on the line joining LI 11 and LI 15, 3". Contracture and pain of the elbow and arm, scrofula.

LI 14 Bi Nao

On the line joining LI 11 and LI 15, 7" above LI 11 on the radial side of the humerus, superior to the lower end of the m. deltoideus.
Pain in the shoulder and arm, rigidity of the neck, scrofula

LI 15 Jian Yu

Antero-inferior to the acromion, on the upper portion of the deltoid. When the arm is in full abduction, the point is in the depression appearing at the anterior border of the acromioclavicular joint.
Pain in the shoulder and arm, motor impairment of the upper extremities, rubella, scrofula, disorders of upper back, chest, throat, LI (divergent)

LI 16 Ju Gu

In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and the scapular spine.
Pain and motor impairment of the upper extremities, pain in the shoulder and back

LI 17 Tian Ding Heavenly Vessel

LJ On the lateral side of the neck, 1" below LI 18, on the posterior border of the SCM. Sudden loss of voice, sore throat, scrofula, goiter
Fosters the necessary state of open receptivity required to be nourished by heaven.

LI 18 Fu Tu SUPPORT AND RUSH OUT Window of the Sky Point

LJ On the lateral side of the neck, level with the tip of the Adam's Apple, between the sternal head and clavicular head of the SCM. Cough, asthma, sore throat, sudden loss of voice, scrofula, goiter, converging pt (divergent)- can use w/ LU 1
PK May assist in 1) letting go of past grief and 2) directing longing for the future to a deep level of spirit.
Support and Release: opens spiritual energy; helps pt let go of sadness, grief and longing

LI 19 Kou He Liao

Right below the lateral margin of the nostril, .5" lateral to Du 26.
Nasal obstruction, epistaxis, deviation of the mouth.

LI 20 YING XIANG WELCOME FRAGRANCE

LJ In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasi. nasal obstruction, hyposomnia, epistaxis, rhinorrhea, deviation of the mouth, itching/swelling of the face.
E/E (w/ST1) - for inability to let go of undigested aspects of past experience; inability to cry; chronic sinusitis, candida, nasal polyps, face rash, allergies, digestive symptoms. Provide input into the process by which digestion and inspiration support the fires of ming men through nurturing the jing of posterior heaven

ST 1 CHENG QI RECEIVE TEARS

With the eyes looking straight forward, the point is directly below the pupil between the eyeball and the infraorbital ridge.
Dispels Wind & Dissipates Fire: Courses Pathogens & Brightens the Eyes: facial paralysis, redness, swelling and pain of the eye, lacrimation, night blindness, twitching of the eyelids **Needle:** push eyeball upward & puncture slowly 0.5-1.0 perpendicularly along infraorbital. No moxa
LJ *E/E - unblocks emotional material that hasn't been digested and becomes "heavy" (burdening); may empower the receiving of tears to help*
PK *"flush out" undigested emotional and physiological material and integrate it releases tears when pt can't express sadness*

ST 2 SI BAI 4 DIRECTIONS OF BRIGHTNESS

Directly below Cheng Qi (St 1), in the depression at the infraorbital foramen (approximately 1 cun directly below the pupil)
Courses Wind and Quickens Connecting Vessels: Soothes the Sinews and Relieves Pain: facial paralysis, facial pain, redness, swelling and pain of the eye, twitching of the eyelids **Needle:** 0.2-0.3 perpendicularly. Not deeply

ST 3 JU LIAO Great Bone Hole

Directly below Si Bai (St. 2), at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove
Courses Wind & Quickens Connecting: Disperses Swelling & Relieves Pain: Facial paralysis, twitching of the eyelids, epistaxis, toothache, swelling of the lips and cheek

ST 4 DI CANG EARTH GRANARY

Lateral to the corner of the mouth, directly below Lu Jiao (St. 3)
Dispels Wind and Frees Qi Stagnation: Deviation of the mouth, salivation, twitching of the eyelids

ST 5 DA YING Great Reception

Anterior to mandibular angle, on ant border to attached portion of the masseter, in the groovelike depression appearing when the cheeks are bulged.
Courses Wind & Quickens Connecting Vessels: Facial paralysis, trismus, toothache, swelling of the cheek, pain of the face

ST 6 JAI CHE CHEEK VEHICLE

One finger breadth anterior & superior to lower angle of mandible where masseter attaches, @ prominence of the muscle when teeth are clenched.
Opens the Jaws and Frees Connecting Vessels: Dispels Wind and Regulates Qi: facial paralysis, swelling of the face and cheek, toothache, mumps, trismus, neck problems **Needle:** 0.3-0.5 perp or subcutaneously toward Di Cang (St 4).

ST 7 XIA GUAN LOWER PASS

At the lower border of the Zygomatic arch, in the depression anterior to the condyloid process of the mandible (closed mouth)
Courses Wind and Quickens Connecting Vessels: Opens Portals and Sharpens Hearing: facial paralysis and pain, motor impairment of the jaw, toothache, deafness, tinnitus, otorrhea **Needle:** 0.3-0.5 perpendicular. Moxa is applicable

ST 8 TOU WEI HEAD TIED

0.5 cun within the anterior hairline at the corner of the forehead, 4.5 cun lateral to Du 24.
Dispels Wind & Discharges Fire. Relieves Pain. Clears the Head and Brightens the eyes
Headache, blurry vision, ophthalmalgia, lacrimation, eye problems **Needle: 0.5-1.0 subcutaneously. Moxa applicable**
LJ *Key point for obsession - ideal for someone who is bound by their own thoughts.*
PK *damp HA w/ SP 3, 4; obsessive worries, compulsive thinking*

ST 9 REN YING PEOPLE WELCOME Window of the Sky Pt

Level with the tip of the Adam's apple, just on the course of the common carotid artery, on the anterior border of the SCM
Frees the Channels & Connecting Vessels, Regulates Qi and Blood. Clears heat & Calms Dyspnea

LJ *Sore throat, asthma, goiter, dizziness, flushing of the face, high blood pressure, 0.3-0.5 perp. Avoid common carotid artery*
Key point for resentment built up by being ingratiating (people-pleasing). Ideal for person who takes care of everybody else to avoid conflict. Resentment is often evidenced as a constricted feeling in the throat. People often instinctively point to this area when "they've had it up to here". Also good for empowering a person who is unable to welcome others into their process.
PK *powerful energetic pt for tonifying yang in U.J. and head; plum-pit qi, swollen glands; earth constitution who needs more yang energy b/c gives too much and doesn't know how to get it in return. Pt who is run down from taking care of others.*

ST 10 SHUI TU Water Prominence

At the midpoint of the line joining St. 9 and St. 11, on the anterior border of the SCM
*Retifies Lung Qi & Disinhibits the Throat: Sore throat, asthma, cough * avoid common carotid artery*

LJ *Clears Heart & Quiets Spirit; Fortifies Spleen & Harmonizes Center: gastric pain, irritability, mania, indigestion*
"Great Oneness" - Helps patients integrate experiences and move on in life.

ST 24 HuaRoMen Slippery Flesh Gate

1 cun above the umbilicus, 2 cun lateral to Ren 9
gastric pain, vomiting, mania

ST 25 TIAN SHU HEAVENLY PIVOT Front Mu point of the Large Intestine

LJ 2 cun lateral to the center of the umbilicus
Courses & Regulates the Large Intestine; Supports Earth & Transforms Damp; Clears heat; Regulates qi; Relieves food stagnation: Pain around the umbilicus, abdominal pain and distension, borborygmus, constipation, diarrhea, dysentery, edema, irregular menstruation **Needle:** 0.7-1.2 perpendicular. Moxa applicable
LJ *Empowering stability during transitions. Provides the ability to move dynamically in any direction without excess deliberation (linked to the center). Tian Shu is the central star in the Big Dipper, the residence of the gods (shen) who preside over one's destiny.*
PK *moves earth energy thru LI and abd, helps earth make transitions and move past/thru congestion and stagnation*

ST 26 Wai Ling Outer Mound

1 cun below the umbilicus, 2 cun lateral to Yin Jiao (Ren 7)
Dissipates Cold, Relives Pain; Rectifies Qi; Abdominal pain, hernia, dysmenorrhea **Needle:** .7-1.2 perpendicular.

ST 27 Da Ju Great Gigantic

2 cun below the umbilicus, 2 cun lateral to Shimen (Ren 5).
Supplements Kidney & Boosts Qi; Invigorates Yang; Lower ab distension, dysuria, hernia, seminal emission, premature ejaculation.

ST 28 SHUI DAO WATER PATHWAY

3 cun below the umbilicus, 2 cun lateral to Guan Yuan (Ren 4).
Clears Damp Heat & Disinhibits the Lower Jiao: Lower abdominal distension, retention of urine, edema, hernia, dysmenorrhea, sterility

ST 29 GUI LAI RETURN ARRIVAL

4 cun below the umbilicus, 2 cun lateral to Zhong Ji (Ren 3).
*Rectifies the Lower Jiao and Warms the Womb; Leukorrhea, *prolapse of the uterus, hernia*

ST 30 QI CHONG SURGING CHONG

5 Cun below the umbilicus, 2 cun lateral to Qugu (Ren 2). *intersects w/Chong - related to blood, Middle Jiao, gyn.
Soothes the Sinew Gathering; Dissipates Inversion Qi; Regulates the Bladder; Harmonizes Construction & Blood; Abdominal pain, borborygmus, hernia, swelling & pain of external genitalia, impotence, dysmenorrhea, irregular menses, strong connection w/ eyes (divergent) & HT/SP/Chong

ST 31 BI Guan Inferior Joint

At the crossing point of the line drawn directly down from anterior superior iliac spine and the line level with the lower border of the symphysis pubis, in the depression on the lateral side of the sartorius when the thigh is flexed.
*Warms Channels & Quickens Connecting; Courses Wind & Dissipates Cold: *Pain in the thigh, muscular atrophy, motor impairment, numbness and pain of lower extremities* **Needle:** 1-1.5 perpendicular. Moxa applicable

ST 32 Fu Tu Crouching Rabbit

On the line connecting ASIS and lateral border of the patella, 6 cun above the laterosuperior border of the patella in the rectus femoris.
Warms Channels & Dissipates Cold; Courses Wind & Quickens Connecting; Pain in lumbar and iliac region, coldness of knee, paralysis or motor impairment and pain of lower extremities, beriberi **Needle:** 1-1.5 perpendicular. Moxa applicable

ST 33 Yin Shi Yin Market

When knee is flexed, 3" above the laterosuperior border of the patella, on the line joining laterosuperior patellar border and the ASIS>
Courses Wind & Dissipates Cold; Frees Channels & Quickens Connecting; Disinhibits Joints; Numbness, soreness, motor impairment of leg/knee, motor impairment of lower extremities

ST 34 LIANG QIU RIDGE HILLS XI-Cleft * this is the only Xi-Cleft close to a knee or elbow

When the knee is flexed, the point is 2 cun above the laterosuperior border of the patella.
Regulates the Stomach & Rectifies the Qi; Harmonizes the Center & Downbears Counterflow; Frees the Channels and Quickens the Connecting Vessels; Expels damp and wind: pain and numbness in the knee, motor impairment of lower extremities, gastric pain, mastitis.

ST 35 DU BI CALF NOSE XI Yan (eye)

When the knee is flexed, the point is at the lower border of the patella, in the depression lateral to the patellar ligament.
Frees the Channel & Quickens Connecting Vessels; Courses Wind & Dissipates Cold: Disperses Swelling & Relieves Pain
Pain, numbness & motor impairment of the knee, beriberi (all kinds of knee problems) Needle: .7-1.0 perpendicular. Moxa applicable

ST 36 ZU SAN LI LEG THREE MILES He sea/Earth/Command point of Abdomen/Horary/9 needles

3 cun below Du Bi (St 35), one finger breadth from the ant crest of the tibia in muscle tibialis anterior. "between tibialis anterior muscle and tendon of extensor digitorum longus"
Rectifies the Spleen & Stomach; Regulates Central Qi; Harmonizes the Intestines & Disperses Stagnation; Breaks thoracic blood stasis; Courses Wind & Transforms Damp; Frees & Regulates Qi & Blood of channels; Supports the correct & banks up Origin; Dispels pathogen & prevents disease; Tonifies qi and blood; Dispels cold; Raises yang. A good tonifying point for exterior pathogen. Aching of the knee/leg, beriberi, gastric pain, distension, vomiting, hiccup, borborygmus, diarrhea, dysentery, constipation, indigestion, emaciation due to deficiency, cough, asthma, mastitis, enteritis, apoplexy, hemiplegia, dizziness, insomnia, mania. Does everything. Very important for tonifying
Needle: 0.5-1.2 perpendicular. Moxa ok Use w/ Sp 9 for dampness, Lu 9 for phlegm cough, LI 10

LJ *One of the strongest points for stabilizing and grounding someone at the source of their being. W/ UB40, DU3, UB10 for strengthening resolve, structure, and one's spiritual backbone (used for empowering women to summon the courage to confront family members who have sexually abused them).*

PK *helps tonify earth, yang, qi and blood; strongest for tonifying, strength and balance and integrity in earth element*

ST 37 SHANG JU XU UPPER GREAT VOID Lower He Sea- uniting point of LI

3 cun below Zu San Li (St 36), one finger breadth from the anterior crest of the tibia, in the muscle tibialis anterior. One of the 3 point of the sea of Blood. (6 cun below Du Bi)
Regulates the Spleen & Harmonizes Stomach; Frees Intestines & Transforms Stagnation; Courses Channels & Regulates Qi; Clears & Disinhibits Damp-Heat; Eliminates Accumulations & Stagnations; Calms asthma; paralysis due to stroke, beriberi, abdominal pain/distension, borborygmus, diarrhea, dysentery, constipation, enteritis. (many digestive fxns. - Lower HeSea) asthma (relationship b/w LU and LI)

TIAO KOU STRIP SPACE

2 cun below Shang Ju Xu (St 37), midway between Du Bi (St 35) and Jie Xie (St 41).
*Soothes the Sinews & Quickens Connecting Vessels, Warms Channels & Dissipates Cold: numbness, soreness, pain of knee & leg, weakness & motor impairment of the foot; *pain & motor impairment of the shoulder, abdominal pain*
Needle: 0.5-1.0 perpendicular. Moxa applicable (one you put the needle in, have patient move his/her arm)

ST 39 XIA JU XU LOWER GREAT VOID Lower He Sea - uniting point of SI (clear from turbid)

3" below Shan Ju Xu (St 37), one finger breadth from the anterior crest of the tibia, in muscle tibialis anterior.
Clears Heat & Disinhibits Damp; Clear the Bowels & Transforms Stasis; Regulates the fx of the ST and intestines; Eliminates wind damp; Stops pain: numbness & paralysis of lower limbs, lower ab pain, backache refering to testes, mastitis Needle: 0.5-1.2 perpendicular. Moxa ok

ST 40 FENG LONG ABUNDANT SPLENDOR/bountiful bulge Luo Point

8" superior to the external malleolus, about one finger breadth lateral to Tiao Kou (St 38)
Harmonizes the Stomach; Transforms Phlegm Damp, Clears Spirit Disposition; Calms asthma; Clears heat: muscular atrophy, motor impairment/pain, swelling or paralysis of lower limbs, cough, asthma, excessive sputum, chest pain, headache, dizziness, vertigo, mania, epilepsy, insanity, withdrawals, sore throat, sudden loss of voice, throat bi, constipation, (goiter, scrofula, lymph node problems, tumors -- phlegm)

Needle: 0.5-1.0 perpendicular. Moxa applicable *w/Sp 9 for phlegm/damp, w/P6, w/Sp3 (luo + source)

LJ *Good for those who feel burdened by typical sources of nourishment (friends, family, career). Assist in transforming burdensome feeling so that one may, once again, receive abundance. Phlegm/Damp = unintegrated experiences/burdens.*

PK *helps rid habitual burdens and thoughts; people who feel they need to put others first; never get in return*

ST 41 JIE XI SEPARATION STREAM Jing River/Fire/Mother (tonifying)

On the dorsum of the foot at the midpoint of the transverse crease of the ankle joint in the depression between the tendons of the extensor digitorum longus & hallucis longus, approximately at the level of the tip of the external malleolus.
*Supports Spleen Qi; Transforms Damp & Stagnation; Clears Stomach Heat; Stabilizes the Spirit Disposition; Removes obstructions from channel; Eliminates wind; Clears mind and brightens eyes; ankle & joint pain, muscular atrophy, motor impairment, pain & paralysis of lower limbs, abdominal distension, constipation, headache dizziness, vertigo, epilepsy.*w/ LI 4 for headache*
"Lower treats upper" - points below wrists & ankle often treat distal areas (eg. headache)

ST 42 CHONG YANG SURGING YANG Yuan Source

Distal to Jie Xi (St 41) at the highest point of the dorsum of the foot, in the depression between the 2nd & 3rd metatarsal bones & cuneiform bone.
Supports Earth & Transforms Damp; Harmonizes Stomach & Stabilizes the Spirit; Tonifies SP/ST; Removes obstructions from channel; Redens/swelling of the dorsum of the foot, muscular atrophy & motor impairment of the foot, pain in upper teeth, facial paralysis.
Needle: 0.3-05 perpendicular. Moxa applicable *avoid dorsal artery

ST 43	XIAN GU	DEPRESSION VALLEY	Shu Stream/Wood (Bi pain/Zang Organs)
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In the depression distal to the junction of the 2nd & 3rd metatarsal bones.

Fortifies the Spleen & Disinhibits Damp; Harmonizes the Stomach & Downbears Counterflow Eliminates wind and heat; Removes obstructions from channel; swelling/pain of the dorsum of the foot, facial or general edema, abdominal pain, borborygmus.

Needle: 0.3-0.5 perpendicular. Moxa applicable

ST 44	NEI TING	INTERIOR COURTYARD	Ying Spring/Water (Best point to Clear Heat on St. Channel)
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Proximal to the web margin between the 2nd & 3rd toes; in the depression distal & lateral to the 2nd metatarsodigital joint.

Promotes Free Downbearing of Stomach Qi; Harmonizes Intestines & Transforms Stagnation; Clears heat; Eliminates fullness; Regulates qi; Stops pain; Eliminates wind from the face; swelling/pain of dorsum, febrile diseases, toothache, facial pain, deviation of mouth, sore throat, epistaxis, abdominal distension, gastric pain, acid regurgitation, diarrhea, dysentery, constipation. (good distal point for gums/teeth)

Needle: 0.5-1.2 perpendicular. Moxa applicable w/ Li 2 for heat symptoms (Yang Ming Ch. tend to get hot)

PK cooling pt; agitated thinking, insomnia, HA, facial and throat pain

ST 45	LI DUI	HARD BARGAIN	Jing Well/Metal/Son
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On the lateral side of the 2nd toe, 0.1 cun posterior to the corner of the nail

Frees the Channels & Resuscitates; Harmonizes the Stomach & Clears the Spirit; Courses & Discharges Yang Ming Pathogenic Heat; Brightens the eyes; Clears the HT; Relieves food stagnation; Coldness of the leg & foot, febrile disease, dream disturbed sleep, mania, facial swelling, deviation of mouth, epistaxis, toothache, sore throat & hoarse voice, abdominal distension

Needle: 0.1 subcutaneously. Moxa applicable *jing well pts. are good for mania & balancing yin/yang; loss of voice etc.

LJ Excellent point for those who feel their needs are never met; those who continually whine, complain and demand sympathy. If metal w/in earth becomes cold, rigid and inert, physical and emotional digestion may become sluggish. Emotionally, this may manifest as lack of sympathy towards self and others.

SP 1	YIN BAI	HIDDEN WHITE	Jing Well/Wood (*Emotional - Sp/Ht)
	<p>On the medial side of the great toe, 0.1 cun posterior to the corner of the nail. <i>Regulates & Manages Blood; Supports & Warms the Spleen; Clears Heart & Stabilizes the Spirit; Warms Yang & Returns Inversion; Strengthens the SP:</i> abdominal distension, bloody stool, menorrhagia, uterine bleeding, mental disorders, dream-disturbed sleep, convulsions. * very good pt. for stopping bleeding, especially gyn g. Needle: 0.1" subcutaneously. (direct moxa to stop bleeding)</p>		
SP 2	Dadu	Big Capital	Ying Spring/Fire/Tonifying
PK	<p>On the medial side of the great toe, distal and inferior to the first metatarsodigital joint, at the junction of the red & white skin <i>Strengthens the Spleen and harmonizes ST; Returns yang and stems counterflow; Promotes Digestion, Clears Heat:</i> abdominal distension, gastric pain, constipation, febrile diseases w/anhidrosis. <i>brings fire element into earth constitution that has denied itself joy, pleasure and vitality; damp sluggish person stuck in self</i></p>		
SP 3	TAI BAI	GREAT WHITE	Shu Stream/Earth/Yuan-Source
PK	<p>Proximal & inferior to the head of the first metatarsal bone, at the junction of the red & white skin. <i>Supports Spleen-Earth; Harmonizes the Middle Jiao; Regulates Qi Dynamic; Helps Movement & Transformation; Resolves damp; Strengthens the spine:</i> gastric pain, abdominal distension, constipation, dysentery, vomiting, diarrhea, borborygmus, sluggishness, beriberi *back problems, spinal pain *w/St 40 (luo & source) - phlegm <i>damp HA, confusion, cloudy thinking, clinging/attachment; (clearing and brightening)</i></p>		
SP 4	GONG SUN	YELLOW EMPEROR	Luo/Confluent of Chong
PK	<p>In the depression distal and inferior to the base of the 1st metatarsal bone, at the junction of the red & white skin. <i>Supports the Spleen & Stomach; Rectifies Qi dynamic; regulates Chong; Stops bleeding; Dispels fullness; Pacifies ST:</i> gastric pain, abdominal pain/distension, dysentery, vomiting, diarrhea, borborygmus Needle: .5-8 perpendicular. W/ PC-6 (Yin Wei) for gyn prob, rebellious qi (morning sickness, nausea, emotional) *Ren & Chong must be harmonized for fertility: Sp 4/Chong, PC6/Yin Wei, Lu 7/Ren, Ki 6/Yin Qiao <i>"Grandfather/Grandson" heaviness in movement, body type and thinking (like fibromyalgia sx), stuck in position (opinions, thoughts, ways things have to be), obsessive thinking, digestive pain (moves M.J. congestion), heaviness in head; old ideas causing congestion and obsession</i></p>		
SP 5	Shang Qiu	Gold Mound	Jing River/Metal/Sedation
PK	<p>In the depression distal & inferior to the medial malleolus, midway between the tuberosity of the navicular and the tip of the medial malleolus. <i>Fortifies SP/ST and Disinhibits Damp:</i> ab distension, constipation, diarrhea, borborygmus, pain/rigidity of tongue, pain in foot/ankle, hemorrhoid. Needle: .2-.3 perpendicular. Moxa Ok *good for damp <i>brings metal into earth (judgment, ethics, clarity - like a knife or shuvel going into mud); used for issues of distrust, jealousy of obsessive nature; toxic thoughts and emotions</i></p>		
SP 6	SAN YIN JIAO	THREE YIN MEETING	Intersecting Pt. of Sp/Lv/KI
PK	<p>3" directly above the tip of the medial malleolus, on the posterior border of the medial aspect of the tibia. <i>Supplements the Spleen-Earth; Helps Movement & Transformation; Frees Qi Stagnation; Courses the Lower Jiao; Regulates the Blood Chamber & the Palace of Essence; Dispels Wind-Damp from Channels & Connecting Vessels; Promotes fx of LV qi; Tonifies KI; Nourishes blood and yin; Benefits urination; Stops pain; Calms the mind; Moves and cools the blood and eliminates stasis:</i> muscular atrophy, motor impairment, paralysis/pain of lower limbs (Local) abdominal pain/distension/diarrhea, borborygmus (digestive) dysmenorrhea, irregular menses, uterine bleeding, morbid leukorrhea, prolapse of uterus, delayed labor (gyn) sterility, pain in external genitalia, hernia, nocturnal emissions, impotence, enuresis, dysuria, edema (sexual dysfunction etc) Headache, dizziness, vertigo, insomnia (Heart Blood vacuity/Spleen Qi vacuity) Needle: .5-1.0 perpendicular. Moxa ok. Not during pregnancy unless to induce labor. W/ Ht 7 or PC 6 for insomnia <i>balances & integrates earth w/ yin (tonifies yin for earth); yin defic w/ overthinking as etiology; earth's relationships w/ sex/gyn/urogenital issues</i></p>		
SP 7	Longu	Leaking Valley	
	<p>3" above Sp 6, on the line joining the tip of the medial malleolus & Spleen 9. <i>Fortifies Spleen/Harmonizes Stomach; Disinhibits Damp & Disperses Swelling; Frees Channels & Quickens CV; Regulates Qi & Blood:</i> Ab distension, borborygmus, coldness/numbness/paralysis of knee & leg</p>		
SP 8	DI JI	EARTH PIVOT/IMPORTANCE	XI-Cleft
PK	<p>3" below Sp 9, on the line connecting Yin Ling Quan (SP 9) and the medial malleolus. <i>Harmonizes the Spleen & Rectifies the Blood; Harmonizes the Womb; Removes obstructions from channel; Regulates qi and blood; Stops pain:</i> irregular menstruation, dysmenorrhea, nocturnal emission, ab pain/distension, diarrhea, edema, dysuria, dyspnea; *acute period pain; good point for inducing labor (w/UB 60) <i>acute/painful congestion/stag (bowels, gyn); good for earth constitution w/ crisis (upset, emotional)</i></p>		

SP 9 YIN LING QUAN YIN MOUND SPRING HeSea/Water *Main point to treat dampness

On the lower border of the medial condyle of the tibia, in the depression on the medial border of the tibia.

Warms & Moves the Middle Jiao; Regulates the Spleen, Transforms Damp; Regulates the Waterways, Dispels Wind Cold; Benefits the L.J.;
Benefits urination; Removes obstructions from channel:*knee pain, incontinence, enuresis, dysuria, edema, jaundice, pain in ext. genitalia, dysmenorrhea, ab distension, diarrhea, dysentery. 0.3-0.5 Avoid common carotid artery

PK *heaviness in muscles/limbs; cloudy thinking w/ diff time commun (can't explain what they think/feel); sadness, confusion*

SP 10 XUE HAI SEA OF BLOOD *good for blood heat/stasis & dermatology

When the knee is flexed, the point is 2" above the mediosuperior border of the patella, on the bulge of the medial portion of the quadriceps femoris.

Regulates and clears the blood; Perfuses the lower burner; Cools the blood; Removes blood stasis; Tonifies blood; Regulates menstruation;
pain in the medial aspect of thigh, irregular menstruation, dysmenorrhea, uterine bleeding, amenorrhea, urticaria, eczema, erysipelas;
excessive hunger, excessive bleeding, rashes, clotting

PK *tonifies blood; irrit, anger and sx of heat congestion, incl, joint pain, rash, menstrual pain, rapid HT beat, insomnia, red eyes, pale swollen tongue w/ red edges and tip - development of yin defic from overthinking*

SP 11 JI Men Winnower Gate

6" above Sp 10, on the line drawn from XueHai (SP10) to ChongMen (SP 12).

SP 12 Chong Men Rushing Door

Superior to lateral end of inguinal groove, lateral side of femoral artery, level w/ upper border of the symphysis pubis, 3.5 cun lateral to Ren 2.
*Abdominal pain, hernia, dysuria .5-1.0" *avoid femoral artery*

SP 13 Fu She Bowel Residence

0.7" laterosuperior to Chongmen (Sp 12), 4" lateral to the Ren

Regulates Qi Dynamic; Soothes Liver & Relievs Pain: *lower abdominal pain; hernia .5-1.0 perp*

SP 14 Fu Jie Abdominal Bind

1.3" below Sp 15, 4" lateral to the Ren, on the lateral side of the rectus abdominus

PK *Warms the Center & Dissipates Cold; Rectifies Qi & Downbears counterflow : umbilical pain, ab distension, hernia, diarrhea, contspation congestion/knot in ST, constip; integrates movement of SP ch from upper to lower body*

SP 15	DA HENG	LARGE HORIZONTAL STROKE	4" lateral to the center of the umbilicus, lateral to the muscle rectus abdominus (<i>*more for constipation - St 25 is more for Stomach problems</i>) <i>Boosts Qi & Disperses Water; Frees Bowel Qi; Strengthens the SP and limbs; Resolves damp; Regulates qi; Stops pain:</i> <i>abdominal pain/distension, diarrhea, dysentery, constipation</i> *w/ Ren 6 & 12 for digestive
PK			"Large Hinge" congestion/knot in ST, constip; integrates movement of SP ch from upper to lower body
SP 16	Fual	Abdominal Lament	
	3" above Sp 15, 4" lateral to Ren 11. Moxa ok.	<i>Abdominal pain, indigestion, constipation, dysentery</i>	Needle: 0.5-1" perp.
PK		"Abd Sorrow" feeling emotions in ST/hara	
SP 17	ShiDou	Food Hole	
	In the 5 th intercostal space, 6" lateral to the Ren.;	<u>Sp 17, 18, 19 - good pts. for chest, breast, cough, breathing</u>	Needle: .3-.5 obliquely outward
SP 18	Tian XI	Celestial Gully Stream	
	In the 4 th intercostal space, 6 cun lateral to the Ren	<i>Fullness/pain in chest/hypochondrium, cough, hiccup, mastitis, insufficient lactation</i>	
SP 19	Xiong Xiang	Chest Village	
	In the 3 rd intercostal space, 6 cun lateral to the Ren	<i>Fullness/pain in chest & hypochondriac region</i>	
SP 20	Zhou Rong	All-Round Flourishing	
	In the 2 nd intercostal space, 6 cun lateral to the Ren	<i>Fullness in chest/hypochondrium, cough, hiccup</i>	
SP 21	DA BAO	GREAT ENVELOPING	Great Luo of Spleen
	On the midaxillary space, 6" below the axilla, midway between the axilla and the free end of the 11 th rib. (generally @ the level of the naval) <i>Regulates Qi & Blood; Leashes Sinew & Bone; Moves blood in the blood connecting channels: pain in chest & hypochondriac region, asthma, general aching & weakness</i>		
LJ	<i>With collaterals branching around entire torso, the inner nature of SP 21 is to empower one to feel surrounded by unconditional nourishment in life as though still in the womb (motherly embrace). For the person who feels cut off from sources of nourishment in life.</i>		
PK	<i>chest oppression; phlegm-damp in chest; irreg, knotted pulse</i>		

HT 1 JI QUAN UTMOST SOURCE

When the upper arm is abducted, the point is in the center of the axilla, on the medial side of the axillary artery.

*Revives Qi & Loosens the Chest, Frees the Channels & Quickens CVs: cold pain of elbow/arm, pain in costal & cardiac regions, scrofula, dryness of throat (chest, heart & arm meet here). *shoulder pain, heart blood stasis, numbness* **Needle:** 0.5-1.0 perpendicular. *axillary artery

LJ *Can provide rape victims the memory of a safe heart untouched by life experience. Empowers the alignment of ones heart with universal centers so that one may be nourished from the primal source.*

E/E - HT 1/SP 21 treats inability to let nourishment into the deepest levels of one's heart: unbalanced relationships to intimacy; appetitive disorders, oral compulsions, palpitations, insomnia (a weak, yielding heart overpowered by the spleen's tendency towards compulsion). Often manifests as a tendency to rely on significant others for nourishment, negative affirmations such as "I am not enough", excessive need for contro, selfishness. Often linked with unbalanced relationship with one's mother during formative years.

PK *paranoia or phobia, obsessive compulsive disorder*

HT 2 Qing Ling BLUE GREEN SPIRIT

When the elbow is flexed, the point is 3" above the medial end of the transverse cubital crease (Ht 3), in the groove medial to the biceps brachii.

Pain in the cardiac & hypochondriac regions, shoulder & arm.

Needle: .3-.5 perpendicular. Moxa ok

LJ *For restoring a patient's sense of potency in initiating new beginnings; potency of HT derived from fulfillment of destiny. For people w/ unbalanced ling spirits, being "out of synch" in life (stuttering, HT palp, insomnia, shaky, frightened*

HT 3 SHAO HAI LITTLE SEA He Sea/Water *water point on fire channel

W/ elbow flexed into a right angle, in the depression between the medial end of the transverse cubital crease and the m. epicondyle of the humerus.

Courses Heart Qi; Clears Pericardium (heat), Stabilizes the Spirit Disposition, Transforms Phlegm-drool; Removes obstructions from the channel; spasmodic pain & numbness of the hand & arm, tremor of the hand, pain in the axilla & hypochondriac region, scrofula, cardiac pain *good for heat & phlegm, Upper limbs (like LI 11 & 10, eye problems)

Needle: 0.5-1.0" perpendicular. Moxa ok

LJ *For harmonizing the heart and kidney. A tightly held & closed heart may be evidenced by stuttering, heat flush, palpitations & nervousness. Provides access to ocean of potential yin and may cool and calm HT fire.*

PK *uncomfortable giggling or stuttering in voice; for fire const w/ diffic w/ period (cramps, dysmenorrhea, etc.); defic yin, heat/dryness in HT, hyperactivity. Can use w/ KI 10, or KI 2 to rebalance water and fire*

HT 4 LING DAO SPIRIT PATH Jing River/Metal

Palm facing upward, the point is on the radial side of the tendon of the muscle flexor carpi ulnaris, 1.5" above the transverse crease of the wrist.

Nourishes the Heart & Quiets the Spirit, Soothes Sinews & Quickens CV: spasmodic pain of elbow/arm, cardiac pain, sudden loss of voice Metal/Fire disharmony - synchronizes Heart & Lungs (fire overcontrolling metal); for the patient who feels "burned by life" and isolated from purpose; helps pt realize that pain sadness grief are part of their spiritual path. Keeps HT aligned w/ higher purpose provided by LU connection w/ heavenly qi. Shares fx w/ Du 11

PK *rectifies issues of loss, longing, sadness, grief esp re: love, friendship, intimacy, connection. As metal pt. also helps rectify all emotions by allowing detachment (perspective)*

HT 5 TONG LI PENETRATING INSIDE Luo Connecting

When palm faces upward, the point is on the radial side of the tendon of the muscle flexor carpi ulnaris, 1" above the transverse crease of the wrist.

*Quiets the Spirit & Regulates and Tonifies the Heart Qi; Benefits the Bladder (clears HT fire via urine); Opens into tongue: wrist & elbow pain, palpitation, sore throat, aphasia w/stiff tongue, sudden loss of voice, blurred vision, dizziness. *urination problems/dysuria (relationship w/SI - UB)* w/Ren 22 - aphasia/loss of voice w/stiff tongue

LJ *For the patient who habitually closes the heart to intimacy. Helps Heart fire penetrate into the depths of being. Interpenetration of communication with a principle or reason to yield understanding.*

PK *helps bring out quality of intuition, spontaneity and trust in one's emotions and spirit. For those who are creative and stuck and/or those who don't think they are creative*

HT 6 YIN XI YIN CLEFT XI-Cleft

When palm faces upward, the point is on the radial side of the tendon of the muscle flexor carpi ulnaris, .5" above the transverse crease of the wrist.

Clears Heart Fire; Subdues Vacuous Yang; Quiets the Spirit Disposition. Secures the Exterior/stops sweating; Nourishes HT yin: Cardiac pain, hysteria, night sweating(usually from yin vac., but can be from blood vac., damp-heat, or ying and wei disharmony), hemoptysis, epistaxis, sudden loss of voice.

Needle: .3-0.5 perpendicular. Moxa ok.

W/SI 3 for night sweats; PC-4 or PC-6 for heart pain

GM *For excess heart patterns with empty heat.*

HT 7 SHEN MEN SPIRIT GATE Shu Stream/Earth/Yuan Source/Son/Sedation

At the ulnar side of the transverse crease of the wrist, in the depression on the radial side of the tendon of the muscle flexor carpi ulnaris. (there's another Shen Men pt on the ear)

Quiets the Heart & Spirit, Clears Fire & Cools Construction; Clears Heart Heat, Regulates Qi Counterflow; Nourishes HT blood; Opens orifices; Clears channel; Feverish sensation in the palm, hypochondriac pain, cardiac pain, palpitation, irritability, heysteria, insomnia, amnesia, mania, dementia, epilepsy, yellowish sclera. *Most Commonly Used for any Heart problem **Needle:** .3-.5 perpendicular. Moxa ok

LJ For Equilibrium of Mind (earth) and Spirit (fire) provides connection to primordial qi and earthly source qi
 PK most balancing and integrative pt; interfaces earth and fire; palp, chest pain, insomnia; grounds pts fire and makes is useful
 GM For mental -emotional problems occuring against a backdrop of heart-blood or yin deficiency.

HT 8 SHAO FU LESSER PALACE Ying Spring/Fire/Horary

When the palm faces upward, the point is between the 4th & 5th metacarpal bones. When a fist is made, where the tip of the little finger rests. Quiets the Heart & Regulates the Spirit; Clears HT fire, HT empty heat and HT phlegm fire; Clears heat via urine; Spasmodic pain in little finger, feverish sensation in palm, palpitation, chest pain, enuresis, dysuria, pruritis in external genitalia; migraines (from HT fire) **Needle:** 0.3-0.5 perp. (ideal time between 11am-1pm -summer solstice)

LJ can tonify or sedate HT fire
 PK mania, nightmares, convulsions
 GM For severe mental restlessness, anxiety and insomnia from Excess Heart patterns such as Heart-Fire or Heart Phlegm Fire.

HT 9 SHAO CHONG LITTLE RUSHING IN Jing Well/Wood/Mother/Tonification

On the radial side of the little finger, about 0.1" posterior to the corner of the nail. Opens the Cardiac Portals; Clears the Spirit Disposition; Resuscitates. Discharges Pathenogenic Heat; Subdues wind; Relieves fullness

Febrile disease, loss of consciousness, cardiac pain, chest & hypochondriac pain, palpitation, mania
Needle: 0.1 subcutaneously- prick to bleed. Moxa ok

LJ Empowers the hearts capacity for vision (wood pt), enabling the patient to look before they leap. Harmonizes LV and HT

SI 1	SHAO ZE	SMALL MARSH	Jing Well/Metal
	<p>On the ulnar side of the little finger, about 0.1 cun posterior to the corner of the nail. <u>Clears Heart Fire; Dissipates Depressed Heat; Frees Channels & Quickens CVs; Opens Portals; Disinhibits breast milk; Expels wind heat; Subdues wind; febrile disease, loss of consciousness, headache, sore throat, redness of the eyes, cloudiness of the cornea, insufficient lactation.</u></p>		
SI 2	Qiang Gu	Front Valley	Ying Spring/Water
	<p>When a loose fist is made, the point is on the ulnar side, distal to the 5th metacarpophalangeal joint, at the jxn of red/white <u>Courses Wind & Clears Heat; Disperses swelling; numbness of the fingers, febrile diseases, tinnitus, headache, reddish urine</u></p>		
SI 3	HOU XI	BACK BROOK	*Shu Stream/Wood/Confluence of the Du Channel/Tonify
GM	<p>W/ loose fist, on ulnar side, proximal to the 5th mcp joint., at the end of the transverse crease and the junction of the red & white skin. <u>Clears the Spirit Disposition; Dispels Interior Heat; Frees the Du Channel; Secures the Exterior; Eliminates int wind from Du; Expels ext wind; Benefits sinews; Resolves damp and jaundice; Clears the mind; Febrile dx, mania, night sweats, contracture & numbness of fingers, deafness & tinnitus, sore throat, pain & rigidity of the neck, acute lumbar sprain, shoulder & elbow pain, malaria *back/neck pain, bladder (linked to bladder channel) Needle: 0.5-0.7 perp. Combos: Du 26 - acute low back; UB 40, UB 65; Ht 6 - night sweats Strengthens will-power, drive and determination. Important pt. to relieve depression occurring against a background of Kidney deficiency.</u></p>		
SI 4	WAN GU	WRIST BONE	Yuan Source
	<p>On the ulnar side of the palm, in the depression between the base of the 5th metacarpophalangeal bone & triquetral bone. <u>Courses Tai Yang Channel Pathogens; Clears Damp Heat from SI; febrile disease w/anhidrosis, contracture of the fingers, wris pain, headache, rigidity of the neck, jaundice. *w/SI 3 for back pain</u></p>		
SI 5	YANG GU	YANG VALLEY	Jing River/Fire/Horary
GM	<p>@ ulnar end of the transverse crease of the dorsal aspect of the wrist, in the depression between the styloid process of the ulna & the triquetral bone. <u>Resolves Heat & Disperses Swelling; Quiets Spirit & Settles Tetany; Expels ext dampheat; Clears the mind; wrist/hand pain; febrile disease, swelling of neck & submandibular region. Clears mental confusion and indecision due to difficulty in discriminating choices in life.</u></p>		
SI 6	YANG LAO	NOUISHING THE OLD	XI Cleft
LJ PK	<p>Dorsal to the head of the ulna. When the palm faces the chest, the point is in the bony cleft on the radial side of the styloid process of the ulna. <u>Frees the Channels & Quickens CVs; Brightens the Eyes; Benefits sinews: blurred vision, pain in shoulder/elbow/arm. *good for geriatric diseases</u> clears stag and the accretions of habituating influences from the SI; For stagnations that may lead to lethargy and paralysis of limbs. "sort the old & assimilate the new"integrating and releasing bitterness and pain remaining from past experiences. helps move old interpretations and congested thoughts and feelings that are misunderstood or misinterpreted; remembering sexual abuse, flashbacks, and stuck energy and emotions and struggle for forgiveness for same</p>		
SI 7	Zhi Zheng	SUPPORTING UPRIGHTNESS	Luo Connecting
LJ PK	<p>On the line joining SI 5 (Yang Gu) and SI 8 (Xiao Hai), 5 cun above SI 5. <u>Clears the spirit disposition; Resolves ext heat; Courses channel pathogens</u> For neck rigidity, headache, dizziness, spasmodic pain in elbow/fingers, febrile diseases, mania, small finger shaped warts and scabies empowers quality of communication b/w HT and SI; conveys HT's intention to world; useful for bitterness, frustration and sarcasm that results when an individual feels they are not being understood or truly appreciated. those who feel they aren't understood or appreciated and b/c of this don't understand or appreciate others.</p>		
SI 8	XIAO HAI	SMALL SEA	He Sea/Earth/Son/Sedation
	<p>When the elbow is flexed, the point is located in the depression between the olecranon of the ulna & the medial epicondyle of the humerus. <u>Dissipates Tai Yang channel pathogens; Frees SI Heat Bind; Dispels Wind Qi; Clears Spirit Disposition; Calms mind; Resolves d-h; Nape/shoulder/arm/elbow pain; swelling of the cheek, headache, epilepsy Needle: 0.3-.5 perp. Moxa applicable</u></p>		
SI 9	JIAN ZHEN	TRUE SHOULDER	
	<p>Posterior & inferior to shoulder joint. When the arm is adducted, the point is 1" above the posterior end of the axillary fold. <u>Courses Wind & Quickens CV, Dissipates Binds & Relieves Pain Pain in scapular region, potor impairment of hand/arm * local</u></p>		
SI 10	Nao Shu	Humerus Transporting Pt.	SI/Yang Wei/Yang Qiao Intersect
	<p>When the arm is adducted, the point is directly above SI 9 (JianZhen), in the depression inferior to the scapular spine.</p>		

Quickens Blood & Frees CV; Soothes Sinews & Dissipates Binds: swelling of shoulder, aching/weakness of shoulder/arm

SI 11 TIAN ZONG HEAVENLY ANCESTOR Breast Shu Point

In the infrascapular fossa at the jxn of the upper & middle 1/3 of the distance between lower border of scapular spine and inferior angle.
*Resolves Tai Yang Channel Pathogens; Diffuses Qi Stagnation in Chest & Lateral Costal region; pain in scapular region and laterosuperior aspect of elbow/arm, asthma, *breast shu (lactation, breast cancer) .5-1.0 obliquely (scapula is thin; lungs underneath). (moxa - good for tumors)*

LJ *May empower the emergence of the heart's wisdom on the patient who is troubled in the process of sorting*
PK *helps someone feel comfortable w/ the mystery of life; chest pain radiating to back esp w/ HT or fire issues*

SI 12 BING FENG RECEIVE PATHENOGENIC WIND 3 Yang Crossing

In the center of the suprascapular fossa, directly above SI 11 (Tian Zong). When the arm is lifted, the point is at the depression.
Frees Channels & Quickens CVs: pain in scapular region, numbness/aching up upper extremities, motor impairment of shoulder/arm

SI 13 QU YUAN CURVED WALL

On the medial extremity of the suprascapular fossa, about midway between SI 10 (Nao Shu) and the spinous process of the 2nd thoracic vertebra.

Soothes the Sinews & Quickens Blood: pain and stiffness in scapular region Needle: .3-0.5 perp. Moxa ok

SI 14 JIAN WAI SHU Outer Shoulder Shu

3" lateral to the lower border of the spinous process of the 1st thoracic vertebra where Du 13 is located.

*Courses Wind & Quickens CV; Warms Channels & Dissipates Cold: aching shoulder & back, pain/rigidity in neck *local*

Needle: .3-0.7" obliquely perp. Moxa ok 3 cun line on the back corresponds to upper medial border of scapula

SI 15 JIAN ZHONG SHU Central Shoulder Shu

2" lateral to the lower border of the spinous process of the 7th cervical vertebra. (C7 line = asthma line)

*Diffuses the Lung & Clears Heat; Transforms Phlegm & Brightens Eyes; Pain in shoulder & back, cough, asthma, hemoptysis *local indications*

SI 16 Tianchuang HEAVENLY WINDOW Window of the Sky Point

In the lateral aspect of the neck, in the posterior border of m. sternocleidomastoideus, posterior to (Fu Tu) LI 18.

Dispels Wind & Quickens CV; Quiets Spirit & Nourishes Heart: sore throat, sudden voice loss, deafness, tinnitus, neck

LJ *Provides clarity on a deep spiritual level to aid in the sorting process. Window pts are some of the strongest for correcting deviations between heart and mind, thus reducing habituated behavior.*

PK *opens fire channel (esp yang aspect); good for addiction esp when related to fire (joy, intimacy), habitual flirting, vanity; even smoking, drinking, sweets, etc.*

SI 17 Tian Rong HEAVENLY APPEARANCE

Posterior to the angle of the mandible, in the depression on the anterior border of the m. sternocleidomastoideus.

Deafness, tinnitus, sore throat, swelling of cheek, foreign body sensation in throat; goiter Needle: .5-0.7 perp. Moxa ok

LJ *stronger than SI 16; makes the decree of heaven manifest*

SI 18 QIAN LIAO Zygoma Crevice Intersection of SI & SJ. Meeting of 3 Yang of Leg

Directly below the outer canthus, in the depression on the lower border of the zygoma.

Relieves Pain & Tetany: Facial paralysis, face pain, twitching eyelids, toothache, swelling of cheek, yellow sclera

SI 19 TING GONG LISTENING PALACE Crossing Pt of Foot Shao Yang & Hang Tai Yang

Anterior to the tragus and posterior to the condyloid process of mandible, in depression formed when mouth is open

Frees Channels & CV; Opens Ear Portals; Relieves Pain, Boosts Visual & Hearing Acuity: deafness, tinnitus, otorrhea, motor impairment of mandibular joint, toothache Needle: 5-1.0 perp. Moxa ok In front of the tragus - SJ 21 (top) ⇒ SI 19 (middle) ⇒ GB 2 (bottom)

LJ For the ability to hear one's heart and the hearts of others w/o deviation. The ability to "listen" as the ability to know the nature of things immediately in one's heart directly bypassing the analytic faculties of the mind. W/ UB 1 most powerful for empowering accurate perception of reality as it occurs internally and externally.

E/E (SI19/UB1) - for an inability to accept life as it occurs in the moment, often manifesting as the patient's inability to hear what the practitioner is saying. The patient's mind so colors life that his/her interpretation of what is said and what occurs bears no relation to reality. Patients may also be convinced that others do not understand them not realizing that this is a result of their own unclear communication.

UB 1	JING MING	EYES BRIGHT	Intersecting Pt. of SI/UB/ST/Yin Qiao/Yang Qiao
			0.1 cun superior to the inner canthus <u>Courses Wind & Discharges Heat; Nourishes Water & Brightens Eyes:</u> redness, swelling, pain of eye; itching of canthus, lacrimation, nightblindness, color blindness, blurry vision. Needle: close eye, push eyeball laterally; 0.3-0.7 perpendicular along orbital wall. No manipulation, thrusting, moxa. Press puncturing site for a few seconds (30) after needle withdrawal to avoid bruising
LJ			E/E - "Radiance of Jing" - allows momentary reality to be transmitted directly to the MingMen w/o deviation imposed by the minds
PK			clarity and insight/wisdom
UB 2	ZAN SHU	COLLECTING BAMBOO	
			On the medial extremity of the eyebrow, or on the supraorbital notch. <u>Dispels Wind Qi; Brightens the Eyes:</u> headache, blurry/failing vision, supraorbital pain, lacrimation, redness/swelling/pain of eye, twitching of eyelids, glaucoma. <u>Hemorrhoids via Divergent Ch.</u> Needle: 0.3-0.5 perpendicularly; 3 edge needle downward or along eyebrow; no moxa superficially
UB 3	Mei Chong	Eyebrow Ascension	
			Directly above the medial end of the eyebrow, 0.5 cun within the anterior hairline, between Du 24 & UB 4. (not midway) <u>Dispels Wind & Clears Heat; Brightens the Eyes:</u> headache, giddiness, epilepsy, nasal obstruction
UB 4	Qu Chal	Deviating Turn	
			1.5 cun lateral to Du 24 at the junction of the medial third and lateral two-thirds of the distance from Du 24 to St 8. <u>Discharges Heat & Opens Portals; Clears Heat & Brightens Eyes:</u> headache, nasal obstruction, epistaxis, blurry vision
UB 5	Wu Chu	Five Places	
			1.5 cun lateral to Du 23, or 0.5 cun directly above UB 4. <u>Headache, blurry vision, epilepsy, convulsion</u>
UB 6	Cheng Guang	Light Guard	
			1.5 cun posterior to UB 5 (Wu Chu), 1.5 cun lateral to the Du Meridian. <u>Clears Heat & Eliminates Vexation; Brightens Eyes & Opens Portals:</u> headache, blurring vision, nasal obstruction
UB 7	TONG TIAN	REACHING HEAVEN	
			1.5 cun posterior to UB 6 (cheng guang), 1.5 cun lateral to the Du * Combination: Yin Tong, Bi Tong, Du 23 <u>Dispels Wind & Resolves the Exterior; Frees & Disinhibits the Nose:</u> headache, giddiness, nasal obstruction, epistaxis, rhinorrhea
UB 8	Luo Que	Declining Connection	
			1.5 cun posterior to UB 7 (Tong Tian), 1.5 cun lateral to the Du. <u>Dissipates Wind & Clears heat; Clears Head & Brightens Eyes:</u> dizziness, blurring of vision, tinnitus, mania
UB 9	Yu Zhen	Jade Pillow	
			1.3 cun lateral to Du 17, on the lateral side of the superior border of the external occipital protuberance. <u>Dispels Wind & Quickens CVs; Frees Portals & Brightens Eyes:</u> headache, neck pain, dizziness, ophthalmalgia, nasal obstruction
UB 10	TIAN ZHU	HEAVENLY PILLAR	Point of Window of Heaven; 4 Seas of Qi
			1.3 cun lateral to Du 15, in the depression on the lateral aspect of the trapezius. (LJ - At top of trapezius and directly under occipital bone) <u>Dispels Wind & Dissipates Cold; Soothes Sinews & Quickens CVs; Clears the Head & Brightens the Eyes; Relieves Pain:</u> Headache, nasal obstruction, sore throat, neck rigidity, pain in shoulder & back; connection w/ sacrum (divergent); obgyn disorders from hormone imbalances, irreg menses w/ UB 31, 32; can use w/ UB 40 (separating and converging pts)
LJ			Use with UB54, DU3 and ST 36 to empower a person to stand up for him/herself
PK			upholds spirit; helps yang aspect of water to remain upright; helps person stand tall and manifest potential; pts afraid to speak truth about themselves
UB 11	DA ZHU	LARGE SHUTTLE	Influential Pt. of Bone; Tai Yang Crossing Pt; Sea of Blood
			1.5 cun lateral to Du 13, at the lower border of the spinous process of the 1 st thoracic vertebra. <u>Dispels Wind Pathogen; Resolves Exterior Heat; Soothes Sinews & Vessels; Regulates Bones & Joint; Nourishes bloods:</u>

headache, fever, cough, pain and soreness in the scapular regions, neck rigidity, pain in neck/back; **Wind Cold Exterior; neck/back; moxa when break/fracture to speed recovery**

UB 12 FENG MEN WIND DOOR Crossing Pt. of Foot Tai Yang (UB) and Du

1.5 cun lateral to the Du, at the level of the lower border of the spinous process of the 2nd thoracic vertebra.
Dispels Wind & Diffuses Lung. Courses Channels & Resolves the Exterior: headache, fever, common cold, cough, neck rigidity, backache.
Exterior (Wind Heat/Wind Cold); Upper back (Tai Yang)
Needle: 0.5-0.7" oblique. Excellent area for cupping/moxa

UB 13 FEI SHU LUNG HOLLOW Back Shu of Lung

1.5" lateral to Du 12, at the level of the lower border of the spinous process of the 3rd thoracic vertebra.
Regulates Lung Qi; Supplements Taxation & Detriment; Clears Vacuity Heat. Harmonizes Construction & Blood: Stimulates dispersing and descending of LU qi; Regulates nutritive and defensive qi; Tonifies LU qi; Stops cough; Clears heat: cough, asthma, chest pain, spitting of blood, afternoon fever, night sweating; **Ext. Conditions; Lung Yin Vacuity (good fortifying point for vacuity); voice problems**
Needle: 0.5-0.7 oblique. Good w/cupping/moxa. Treatment of Phlegm - needle for 30-60 seconds, gently manipulate and have patient cough. W/Lung 1 as a classical treatment of asthma.

UB 14 JUE YIN SHU ABSOLUTE YIN HOLLOW Back Shu of Pericardium

1.5" lateral to the Du, at the level of the lower border of the spinous process of the 4th thoracic vertebra.
Frees Channels & Quickens CVs; Soothes the Liver and Rectifies Qi; Regulates the HT: cardiac pain, palpitation, stuffy chest, cough, vomit

UB 15 XIN SHU HEART HOLLOW Back Shu of Heart

1.5" lateral to Du-11, at the level of the lower border of the spinous process of the 5th thoracic vertebra.
Nourishes the HT & Quiets the Spirit; Clears Heat & Stabilizes the Disposition; Loosens the Chest & Regulates Qi; Stimulates Brain; Invig blood:
Cardiac pain, palpitation, loss of memory, mania, panic, epilepsy, nocturnal emission, cough, spitting of blood, night sweats
w/ Ht 7, Sp 6 for Insomnia; w/Ren 14 (shu + mu); w/UB 23 (back shu of Kidney) - fire/water relationship

UB 16 Du Shu Governing Hollow Back Shu of the Du

1.5" lateral to Du-10, at the level of the lower border of the spinous process of the 6th thoracic vertebra.

UB 17 GE SHU DIAPHRAGM'S HOLLOW Influential Point of Blood

1.5" lateral to Du-9, at the level of the lower border of the spinous process of the 7th thoracic vertebra.
Clears Blood Heat; Rectifies Vacuity & Detriment; Harmonizes Stomach Qi; Loosens the Chest & Diaphragm; Nourishes and Invig Blood; Tonifies qi and blood; Calms the mind: (tonify blood w/ moxa; move blood w/ needle)
Vomiting, hiccuping, belching, difficulty swallowing, asthma, cough, spitting of blood, afternoon fever, night sweats, measles.
Pathology related to blood, skin disorders, gynecology, pain; diaphragm-related.
w/ Sp 6, 8, 10; w/PC 6 & Ren 12 for diaphragm/rebellious qi; w/UB 19 (Four Flowers) yin/blood pathology; diabetes

UB 18 GAN SHU LIVER'S HOLLOW Back Shu of Liver

1.5" lateral to Du-8, at the level of the lower border of the spinous process of the 9th thoracic vertebra.
Supplements Construction Blood; Disperses Stasis; Dispels Hepatocystic Damp Heat; Stabilizes Spirit & Brightens Eyes; Benefits LV and GB; Eliminates wind:
Jaundice, hypochondriac pain, eye redness, blurring vision, night blindness, mental disorders, epilepsy, spitting blood, epistaxis, backache.

UB 19 DAN SHU GALLBLADDER HOLLOW Back Shu of Gallbladder

1.5" lateral to Du-7, at the level of the lower border of the spinous process of the 10th thoracic vertebra.
Clears Gallbladder Fire; Dispels Damp Heat in LV/GB; Harmonizes Stomach; Loosens Diaphragm; Brightens Eyes:
Jaundice, bitter taste, hypochondriac/chest pain; pulmonary tuberculosis; damp heat jaundice
Needle: 0.5-0.8 obliquely. Moxa UB 17 & 19 - Four flowers *bitter taste is GB or fire sign.
not liver

UB 20 PI SHU SPLEEN HOLLOW Back Shu of Spleen

1.5" lateral to Du-6, at the level of the lower border of the spinous process of the 11th thoracic vertebra.
Supports Earth to Dispel Water-Damp; Rectifies Spleen to Improve Movement & Transportation; Tonifies SP/ST; Nourish blood and ying qi:

Epigastric pain, ab distension, diarrhea, dysentery, bloody stool, vomiting, anorexia, jaundice, edema, profuse menstruation, backache

UB 21 WEI SHU STOMACH HOLLOW Back Shu of Stomach

1.5" lateral to Du, at the level of the lower border of the spinous process of the 12th thoracic vertebra.
Regulates the Center & Harmonizes the Stomach; Transforms Damp & Disperses Stagnation. Supports Center Qi to Eliminate Vacuity;
epigastric/hypochondriac/chest pain; ab distension; borborygmus, diarrhea, nausea, vomiting, anorexia (last oblique point)

UB 22 SAN JIAO SHU TRIPLE BURNER HOLLOW Back Shu of San Jiao

1.5" lateral to Du 5, at the level of the lower border of the spinous process of the 1st lumbar vertebra.
Regulates Qi & Disinhibits Water; Resolves dampness; Reg transformation of fluids in L.J.; pain & stiffness of lower back, borborygmus, abdominal distension, indigestion, vomiting, diarrhea, dysentery, edema. **Mainly middle & lower jiao fxns; low back pain, digestive**

UB 23 SHEN SHU KIDNEY HOLLOW Back Shu of Kidney

1.5" lateral to Du 4, at the level of the lower border of the spinous process of the 2nd lumbar vertebra.
Supplements Kidney, Strengthens the transformative action of qi; dispels water damp; strenghtns the lumbar and spine; boosts water and invigorates fire; brightens the eyes and sharpens hearing; Nourishes KI essence; Nourishes blood; Benefits bones and marrow; Helps Ki grasp qi; nocturnal emission, impotence, enuresis, irregular menstruation, leukorrhea, low back pain, weakness of knees, blurring of vision, dizziness, tinnitus, deafness, edema, asthma, diarrhea.. also good for a variety of chronic problems

UB 24 QI Hai Shu Sea of Qi Shu

1.5" lateral to Du, at the level of the lower border of the spinous process of the 3rd lumbar vertebra.
Low back pain, irregular menstruation, dysmenorrhea, asthma

UB 25 DA CHENG SHU LI HOLLOW Back Shu of Large Intestine

1.5" lateral to Du 3, at the level of the lower border of the spinous process of the 4th lumbar vertebra.
Courses & Regulates the Large & Small Intestine; Rectifies Qi & Transforms Stagnation; Strengthens the lower back; Removes obstructions from the channel; Relieves fullness and swelling; ab distension, borborygmus, diarrhea, constipation, low back pain, muscular atrophy, pain/numbness/impairment of lower extremities, sciatica; **hemorrhoids, rectal prolapse**

UB 26 Guan Yuan Shu Gate of Origin

1.5" lateral to Du, at the level of the lower border of the spinous process of the 5th lumbar vertebra.
Low back pain, abdominal distension, diarrhea, enuresis, sciatica, frequent urination

UB 27 XIAO CHANG SHU SI HOLLOW Back Shu of Small Intestine

1.5" lateral to Du, at the level of the first posterior sacral foramen.
Rectifies the SI; Transforms Stagnation & Accumulation; Promotes the Separation of Clear & Turbid; Regulates the Bladder; Resolves damp;
Clears heat; low back pain, sciatica, lower ab pain/distension; dysentery, nocturnal emission, hematuria, enuresis, morbid leukorrhea

UB 28 PANG GUANG SHU BLADDER'S HOLLOW Back Shu of UB

1.5" lateral to Du, at the level of the 2nd posterior sacral foramen.
Regulates the Bladder; Perfuses Lower Jiao; Disinhibits the Lumbus; Dispels Wind Damp; Supplements the Lower Origin/Strengthens loins;
Resolves dampness; Clears heat; Stops pain; Eliminates stagnation; retention of urine, enuresis, frequent urination, diarrhea, constipation, stiffness and pain in lower back. **Lin syndrome**
Needle: 0.8-1.2" perpendicular. Moxa ok **Lin syndrome (UTI) w/Sp 9, Ren 3, UB 60**

UB 29 Zhong Lu Shu Central Spine Hollow

1.5" lateral to Du, at the level of the third posterior sacral foramen.
Strengthens the Lumbar & Spine; Warms Yang & Dissipates Cold; dysentery, hernia, stiffness/pain of lower back; **local fxns.**

UB 30 Bai Huan Shu White Ring Hollow

1.5" lateral to Du, at the level of the fourth posterior sacral foramen.
Warms Yang & Regulates Menses; Courses Channels & rectifies lower burner; enuresis, pain from hernia, morbid leukorrhea

UB 31 SHANG LIAO Upper Crevice Ba Liao

In the first posterior Foramen.
Frees the Channels & Quickens the Connecting Vessels; Supplements the Lower Jiao; Strengthens the Lumbus; low back pain, dysuria, morbid leukorrhea, constipation, irregular menstruation, prolapse of the uterus

UB 32	CI LIAO	SECOND CREVICE	Ba Liao
	<p>In the 2nd posterior sacral foramen. (level w/UB 28 - Back shu of UB) <u>Frees the Channels & Rectifies Qi; Quickens Blood & Relieves Pain: Regulates the Menses & Treats Vaginal Discharge: irregular menstruation; dysmenorrhea, leukorrhea, nocturnal emission, impotence, enuresis, dysuria, hernia, low back pain, muscular atrophy, pain/numbness/impairment of lower extremities; gyn, urination, digestion(UTI & gyn often occur together)</u> Needle: 0.8-1.2" perp. Moxa ok. <u>Can needle quite deeply; angle downward & medially</u></p>		
UB 33	Zhong Liao	Central Crevice	Ba Liao
	<p>In the 3rd posterior sacral foramen. <u>Low back pain, constipation, diarrhea, dysuria, irregular menstruation, morbid leukorrhea.</u> * 32 & 33 urinary problems</p>		
UB 34	Xia Liao	Lower Crevice	Ba Liao
	<p>On the 4th posterior sacral foramen <u>low back pain, lower abdominal pain, dysuria, constipation, morbid leukorrhea</u></p>		
UB 35	Hui Yang	Meeting of Yang	
	<p>One either side fo the tip of the coccyx, 0.5 cun lateral to the Du. <u>Clears & Discharges Lower Burner Damp Heat: dysentery, bloody stools, diarrhea, hemorrhoids, impotence, morbid leukorrea.</u> (Local)</p>		
UB 36	CHENG FU	RECEIVING SUPPORT	
	<p>In the middle of the transverse gluteal fold. Locate in prone position. <u>Soothes Sinews & Quickens Connecting Vessels: pain in lower back & gluteal region, muscular atrophy, pain/numbness and motor impairment of lower limbs, constipation; sciatica aggravated by sitting.</u></p>		
UB 37	Yin Men	Huge Gate (Gate of Abundance)	
	<p>Located 6" below UB 36 (Cheng fu) on the line joining UB 36 and UB 40 (Weizhong). <u>Strengthens Lumbar Spine; Soothes & Quickens; Relieves Pain: lower back & thigh pain, numbness & motor impairment of lower ext, hemiplegia.</u></p>		
UB 38	Fu Xi	Superficial Cleft	*location
	<p>1" above UB 39 (WeiYang) on the medial side of the tendon of the biceps femoris. Located w/knee slightly flexed. <u>Soothes Sinews & Quickens CV; Quickens Blood/Relieves Pain; Clears and Disinhibits the Lower Burner; numbness of gluteal/femoral regions, contracture of tendons in popliteal fossa</u></p>		
UB 39	WEI YANG	CROOKED YANG	Lower HeSea of San Jiao
	<p>Lateral to UB 40 (WeiZhong), on the medial border of the tendon of biceps femoris. (UB 22- Back Shu of SJ) <u>Disinhibits the San Jiao & Courses Waterways; Frees Channels; Quickens CVs and Relieves Pain; Benefits the Bladder; Stimulates the transformation and excretion of fluids in the L.J.; edema, dysuria, fullness/distension of lower abdomen, stiffness & pain of the lower back, cramp of leg/foot. Benefits the Urinary Bladder</u> 0.5-1.0" perp. Moxa ok *point near the knee - damp patterns *quickens CV always relates to pain</p>		
UB 40	WEI ZHONG	CROOKED CENTER	He Sea/Command of Back (Xue Xi)
	<p>Midpoint of the transverse crease of the popliteal fossa, between the tendons of biceps femoris and semitendinosus. <u>Clears Blood & Discharges Heat; Soothes Sinews & Frees CVs; Dispels Wind Damp; Disinhibits Lumbus & Knees; Eliminates blood stasis; Clears summerheat; low back pain, motor impairment of hip & joint, contracture of tendons in popliteal fossa, muscular atrophy, pain, numbness and motor impairment o lower extremities, hemiplegia, abdominal pain, vomiting, diarrhea, erysipelas and skin dx due to blood heat</u> 0.5 - 1.0" perpendicular or prick popliteal vein with three-edged needle to cause bleeding (especially for acute conditions) <u>prick for blood stasis, skin problems; w/LI 11 or SP 10 for skin disorders; w/Du 26 for back pain; w/SI 3 - acute back pain</u> PK <u>like UB 10; helps pt stand upright; earth pt so harmonizes UB channel</u></p>		

3 CUN LINE IS MORE EMOTIONAL

UB 41	Fu Fen	Attached Branch	
	<p>3" lateral to the Du Meridian, at the level of the lower border of spinous process of the 2nd thoracic, on the spinal border of the scapula. <u>Courses Wind & Dissipates Cold; Soothes Sinews & Quickens CV; stiffnes/pain of shoulder, back & neck, numbness of arm.</u> Upper back, shoulders</p>		
UB 42	Po Hu	Door of the Corporal Soul (Po)	
	<p>3" lateral to the Du, at the level of the lower border of the spinous process of the 3rd thoracic vertebra, on the spinal border of the scapula. <u>Diffuses LU qi; Calms dyspnea and suppresses cough; Subdues rebellious qi; Clears heat;</u> Pulmonary TB, hemoptysis, cough, asthma, neck rigidity, pain in shoulder/back; grief and sadness (w/ LU 3) GM <u>Frees breathing when the corporeal soul is constricted by worry, sadness or grief. Calms the mind to make the person turn inwards and be comfortable with oneself.</u> PK <u>activates yuan qi/yang to penetrate and activate Po; helps infuse physical body w/ shen (i.e, asthma pt who is water element w/ fear and anxiety re: physical being/body, lack of connection w/ body)</u></p>		

UB 43	GAO HUANG SHU	FAT MEMBRANE SHU	Vitals (Lung, Spleen, Heart, Kidney)
	<p>3rd lateral to the Du, at the level of the lower border of the spinous process of the 4th thoracic vertebra, on spinal border of scapula <u>Supplements the Lung & Fortifies the Spleen; Treats Taxation & Detriment; Stabilizes the Heart & Banks the Kidney; Supports the Origin; Tonifies qi; Nourishes essence; Invigorates the mind; asthma, cough, pulmonary TB, spitting blood, night sweat, poor memory, nocturnal emission.</u> Good point for consumptive and incurable diseases (cancer, HIV, chronic)</p>		
UB 44	Sheng Tang	Mind Hall	
GM	<p>3rd lateral to Du-11, at the level of the lower border of the spinous process of the 5th thoracic vertebra, on the spinal border of the scapula. <u>Loosens the chest and rectifies qi; Suppresses cough and stabilizes dyspnea; Soothes the sinews and quickens the CVs; Calms the mind</u> Asthma, cardiac pain, palpitation, stuffy chest, cough, stiffness & pain of the back; (anxiety, insomnia; heart/spirit stuff) Stimulates the Mind's clarity and intelligence. If left in a long time (over 15 min) it calms the mind and clears heart-fire.</p>		
UB 45	YI XI	Laughing Sound	
	<p>3rd lateral to Du-10, at the level of the lower border of the spinous process of the 6th thoracic vertebra, on the spinal border of the scapula. Cough, asthma, pain of shoulder and back; local upper back. Su Wen talks about stimulating HT yang to vaporize phlegm that might be obstructing the orifices. Affects consciousness.</p>		
UB 46	Ge Guan	Diaphragm's Pass	
	<p>3rd lateral to Du-9, level w/ lower border of the spinous process of the T7, approximately at the level of the inferior angle of the scapula. Dysphagia, hiccup, vomiting, belching, pain/stiffness of back; local</p>		
UB 47	Hun Men	Door of the Ethereal Soul (Hun)	
GM	<p>3rd lateral to Du-8, at the level of the lower border of the spinous process of the 9th thoracic vertebra <u>Courses the LV and rectifies qi; fortifies the SP and harmonizes the ST; frees and regulates bowel qi; Regulates LV qi; Roots the hun;</u> pain in chest/hypochondriac region, back pain, vomiting, diarrhea, helps person find direction in life and treats depression from confusion and inability to plan life. Can use w/ LV 8 for emotional ix.</p>		
PK	<p>Strengthens the ethereal soul's capacity of planning, sense of aim in life, and life dreams. Facilitates the "coming and going" of the ethereal soul and mind (eg. relationships with others & world in general). Has an outward movement (as opposed to UB42's inward movement) and should be used carefully with a personality who is too open, as it could make them unstable and vulnerable. This doesn't happen if used with UB23 & 52. activates spiritual creativity and imagination; leadership</p>		
UB 48	Yang Gang	Yang Headrope	
	<p>3rd lateral to Du-7, at the level of the lower border of the spinous process of the 10th thoracic vertebra. <u>Clears the GB and ST; Transforms damp heat; Borborygmus, ab pain, diarrhea, hypochondriac pain, jaundice</u></p>		
UB 49	YI She	Thought Shelter (Reflection Abode)	
GM	<p>3rd lateral to Du-6, at the level of the lower border of the spinous process of the 11th thoracic vertebra. <u>Courses and discharges damp heat; Fortifies SP yang; Tonifies SP; Stimulates memory and concentration</u> Abdominal distension, borborygmus, vomiting, diarrhea, difficulty swallowing; pensiveness/overthinking Strengthens the intellect, clears the mind and stimulates memory and concentration. Relieves the mind of obsessive thoughts.</p>		
UB 50	Wei Cang	Stomach Granary	
	<p>3rd lateral to the Du, at the level of the lower border of the spinous process of the 12th thoracic vertebra. <u>Harmonizes Stomach & Transforms Damp; Rectifies Qi & Disinhibits Center; ab distension, pain in epigastric region & back, infantile indigestion</u></p>		
UB 51	Huang Men	Vitals Door	
	<p>3rd lateral to Du 5, at the level of the lower border of the spinous process of the first lumbar vertebra. <u>Harmonizes the ST and transforms damp; Rectifies qi and disinhibits the center; Regulates the San Jiao; Ensures the smooth flow of San Jiao qi to the HT region; Abdominal pain, constipation, abdominal masses</u></p>		
UB 52	ZHI SHI	AMBITION ROOM, ROOM OF WILL, PALACE OF ESSENCE	
LJ	<p>3rd lateral to Du 4 (MingMen), at the level of the lower border of the spinous process of the 2nd Lumbar vertebra. <u>Supplements the Kidney and Boosts Jing; Disinhibits Urine & Abducts Damp; Strengthens the back; Reinforces willpower; nocturnal emission, impotence, enuresis, frequency of urination, dysuria, edema, irregular menstruation, pain in back & knee. Exhaustion, depression, hopelessness</u></p>		
GM	<p>key point for harmonizing kidney jing, heart shen and human will (zhi). Can soften an overly hard will and protect depleted jing or strengthen the will to focus the shen upon unused potential. Relation to KI and bone and strength and willpower W/ UB23, strengthens will-power, determination, the capacity of pursuing one's goals with single-mindedness, and spirit of initiative.</p>		
UB 53	Bao Huang	Bladder Vitals	

3" lateral to the Du, at the level of the 2nd Sacral foramen

Strengthens the lumbar spine; Frees bowel qi; Disinhibits the L.J.; Opens the water passageways in the L.J.; Stimulates the transformation and excretion of fluids; Treats borborygmus, abdominal distension, pain in the lower back, anuria, sciatica

UB 54	ZHI BIAN	ORDER EDGE	*location
Lateral to the hiatus of the sacrum, 3" lateral to Du 2 (Yao Shu) <u>Courses the Channels & CVs; Strengthens the Knee & Lumbus; lumbosacral pain, muscular atrophy & motor impairment of lower limbs, swelling around external genitalia, dysuria, constipation, hemorrhoids.</u>			
UB 55	He Yang	Yang Union	
2" below UB 40, between the heads of the gastrocnemius, line joining UB 40 & UB 57. (where gastrocnemius begins to curve out to form the calf) <u>Strengthens the Lumbus & Boosts Kidney, Soothes & Quickens; Regulates Chong & Ren; LBP, pain/paralysis of lower extremities; *local back ix</u>			
UB 56	Cheng Jin	Sinew Supporter	
Midway between UB 55 & UB 57, in the center of the belly of the gastrocnemius. <u>Soothes Sinews & Quickens Connecting Vessels; spasm of gastrocnemius, hemorrhoids, acute low back pain; local</u>			
UB 57	CHENG SHAN	SUSTAIN MOUNTAIN	
Directly below the belly of the gastrocnemius, on the line joining UB 40 and tendo calcaneus, about 8 cun below UB 40. <u>Soothes Sinews & Cools Blood; Harmonizes the Intestines & Eliminates Hemorrhoids; main pt. for hemorrhoids (57-58); low back pain, spasms of gastrocnemius, beriberi, constipation.</u>			
UB 58	FEI YANG	TAKING FLIGHT	Luo Connecting Point
7" directly above UB 60 (Kunlun), on the posterior border of the fibula, about 1" inferior and lateral to UB 57. <u>Dispels Tai Yang Channel Pathogen; Dissipates Wind Damp in Channels & CVs; Strengthens the KI; headache, nasal obstruction (clear), epistaxis, blurring vision, back pain, weakness of the leg, hemorrhoids (57-58)</u>			
UB 59	Fu Yang	Instep Yang	Xi-Cleft of Yang Qiao Mai
3 cun directly above UB 60 (Kunlun). <u>Removes Channel obstruction, Invigorates Yang Qiao, Strengthens back: heavy sensation of head, headache, low back pain, redness/swelling of ext. malleolus, paralysis of lower extremities.</u>			
UB 60	KUN LUN	KUNLUN MOUNTAINS	Jing River/Fire
In the depression between the external malleolus and the tendo calcaneus. (opposite Ki 3) <u>Dispels TaiYang Channel Pathogens; Rectifies Uterine Blood Stagnation; Soothes Sinews & Transforms Damp; Strengthens Lumbar & Kidney; Expels wind; shoulder/back/arm pain, neck rigidity, swelling of the heel, difficult labor, headache, blurring vision, epistaxis, epilepsy; distal pt. for UB channel & organ; analogue point for the wrist. Contraindicated in Pregnancy</u> 0.5-1.0" perpendicular. Moxa applicable * LI4, SP6, UB60, UB67, GB21 are all contraindicated during pregnancy, unless to induce labor.			
UB 61	Pu Can	Subservient Visitor	
Posterior & Inferior to the external malleolus, directly below UB 60, in the depression of calcaneum at the junction of the red and white skin. <u>Frees Channel & Quickens CVs; Disperses Swelling & Relieves Pain; muscular atrophy, weakness of lower extremities, pain in heel</u>			
UB 62	SHEN MAI	EXTENDING VESSEL	Confluent Point of Yang Qiao (opening of eyes)
In the depression directly below the external malleolus. (paired w/ SI 3 - Confluent of the Du) <u>Courses Exterior Pathogens; Treats Wind Disease; Stabilizes the Spirit Disposition; Soothes Sinews & Vessels; Benefits the ears; Opens the Yang Qiao; epilepsy (during the day); headache, dizziness, insomnia, backache, aching of the leg. *Ki 6 (Confluent of Yin Qiao) for epilepsy @ night</u>			
UB 63	JIN MEN	GOLD DOOR	Xi Cleft of UB Channel/Beginning of Yang Wei
Anterior & Inferior to UB 62 (ShenMai), in the depression lateral to the cuboid bone. <u>Soothes Sinews & Quickens CVs; Opens the Portals & Quiets the Spirit; Clears heat; Stops pain; mania, epilepsy, infantile convulsion, backache, pain in ext. malleolus, motor impairment of lower extremities.</u>			
UB 64	JING GU	CAPITAL BONE	Yuan Source Pt.
Below the tuberosity of the 5 th metatarsal bone, at the junction of the red & white skin. <u>Frees the Channels & Quickens the Connecting Vessels; Quiets the Heart & Spirit; Dissipates Wind & Clears Heat; Clears the brain; Strengthens the back; headache, neck rigidity, lower back & thigh pain, epilepsy.</u>			
UB 65	SHU GU	BUNDLE BONE	Shu Stream/Wood (pain/damp bi)/Sedation pt
Posterior to the head of the 5 th metatarsal bone, at the junction of the red & white skin. <u>Courses Wind & Dispels Pathogens; Clears Heat & Resolves Toxins; Soothes Sinews & Quickens CVs; mania, headache, neck rigidity, blurring of vision, backache, pain in lower extremities.</u>			
UB 66	Zutonggu	Passing Valley	Ying Spring/Water (clears heat)/Horary
In the depression anterior to the 5 th metatarsophalangeal joint.			

Dissipates wind and clears heat; settles fright and quiets the spirit; Clears Heat, Removes Channel Obstruction: headache, neck rigidity, blurring of vision, epistaxis, mania

UB 67 ZHI YIN REACHING YIN Jing Well/Metal/Tonification pt

On the lateral side of the small toe, about 0.1" posterior to the corner of the nail.

*Courses Wind in Vertex; Rectifies Qi & Quickens the Blood; Clears the Brain & Brightens Eyes; Regulates pregnancy and childbirth: difficult labor, retention of afterbirth, **malposition of fetus**, headache, nasal obstruction, epistaxis, ophthalmalgia, feverish sensation in sole.*

Needle: 0.1" superficially. Contraindicated in pregnancy. Use moxa to change position

*pregnancy was considered 10 months - UB 67 is the last point on the 10th channel (corresponds to end of pregnancy)

KI 1	YONG QUAN	GUSHING SPRING	Jing Well/Wood/Son-Sedation/Returning Yang
	On the sole, in the depression when the foot is in plantarflexion, approximately at the junction of the anterior third and the posterior 2/3 of the sole. <i>Clears Kidney Heat; Downbears Yin Fire/Tonifies yin; Stabilizes Spirit Disposition; Revives Inversion; Subdues wind and empty heat; Clears the brain:</i> feverish sensation of sole, loss of consciousness, infantile convulsions, headache, blurred vision, dizziness, sore throat, loss of voice, dry tongue, dysuria; good point to feel Qi; good reviving pt.; grounding/stabilizing emotion (w/Du20-highest pt w/lowest); good pt. to get heat when patient is very cold (build up from roots)		
PK	Needle: 0.3-0.5 perpendicular; have patient cough while putting needle in (can be painful); moxa ok helps accelerate and motivate water energy throughout body; also helps wood energy, ambition, motivation, leadership, procrastination, inability to initiate action, creativity, difficulty expressing anger; drain aggressive energy, anxiety, panic attack, flexibility, manic-depressive disorders, lack of physical or sexual vitality.		
KI 2	RAN GU	BLAZING VALLEY	Ying Spring/Fire/Beginning of Yin Qiao
	Anterior & inferior to the medial malleolus, in the depression on the lower border of the tuberosity of the navicular bone. <i>Abates Kidney Heat; Courses Inversion Qi; Rectifies Lower Jiao; Cools blood; Invig Yin Qiao:</i> swelling/pain of dorsum, acute infantile omphalitis, thirst, diarrhea, pruritus vulvae, uterine prolapse, irregular menstruation (Ren/Chong dysfx), nocturnal emission. Local ix; clearing heat		
PK	helps warm/strengthen water element where pt has no contact w/ intuition; helps create more shen; anxiety re: sex/intimacy (shame, guilt, fear).		
KI 3	TAI XI	GREAT CANYON	Shu Stream/Earth/Yuan Source/Returning Yang
	In the depression between the medial malleolus and tendo calcaneus, at the level with the tip of the m. malleolus. <i>Enriches KI Yin; Abates Vacuity Heat; Invigorates Original Yang & Rectifies Womb; Tonifies KI; Benefits essence; Strengthens the lower back and knees:</i> low back pain, toothache, deafness, tinnitus, dizziness, insomnia, sore throat, spitting blood, thirst, asthma, irregular menses, nocturnal emission, impotence, frequency of micturation. *anything related to kidney organ; distal (sore throat); affects organ and channel, spirit disorders		
PK	balancing pt; sense of need to harmonize water element esp where excess fluids, anxiety affecting sleep or accom by excess thoughts, feelings of tension, tightness or fullness in chest or plum pit qi.		
KI 4	DA ZHONG	LARGE HEEL/GOBLET	Luo Connecting
	Posterior & inferior to the m. malleolus, in the depression medial to the attachment of tendo calcaneus. <i>Regulates KI & Harmonizes Blood; Supplements Essence Spirit (and supplements yin and yang); Strengthens the back:</i> heel pain, stiffness & pain lower back, spitting blood, asthma, dysuria, constipation (dry stools), dementia, blockage of 2 lower yin		
KI 5	SHUI QUAN	WATER SPRING	XI-Cleft of KI
	1" directly below Ki 3 (Tai Xi), in the depression anterior and superior to the medial side of the tuberosity of calcaneum. <i>Regulates Menses; Courses Lower Jiao; Benefits urination; Promotes blood circulation; Stops abd pain:</i> irregular menstruation, amenorrhea, dysmenorrhea, uterine prolapse, dysuria, blurring vision; painful periods/dysentery		
KI 6	ZHAO HAI	SHINING SEA	Confluent of Yin Qiao/ JiaoHui of KI & Yin Qiao
	In the depression of the lower border of the m. malleolus, or 1" below the medial malleolus. (UB 62 - Confluent of Yang Qiao) <i>Frees the channels & harmonizes construction; Drains Fire & Courses Qi; Clears Spirit Disposition; Disinhibits Throat; Nourishes yin; Benefits the eyes; Calms mind; Cools blood; Promotes fx of uterus; Opens the chest:</i> sore throat, asthma, constipation, epilepsy, insomnia, irregular menses, morbid leukorrhea, prolapse of uterus, pruritus vulvae, frequency of micturation, retention of urine; K. Yin vacuity symptoms; hypersomnia (Yin Qiao); Throat, LJ		
PK	*w/Lu 7 (Ren) - paired pt. - for chronic sore throat; w/SJ 6 for constipation oppression in throat, diffic speaking/expressing, goiter, sx of seizure disorders, shaking, tremors, clumsy non-smooth movements		
KI 7	FU LIU	CONTINUING FLOW	Jing River/Metal/Mother-Tonification pt
	2" directly above Ki 3 (Tai Xi) on the anterior border of tendocalcaneus. (should be close to tendon - leave room for Ki 8) <i>Regulates sweat pores; Disinhibits Bladder; Dispels Dryness & Disperses Stagnation; Enriches Kidney & Moistens Damp/Tonifies KI and resolves damp; Eliminates edema; Strengthens lower back; Tonifies yin:</i> muscular atrophy of leg, night sweating, spontaneous sweat, febrile disease w/o sweating; edema, ab distension, diarrhea, borborygmus; excellent pt. for body fluid discharge (sweat, tears, vaginal discharge)		
LJ	Returning Current - May help a patient in transition from life to death. Clears husband/wife imbalance; tonifies KI yin and yang so the integrity of the primordial qi remains strong, the fires of ming men are kindled, and the heavenly energy is not exhausted by mundane yin influences.		
PK	Alternate name: Wai Ming (Beyond Destiny): if one has failed to return at correct time, physical illness may have progressed too far (transition from life to death) weakness, anxiety, fear, female fertility, brings self-worth and justice to water element; pt feeling treated unfairly or cards stacked against them		
KI 8	JIAO XIN	CROSSING BELIEF	XI Cleft of Yin Qiao
	0.5" anterior to Ki 7 (Fu Liu), 2" above Ki 3 (Tai Xi), posterior to the medial border of the tibia. <i>Supplements the Kidney; Requaltes Ren & Chong; Clears Heat & Eliminates Damp:</i> irregular menstruation, dysmenorrhea, uterine bleeding, prolapse of uterus, pain/swelling of testes, diarrhea/constipatio *Gyn/pregnancy/bleeding		

KI 9	ZHU BIN	STRONG KNEE & LEG	XI Cleft of Yin Wei
	5" directly above Ki 3, at the lower end of the belly of gastrocnemius, on the line drawn from Ki 3 to Ki 10 (Yin Gu). <u>Clears HT & Transforms Phlegm; Calms Fright & Quiets Spirit; Resolves Toxin & Relieves Pain</u> : Pain in foot/lower leg, hernia, mental disorders		
GM	<i>Indicated to relieve anxiety and depression occurring against a background of Ki. Deficiency with a feeling of oppression in the chest.</i>		
KI 10	YIN GU	YIN VALLEY	He Sea/Water/Horary
	When knee is flexed, on the medial side of popliteal fossa, between semitendinosus & semimembranosus @ level of UB 40. <u>Dispels Damp & Frees Urine; Enriches Kidney & Clears Heat (defic); Courses Inversion Qi; Disinhibits Lower Jiao; Tonifies KI yin</u> : pain in knee & popliteal fossa, impotence, hernia, uterine bleeding, dysuria, mental disorders; w/ UB 10, Du 4 or Ren 4 activates flow of qi, linking KI, uterus and nape.		
PK	<i>joint pain, soreness, fibromyalgia, swelling, edema, excess urination, fibroids, bladder infection, prostate prob, frigidity or excess sex vitality</i>		
KI 11	Hen gu	Pubic Bone	(11-21 all intersect w/Chong)
	5" below the umbilicus, on the superior border of the pubic symphysis, 0.5 cun lateral to Ren 2 (Qugu). <u>Boosts Stomach & Disinhibits Damp</u> : fullness/pain in lower ab; dysuria, enuresis, nocturnal emission, impotence, genital pain		
KI 12	DA HE	GREAT PLENTIFUL	Jiaohui/Intersection of Kidney & Chong
	4" below the umbilicus, 0.5" lateral to Ren 3 (Zong Ji). <u>Supplements Kidney Qi & Regulates the Chong & Ren</u> : nocturnal emission, impotence, ext. genital pain, morbid leukorrhea, prolapse of uterus; <u>mainly local/gyn/sexual organs</u> ; disharmony between Ren & Chong (related to conception problems).		
KI 13	QI XUE	QI HOLE	Jiaohui/Intersection of Kidney & Chong
	3" below the umbilicus, 0.5" lateral to Ren 4 (Guan Yuan). <u>Supplements Kidney Qi, Regulates Ren & Chong; Rectifies LJ</u> : Irregular menstruation, dysmenorrhea, dysuria, abdominal pain, diarrhea.		
KI 14	SI MAN	FOURFOLD FULLNESS	
	2" below the umbilicus, 0.5" lateral to Ren 5 (Shimen). <u>Supplements Kidney Qi; Regulates Ren/Chong; Promotes Free Flow via Waterways</u> : ab pain,, diarrhea, noct. emission, irreg menstruation		
KI 15	Zhong Zhu	Central Flow	
	1" below the umbilicus, 0.5" lateral to Ren 7 (YinJiao). <u>Nourishes Ki Channel, Regulates Ren/Chong; Disinhibits LJ</u> : irregular menstruation, ab pain, constipation		
KI 16	Huang Shu	Vitals	transporting pt.
	0.5" lateral to the umbilicus, level with Ren 8 (Shenque). <u>Abdominal pain/distension, vomiting, constipation, diarrhea</u>		Needle : 0.5-1.0" perp. Moxa ok.
KI 17	Shang Qu	Shang (Intestine) Bend	
	2" above the umbilicus, 0.5" lateral to Ren 10 (Xiawan). <u>Fortifies Spleen & Disinhibits Damp; Soothes Sinews & Quickens CVs</u> : abdominal pain, constipation, diarrhea		
KI 18	Shi Guan	Stone Gate	
	3" above the umbilicus, 0.5" lateral to Ren 11 (JianLi). <u>Fortifies Center/Harmonizes Stomach; Frees Intestines & Abducts Stagnation</u> : vomiting, ab pain, constipation, postpartum ab pain, sterility.		
KI 19	Yin Du	Yin Metropolis	
	4" above the umbilicus, 0.5" lateral to Ren 12. <u>Fortifies Spleen & Harmonizes Stomach; regulates Qi Dynamic & Frees Abdominal Qi; Regulates Ren & Chong</u> : borborygmus, abdominal pain, epigastric pain, constipation, vomiting.		
KI 20	Futong Gu	Open Valley	
	5" above the umbilicus, 0.5" lateral to Ren 13 (Shang Wan). <u>Fortifies Spleen & Harmonizes Stomach; Loosens Chest & Rectifies Qi</u> : abdominal pain/distension, vomiting, indigestion.		
KI 21	YouMen	Dark Gate	
	6" above the umbilicus 0.5" lateral to Ren 14 (JuQue).		

Courses Liver & Rectifies Qi; Fortifies Spleen & Harmonizes Stomach; Clears Abdominal Heat: abdominal pain/distension, indigestion, vomiting, diarrhea, nausea, morning sickness

KI 22 BU LANG WALKING ON THE VERANDAH EXIT POINT

In the 5th intercostal space, 2" lateral to the Ren.

Diffuses the lung & suppresses cough; Downbears Counterflow and stops vomiting: cough, asthma, fullness in chest/hypochondriim, anorexia.

LJ KI 18-21 journey through darkness. KI 22 exits to PC 1; KI 23-27 represent deepest reserve of spiriual energy

*E/E KI 22/PC1 - **Betrayal of Intimacy** - helps one make the transition from the deep journey through the depths of self with its attendant fears to empowering the joys and pleasures associated with the Pericardium*

KI 23 SHEN FENG SPIRIT (MIND) SEAL

In the 4th intercostal space, 2" lateral to the Ren.

Cough, asthma, fullness in the chest & hypochondriac.

"Spirit Seal" - treats the shen (yang) aspect of the spirit; empowers one to experience truth in HT by virtue of heaven's mandate (destiny) - for the person whose spirit is sealed up; inability to self-motivate; helps people who are always looking for external confirmation to access their "inner guru"

PK KI 23, 24, 25 bring jing and yuan qi to HT; creative energy stuck of depressed; opens fire and shen

KI 24 LING XU SPIRIT BURIAL

In the 3rd intercostal space, 2" lateral to the Ren. *Treats cough, asthma, fullness in chest & hypochondriac; mastitis*

Ling = jing raised up to the power of three; yin aspect - for the person whose yin aspect is dried up; patient may grow sad as they grow increasingly cut off from their spiritual source and no longer feels they are the potent force in their life; a spirit shut off at the root - "so much potential, but nothing ever happens. Exhaustion may be predicated by a weakened jing and deficient yin. Brings water to the desert of a barren HT;

KI 25 SHEN CANG SPIRIT STOREHOUSE

In the 2nd intercostal space, 2" lateral to the Ren.

Cough, asthma, chest pain.

Stores the authority of the state of rule; commands the respect of the officials. Reserve of spirit, when pts shen is deficient KI 25 can act as storehouse

Ki 23, 24, 25 - interpenetration of Kidney & Heart Yin and Yang - shaoyin (deepest stage)

KI 26 Yu Zhong Lively Center

In the 1st intercostal space, 2" lateral to the Ren.

Loosens chest & promotes smooth qi flow: Calms dyspnea & releives cough: cough, asthma, phlegm, fullness in chest & hypochondriac region

KI 27 SHU FU SHU MANSION Transporting Point

In the depression on the lower border of the clavicle, 2" lateral to the Ren.

*Diffuses the Lung & Downbears Counterflow; Calms Dyspnea & Suppresses Cough; Fortifies the Spleen & Harmonizes the Stomach: cough, asthma, chest pain: **good pt. to open the chest; good for rebellious qi***

PC 1	Tian Chi	HEAVENLY POND	
			In the 4 th intercostal space, 1" lateral to the nipple. Opens the chest and rectifies qi; suppresses cough and calms dyspnea; diffuses the LU and clears heat; <i>suffocating sensation in the chest, hypochondriac pain, swelling & pain in the axillary region</i>
LJ			<i>Provides the deepest possible connection to spiritual levels of intimacy. May help restore one's memory of the heart as a place of ultimate safety before it became burdened by life's sorrows. May empower one to experience the world as a safe place helping to clear effects of past betrayal.</i>
PK			<i>Betrayal of Intimacy (E/E) - symptoms may include palpitations, chest pain, fibrocystic breast disease or breast cancer, anxiety, insomnia and depression. Hallmark of this patterns symptomatology is that it usually increases when the threat of intimacy is present. One's fear of intimacy may continually extinguish one's heart fire resulting in an emotionally cold & joyless presentation. OR the perceived threat of intimacy may disinhibit the PC which blazes in its presence - manifesting as tendencies towards mania and hypersexuality.</i>
			<i>sense of safety and protection; feeling anxiety, fear - in chest</i>
PC 2	Tian Quan		
			2" below the level of the anterior axillary fold, between the two head of the biceps brachii. <i>cardiac pain, distension of hypochondriac region, cough, pain in the chest, back and medial arm.</i>
LJ			<i>can be used as substitute for PC 1</i>
PC 3	QU ZE	CROOKED MARCH	He Sea/Water
			On the transverse cubital crease, at the ulnar side of the biceps brachii. <i>Clears Construction & cools Blood; Downbears Counterflow & Stops Vomiting; Eliminates Vexation & Stops Tetany; Expels Fire Toxin; Opens Orifices; Moves Blood & Dispels Stasis; Calms Mind: cardiac pain, palpitation, febrile disease, irritability, stomach ache and vomiting (LV overacting on ST), elbow/arm pain, tremor of the hand/arm</i>
LJ			<i>Restores the control of water over a PC whose fire is raging out of control. As a reaction to betrayal, one's heart may be too open & expansive, or shut down trapping heat in HT; Balances water and fire as it relates to fear (water) and intimacy.</i>
PC 4	XI MEN	CLEFT-XI GATE	XI Cleft
			5" above the transverse crease of the wrist, on the line joining P3 and P7, between tendons of palmaris longus and flexor carpi radialis. <i>Quiets the HT and Spirit; Clears Construction & Cools Blood; Loosens the Chest & Rectifies Qi; Removes Obstructions from the Channel; Stops Pain; Strengthens the Mind: cardiac pain, palpitations, epistaxis, hematemesis, hemoptysis, chest pain, furuncle (surface heat on skin), epilepsy</i>
LJ			<i>Clears stag from PC and clears the effects of past betrayal that obstruct the spontaneous opening and closing of the PC gate. Chief point for harmonizing the diaphragm.</i>
PC 5	JIAN SHI	INTERMEDIARY COURIER	Jing River/Meeting pt of 3 arm yin
			3" above the transverse wrist crease, between the tendons of the palmaris longus and flexor carpi radialis. <i>Nourishes the HT & Quiets the Spirit; Loosens the Chest, Transforms Phlegm & Harmonizes the ST; Soothes the Sinews and Quickens CVs; Resolves Phlegm in the HT; Regulates HT Qi; cardiac pain, palpitation, stomach ache, vomiting, febrile disease, irritability, mental disorders, epilepsy, swelling of the axilla, contracture of the elbow/arm *phlegm misting the HT</i>
LJ			<i>Key point for addressing the relationship between loss (metal) and sadness (fire). Intermediary b/w inner sanctum of HT and outside world</i>
PK			<i>Alternate name: Gui Lu (Ghost Path) ghost pts great for treating habituated behavior.</i>
			<i>mediates loss and longing and when grief dampens fire; "that was so unfair"</i>
PC 6	NEI GUAN	INNER FRONTIER GATE	Luo/Confluent of Yin Wei
			2" above the transverse crease of the wrist, between the tendons of palmaris longus and flexor carpi radialis <i>Clears Heat & Eliminates Vexation; Loosens the Chest & Rectifies Qi; Downbears Counterflow & Stops Vomiting; Harmonizes the ST & Relieves Pain; Regulates HT Qi & Blood; Regulates & Clears the SJ; Calms the Mind; Regulates Jue Yin: cardiac pain, palpitation, stuffy chest, hypochondriac pain, stomach ache, nausea, vomiting, hiccup, mental disorders, epilepsy, insomnia, febrile disease, irritability, malaria, contracture/pain of elbow/arm; stiffness of neck (divergent), nape, mastoid, ears, toothache, bells palsy</i>
LJ			<i>Regulates the inner and outer aspects of illumination govern by the heart and fires of ming men. (w/ SJ 5)</i>
PK			<i>w/ HT 7 for integrating PC and HT and strengthening and balancing fire channel</i>
GM			<i>Calms the Mind, lifts mood, relaxes the chest and is especially indicated for emotional problems associated with stagnation of Qi. "Opens" the mind, as opposed to PC 7, which has an inward movement and calms the mind.</i>
PC 7	DA LING	GREAT MOUND	Shu Stream/Yuan/Earth-Sedation pt
			In the middle of the transverse crease of the wrist, between palmaris longus and flexor carpi radialis. <i>Clears the HT & Quiets the Spirit; Harmonizes the ST & Loosens the Chest; Clears Construction & Cools Blood: cardiac pain, palp, stomach ache, vomiting, mental disorders, epilepsy, stuffy chest, hypochondriac pain, convulsions, insomnia, irritability, foul breath, heel pain</i>
LJ			<i>Earth pt - may ground and nourish a scattered heart. Very stimulating pt - for sedating people in shock ("Ghost Heart")</i>
PK			<i>Alternate name: Gui xin (Ghost Heart)</i>
GM			<i>person who tends to be giggly or muddled in expression; up and down or scattered</i>
			<i>Resolves Phlegm from the Heart and is especially indicated for emotional problems from the breaking of relationships</i>

PC 8 LAO GONG PALACE OF WEARINESS Ying Spring/fire/Horary

On the transverse crease of the palm, between the 2nd & 3rd metacarpal bones. W/fist clenched, point is just below tip of middle finger.
Clears HT Fire; Eliminates Damp Heat; Extinguishes Wind & Cools the Blood; Quiets the Spirit & Harmonizes the Stomach: cardiac pain, mental disorders, epilepsy, gastritis, foul breath, **fungus infection of the hand & foot (goose foot wind)**, vomiting, nausea
LJ May rekindle the fire of a weary heart. To induce a state of bliss, which may restore one's memory of safety and joy buried in the depths of self. Reawakens the heart's fire and capacity for joy.
PK pt exhausted by pain of intimacy; als for pts expressing too much joy, ecstasy or bliss

PC 9 ZHONG CHONG RUSHING INTO THE MIDDLE Jing Well/Wood-Tonification pt

In the center of the tip of the middle finger.
Clears the HT & Eliminates Heat; Opens the Portals & Resuscitates; Returns Yang & Stems Counterflow; Expels Wind: cardiac pain, palpitation, loss of consciousness, aphasia w/stiffness and swelling of the tongue, febrile disease, heat stroke, convulsion, feverish sensation of the palm.
LJ To bring vision to the hearts of those who feel lost in relation to intimacy. Needle with LV 1 to integrate the functions of self-esteem (wood) and intuition (fire)

SJ 1 GUAN CHONG RUSHING THE FRONTIER GATE Jing Well/Metal

On the lateral side of the ring finger, 0.1" posterior to the corner of the nail.
Dispels Wind & Dissipates Pathogens; Resolves SJ Pathenogenic Heat; Courses Channels & CV Qi; Clears Heat & Drains Fire; Invigorates blood; Restores consciousness; Stops convulsions; headache, redness of eyes, sore throat, stiffness of tongue, febrile disease, irritability.
 LJ For those who tend to rush into relationships and withdraw upon feeling exposed. OR, may help withdrawn individuals expand boundaries.
 PC 9 governs flow of energy towards center, whereas SJ 1 directs energy towards outer frontier.

SJ 2 YE MEN HUMOR GATE Ying Spring/Water

When fist is clenched, point is located in the depression proximal to the margin of the web between the ring & small fingers.
*Courses Channels & Quickens CV; Reduces Swelling & Relieves Pain; Drains & Clears Pathenogenic Heat in SJ; Benefits ear; Expels wind; headache (shao yang), redness of eyes, sudden deafness, sore throat, malaria (shao yang), pain in arm; *common cold (empirical)*

SJ 3 ZHONG ZHU CENTRAL ISLET Shu Stream/Wood-Tonification pt

W/fist clenched, point is on the dorsum of the hand between 4th & 5th metacarpal bones, in depression proximal to the metacarpophalangeal joint.
Dissipates Wind Heat; Clears the Head & Eyes; Courses Channels & Frees CVs; Benefits ear; Lifts the mind; Regulates qi; Expels wind; headache, redness of eyes, deafness, tinnitus (SJ enters ear), sore throat, febrile disease, pain in elbow & arm, motor impairment of fingers; pain in spine (SJ3 & SI3 meet - SI 3 opens Du)

SJ 4 YANG CHI YANG POOL Yuan Source

On the transverse crease of the dorsum of the wrist, in the depression lateral to the tendon of extensor digitorum communis.
*Dissipates Wind & Drains Heat; Frees Channels & CVs; Relaxes sinews; Regulates the ST; Promotes fluid transformation; Benefits original qi; Tonifies Chong and Ren; pain in arm/shoulder/wrist, malaria, deafness, thirst; *important for Kidney vacuity; on yang meridians, Yuan source is often used to release exterior pathogen.*

SJ 5 WAI GUAN OUTER FRONTIER GATE Luo/Confluent of Yang Wei (governs Exterior)

2" above SJ 4 (Yang Chi), between the radius & ulna.
Dispels Wind & Resolves the Exterior(Confluent); Clears Heat & Resolves Toxins; Frees Channels & Quickens CVs; Expels wind heat; Benefits the ear; Subdues LV yang; febrile diseases, headache (esp. Liver Yang Rising), pain in cheek, stained neck, deafness, tinnitus, hypochondriac pain, motor impairment of elbow/arm, pain of fingers, hand tremor; Wind Heat Invasion (Confluent)
 LJ SJ5-PC6 - Regulates connection to external environment (inner/outer aspects of MingMen); for people w/ no discernment of social and intimate relationships; who draw people closer by taking down their own boundaries (inappropriate self revelation; seduction) May vent internal pressure and relieve the entire continuum of fx of fire officials.
 PK too much heat in HT channel; when HT affected by overwork, including too much creative work

SJ 6 ZHI GOU BRANCH DITCH Jing River/Fire/Horary

3" above SJ 4, between the radius and ulna, on the radial side of the m. extensor digitorum.
*Clears the San Jiao, Frees Bowel Qi; Downbears Counterflow & Fire; Regulates qi; Clear heat; Expel wind; *constipation, tinnitus, deafness (SJ), febrile disease, (alternating fever & chills - SJ channel ixn), hypochondriac pain, vomiting, aching/heaviness in shoulder/back, sudden hoarseness. * SJ 6 + Ki 6 - yin vacuity constipation*
 LJ *Fei Hu (Flying Tiger)* For rekindling deficient fire or draining excess fire. For inappropriate contact.

SJ 7 HUI ZONG CONVERGENCE/GATHERING XI-Cleft Pt.

At the level of SJ 6, about one finger-breadth lateral to SJ 6, on the radial side of the ulna.
*Clears & Drains Pathenogenic Heat in SJ; Soothes LV & Rectifies Qi; Benefits eyes and ears; Stops pain; *pain, pain in ear, pain in arm (along SJ channel), deafness, epilepsy.*

SJ 8 San Yang Luo Three Yang Connection *three arm yang channels PC5 = 3 Arm Yin, SP 6 = 3 Leg Yin

4" above SJ 4 between the radius & ulna . * **local bi pain**, esp more than one channel (often used w/GB pts), deafness, sudden hoarseness, hypochondriac pain, toothache

SJ 9 SI Du Four Rivers

Lateral side of forearm, 5" below the olecranon, between the radius & ulna . *measure 5" w/straight arm so cubital crease lines up *local, deafness, toothache, migraine, sudden hoarseness, forearm pain

SJ 10 TIAN JING CELESTIAL WELL HE SEA/EARTH -Sedation (UB39 - Lower HeSea)

When elbow is flexed, the point is in the depression about 1" superior to the olecranon .
*Transforms Phlegm Damp in Channels & CVs; Courses Fire qi in the SJ; Relaxes tendons; Dispels masses and stagnation; Regulates nutritive and defensive qi: *Ext. D-H Invasion, swollen glands, tonsillitis, goiter/scrofula, migraines*

SJ 11 Qing Leng Yuan PURE Cold Abyss

1" above SJ 10, when the elbow is flexed. *motor impairment/pain of shoulder/arm; migraine.*
 LJ *for clearing heat and draining fire or rekindling aspects of being from which fire has been withdrawn. For restoring warmth to the uterus and sexual organs when warmth has been withdrawn as a response to betrayal.*

SJ 12 Xiao Luo Dispersing Riverbed

On the line joining the olecranon and SJ14, **midway between SJ11 & SJ13** . *headache, neck rigidity, motor impairment of the arm.*
 LJ *Xia Shuo - Relax & Joy - may allow someone who is uptight to relax and enjoy themselves, especially during sex. A function associated with this letting go of control is the ability to restore fluids depleted by excess heat (this depletion may be evidenced in deficient vaginal discharge during menopause). Also a good point for women who are unable to attain orgasm.*

SJ 13 Nao Hui Upper Arm Convergence Intersection Jiao Hui

* On the line joining SJ14 and the olecranon, on the posterior border of the deltoidus. *goiter, pain in shoulder/arm*

SJ 14 JIAN LIAO SHOULDER BONE HOLE Intersection Jiao Hui

*Posterior & inferior to the acromion, in the depression about 1" **posterior to LI 15** when arm is abducted .
*Dispels Wind & Overcomes Damp; Moves Qi, Quickens Blood & Relieves Pain: **bi syndrome**, pain/impairment of shoulder/arm*

SJ 15 Tian Liao Celestial Bone Hole

Midway between GB 21 and SI 13 on the superior angle of the scapula .
*Dispels Wind & Eliminates Damp; Frees Channels & Quickens CVs, Relieves Pain: shoulder/elbow pain, stiff neck * GB 21, SJ 15, SI 13 - line*

SJ 16 Tian You Celestial Oriole SJ/GB/Yang Wei *Window of the Sky

Posterior & Inferior to the mastoid process, on the posterior border of the SCM, **almost level with SI 17 and UB 10.**
**headache, neck rigidity (w/Lu 7 for nodding no, SI 13 for nodding yes), blurring of vision, sudden deafness (LI 18, ST 9, SI 16 - neck line)*
 LJ *"Heavenly Window" - deeper insight into communication*

SJ 17 YI FENG WIND SCREEN Intersects w/GB *SJ enters ear

Posterior to the lobule of the ear, in the depression between the mandible & mastoid process.
*Courses Wind & Discharges Heat: Frees Portals & Sharpens Hearing: Quickens CV's & Relieves Pain: *Bells Palsy, facial paralysis, tinnitus, deafness, otorrhea, toothache, swelling of cheek, scrofula, trismus * three branches of Trigeminal Nerve*
 LJ *Good for people who are excessively concerned about what others think of them. Protects shoulder and neck from wind by strengthening outer defensive fx of fire*
 PK *helps w/ rapid and unexpected changes that may damage HT (esp w/ HA, dizziness, tinnitus, sudden emotional shifts)*

SJ 18 Chi Mai Spasm Vessel

In the center of the mastoid process, @ junction of middle & lower third of the curve formed by SJ 17 & SJ 20 posterior to helix.
*Clears Heat & Resolves Tetany; Quickens CV's & Relieves Pain; Opens Portals: *infantile convulsions (fright epilepsy),*

SJ 19 Lu XI Skull Rest

Posterior to the ear, at the junction of the upper and middle third of the curve formed by SI 17 and SJ 20, behind the helix.
*Courses Wind & Quickens CV's: Frees the Channels & Relieves Pain; Quiets Spirit & Settles Fright: *insomnia (GB vacuity; too nervous to sleep), infantile convulsion, headache, tinnitus, deafness *pts behind the ear are generally good for insomnia*

SJ 20 JIAO SUN Angle Vertex *SI/GB/SJ

Directly above the ear apex, within the hairline . *Clears Head & Brightens Eyes: Courses Wind & Quickens CVs *redness/swelling/eye pain (due to Ascending Yang), conjunctivitis, painful gums*

SJ 21 Er Men Ear Gate

In depression anterior to **supratragic notch** and slightly superior to the condyloid process of the mandible. Point is located with the mouth open.

SJ 22 He Liao HARMONY BONE SI/GB/SJ

Anterior & Superior to SJ 21, at the level of the *root of the auricle*, on the posterior border of the hairline of the temple where the superficial temporal artery passes . Dispels Wind & Frees CVs. Opens Portals: migraine, tinnitus, lockjaw * **avoid superficial temporal artery**

LJ *Main point for harmonizing imbalances that undermine clarity of mental function. E/E - to maintain balance and contact between internal & external world. Blocks often result in projection of one's own judgment onto one's self and the external world as a result of receiving incomplete info. Typified by bitterness, resentment, projection of judgement upon self & others. Symptomatology: migraines, visual disturbances (glaucoma, cataracts), TMJ, grinding of teeth and clenched jaw.*

SJ 23 SI ZHU KONG SILK BAMBOO HOLLOW

In the depression at the lateral end of the eyebrow.

Dispels Wind & Resolves Heat: Brightens Eyes & Relieves Pain; Frees Channels & Quickens CV: headache, redness/pain of eye, blurring of vision, twitching of the eyelid, toothache, facial paralysis **Needle:** subQ 0.3-0.5" - obliquely outward or obliquely downward toward GB

LJ *Takes the outermost fire and returns it back to the heart. For patients whose fire is externally focused as a means of preventing intimacy (eg. making too many social commitments as a means of avoiding intimacy with one's mate, or excessive social chatter that never touches heart of matter)*

FOOT SHAO YANG CHANNEL

- Many GB Points Course Wind & Settle Fright - very calming points
- Wood element - related to wind; comes & goes quickly/mobile
- Many head points - calming (think of a head massage)

GB 1 TONG ZI LIAO ORBIT BONE Intersection - SI/SJ/GB

0.5" lateral to the outer canthus, in the depression on the lateral side of the orbit.
Dispels Wind & Discharges Heat; Courses the Channels & Frees Qi; Relieves Pain & Brightens the Eye: headache, red/painful eyes; failing vision, lacrimation, deviation of the mouth
Needle: subcutaneously 0.3-0.5" backward towards ear or downward
 Discernment: For those whose external confusion undermines the clarity of one's vision; mirrored by the appearance of internal wind and heat.
 useful for sciatica (divergent channel); Needle opposite side.

GB 2 Ting Hui Auditory Convergence Meeting - St/LI/GB/SJ

Anterior to the intertragic notch, at the posterior border of the condyloid process of the mandible. Located w/mouth open.
Courses Liver & GB; Dispels Wind, Moves Qi & Opens the Ears: deafness, tinnitus, toothache, motor impairment of temporomandibular joint, mumps, deviation of the eye & mouth; jaw (w/St 7), facial deviation/Bell's Palsy (wind)
Needle: 0.5-0.7 perpendiculary. Moxa ok

GB 3 Shang Guan Upper Gate

In front of the ear, on the upper border of the zygomatic arch, in the depression **directly above St 7** (XiaGuan)
Frees Channels & Quickens CVs; Opens Portals & Boosts Hearing: headache, deafness, tinnitus, diplacsis, eye & mouth deviation, toothache.
Needle: perpendiculary 0.3-0.5" (was originally contraindicated because it caused int. bleeding causing deafness)

GB 4 HAN YAN FOREHEAD FULLNESS Intersecting Pt - GB/SJ/ST/LI

Within the hairline of the temporal region at the *junction of the upper ¼ and lower ¾* of the distance between St 8 (4.5" lateral to Du 24) and GB 7
Courses Wind & Quickens CVs; Clears Heat; Settles Fright & Relieves Pain: Migraine (esp. lateral), vertigo (due to excess), tinnitus, pain in outer canthus, toothache, convulsion, epilepsy.
Needle: subcutaneously 0.3-0.5" *can thread 4⇒7
 subcutaneously
 Loathsome Jaws: Good for easing jaw tension associated with repressed anger. Relieves mental tension emanating from GB

GB 5 Xuan Lu Suspended Skull Intersection

Within the hairline of the temporal region *midway* of the border line connecting St 8 & GB 7.
Courses Wind & Quickens CVs; Disperses Swelling & Relieves Pain: migraine, pain in outer canthus, facial swelling.

GB 6 Xuan LI Suspended Tuft Intersection

Within the hairline of the temporal region at the *junction of the lower ¼ and upper ¾* distance between St 8 & GB 7.
Courses Wind & Quickens CVs; Frees the Portals & Moves Qi: migraine, pain in the outer canthus, tinnitus, frequent sneezing

GB 7 QU BIN TEMPORAL HAIRLINE CURVE Intersection - GB/UB

Directly above the posterior border of the preauricular hairline, about one finger-breadth anterior to SJ 20.
At the crossing point of the preauricular hairline and the apex of the auricle of the ear
Clears Heat & Disperses Swelling; Extinguishes Wind & Relieves Pain: headache, swelling of the cheek; trismus, pain in the temporal region; infantile convulsion.

GB 8 SHUAI GU VALLEY LEAD

Superior to the apex of the auricle, 1.5" within the hairline (about 1.5" above SJ 20).
Courses Wind & Quickens CVs; Relieves Pain: Migraine, vertigo, vomiting, infantile convulsion

GB 9 Tian Chong Celestial Hub Intersection - GB/UB

Directly above the posterior border of the auricle, 2' within the hairline, about 0.5" posterior to GB 8.
Clears & Disinhibits GB Heat; Settles & Calms the Spirit: headache, epilepsy, swelling & pain of gums, convulsion (wind)

GB 10 Fu Bai Floating White Intersection

Posterior & Superior to the mastoid process, midway of the curve line drawn from GB 9 to GB 11.
Courses and Disinhibits the Liver & GB; Dissipates Wind & Frees CVs: headache, deafness, tinnitus

GB 11	Tou Qiao Yin	Head Portal Yin	Intersection
	<p>Posterior & Superior to the mastoid process, on the line drawn connecting GB 10 & GB 12. <u>Clears Heat & Disinhibits GB Channel Damp Heat; Frees Ears & Disinhibits Throat: pain in head & neck, tinnitus, deafness, pain in ears.</u></p>		
GB 12	WAN GU	COMPLETION BONE	Intersection - GB/UB
	<p>In the depression posterior and inferior to the mastoid process. (above SJ 16) points just below the occiput ⇒calms <u>Rouses the Brain & Opens Portals: Dissipates Wind & Clears Heat: headache, insomnia (any kind), swelling cheek, retro-auricular pain; deviation of eye & mouth, toothache; Stiff neck (mastoid process - SCM insertion) *w/St 11 near SCM origin; Ki 27 Master Shu of Back; Lu 7)</u></p>		
GB 13	BEN SHEN	ROOT SPIRIT	JiaoHui - GB and Yang Linging (3 Arm Yang)
	<p>0.5" within the hairline of the forehead, 3" lateral to Du24. <u>Settles Epilepsy & Quiets the Spirit: insomnia, epilepsy; mental/emotional problems (schizophrenia); Calms Liver & Extinguishes Wind: headache, vertigo, epilepsy</u> <u>Clears & Drains the Liver/GB</u> *w/Du 24 for anxiety, worrying, fixed thoughts; w/Ren 4 (2" above pubic bone) to bring essence/Will Power to the head LJ integrates the fundamental vision present in the roots (ben) of the tree with its higher perspective (branches) - head point. Compare to LV 1. GM Indicated for severe anxiety against a background of LV disharmony. For jealousy and suspicion, and "lack of clarity of the Mind deriving from injury of the Ethereal Soul by sadness" (Complete Book of Jing Yue, 1624)</p>		
GB 14	YANG BAI	YANG WHITE	Intersecting - GB/ST/LI/SJ/YangWei
	<p>On the forehead, 1" directly above the midpoint of the eyebrow. (directly above pupil when eyes look forward) <u>Dispels Wind & Clears Heat; Perfuses Qi & Brightens the Eyes: frontal headache, orbital ridge pain, eye pain, vertigo, twitching eyelids, ptosis of eyelids, lacrimation; any eye stuff; facial paralysis</u> *UB 60 - distal pt. for anything related to back of head</p>		
GB 15	TOU LIN QI	HEAD OVERLOOKING TEARS	
	<p>Directly above GB 14 (Yang Bai), 0.5" within the hairline, midway between Du 24 & St 8. <u>Clears the Brain & Brightens the Eyes; Frees the Nose: headache, vertigo, lacrimation, pain in outer canthus, rhinorrhea, nasal obstruction</u> GM Calms the Mind and Settles the Ethereal Soul - used when a person is subject to emotional fluctuations and obsessive thoughts.</p>		
GB 16	MU CHUANG	EYE WINDOW	
	<p>1.5" posterior to GB 15 (TouLing), on the line connecting GB 15 and GB 20 (FengChi). <u>Courses Channels & CVs: Clears the Head and Brighten the Eyes: headache, vertigo, red/painful eyes, nasal obstruction; eye problems, pain behind eyes, sinus pain moxa for sinus congestion</u> *2" behind hairline - 2 ¼" from midline LJ Empowers one to release judgement against self and others. May also allow one to bring past events into perspective.</p>		
GB 17	Zheng Ying	Upright Construction	
	<p>1.5" posterior to GB 16, on the line connecting GB 15 and GB 20. <u>Clears heat & drains the GB: Soothes sinews & Quickens CVs: migraine, vertigo</u> *3.5" behind hairline- 2 ¼" from midline GM Calms and Clears the Mind - stimulates memory and concentration; indicated in depression.</p>		
GB 18	Cheng Ling	Spirit Recliver	
	<p>1.5" posterior to GB 17, on the line connecting GB 15 and GB 20. <u>Clears GB & Drains Heat; Diffuses lungs & frees portals: headache, vertigo, epistaxis, rhinorrhea</u> *5.0" behind hairline- 2 ¼" from midline GM Settles the Ethereal and Corporeal Soul and stops obsessive thoughts. Physically, stimulates dispersing/descending of Lu Qi and opens the nose.</p>		
GB 19	NAO KONG	BRAIN HOLLOW	
	<p>Directly above GB 20 (FengChi), at the level of Du 17, on the lateral side of the ext. occipital protuberance. <u>Clears the GB & Drains Fire; Soothes Sinews & Quickens CVs; Rouses the Brain & Frees Portals: headache, stiffness of the neck; vertigo, painful eyes, tinnitus, epilepsy; relates to scalp acupuncture ⇒ treats balance</u> *2 ¼" from midline</p>		
GB 20	FENG CHI	WIND POND	Intersection GB/SJ/YangWei
	<p>In the depression between upper portion of the SCM and the trapezius, on the same level w/ Du 16 (FengFu) <u>Courses Wind & Clears Heat; Clears Head & Opens Portals: Brightens Eyes & Sharpens Hearing; Frees Channels & Quickens CVs; Harmonizes Qi & Blood; Eliminates wind (int and ext); Subdues LV yang; Clears the brain: headache, vertigo, * insomnia (behind occiput), neck stiffness/pain, blurred vision, (all kinds of vision problems) glaucoma, red, painful eyes, tinnitus (GB/SJ link), convulsion, epilepsy, infantile convulsion, febrile disease, common cold (Wind), nasal obstruction, rhinorrhea</u> Needle: 0.5-0.8" toward tip of nose (dangerous) *clinically - downward toward tip of Adam's Apple*GB 20 is about ½" above the level of UB 10</p>		

PK HA, dizziness, releases upper body; dreams re: frustration and bitterness

GB 21 JIAN JING SHOULDER WELL Intersects w/SJ & Stomach

Midway between Du 14 and the acromion, at the highest point of the shoulder.

Frees Channels & Quickens CVs; Sweeps Phlegm & Opens Portals; Relaxes sinews; Promotes lactation and delivery: pain/rigidity of neck; shoulder/back pain; motor impairment of arm;* insufficient lactation (from qi stag, not blood defic); mastitis; scrofula, apoplexy(sudden loss of consciousness due to brain hemorrhage), difficult labor; late periods (contraindicated during pregnancy)

*Sp 6, LI4, UB60, UB67, GB21 contraindicated for pregnancy

PK fibromyalgia sx (tight and sore all over - w/ GB 34); diffc breathing, pressure in chest

GB 22 Yuan Ye Armpit Abyss TM meeting of 3 arm yin

On mid-axillary line when the arm is raised, 3" below the axilla (nipple line)

Loosens Chest & Normalizes Qi; Soothes Sinews & Quickens CVs: fullness of chest, swelling of axilla, hypochondriac pain, motor impairment/pain in arm; **pain**; similar fxns to GB 21

GB 23 Zhe Jin Sinew Seat

1" anterior to GB 22, approximately at the level with the nipple.

Courses the Liver and Rectifies Qi; Calms Dyspnea and Downbears Counterflow: fullness of the chest; pain in the hypochondriac region, asthma

GB 24 RI YUE SUN & MOON Front Mu of the Gallbladder

One rib below Li 14 (QiMen), directly below the nipple, in the 7th ICS.

Courses GB & Qi; Transforms DH; Harmonizes Central Burner; Promotes fx of LV and GB: hypochondriac pain, vomiting, acid regurgitation, hiccup, jaundice, mastitis

LJ helps return the vision of the sage which rolls the 10,000 things back into 1. (Yin Tang also does this) For the person who's sure they're always right or always wrong → acid regurg., bitterness; provides unity in what lies behind apparent opposites

PK balances yin and yang in GB channel; possibility of transformation from yin to yang and back again

GB 25 JING MEN CAPITAL DOOR Front Mu of Kidney

On the lateral side of the abdomen, on the lower border of the free end of the 12th rib. (right over the kidney)

Warms Kidney Cold; Abducts Water Damp; Downbears Stomach Counterflow; Soothes & Quickens CVs; Promotes Free Flow via Waterways: ab distension, borborygmus, diarrhea, pain in lumbar (kidney vacuity) and hypochondriac region.

GB 26 DAI MAI GIRDLE VESSEL *Naval Line - Sp 15, St 25

Directly below the free end of the 11th rib, where Li 13 is located, at the level w/ the umbilicus.

Frees Channels & Quickens CVs; Clears & Disinhibits Damp Heat; Regulates Menses & Stops Vaginal Discharge: irregular menstruation, amenorrhea, leukorrhea, ab pain, hernia, lumbar/hypochondriac pain. * DaiMai = GB 26, 27, 28 + Li 13

PK women w/ gyn/fertility problems, esp. when anger or resentment about not getting pregnant; releases tightness in body re: same

GB 27 Wu Shu Fifth Pivot Dai Mai

In the lateral side of the abdomen, anterior to the superior iliac spine (ASIS), 3" below level of umbilicus.

Strengthens Lumbus & Boosts Kidneys; Courses Liver & Rectifies Qi; Treats Vaginal Discharge: leukorrhea, lower ab pain, lumbar pain, hernia, constipation. * GB 27 + 28 for hernia

GB 28 Wei Dao Linking Path Dai Mai

Anterior and inferior to the ASIS, 0.5" anterior and inferior to GB 27

Courses Stagnant Qi; Rectifies Intestines; Leashes the Dai Mai: leukorrhea, lower ab pain, hernia, prolapse of uterus *local pt. for prolapse

GB 29 Ju Liao Squatting Bone Hole

In the depression of the midpoint between the ASIS and the greater trochanter.

Soothes Sinews & Quickens CVs; Strengthens Lumbus & Legs: pain/numbness in thigh/lumbar region; paralysis, muscular atrophy of lower limbs.

GB 30 HUAN TIAO JUMPING ROUND

At the junction of the lateral 1/3 and medial 2/3 of the distance between the greater trochanter and the hiatus of the sacrum (Du 2). When locating, put the patient in lateral recumbent position w/thigh flexed.

Dissipates Wind Damp in Channels & CVs; Disinhibits Lumbus & Hip; Strengthens Lumbus & Legs: *Local; lumbar/thigh pain; muscular atrophy of lower limbs; hemiplegia Needle: Perpendicular 1.5-2.5" (⊕ @ least 30 gauge)

GB 31	FENG SHI	Wind Market	
	On the lateral aspect of the thigh, 7" above the transverse popliteal crease. <u>Dispels Wind & Dissipates Cold; Strengthens Sinews & Bones; Regulates Qi & Blood; *Wei Bi syndrome (like MS); atrophy of leg muscles, pruritis (wind, esp. WH in blood)</u>		
GB 32	Zhong Du	Central River	
	Lateral aspect of thigh, 5" above transverse popliteal crease, between lateral vastus & biceps femorus. <u>Soothes Sinews & Quickens CVs; Expels Wind & Dissipates Cold; pain/numbness in thigh/lumbar region; paralysis, muscular atrophy of lower limbs; strengthens lumbus & legs.</u>		
GB 33	Xi Yang Guan	Knee Yang Joint	
	3" above GB 34 in depression between tendon of biceps femoris and lateral condyle of the femur. Located w/ knee bent. Don't use 3" measurement <u>Dispels Wind & Dissipates Cold; Soothes Sinews, Quickens CVs & Relieves Pain: Good local pt. for thigh/knee</u>		
GB 34	YANG LING QUAN	YANG MOUND SPRING	HeSea/Earth/Influent Pt of Sinews and Tendons
	In the depression anterior and inferior to the head of the fibula (St 36 is always lower) <u>Clears Gallbladder Heat; Expels Wind from Knees & Legs;; Courses Damp & Stagnation in Channels & CVs Soothes Sinews & Vessels (Inf); Promotes the smooth flow of LV qi; Resolves damp heat; Subdues rebellious qi; hypochondriac pain, bitter taste, jaundice, vomiting, urine problems, leukorrhea; numbness and pain, fibromyalgia, hemiplegia, infantile convulsion, beriberi. Good pt for flaccidity as well as contracture</u> PK inflexibility, tightness, stagnation, HA, dizziness, HTN, digestive problems		
GB 35	YANG JIAO	YANG INTERSECTION	Xi Cleft of Yang Wei (Exterior)/3 Leg Yang Intersection
	7" above tip of external malleolus, on posterior border of fibula. *same level as UB58, St 39 <u>Disinhibits GB & Quiets Spirit; Soothes Sinews, Quickens Blood & Relieves Pain: hypochondriac pain; acute pain; leg stiffness, chest fullness</u>		
GB 36	WAI QU	OUTER MOUND	Xi Cleft of GB
	7" above external malleolus, along the anterior border of the fibula. <u>Disinhibits the Liver & GB; Dispels Wind. Resolves Toxins & Clears Heat: Remove obstruction from channel: Stops pain: rabies (shao yang); channel pain (xi-cleft); pain in neck, chest, thigh, hypochondrium. Use w/ or in place of GB 34</u>		
GB 37	GUANG MING	BRIGHT LIGHT	Luo pt
	5" above external malleolus, anterior border of the fibula. <u>Regulates Liver & Brightens Eyes (w/UB18, 19); Dispels Wind & Disinhibits Damp; Clears heat; Conducts fire downward:*vision problems, blurry vision, ophthalmalgia, night blindness, breast pain *tibial artery; peroneal nerve W/Li 3 - diminished vision due to blood vacuity (Yuan)</u>		
GB 38	YANG FU	YANG AID	Jing River/Fire-Sedation pt
	4" above external malleolus, <u>Harmonizes the Shao Yang; Dissipates Cold & Eliminates Heat; Soothes Liver & Resolves Depression; Quickens CVs & Relieves Pain; Subdues LV yang; Resolves damp heat; migraines (drains GB fire/Sedation fxn), outer canthus pain, axillary pain (channel pain), malaria, hypochondrium</u>		
GB 39	XUAN ZHONG	SUSPENDED BELL	Influent Pt. of Marrow
	3" above external malleolus, posterior border between peroneus longus & brevis <u>Benefits Essence & Nourishes Marrow; Discharges GB Fire; Clears Marrow Heat; Expels Wind/Damp from Channels & CVs; Eliminates wind (chronic interior from KI yin defic); *Parkinson's (chronic int. wind disorders/paralysis), yin or blood vacuity disorders, distal pt for neck, all kinds of pain/atrophy/spasms (leg), hypochondriac pain; hemiplegia, apoplexy</u> PK stimulates KI and jing to nourish tendons; pts who have diffic planning or deciding b/c no jing in GB; tinnitus, low energy and sex drive		
GB 40	QIU XU	WILDERNESS MOUND	Yuan Source (yuan on yang - release exterior)
	Anterior & inferior to external malleolus, lateral side of extensor digitorum longus. <u>Dispels Midstage Pathogens; Clears Liver & GB; Transforms Damp-Heat; Courses Inversion Qi; Promotes smooth flow of LV qi: neck, axillary, wrist, ankle pain, malaria (shao yang) *analogous w/SJ 4 (Yuan of SJ) - ankle/neck/wrist (shao yang)</u> LJ empowerment in broadening one's perspective. Provides benevolent vision; enables a person to consider the opinions of others. Perspective for the person who is lost in the wilderness and "can't see the forest for the trees". GM Strengthens will-power and the mind; bolsters the capacity of making decisions.		

GB 41 ZU LIN QI NEAR TO TEARS Shu Stream/Wood/Horary/Confluent of Dai Mai

In the depression distal to the 4th & 5th metatarsal bone, on the lateral side of the extensor digitorum brevis.

**Opens Dai Mai - divides upper/lower*

*Clears Fire & Extinguishes Wind; Brightens Eyes & Sharpens Hearing; Courses Liver & GB Qi Stagnation; Transforms Obstructing Phlegm Heat; "Resolves Damp Heat in Genital Region"; *common use for menstrual disorders; jock itch, burning urination* *w/GB 26 - leukorrhea

LJ *Horary pt - may allow one who is fighting back tears of frustration to express his/her anger.*

GB 42 DI WU HUI Earth Five-Fold

Between 4th & 5th metatarsal bones, on medial side of extensor digitorum brevis

Clears Liver & Drains GB; Brightens Eyes & Sharpens Hearing; painful eyes, axillary swelling, dorsal swelling pain of foot; channel pain

GB 43 XIA XI PINCHED RAVINE Ying Spring/Water/Tonifying

Between 4th & 5th toes, proximal to web margin.

*Clears Heat (excess); Extinguishes Wind; Relieves Pain; Subdues LV yang; Benefits ears; Resolves damp heat; *febrile disease, changes in facial complexion; pain in cheek, dizziness, tinnitus, distending pain of breast*

**Overlapping Theory = Tonifying - water/mother of wood; Clears heat - Ying Spring*

GB 44 ZU QIAO YIN FOOT HOLE YIN Jing Well/Metal

Lateral side of 4th toe, 0.1" posterior to corner of nail.

*Clears Heat & Drains Fire; Extinguishes Wind & Courses Liver & GB; Subdues LV yang; Benefits eyes; Calms mind; *febrile disease, tinntus (due to excess heat), migraine, ophamalgia, dream disturbed sleep..*

LJ *harmonizes continuum of unbalanced emotions. To address the timidity and fear that prevents a person from taking action (inhibits control of metal upon woods inclination to grow). Prunes away unnecessary growth so that one can better focus on a specific goal as opposed to many (unpruned branches). Good for those to tend to feel "cut down" each time they try to initiate an action.*

JUE YIN CHANNEL

- Main External Signs: headache, dizziness, blurred vision, tinnitus, fever, spasm of limbs
- Main Internal Signs: distension in costal region, thoracic oppression, ab pain, vomiting, jaundice

LV 1 DA DUN GREAT ESTEEM Jing Well/Wood *Horary - empowers every virtue of every pt.

On the lateral side of the dorsum of the terminal phalanx of the great toe, between the lateral corner of the nail and the interphalangeal joint.
Courses Inversion Qi, Regulates Menstruation; Harmonizes Construction Qi; Rectifies Lower Burner; Returns Yang & Stems Inversion Counterflow; Clears Sprit; Frees Channels; Opens Spirit Portals; Resolves damp heat; Promotes smooth flow of LV qi; hernia, enuresis, uterine bleeding, prolapse of uterus, epilepsy.

LJ Provides the vision of who you are in your depth (roots) = the basis of self-esteem. Distinguishes fundamental principles that must be preserved.

LV 1 + 14 - helps determine what can be compromised and what can't; discerning roots from branches (perspective)

PK low self-esteem from a vision that gets compromised or frustrated; no sense of who one is

LV2 XING JIAN MOVING BETWEEN Ying Spring/Fire/Sedation Pt * Son of Wood

On the dorsum of the foot between the 1st & 2nd toe, proximal to the margin of the web.
Drains Liver Fire; Cools Blood Heat; Clears Lower Burner; Extinguishes Wind; Courses Vessels & Quickens CVs; Clears Heat & Drains Fire; Rectifies Qi; Subdues LV yang; Subdues interior wind: very draining, for excess and stagnation; hypochondriac pain, ab distension, headache, dizziness, vertigo, congestion (stagnation); swelling/pain of eyes (channel), deviation of mouth, hernia (channel), painful urination, retention of urine, irregular menstruation (channel/blood fxn), epilepsy, insomnia

PK excess fire or yin defic fire (insomnia, irritability, red eyes); helps reduce excess wood energy; can balance extreme polarities in wood (right/wrong; good/evil, etc.); indecision w/ agitation and restlessness; wood w/ wind signs; imbalance, instability

LV3 TAI CHONG SUPREME SURGE Shu Stream/Earth/Yuan Source

On the dorsum of the foot, in the depression distal to the junction of the first & second metatarsal bones.
*Extinguishes Liver Fire & Clears Liver Yang; Discharges DH in Lower Burner; Soothes Liver; Rectifies Qi; Courses CVs & Quickens Blood; Expest interior wind; Calms the mind; Calms spasms; headache, dizziness, vertigo, insomnia, congestion, swelling/pain of the eye, depression, infantile convulsion, deviation of the mouth, hypochondriac pain, uterine bleeding, hernia, enuresis, retention of urine, epilepsy, pain in anterior aspect of m. malleolus. *commonly used for Qi Stagnation; better for Liver Fire Rising (stems from vacuity) Yuan Source - Supplements Qi*

PK Greater Rushing: opens energy and creates balanced integrated energy; free movement and expression of emotions, esp release of anger/frustration; pain, tremors, stiffness, inflexibility

LV 4 ZHONG FENG MOUND CENTER Jing River/Metal

(1" anterior to the m. malleolus, midway between Sp 5 & St 41) in the depression on medial side of the m. tibialis anterior.
Courses Liver & Frees CVs; Promotes smooth flow of LV qi in L.J.; Clears the channels: hernia, pain in external genitalia, nocturnal emission, retention of urine, hypochondrium distension; groin problems (Lv channel); local ix helps bring fairness, justice (philosophical, spiritual), helps resolve/balance when sadness and grief are overcome by anger or suppression of those feelings.

PK

LV 5 LI GOU WOODWORM CANAL Luo

5" above the tip of m. malleolus, on the medial aspect and near the medial border of the tibia. *on the bone
*Courses Liver & Rectifies Qi; Disinhibits Damp Heat; retention of urine, enuresis, hernia, irregular menstruation, leukorrhea, pruritis vulvae, weakness and atrophy of the leg. *groin area problems*

PK Insect Ditch: draining/detox pt; helps w/ undercurrents or unexpressed bitterness and resentment stuck in wood (irritability, petty annoyances); helps open sense of humor

LV 6 ZHONG DU CENTRAL METROPOLIS XI Cleft

7" above tip of m. malleolus, on the medial aspect and near the medial border of the tibia. *on the bone
Frees Channels & CVs; Regulates Qi & Blood; Relieves Pain: abdominal pain, hypochondriac pain, diarrhea, hernia, uterine bleeding, prolonged lochia; pain & bleeding

LV 7 XI Guan Knee Joint *below the knee

**Posterior & Inferior to medial condyle of tibia, in upper portion of medial head of gastrocnemius, 1" posterior to Sp 9.
Frees Channels & CVs; Disinhibits Joints; Dispels Wind & Relieves Pain: pain of the knee, especially inner knee

LV 8 QU QUAN SRPING AT THE BEND He Sea/Water/Mother (tonifying)

Knee flexed - in the depression above the medial end of the transverse popliteal crease, posterior to medial epicondyle of femur, on anterior part of insertion of semimembranosus and semitendinosus. *above tendons & below sartorius.

Clears Damp Heat; Disinhibits the Bladder; Drains Liver Fire; Frees the Lower Burner; Soothes Sinews & Quickens CVs; Disinhibits Lower Burner; Nourishes LV blood: prolapse of uterus, lower abdominal pain, retention of urine, nocturnal emission, pain in ext. genitalia, pruritis vulvae, pain in medial aspect of knee/thigh; tonification pt - supplements LV vacuity
 Crooked Spring: gyn/menstrual/fertility; sexual problems; frustration/anger/bitterness; tendons/ligaments, eyes; LV yin/blood defic

PK

LV 9 YIN BAO YIN BLADDER

*4" above the medial epicondyle of the femur, between vastus medialis and m. sartorius.
Courses Liver & Rectifies Qi; Adjusts Ren & Chong; Clears & Disinhibits Lower burner: pain in lumbosacral region, lower ab pain, enuresis, retention of urine, irregular menstruation

LV 10 ZU WU LI FOOT FIVE LI (*LI 13 - Arm 5 LI)

3" directly below Qi Chong (St 30), on lateral border of abductor longus.
*Soothes Sinews & Quickens CVs; Clears & Disinhibits Lower Burner damp heat: lower abd distension and fullness, retention of urine. *local*

LV 11 YAN LIAN YIN CORNER

2" directly below St 30, on lateral border of abductor longus.
*Soothes Sinews & Quickens CVs; Regulates Ren & Chong: irregular menstruation, leukorrhea, lower abdominal pain, pain in the thigh and leg. *local*

LV 12 JI MAI URGENT PULSE

Inferior & lateral to the pubic spine, 2.5" lateral to Ren, @ inguinal groove lateral/inferior to St 30. (in inguinal groove, in joint - same level of pubic spine) *Frees the Channels & Dissipates Cold: lower ab pain, hernia, pain in external genitalia *careful of femoral artery*

LV 13 ZHANG MEN CHAPTER GATE Influential Point of Zang Org/Front Mu of Spleen; LV/GB Int.

On the lateral side of the abdomen, below the free end of the 11th floating rib.
*Courses the Liver & Rectifies Qi; Quickens the Blood & Transforms Stasis; Benefits SP/ST; Relieves food stag: abdominal distension, borborygmus, pain in hypochondriac, vomiting, diarrhea, indigestion. *stagnation; mostly Spleen & Liver*
enables person to begin a new chapter in life
tightness/heaviness in chest, abdomen, intercostals, esp related to digestion, accompanying frustration

LJ
 PK

LV 14 QI MEN GATE OF HOPE Front Mu of Liver, Intersection SP/LV/Yin Wei

Directly below the nipple, in the 6th ICS.
Dispels Pathogens and Heat from the Blood Chamber; Harmonizes Mid Stage Pathogens; Transforms Phlegm and Disperses Stasis; Calms the Liver & Disinhibits Qi; Promote smooth flow of LV qi; Benefits ST: hypochondriac pain, ab distension, hiccup, acid regurgitation, mastitis, depression, febrile disease
 Cycle Gate - gate to the beginning of the next cycle - pathway back to lungs (Ren 12 - beginning of the Lung channel)
Empowers person to keep eyes towards the future w/ optimism and may be useful for treating the person who can't see the light at the end of the tunnel. Loss of aspiration (LV) and inspiration (Lu1)
Combine with LV 1 to attempt to integrate both lofty (LV 14) and fundamental (LV 1) vision.
E/E - LV Qi Stag + Lu Qi Vacuity (unbalanced meta/wood) - breast tenderness, sighing, gas pain, SOB, irrular heartbeat
move from spirit/shen of HT; aspiration/inspiration, creativity

LJ
 PK

- Extra Channels are not directly related to Zang Fu organs, but can directly affect them.
- The only Extra Channels with their own points are the Ren and Du
- Ren, Du and Chong all originate in the lower abdomen
- "The 66 points below elbows & knees are very important - of those, the Confluent are most important"

DU 1 CHANG JIANG LONG STRONG Luo/Intersecting KI/Lv/GB

Midway between the tip of the coccyx and the anus, locating the point in the prone position.
Harmonizes Yin & Yang; Courses & Regulates Localized Channel Qi; Regulates Intestinal Qi and Arrests Diarrhea; Disperses Swelling & Relieves Pain; Regulates Ren and Du; Resolves damp heat; Calms mind: diarrhea, bloody stools, hemorrhoids, rectal prolapse, constipation, low back pain (centrally located, not diffuse pain; more related to spine compression etc.), epilepsy (brain related).
Needle: perpendicular 0.5-1.0" or a little obliquely upward *w/UB40 (command of back); GB30 (UB intersection), Ki 1
Luo pathway travels up either side of the spine. Both regular and luo link w/UB 12

DU 2 YAO SHU LUMBAR SHU Transporting pt. of lower back

In the hiatus of the sacrum.
Warms Lower Burner; Expels Wind Damp and Strengthens Knees & Lumbus; Extinguishes int and ext wind; Calms spasms/convulsions; irregular menstruation, pain and stiffness in low back, hemorrhoids, muscular atrophy of low extremities, epilepsy; good substitute for DU 1 (similar ix)

DU 3 Yao Yang Guan Lumbar Yang Pass

UB 25 Below spinous process of 4th lumbar vertebra, level with crista iliaca.
Warms the Blood Chamber and the Palace of Essence; Dispels Cold Damp in Lower Burner; Strengthens the lower back and legs; Tonifies yang; irregular menstruation, nocturnal emission, impotence, pain in lumbosacral region, muscular atrophy, motor impairment, numbness and pain in lower extremities, epilepsy, intestinal problems. These points work similarly to the back shu point at the same level. Du 1,2,3 mostly for qi defic

DU 4 MING MEN GATE OF DESTINY

UB 23 Below the spinous process of L2.
*Banks the Origin and Supplements the Kidney; Secures Essence & Stops Vaginal Discharge; Soothes Sinews & Harmonizes Blood; Courses the Channels & Regulates Qi; Tonifies KI yang; Nourishes source qi; Strengthens the low back; Warms gate of vitality; Expels cold; Benefits essence; stiffness of back, lumbago, impotence, nocturnal emission, indigestion, irregular menstruation, diarrhea, leukorrhea. (Kidney vacuity is always accompanied by Spleen Vacuity) *very good supplementing point; Kidney Qi or Yang Vacuity.*
 LJ Central point to help regulate the interpenetration of anterior and posterior heaven, jing & shen, and one's endowment of original yin & yang.

DU 5 XUAN SHU Suspended Pivot

UB 22 Below the spinous process of L1.
Fortifies the Spleen & Harmonizes Stomach; Strengthens Lumbus/Knees; pain/stiffness of lower back; diarrhea, indigestion.

DU 6 JI Zhong Spinal Center

UB 20 Below the spinous process of T11.
Fortifies the Spleen and Disinhibits Damp; Supplements the Kidney and Stems Desertion; Strengthens the Lumbar; epigastric pain, diarrhea, jaundice, epilepsy, stiffness and pain of back; Spleen Fxns.

DU 7 Zhong Shu Central Pivot

UB 19 Below the spinous process of T10
Supplements the Kidneys & Strengthens Lumbar; Harmonizes Stomach and Relieves Pain: epigastric pain, low back prob.

DU 8 JIN SUO SINEW CONTRACTION

UB 18 Below the spinous process of T9.
Fortifies Spleen and Harmonizes Stomach (by soothing Liver); Strengthens Lumbar and Boosts Kidney; Relieves Pain & Quiets Spirit; (Relaxes Sinews); Eliminates interior wind; epilepsy, back stiffness, gastric pain.

DU 9 ZHI YANG EXTREMITY YANG

UB 17 Below the spinous process of T7, approximately level with the inferior angle of the scapula.
*Rectifies Qi & Loosens Chest (Diaphragm); Clears Heat & Disinhibits Damp; Frees Channels & Quickens CVs; Regulates the LV and GB; jaundice, cough, asthma, back stiffness, pain in chest & back. *Good pt. w/Ren 17*

DU 10	LING TAI	SPIRIT TOWER
UB 16	Below the spinous process of T6. <i>Diffuses the Lung & Suppresses Cough; Frees Channels & Quickens CVs: cough, asthma, furuncles, back pain, neck rigidity</i>	
LJ	<i>Ling Tai refers to HT. Facilitates perspective and penetrating insight to the HT.</i>	
DU 11	SHEN DAO	Mind Way (Spirit Path)
UB 15	Below the spinous process of T5. <i>Settles Tetany & Extinguishes Wind; Quiets the Heart & Spirit; Dispels Wind & Relieves Pain; Regulates the HT and calms the mind: poor memory, anxiety, palpitations, back pain/stiffness, cough, cardiac pain.</i>	
LJ	<i>Used with DU 10 for quieting the heart and sedating tendencies toward mania, especially following shock of divorce, loss of loved one, or receiving terminal diagnosis when one's view of reality is shaken. These experiences often provide glimpses into original nature that produce high or manic reactions. "One may become addicted to insight afforded by peak states of awareness"</i>	
DU 12	SHEN ZU	Body Pillar
UB 13	Below the spinous process of T3. <i>Dispels Pathogen & Abates Fever; Clears Heart & Stabilizes Disposition; Supplements Lungs & Clears Construction; Eliminates interior wind; Calms spasms; Strengthens the body: cough, asthma, furuncles, back pain/stiffness, epilepsy; chronic lung disorders, asthma w/eczema; psoriasis, skin stuff* there will be a dip if chronic disorders exist.</i>	
DU 13	TAO DAO	Kiln Way Du/UB
UB 11	Below the spinous process of T1. <i>Courses Exterior Pathogen: Clears Lung Heat; Supplements Vacuity Detriment; Regulates the shao yang; Calms spirit; Clears heat: back stiffness, headache, malaria, febrile disease.</i>	
DU 14	DA ZHUI	GREAT HAMMER Intersection of 6 Yang Channels/Du
	Below the spinous process of C7, approximately at the level of the shoulders. <i>Courses Exterior Pathogens in the Yang Channels: Frees Yang Qi of the Whole Body; Clears the Heart & Quiets the Spirit; Clears Lung Heat & Regulates Qi; Clears the mind and stimulates the brain; Regulates nutritive and defensive qi; Tonifies yang: neck pain/rigidity; malaria, febrile disease, epilepsy, afternoon fever, cough, asthma, common cold, back stiffness, wind heat; "Clears the Mind & Stimulates Brain" - brings clear Yang Qi to head (w/ Du20, draws Yang up)</i>	
DU 15	YA MEN	MUTE GATE
	0.5" directly above the midpoint of the posterior hairline, in the depression below the spinous process of C1. (Posterior hairline is level w/the lower border of C2). <i>Level w/UB10 (where UB channel splits, rejoining @ UB40 - mental stuff)</i> <i>Disinhibits the Joints; Frees Portals and Connecting Vessels; Clears Spirit Disposition; Stimulates speech; Clears the senses and consciousness: mental disorders, epilepsy, deafness & muteness, sudden hoarseness, apoplexy, tongue stiffness/aphasia, occipital headache, neck rigidity; paralysis *never needle upward or too deep (cerebellum)</i>	
DU 16	FENG FU	WIND PALACE Du/Yang Wei/UB (4 Seas Pt. of Marrow)
	1" directly above the midpoint to the posterior hairline, directly below external occipital protuberance, in the depression between trapezius muscles. (0.5" above Du 15). <i>*Du 16/Feng Fu and GB 20/Feng Chi @ same level</i> <i>Dispels Wind Pathogen & Dissipates Cold; Clears the Spirit Disposition, Disinhibits Joints & Drains Fire; Benefits the brain: HA, neck rigidity, blurring of vision, epistaxis, sore throat, post-apoplexy, aphasia, hemiplegia, mental disorders, *wind invasions (caution: medullary bulb)</i>	
DU 17	NAO HU	BRAIN DOOR
	On the midline of the head, 1.5" directly above Du 16 (Feng Fu), superior to ext. occipital protuberance. (2.5" from post hairline) <i>Dispels Wind & Clears Heat; Disperses Swelling & Settles Tetany, Rouses the Brain & Opens Portals: epilepsy, dizziness, neck pain & stiffness</i>	
DU 18	QiangJian	Unyielding Space
GM	On the midline of the head, 1.5" directly above Du 17, midway between Du 16 & Du 20. <i>Calms the Liver & extinguishes Wind; Soothes Sinews & Quickens CVs: headache, neck rigidity, blurry vision, mania</i> <i>Opens the mind's orifices and calms the mind. Also regulates Lv blood. Indicated for severe mental restlessness, agitation, confusion and obsessive thoughts from Mond Obstructed occurring against a background of Blood Stasis.</i>	
DU 19	Hou Ding	Posterior Vertex
	On the midline of the head, 1.5" directly above Du 18. <i>Calms the Liver & subdues Yang; Quiets Heart & Calms Spirit: headache, vertigo, epilepsy, mania</i>	

DU 20 BAI HUI 100 MEETINGS Meeting Pt. of all Yang Channels, Du & Ren

On the midline of the head, 7" directly above the post hairline, approx. on midpoint of line connecting apexes of auricles
Extinguishes LV Wind & Subdues LV Yang; Clears Spirit Disposition & Returns Inversion; Lifts Fallen Yang Qi and Discharges Blazing Heat in Yang Channels; Clears the senses and calms the spirit; Tonifies yang; Strengthens the ascending fx of the SP. headache, vertigo, tinnitus, nasal obstruction, aphasia by apoplexy, coma, mental disorders, prolapse of rectum and uterus. "Lifts Clear Yang to the Head" - Clarity

LJ To summon all of one's spiritual resources in restoring the order of heaven's mandate to one's inner kingdom of being. Aligns pt w/ polestar.
 GM Clears the mind, lifts the mood and stimulates concentration and memory.

DU 21 Qiang Ding Before the Vertex

One the midline of the head, 1.5" anterior to Du20.
 epilepsy, dizziness, blurring of vision, vertical headache, rhinorrhea. **Needle:** subcutaneous 0.3-.5"
 GM Strengthens the mind; indicated in conditions where the mind is weakened causing slight anxiety, insomnia and depression

DU 22 XIN HUI FONTANEL MEETING

2" posterior to the midpoint of the anterior hairline, 3" anterior to Du 20.
Calms the Liver & Extinguishes Wind; Opens the Portal & Settles Fright; headache (frontal), blurring (eyes), rhinorrhea (sinus), infantile convulsion..
***do not use on infants w/o closed fontanels**

DU 23 SHANG XING UPPER STAR

1" directly above the midpoint of the anterior hairline
Courses & Regulates localized channel Qi; Dispels Wind & Brightens the Eyes; Clears Heat & Stops Bleeding; Dissipates Pathogens & Frees Portals; Opens the Nose; Disperses w-h: HA, ophthalmalgia, epistaxis, rhinorrhea, (sinus conditions, sinus headaches), mental disorder.
 *prohibited in infants w/ metopism

DU 24 SHEN TING SPIRIT COURT Du/UB

0.5" directly above the midpoint of the anterior hairline.
Calms the Liver and Extinguishes Wind; Quiets the Heart & Spirit; epilepsy, anxiety, vertigo, palpitation, insomnia, headache, rhinorrhea; **emotional stuff - very calming** (a good point to massage)
 GM Stimulates intelligence and clears the mind. Good combination with GB 13.

DU 25 SU LIAO WHITE BONE HOLE

On the tip of the nose
Discharges Heat & Opens Portals; Returns Yang & Stems Counterflow; Raises yang and restores qi; Clears the senses; **loss of consciousness, nasal obstruction, epistaxis, rhinorrhea, rosacea.**

DU 26 SHUI GUO (Ren Zhong) HUMAN CENTER (Water Trough) Du/St/LI

Above the midpoint of the philtrum, near the nostrils.
Returns Inversion; Clears Spirit Disposition; Dispels Wind Pathogens; Disperses Heat in Interior; Promotes resuscitation; Benefits the lumbar spine; Clears the senses; **mental disorders, epilepsy, hysteria, infantile convulsion, coma, apoplexy/faint, trismus, deviation of the mouth/eyes, puffiness of the face, pain & stiffness of lower back - distal pt (retain needle - have pt move around); TMJ (St/LI link)** *for acute disorders, treat distally first

DU 27 DUI DAN EXTREMITY OF MOUTH

On the median tubercle of the upper lip, at the jxn of the skin & upper lip.
Nourishes Yin & Clears Heat; Relieves Pain & Quiets the Spirit; mental disorders, lip twitching, lip stiffness, pain & swelling of the gums; **local stuff;** rarely used/other points are better

DU 28 YIN JIAO GUM INTERSECTION Du/Ren/St

At the junction of the gum and the phrenulum of the upper lip.
Diffuses the Lung & Frees Portals; Clears Heat & Drains Fire; Brightens the Eyes & Relieves Itching; mental disorders, pain and swelling of gums, rhinorrhea; **local pain/swelling of gums.**

Point Combinations used in the Provincial Psychiatric Hospital in Nanjing:

- Dreamy state Du 14, LI 11, GB 34, Ren 8, Ren 4
- Forgetting Words Du 20, UB 8, HT 5, Ki4
- Obsessive Ideas Du 18, SI 3, GB 39
- Jealousy Pc 7, GB 43
- Difficulty Concentrating GB 17, Pc 5, YinTang, St 40
- Poor Memory Du 20, HT 7, Ki 3, GB 18
- Lack of Will-Power Du 19, GB 6, Pc 6, Sp 10
- Emotionally up and down GB 15, Du 20, Pc 8, KI 1, Du 25

REN - CONCEPTION VESSEL

- Sea of Yin - 3 Yin channels of the foot all join via Ren, allowing bilateral channels to communicate
- Regulates Menses & Nurtures Fetus "The CV governs the fetus"

REN 1	HUI YIN	Meeting of Yin	Ren/Du/Chong
			In the center of the perineum, between the anus and the scrotum (m) and the anus and the posterior labial commissure (f). Regulates the Ren & Chong; Strengthens the Lumbar & Boosts Kidney; Clears Heat & Disinhibits Damp; Nourishes Yin; Benefits Essence; Promotes resuscitation; vaginitis, retention of urine, hemorrhoids, nocturnal emission, enuresis, irregular menstruation, mental disorders (local)
LJ			Key point for terminal separation of Yin and Yang. Frequently indicated in cases of sexual abuse. Passageway into and out of the womb of Dao. W/ Du 20 to represent the central axis of heaven and earth and restore balance of the primordial yin and yang and provide access to a reserve of this energy. Alternate name: Jin Men (Metal Gate) revival after drowning
REN 2	Qu Gu	Curved Bone	Ren/LV (pubic bone)
			On the midpoint of the upper border of the pubic symphysis. (5" below umbilicus) Warms the Yang & Supplements the Kidney; Regulates the Menses & Stops Vaginal discharge; impotence, menstrual problems; retention & dribbling of urine, enuresis, nocturnal emission, impotence, morbid leukorrhea, irregular menstruation, dysmenorrhea, hernia
REN 3	ZHONG JI	Central Pole	Front Mu of UB; SP/LV/KI/REN
			On the midline of the abdomen, 4" below the umbilicus. Regulates the Blood Chamber; Warms the Palace of Essence (womb); Disinhibits the Bladder; Rectifies the Lower Burner; Resolves damp heat; Promote Bladder fx of transformation; Clears heat; commonly used for infertility; uterine/menstrual disorders; enuresis, nocturnal emission, impotence, hernia, uterine bleeding, irregular menstruation, dysmenorrhea, morbid leukorrhea, frequent urination, retention of urine, lower ab pain, prolapse of the uterus, vaginitis
REN 4	GUAN YUAN	Origin Pass	Front Mu of SI; SP/LV/KI/REN
			On the midline of the abdomen, 3" below the umbilicus Banks Kidney & Secures Root; Supplements Qi & Returns Yang; Warms & Regulates Blood Chamber & Palace of Essence; Disperses Cold-Damp & Eliminates Cold in the Genitals; Separates Clear from Turbid (SI); Regulates Original Qi & Dissipates Pathogens; Safeguards health & Prevents Disease; Nourishes blood and yin; Strengthens yang; Roots the ethereal soul; very supplementing (Qi & blood); enuresis, nocturnal emission, frequent urination, retention of urine, hernia, irregular menstruation, morbid leukorrhea, dysmenorrhea, uterine bleeding, postpartum hemorrhage, lower ab pain, indigestion, diarrhea, rectal prolapse, flaccid apoplexy
GM			Very grounding point which calms the mind by attracting Qi downwards and rooting it in the Kidneys. Indicated in anxiety due to Ki deficiency
REN 5	SHI MEN	Stone Gate	Front Mu of San Jiao
			On the midline of the abdomen, 2" below umbilicus Warms Kidney & Invigorates Yang; Regulates Menses & Treats Vaginal Discharge; Strengthens original qi; Promotes transformation and excretion of fluids in L.J.; Opens water passageways; SJ moves waterways → urinary disorders; edema, anuria, enuresis, morbid leukorrhea, amenorrhea, uterine bleeding, postpartum hemorrhage; abdominal pain, diarrhea, hernia
REN 6	QI HAI	Sea of Qi	lower source of Qi
			On the midline of the abdomen, 1.5" below umbilicus Regulates Qi & Boosts Origin; Banks Kidney & Supplements Vacuity; Harmonizes Construction-Blood; Treats Menstrual Disorders & Vaginal Discharge; Warms Lower Burner; Dispels Damp Turbidity; Tonifies qi and yang; Can't supplement blood like Ren 4, but can Move Qi; Excellent for excess related to stagnation; asthma (opens diaphragm, Kidney deficiency asthma); enuresis, nocturnal emission, impotence, hernia, edema, ab pain, diarrhea, dysentery, constipation; uterine bleeding, irregular menses, dysmenorrhea, amenorrhea, postpartum hemorrhage, morbid leukorrhea; flaccid apoplexy. Needle: Perpendicular 0.8-1.2"
REN 7	Yin Jiao	Yin Intersection	Ren/Chong/GB/Ht
			On the midline of the abdomen, 1" below the umbilicus Warms & Supplements Kidney Yang; Regulates Menses & Blood; ab distension, pain around umbilicus, edema, hernia, pruritis vulvae, irregular menstruation, uterine bleeding, postpartum hemorrhage, morbid leukorrhea Needle: 0.8-1.2" perp
REN 8	SHEN QUE	Spirit Gate	
			In the center of the umbilicus Warms & Frees Original Yang; Opens the Portals & Restores Consciousness; Moves Gastrointestinal Qi; Transforms Cold-Damp Accumulating Stagnations; Strengthens the SP; Tonifies original qi; ab pain, borborygmus, rectal prolapse, unchecked diarrhea; flaccid apoplexy (yang desertion), "watery discharges, infertility, cold uterus"; linked to primordial qi (umbilical cord) - the breath before you are born. Bring breath back down to prolong life.

REN 9 SHUI FEN	Water Divide	
<p>On the midline of the abdomen, 1" above umbilicus. <u>Moves Spleen-Earth & Disinhibits Water Damp; Promotes transformation of fluids; Controls water passageways: edema, retention of urine; ab pain, borborygmus, diarrhea, ascites, any obstruction of the waterways</u></p>		
Ren 10 XIA WAN	Lower Venter (duodenal sphincter, lower 1/3)	Ren/Sp
<p>On the midline of the abdomen, 2" above the umbilicus <u>Assists Movement & Transformation in the Stomach & Intestines: Disperses Digestate Accumulations & Qi Stagnation: Promotes descending of St qi: Tonifies SP: (helps stomach to empty into duodenum & intestines) food stasis, diarrhea; epigastric or ab pain, indigestion, borborygmus, vomiting</u></p>		
Ren 11 JIAN LI	Interior Strengthening	
<p>On the midline of the abdomen, 3" above the umbilicus <u>Moves Spleen & Rectifies Qi: Harmonizes the Stomach & Disperses Accumulation: Transforms Damp & Loosens Center: Promotes the rotting and ripening in the ST: Stimulates the descending of ST qi: Food stasis, anorexia; stomachache, distension, vomiting, borborygmus, edema</u></p>		
Ren 12 ZHONG WAN	Central Venter (fundus)	Front Mu of Stomach; Influential of Fu Organs
<p>On the midline of the abdomen, 4" above the naval (midway) <u>Harmonizes the Stomach & Downbears Counterflow: Fortifies the Spleen & Disinhibits Damp: any digestive difficulties (Fu); insomnia (due to late eating) stomachache, ab distension, indigestion, nausea/vomiting, acid regurgitation, borborygmus, diarrhea, dysentery, jaundice</u></p>		
Ren 13 SHANG WAN	Upper Venter (cardiac sphincter)	St/SI
<p>On the midline of the abdomen, 5" above the umbilicus. <u>Rectifies the Spleen & Stomach: Transforms Phlegm Turbidity; Courses Qi; Stabilizes the Spirit Disposition; Subdues rebellious ST qi: stomach ache, distension, nausea, vomiting; epilepsy, insomnia</u></p>		
Ren 14 JU QUE	Great Tower Gate	Front Mu of the Heart
<p>On the midline of the abdomen, 6" above the umbilicus. <u>Disperses Congealed Phlegm in the Chest & Diaphragm: Transforms Damp Stagnation in MJ: Clears HT & Stabilizes Spirit: Rectifies Qi & Frees Center: Subdues rebellious ST qi: Benefits the diaphragm: cardiac pain, palpitations, mental disorders, epilepsy, difficulty swallowing (plum pit qi), acid regurgitation, nausea, vomiting</u></p>		
Ren 15 JIU WEI	Turtledove Tail	Luo (path disperses over abdomen)
<p>Just below the xiphoid. 7" above umbilicus <u>Loosens Chest & Rectifies Qi: Transforms Phlegm & Suppresses Cough: Harmonizes Stomach & Downbears Counterflow: Clears Heat & Extinguishes Wind: Calms the mind: Benefits original qi: acid regurgitation, hiatal hernia; cardiac pain, nausea, mental disorders, epilepsy</u> w/St34 -xi cleft</p>		
GM	Good for releasing emotions constraining the Corporeal Soul in the chest and manifesting with a feeling of tightness. (w/Du19 -anxiety, insomnia)	
Ren 16 Zhong Ting	Central Palace	
<p>On the midline of the sternum, level with the 5th ICS. <u>Loosens Chest & Rectifies Qi: Downbears Counterflow & Harmonizes Center: distension/fullness in intercostal region, hiccup, nausea, anorexia</u></p>		
Ren 17 TAN ZHONG	CHEST CENTER	Front Mu of PC; Influential Pt. of Qi
<p>On the anterior midline, level w/ 4th ICS, midway between the nipples. <u>Regulates Qi & Downbears Counterflow: Clears the Lung & Transforms Phlegm: Loosens Chest & Disinhibits Diaphragm and breast: Tonifies qi: asthma, chest fullness/pain (Ren 17+Ren 6) palpitations; insufficient lactation (stagnation), hiccup (rebellious); difficulty swallowing</u></p>		
LJ	Yuan Er (Primordial Child): reunion pt where PC and LU meet. Uniquely able to empower the synchronization of the LU and HT rhythm. Fx of PC is to guard the essential child-like nature of HT; returns back into womb of dao (infertility, habitual miscarriage)	
Ren 18 Yu Tang	Jade Hall	
<p>On the midline of the abdomen, level w/ the 3rd ICS <u>Loosens Chest & Rectifies Qi; Suppresses Cough & Dispels Phlegm: pain in chest, cough, asthma, vomit</u></p>		
Ren 19 Zi Gong	Purple Palace	
<p>On the midline of the abdomen, level w/ the 2nd ICS</p>		

Loosens Chest & Rectifies Qi; Suppresses Cough & Disinhibits Throat: pain in chest cough, asthma

Ren 20 Hua Gai Florid Canopy

On the midline of the abdomen, level w/ the 1st ICS
Loosens Chest, Disinhibits Diaphragm; Clear the Lung & Stops Cough: pain/fullness in chest & ICS, cough, asthma

Ren 21 Xuan Ji Jade Pivot

**On the anterior midline, in the center of the sternal manubrium, 1" below Ren 22
Loosens Chest & Rectifies Qi; Suppresses Cough & downbears Counterflow: pain in chest, cough, asthma

Ren 22 TIAN TU Celestial Chimney Ren/YinWei

In the center of the suprasternal notch
Diffuses the Lung & Tranforms Phlegm; Disinhibits the Pharynx & Restores the Voice; Clears heat and cools throat: asthma, cough, sore/dry throat (w/ KI 3, 6), sudden hoarseness, difficulty swallowing, hiccups, goiter, plum pit Needle: first straight 0.2", then behind the bone .5-1.0

Ren 23 LIAN QUAN Ridge Spring Ren/YinWei

Just above the Adam's Apple in the depression on the upper border of the hyoid
Disinhibits the Throat & Eliminates Phlegm; Clears Fire & Downbears Counterflow; Dispels interior wind; Promotes speech: aphasia w/, stiff tongue by apoplexy, sudden hoarseness, difficulty swallowing, swelling/pain of subglossal region, salivation w/glossoplegia Needle: oblique 0.5-1.0" toward the root of the tongue (w/Ht5 for aphasia)

Ren 24 CHENG JIANG Sauce Receptacle ST/LI/Ren/Du

In the depression in the center of the mentolabial groove.
Dispels Wind & Frees CVs; Relieves Pain & Settles Tetany; Eliminates Wind & Disperses Swelling: facial puffiness, swollen gums, toothache, salivation, mental disorders, deviation of eyes/mouth; pain in jaws (w/Du26, St7, SJ17)

Luo Points - Connect Internal/External Channel Pairs

- Every Luo point has its own channel pathway
- (eg. LI 6/Luo goes to the ear - an even better ear pt than LI 4/Command of face & mouth)

LU 7	Command of Head/Neck/Confluent of Ren	LI 6	
ST 40		SP 4	Confluent of Chong
HT 5		SI 7	
UB 58		KI 4	
PC 6	Confluent of Yin Wei	SJ 5	Confluent of Yang Wei
GB 37		LI 5	
Ren 15		Du 1	

Great Luo of Spleen 21

Source Points

- In Yin channels, same as Shu Stream (Earth); good for treatment of Yin organs
 - Earth \Rightarrow St/SP \Rightarrow Postnatal Qi - a link between Postnatal Qi and Prenatal (Source)
- In Yang channels, the point proximal to Shu Stream (usually 4th)
 - Yuan source makes fire in Yang channels
 - Special relationship w/San Jiao (circulates Source Qi)
 - Often used to release exterior pathogen

LU 9	Shu Stream/Earth; Influential Pt. of Vessels	LI 4	
ST 42		SP 3	Shu Stream/Earth
HT 7	Shu Stream/Earth; Sedation pt.	SI 4	
UB 64		KI 3	Shu Stream/Earth
PC 7	Shu Stream/Earth	SJ 4	
GB 40		LI 3	Shu Stream/Earth

Xi-Cleft Points

- Acute disorders; especially pain (eg. St34 for St pain)
- Bleeding disorders, especially on Yin channels (eg. Lu 6 for blood-tinged sputum)
- Often used as anaesthesia points

LU 6	LI 7	Yang Qiao	UB 59
ST 34	SP 8	Yin Qiao	KI 8
HT 6	SI 6	Yang Wei	GB 35
UB 63	KI 5	Yin Wei	KI 9
PC 4	SJ 7		

GB 36

LI 6

Hairline Points (0.5" within the anterior hairline)

Du 24	0.5" directly above the midpoint of the anterior hairline
UB 3	Directly above the medial end of the eyebrow, 0.5" within the ant. Hairline, between Du 24 & St 8
UB 4	1.5" lateral to Du 24, at the <i>jxn</i> of the medial 1/3 and lateral 2/3 of the distance between Du 24 & St 8.
GB 15	Directly above GB 14, 0.5" within the hairline, midway between Du 24 & St 8
GB 13	0.5" within the hairline of the forehead, 3" lateral to Du 24
St 8	0.5" within the anterior hairline at the corner of the forehead, 4.5" lateral to Du 24

Nipple Line Points

Ren 17 \Rightarrow **KI 23** \Rightarrow **St 17** \Rightarrow **PC 1** \Rightarrow **Sp 18** \Rightarrow **GB 23** \Rightarrow **GB 22** \Rightarrow **Lu 3**

From midline 2" 4" 5" 6"

Naval Line Points

Ren 8 \Rightarrow **KI 16** \Rightarrow **St 25** \Rightarrow **Sp 15** \Rightarrow **GB 26**

Yin Channel Intersect with the Ren @ 3 & 4
Liver also intersects at Ren 2

Menstruation
Blood Vacuity: treat from menses to ovulation (to build blood)
Patient feels worse after period (due to losing more blood)
Qi Stagnation: treat from ovulation to menses
Patient feels relief after onset of period (movement alleviates)

T1 Du 13 UB11 Ext. WC/neck SI 14 Difference of 29

T2 UB 12 Ext/Upper Back UB 41 upper back/shoulders

T3 Du 12 UB 13 Lung/Vacuity UB 42 lung/po/grief

T4 UB 14 PC/heart UB 43 fat shu/Lung, Spleen, Heart, Kidney; consumptive diseases

T5 Du 11 UB 15 Heart UB 44 heart/shen/anxiety, insomnia

T6 Du 10 UB 16 Du/local/skin UB 45 du/local upper back

T7 Du 9 UB 17 Blood/skin/gyn UB 46 diaphragm/hiccup, vomiting, belching

T8

T9 Du 8 UB 18 Liver UB 47 liver/hun/ back pain, diarrhea, anger/direction

T10 Du 7 UB 19 GB/pulmonary TB UB 48

T11 Du 6 UB 20 Spleen/jaundice UB 49 spleen/yi

T12 UB 21 Stomach/epigastric UB 50 stomach

L 1 Du 5 UB 22 San Jiao UB 51 constipation/regulates triple burner

L 2 Du 4 UB 23 Kidney UB 52 kidney pt.

L 3 UB 24 Sea of Qi

L 4 Du 3 UB 25 Large Intestine

L 5 UB 26 Gate of origin

S 1 UB 31 UB 27 Small Intestine

S 2 UB 32 UB 28 Urinary Bladder UB 53

S 3 UB 33 UB 29

S 4 UB 34 UB 30 UB 54

C UB 35