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| Course:  | Advanced Acupuncture Techniques 2 | Date: | May 13, 2009 |
| Class #: | 5 – Dr. Tan’s balance method      |       |              |

## Dr. Tan’s Balance Method

This technique is from Master Tong. Dr. Tan put it all together and made it more accessible. Dr. Liu recommends you take the Balance 1 class. He thinks further classes from Dr. Tan are a little whack. Dr. Liu says his attitude toward TCM is bad and promotes this balance method for everything when it really isn’t suitable for everything. He says this is best for pain, meridian blockage problems.

The balance method is a series of acupuncture systems rooted in the concept of healing the body by balance meridians. Developed by Dr. Richard The Tan and is based on TCM theory/meridian theory. Incorporates the Contralateral Needling from the Neijing.

### Introduction

#### Characteristics:

- ☉ Easy-to-do treatment
- ☉ Immediately has a shift effect in the body
- ☉ Uses mostly distal points with no local points for treatment.  
This is popular for people with pain who don’t want you touching the area.

#### Clinical Applications:

| Types of Pain       | Pain-like sensations | Internal Diseases | Skin diseases |
|---------------------|----------------------|-------------------|---------------|
| ☉ Migraine          | ☉ Numbness           | ☉ Nausea          | ☉ Acne        |
| ☉ Fibromyalgia      | ☉ Tingling           | ☉ Asthma          | ☉ Rashes      |
| ☉ Sciatica          | ☉ Burning            | ☉ IBS             | ☉ Boils       |
| ☉ Arthritis         | ☉ Aching             | ☉ Insomnia        | ☉ Bumps       |
| ☉ Musculoskeletal   | ☉ Itching            | ☉ Palpitations    | ☉ Pustules    |
| ☉ Phantom limb pain | ☉ Cramping           | ☉ Sore throat     | ☉ Flaking     |
|                     |                      | ☉ Cough           | ☉ swelling    |
|                     |                      | ☉ Diarrhea        |               |
|                     |                      | ☉ Menorrhagia     |               |
|                     |                      | ☉ PMS             |               |
|                     |                      | ☉ Menopause       |               |
|                     |                      | ☉ Prostatitis     |               |
|                     |                      | ☉ Impotence       |               |

### **Strategy of Usage:**

1. Diagnosis based on the meridian.

Meridian diagnosis is determining which meridian is affected – this is a pain diagnosis technique.

Example: Occipital headache = Taiyang headache. Meridian affected is Taiyang.

2. The five system approach

There are 5 different Balance Method systems you can use to craft a treatment. You palpate the identified areas based on these systems and on the mirror/reverse mirror charts to find the most tender points.

3. Needling

Needle on treatment points.

### **Balance Method Treatment Guideline:**

1. Ask questions, listen, observe, palpate

2. Determine sick meridian at the site of complaint

3. Choose needle meridians to balance the sick meridians based on the Five systems and 12 points strategy or other advanced system

4. Select points using the Mirror Format/Reverse Mirror Format and palpate the identified areas. Needle the most tender point.

5. Retain for 45-90 minutes...30 will often work.

6. Stimulate needles at least once during the treatment.

It is also very important to move the affected part for many of these treatments and to communicate with the patient what you're doing, why, what they need to do and what they are feeling for.

Example: ST 38 for frozen shoulder – needle it and then move the shoulder.

## Five Systems of Balance Methods

The Five systems provide 5 different approaches to determine which meridian/s should be needed. They achieve a dynamic balance by pairing meridians that are prearranged in each particular system.

**Know these by System number!!!**

### System 1 – Anatomical Image System

There's a bunch of diagrams of baguas that we don't really need to know since we already know the meridians. The bagua are for the "uninitiated" and that ain't us!

Features of this system:

- ☉ Pairs channels with the same Chinese meridian name  
i.e. Hand Taiyin with Foot Taiyin, Foot Yangming with Hand Yangming
- ☉ Hand channels treat foot channels and vice versa  
Example: Hand taiyin and foot taiyin (lung to spleen)
- ☉ Yin channels treat yin channels, yang treats yang
- ☉ Treats contralateral side

How to:

1. Diagnose the channel/s involved by their TCM monikers: i.e., Hand Taiyin, Foot Shaoyang, etc.
2. Locate the area/s along the affected channel/s where the pain or blockages seem to be.
3. Choose the appropriate "diagonal" channel.
  - ☉ If the problem is on the hand channel, you will treat on the foot channel and vice versa
  - ☉ Choose the channel of like name.

|               |   |               |
|---------------|---|---------------|
| Hand Taiyin   | → | Foot Taiyin   |
| Hand Shaoyin  | → | Foot Shaoyin  |
| Hand Jueyin   | → | Foot Jueyin   |
| Hand Taiyang  | → | Foot Taiyang  |
| Hand Shaoyang | → | Foot Shaoyang |
| Hand Yangming | → | Foot Yangming |

4. Use the anatomical imaging principles discussed later in these notes and find ashi points on the channel you identified in step 3 that correspond to the area of blockage or pain.

## System 2 – Bei Jing or Branching Channel System

Features of this system:

- ☉ Uses Yang channels to treat Yin channels
- ☉ Uses Hand channels to treat Foot channels
- ☉ If condition is one sided, Bei Jing treats selected point on that side – the one that elicits the most Ashi sensitivity upon palpation.

The Six levels are below and match up accordingly. You can needle on either side of the body regardless of manifestation.

| Yang/Fire | Yin/Water |
|-----------|-----------|
| Taiyang→  | Taiyin    |
| Shaoyang→ | Shaoyin   |
| Yangming→ | Jueyin    |

Examples:

- ☉ If pain is at lung 1-2, this is the Hand Taiyin channel. You mirror that with the Foot Taiyang – UB channel.
- ☉ Knee pain at ST 35 (Foot Yangming), so use the Hand Jueyin (PC) meridian to balance.

## System 3 – Interior/Exterior Relationship

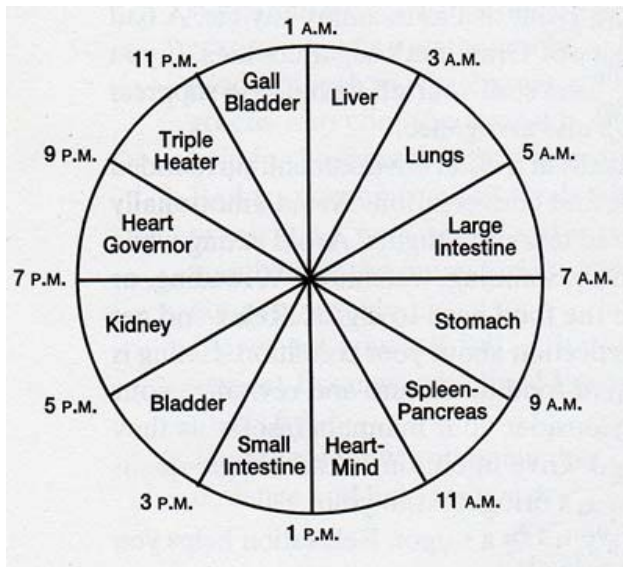
- ☉ Treats the **opposite** side
- ☉ Treats the **Yin channel for the Yang**, Yang channel for the Yin
- ☉ Treats the Zangfu paired channel – **hand for hand and foot for foot**.

Needle the opposite side. I.e., arm to arm, leg to leg.

Example: pain at the LU 1-2 area, treat the interior/exterior channel of the LI.

## System 4 – The Chinese Clock/Opposites

- ☉ Based on the Chinese clock



Go across the clock to find the meridian in question.

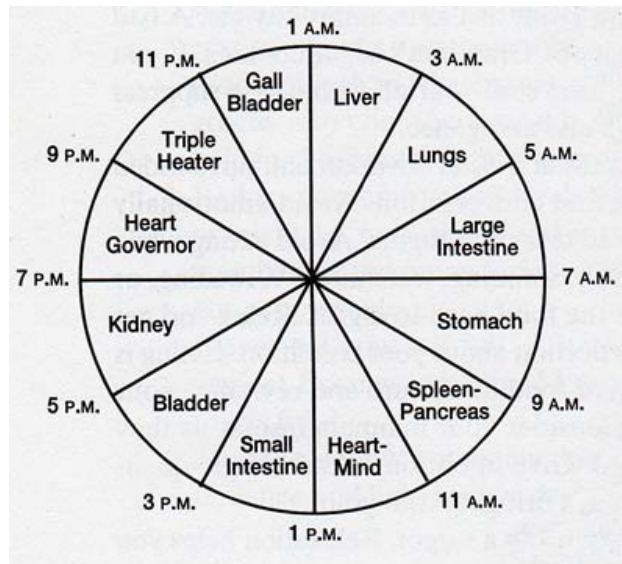
- ☉ Treats **Yang channels for Yin problems.**
- ☉ Treats **hand channels for foot channel problems** and vice versa
- ☉ Depending upon palpation and ashi findings, either use **opposite or same side** for treatment.

## System 5 – The Chinese Clock / Neighbor System

The pairs are always with the neighbor of the same polarity: Yang with Yang, Yin to Yin. So the neighbor relationship always flows from yang to yang, yin to yin because the other direction is internal/external, overlapping with that technique.

Features of the Neighbor Clock System:

- ☯ Is based on the Chinese Clock
- ☯ Treats channels of the same polarity  
Yin for yin, yang for yang
- ☯ Treats the **opposite side**
- ☯ Treats foot for hand, vice versa



SI → UB  
K → PC  
SJ → GB  
LV → LU  
LI → ST  
SP → HT

## Mirroring Format

Remember the elbow and knee are pivots.

| Mirror Format |   |           |
|---------------|---|-----------|
| Finger        | → | Toe       |
| Hand          | → | Foot      |
| Wrist         | → | Ankle     |
| Forearm       | → | Lower Leg |
| Elbow         | → | Knee      |
| Upper Arm     | → | Thigh     |
| Shoulder      | → | Hip       |

| Reverse Mirror Format |   |            |
|-----------------------|---|------------|
| Finger                | → | Top of Hip |
| Hand                  | → | Hip        |
| Wrist                 | → | Hip Joint  |
| Forearm               | → | Thigh      |
| Elbow                 | → | Knee       |
| Upper Arm             | → | Lower Leg  |
| Shoulder              | → | Ankle      |

So you choose a System number, determine what channel/meridian, then match it up with the mirroring/reverse mirroring above. Exact points are determined by checking for “Ashi” points rather than sticking to known/numbered/named acupoints.

In most cases the Mirror format balances the upper to the lower and vice versa. System 3 is the only exception, matching/balancing upper limb to upper limb and lower limb to lower limb.

Example:

- ☉ Shoulder pain anterior at about Lung 2. Using System 1, go taiyin hand to taiyin foot – Spleen. Choose a spleen point either on the hip area (mirror) or on the ankle (reverse mirror). That would be around Spleen 12 (mirror) or Spleen 5 (reverse mirror).
- ☉ Pain at knee around ST 35. With System 1, foot taiyang/hand taiyang (LI).
- ☉ Pain at LI 10. With system 1 that would be stomach meridian (foot yangming) – ST 36 or 34 (reverse).