Dr. Tan’s Balance Method

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Introduction

• Balance method is a series of acupuncture systems rooted in the concept of healing the body by balancing meridians
• It was developed by Dr. Richard The-Tan

• Based on TCM theory (Meridian theory)
• Neijing----Contralateral Needling (Juci)
Characteristics

1. Easy to do the treatment
2. immediate shift effect in the body
3. mostly used distal points, even no local points for the treatment

Clinical Applications

Many types of pain, such as migraine headache, fibromyalgia, sciatica, arthritis, musculoskeletal pain and phantom-limb pain.

Pain-like sensations such as numbness, tingling, burning, aching, itching and cramping on the affected meridians

Internal diseases such as nausea, asthma, IBS, insomnia, palpitation, sore throat, cough, diarrhea, menorrhagia, P.M.S, Menopause, prostate and impotence

Skin diseases: acne, rashes, boils, bumps, pustules, flaking, and swelling
Strategy of Using balance method

• 1. Diagnosis based on meridian(s)
  Determination of the sick (affected) meridian is the first step to providing fast relief for the patient’s suffering

• 2. The five systems are used to determine which meridian(s) should be needled
  The **Mirroring** and **Imaging Formats** assist in point selection along those chosen meridians.

3. Needling
Balance Method Treatment Guideline

1. Ask questions, listen, observe and palpate
2. Determine the sick meridian at the site of the complaint
3. Choose the needed meridian(s) to balance the sick meridian(s) based on the Five systems, the 12 points strategy or another advanced system
4. Palpate areas that mirror or image the complaint site.
5. Selecting points using the Mirroring Format,
6. Retain needles 45-90 minutes
7. Stimulate the needles at least once during the treatment
Five systems of Balance method

• The Five Systems provide five different approaches to determine which Meridian(s) should be needle
• The five systems achieve a dynamic balance by pairing meridians that are pre-arranged in each particular system
System #1: The Anatomical Image system

Features of System #1, the Chinese Anatomical Image system
1) pairs channels with same Chinese meridian name
2) Hand channels treat foot channels and vice versa.
3) Yin channel treats for yin channel, and yang treats yang
4) Treats contra lateral side (opposite side)
System #1, the Chinese Anatomical Image system (Chinese meridian Name-sharing)

1) Diagnose the channel or channels involved and identify by energetic category. (hand or foot, Shaoyang, Taiyang, Shaoyin, 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 (i.e. L. hand Shaoyang to treat R. foot Shaoyang, etc.)
4) Using the "anatomical image" principle, find ahshi points on the diagonal channel that correspond with the area of pain /blockage.
System #2: The "Bie Jing" or Branching Channel system

Features of the Bie Jing system:
1) Uses Yang channels to treat Yin channels (and vice-versa).
2) Uses Hand channels to treat Foot channels.
3) If the condition treated is one-sided, Bie Jing treats the selected point on the side that elicits the most Ahshi sensitivity upon palpation.
System #3: The Interior/Exterior Relationship

Features of the interior-exterior system:
1) Treats **opposite** side
2) Treats **Yin** channels for **Yang**, Yang channel for Yin:
3) Treats the Zang-fu paired channel. (**hand for hand, foot for foot**)

(Needle opposite side same limb)
System #4: The Chinese Clock -- Opposites

Features of the Chinese Clock--Opposite system:
1) Is based on the Chinese Clock.
2) Treats Yang channels for Yin channel problems, Yin channels for Yang channel problems.
3) Treats hand channels for foot channel problems and vice-versa.
4) Depending on palpation and ahshi findings, uses either opposite or same side for treatment.
System #5: Chinese Clock -- The Neighbor System

The pairings are always with the neighbor of the same polarity: Yang with Yang, Yin with Yin. Thus, looking at the diagram of the clock above, the pairings are: (starting with the Hand-Taiyang or SI channel),
(1) Small Intestine (SI), with Urinary Bladder (UB).
(2) Kidney (K), with Pericardium (P).
(3) San Jiao (SJ), with Gall Bladder (GB).
(4) Liver (Lv), with Lung (Lu).
(5) Large Intestine (LI), with Stomach (St).
(6) Spleen (Sp), with Heart (H).
**Features of** The Neighbor Clock System:
1) Is based on the Chinese Clock.
2) Treats channels of the same polarity (yin for yin, yang for yang).
3) Treats the opposite side.
4) Treats foot for hand, vice-versa.

**Reason:**
Case: patient presents with hepatitis B, has right hypochondriac pain.
Mirroring Format

• First match the sick meridian to an appropriate meridian by application of one the Five System. Then mirror the “sick” area to a corresponding anatomical location on the chosen needled meridian.

• Exact point selection is determined in many cases by checking for “ashi” points in the mirrored area rather than the standard acupuncture points.

• In most cases, the Mirroring Format balances the upper limb to the lower limb, or vise versa. System 3 is the only exception that balances upper limb to upper limb and lower limb to lower limb.
## Mirroring Format

<table>
<thead>
<tr>
<th>Finger</th>
<th>Toe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand</td>
<td>Foot</td>
</tr>
<tr>
<td>Wrist</td>
<td>Ankle</td>
</tr>
<tr>
<td>Forearm</td>
<td>Lower leg</td>
</tr>
<tr>
<td>Elbow</td>
<td>Knee</td>
</tr>
<tr>
<td>Upper arm</td>
<td>Thigh</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Hip</td>
</tr>
</tbody>
</table>

## Reverse Mirroring Format

<table>
<thead>
<tr>
<th>Finger</th>
<th>Top of Hip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand</td>
<td>Hip</td>
</tr>
<tr>
<td>Wrist</td>
<td>Hip joint</td>
</tr>
<tr>
<td>Forearm</td>
<td>Thigh</td>
</tr>
<tr>
<td>Elbow</td>
<td>Knee</td>
</tr>
<tr>
<td>Upper arm</td>
<td>Lower leg</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Ankle</td>
</tr>
</tbody>
</table>
Imaging Format

• The imaging Format is a method of point selection which images the sick area of the body onto a different area of the body.

• The corresponding area on the needled meridian often reflects tenderness, weakness or tightness from the affected meridian of the head, trunk or limb.

• The limbs can balance the head, and trunk, vice versa.
<table>
<thead>
<tr>
<th>Needled Area</th>
<th>Sick Image</th>
<th>Area Reverse Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger/Toe</td>
<td>Testicles &amp; anus</td>
<td>Top of head</td>
</tr>
<tr>
<td>Hand/Foot</td>
<td>Genitals, coccyx, sacrum</td>
<td>Head &amp; base of skull</td>
</tr>
<tr>
<td>Wrist/Ankle</td>
<td>Bladder area/lumbo- Sacral area</td>
<td>Neck and neck joint</td>
</tr>
<tr>
<td>Forearm/lower leg</td>
<td>Lower abdomen, and lower back</td>
<td>upper abdomen,rib cage, Chest, mid-upper back</td>
</tr>
<tr>
<td>Elbow/Knee</td>
<td>Umbilicus level/L-2</td>
<td>Umbilicus level/L-2</td>
</tr>
<tr>
<td>Upper arm/upper leg</td>
<td>Upper abdomen,rib cage, Chest, mid-upper back</td>
<td>Lower abdomen, and lower back</td>
</tr>
<tr>
<td>Shoulder/hip joint</td>
<td>Neck, jaw, base of skull</td>
<td>Genitals, coccyx, sacrum</td>
</tr>
<tr>
<td>Top of shoulder/top of hip</td>
<td>Top of head</td>
<td>Testicles &amp; anus</td>
</tr>
</tbody>
</table>