

To know for test:

Point Categories

Will ask all pt categories! Fill in blanks – write about diff pt categories. I.e., which is the Yuan source for \_\_\_\_, what is the window of sky, what is the ghost, etc. Know the category and it will be easier to recognize the indications.

Point cat's: know categories for all points.

Know from LU channel to LI channel, each point indications, categories pts belong to.

Indications of points

Many questions about LI 1-LI 11 re indications. LU indications too.

Five element theory/pts and Five Shu-Point

Know how to choose the 5 element points

Know 5 elements related to the points – what's an earth point, etc. Will give us the number, not the element. Know mother points, horary, child, etc.

Know 5 element each point indications. Ex: jing well is good for what? Etc.

Horary: LU and LI memorize those numbers!!!

She will give us a chart, we'll fill in what the horaries, mothers, child points. Which number is what element.

Jing on yin start wood

Jing on yang start on metal...go from there.

Pathway of meridians

Primary channel, not other parts.

Know only general info for other channels – i.e., divergent is connected with what organ, muscular regions start where. Luo connecting – where does it go (thumb/palm, tooth/ear)?

From first quiz: stuff she said would always be on it, what do yuan source points do, what the categories do.

### **What are the 3 hand yin meridians?**

Taiyin: Lung Meridian (thumb)  
Shaoyin: Heart Meridian (pinkie)  
Jueyin: Pericardium Meridian

### **What are the 3 hand yang meridians?**

Yangming: Large Intestine (index)  
Taiyang: Small Intestine (pinkie)  
Shaoyang: San Jiao (ring)

### **What are the 3 foot yin meridians?**

Taiyin: Spleen  
Shaoyin: Kidney  
Jueyin: Liver

### **What are the 3 foot yang meridians?**

Yangming: Stomach  
Taiyang: Bladder  
Shaoyang: Gallbladder

### **Trace the 3 circuits of energy through the body.**

Taiyin → Yangming  
LU hand taiyin → LI hand yangming →  
ST foot yangming → SP foot taiyin →  
Shaoyin → Taiyang  
HT hand shaoyin → SI hand taiyang →  
BL foot taiyang → KID foot shaoyin →  
Jueyin → Shaoyang  
PC hand jueyin → SJ hand shaoyang →  
GB foot shaoyang → LIV foot jueyin  
...Then back to Lung all over again...

## Xi Cleft Points

Definition:

Where Qi and Blood gathers and plunges

Indications:

- Treat acute conditions and pain in both Yin and Yang channels.
- Yin channels have an added indication of treating disorders of blood

Yin Channels	Point	Yang Channels	Point
Lung	LU 6	Large Intestine	LI 7
Spleen	SP 8	Stomach	ST 34
Heart	HT 6	Small Intestine	SI 6
Kidney	KI 5	Bladder	BL 63
Pericardium	P 4	San Jiao	SJ 7
Liver	LIV 6	Gallbladder	GB 36
Yin Qiao	KI 8	Yang Qiao	BL 59
Yin Wei	KI 9	Yang Wei	GB 35

## Yuan Source Points

Definition:

Where original Qi gathers and lingers

Indications:

- General:
  - If tender, there is disharmony
  - Treat Zang Organ problems
- Yin/Yang
  - Yin channels
    - Tonify and regulate their respective Zang organs
  - Yang channels
    - Dispel excess pathogenic factors
    - treat disorders along the pathway of their respective meridian. (LI 4 for example)

Yin Channels Same as Shu-Stream	Point	Yang channels Between Shu-Stream and Jing-River pts	Point
Lung	LU 9	Large Intestine	LI 4
Spleen	SP 3	Stomach	ST 42
Heart	HT 7	Small Intestine	SI 4
Kidney	K 3	Bladder	BL 64
Pericardium	P 7	San Jiao	SJ 4
Liver	LIV 3	Gallbladder	GB 40

## Luo Connecting Points

Joins the internally and externally connected channels. Then continue on their own paths. Run superficially.

Indications:

1. Treat external and internal channels or Zang Fu diseases
2. Treat disorders in regions reached by the Luo connecting channel.
3. Treat psycho-emotional disorders

Host/Guest combinations

1. Use the yuan source point on the first diseased channel, use the luo connecting point on the 2<sup>nd</sup> diseased channel.
2. To treat only one organ/Zangfu disease: Yuan source on diseased/Zang fu channel, Luo connecting of the paired channel.

Yin Channels		Point	Yang Channels		Point
Lung		LU 7	Large Intestine		LI 6
Spleen		SP 4	Stomach		ST 40
Heart		HT 5	Small Intestine		SI 7
Kidney		KI 4	Bladder		BL 58
Pericardium		P 6	San Jiao		SJ 5
Liver		LIV 5	Gallbladder		GB 37
Ren	Ren 15	Du	Du 1	Grt Spleen	SP 21

## Back Shu Points

Functions:

1. Transport qi btwn point and zang organ.
2. lie on bladder channel 1.5 cun from midline

Indications

1. Treat Zang and Fu problems, mostly Zang.
  - a. Combine with Yuan source pt
  - b. Point will be tender when there is disharmony
2. Treat 5 sense organ problems
3. treat connective tissue – bone (KI), muscle (SP)

Yin Channels		Point	Yang channels		Point
Lung		BL 13	Large Intestine		BL 25
Spleen		BL 20	Stomach		BL 21
Heart		BL 15	Small Intestine		BL 27
Kidney		BL 23	Bladder		BL 28
Pericardium		BL 14	San Jiao		BL 22
Liver		BL 18	Gallbladder		BL 19

## Front Mu Points

Functions:

Qi of Zangfu gathers/collects at the points on the front.

Indications

1. Treat Zangfu organs, mostly Fu
  - a. Combine with Lower He-Sea to treat Fu

Yin Channels	Point	Yang channels	Point
Lung	LU 1	Large Intestine	ST 25
Spleen	LIV 13	Stomach	REN 12
Heart	REN 14	Small Intestine	REN 4
Kidney	GB 25	Bladder	REN 3
Pericardium	REN 17	San Jiao	REN 5
Liver	LIV 14	Gallbladder	GB 24

## Lower He-Sea Points

Functions: Fu (Yang) organ disease.

Yang Organ	Point
Stomach	ST 36 (same as He Sea)
Large Intestine	ST 37
Small Intestine	ST 39
San Jiao	BL 39
Bladder	BL 40 (same as He Sea)
Gall Bladder	GB 34 (same as He Sea)

## Hui Meeting Points

Most direct effect on the correspondent structure.

<b>Zang</b>	LIV 13	<b>Sinew</b>	GB 34
<b>Fu</b>	REN 12	<b>Vessel</b>	LU 9
<b>Qi</b>	REN 17	<b>Bone</b>	BL 11
<b>Blood</b>	BL 17	<b>Marrow</b>	GB 39

## Confluent Points of the 8 Extraordinary Vessels

Function:

Underground connection from extraordinary vessels to the 12 main channels.

Indication

Activate the extraordinary channel and affect specific symptoms

<b>Conception (Ren)</b>	<b>LU 7</b>	<b>Yin Motility (Qiao)</b>	KID 6
<b>Governing (Du)</b>	SI 3	<b>Yang Motility (Qiao)</b>	BL 62
<b>Penetrating (Chong)</b>	SP 4	<b>Yin Linking (Wei)</b>	P 6
<b>Girdling (Dai)</b>	GB 41	<b>Yang Linking (Wei)</b>	SJ 5

## Window of the Sky points

Functions:

1. Psycho-emotional disorders
2. disorders of 5 senses
3. Goiter/scrofula/throat disorders
4. Disharmony between head/body with qi or blood rebellion
5. sudden onset of disorders

Points:

<b>LU 3</b>	REN 22
ST 9	SI 16
<b>LI 18</b>	SI 17
SJ 16	DU 16
BL 10	P 1

## Five Shu Points

	<b>Jing-Well</b>	<b>Ying-Spring</b>	<b>Shu-Stream</b>	<b>Jing-River</b>	<b>He-Sea</b>
Qi Action	Qi emanates	Qi glides	Qi pours	Qi flows	Qi enters inwrd
Yin	Wood	Fire	Earth	Metal	Water
Yang	Metal	Water	Wood	Fire	Earth
Indic's	Clr heat in excess condits (mostly upper regions)	Clr heat (exc and def) from channel, mostly upper	Heaviness of body, pain in the joints	Cough, dyspnea, chills + fever	Counterflow of qi, diarrhea (St disorder from irregular eating, drinking)
	Restore consc, rescue collapse	Treat chgs in complexion	Disorders of Zang (Yin channels)	Disease manifesting in pt voice	Diseases of Fu organs
	Treat upper reaches of channels	Treat disease of Yang channel	<i>**Same as the Yuan Source pts for Yin ch.</i>	Disease of sinews, bones	Diseases of skin
	Treat fullness below Heart	Treat diseases of Zang (w/Shu-Strm)			
	Treat disorders of spirit				

Yin	Jing Well	Ying Spring	Shu Stream	Jing River	He-Sea	Yang	Jing well	Ying spring	Shu stream	Jing River	He-Sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
Lung	11	10	9	8	5	Lg Intest	1	2	3	5	11
Spleen	1	2	3	5	9	Stomach	45	44	43	41	36
Heart	9	8	7	4	3	Sm Intest	1	2	3	5	8
Kidney	1	2	3	7	10	Bladder	67	66	65	60	40
Pericard.	9	8	7	5	3	San Jiao	1	2	3	6	10
Liver	1	2	3	4	8	G Bladder	44	43	41	38	34

**Horary Points** – the 5 element position that matches the 5 element association of the channel. I.e., Lung = metal, so the metal point of LU channel (LU 8) would be the horary point.

**What are the 5 indications for a Jing Well point?**

1. Clears heat (excess), mostly from upper regions of channel.
2. Treats fullness below the heart
3. Restore consciousness, rescue collapse
4. Treats uppermost reaches of channel
5. Treats disorders of the spirit.

**What are the 3 main indications for the Ying-Spring points?**

1. Clears heat (both excess and defic)
2. Treats chgs in complexion
3. Treat disorders of yang channels, treats disorders of Zang when combined with Shu-Stream

**What are the 2 main indications for the Shu-Stream points?**

1. Heaviness of the body, pain in the joints
2. Disorders of the Zang – the ones on the Yin channels.

**3 main indications for the Jing-River points?**

1. Cough, dyspnea, chills + fever
2. Diseases manifesting in pt's voice
3. Diseases of sinew and bone

**What are the 3 indications for a He-Sea point?**

1. Counterflow of Qi and diarrhea
2. Disease of Fu organs
3. Diseases of skin

**What are the 2 basic ways to use the Five Shu points?**

1. Choose according to function – i.e., to clear heat, choose Jing Well or Ying Spring
2. Choose according to Five Element theory. (5 of these..see next questions)

**What is the principle for treating excesses? What is the principle for treating deficiencies?**

Excesses: reduce the Child  
 Deficiencies: tonify the Mother

**Name the 5 ways you can use choose points based on the Five Element Theory.**

On the Diseased Channel:

1. Horary point on the *diseased* channel. (i.e., for LU problem, treat the metal point on the metal/LU channel – LU 8)
2. Mother or Child point *on the diseased channel*.
  - a. If excess, reduce Child
  - b. If deficient, tonify Mother

On the Paired Channel:

3. Mother or Child point *on the paired channel*.
  - a. If excess, reduce Child on paired
  - b. If deficient, tonify Mother on paired.

On the Mother/Child Channel:

4. Horary point *on the Mother or Child channel*.
  - a. If excess, reduce Child's Horary
  - b. If deficient, tonify Mother's Horary.

Four Needle:

5. Four needle technique
  - Excesses:
    - a. Reduce child
      - i. Child pt--*diseased* ch
      - ii. Horary pt--*child* ch
    - b. Tonify Ko (ctrl element)
      - i. Ctrl pt – *diseased* ch.
      - ii. Horary pt – *ctrl* ch.
  - Deficiencies:
    - c. Tonify mother
      - i. Mother pt -- *diseased* ch
      - ii. Horary pt -- *mother* ch
    - d. Reduce ctrl elem (Ko)
      - i. Ctrl elem – *diseased* ch
      - ii. Horary pt -- *ctrl el/ko* ch

**How do you treat an Excess condition using the 4 Needle Technique?**

Use the Reduce the Child principle.

Reduce:

- Child on diseased channel
- Horary on the Child channel

Tonify:

- Ctrl element on diseased channel
- Horary on the Ctrl element channel

**How do you treat Deficient conditions with the Four Needle Technique:**

Use the Tonify the Mother to treat Deficiencies principle

Tonify:

- Mother pt on diseased channel
- Horary point on the Mother channel

Reduce:

- Ctrl Element pt on diseased channel
- Horary pt on the Ctrl Element channel



# Lung Channel

## What are the Five Shu Points on the Lung channel?

Jing Well/wood: LU 11 at thumbnail  
Ying Spring/fire: LU 10 mid metacarp I  
Shu Stream/earth: LU 9 @ wrist  
Jing River/metal: LU 8  
He-Sea/water: LU 5

## What is the horary point of the Lung channel?

LU 8, the Jing-River point.

## Describe the highlights of the path of the Lung Channel

- Starts at the Middle Jiao
- Goes down to Large Intestine
- Goes back up to Stomach
- Ascends and goes thru both Lungs
- Ascends to Throat

Exit point is LU 7

## Where does the Lung Channel start?

In the middle jiao in the region of the stomach.

## What organs is the Lung Channel connected to?

Large Intestine, Stomach, Lung.

## Why can you use the Lung Channel points to treat throat problems?

Because the Lung channel goes up to the throat. Wherever the channel goes the points will treat.

## What is the starting point for the Lung Luo Connecting Channel?

LU 7, the exit point.

## Where do the 2 branches of the Luo Connecting Channel of the Lung go?

One branch goes from LU 7 to thumb and thenar eminence

One branch goes from LU 7 to the LI channel at the index finger.

## What are the hand symptoms of a Lung Luo Channel excess and of a deficiency?

Excess:

Pain and/or heat in the thumb, wrist, palm

Deficiency:

Frequent yawning

## What are the highlights of the Lung Divergent Channel?

1. Diverges at the axilla area
2. Goes to both Lung and Large Intestine organs
3. Exits at the supraclavicular fossa, joins LI ch.

Does *not* enter the heart like most of them do.

## What are the Lung Muscular Region highlights?

1. Starts at the thumb, Jing Well.
2. Bundled at wrist, elbow, shoulder.
3. Path is similar to LU channel
4. Unites around floating ribs (GB 22)
5. Symptoms = muscular problems

## Actions/indications of LU channel

Rebell LU Qi	Edema, obstrx urinat
Restore LU dissem fnx	Vomiting
Nasal disorders	LI problems (not good)

Throat disorders	Local problems
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<b>Point</b>	<b>Category</b>	<b>Indication/Action</b>
LU 1	Front Mu Point Meeting pt of LU/SP ch	<p>Front Mu (treat the Zang organ):</p> <ul style="list-style-type: none"> <li>• Respiratory</li> <li>• Chest problems</li> <li>• Edema</li> <li>• Sore throat</li> <li>• Skin problems</li> <li>• Grief</li> </ul> <p>Meeting of LU/SP</p> <ul style="list-style-type: none"> <li>• Digestive: nausea, vomiting, constipation, diarrhea</li> </ul> <p>Local problems</p> <ul style="list-style-type: none"> <li>• Shoulder pain</li> </ul>
LU 2		<p>Local problems</p> <ul style="list-style-type: none"> <li>• Lung</li> <li>• Chest</li> <li>• Shoulder</li> </ul>
LU 3	Window of Sky/Heaven	<p>Windows of Sky (disharmony, throat, psychoemo)</p> <ul style="list-style-type: none"> <li>• Rebellious Lung Qi</li> <li>• Liver fire attacking Lung</li> <li>• Goiter, scrofula, throat disorder</li> <li>• Psycho-emo disorders</li> </ul> <p>Local problems: arm pain/stiffness</p>
LU 4		<p>Lung Channel/Chest problems</p> <p>Local problems</p>
LU 5	He-Sea/Water point (child point of LU ch)	<p>He-Sea indications (counterflow of LU qi)</p> <p>Water point indications:</p> <p>Since is child, clears excess/deficient heat in Lungs (reducing function)</p> <p>Digestive problems (counterflow of qi again): vom/diarr/ab dist</p> <p>Local problems</p> <p>Restricted movement of elbow, elbow pain</p>
LU 6	Xi Cleft point of LU ch	<p>Xi Cleft Point indications (acute + bleeding)</p> <ul style="list-style-type: none"> <li>• Acute: cough, wheeze, asthma of any pattern</li> <li>• Bleeding: for LU, ST, LI</li> </ul> <p>Local problems</p>

LU 7	Luo Connecting Ch Pt Confluent w/Ren Command Pt – head/nape	<p>Luo Connecting Point indic's</p> <ul style="list-style-type: none"> <li>• Collateral <ul style="list-style-type: none"> <li>○ thumb disorders</li> </ul> </li> <li>• Int/Ext Channel and ZangFu <ul style="list-style-type: none"> <li>○ Lung: respir, nasal, expel wind</li> <li>○ LI: headache, nape/neck pain, wind affx head</li> </ul> </li> <li>• Psychoemo</li> </ul> <p>Command Point</p> <ul style="list-style-type: none"> <li>• Head/Nape of neck problems</li> </ul> <p>Confluent Pt of Ren channel</p> <ul style="list-style-type: none"> <li>• Uterus, lower ab area</li> <li>• Bladder</li> <li>• Throat Pain</li> </ul> <p>Local Problems</p>
LU 8	Jing River & Metal (horary) pt	<p>Jing River and Metal/Horary point</p> <p>Cough, asthma, wheeze, dyspnea, etc. + febrile</p> <p>Local Area problems</p> <p>Wrist, etc.</p>
LU 9	Shu-Stream & Earth Pt Yuan Source Pt Hui Meeting of Vessels	<p>Yuan Source (plus shu-stream/earth)</p> <p>*Essential point to tonify Lung Qi and Yin*</p> <ul style="list-style-type: none"> <li>• Respiratory problems</li> <li>• Throat problems</li> <li>• Chest</li> </ul> <p>Hui Meeting of Vessels</p> <ul style="list-style-type: none"> <li>• Bleeding (vessels)</li> <li>• Blood stasis</li> <li>• Pulse (pain w/choppy)</li> </ul> <p>Shu Stream/Earth of Lung with origins in MJ</p> <p>Local problems</p>
LU 10	Ying Spring & Fire Pt	<p>Ying Spring and Fire indications</p> <ul style="list-style-type: none"> <li>• Clear heat from Lung organ and channel <ul style="list-style-type: none"> <li>○ Channel: throat disorders</li> <li>○ Organ: respiratory</li> </ul> </li> </ul> <p>Clear heat from channel and Zang, clears heat transmitted from Lung to Stomach and Heart</p>

		<p>Harmonizes Lung and Heart, + Shen.</p> <p>Because LU channel originates in MJ, then to LI, ab pain and impairments due to eat/drink or lack thereof</p> <p>Local problems: heat/pain in thumb. Elbow, arm.</p>
LU 11	Jing-Well & Wood Pt Ghost Point (Sun)	<p>Jing Well and Wood indications</p> <ul style="list-style-type: none"> <li>• Agitation of heart w/cough, dyspnea</li> <li>• Indigestion</li> <li>• Sore throat/painful obstruction (use bloodletting)</li> <li>• Clear heat</li> </ul> <p>Ghost point actions: depression, mania, childhood fright</p> <p>Local problems: thumb</p>

# Large Intestine Questions/Study

## What are the highlights of the LI channel pathway?

Index finger to Entry point: LI 4  
Up forearm to meet DU 14 (@ C7)  
Splits at supraclavicular fossa:  
    One branch to Lung/LI  
    One branch up to Lower Gums  
Exits at side of nose, LI 20

## Where does the Luo Connecting Channel of the Large Intestine split off (from what point), where does it split to and what is the subsplit?

LI 6 is where it splits.  
    One branch goes to LU channel  
    One branch goes to cheek and splits again  
        One branch to lower gums  
        One branch to ear.

## What are the signs of deficiency in the Luo Connecting Channel of the Large Intestine?

Tooth: cold, sensitive  
Obstructions: diaphragm and chest

## What are the signs of excess in the Luo Connecting Channel of the Large Intestine?

Tooth decay  
Deafness

## Describe the Divergent Channel of the Large Intestine in terms of: where diverges, where enters, where exits and where converges.

Diverges: from LI channel at shoulder  
Enters: LU, LI  
Exits: neck at supraclav fossa  
Converges: @ throat with LI primary channel.

## Define the Start, Bundle points, Distribution, and Unite points of the LI Muscular Regions.

Start: at Jing well on LI channel  
Bundles: wrist, shoulder, elbow  
Distribution: Like LI channel, superficial  
Unites: Heat around GB 13.

## Indications of the LI channel

1. Diseases on the pathway
  - a. Arms, shoulder, neck problems
  - b. Face/head problems
2. Clear heat
3. Lung related (expel wind, skin problems)
4. LI Organ problems

## What are the 5 Shu Points of the Large Intestine Channel and which is the horary point?

Jing well: LI 1 (metal & horary)  
Ying Spring: LI 2 (water/child)  
Shu-Stream: LI 3 (wood)  
Jing-Well: LI 5 (fire)  
He-Sea: LI 11 (earth & mother point)

Point	Category	Indications/Actions
LI 1	Jing-Well & Metal Pt (Horary point)	Problems on the LI channel pathway: Throat  Jing Well Point indications <ul style="list-style-type: none"> <li>• Clear heat</li> <li>• Restore consciousness, rescue collapse</li> <li>• Treat uppermost reaches: throat</li> <li>• Fullness below heart</li> </ul>
LI 2	Ying-Spring & Water Pt (child point)	Ying Spring indications <ul style="list-style-type: none"> <li>• Heat disorders affecting the upper portion of channel - face and head</li> </ul> Local point: finger
LI 3	Shu Stream & Wood Pt	Shu Stream point <ul style="list-style-type: none"> <li>• Heaviness in body, pain in joints: Local Problems!</li> <li>• Disorders of Yang channels</li> </ul>
LI 4	Yuan Source Point Cmd Pt: Face/mouth Entry Pt for LI channel  <b>Contra: not for pregs!!</b>	Move Blood and Qi  Yuan Source indications <ul style="list-style-type: none"> <li>• Regulates course of whole Yang channel <ul style="list-style-type: none"> <li>○ Elbow, arm, neck, shoulder, back</li> <li>○ Face/mouth</li> </ul> </li> </ul> Balance Yang: <ul style="list-style-type: none"> <li>• Clear pathogenic w/h, w/c</li> </ul> <b>Use host/guest: LI4 + LU7</b> <ul style="list-style-type: none"> <li>• Clear heat</li> </ul> Entry Point for Lung related problems <ul style="list-style-type: none"> <li>• Dispel exterior wind</li> <li>• Expel interior wind/tremors</li> <li>• Sweating: copious, none,</li> </ul> LI organ problems combine with lower leg points

LI 5	Jing River & Fire Pt	<p>Jing River/Fire indications</p> <ul style="list-style-type: none"> <li>• Clear Heat! <ul style="list-style-type: none"> <li>○ LI channel heat</li> <li>○ Yangming fire → Heart and Spirit (psy-emo)</li> </ul> </li> </ul> <p>Used for stopping smoking</p> <p>Local problems: wrist pain, paralysis, limited movement, muscle atrophy</p>
LI 6	Luo Connecting Point	<p>Treat int/ext related channel or zangfu problems</p> <ul style="list-style-type: none"> <li>• Lung channel: acute edema, esp in upper body</li> </ul> <p><b>LU 9 and LI 6 host/guest</b> to open/regulate water passages. For acute edema upper body with no sweating and difficult urination.</p> <ul style="list-style-type: none"> <li>• LI channel: shoulder, arm, finger (used as Ashi)</li> </ul> <p>Treat disorders in regions reached by channel</p> <ul style="list-style-type: none"> <li>• Ear</li> <li>• Tooth</li> </ul>
LI 7	Xi Cleft Point	<p>Xi Cleft indications</p> <ul style="list-style-type: none"> <li>• Acute disorders, pain affecting LI channel</li> <li>• Clr heat, detox poisons: skin and face.</li> </ul> <p>Skin problems: from toxic heat</p> <p>Psy-emo problems: mania</p> <p>LI Organ problems with local ab points and/or leg points</p> <p>Local problems</p>
LI 8		<p>Parallels between this point and ST 39, lower He-Sea for SI</p> <ul style="list-style-type: none"> <li>• SI problems</li> </ul> <p>LI pathway problems</p> <ul style="list-style-type: none"> <li>• Arm</li> </ul> <p>Psycho-emotional problems</p> <p>Mastitis (w/LI 11)</p>
LI 9		<p>Parallels between this point and ST 37, lower He-Sea for LI</p> <ul style="list-style-type: none"> <li>• LI organ (theoretically)</li> </ul>



		LI Channel: arm, esp tennis elbow
LI 10		Parallels between this point and ST 36, lower He-Sea for ST But not as strong. <ul style="list-style-type: none"> <li>• Tonify Qi and Blood (use w/ST 36)</li> <li>• Move Qi and Blood <ul style="list-style-type: none"> <li>○ Tennis elbow</li> <li>○ <i>Acute</i> lumbar muscle strain</li> </ul> </li> </ul>
LI 11	He Sea & Earth Point Ghost Point (Sun Simiao)	Clear heat – one of foremost pts on body to clr heat/fire <ul style="list-style-type: none"> <li>• Heat</li> <li>• Shen</li> <li>• Hypertension</li> </ul> He-Sea applications <ul style="list-style-type: none"> <li>• Counterflow of qi/diarrhea</li> <li>• Skin diseases: any kind of skin disease were redness is seen (indicating heat)</li> </ul> Earth point applications <ul style="list-style-type: none"> <li>• Flow of qi/blood upper limb – LI Channel shoulder pain face, head.</li> </ul> Local applications: <ul style="list-style-type: none"> <li>• Best point for Tennis Elbow</li> </ul>
LI 12		Local problems
LI 13		Local problems
LI 14		Local problems  Shoulder pain
LI 15		Local problems: Any kind of shoulder pain – excess or deficient
LI 16		Local problems  Caution: deep insertion = risk of pneumothorax!
LI 17		Local problems  Caution: deep needling = risk of puncture to carotid artery or jugular vein
LI 18	Window of Sky/Heaven	Local problems

		Window of Sky applications: psych-emo
LI 19		<p>Local problems:</p> <ul style="list-style-type: none"> <li>• Nose – congestion, sores, allergies, polyps</li> <li>• Mouth – Bell’s palsy, paralysis, twitching</li> </ul> <p>Contraindicated for moxa!</p>
LI 20		<p>Local problems:</p> <ul style="list-style-type: none"> <li>• Nose – congestion, sores, allergies, polyps</li> <li>• Mouth – Bell’s palsy, paralysis, twitching</li> </ul> <p>Contraindicated for moxa!</p>