

Lung Channel of the Hand Taiyin

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

| Point | Category | Indication/Action |
|-------|---|--|
| 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"> • Collateral <ul style="list-style-type: none"> ○ thumb disorders • Int/Ext Channel and ZangFu <ul style="list-style-type: none"> ○ Lung: respir, nasal, expel wind ○ LI: headache, nape/neck pain, wind affx head • Psychoemo <p>Command Point</p> <ul style="list-style-type: none"> • Head/Nape of neck problems <p>Confluent Pt of Ren channel</p> <ul style="list-style-type: none"> • Uterus, lower ab area • Bladder • Throat Pain <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"> • Respiratory problems • Throat problems • Chest <p>Hui Meeting of Vessels</p> <ul style="list-style-type: none"> • Bleeding (vessels) • Blood stasis • Pulse (pain w/choppy) <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"> • Clear heat from Lung organ and channel <ul style="list-style-type: none"> ○ Channel: throat disorders ○ Organ: respiratory <p>Clear heat from channel and Zang, clears heat transmitted from Lung to Stomach and Heart</p> |

| Point | Category | Indication/Action |
|--------------|--|---|
| | | <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"> • Agitation of heart w/cough, dyspnea • Indigestion • Sore throat/painful obstruction (use bloodletting) • Clear heat <p>Ghost point actions: depression, mania, childhood fright</p> <p>Local problems: thumb</p> |

Large Intestine Channel of the Hand Yangming

| 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"> • Clear heat • Restore consciousness, rescue collapse • Treat uppermost reaches: throat • Fullness below heart |
| LI 2 | Ying-Spring & Water Pt (child point) | Ying Spring indications <ul style="list-style-type: none"> • Heat disorders affecting the upper portion of channel - face and head Local point: finger |
| LI 3 | Shu Stream & Wood Pt | Shu Stream point <ul style="list-style-type: none"> • Heaviness in body, pain in joints: Local Problems! • Disorders of Yang channels |
| LI 4 | Yuan Source Point Cmd Pt: Face/mouth Entry Pt for LI channel Contra: not for pregs!! | Move Blood and Qi Yuan Source indications <ul style="list-style-type: none"> • Regulates course of whole Yang channel <ul style="list-style-type: none"> ○ Elbow, arm, neck, shoulder, back ○ Face/mouth Balance Yang: <ul style="list-style-type: none"> • Clear pathogenic w/h, w/c Use host/guest: LI4 + LU7 <ul style="list-style-type: none"> • Clear heat Entry Point for Lung related problems <ul style="list-style-type: none"> • Dispel exterior wind • Expel interior wind/tremors • Sweating: copious, none, LI organ problems combine with lower leg points |
| LI 5 | Jing River & Fire Pt | Jing River/Fire indications <ul style="list-style-type: none"> • Clear Heat! <ul style="list-style-type: none"> ○ LI channel heat ○ Yangming fire → Heart and Spirit (psy-emo) |

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

| Point | Category | Indications/Actions |
|-------|--|---|
| LI 10 | | <p>Parallels between this point and ST 36, lower He-Sea for ST But not as strong.</p> <ul style="list-style-type: none"> • Tonify Qi and Blood (use w/ST 36) • Move Qi and Blood <ul style="list-style-type: none"> ○ Tennis elbow ○ <i>Acute</i> lumbar muscle strain |
| LI 11 | He Sea & Earth Point Ghost Point (Sun Simiao) | <p>Clear heat – one of foremost pts on body to clr heat/fire</p> <ul style="list-style-type: none"> • Heat • Shen • Hypertension <p>He-Sea applications</p> <ul style="list-style-type: none"> • Counterflow of qi/diarrhea • Skin diseases: any kind of skin disease were redness is seen (indicating heat) <p>Earth point applications</p> <ul style="list-style-type: none"> • Flow of qi/blood upper limb – LI Channel shoulder pain face, head. <p>Local applications:</p> <ul style="list-style-type: none"> • Best point for Tennis Elbow |
| 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 |

| Point | Category | Indications/Actions |
|--------------|----------|---|
| LI 19 | | Local problems: <ul style="list-style-type: none"> • Nose – congestion, sores, allergies, polyps • Mouth – Bell’s palsy, paralysis, twitching Contraindicated for moxa! |
| LI 20 | | Local problems: <ul style="list-style-type: none"> • Nose – congestion, sores, allergies, polyps • Mouth – Bell’s palsy, paralysis, twitching Contraindicated for moxa! |

Stomach Channel of the Foot Yangming

| Point | Categories | Symptoms/Indications |
|---------------|---|--|
| ST 1 | | <ol style="list-style-type: none"> 1. Eye problems 2. Eyelid <p>Contra: moxa</p> |
| ST 2 | | <ol style="list-style-type: none"> 1. Eye problems 2. Face problems <p>Contra: Moxa</p> |
| ST 3 | Mtg pt of ST and Yang Motility Vessel | <ol style="list-style-type: none"> 1. Face 2. Upper teeth 3. Nose 4. Local problems – not for probs anywhere else on channel |
| ST 4 | Mtg pt of ST/LI with Yang Motility Vessel and Ren Vessel | <ol style="list-style-type: none"> 1. Mouth 2. Face |
| Group: | ST 5-8 | Mostly for Local problems – face and sense organs |
| ST 5 | | <ol style="list-style-type: none"> 1. Face 2. Lower Teeth 3. Jaw <p>Vigorous manipulation is contraindicated due to the facial artery here.</p> |
| ST 6 | Ghost Point (SSMiao) | <ol style="list-style-type: none"> 1. Face 2. Lower teeth 3. Jaw 4. Ghost point indications – epilepsy, calm Shen disorder |
| ST 7 | | <ol style="list-style-type: none"> 1. Joint problems in Jaw 2. Face |
| ST 8 | | <ol style="list-style-type: none"> 1. Headache <p>very gentle stimulation, use distal points to balance</p> <ol style="list-style-type: none"> a. Shaoyang/Temporal – Gallbladder Channel b. Yangming/Forehead – Stomach Channel <p>Contra: moxa (hair)</p> |
| ST 9 | Window of Sky <i>Located on anterior border of SCM</i> | <ol style="list-style-type: none"> 1. Local problems 2. Lower the blood pressure <p>Contra: moxa (hair) Caution: carotid artery deep to here.</p> |

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| ST 10 | | <p><i>Located on anterior border of SCM</i></p> <p>1. Local problems</p> <p>Caution: carotid artery deep to here.</p> |
| ST 11 | | <p><i>Located between sternal and clav heads anterior border of clavicle</i></p> <p>1. Local problems (esophageal)</p> |
| ST 12 | Mtg pt of all yang except for UB | <p>1. Local problems</p> <p>Contra: preppers.</p> <p>Caution:</p> <ol style="list-style-type: none"> transverse cervical artery subclavian vessels pntx. |
| Group: | St 13-18 | upper ab points, mostly for local problems. All at mamillary line in intercostal spaces...exception = ST 17 |
| St 13 | | <p>1. Local problems</p> <p>Caution: pntx</p> |
| ST 14 | | <p>1. Local problems</p> <p>Caution: pntx</p> |
| ST 15 | | <p>1. Local problems</p> <p>Caution: pntx</p> |
| ST 16 | | <p>1. Local problems</p> <p>Caution: pntx</p> |
| ST 17 | | Contra: everything! |
| ST 18 | | <p>1. Local problems</p> <p>2. One of the best for breast problems (mastitis, no milk, etc.)</p> <p>Caution: pntx</p> |
| Group: | ST 19-24 | Lower ab points, 2 cun from anterior midline of the body. All carry risk of organ puncture! Always needle trans or obliquely downward. |
| ST 19 | | <p>1. Digestive problems (mostly stomach related)</p> <p>2. Local problems</p> <p>Caution: enlarged heart on left, enlarged liver on right.</p> |

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| ST 20 | | <ol style="list-style-type: none"> 1. Digestive problems (mostly stomach related) 2. Local problems <p>Caution: peritoneal puncture, enlarged liver on right</p> |
| ST 21 | | <ol style="list-style-type: none"> 1. Digestive problems (mostly stomach related) 2. Local problems <p>Caution: peritoneal puncture, enlarged liver on right</p> |
| ST 22 | | <ol style="list-style-type: none"> 1. Digestive problems (intestinal – gas, bloating, distention) 2. Local problems <p>Caution: peritoneal puncture</p> |
| ST 23 | | <ol style="list-style-type: none"> 1. Digestive problems (intestinal – gas, bloating, distention) 2. Psycho emotional problems 3. Local problems <p>Caution: peritoneal puncture</p> |
| ST 24 | | <ol style="list-style-type: none"> 1. Digestive problems (intestinal – gas, bloating, distention) 2. Psycho emotional problems 3. Local problems <p>Caution: peritoneal puncture</p> |
| ST 25 | Front Mu of LI | <ol style="list-style-type: none"> 1. Front Mu of LI: Fu organ problems – mostly digestive disorders. Diarrhea, constipation. 2. Lower Jiao – Move Qi and Blood 3. Drain dampness 4. Local problems. <p>Caution: peritoneal puncture. ♀ during period – <i>only</i> punc with scanty/ dysmennhorrea!!</p> |
| Group: | ST 26 – 30 | <p>Located 2 cun from anterior midline of body. All good for Lower Jiao problems: uterus, ovaries, bladder, UTI (lower jiao + damp heat) . Contraindications: all contra'd for preggers!</p> |
| ST 26 | | <ol style="list-style-type: none"> 1. Local problems 2. Digestive problems (more for upper than lower points) 3. Reproductive problems 4. Urinary problems <p>Contra: 1) preggers, 2) no moxa for frequent urination with scanty urine. Caution: peritoneal punc</p> |

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| ST 27 | | <ol style="list-style-type: none"> 1. Local problems 2. Digestive problems (more for upper than lower points) 3. Reproductive problems 4. Urinary problems <p>Contra: 1) preggers, 2) no moxa for frequent urination with scanty urine. Caution: peritoneal punc</p> |
| ST 28 | | <ol style="list-style-type: none"> 1. Local problems 2. Digestive problems (more for upper than lower points) 3. Reproductive problems – stronger than 26/27 4. Water Passage: Urinary problems <p>Contra: 1) preggers, 2) no moxa for frequent urination with scanty urine. Caution: 1) peritoneal punc, 2) full bladder = UB punc.</p> |
| ST 29 | | <ol style="list-style-type: none"> 1. Local problems 2. Digestive problems (more for upper than lower points) 3. Reproductive problems – stronger than 26/27 4. Urinary problems 5. “Gui Lai” = Return Amennhorrea, prolapsed uterus, Running Piglet Qi , esp during preggers <p>Contra: 1) preggers, 2) no moxa for frequent urination with scanty urine. Caution: 1) peritoneal punc, 2) full bladder = UB punc.</p> |
| ST 30 | <p>Meeting pt of Chong and St Channels</p> <p><i>See Chong Channel Notes!</i></p> | <ol style="list-style-type: none"> 1. Local problems 2. Digestive problems (more for upper than lower points) 3. Reproductive problems – stronger than 26/27 4. Urinary problems <p>Contra: 1) preggers, 2) no moxa for frequent urination with scanty urine. Caution: 1) peritoneal punc, 2) full bladder = UB punc., 3) ♂ - punc twd inferior = possible punc of spermatic cord.</p> |
| Group: | St 31-35 | mostly used as Ashi points for local problems: pain, limited movement/paralysis, atrophy, etc. |
| ST 31 | | 1. Ashi/local |
| ST 32 | | 1. Ashi/local |
| ST 33 | | 1. Ashi/local |

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| ST 34 | Xi Cleft pt of ST | <ol style="list-style-type: none"> 1. Ashi/local 2. Xi Cleft <ol style="list-style-type: none"> a. Acute pain/swelling <ol style="list-style-type: none"> i. Pain and swelling along channel, esp breast pain/breast abscess ii. Acute epigastric pain |
| ST 35 | | <ol style="list-style-type: none"> 1. Ashi/local 2. One of the best for knee problems |
| ST 36 | He Sea point Lower He Sea point Command pt for ab disorders | <ol style="list-style-type: none"> 1. Lower He Sea point of Stomach <ol style="list-style-type: none"> a. Most important pt for treating stomach disorders b. Best point to harmonize Stomach, fortify Spleen. Indicated for every kind of St/Sp disease! c. ST Qi not descending d. Rebellious Qi (hiccups, belching, etc.) e. Spleen Qi deficiency <ol style="list-style-type: none"> i. Transform Food <ol style="list-style-type: none"> 1. Digestive problems 2. Qi deficiency 3. Blood deficiency ii. Transform Water <ol style="list-style-type: none"> 1. Dampness 2. Phlegm Retention 2. Command point – all disorders of the abdomen 3. Help prevent diseases, strengthen body: all kinds of deficiencies 4. Descending Qi 5. Rescue Yang Qi 6. Calm Shen <ol style="list-style-type: none"> a. Blood deficiency (which can cause DDS, poor mem, insomnia, etc.) b. Transform phlegm (depression, insomnia) 7. Local problems: paralysis, leg pain, muscle atrophy |
| ST 37 | Lower He Sea of LI | <ol style="list-style-type: none"> 1. Lower He Sea of LI: constipation/diarrhea 2. Stomach problems |
| ST 38 | | <ol style="list-style-type: none"> 1. Shoulder: acute pain/lim movement |
| ST 39 | Lower He Sea of SI | <ol style="list-style-type: none"> 1. Lower He Sea of SI: heart heat to SI, digestive disorders |

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| ST 40 | Luo Connecting Pt | <ol style="list-style-type: none"> 1. Luo Connecting point <ol style="list-style-type: none"> a. Treat disorders of int/ext rel'd Zangfu or channel <ol style="list-style-type: none"> i. Spleen channel: most important point to resolve phlegm in whole body!! ii. Stomach channel: local problems b. Treat disorders in regions reached by luo channel <ol style="list-style-type: none"> i. Throat – swelling, pain, plum pit Qi c. Treat psycho-emotional disorders (mania mostly and seeing ghosts) |
| ST 41 | Jing River point of ST (fire) (mother pt of channel) | <ol style="list-style-type: none"> 1. Jing River/Fire point <ol style="list-style-type: none"> a. Clear heat – st organ and channel b. Cough/dyspnea, chills and fever – febriles and malaria c. Diseases manifesting in voice – mania/raving d. Diseases of sinew/bones – Local problems <p>Caution: Anterior and tibial vessels and nerve</p> |
| ST 42 | Yuan Source of ST | <ol style="list-style-type: none"> 1. Yuan source 2. Mostly Local - pain, swelling of dorsum <p>Caution: dorsalis pedis artery</p> |
| ST 43 | Shu Stream of ST | <ol style="list-style-type: none"> 1. Shu Stream <ol style="list-style-type: none"> a. Disorders of zang/fu organ b. Heaviness of body/pain in joints c. Diseases manifesting intermittently 2. Stomach channel – local at dorsum of foot |
| ST 44 | Ying Spring of ST | <ol style="list-style-type: none"> 1. Ying Spring point Clear ST excess or deficient heat <ol style="list-style-type: none"> a. ST organ – heat b. ST channel – heat disorders fx upper portion of channel in face/head 2. Local – toes |
| ST 45 | Jing Well of ST | <ol style="list-style-type: none"> 1. Jing Well point 2. Local toe problems |

Spleen Channel of the Foot Taiyin

| Point | Categories | Indication/Contras/Cautions |
|-------|--|--|
| SP 1 | Jing Well Ghost Point | <ol style="list-style-type: none"> 1) Stop bleeding 2) Ghost point 3) Digestive problems 4) Local problems |
| SP 2 | Ying Spring | <ol style="list-style-type: none"> 1) Ying spring – clear heat, food stagnation 2) Fire point (mother) – tonify spleen 3) Digestive Problems 4) Local problems |
| SP 3 | Shu Stream Yuan Source | <ol style="list-style-type: none"> 1) Shu Stream – heaviness of body, pain in joints 2) Yuan Source <ol style="list-style-type: none"> a. SP deficiency <ol style="list-style-type: none"> i. Dampness (earth point) ii. Qi deficiency 3) Digestive problems 4) Local problems <p>Excessive phlegm = Yuan src (SP 3) + Luo conn (ST 40)</p> |
| SP 4 | Luo Connecting Opens to Chong Channel | <ol style="list-style-type: none"> 1) Luo connecting <ol style="list-style-type: none"> a. Treating disorders in areas reached by Luo <ol style="list-style-type: none"> i. Rebellious Qi – sudden turmoil disorder ii. Excess – cutting pain in ab, cramps, diarrhea iii. Deficiency – drum distention b. Treat disorders of int/ext related chs and orgs <ol style="list-style-type: none"> i. Upper(stomach) and lower(spleen) abdominal pain c. Psycho emo disorders 2) Opens to Chong Channel (see below) <ol style="list-style-type: none"> a. SP 4 + P 6 for counterflow of qi w/ab urgency. b. Vomiting and sudden turmoil disorder c. Distention and pain in ab: <i>any area, any etiology.</i> 3) Digestive problems 4) Local problems <p>Ode of the Obstructed River says SP 4 for any ab pain below umbilicus.</p> <p><i>KNOW: Ren versus Chong channel indications!</i></p> |

| Point | Categories | Indication/Contras/Cautions |
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| SP 5 | Jing River | <ol style="list-style-type: none"> 1) Digestive problems 2) Local problems |
| SP 6 | Mtg pt of SP, LV, KID | <ol style="list-style-type: none"> 1) Blood disorders 2) Reproductive systems <ol style="list-style-type: none"> a. Female <ol style="list-style-type: none"> i. Menstrual problems: <ol style="list-style-type: none"> 1. Infertility 2. Vaginal discharge b. Male <ol style="list-style-type: none"> i. Infertility ii. Impotence iii. Nocturnal emissions 3) Urinary problems 4) Skin problems 5) Strengthen spleen 6) Tonify yin 7) Sp/St digestive problems, both excess and deficient 8) Resolve dampness (best is Sp 9) 9) Local problems – leg pain <p>Contraindicated in preppers (though can induce labor)</p> |
| SP 7 | | <ol style="list-style-type: none"> 1) Sp/St digestive problems (mostly 6 and 9 though) 2) Resolve dampness (Sp 9 best however) 3) Reproductive problems 4) Local problems – leg pain |
| SP 8 | Xi Cleft point | <ol style="list-style-type: none"> 1) Xi Cleft application <ol style="list-style-type: none"> a. Resolve blood stasis (LJ - uterus/lower ab) LJ = kidney, bladder, lg intestine, sm intestine 2) Lower jiao problems 3) Sp/St digestive problems (Sp 6 and 9 mostly) 4) Resolve dampness (though mostly Sp 9) 5) Reproductive probs (mostly Sp 6) 6) Local problems – leg pain |
| SP 9 | He-Sea point (water) | <ol style="list-style-type: none"> 1) He-Sea point applications <i>Best point for any kind of damp retention, upper and lower body.</i> (ST 40 = phlegm, not damp). 2) Dampness and damp heat in the lower jiao 3) Sp/St digestive problems - excess or deficient 4) Reproductive issues (mostly Sp 6) 5) Local problems – knee |

| Point | Categories | Indication/Contras/Cautions |
|-------|--|--|
| SP 10 | | 1) Sea of Blood applications <ol style="list-style-type: none"> a. Blood heat, stasis, deficiency b. SP 6 and SP 10 2) Resolve dampness – mostly dribbling/retention urine 3) Local problems – inner legs |
| SP 11 | | 1) Resolve dampness – mostly dribbling/retention of urine 2) Local problems - inner aspect of legs Caution: femoral artery here |
| SP 12 | Meeting pt of SP, Liv, Yin Wei vessels | Caution: deep needling in thin pts may punc peritoneal cav |
| SP 13 | Meeting pt of SP, Liv, Yin Wei vessels | Caution: deep needling in thin pts may punc peritoneal cav |
| SP 14 | | 1) Constipation (left more than right side) Caution: deep needling in thin pts may punc peritoneal cav |
| SP 15 | Meeting pt of SP, Yin Wei vessels | 1) Digestive problems 2) Psycho emotional problems Caution: deep needling in thin pts may punc peritoneal cav |
| SP 16 | Meeting pt of SP, Yin Wei vessels | Caution: deep needling in thin pts may punc peritoneal cav |
| SP 17 | | 1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax |
| SP 18 | | 1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax |
| SP 19 | | 1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax |
| SP 20 | | 1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax |
| SP 21 | Great Luo Connecting Point of the Spleen | 1) Chest tightness and pain 2) Hypochondriac pain Caution: perp insert esp in thin = risk of pneumothorax |

Heart Channel of the Hand Shaoyin

| Point | Categories | Indication/Contras/Cautions |
|-------|--|---|
| HT 1 | | Caution: 1) axillary artery, 2) medial twd chest = risk pnthx |
| HT 2 | | Caution: brachial artery |
| HT 3 | He Sea point | 1) Heart Organ problems: both physical and emotional (Shen) <i>Best Heart point to regulate Shen</i> Contraindication: no moxa per ancient texts. |
| HT 4 | Jing River <i>Mostly = pain</i> | 1) Chest pain and tightness 2) Psycho-emotional 3) Heart problems – physical and shen 4) Local problems |
| HT 5 | Luo Connecting Point <i>Mostly for speech probs</i> | 1) Luo Connecting point a. Collateral problems- <i>tongue</i> b. SI and HT channel problems (SI = freq urin, irritability HT = both organ and local) c. Treat psycho-emo 2) Heart problems – physical and Shen 3) Local problems |
| HT 6 | Xi-Cleft point | 1) Xi-Cleft applications a. Acute pain – heart pain b. Blood disorders: i. Bleeding ii. Night sweats due to either Yin xu or Heart blood xu. 2) Heart problems – physical and Shen 3) Local problems |
| HT 7 | Yuan Source Shu Stream | 1) Calm Shen <i>Best pt for calming Shen disorders – any differentiation.</i> 2) Yuan Source application Tonify deficiency 3) Heart problems – physical and Shen 4) Local problems Caution: ulnar nerve and artery |
| HT 8 | Ying Spring point | 1) Fire point of the Fire channel <i>clears Heart heat</i> |
| HT 9 | Jing Well point | 1) Pain at the root of the <i>tongue</i> 2) Pain and redness of the <i>eyes</i> |

Small Intestine Channel of the Hand Taiyang

| Point | Categories | Indication/Contras/Cautions |
|-------|--|---|
| SI 1 | Jing Well of SI | Best for lactation problems Also treats mastitis |
| SI 2 | Ying Spring of SI | <ol style="list-style-type: none"> 1. Heat symptoms along the channel 2. Deafness/ear problems: use in conjunc SI 2, SI 3, LI 6 |
| SI 3 | Shu Stream of SI Confluent of Du Vessel | <ol style="list-style-type: none"> 1. Shu Stream <ol style="list-style-type: none"> a. Joint pain along channel : neck, shoulder, elbow, arm. b. Regulate disorders of Taiyang channel and Du vessel. 2. Confluent/opens to Du Vessel – Du channel problems <ol style="list-style-type: none"> a. Ascends along spinal column, so occipital headache, stiffness and pain in the neck, scapula, lumbar and upper spine. b. Taiyang stage problems chills/fever with severe neck/spinal pain. c. Epilepsy 3. Ode of the Obstructed River Diseases of governing vessel and mania/depression. |
| | | <p style="text-align: center;">Tai Yang Stage Symptoms</p> <ul style="list-style-type: none"> ◆ Chills/fever accomp by severe neck/spinal pain ◆ Starts with wind/cold invasion <p>Choose points on upper back, bladder channel</p> <p style="text-align: center;">Du/Gov Vessel</p> <p>Pathway? Lower ab/uterus → perineum → spinal column → Du 16. Splits from here, enters brain and vertex of head.</p> |
| SI 4 | Yuan Source of SI | Jaundice |
| SI 5 | Jing River of SI | |
| SI 6 | Xi Cleft of SI | <ol style="list-style-type: none"> 1. Ashi 2. Xi Cleft apps <ol style="list-style-type: none"> a. Acute pain along channel 3. Eye problems |

| Point | Categories | Indication/Contras/Cautions |
|------------|--|---|
| SI 7 | Luo Connecting of SI | Luo Connecting applications 1. General collateral dysfunction: Excess = slack joints, elbow immobile Defic = warts 2. Psycho/emo and int/ext connection: Calm heart spirit Host/guest combination: Yuan (Ht 7) + Luo (SI 7) for psycho/emo. |
| SI 8 | He Sea of SI (earth pt) | He Sea and Earth apps 1. Joint pain 2. Scrofula/goiter/nodules (caused by dampness, water ctrl'd by earth element) Calms Shen. |
| SI 9 | | Shoulder pain Caution: risk of pntx with oblique medial insertion |
| SI 10 | Mtg of SI and BL with Yang Linking and Yang Motility | Shoulder problems Caution: risk of pntx with oblique medial insertion |
| SI 11 | | Shoulder pain Caution: risk of pntx with oblique medial insertion |
| SI 12 | Mtg of SI, LI, SJ, GB | Shoulder Caution: risk of pntx with oblique medial insertion |
| SI 13 | | Caution: Risk of pntx with perp puncture |
| SI 14 | | Caution: Risk of pntx with perp puncture |
| SI 15 | | Caution: Risk of pntx with perp puncture |
| SI 16 & 17 | Window of Sky points | |
| SI 18 | | Face Contra to moxa |
| SI 19 | | Ear – any kind of ear problem Calm Shen |

Kidney Channel of the Foot Shaoyin

| Point | Categories | Indication/Contras/Cautions |
|-------|---------------------------|--|
| K 1 | Jing Well | <ol style="list-style-type: none"> 1. Jing Well point 2. Harmonize Heart and Kidney 3. Descend Lung Qi 4. Descend Liver Yang Rising due to strong descend heat function (part of jing well applications?) Look for headache, dizziness, tongue ulcers 5. Throat problems 6. Urinary problems 7. Constipation 8. Ear, eyes 9. Foot pain, poor foot circulation. (local) |
| K 2 | Ying Spring | Clear heat – strongest point on the Kidney channel to clear deficient heat from the Kidney channel. |
| K 3 | Shu Stream Yuan Source | <p>Yuan Source applications: Principal point on Kidney channel to tonify and treat disharmony of Kidney zang. And since the Kidney controls the following, this point can treat problems there...</p> <ol style="list-style-type: none"> 1. 2 lower yin orificies: anus, urethra 2. Throat 3. Brain 4. Ears 5. Teeth 6. Lumbar region 7. Heel pain 8. Heart/Kidney disharmony (insomnia/anxiety) 9. Lung 10. Penetrating (Chong) and Conception (Ren) vessels (both have their root in and are nourished by Kidney) <p><i>Review Chong and Ren Channel info!!!</i></p> |

| Point | Categories | Indication/Contras/Cautions |
|-------|--|---|
| K 4 | Luo connecting point | <p>Luo Connecting applications</p> <ol style="list-style-type: none"> 1. The 3 Luo dysfunctions: <ol style="list-style-type: none"> a. Rebellion of Qi irritability and chest oppression b. Excess retention and/or dripping of urine c. Deficiency lumbar pain, which is also connected to Bladder channel. 2. Treat disorders in areas reached by Luo Connecting channel 3. Psycho-emotional disorders <p>Heel pain</p> |
| K 5 | Xi Cleft of Kidney Channel | Menstrual disorders: blood xu or stasis |
| K 6 | Confluent of Yin Qiao (aka Yin Motility) | <ol style="list-style-type: none"> 1. Open to Yin Qiao/Motility <ol style="list-style-type: none"> a. Throat (K 6 better for this than other K's) b. Brain – nighttime epilepsy and inner canthus <ol style="list-style-type: none"> i. Eye disorders ii. Insomnia iii. Medial aspect of the leg: Inversion of foot – best for this! iv. Lower ab and genitals. 2. Nourish Kidney Yin 3. Reproductive problems <p><i>Review the Yin Qiao Channel information! Compare to BL 62!</i></p> |
| K 7 | Jing River | <p>One of most important points on <i>kidney</i> channel to control body fluids:</p> <ul style="list-style-type: none"> ◆ Regulate sweating (both night and spontaneous) ◆ Treat edema |
| K 8 | Xi Cleft of <i>Yin Qiao/Motility</i> | XiCleft of Yin Qiao: bleeding, regulate menses |
| K 9 | Xi Cleft of <i>Yin Wei/Linking</i> | Xi Cleft of Yin Wei |
| K 10 | He Sea | <ol style="list-style-type: none"> 1. He Sea: Drain Dampness and Damp Heat in the lower jiao. 2. Horary point of Kidney channel |

| Point | Categories | Indication/Contras/Cautions |
|--------------|-------------------|---|
| | K 11-16 | Meeting of Kidney with Chong Channel. (Review Chong Channel above.) Lower ab points. Application is mostly reproductive Most commonly used: K 12 (ovulation) |
| | K 17 – 21 | Meeting of Kidney with Chong Channel. (Same as previous- review Chong channel) Upper ab points. Application if used is mostly digestive. |
| | K 22 – 27 | No categories. There is a treatment for physical/emotional trauma or continued stress which K 27, K 16, K 6 |

Bladder Channel of the Foot Taiyang

| Point | Category | Indications and notes |
|------------------|---|---|
| BL 1 | | Nothin' special... |
| BL 2 | | Local: eye problems |
| BL 3 – 6 | | No special indications |
| BL 7 | | <ol style="list-style-type: none"> 1. Nasal congestion 2. Vertex problems, headache |
| BL 8 – 9 | | No special things to know – not often used. |
| BL 10 | Window of Sky | <ol style="list-style-type: none"> 1. Stiff neck, local problems, and wind invasions 2. Occipital headaches |
| NOTE: | Bladder Lines | <p>There are 2 Bladder Channel lines on the posterior region of the trunk, both running parallel to the spine. The points on both lines are level with and lateral to the lower border of the spinous processes of the thoracic and lumbar vertebrae. Where the study notes below indicate “level with T1” or “level with L2” this is what that means. I just didn't want to take the time to write that over and over!</p> <p>The 1st Bladder line, running 1.5 cun lateral to the posterior midline (and consequently the Du Channel) contains the Back Shu points and two Hui Meeting points.</p> <p>The 2nd Bladder line, running 3 cun lateral to the posterior midline, couples with the points on the 1st Bladder line which will be noted in the stuff below. Be aware that while the 2nd Bladder line points have no categories into which the points fall, some of them still have indications you need to know for the test.</p> |
| Grouping: | BL 11, 12/41, 13/42 - all have risk of pneumothorax!!! | |
| BL 11 | Hui Meeting Point of Bone | <p>Hui Meeting Point of Bone:</p> <ol style="list-style-type: none"> 1. Bony painful obstructions <p>Common to this grouping:</p> <ol style="list-style-type: none"> 1. Expel exterior wind: exterior syndrome 2. Respiratory problems 3. Local problems – upper back pain, neck pain. <p><i>Level with T1</i></p> |
| BL 12 | | <p>Special to BL 12:</p> <p>This point is called the Wind gate. Use it for exterior syndromes.</p> <p>Common to this grouping:</p> <ol style="list-style-type: none"> 1. Expel exterior wind: exterior syndrome |

| Point | Category | Indications and notes |
|------------------|--|---|
| | | 2. Respiratory problems 3. Local problems – upper back pain, neck pain. <i>Level with T2, coupled with BL 41</i> BL 41: Remember the “common to this grouping” stuff above |
| BL 13 | Back Shu of Lung | Back Shu of Lung: 1. Respiratory problems 2. Skin problems 3. Water passage (i.e., regulates water metabolism problems like upper body edema) 4. Nasal problems Common to this grouping: 1. Expel exterior wind: exterior syndrome 2. Respiratory problems 3. Local problems – upper back pain, neck pain. <i>Level with T3, coupled with BL 42</i> BL 42: Remember the “common to this grouping” stuff above. |
| Grouping: | BL 14/43, 15/44 - all have risk of pneumothorax!! | |
| BL 14 | Back Shu of Pericardium | Need to remember the category only for BL 14. <i>Level with T4, coupled with BL 43</i> BL 43: This is the “Vital Region Shu” or <i>Gao huang shu</i> , the Chinese name. 1. Tonify every kind of Xu – Qi, Blood, Yin and Yang 2. Tonify the immune system. 3. Treats chronic asthma and prevents asthma attacks 4. Resolves phlegm |
| BL 15 | Back Shu of Heart | Need to remember the category only for BL 15. <i>Level with T5, coupled with BL 44</i> BL 44: No special things to remember about BL 44. |

| Point | Category | Indications and notes |
|------------------|--|--|
| Grouping: | | BL 16/45, 17/46 - all have risk of pneumothorax!! |
| BL 16 | | <p>This is the “Du Shu,” relieves the exterior (i.e., chills/fever_</p> <p><i>Level with T6, coupled with BL 45</i></p> <p>BL 45: Nothing special to remember about BL 45.</p> |
| BL 17 | <p>Hui Meeting Point of Blood</p> <p>Back Shu of Diaphragm</p> | <p>Back Shu of Diaphragm Even though it’s not an official designation, remember it!</p> <p>Hui Meeting Point of Blood Blood heat, Blood stasis, Blood deficiency</p> <p>Four Flower Points: BL 17 + BL 19 needled bilaterally Treats taxation consumption/deficiency disorder (i.e.night sweats, tidal fever, etc.)</p> <p>Six Flower Points: BL 17 + 19 + 20 needled bilaterally Japanese technique, usually with moxa.</p> <p><i>Level with T7, coupled with BL 46</i></p> <p>BL 46: Nothing special to remember about BL 46.</p> |
| Grouping: | | BL 18/47, 19/48 - all have risk of pneumothorax!! |
| BL 18 | Back Shu of Liver | <p>Any problems related to Liver channel or organ!</p> <ol style="list-style-type: none"> 1. Eyes 2. Tendons 3. Blood 4. Emotions 5. Liver Qi Stagnation 6. Liver Yang Rising <p><i>Level with T9, coupled with BL 47.</i></p> <p>BL 47: Nothing special to remember about BL 47.</p> |

| Point | Category | Indications and notes |
|------------------|---|---|
| BL 19 | Back Shu of Gallbladder | <p>Back Shu of Gallbladder Shen – Hard to make decisions, timidity</p> <p>Four Flower Points: BL 17 + BL 19 needled bilaterally Treats taxation consumption/deficiency disorder (i.e. night sweats, tidal fever, etc.)</p> <p><i>Level with T10, coupled with BL 48</i></p> <p>BL 48: Nothing special to remember about BL 48.</p> |
| Grouping: | BL 20/49, 21/50 (risk of pneumothorax), 22/51 (risk kidney punc) | |
| BL 20 | Back Shu of Spleen | <p>Any problems related to the Spleen</p> <p>Back Shu of Spleen:</p> <ol style="list-style-type: none"> 1. Digestive problems 2. Transforms dampness 3. Qi and/or Blood deficiency <p><i>Level with T11, coupled with BL 49</i></p> <p>BL 49: No special stuff to remember.</p> |
| BL 21 | Back Shu of Stomach | <p>Remember the category.</p> <p><i>Level with T 12, coupled with Bl 50</i></p> <p>BL 50: Nada.</p> |
| BL 22 | Back Shu of San Jiao | <p>Remember the category.</p> <p><i>Level with L1, coupled with BL 51.</i></p> <p>BL 51: Zip.</p> |

| Point | Category | Indications and notes |
|------------------|--|--|
| Grouping: | BL 23/52. Both have risk of kidney injury/puncture. | |
| BL 23 | Back Shu of Kidney | <ol style="list-style-type: none"> 1. Treat any kind of Kidney deficiency Includes Kidney Yang xu, Kidney Yin xu, Kidney Qi xu, Kidney Essence xu. 2. Tonify Kidney. <p><i>Level with L2, coupled with BL 52.</i></p> <p>BL 52: Tonify Kidney.</p> <p><i>Note: remember all those Kidney applications from Foundations!</i></p> |
| Grouping: | BL 24, 25, 26, 27, 28/53, 29, 30/54 | |
| BL 24 | | Local problems only. (<i>Level with L3</i>) |
| BL 25 | Back Shu of Large Intestine | Remember the category and that it treats local problems. (<i>Level with L4</i>) |
| BL 26 | | Local problems only. (<i>Level with L5</i>) |
| BL 27 | Back Shu of Small Intestine | Remember the category and that it treats local problems. (<i>Level with S1</i>) |
| BL 28 | Back Shu of Bladder | Remember the category and that it treats local problems. <i>Level with S2, coupled with BL 53</i> |
| BL 29 | | Local problems only. (<i>Level with S3</i>) |
| BL 30 | | Local problems only. <i>Level with S4, coupled with BL 54</i> |
| | End of 1 st and 2 nd Bladder lines | |
| BL 31-35 | | Treat local problems only. Located over the Sacral Foramen, except for BL 35 which is level with the tip of the coccyx and lateral by ½ cun. |

| Point | Category | Indications and notes |
|----------|--|--|
| BL 36-38 | | (Nuttin' much to write home about) |
| BL 39 | Lower He Sea of San Jiao | Remember the category. |
| BL 40 | He Sea/Lower He Sea of Bladder Command pt of Back, Lower back | <ol style="list-style-type: none"> 1. He Sea/Lower He Sea of Bladder – remember the category. 2. Command Point of Back/Lower Back Best distal point for back pain and lower back pain! 3. Clear heat Includes skin problems and skin diseases from blood heat |
| BL 55 | | Local problems |
| BL 56 | | Local problems and hemorrhoids |
| BL 57 | | Local problems and hemorrhoids. |
| BL 58 | Luo Connecting of Bladder | <p>Luo Connection Point of Bladder:</p> <ol style="list-style-type: none"> 1. Treat disorders of int/ext related channels and Zangfu. 2. Treat collateral channel problems <ol style="list-style-type: none"> a. Excess (Rhinitis w/obstruction, runny nose and pain in head/back) b. Deficiency (Rhinitis w/runny nose and nosebleed) <p>Hemorrhoids</p> <p>Local problems</p> <p>Yuan Source and Luo-connecting (host + guest) KI 3 + BL 58</p> |
| BL 59 | Xi-Cleft of Yang Motility | Remember the category + local problems |
| BL 60 | Jing River of Bladder | <p>Jing River of the Bladder:</p> <ol style="list-style-type: none"> 1. Tai Yang Syndrome 2. Stiff neck, headache <p>Local problems</p> |
| BL 61 | | Nothing special |

| Point | Category | Indications and notes |
|--------------|---|--|
| BL 62 | Confluent of Yang Qiao Ghost Point | <p>Confluent of Yang Qiao</p> <ol style="list-style-type: none"> 1. Enters the brain at Du 16 2. Treats wind: interior and exterior wind (note – not on test, just for clarity: exterior wind = stiff neck/headache; interior wind = windstroke type symptoms) 3. Epilepsy (which is actually part of the wind thing) 4. Insomnia 5. Eversion of the foot 6. Spasm of the lower limbs <p>Remember Yang Qiao meets the Yin Qiao at BL 1. Remember to compare Kid 6 (Confluent of <i>Yin</i> Qiao) to Bl 62.</p> <ul style="list-style-type: none"> ❖ Inversion of the foot: Kid 6 ❖ Eversion of the foot: Bl 62 ❖ Night time epilepsy: Kid 6 ❖ Daytime epilepsy: Bl 62 ❖ Sleep problems <ul style="list-style-type: none"> ○ Somnolence (always sleeping/sleepy) Tonify Bl 62, Reduce Kid 6 ○ Insomnia Reduce Bl 62, Tonify Kid 6 ❖ Both Yin Qiao and Yang Qiao treat spasms in the lower limbs. |
| BL 63 | Xi Cleft of Bladder | Sudden onset disorders (i.e., Shan disorder, sudden turmoil disorder) |
| BL 64 | Yuan Source Point | Remember the category |
| BL 65 | Shu Stream Point | Remember the category |
| BL 66 | Ying Spring Point | Remember the category |
| BL 67 | Jing Well Point | <ol style="list-style-type: none"> 1. Jing Well point – remember category 2. Regulate Kidney Qi 3. Turn fetus in the correct position. |

Energetics III starts here!!

Pericardium Channel of the Hand Jueyin

| Point | Categories | Indication/Contras/Cautions |
|-------|---|--|
| P 1 | Window of Sky Entry point of channel | Window of Sky applications 1. Inversion of Qi affecting... a. Lung b. Head <i>Remember Window of Sky points affect “disharmonies between head and body with Qi or blood rebellion.”</i> |
| P 2 | | |
| P 3 | He Sea (water) | 1. He Sea applications a. Counterflow of Qi and diarrhea, especially due to summer heat. Combine P3 + BL 40. 2. Clear heat from Ying/nutritive and Xue/blood levels 3. Local problems |
| P 4 | Xi Cleft | Xi Cleft applications 1. Primary point for treating acute blood stasis causing chest and heart pain. 2. Bleeding due to heat in the upper jiao |
| P 5 | Jing River Ghost (metal) | 1. Jing River applications 2. Ghost point applications Manic-depression |
| P 6 | Luo Connecting Confluent of Yin Wei | 1. Luo Connecting applications a. Disorders of int/ext related channels/zangfu Stomach problems – nausea and vomiting b. Disorders of luo channel or areas reached by it i. Excess: chest pain ii. Deficiency: irritability c. Psycho-emotional disorders 2. Confluent of (opens to) Yin Wei applications a. Single most important point for pain and/or fullness of Heart, chest and lateral costal regions regardless of the etiology of the pain/fullness. <i>(Classic of Difficulties)</i> b. Disorders of chest <i>(Ode of the Obstructed River)</i> |
| P 7 | Shu Stream Yuan Source Ghost (earth) | 1. Shu Stream/Yuan Source applications a. Treats disorders of Zang - Strongly calms the spirit when disturbed by heat 2. Earth/child point applications a. Reduces heat or fire from the PC (fire) channel 3. Ghost point applications a. Emo probs caused by heat rising to disturb the Spirit. |

| Point | Categories | Indication/Contras/Cautions |
|------------|-------------------------------------|--|
| P 8 | Ying Spring Exit point (fire) | Ying Spring applications 1. Clears heat a. Clear heat from Ying/nutritive and Xue/blood levels b. Clear heat from Pericardium c. Drains stomach heat |
| P 9 | Jing Well (wood) | (remember category and what Jing Well points do) |

San Jiao Channel of the Hand Shaoyang

| Point | Category | Indications/Contra/Caution |
|-------------|--|--|
| SJ 1 | Jing Well (metal) | Remember the category only |
| SJ 2 | Ying Spring (water) | <p>Ying Spring applications</p> <ol style="list-style-type: none"> 1. Clear heat from upper reaches of the channel: <ul style="list-style-type: none"> Ears Gums and teeth 2. Malaria <p>Shaoyang syndrome (involves PC/SJ, LV/GB channels)</p> <ol style="list-style-type: none"> 1. Alternating chills and fever 2. Pulse = wiry 3. Tongue = sides red, coating mixed yellow/white |
| | | <p>Notes on Shaoyang syndromes:</p> <p>This is one of the 6 stages of disease. Taiyang is the first, in which an invading evil is on the surface/exterior. If a pathogen penetrates to the interior it becomes a Yangming syndrome, which is a bad thing since Yangming is rich in qi/blood and feeds the pathogen quite nicely.</p> <p>In between these 2 is the Shaoyang stage in which the pathogen is between the two. This stage tends to affect the Liv/GB, and PC/SJ channels/organs. Because the pathogen is moving from external to internal and is at the inbetween stage, the symptoms of fever and chills alternate as does the tongue coating. Because liver/gallbladder are involved the sides of the tongue are red and the pulse is wiry.</p> <p>Other symptoms, not on our test include: bitter taste in mouth (gb), blurred vision (lv), nausea/vomiting/diarrhea/bloating/poor app (all interiors), pain in the hypochon region (lv/gb), irritability/palpitations/irregular heartbeat (pc)</p> |
| SJ 3 | Shu Stream (wood) | <ol style="list-style-type: none"> 1. One of most important <i>distal</i> points for treating ear disorders due to <i>any</i> pathology. 2. Malaria |
| SJ 4 | Yuan Source | Remember the category only |
| SJ 5 | Luo Connecting Confl of Yang Wei | <p>Luo Connecting point applications</p> <ol style="list-style-type: none"> 1. Luo connecting channel pathway disorders <ol style="list-style-type: none"> a. Excess: contraction of elbows b. Deficiencies: flaccidity of the elbows 2. Ext/int channel or zang/fu <ol style="list-style-type: none"> a. San Jiao channel problems: Heat syndromes – Shaoyang syndrome |

| Point | Category | Indications/Contra/Caution |
|--------------|-------------------|--|
| | | <p>Confluent of Yang Wei/Linking Channel applications Use SJ 5 + GB 41 Know syndromes of Yang Wei problems – Yang Wei closely related to Shaoyang channel Yang Wei is all about exterior symptoms – cold, wind invasion, etc., headaches.</p> <ol style="list-style-type: none"> 1. Exterior Syndrome 2. Headache 3. shoulder |
| SJ 6 | Jing River (fire) | <p>Upper jiao</p> <p>Middle Jiao:</p> <ol style="list-style-type: none"> 1. SJ 6 + GB 34 2. pain of the lateral costal region (hypochondriac pain) <p>Lower Jiao: constipation, best for constipation on the arms.</p> |
| SJ 7 | Xi Cleft | (No relevant indications of this particular Xi cleft point!!!) |
| SJ 8 | | |
| SJ 9 | | |
| SJ 10 | He Sea (earth) | Transformation of phlegm: scrofula, goiter. |
| SJ 11 | | Shoulder and arm pain (treat local problems) |
| SJ 12 | | Shoulder and arm pain (treat local problems) |
| SJ 13 | | Shoulder and arm pain (treat local problems) |
| SJ 14 | | Shoulder and arm pain (treat local problems) Commonly used for shoulder problems. |
| SJ 15 | | Shoulder and arm pain |
| SJ 16 | Window of Sky | |
| SJ 17 | | <ol style="list-style-type: none"> 1. Ear problems 2. Facial problems 3. Expels wind |
| SJ 18 | | Ear problems |
| SJ 19 | | Ear problems |

| Point | Category | Indications/Contra/Caution |
|-------|----------|--|
| SJ 20 | | 1. Ear problems 2. Eye problems 3. Mumps |
| SJ 21 | | Ear problems |
| SJ 22 | | |
| SJ 23 | | Migraine |

Gallbladder Channel of the Foot Shaoyang

| Point | Categories | Indication/Contras/Cautions |
|-------|-----------------|--|
| GB 1 | | <ul style="list-style-type: none"> • Headache • Eye problems |
| GB 2 | | <ul style="list-style-type: none"> • Ear problems • TMJ |
| GB 3 | | <ul style="list-style-type: none"> • Ear problems • TMJ |
| GB 4 | | Headache, migraine |
| GB 5 | | Headache, migraine |
| GB 6 | | Headache, migraine |
| GB 7 | | Headache, migraine |
| GB 8 | | <ul style="list-style-type: none"> • Headache • Dizziness, vertigo • Ear problems <p style="text-align: center;"><i>Most common point used in the group GB 8-11</i></p> |
| GB 9 | | <ul style="list-style-type: none"> • Headache • Dizziness, vertigo |
| GB 10 | | <ul style="list-style-type: none"> • Headache • Dizziness, vertigo |
| GB 11 | | <ul style="list-style-type: none"> • Headache • Dizziness, vertigo |
| GB 12 | | |
| GB 13 | | Mental problems (epilepsy, stroke, insomnia) |
| | <i>GB 14-20</i> | <i>Very commonly used in clinic</i> |
| GB 14 | | <ul style="list-style-type: none"> • Facial paralysis, specifically Bell's Palsy • Sinus problems |
| GB 15 | | |
| GB 16 | | |
| GB 17 | | |

| Point | Categories | Indication/Contras/Cautions |
|-------|-------------------------|---|
| GB 18 | | |
| GB 19 | | |
| GB 20 | | <ul style="list-style-type: none"> • Local problems <ol style="list-style-type: none"> 1. Head <ul style="list-style-type: none"> Headache of any kind Dizziness Migraine esp due to hypertension 2. Neck <ul style="list-style-type: none"> (i.e., stiffness, pain) 3. Sense organs <ul style="list-style-type: none"> Esp eye and throat • Mental Problems • Expel Wind • Heel problems/pain <p>What are the 4 directions one can insert GB 20?</p> <ol style="list-style-type: none"> 1. Slightly obl-inferior along the channel (safest) 2. Aimed toward the tip of the nose or the same corner of the mouth. (semi-safe) 3. Directed toward the contralateral eyeball (danger!) 4. Threaded to GB 20 on other side. (danger!) |
| GB 21 | | <ul style="list-style-type: none"> • Tonify Qi deficiencies and blood deficiencies • Gynecological problems <p>Note: danger of pneumothorax with deep insert, contra in preggers</p> |
| GB 22 | | |
| GB 23 | | |
| GB 24 | Front Mu of Gallbladder | Know the category and that it's used for mental problems (i.e., hesitation, difficulty making decisions, timidity, mood swings). Add GB 34 (HS and LHS of GB). |
| GB 25 | Front Mu of Kidney | Know the category |

| Point | Categories | Indication/Contras/Cautions |
|--------------|---|---|
| | Dai Channel | This is the only transverse channel pathway. Indicated for: <ol style="list-style-type: none"> 1. Leukorrhea 2. Disorders in the abdomen and waist 3. Weakness and motor impairment of the lower limbs. GB 26-28 = Dai points |
| GB 26 | GB + Dai <i>Called "Dai Mai" in chinese.</i> | <ul style="list-style-type: none"> • Reproductive system problems - leukorrhea • Local probs: lower back and hypochon pain • Dai channel indications (above) |
| GB 27 | GB + Dai | <ul style="list-style-type: none"> • Reproductive system problems - leukorrhea • Local probs: lower back and hypochon pain |
| GB 28 | GB + Dai | <ul style="list-style-type: none"> • Reproductive system problems - leukorrhea • Local probs: lower back and hypochon pain |
| GB 29 | | <ul style="list-style-type: none"> • Reproductive system problems - leukorrhea • Local probs: lower back and hypochon pain • Hip pain, leg pain, limited movement |
| GB 30 | | <i>GB 30 and 31 used for local problems – hip, leg, knee, lower back pain, esp sciatica (esp GB 30 for this)</i> |
| GB 31 | | |
| GB 32 | | <i>GB 32 and 33 used for local and sciatica</i> |
| GB 33 | | |
| GB 34 | He Sea of GB Lower He Sea of GB Hui of Sinews | <ol style="list-style-type: none"> 1. He Sea and Lower He Sea of Gallbladder: <ul style="list-style-type: none"> • Vomiting due to Shaoyang pattern, jaundice • GB (fu) organ problems, esp. hypochondriac pain 2. Hui Meeting Point of Sinews Main point to influence sinews throughout the body. 3. Liver problems 4. Local problems |
| GB 35 | Xi Cleft of Yang Wei | Problems along the GB pathway. |
| GB 36 | Xi Cleft of Gallbladder | Problems along the GB pathway. |
| GB 37 | Luo Connecting | <ol style="list-style-type: none"> 1. Problems along the GB pathway 2. Luo Applications <ol style="list-style-type: none"> a. Luo channel dysfunctions <ol style="list-style-type: none"> i. Excess: cold sensations of lower leg/foot |

| Point | Categories | Indication/Contras/Cautions |
|--------------|--------------------------------------|--|
| | | <ul style="list-style-type: none"> ii. Deficiency: atrophy of lower legs with difficulty standing. b. Int/Ext problems of zangfu/channels <ul style="list-style-type: none"> i. GB channel – Migraine ii. Liver – Eye problems c. Psycho-emotional disorders |
| GB 38 | Jing River (fire/child point) | <ol style="list-style-type: none"> 1. Problems along the GB pathway. 2. Remember this is the <i>child</i> point on the GB channel – clears heat/yang rising from channel resulting in migraine, outer canthus pain |
| GB 39 | Hui Meeting of Marrow | <ol style="list-style-type: none"> 1. Problems along the GB pathway 2. Hui Meeting point of Marrow <ol style="list-style-type: none"> a. Weakness, contraction, flaccidity, and pain of the lower limbs. b. Bone marrow c. Brain, spinal marrow 3. Migraine |
| GB 40 | Yuan Source | |
| GB 41 | Shu Stream Confluent of Dai Mai | <p>Shu Stream applications</p> <ol style="list-style-type: none"> 1. Headache and migraine 2. Soothe Liver , subdue Liver Yang. Strongly disperses stagnation of Liver Qi thru Shaoyang channel <p>Confluent of Dai Meridian</p> <ol style="list-style-type: none"> 1. Distention/pain of breast 2. Liver Qi stagnation impairing smoothness/regularity of menstrual cycle. 3. Malposition of fetus |
| GB 42 | | Headache and migraine |
| GB 43 | Ying Spring | |
| GB 44 | Jing Well | |

Liver Channel of the Foot Jueyin

| Point | Categories | Indication/Contras/Cautions |
|-------|--|---|
| LV 1 | Jing Well | <ol style="list-style-type: none"> Best point on the body to treat hernia (aka, Shan Disorder) Problems along the Liver Channel <ol style="list-style-type: none"> Liver Qi Stagnation Liver Yang Rising Liver Blood Deficiency Liver Yin Xu Liver Fire Flaring Up |
| LV 2 | Ying Spring <i>(Fire/child point)</i> | <ol style="list-style-type: none"> Principal point to clear Liver Fire affecting any part of the body. Reduces excesses in the form of fire, uprising Yang and Qi stagnation from Liver Zang or channel. (Child point) Soothe the Liver Problems along Liver Channel and Liver organ <ol style="list-style-type: none"> Liver Qi Stagnation Liver Yang Rising Liver Blood Deficiency Liver Yin Xu Liver Fire Flaring Up |
| LV 3 | Shu Stream Yuan Source | <ol style="list-style-type: none"> Indicated for <i>any</i> pattern of the Liver Zang whether deficient or excess! Host/guest combo for eye problems: LV 3 + GB 37 Soothe the Liver Problems along the Liver Channel and Liver organ <ol style="list-style-type: none"> Liver Qi stagnation Liver Yang rising Liver Blood Xu Liver Yin Xu Liver Fire Flaring up |
| LV 4 | Jing River | <ol style="list-style-type: none"> Local problems Soothe the Liver Problems along the Liver Channel and Liver organ <ol style="list-style-type: none"> Liver Qi stagnation Liver Yang rising Liver Blood xu Liver Yin xu Liver Fire flaring up |
| LV 5 | Luo Connecting Point | <ol style="list-style-type: none"> Collateral Channel Problems: <ol style="list-style-type: none"> Rebellious Qi: swollen genitals, hernia Excess: persistent erection Deficiency: sudden itching of the genitals |

| Point | Categories | Indication/Contras/Cautions |
|--------------|---|--|
| | | 2. Treat areas reached by Luo channel <ol style="list-style-type: none"> a. Primary point to treat a wide variety of disorders affecting the genitals 3. Psycho emo |
| LV 6 | Xi Cleft | Stop bleeding |
| LV 7 | | |
| LV 8 | He Sea of Liver <i>Water/mother point</i> | 1. Nourish Liver Blood and Liver Yin Xu's 2. Strongly drain damp and damp heat in the lower jiao 3. Resolve blood stasis in the uterus |
| | LV 9 → LV 12 | Local area, Ashi |
| LV 13 | Front Mu of Spleen Hui of Zang Mtg of LV + GB | Liver overacting on Spleen |
| LV 14 | Front Mu of Liver Mtg Lv + Sp + Yang Wei | |