

The
"How to"
SEMINAR OF ACUPUNCTURE
for Physicians

Dr. Rolla J. Pennell
Dr. Gordon D. Heuser

Edited by Edrita Page

IPCI, Inc., Independence, Missouri 64052

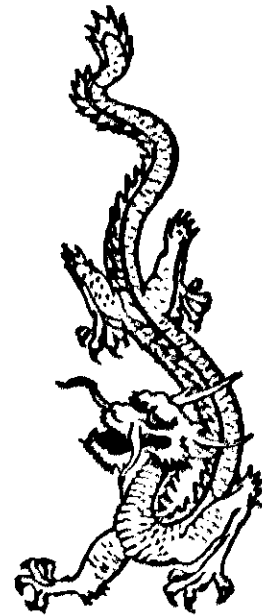
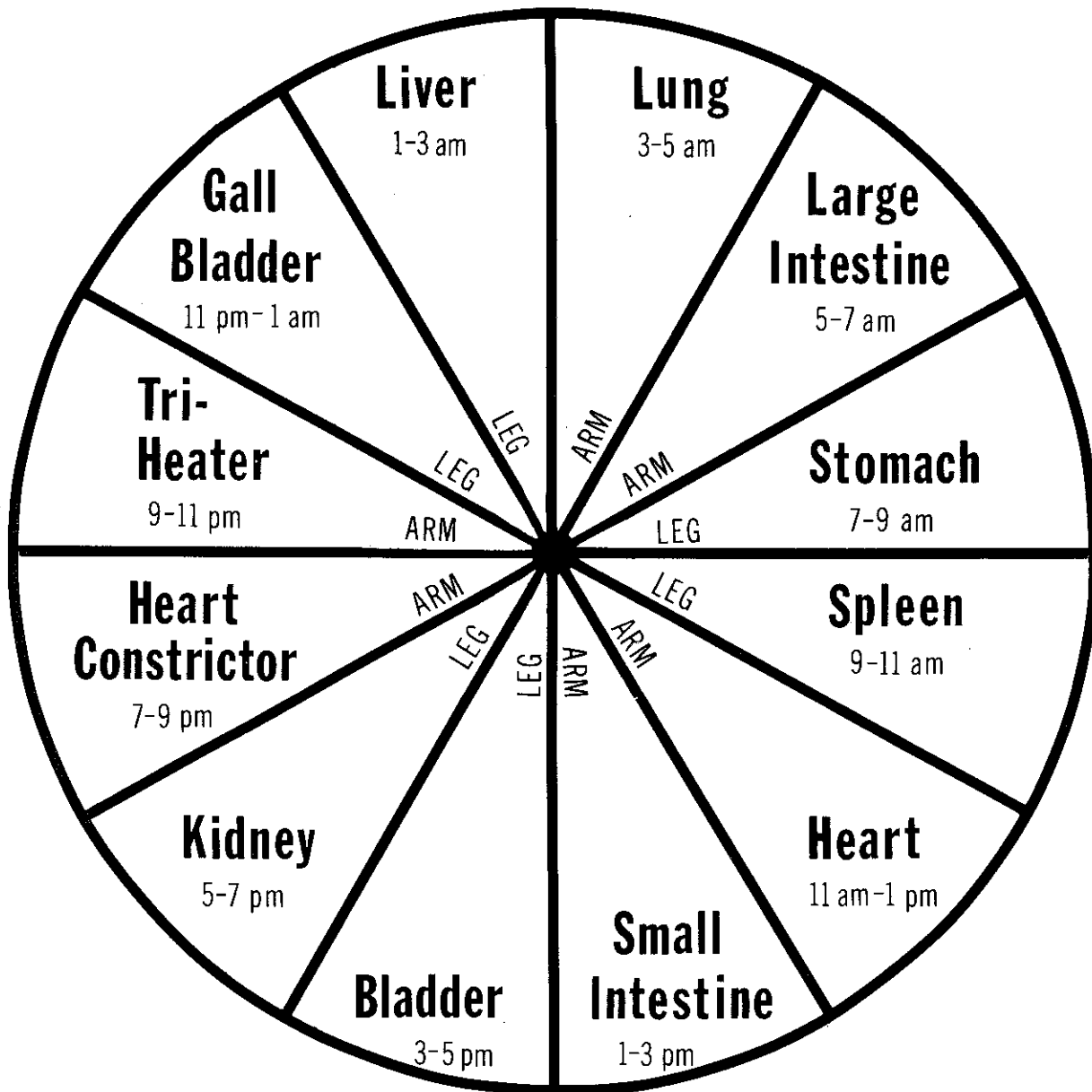


Chart of General Circulation of Energy



**THE LAWS OF
ACUPUNCTURE**

vibration, sound therapy, heat and cold therapies, etc.

As a result of our comparative study of acupuncture with other forms of physical therapy, begun some 10 years ago, we reached the conclusion that all forms of physical therapy have two common denominators or phenomena which interact to govern the effects of stimulation. These common denominators are explained in premises we have set forth in this book as the Heuser-Pennell Law of Deficiency and the Heuser-Pennell Law of Stimulation.

Authors of treatises on acupuncture have designated certain interrelated effects and methods of treatment as the rules or laws of acupuncture. However, since the Law of Deficiency and the Law of Stimulation always take precedence in determining the consequences of treatment, we have chosen to call these subordinate reactions "effects" rather than "laws."

These effects are:

1. The Horary Effect (in the General Circulation of Energy)
2. The Midday-Midnight Effect
3. The Mother-Child Effect
4. The Five Elements Effect (Sheng and Ko Cycles)
5. The Luo Point Effect
6. The Tonification or Sedation Effect
7. The Local Effect
8. The Remote Effect
9. The Contralateral Effect
10. The Intersection Effect

Illustrated graphically, a hypothetical 20 minute cycle might look like this:

Tonification 5 minutes	Sedation 5 minutes	Anesthesia 10 minutes
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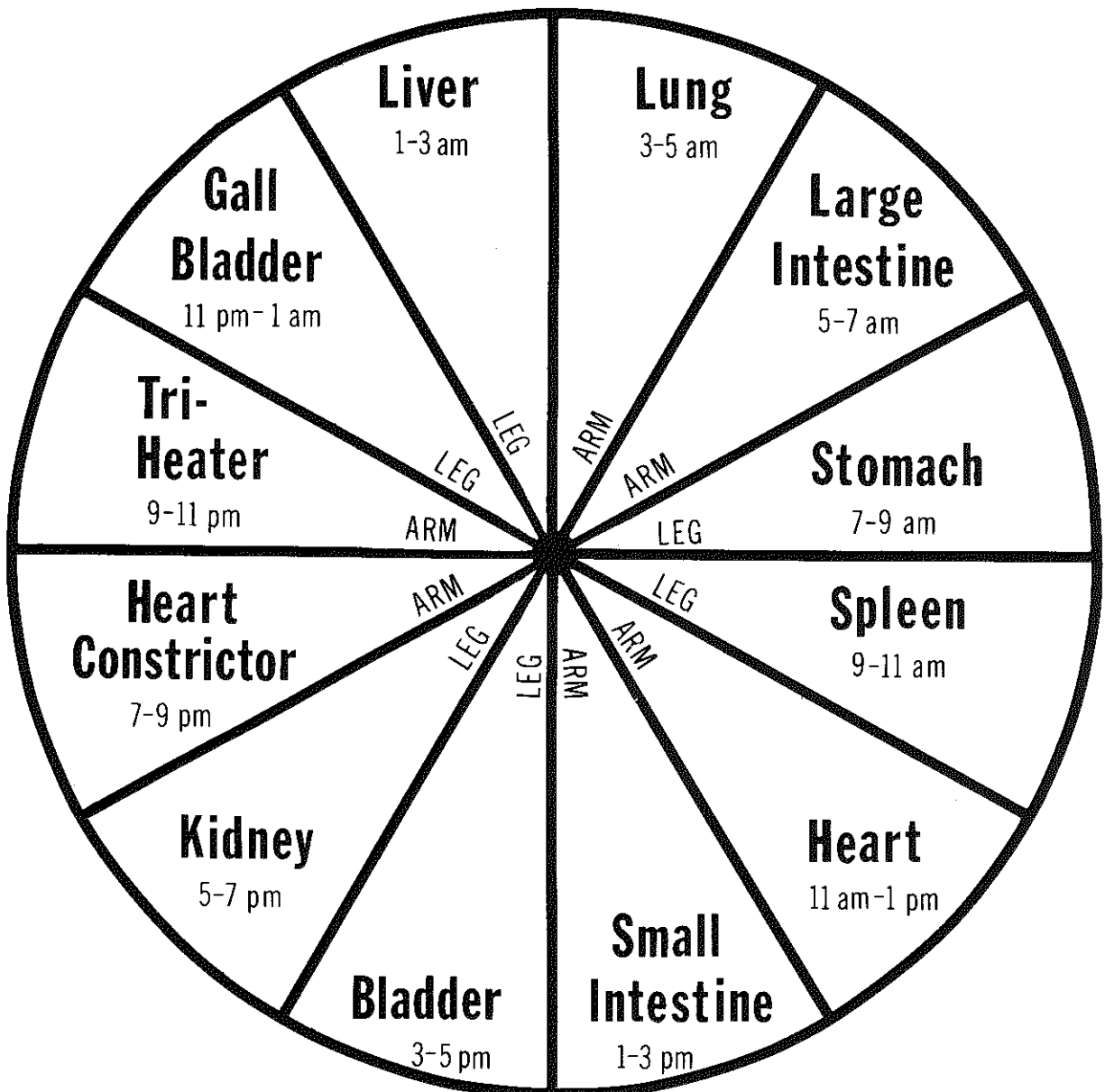
Variations

Variations may occur within the cycle, depending on a number of interacting factors: thresholds, predisposition, oscillation, accommodation (acu-exhaustion), duration, intensity, and acushock, all of which will be explained.

THE HORARY EFFECT

Starting with the Lung meridian at 3 a.m., each of the meridians consecutively undergoes a two-hour period of maximum energization. This is called its "horary period" and is shown on the chart on page 59, called the Chart of the General Circulation of Energy. The term "general circulation" is used to denote the circadian rhythm of the consecutive increase and decrease in energization of the meridians. That this increased energization does occur can be verified even by a beginner in acupuncture by simply taking someone's pulse (using the Oriental method) once each hour during the day and night. You will quickly see that at the time each meridian is scheduled to receive its daily tonification according to the horary cycle,

Chart of General Circulation of Energy



the pulse for that meridian alters in character and strength. It becomes stronger, more vibrant, and more stable during its horary energization period.

Increased Chi level

The Horary Effect is characterized by a surging increase in the Chi level of a meridian during its horary period. This increased Chi level gradually diminishes during the next 12 hours of the horary cycle, reaches its lowest ebb, then gradually builds to another peak during its next horary period. No one can say where this energy comes from, but it appears to be affiliated with the tides and geographical location. If we move a patient suddenly from one time zone to another, it takes a relatively short period of time for the horary cycle to adjust to the new time zone, but it does adjust. When we move from east to west, or from west to east, the biological clock (horary cycle) must either "speed up" or "back up" to adjust to the change of geographical time zone. When we move north or south, no adjustment of the biological clock is needed. Perhaps this is an explanation of what we call "jet lag" or "jet fatigue."

Enhanced effect

If you tonify the Horary points (Wood points on Wood meridians, Metal points on Metal meridians, etc.) during the meridian's horary period, you take advantage of the natural tendency toward energization at that time, and enhance the tonification effect.

**THE
MIDDAY-MIDNIGHT
EFFECT**

Each meridian has a meridian directly opposite it on the chart of the General Circulation of Energy -- 12 hours away on the clock. This is the Midday-Midnight relationship. You will note that each Yang meridian has as its opposite a Yin meridian. Maximum energy time for each Yang meridian coincides with the minimum energy time for its opposite Yin meridian and vice versa.

Opposite effect

A mild stimulus applied for tonification or sedation of a meridian primarily affects only the meridian being treated. A more intense stimulation will affect not only the meridian being treated but will have the opposite effect on its opposite meridian in the Midday-Midnight relationship. The nearer the meridians are to their maximum and minimum energy levels on the horary cycle, the more detectable the effects will be.

Horary point

Some practitioners take advantage of this Midday-Midnight Effect by treating the meridians during their horary periods. If this is done, the Horary point is preferred, as it becomes the most responsive point on the meridian at that time.

Diagnostic

Knowledge of these Midday-Midnight effects can also be helpful in making your acupuncture diagnosis. Many people experience headaches which come on at specific times of the day or night. Headaches which begin between 5 a.m. and 7 a.m. will usually reveal an excess in the

Large Intestine meridian or a deficiency in its Midnight counterpart, the Kidney meridian. Similarly, an improvement in symptoms noted at specific times of day may be a guide to meridian diagnosis. If known, the time of the original onset of a disease or condition will suggest the primary meridian imbalance.

**THE
MOTHER-CHILD
EFFECT**

On the chart of the General Circulation of Energy (page 59), the "mother" of a meridian is the one immediately preceding it in the cycle, its "child" is the one immediately following it, in a clockwise direction.

Concept

The Mother-Child effect is based on the concept that a mother cannot nourish her child unless she herself is nourished, and a child cannot nurse if it is already replete. This analogy applies to meridian therapy when two meridians which adjoin on the Circulation of Energy chart (e.g., Large Intestine and Stomach) both are either deficient or in excess. A deficiency in the Stomach (child) meridian may be the result of the deficiency in the Large Intestine (mother) meridian, and can be corrected by tonifying or transferring energy to the mother (Large Intestine), which is then able to supply the child (Stomach). An excess in the Large Intestine (mother) meridian may be due to an excess in the Stomach (child) meridian. Sedating or transferring energy from the child (Stomach) would enable it then to take the excess from the mother (Large Intestine).

Apparent contradiction

The Mother-Child effect also applies to the Five Elements chart, page 66. Although the two charts sometimes appear to be contradictory, they are in reality complementary. Using the same example, for instance, the Large Intestine meridian is the child of the Stomach meridian on the Five Elements chart (a physiological relationship); the Large Intestine meridian is the mother of the Stomach meridian on the General Circulation of Energy chart (an anatomical relationship).

This seeming contradiction is resolved when we remember that the effects of stimulation according to the Five Elements chart is an indirect reflex physiological interaction which alters the Chi levels between the meridians, while stimulation according to the General Circulation of Energy chart affects the Chi levels directly through direct anatomical connection of the meridians involved.

Cycle of energy circulation

This may be more easily understood when you view the circulation of energy through the meridians according to the Oriental concept of how the meridians connect to each other: the last acupoint on the Large Intestine meridian and the first acupoint on the Stomach meridian are located on the face; the last acupoint on the Stomach meridian and the first acupoint on the spleen meridian are on the foot; the last acupoint on the Spleen meridian and the first acupoint on the Heart meridian are under the arm; and so it goes, back to the

last acupoint on the Lung meridian and the first acupoint on the Large Intestine meridian, which are on the hand. According to Oriental philosophy, energy moves from one meridian to the next via supplementary vessels which connect the points of exit and the points of entry, most of which are the last and first points on the meridian. (See chart on page 65.)

Direct vs. indirect action

The difference in treatment is one of direct action versus indirect action. For instance, the Mother-Child effect can be obtained in the General Circulation of Energy by tonifying or sedating any of the acupoints along the meridian, although some points will be more effective than others. But to obtain the Mother-Child effect via the Five Elements chart, specific points must be selected in order to affect the proper meridian by an indirect action.

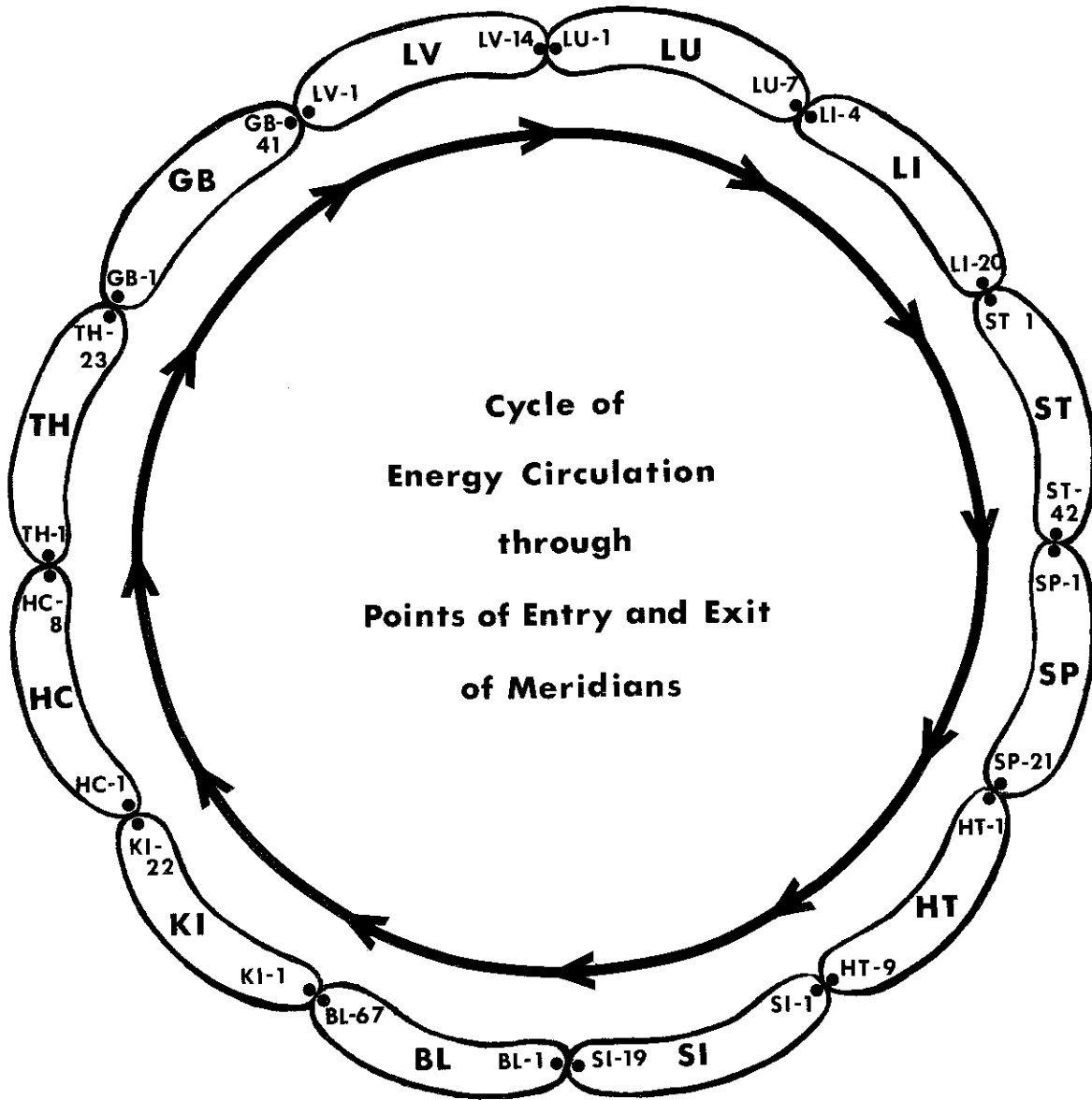


**THE FIVE
ELEMENTS EFFECT**

The **Nei Ching** states: "The five elements . . . wood, fire, earth, metal, water . . . encompass all the phenomena of nature. It is a symbolism that applies itself equally to man."

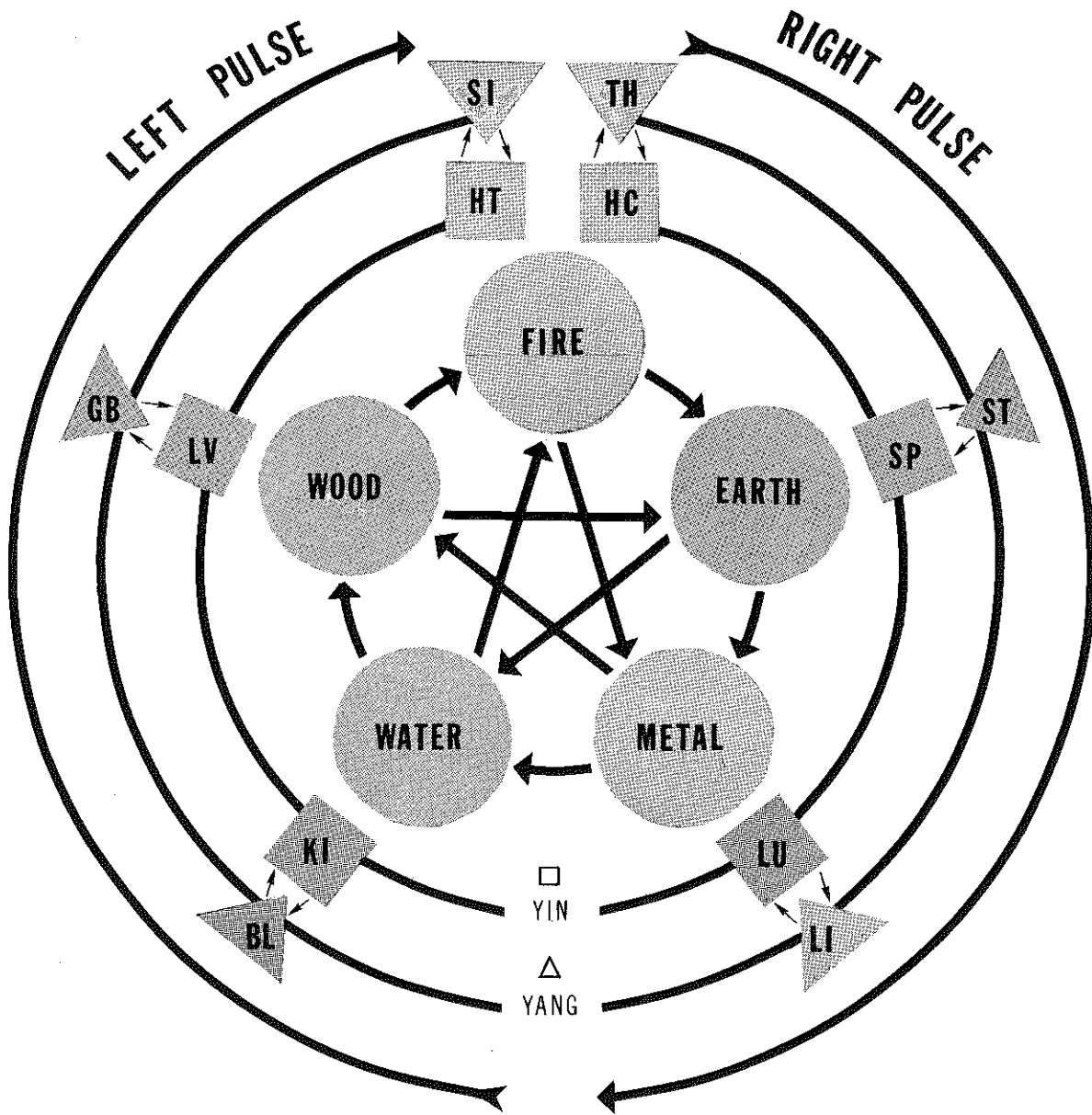
Classification

In addition to the concept of Yin and Yang, Chinese philosophy further classifies everything in the universe as belonging to one of the five elements. This classification is not made according to physical properties, such as our customary division of matter into animal, vegetable, or mineral, but is conceptual in nature and applies to colors, sensations, emotions, qualities,



GENERAL CIRCULATION OF ENERGY

FIVE ELEMENTS CHART

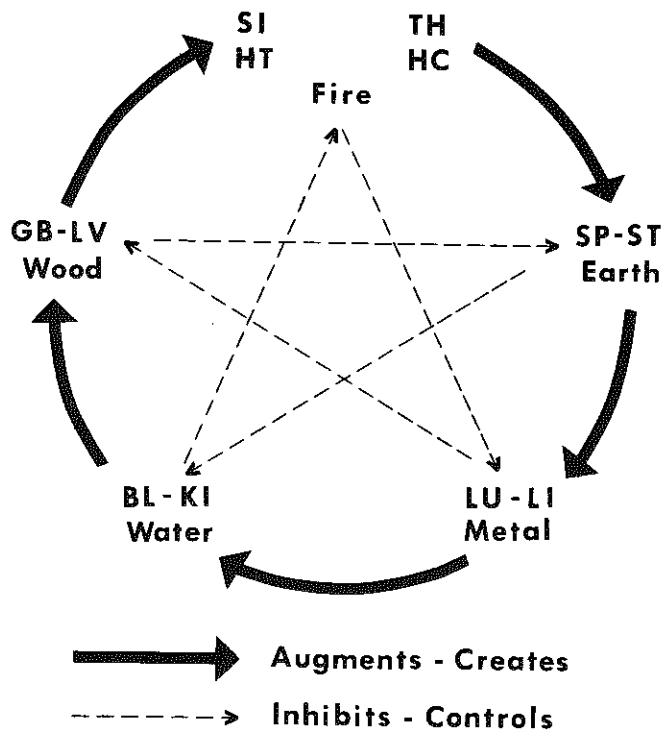


Sheng, Ko, Luo Cycles

Chart of Augmentation and Inhibition

Meridian-Element	Augments-Creates	Inhibits-Controls	Is augmented by	Is controlled by
Liver-Gallbladder (Wood)	HT-SI HC-TH (Fire)	SP-ST (Earth)	KI-BL (Water)	LU-LI (Metal)
Heart-Small Intes- tine-Heart Constrictor-Tri-Heater (Fire)	SP-ST (Earth)	LU-LI (Metal)	LV-GB (Wood)	KI-BL (Water)
Spleen-Stomach (Earth)	LU-LI (Metal)	KI-BL (Water)	HT-SI (Fire)	LV-GB (Wood)
Lung-Large Intestine (Metal)	KI-BL (Water)	LV-GB (Wood)	SP-ST (Earth)	HT-SI (Fire)
Kidney-Bladder (Water)	LV-GB (Wood)	HT-SI HC-TH (Fire)	LU-LI (Metal)	SP-ST (Earth)

Cycle of Augmentation and Inhibition



ELEMENT

MERIDIAN

Wood
Fire

Earth
Metal
Water

Yin
Liver
Heart
Heart-Constrictor
Spleen
Lung
Kidney

Yang
Gallbladder
Small Intestine
Tri-Heater
Stomach
Large Intestine
Bladder

The basic relationships of the physiological actions of the organs and functions related to the Five Elements are illustrated by a cycle of augmentation and inhibition, as shown in the chart on page 68.

**CYCLE OF
AUGMENTATION**

As a mother produces and nourishes (engenders) a child, so wood engenders (produces and nourishes) fire (by burning), fire engenders earth (by leaving ashes), earth engenders metal (by transmutating the ashes), metal engenders water (by melting), water engenders wood (by irrigating).

**CYCLE OF
INHIBITION**

As a master dominates a servant, so wood subjugates earth (by growing to cover it), earth subjugates water (by damming it), water subjugates fire (by quenching it), fire subjugates metal (by melting it), metal subjugates wood (by cutting it). This means that each of the Five Elements has an "energetic" (acupuncture physiologic) relationship with the other four. These relationships are:

Earth is mother of metal, master of water, servant of wood, child of fire.
Metal is mother of water, master of wood, servant of fire, child of earth.
Water is mother of wood, master of fire, servant of earth, child of metal.
Wood is mother of fire, master of earth, servant of metal, child of water.
Fire is mother of earth, master of metal, servant of water, child of wood.

Practical use of theory

The method of using these relationships in treatment is outlined in the section on treatment. For a simple example of the value of using the Five Elements Theory in practice, consider a case of polyuria, keeping in mind that treatment via the Five Elements theory is based upon determining whether the problem is: (a) one of excess; (b) one of deficiency, or (c) one of control. That is, the imbalance of Chi may be in the meridian directly involved in the symptoms, or it may be in the controlling meridian -- the "Master." Polyuria, for instance, could indicate either an excess of the Water element or a deficiency of the Earth element in the Kidney meridian. Excess Water would create excess urine; a deficiency of Earth, failing to control the Water, could also result in excess urine. Another possibility could be a deficiency of Chi in the Spleen meridian, resulting in diminished control of the Kidney meridian. The latter would be especially suspect in a case of enuresis.

**When to use the
Five Elements Effect**

This reasoning can be applied to many symptoms and conditions, and the reasoning then related to the theory that each meridian augments and is augmented, controls and is controlled by one of the others.

There are three primary indications of a need to utilize the Five Elements Effect: (1) When the patient's symptoms have the propensities of two or more of the elements; e.g., inflammation of the bladder -- Fire element in Water meridian; (2) When the patient's symptoms include physiological relationships between two or more organs or functions; e.g., heart and kidney problems; (3) When the patient's symptoms point to too much or too little control of one organ or element over another; e.g., enuresis.

**THE LUO
POINT EFFECT**

Learning the interrelationships of the meridians and physiological functions as set forth in the Five Elements Theory gives you a valuable guide to a quick and accurate diagnosis, as well as to proper method of treatment according to the Sheng and Ko cycles (Chapter VIII).

Stimulating the Luo point on a meridian can (subject to the Law of Deficiency) open the channel to equalize energy between that meridian and its coupled meridian, its bilateral counterpart, or its Midday-Midnight opposite.

**THE TONIFICATION
OR SEDATION EFFECT**

The tonification or sedation effect will follow the cycle of the Law of Stimulation, provided it is in harmony with the Law of Deficiency. Tonification is an increase or excitation of energy in a meridian; sedation is a decrease or calming of energy.

THE LOCAL EFFECT

The local effect resulting from stimulation is the alteration in the acupoint itself and its local area of control.

THE REMOTE EFFECT

The remote effect resulting from stimulation of an acupoint is the alteration that radiates or reflexes to another acupoint or a remote area.

**THE
CONTRALATERAL EFFECT**

Sperensky first described the contralateral effect of stimulation in reporting an experiment in which croton oil was applied as an irritant to the foot of a dog. This stimulation caused degeneration in the opposite paw. Today, neurologists explain this effect by noting that an impulse may travel over the afferent neuron, reach the spinal cord, traverse an intercalated or internuncial neuron over to the opposite side of the cord, and leave by the same segment of the cord on an efferent neuron. This is called contralateral or crossed reflex arc.

The acupuncturist knew of this relationship 4500 years ago. He explained it by pointing out that the bilateral meridians are located upon each side of the body and are connected through their associated

organs; for instance, the two halves of the Lung meridian are connected through the lungs. The two halves of the Heart meridian are connected through the heart. Acupuncturists noted that a stimulus which affected one side had a similar effect on the other. It is for this reason that most modern acupuncturists treat bilateral meridians on both sides, bilaterally. Experience shows that treating only the affected side produces only about a 60% response.

Treating only the contralateral side produces about a 30% response. Treating both sides produces the highest percentage of response.

This information is especially valuable in treatment by acupressure and acupuncture, because the acupoint on the affected side may be too tender to be treated. In most such cases, treating the opposite side, the non-tender side, will either correct the problem without discomfort or pain to the patient, or tenderness on the affected side will be alleviated so that the patient is able to tolerate direct treatment.

THE INTERSECTION EFFECT

Acupuncturists have discovered through experience that a stimulus applied at certain acupoints has an effect not only on that acupoint's meridian, but also on one or more other meridians. These multiple-effect acupoints have been called Crossing points, Reunion points, or Intersection points. Their positions are such that they act as either direct or reflex connections

between the various meridians, and treatment will affect all the intersecting meridians. The effect is subject, of course, to the Law of Deficiency. Neglecting to take the intersecting effect into consideration is one of the reasons many beginning practitioners observe unanticipated results when these points are used.

None of the Intersection points are Points of Command, so they are not used for transferring energy according to the Five Elements theory.

We have correlated several lists of the Intersection points into a cross-reference chart, page 142. This chart may be used to select one point or pair of points to treat two or more meridians with one stimulus. For example, if the Spleen, Kidney, and Liver meridians are involved, either SP-6 or SP-13 may be stimulated bilaterally.

NOTE: Sometimes a dual effect is achieved when stimulating non-intersection points, particularly if a needle is inserted deeply enough to reach an acupoint on another meridian, or a strong stimulus is used where meridians are close together. When this occurs, the patient may experience an additional radiation syndrome.

(See drawing, page 75.)

SEMINAR OF ACUPUNCTURE

CHART OF CORRESPONDENCIES IN MERIDIAN DIAGNOSIS

Element	Wood	Fire	Earth	Metal	Water
Meridian	LV - GB	HT - SI HC - TH	SP - ST	LU - LI	KI - BL
Color (1)	Blue	Red	Yellow	White	Black
Sense Organ	Sight-Eyes	Taste-Tongue	Tactile-Lips	Smell-Nose	Hearing-Ears
Body Tissue	Muscle-Tendons	Blood Vessels	Flesh	Skin-Hair	Bone
Flavor	Sour	Bitter	Sweet	Acrid	Salty
Odor	Rancid	Scorched	Fragrant	Rotten	Putrid
Secretion	Tears	Sweat	Lymph	Mucus	Saliva
Vocal Expression (2)	Shouting	Speaking	Singing	Crying	Groaning
Positive Emotion	Aggressiveness, certainty	Joy, happiness	Sympathy, concern	Grief, sorrow	Reverence, awe, wonder
Negative Emotion	Anger, irritability, restlessness, instability	Hysteria, excessive laughter, sadness	Worry, tension, depression	Negativity, parsimony	Fear, alarm, timidity
Climatic Condition (3)	Wind	Heat	Moisture	Dryness	Cold
Planet	Jupiter	Mars	Saturn	Venus	Mercury

(1) *The areas to examine for abnormal appearance of these colors are the inside of the forearm and the face, particularly the forehead, cheeks, and below the eyes.*

(2) *Persons who are arrogant, irritable, domineering, and shout a lot are prone to suffer from liver and gallbladder disorders.*

Those who seem to chatter incessantly or who stutter tend toward cardiac dysfunctions.

A humming tone of voice indicates weakness in the spleen or stomach, while a firm singing tone indicates a strong spleen and stomach.

Persons who cry easily or complain frequently are susceptible to pulmonary and colon disorders.

Groaning, yawning, and snoring are all related to the kidneys and bladder.

(3) *Wind is unfavorable to the liver and may bring on illness which affects the ligaments.*

Heat is unfavorable to the heart and may bring on illness which affects the arteries.

Moisture is unfavorable to the spleen and may bring on illness which affects the muscles.

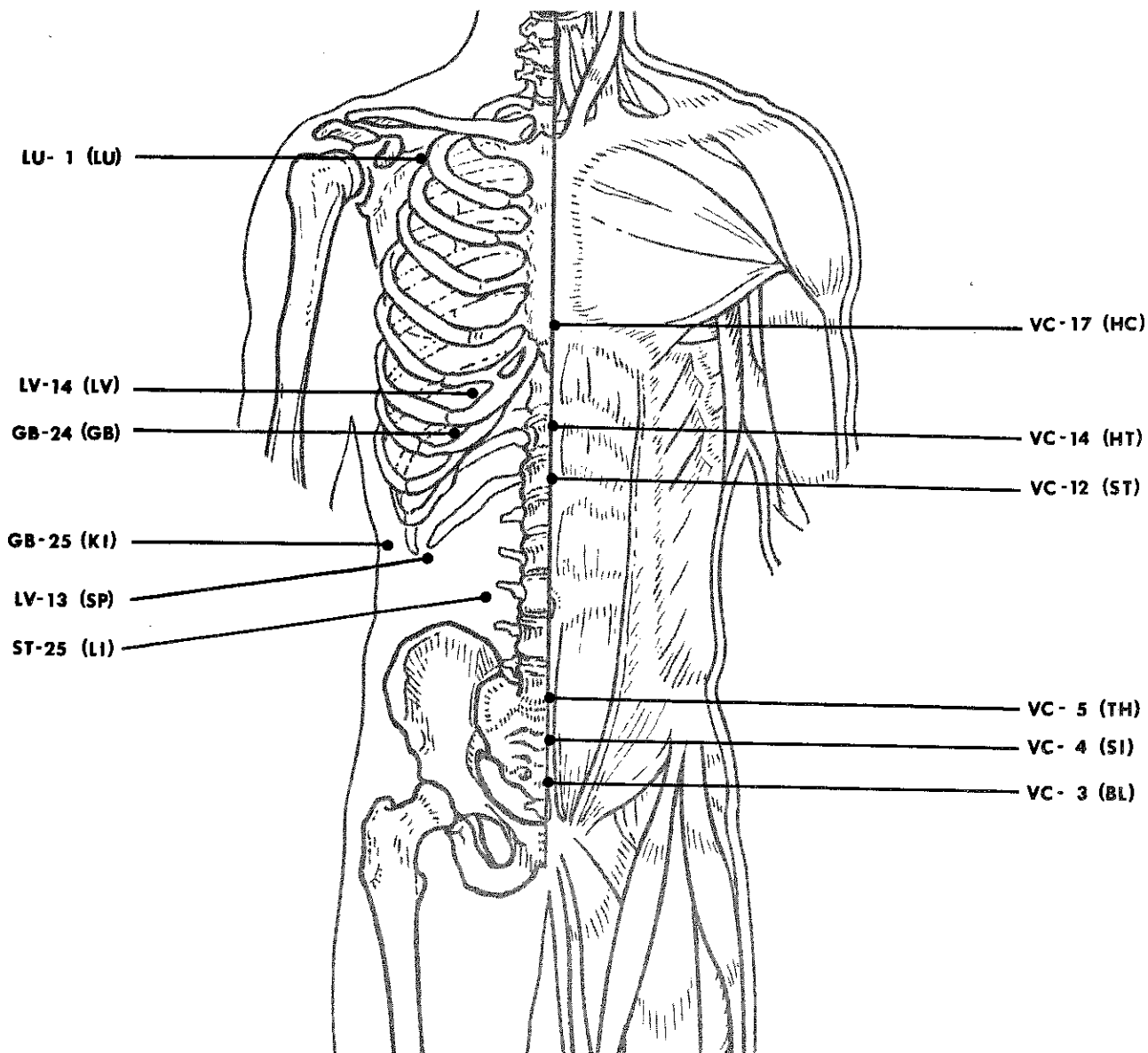
Dryness is unfavorable to the lungs and may bring on illness which affects the skin and hair.

Cold is unfavorable to the kidneys and may bring on illness which affects the bones.

LOCATION OF ALARM POINTS

(Reflex Points for Meridians)

Spontaneous pain at any point indicates disorder of the affiliated meridian.
Tenderness elicited by palpation with light pressure indicates the meridian is deficient in Chi.
Tenderness on heavy pressure indicates an excess of Chi.



ALARM POINTS

Lung	— LU- 1	Heart	— VC-14	Heart Constrictor	— VC-17
Large Intestine	— ST-25	Small Intestine	— VC- 4	Tri-Heater	— VC- 5
Stomach	— VC-12	Bladder	— VC- 3	Gall Bladder	— GB-24
Spleen	— LV-13	Kidney	— GB-25	Liver	— LV-14

element of Water, the element of the Kidney meridian.

Four major types of reflex testing areas are used in acupuncture diagnosis. They are the Alarm points, Associated points, Points of Akabane, and Thermal Reflex Areas.

ALARM POINTS

The Alarm points are all on the ventral surface of the body. Each point is associated with one of the 12 main meridians and its function. Six of the points are unilateral, since they are on the Vessel of Conception. The other six are bilateral.

Tenderness elicited by palpation of an Alarm point with light pressure indicates a deficiency of Chi in the affiliated meridian. Tenderness on heavy pressure indicates an excess of Chi. Tenderness of an Alarm point indicates a Yin type of disease.

Locations of the Alarm points are shown on the chart on page 106.

ASSOCIATED POINTS

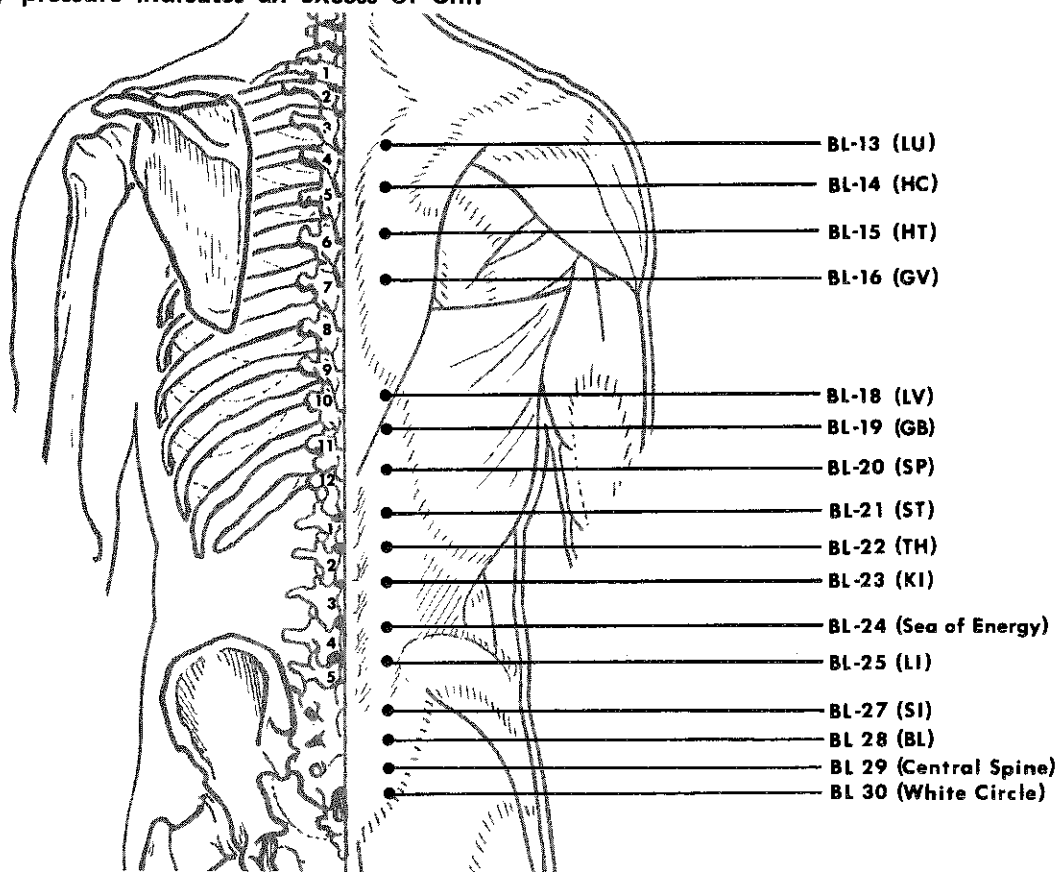
The Associated points are on the back, located on the medial course of the Bladder meridian bilaterally along the spine. As is the case with the Alarm points, each Associated point is affiliated with one of the 12 main meridians and its function.

Tenderness on light pressure indicates a deficiency of Chi in the meridian; tender-

LOCATION OF ASSOCIATED POINTS

(Reflex Points for Meridians)

Spontaneous pain at any point indicates disorder at that particular Meridian.
Tenderness elicited by palpation with light pressure indicates the meridian is deficient in Chi.
Tenderness on heavy pressure indicates an excess of Chi.



MERIDIAN

ASSOCIATED POINT

LOCATION

2 Pouce from Median line

<u>LU</u>	<u>BL 13</u>	Between T3 - T4
<u>HC</u>	<u>BL 14</u>	Between T4 - T5
<u>HT</u>	<u>BL 15</u>	Between T5 - T6
<u>GV</u>	<u>BL 16</u>	Between T6 - T7
<u>LV</u>	<u>BL 18</u>	Between T9 - T10
<u>GB</u>	<u>BL 19</u>	Between T10 - T11
<u>SP</u>	<u>BL 20</u>	Between T11 - T12
<u>ST</u>	<u>BL 21</u>	Between T12 - L1
<u>TH</u>	<u>BL 22</u>	Between L1 - L2
<u>KI</u>	<u>BL 23</u>	Between L2 - L3
<u>LI</u>	<u>BL 25</u>	Between L4 - L5
<u>SI</u>	<u>BL 27</u>	At level of foramen S1
<u>BL</u>	<u>BL 28</u>	At level of foramen S2

EXTRA ASSOCIATED POINTS

Diaphragm	<u>BL 17</u>	Between T8 - T9
Sea of Energy (upper lumbar)	<u>BL 24</u>	Between L3 - L4
Gate Origin (lower lumbar)	<u>BL 26</u>	Between L5 - S1
Central Spine (sacrum)	<u>BL 29</u>	At level of foramen S3
White Circle (anus)	<u>BL 30</u>	At level of foramen S4

(KI 27, "Home of Associated Points," is the Associated point for all the Associated points.)

ness on heavy pressure indicates an excess of Chi. Tenderness of an Associated point indicates a Yang type of disease.

A chart showing the Associated points is on page 108.

POINTS OF AKABANE

The Points of Akabane (pronounced Ak'-kuh-bah'-nee) are the terminal points of meridians on the fingers and toes, as shown on the chart on page 110. Sensitivity at one of these points indicates an imbalance of Chi within that meridian, and the sensitivity at all points is compared to determine relative imbalance between meridians.

Testing of the Akabane points may be done with an electronic instrument that measures skin resistance. A high reading, or low resistance, indicates an excess of Chi. A low reading, or high resistance, indicates a deficiency of Chi.

Electrical heat or manual pressure testing of pain tolerance at the points may also be used, but is sometimes less reliable because of the subjectivity.

THERMAL REFLEX AREAS

A diagram and list of Thermal Reflex Areas is on page 111. If the skin of the area feels cool to the touch, as compared to the surrounding area, a deficiency of Chi in the affiliated meridian is indicated.

Comparative warmth indicates an excess of Chi.

TEST OF AKABANE

Sensitivity at the bilateral terminal points of meridians on the fingers and toes is used as an indicator of energy imbalance within a meridian, and the sensitivity is compared to determine energy imbalance between meridians.

This is usually done by applying "electrical heat," using an electrical machine with heating elements and an electrical counter. Touch the hot point to the terminal points until the patient can no longer stand the pain. The electrical counter gives a time measurement of pain tolerance.

Electronic testing of the skin resistance at the points of Akabane indicates whether a meridian imbalance exists. The difference in the resistance indicates the relative abnormality of the Chi in the meridians.

High reading (low resistance) indicates excess.

Low reading (high resistance) indicates deficiency.

Pressure with your fingers or a pointed object such as a toothpick or a ballpoint pen may be used, but this is more subjective and therefore less reliable.

Points on right foot and hand relate to right half of meridian; points on left foot and hand relate to left half of meridian.

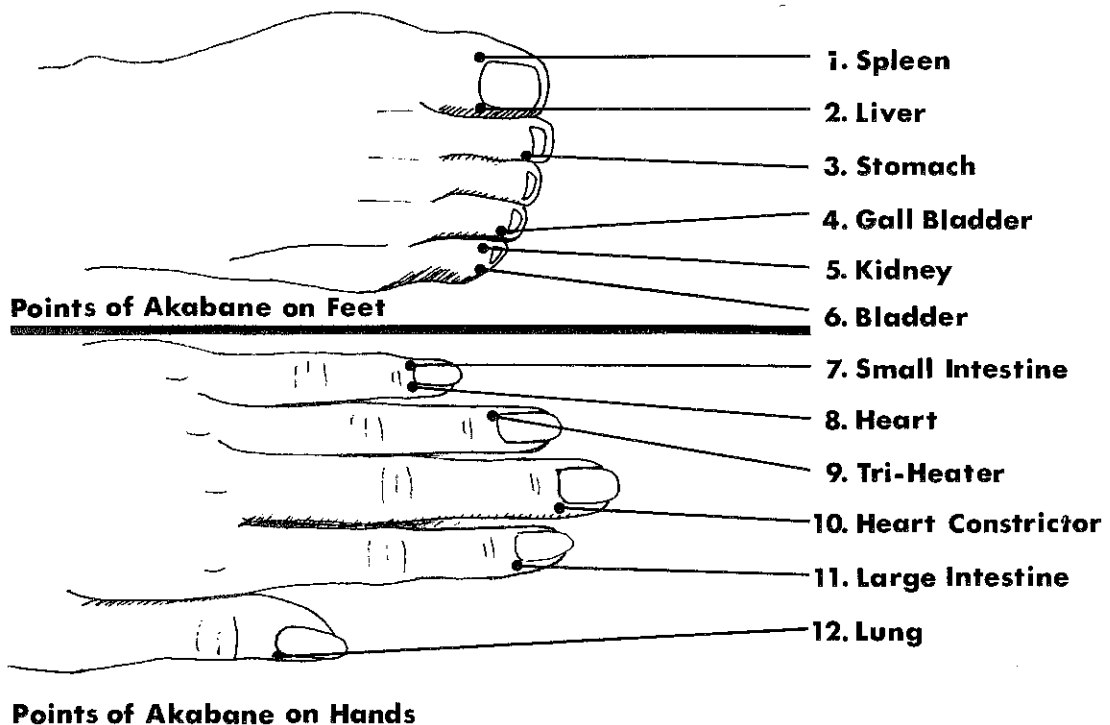


CHART OF INTERSECTION POINTS

Intersection Point	LU	LI	ST	SP	HT	SI	BL	KI	HC	TH	GB	LV	VC	GV
LV-14				X								X		
VC-1													X	X
VC-2												X	X	
<u>VC-3</u>		X	X	X		X	X	X		X	X	X	X	
VC-4				X				X				X	X	
VC-7					X			X					X	
VC-12			X			X				X			X	
VC-13			X			X							X	
VC-17				X		X		X		X			X	
VC-24		X	X										X	X
GV-1								X			X			X
GV-13							X							X
<u>GV-14</u>		X	X			X	X			X	X			X
GV-16							X							X
GV-17							X							X
<u>GV-20</u>		X	X			X	X			X	X			X
GV-23										X	X			X
GV-24							X							X
GV-26		X	X											X
GV-28			X										X	X

LIST OF SPECIAL EFFECTS ACUPOINTS

ALARM POINTS

Meridian	Alarm Point	Meridian	Alarm Point
Lung	LU- 1	Bladder	VC- 3
Large Intestine	ST-25	Kidney	GB-25
Stomach	VC-12	Heart Constrictor	VC-17
Spleen	LV-13	Tri-Heater	VC- 5
Heart	VC-14	Gallbladder	GB-24
Small Intestine	VC- 4	Liver	LV-14

ASSOCIATED POINTS

Meridian	Associated Point	Meridian	Associated Point
Lung	BL-13	Bladder	BL-28
Large Intestine	BL-25	Kidney	BL-23
Stomach	BL-21	Heart Constrictor	BL-14
Spleen	BL-20	Tri-Heater	BL-22
Heart	BL-15	Gallbladder	BL-19
Small Intestine	BL-27	Liver	BL-18

ACCUMULATION (HSI) POINTS

LU- 6	SP- 8	BL-63	TH- 7
LI- 7	HT- 6	KI- 4	GB-36
ST-34	SI- 6	HC- 4	LV- 6

LIST OF SPECIAL EFFECTS ACUPOINTS

SOURCE POINTS

LU- 9	SP- 3	BL-64	TH- 4
LI- 4	HT- 7	KI- 3	GB-40
ST-42	SI- 4	HC- 7	LV- 3

HORARY POINTS

LU- 8	SP- 3	BL-66	TH- 6
LI- 1	HT- 8	KI-10	GB-41
ST-36	SI- 5	HC- 8	LV- 1

TONIFICATION POINTS

(Tonification points are the element points of the preceding "Mother" element on the Five Elements chart.)

LU- 9	SP- 2	BL-67	TH- 3
LI-11	HT- 9	KI- 7	GB-43
ST-41	SI- 3	HC- 9	LV- 8

SEDATION POINTS

(Sedation points are the element points of the ensuing "Child" element on the Five Elements chart.)

LU- 5	SP- 5	BL-65	TH-10
LI- 2	HT- 7	KI- 1	GB-38
ST-45	SI- 8	HC- 7	LV- 2

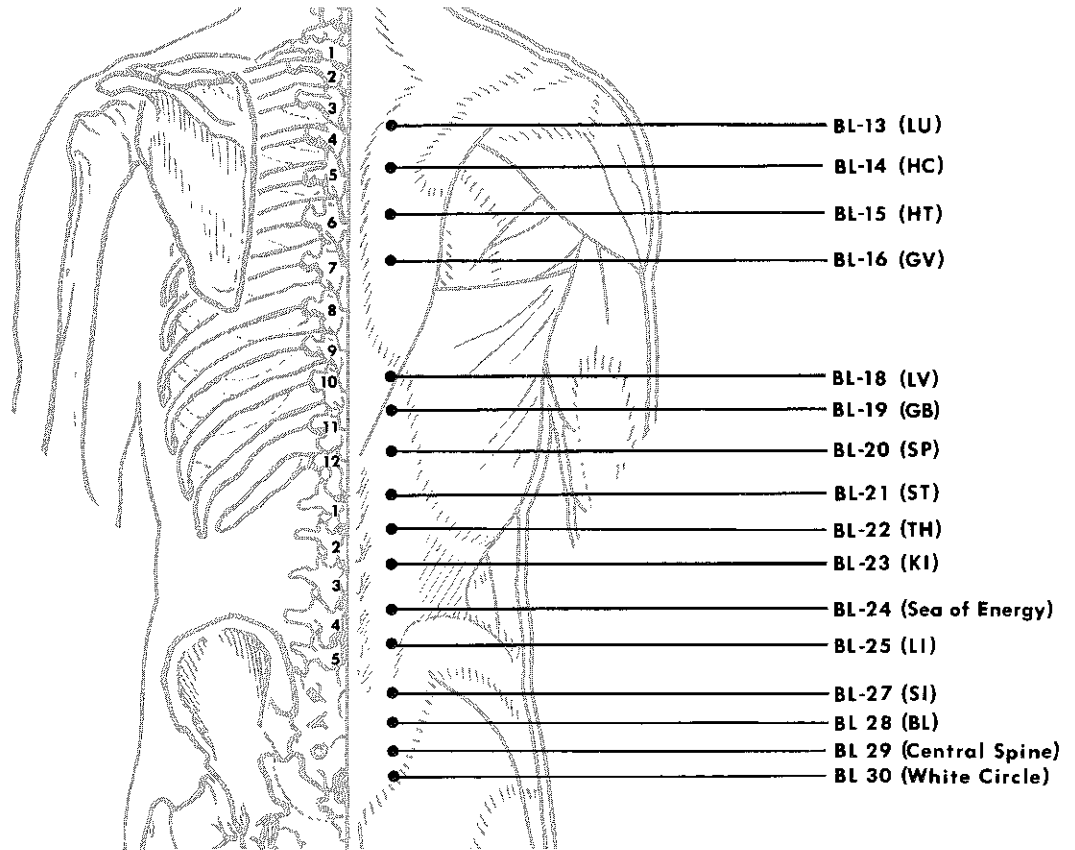
LOCATION OF ASSOCIATED POINTS

(Reflex Points for Meridians)

Spontaneous pain at any point indicates disorder at that particular Meridian.

Tenderness elicited by palpation with light pressure indicates the meridian is deficient in Chi.

Tenderness on heavy pressure indicates an excess of Chi.



MERIDIAN

ASSOCIATED POINT

LOCATION 2 Pouce from Median line

LU	BL 13	Between T3 - T4
HC	BL 14	Between T4 - T5
HT	BL 15	Between T5 - T6
GV	BL 16	Between T7 - T8
LV	BL 18	Between T9 - T10
GB	BL 19	Between T10 - T11
SP	BL 20	Between T11 - T12
ST	BL 21	Between T12 - L1
TH	BL 22	Between L1 - L2
KI	BL 23	Between L2 - L3
LI	BL 25	Between L4 - L5
SI	BL 27	At level of foramen S1
BL	BL 28	At level of foramen S2

EXTRA ASSOCIATED POINTS

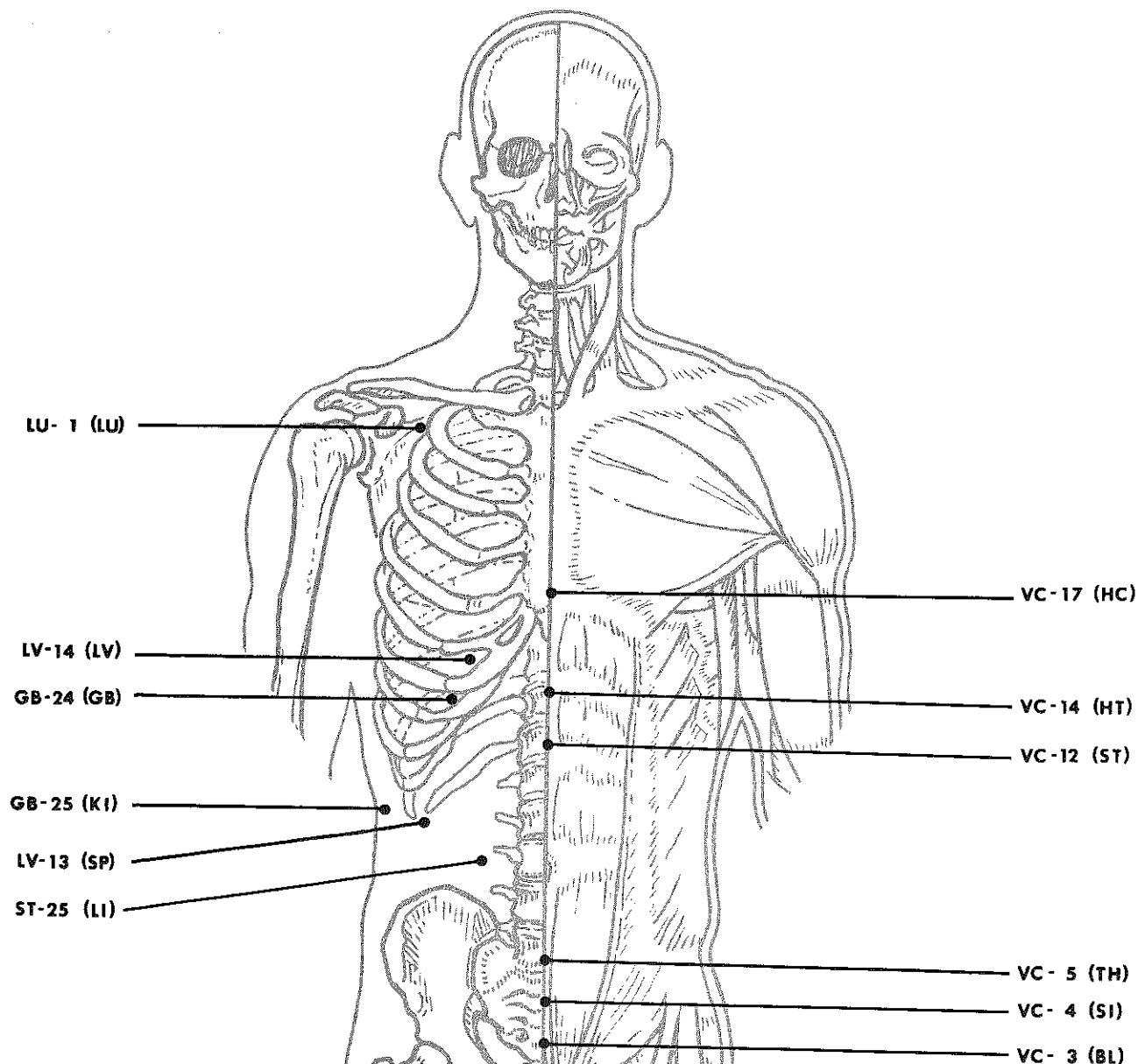
Diaphragm	BL 17	Between T8 - T9
Sea of Energy (upper lumbar)	BL 24	Between L4 - L5
Gate Origin (lower lumbar)	BL 26	Between L5 - S1
Central Spine (sacrum)	BL 29	At level of foramen S3
White Circle (anus)	BL 30	At level of foramen S4

(KI 27, "Home of Associated Points," is the Associated point for all the Associated points.)

LOCATION OF ALARM POINTS

(Reflex Points for Meridians)

Spontaneous pain at any point indicates disorder of the affiliated meridian.
Tenderness elicited by palpation with light pressure indicates the meridian is deficient in Chi.
Tenderness on heavy pressure indicates an excess of Chi.

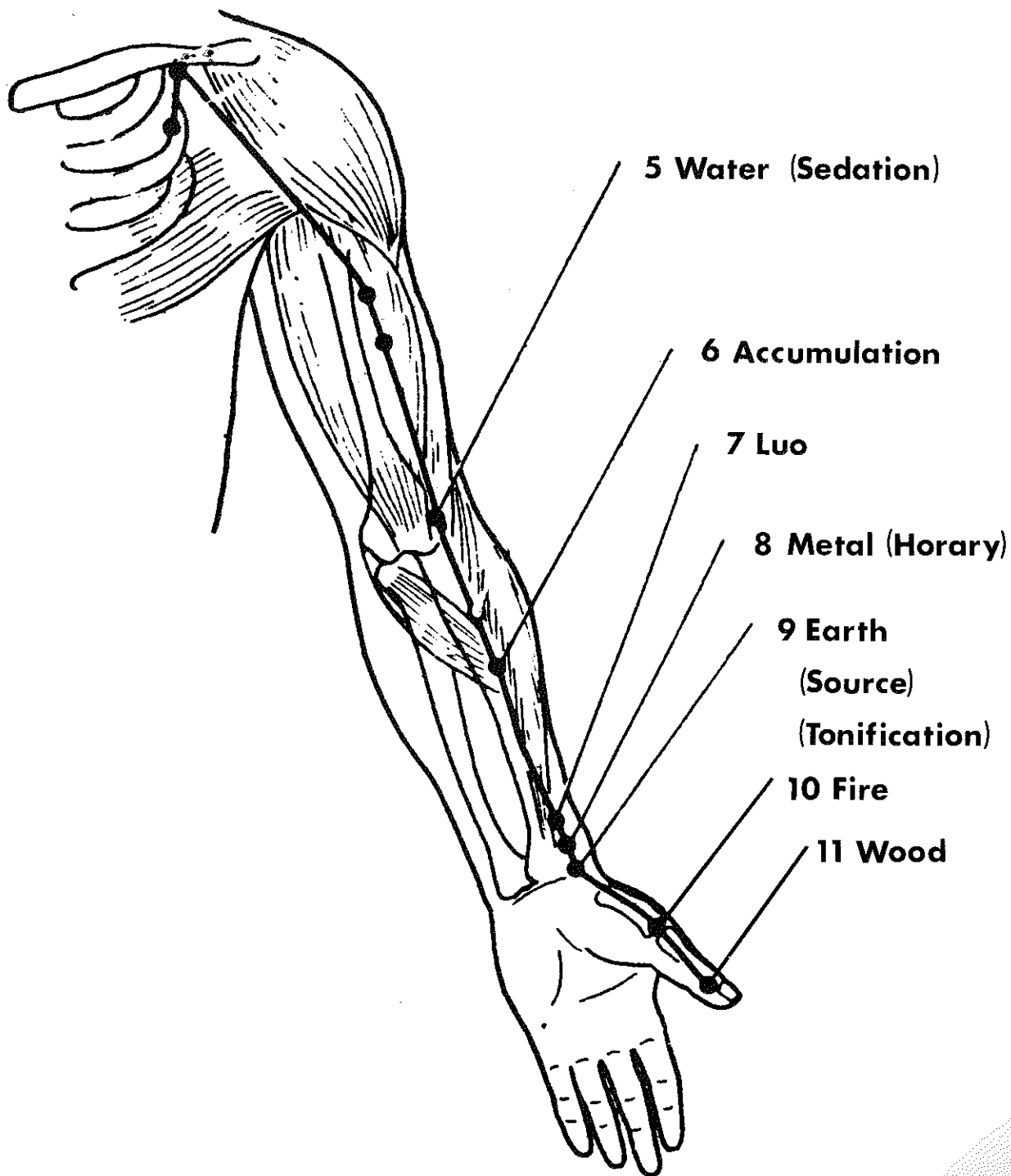


ALARM POINTS

Lung	— LU- 1	Heart	— VC-14	Heart Constrictor	— VC-17
Large Intestine	— ST-25	Small Intestine	— VC- 4	Tri-Heater	— VC- 5
Stomach	— VC-12	Bladder	— VC- 3	Gall Bladder	— GB-24
Spleen	— LV-13	Kidney	— GB-25	Liver	— LV-14

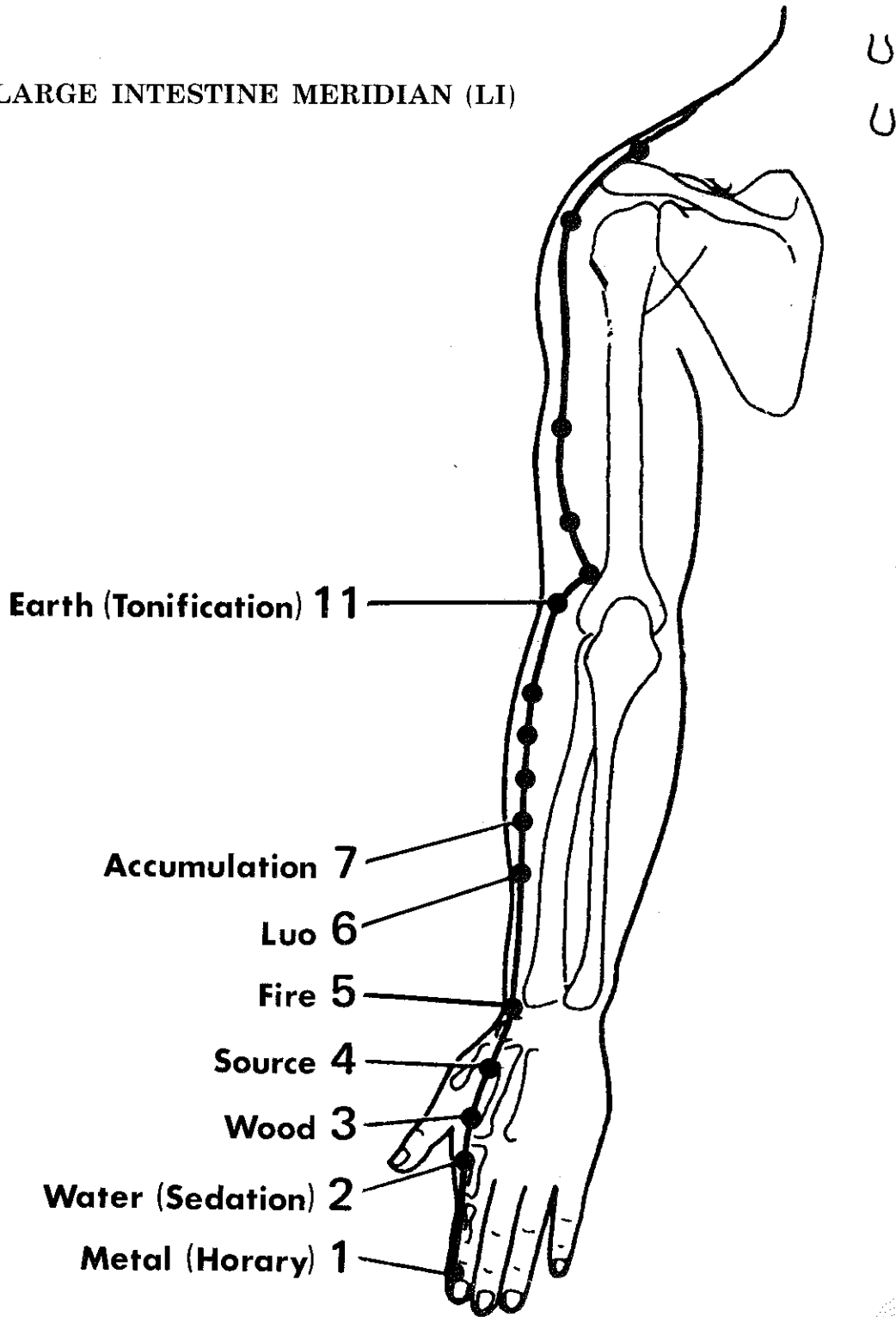
**POINTS OF COMMAND
and Accumulation Point**

LUNG MERIDIAN (LU)

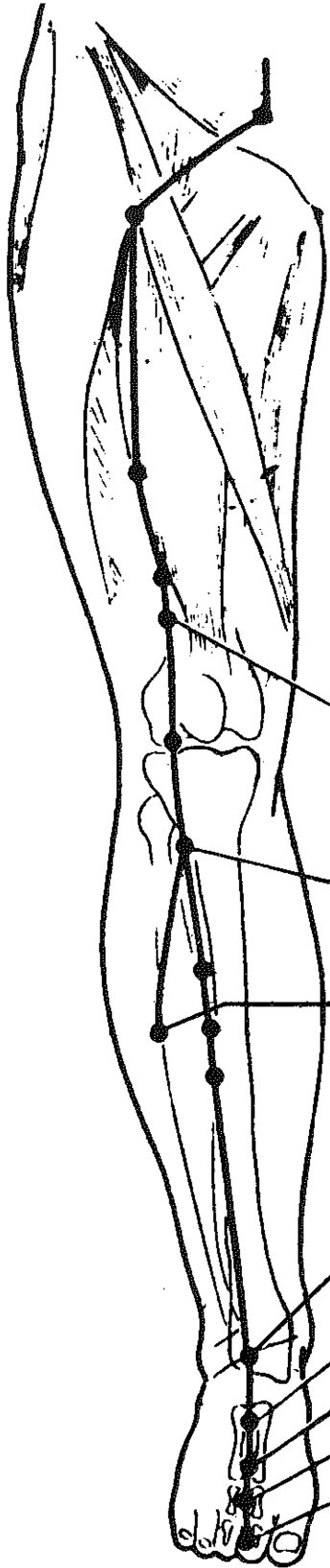


**POINTS OF COMMAND
and Accumulation Point**

LARGE INTESTINE MERIDIAN (LI)



**POINTS OF COMMAND
and Accumulation Point**



STOMACH MERIDIAN (ST)

34 Accumulation

36 Earth (Horary)

40 Luo

**41 Fire
(Tonification)**

42 Source

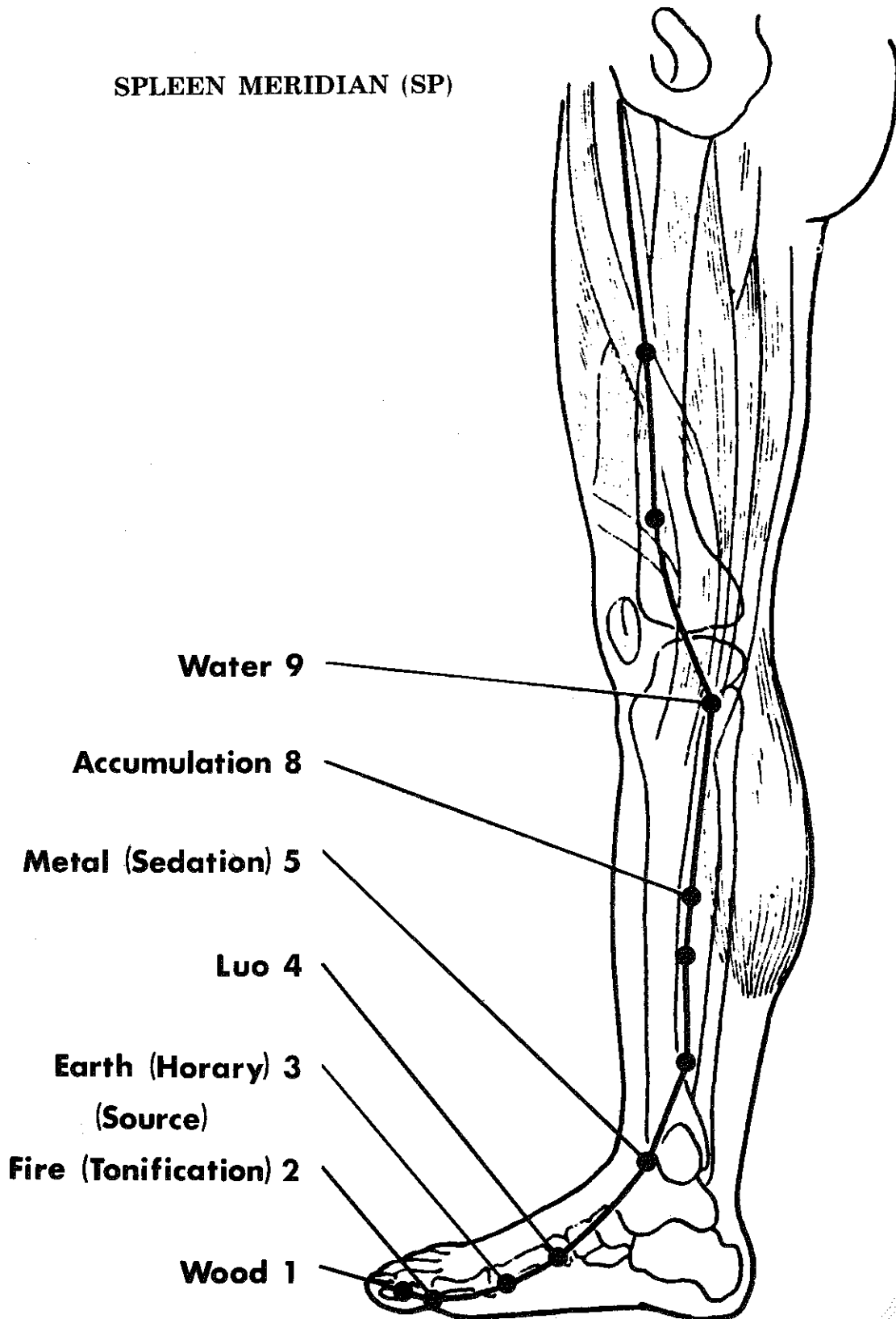
43 Wood

44 Water

45 Metal (Sedation)

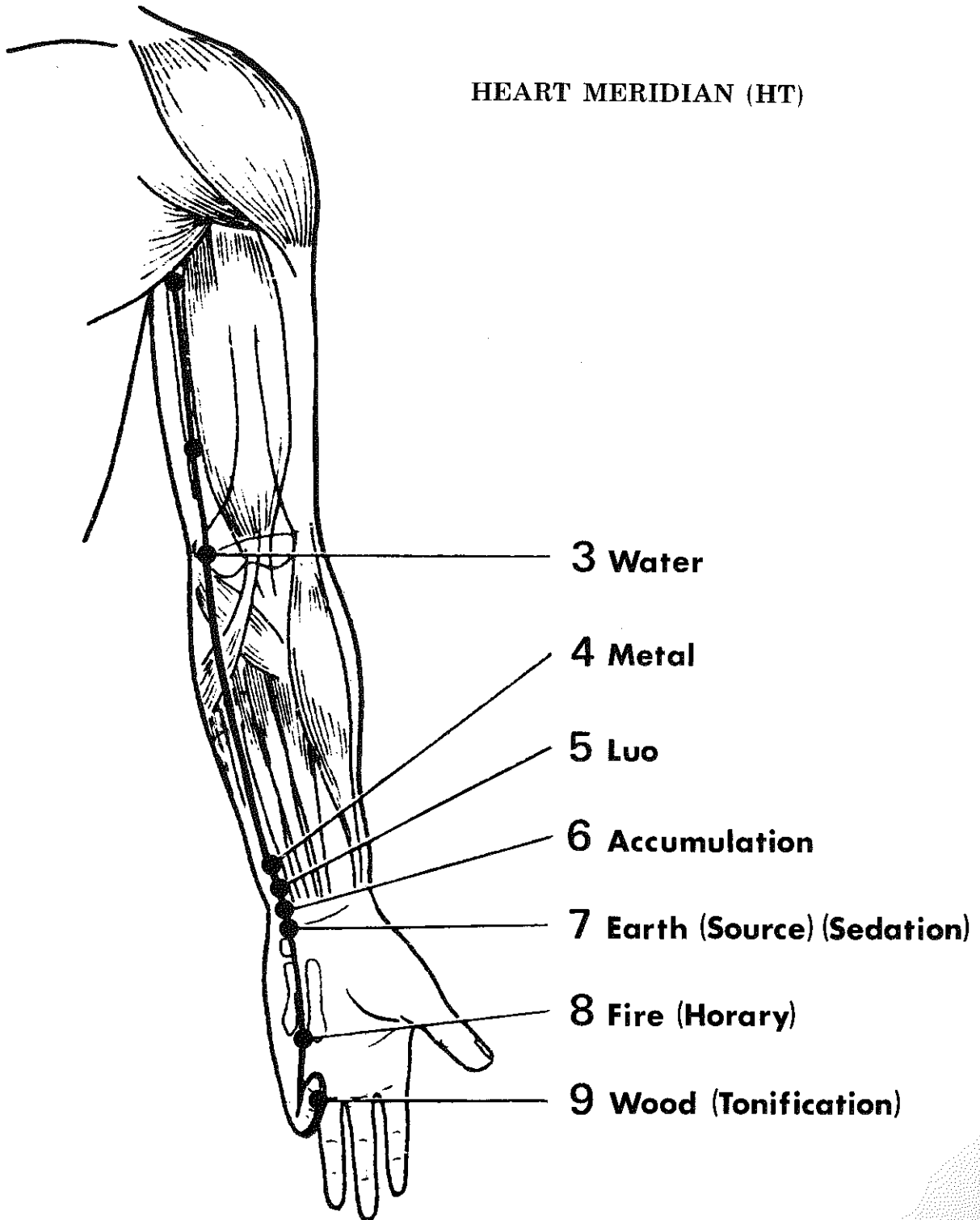
**POINTS OF COMMAND
and Accumulation Point**

SPLEEN MERIDIAN (SP)

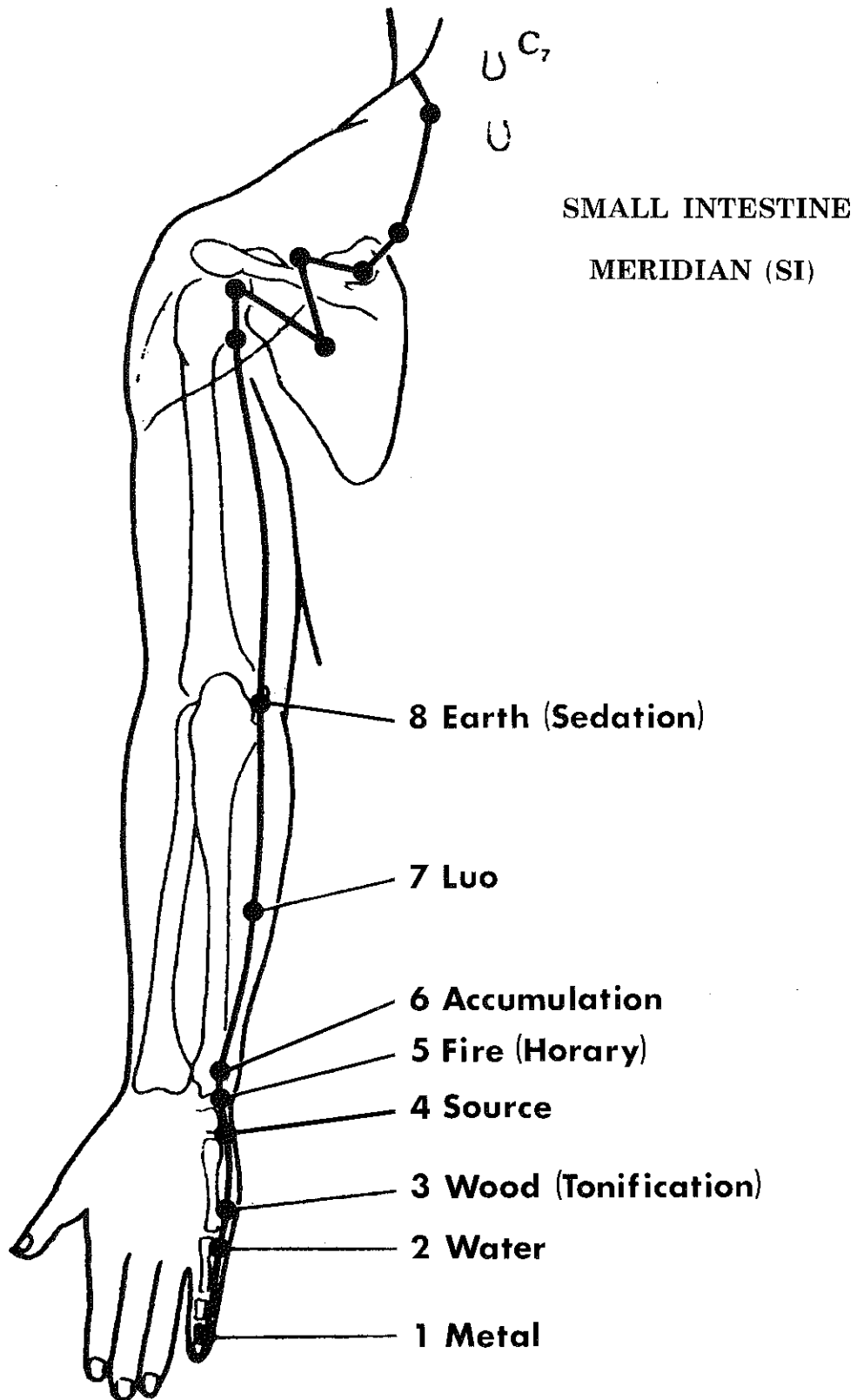


**POINTS OF COMMAND
and Accumulation Point**

HEART MERIDIAN (HT)

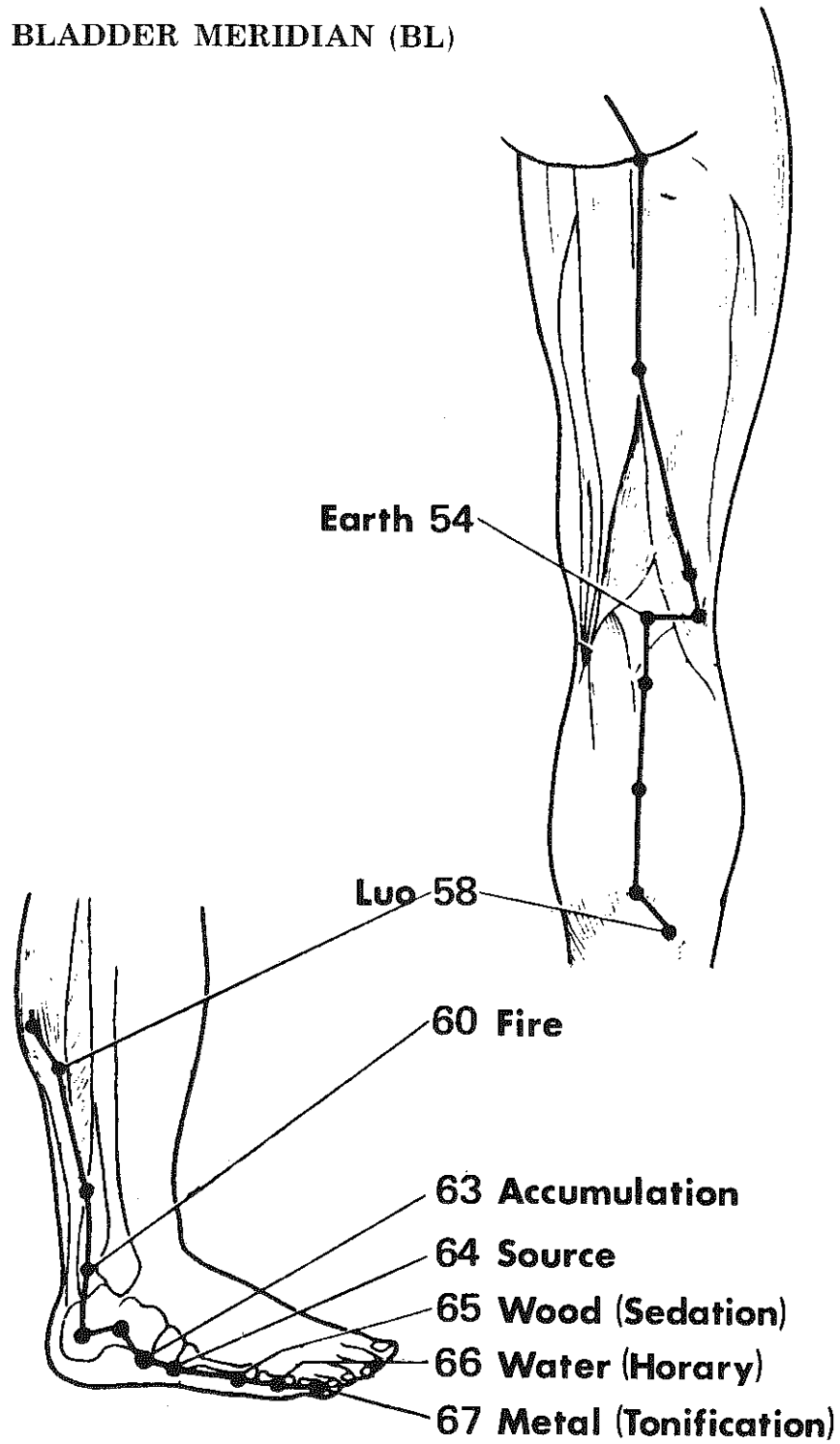


**POINTS OF COMMAND
and Accumulation Point**



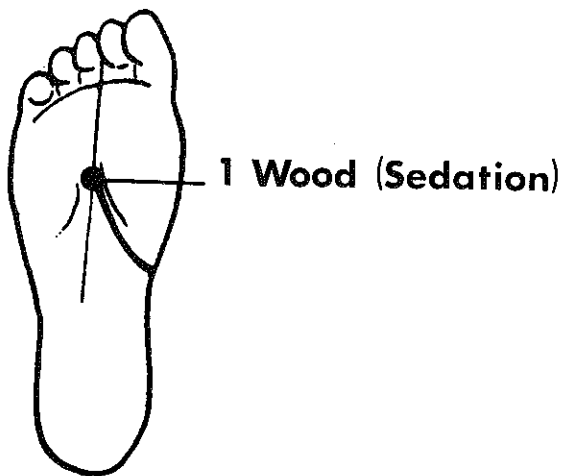
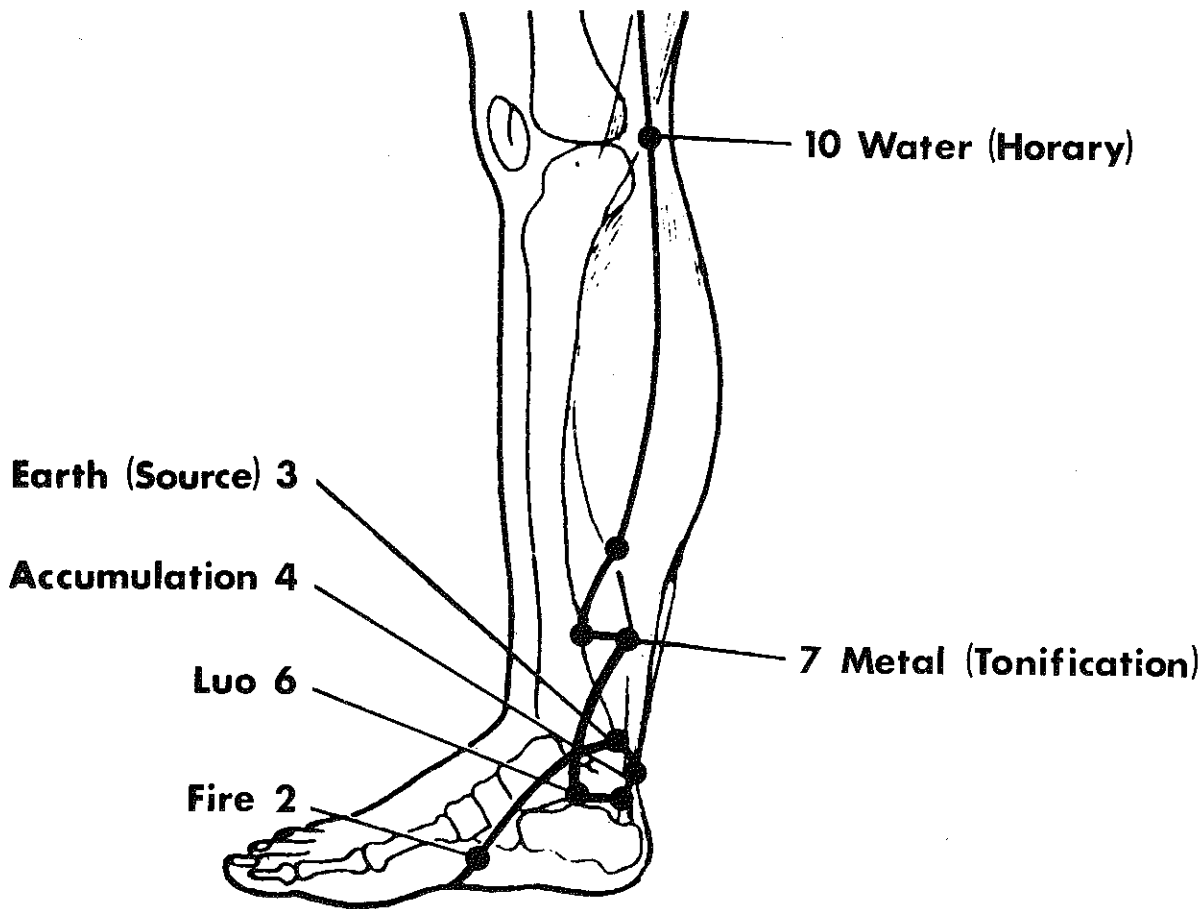
**POINTS OF COMMAND
and Accumulation Point**

BLADDER MERIDIAN (BL)



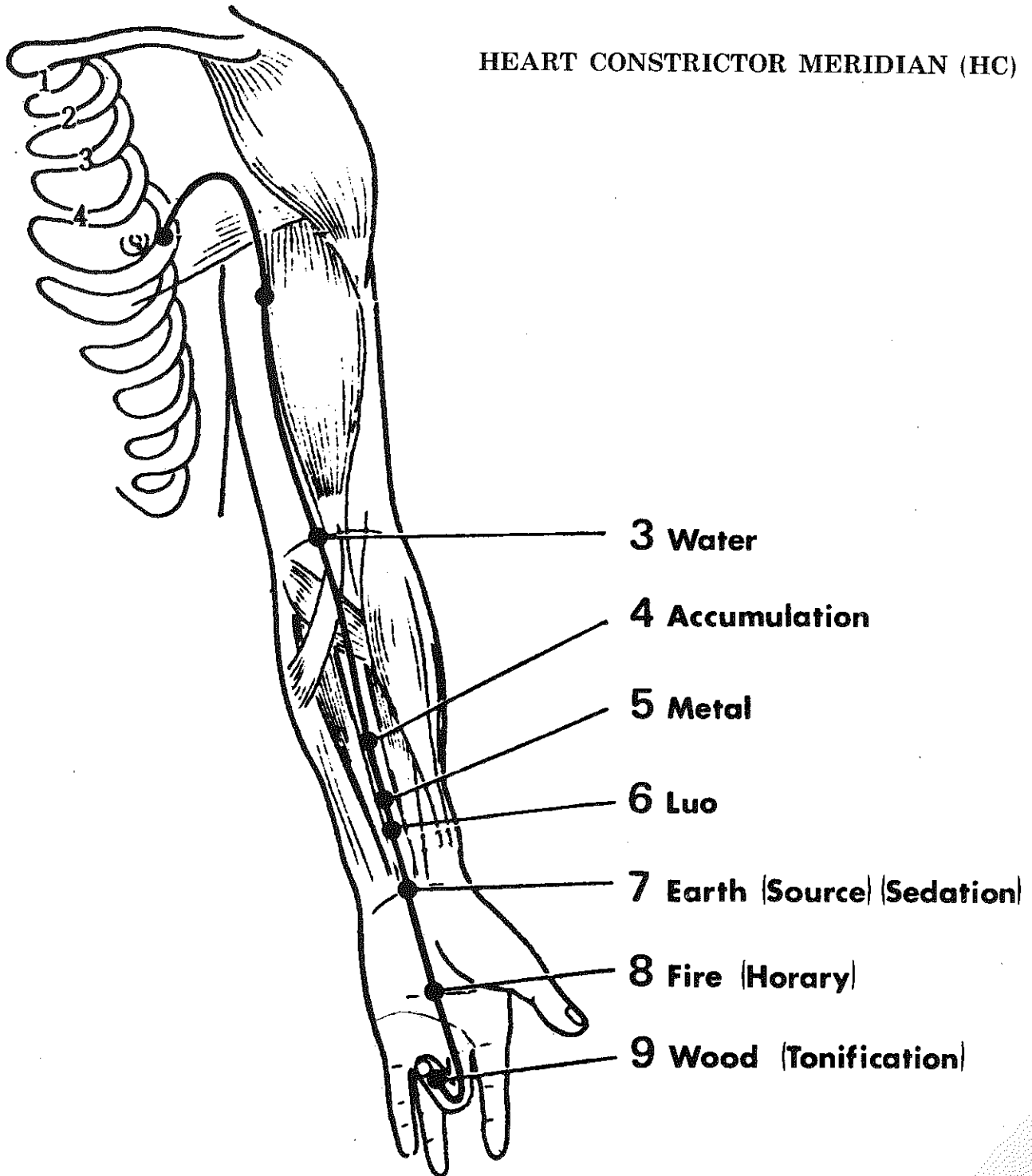
**POINTS OF COMMAND
and Accumulation Point**

KIDNEY MERIDIAN (KI)



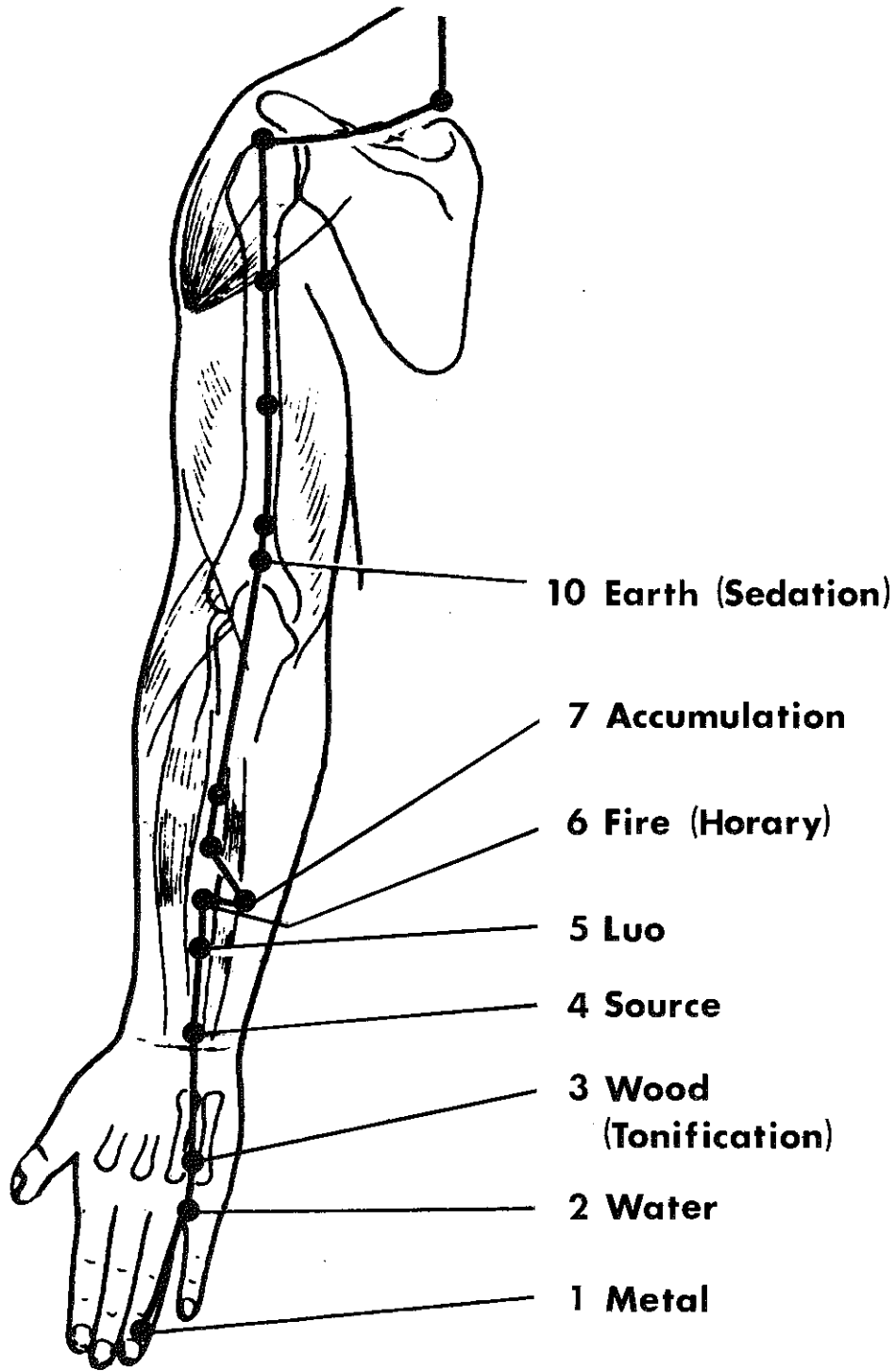
**POINTS OF COMMAND
and Accumulation Point**

HEART CONSTRICTOR MERIDIAN (HC)



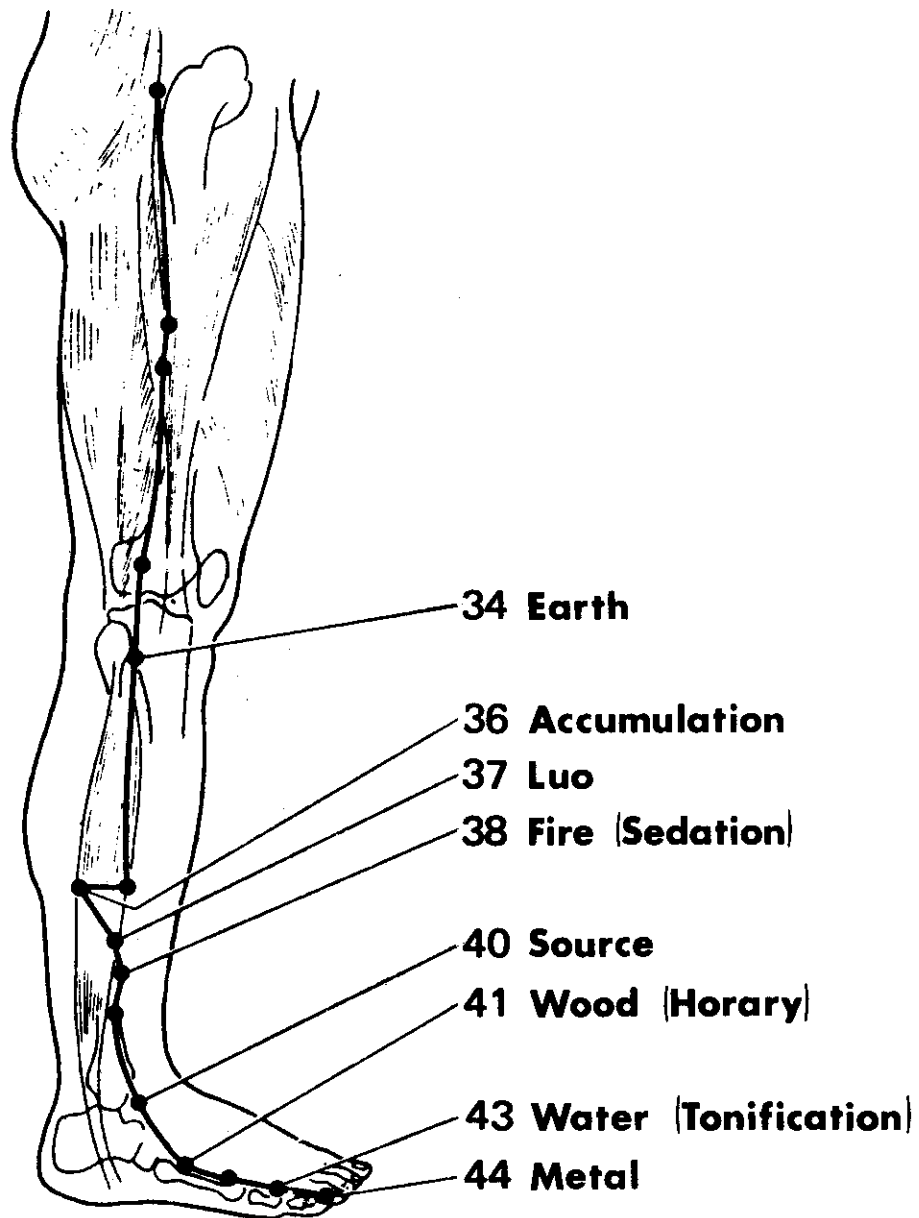
**POINTS OF COMMAND
and Accumulation Point**

TRI-HEATER MERIDIAN (TH)



**POINTS OF COMMAND
and Accumulation Point**

GALLBLADDER MERIDIAN (GB)



**POINTS OF COMMAND
and Accumulation Point**

LIVER MERIDIAN (LV)

Water (Tonification) 8

Accumulation 6

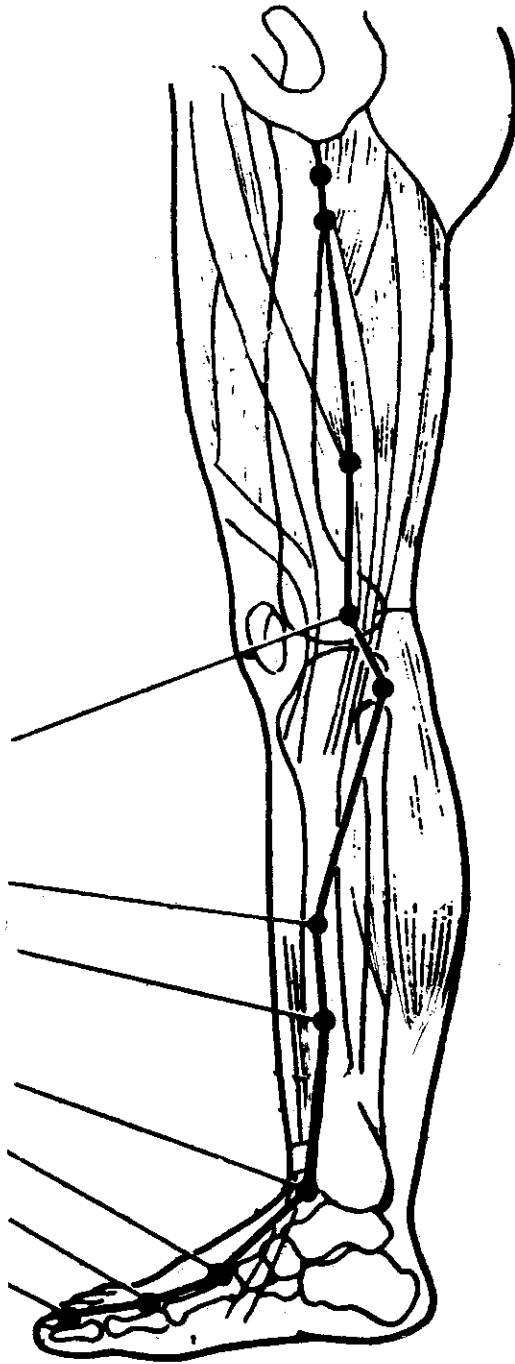
Luo 5

Metal 4

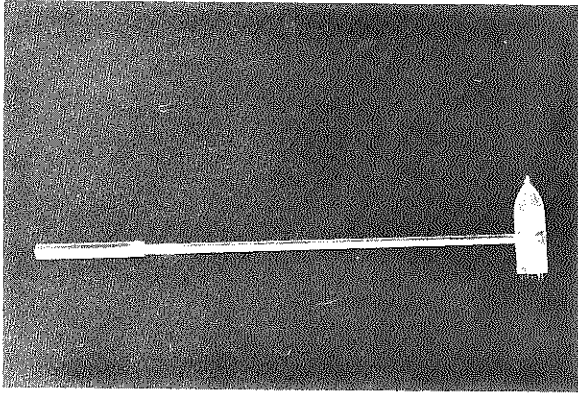
Earth (Source) 3

Fire (Sedation) 2

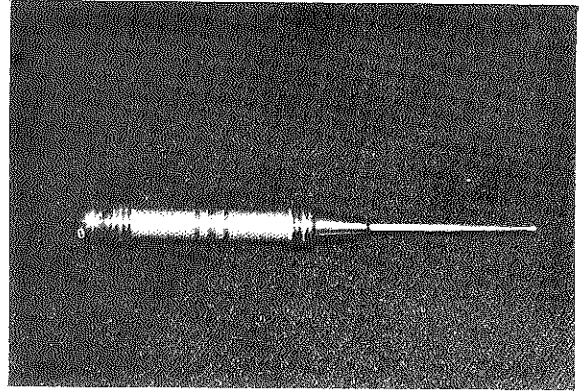
Wood (Horary) 1



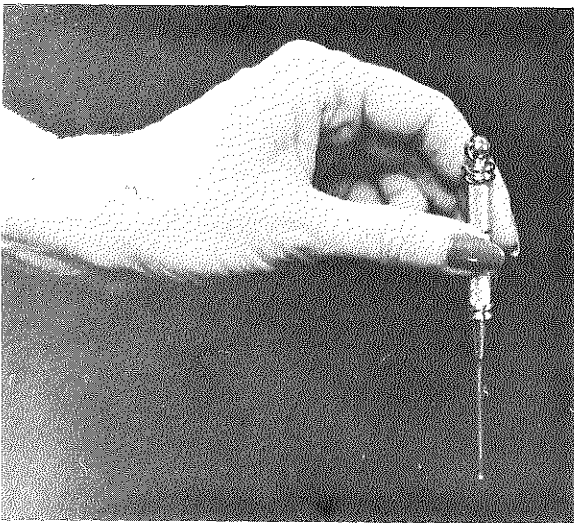
SEMINAR OF ACUPUNCTURE



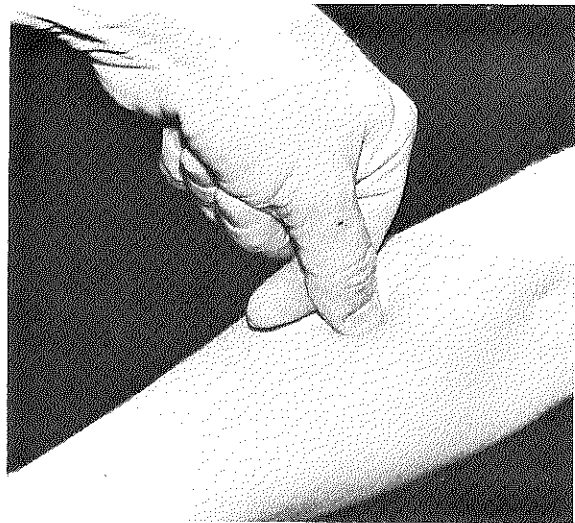
Plum Blossom or Hammer Needle
(actual length 7½")



Pressure Needle
(actual length 4¼")



Using the Pressure Needle



Using the Finger Needle

ABBREVIATIONS FOR THE 12 BILATERAL MERIDIANS

The Meridian of the Lung	LU (Yin)
The Meridian of the Large Intestine	LI (Yang)
The Meridian of the Stomach	ST (Yang)
The Meridian of the Spleen	SP (Yin)
The Meridian of the Heart	HT (Yin)
The Meridian of the Small Intestine	SI (Yang)
The Meridian of the Bladder	BL (Yang)
The Meridian of the Kidney	KI (Yin)
The Meridian of the Heart Constrictor	HC (Yin)
The Meridian of the Tri-Heater	TH (Yang)
The Meridian of the Gallbladder	GB (Yang)
The Meridian of the Liver	LV (Yin)

THE TWO MIDLINE MERIDIANS

The Meridian of the Governing Vessel	GV (Yang)
The Meridian of the Vessel of Conception	VC (Yin)

GUIDE TO PRONUNCIATION OF CHINESE WORDS

Many sounds and words in the Chinese language are almost impossible to duplicate with the English alphabet. However, Western Sinologists have adopted a fairly standard system in translation which approximates the Chinese pronunciation to some degree. This is the system we have followed in this book, particularly in listing the Chinese names of the meridians and acupoints. The rules are as follows:

VOWELS:

a as in father
e as in ten
i as in machine
o as in order
u as in moon

CONSONANTS:

ch - zh sound as the g in beige
ch' as in chin
hs as the sh in shoe
j as the r in run
k as the g in go
k' as the c in cat
p as the b in boy
p' as the p in pie
t as the d in dog
t' as the t in time
ts and tz as the ds in beads
t's and t'z as the ts in meets

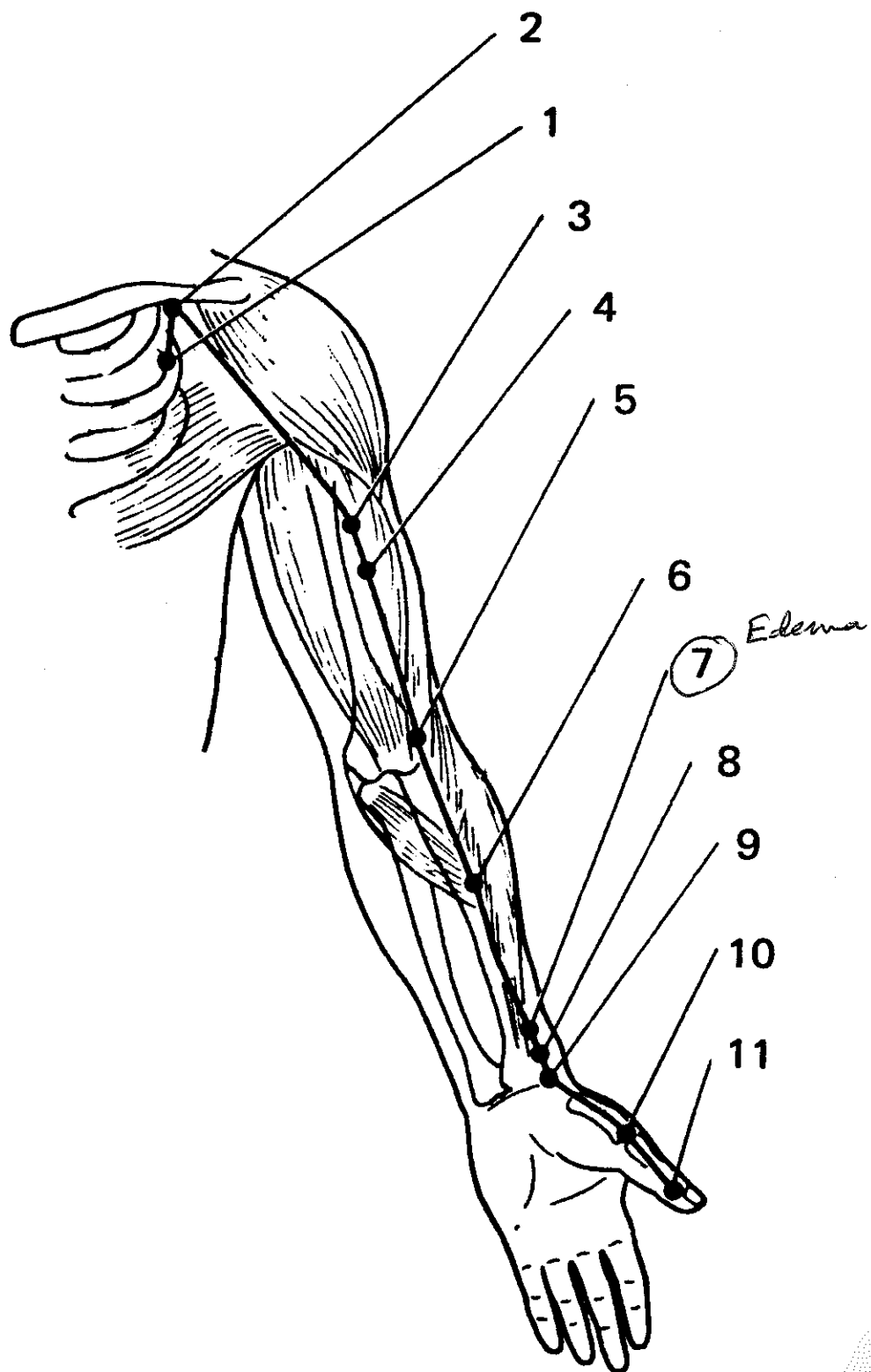
DOUBLE VOWELS:

ai as in aisle
ao as in how
ei as in eight
ou as in shoulder
ua as in water

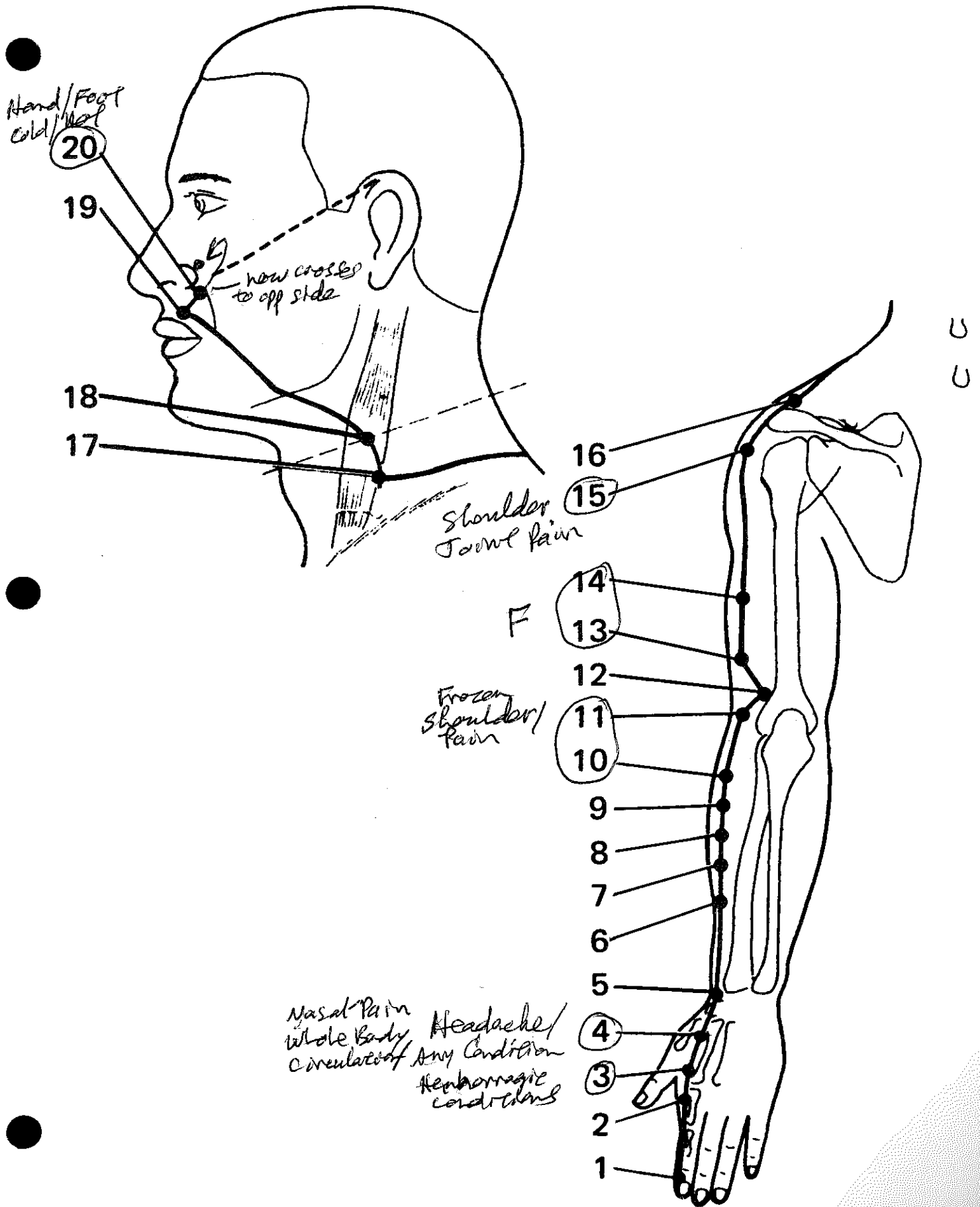
OTHER SOUNDS:

en as the un in bun
eng as the ung in sung
ih as the ir in bird
u before n or ng as in burn
uai as the wi in wide
uei as the wa in way

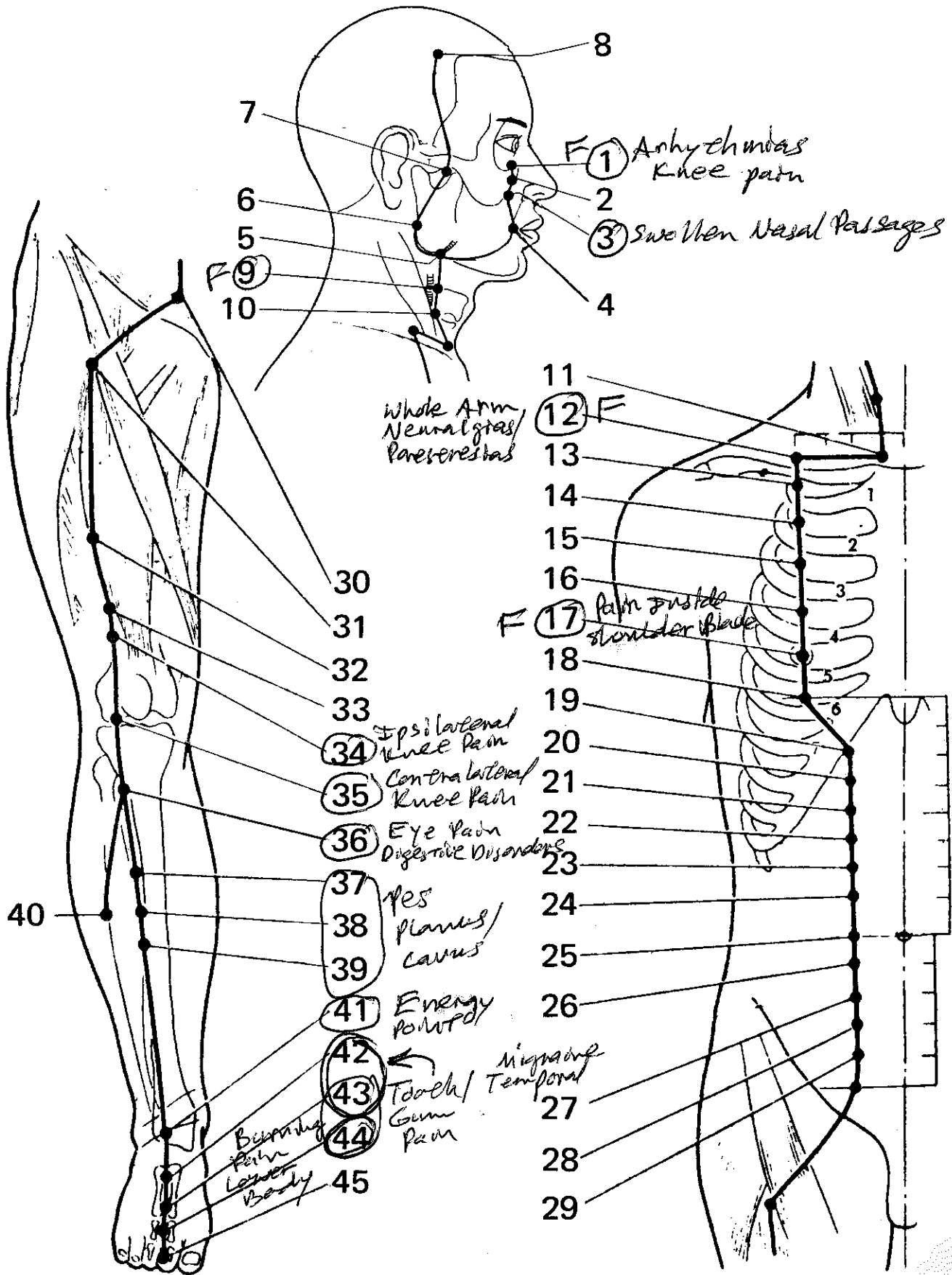
LUNG MERIDIAN (LU)



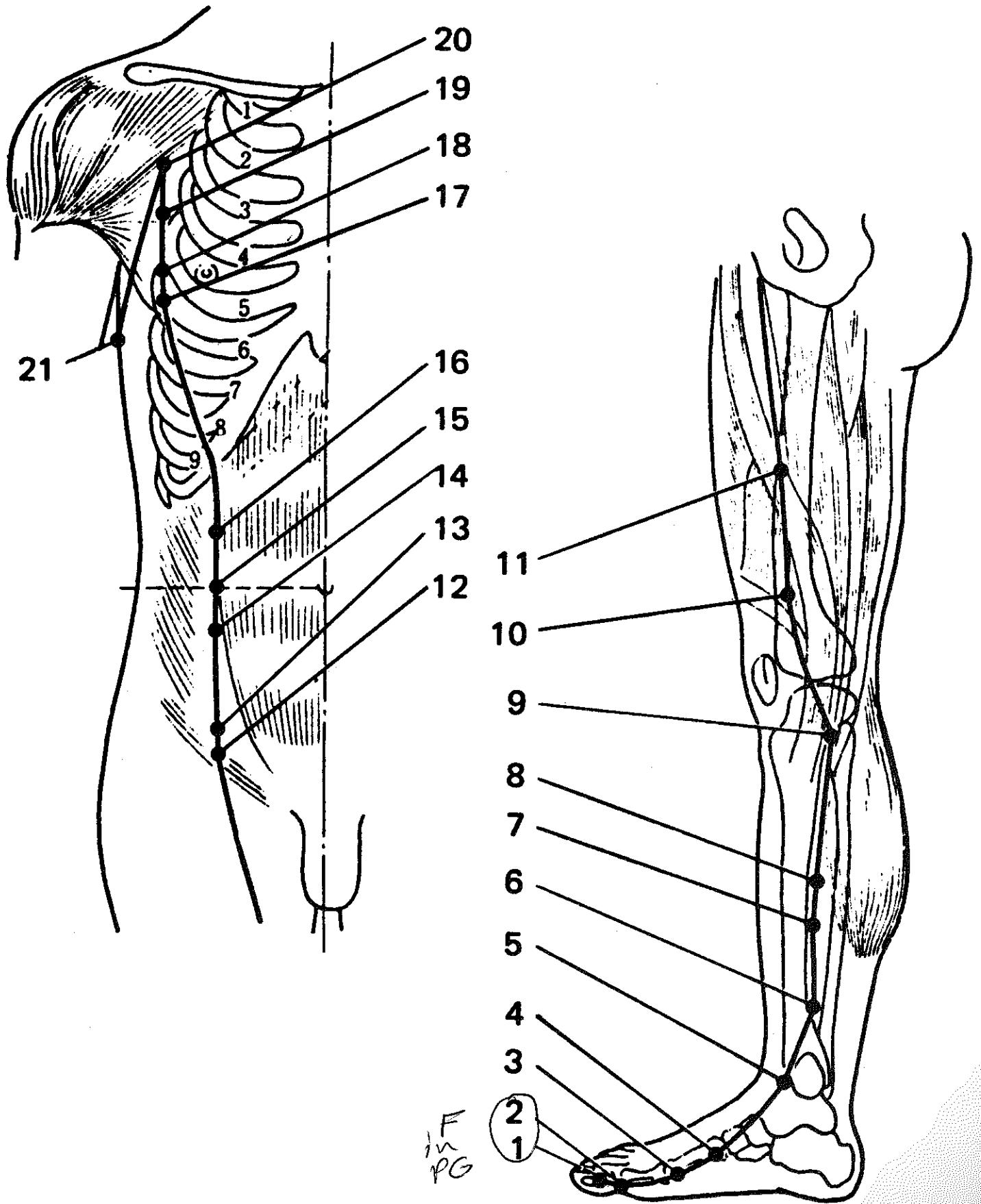
LARGE INTESTINE MERIDIAN (LI)



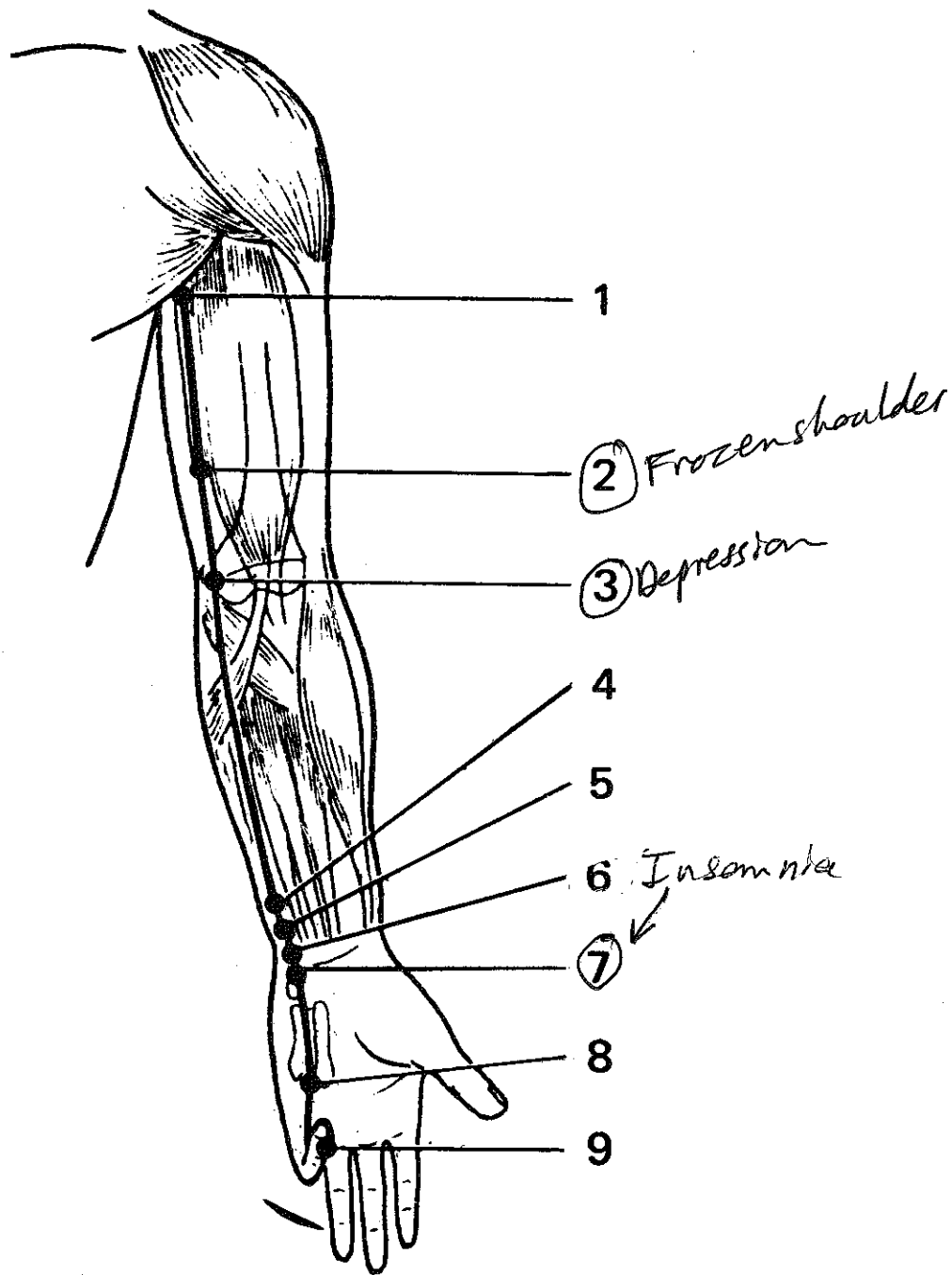
STOMACH MERIDIAN (ST)



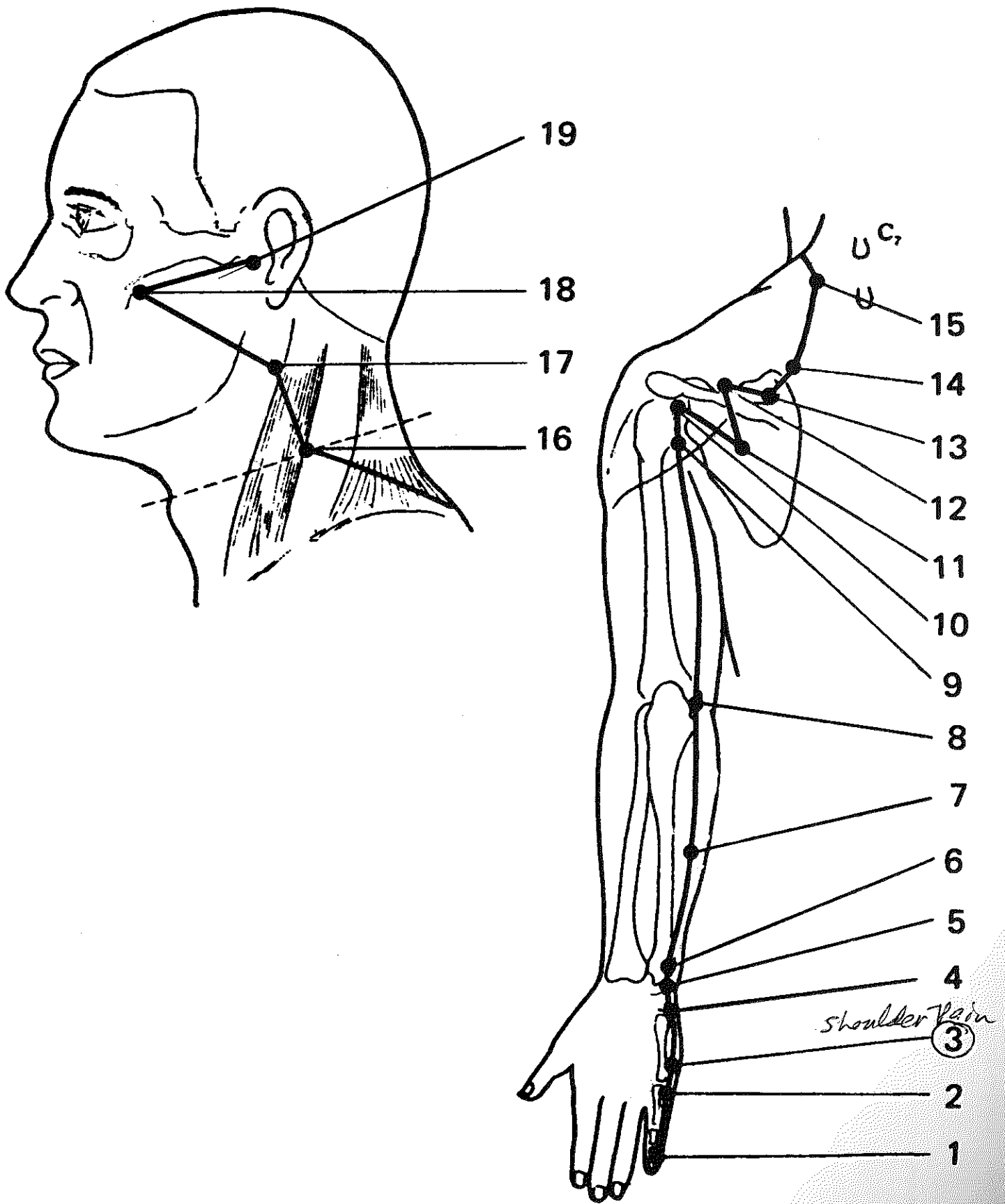
SPLEEN MERIDIAN (SP)



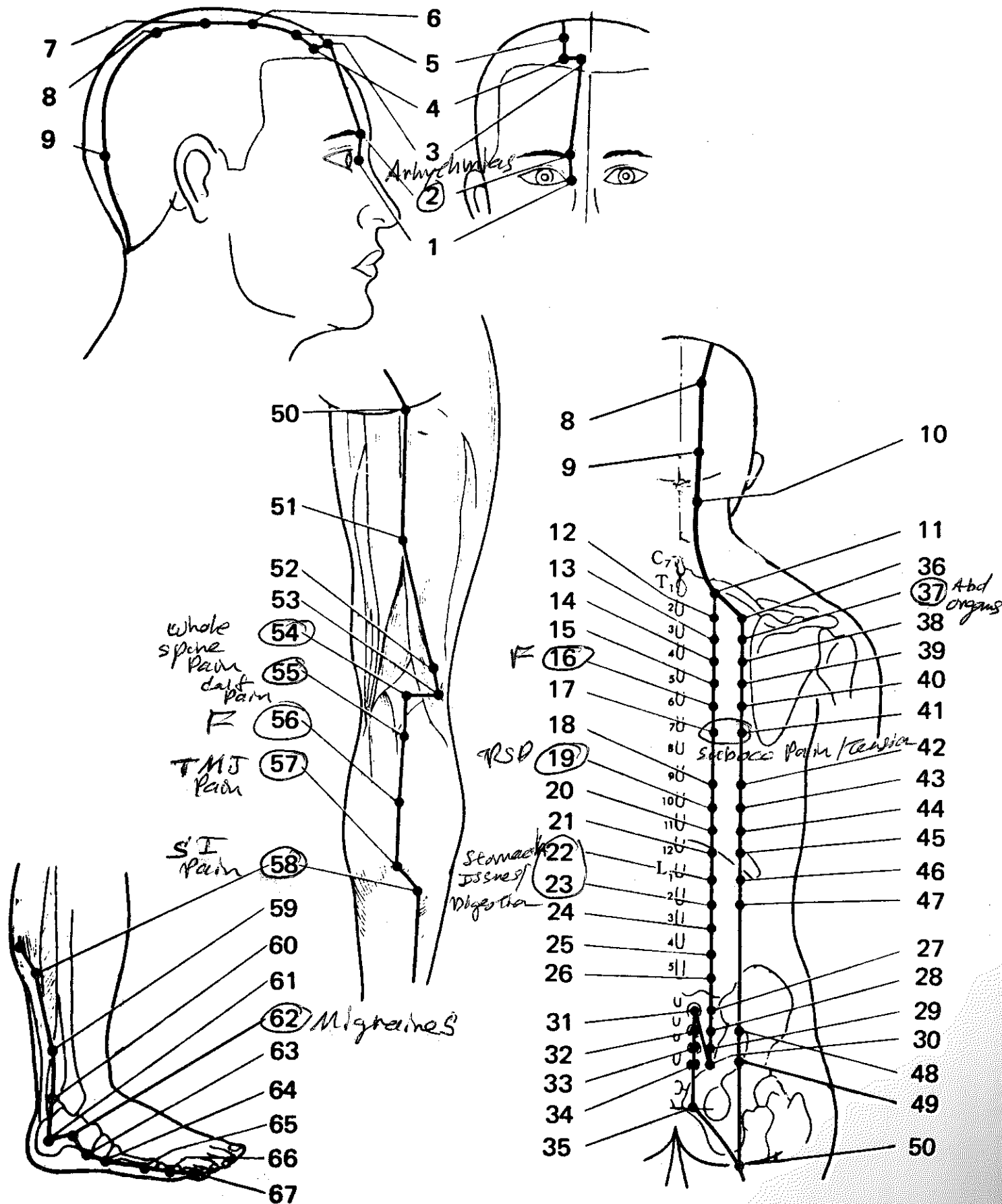
HEART MERIDIAN (HT)



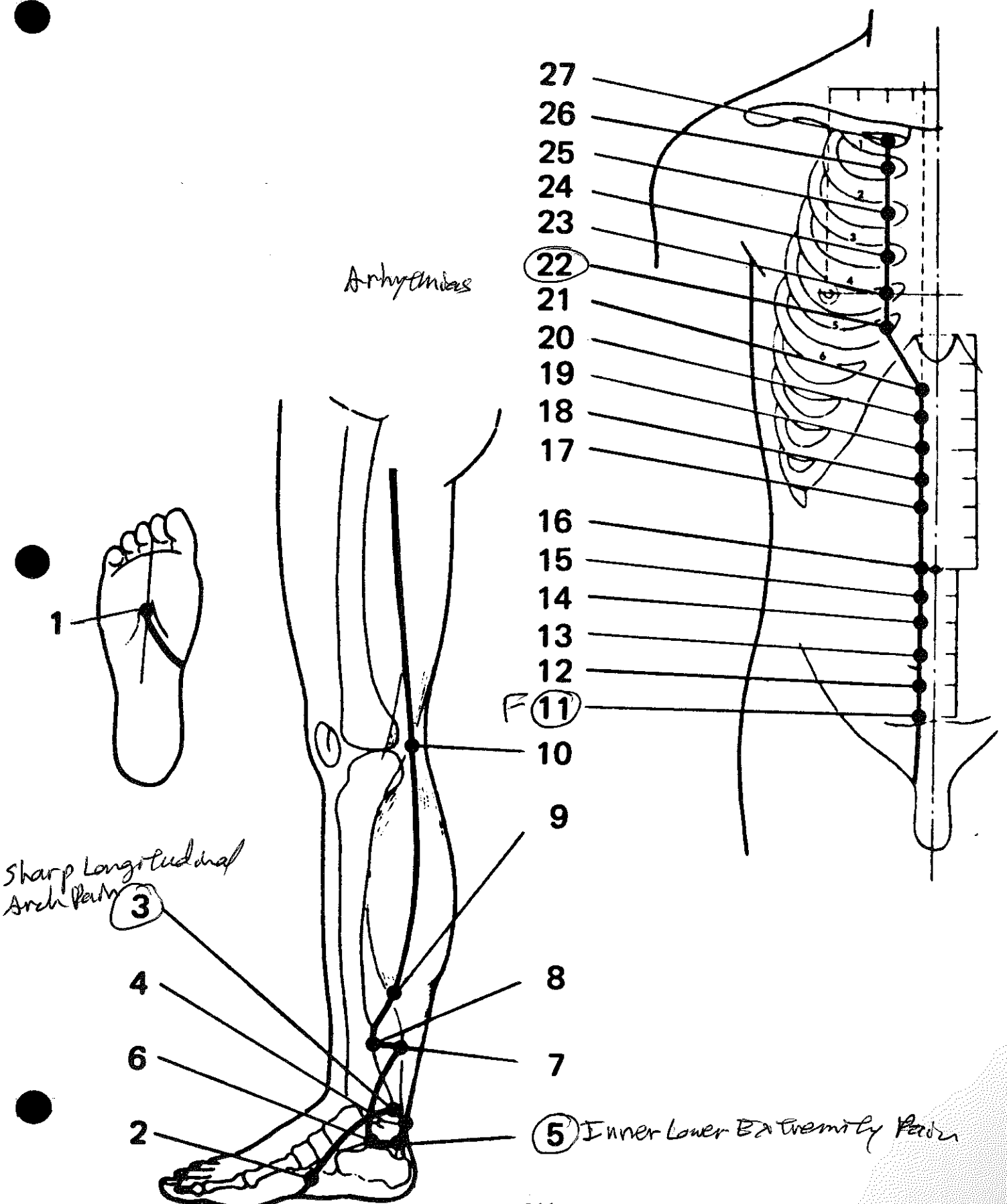
SMALL INTESTINE MERIDIAN (SI)



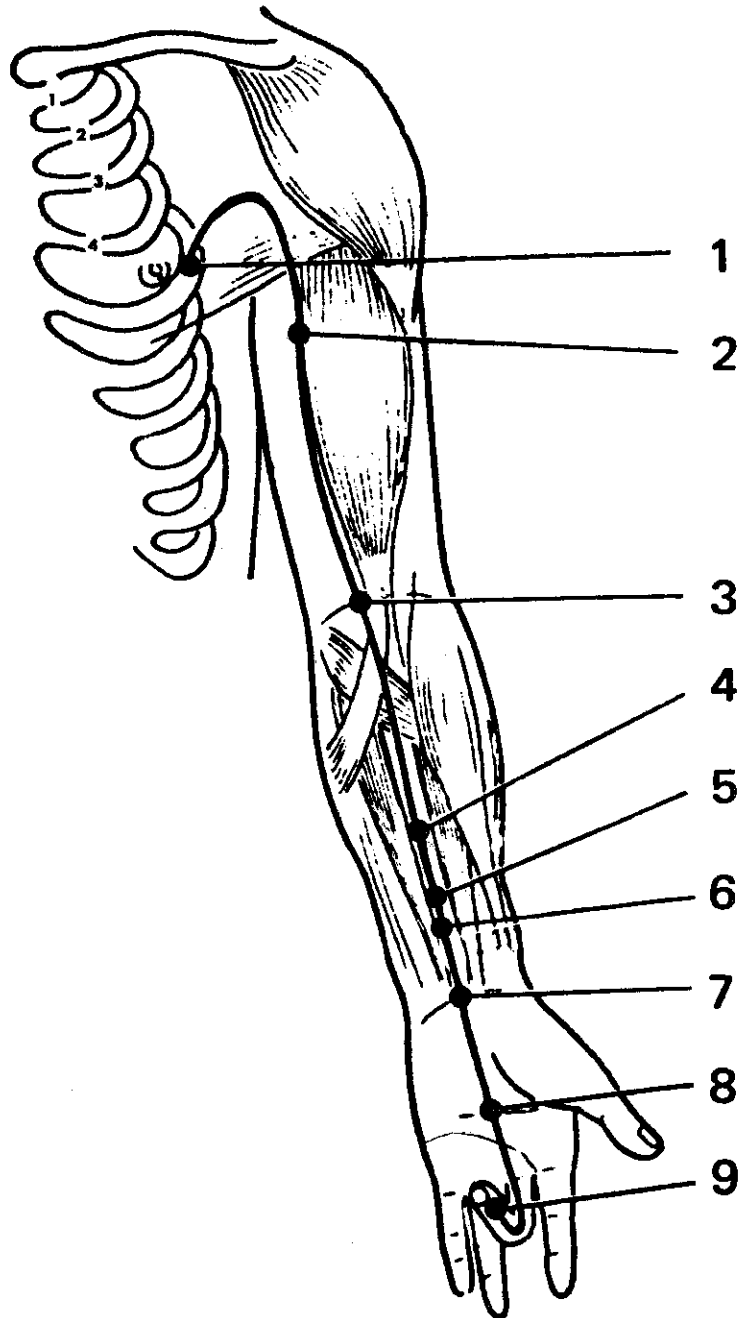
BLADDER MERIDIAN (BL)



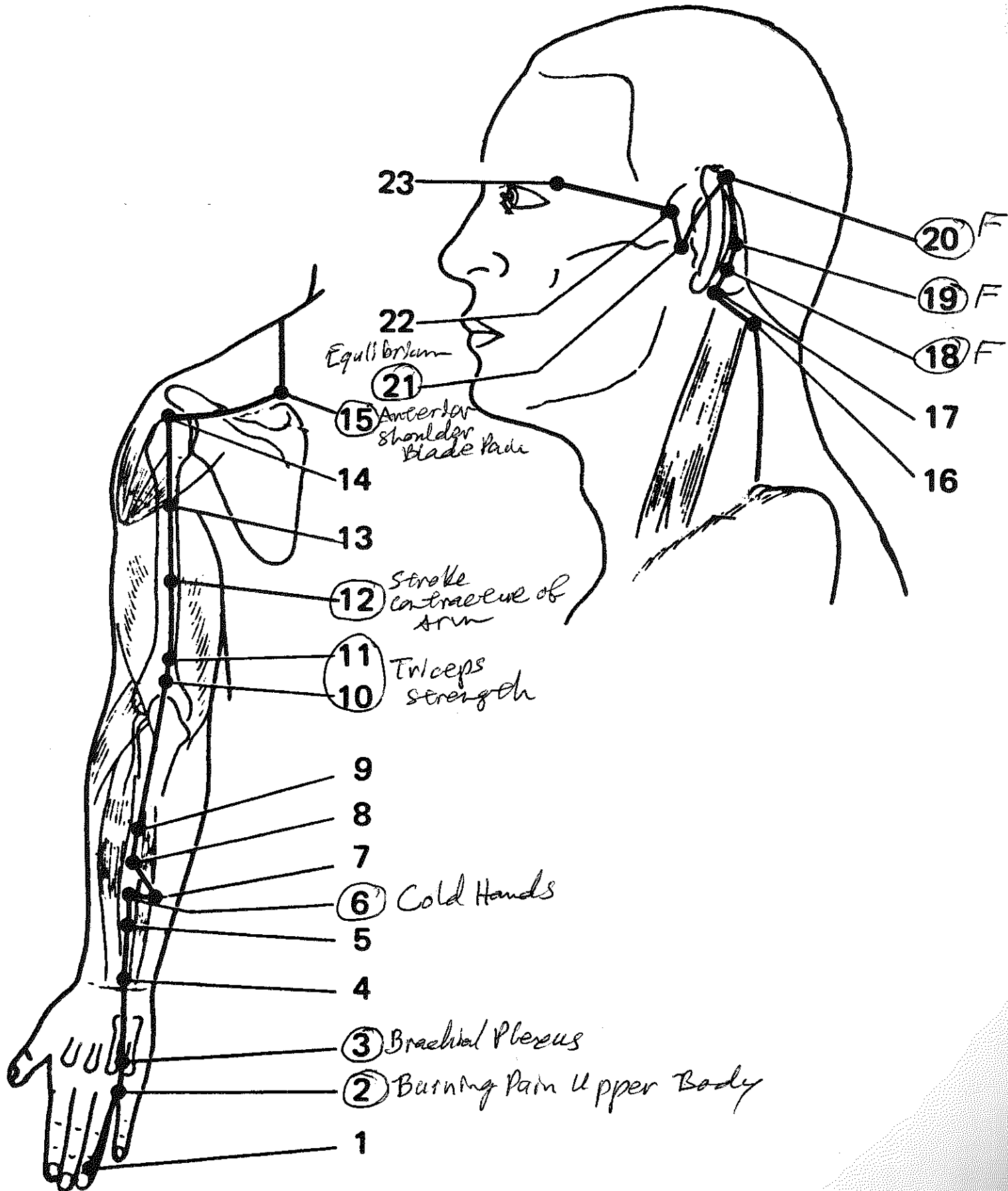
KIDNEY MERIDIAN (KI)



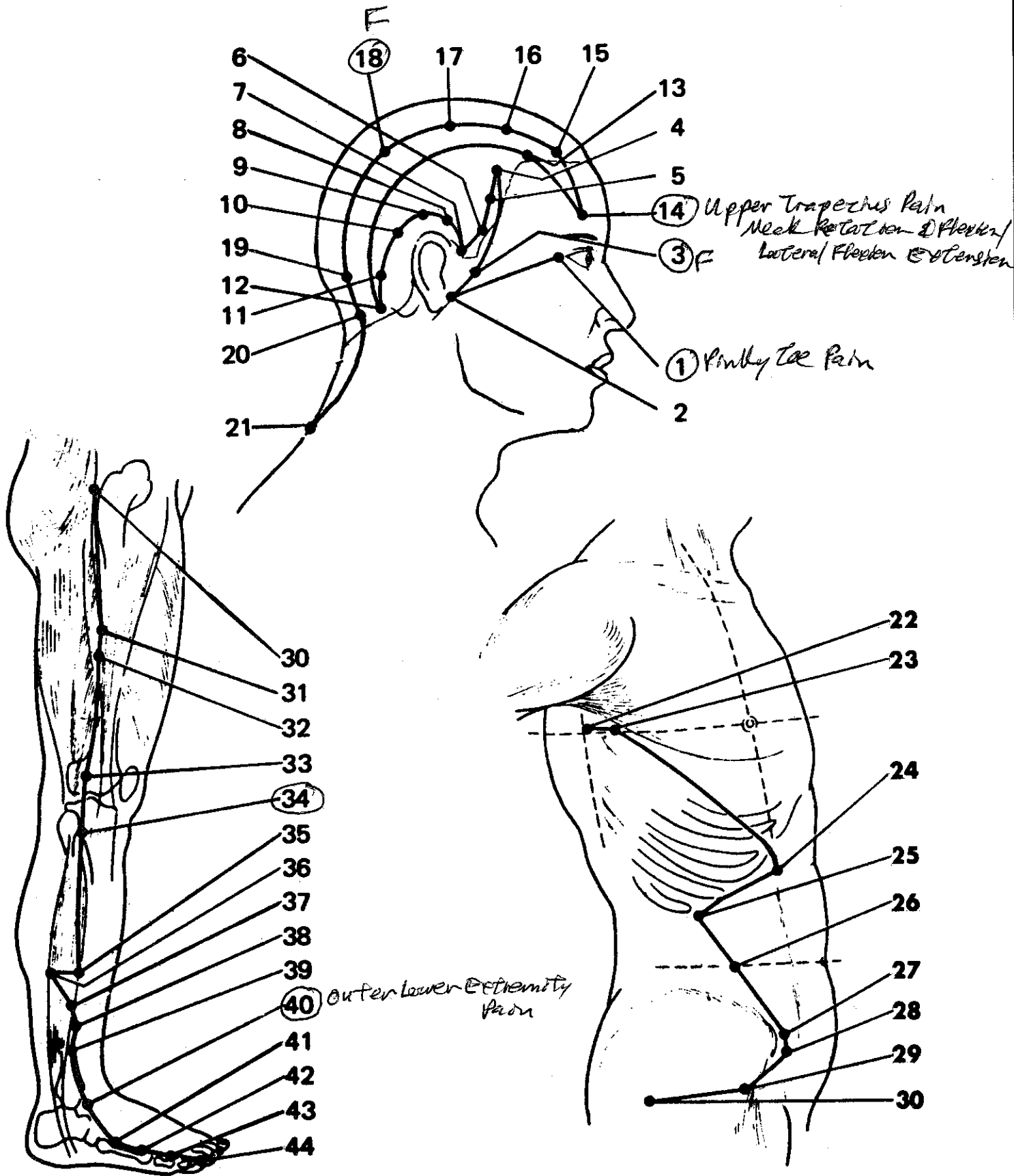
HEART CONSTRICTOR MERIDIAN (HC)



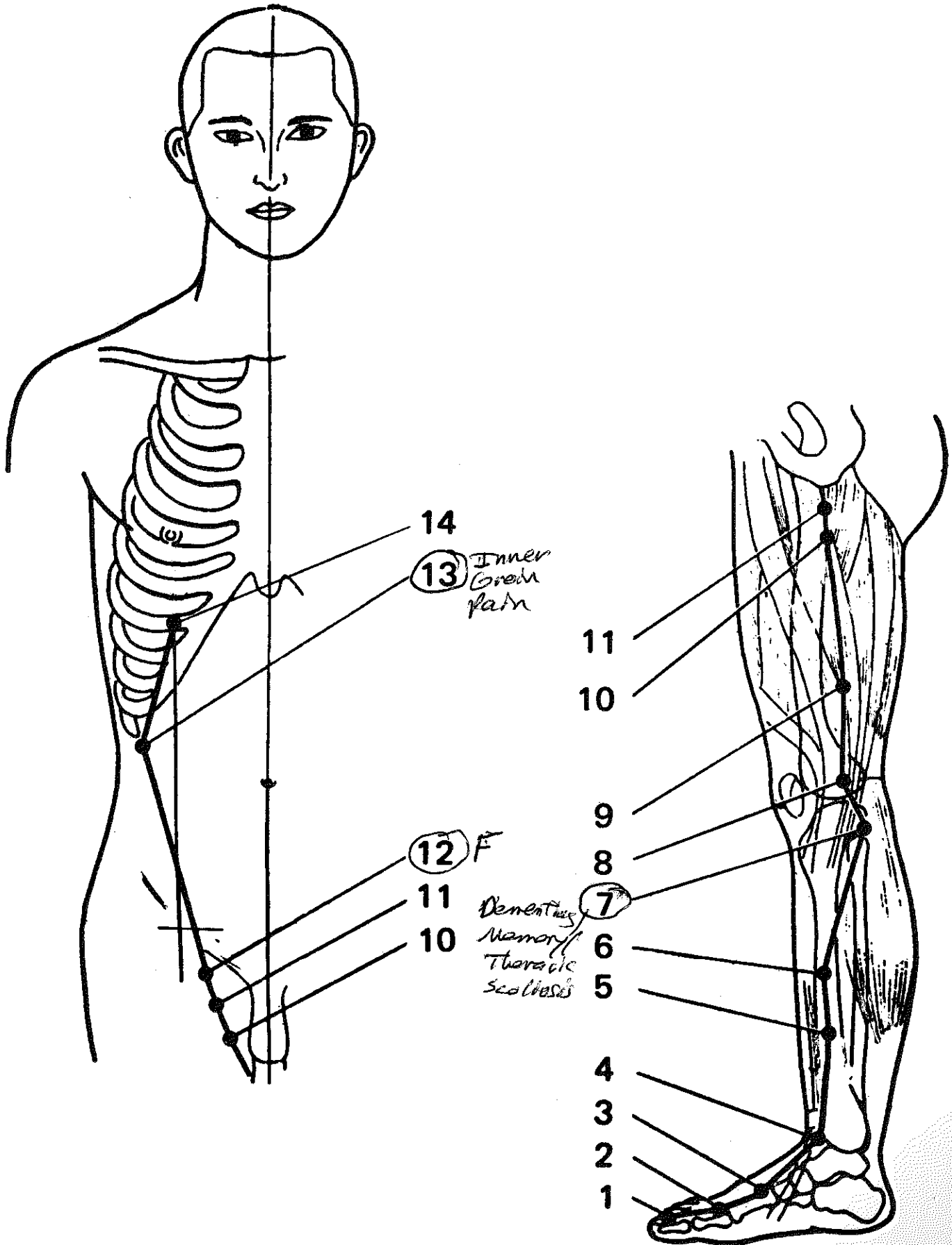
TRI-HEATER MERIDIAN (TH)



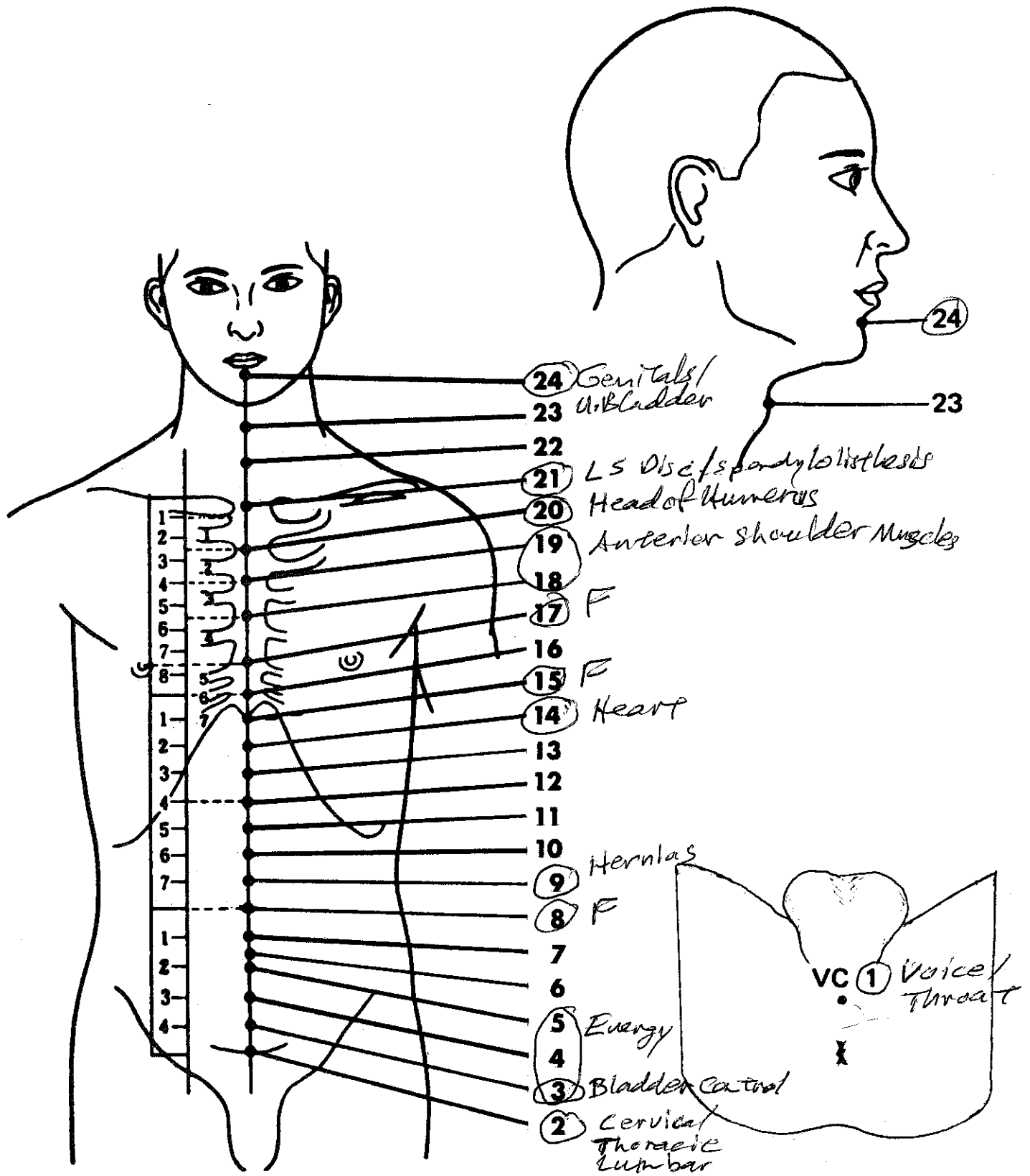
GALLBLADDER MERIDIAN (GB)



LIVER MERIDIAN (LV)



VESSEL OF CONCEPTION (VC)



GOVERNING VESSEL (GV)

