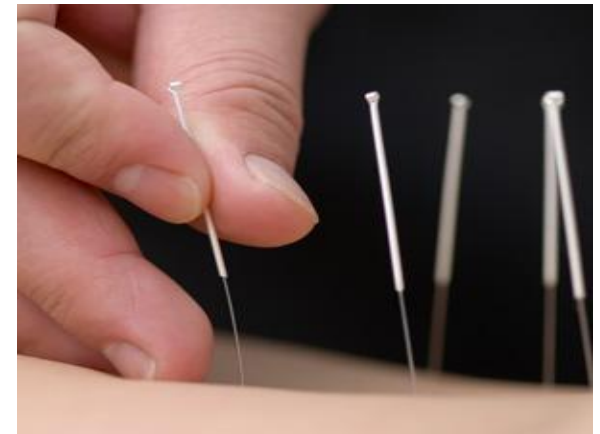


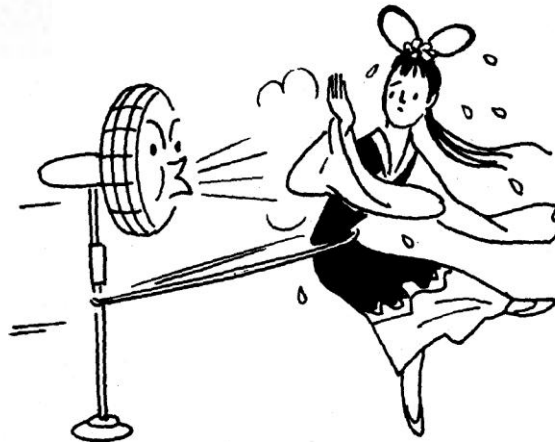
Finding Balance with Acupuncture



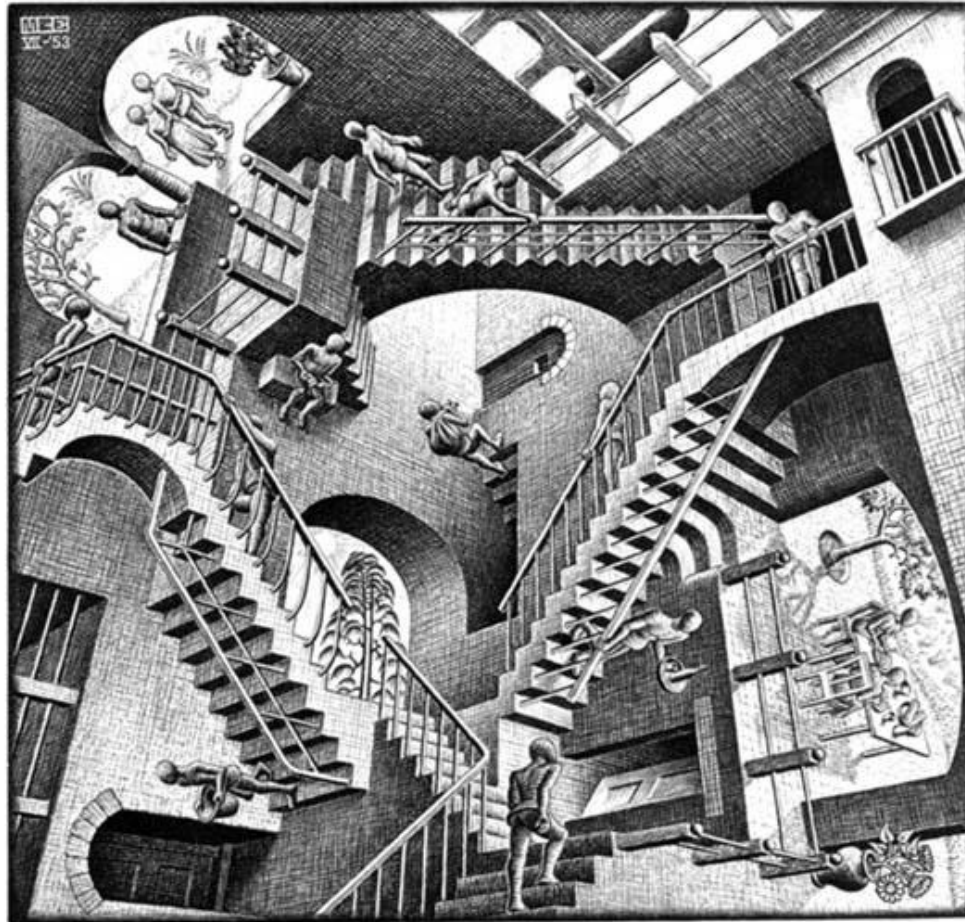
What is acupuncture?



What point treats that?



Chinese medicine looks a bit like this



角度重要

Five Pillars of Chinese Medicine



Language of nature

- No boundaries drawn between humans and nature
- What sounds like a weather report is actually a well considered diagnosis





Qualitative

- Focus on person, rather than disease
- Highly individual
- Root and branch

What can acupuncture treat





Interstitial Lung Disease

case study

病案

- Remember- person, not disease
- Seemingly identical set of symptoms can come from different root problems
- Treatment is based on unique pattern strengthens, weakness and symptom presentation



Case one

- Breathlessness, made worse by humidity, extremes of heat and cold
- Gravelly voice, phlegm on throat, constantly clearing throat and coughing out sputum
- Difficulty laying flat
- Fatigue with exertion



Case two

- Clear voice
- Easily short of breath, worse with exertion
- Difficulty laying flat
- Lung capacity slightly reduced
- Esophageal paralysis



Case three

- Has Cpap, but does not like to use
- Sleeps well
- Heat makes worse
- Lack of exercise makes worse
- Stress makes worse



Acupuncture safety

- Very safe when administered by those who are well trained.
- Needles are single use, and L.Ac's have been schooled in clean needle technique

Isn't acupuncture painful?

It is not as painful as:

- biting your tongue
- stubbing your toe
- a cat scratch
- getting a paper cut
- hitting your funny bone
- a sore throat
- or having to agree that your spouse is right about some issue you were quarreling over



Isn't acupuncture painful?

- Techniques range from heavy handed to so gentle you feel nothing
- Sensation, but not pain
- Whatever ache, pain, or syndrome that you hope acupuncture can help with, it is a lot less painful than!



Acupuncture



Chinese / Modern TCM

Japanese

Korean hand

Tung shi, Taiwan

French ear

English 5E

Dry needling/trigger points

How does acupuncture work?



不通則痛 痛則不通

氣

Diagnostic Methods- *tongue*



图 3-13 舌红绛苔白膩

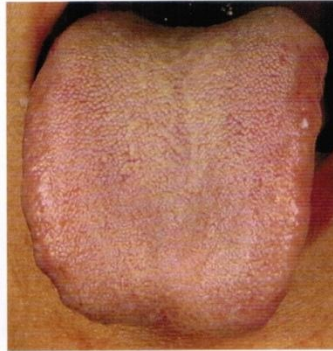


图 3-14 薄膩苔



图 3-15 苔薄滑膩



图 3-16 苔黃厚黏膩



图 3-17 舌邊黏膩

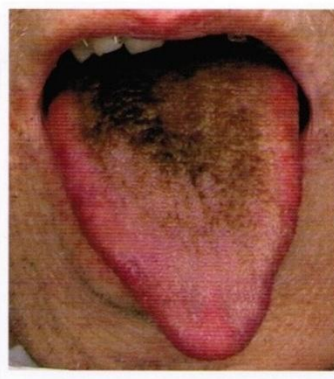
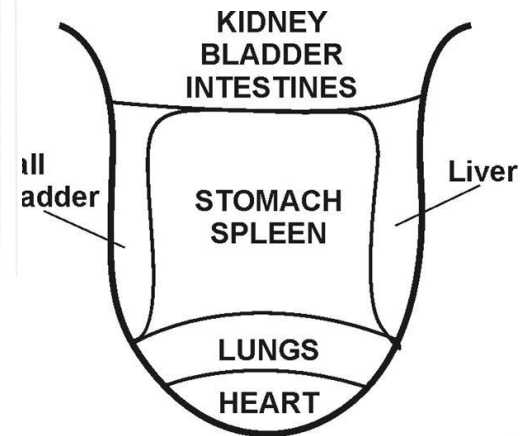


图 3-18 苔焦黑干燥



Diagnostic Methods- *Pulse*



Diagnostic Methods- *Abdomen*



Acupuncture and herbal traditions both use the belly

Very useful in differentiating various constitutional types

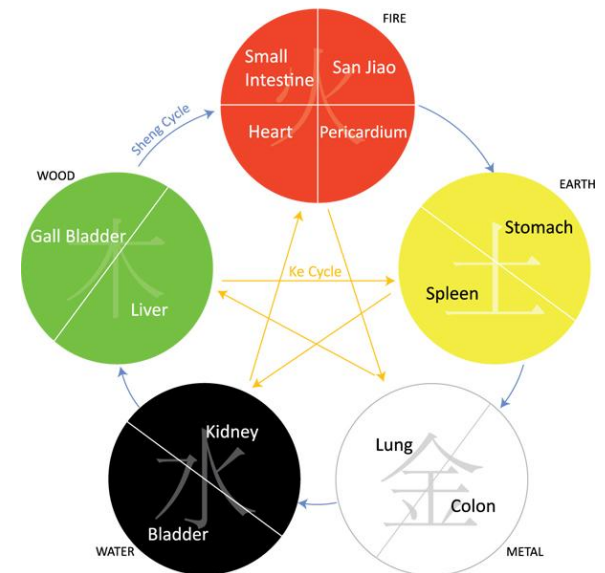
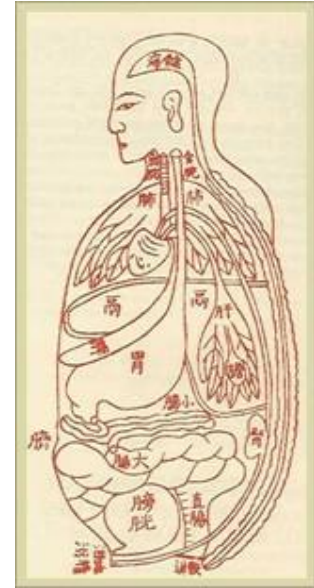
Areas of coldness, tension, pain and moisture all give clinically useful information

Diagnostic Theory

Eight principles

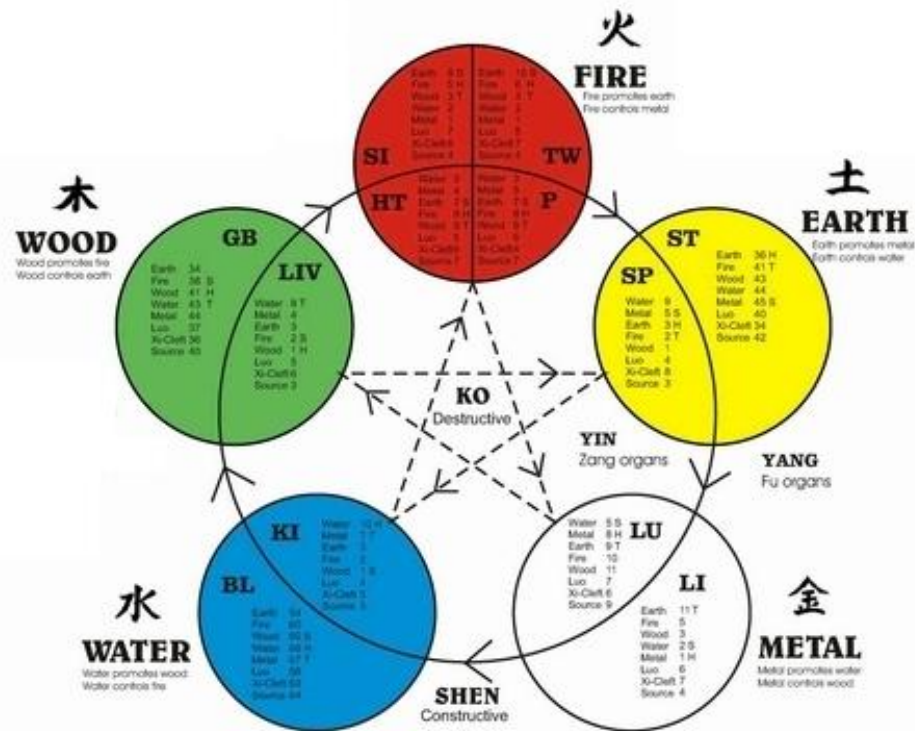
Wu Xing (five phases)

Zang Fu- organ systems



Wu Xing- five movements

五行



Acupuncture

- Channels and points
- Adjusts flow of qi
- Effects organ function
- Local vs distal treatment
- Treats root and branch





Using it to help you

- You need to understand it as much as you need to understand use a computer, or drive a car
- Find a practitioner who understands you, and who you feel comfortable working with
- Give it some time
- Track your progress

Results of *case study*

病案

Case one

- 1- Breathlessness, worse with humidity and temp change.
- 2- Constant phlegm in throat.
- 3- Difficulty laying flat.
- 4- Fatigue with exertion.

Treatment-
SP3, ST40, LU6,
REN22, LU9, LI4

Case two

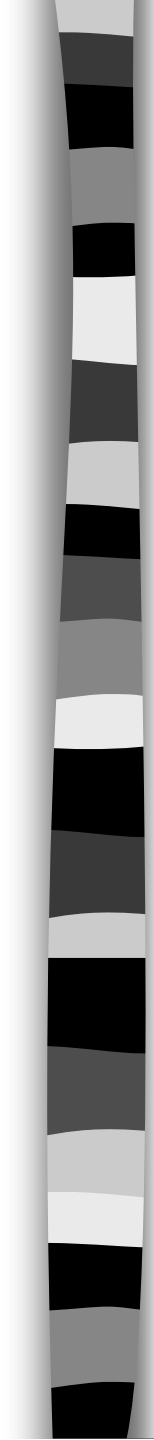
- 1- Clear voice.
- 2- Easily SOB.
- 3- Difficulty laying flat.
- 4- Sl. Reduction in lung capacity.
- 5- Esophageal paralysis.

Treatment-
ST36, SP6, LU9,
REN6, GB40,
DU13, UB23

Case three

- 1- Has CPAP, but does not like to use.
- 2- Sleeps well.
- 3- Heat makes worse.
- 4- Lack of exercise and stress make worse.

Treatment-
LI4, LV3,2, ST36,
Yin Tang, LU9



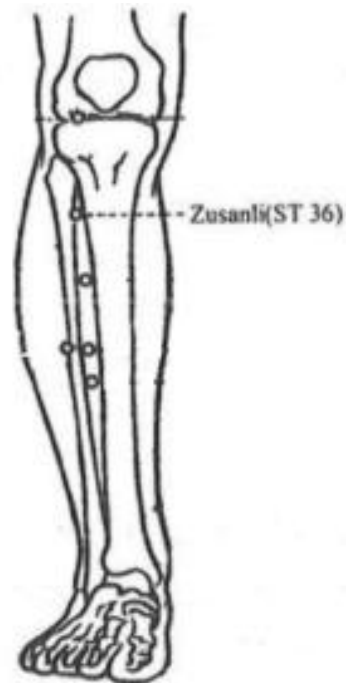
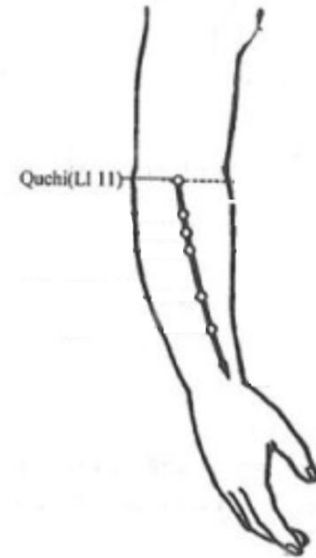
Treating yourself using the meridian system

- Tai Qi Treatment

Tai Qi Treatment

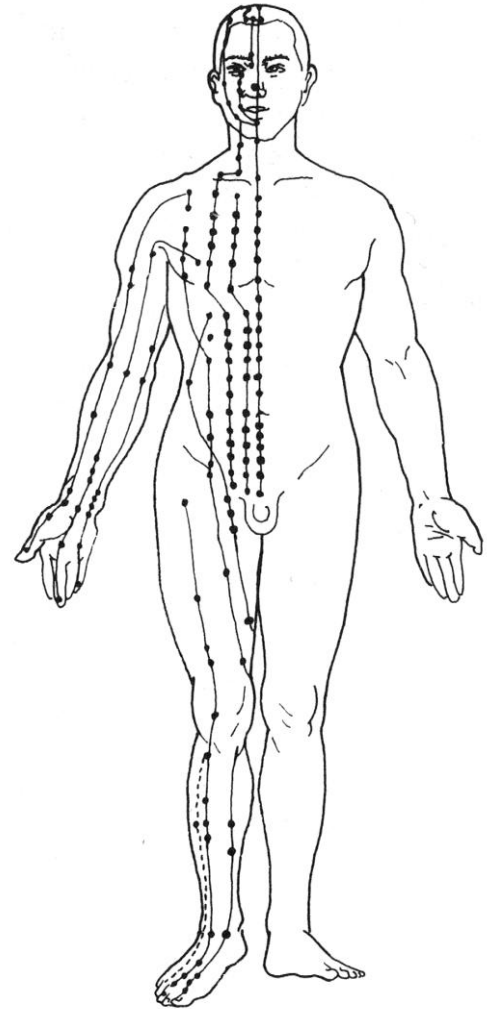
QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and a decompressor are needed to see this picture.



Meridian massage

- Inside of legs to support Kidney and Spleen, outside to treat Stomach
- Lung / Lg Intestine channels





Questions

有什麼問題





Contact info

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General reading on Chinese medicine:
www.yongkangclinic.com/yk-blog

Find an acupuncturist:
www.nccaom.org