Finding Balance with Acupuncture
What is acupuncture?
What point treats that?
Chinese medicine looks a bit like this
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

- 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 that!
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
Diagnostic Methods- tongue
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
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

<table>
<thead>
<tr>
<th><strong>Case one</strong></th>
<th><strong>Case two</strong></th>
<th><strong>Case three</strong></th>
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</thead>
<tbody>
<tr>
<td>1- Breathlessness, worse with humidity and temp change.</td>
<td>1- Clear voice.</td>
<td>1- Has CPAP, but does not like to use.</td>
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<td>2- Constant phlegm in throat.</td>
<td>2- Easily SOB.</td>
<td>2- Sleeps well.</td>
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<td>3- Difficulty laying flat.</td>
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<td>3- Heat makes worse.</td>
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<tr>
<td>4- Fatigue with exertion.</td>
<td>4- Sl. Reduction in lung capacity.</td>
<td>4- Lack of exercise and stress make worse.</td>
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<tr>
<td><strong>Treatment</strong></td>
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<tr>
<td>SP3, ST40, LU6, REN22, LU9, LI4</td>
<td>ST36, SP6, LU9, REN6, GB40, DU13, UB23</td>
<td>LI4, LV3,2, ST36, Yin Tang, LU9</td>
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</tbody>
</table>
Treating yourself using the meridian system

- Tai Qi Treatment
Tai Qi Treatment
Meridian massage

- Inside of legs to support Kidney and Spleen, outside to treat Stomach

- Lung / Lg Intestine channels
Questions

有什麼問題
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General reading on Chinese medicine:
www.yongkangclinic.com/yk-blog

Find an acupuncturist:
www.nccaom.org