

METAL: LUNG MANAGEMENT & TREATMENT

I. LUNG YIN-ESSENCE

A. Lung Yin-Essence Deficiency

1. General problem

Growth and expansion of original bonds is inadequate

2. Specific Issues to resolve

Strengthen Metal Yin-Essence to enhance the normal growth and expansion of bonds.

3. Specific Phase Methodology for Metal Yin-Essence Deficiency Within the Generating-Controlling Cycle

- Needle the Tonification and Yin-Essence points of the Lung
Lu- 9 [Tonification Point]
Lu- 7 [Yin-Essence Point]
- Needle the Sedation and Yin-Essence points in Earth-Spleen [Shang cycle-Phase within Phase]
Sp- 5 [Sedation Point]
[Sp- 6 [Yin-Essence Point]
- SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

4. Channel-Herb Treatment for Lung Yin-Essence Deficiency

a. Management Formulation

Nourish Lung Yin-Essence

Nourish Spleen Yin-Essence [mother of Metal]

b. Management Implementation

i. Nourish Lung Yin-Essence

1). Acupuncture

a). Lung Points

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin

LU- 2 [Cloud Gate]

Old Grief Stagnating in the Lungs

Lu- 3 [Celestial Storehouse]

Window of the Sky

Forgiveness

Possession by family

Sense of deep unworthiness

Let go of sadness

LU- 4 [Guarding White]

The here and now

LU-6 [Channel Ditch]

Accumulation Point activates the Qi
Moves Yin

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin
Ability to change

b). Other Contributing Points

Homeostatic Channels

i. Ren Mai

Ren is the "Sea of Yin-Essence"
Bonding, dependency, maternal
nourishment
Loving
Complete within oneself

ii. Yin Wei

People unable to move ahead in
life and stuck between the past
and the present. Moves people
into the present and free to grow
and realize their being

iii. DU- 12 [Body Pillar]

Tonifies Lung Qi [w/ moxa]
Difficulty w/ accepting things that
they cannot change

Distal Points on Upper Extremities

Help a person to extend themselves
beyond where they are

"Filling the Earth to Generate Metal"

LU- 1 & ST- 36 & SP- 3

Formula

Points: SP-1; LU-11; GV-26

Breathing-Stretching

For the first five minutes the
needles not stimulated.

For the second five minutes do
deep abdominal breathing.

For the third five minutes have the
patient stretch there toes.

Upper Kidney Points

The Resistance To And Fear Of Change
Constitution (Japanese)

LU- 7 [Broken Sequence]

LI- 4, 11

Devils:

Possession by family and need for approval-controlled from elsewhere; growth and concept of personal growth is blocked Primary Channel Points

LI- 10 [Arm Three Miles]

Tonifies Blood and Qi

HT-1: [Utmost Source, Extreme Spring]

Builds Yin-Essence

HT- 6: [Yin-Essence's Crevice]

Moves past old bitterness

Heart Yin-Essence

P- 4 [Cleft Gate]

Old bitterness in heart

P- 8 [Palace of Labor]

Transformation [to new bonds]

UB- 13 [Lung's Shu]

Tonifies Lung Qi and Yin

Difficulty w/ change w/GV 12, BL 43

UB- 42 [Corporeal Soul] W/ LU 6

Release the Po (Inferior soul) that is the propelling force, the basic energy from the cosmos that we identify with the 'dark' unconscious forces or 'instincts' (life force is real translation of Freud's libido).

UB- 43 [Fatty Vital Hollow]

Tonifies Lung Qi & Yin of entire body

Stimulates the mind

Promotes essence- poor memory

SI- 1 [Lesser Marsh]

Parts of ourselves and past that we cannot let go

SI- 9 True Shoulder]

Uncertainty and confusion of change

Naïve

2). Herbs

Lily Combination [Yin-Essence-Jing deficiency]

ii. Nourish Spleen Yin-Essence

1). Acupuncture

a). Spleen Points that Nourish Yin and Blood

SP- 6 [Three Yin of the legs]

Tonifies Yin and blood

SP- 9 [The Mound Spring]

Production of Blood

SP- 10 [Sea of Blood]

Takes Heat out of Blood

SP- 12 [Penetrating Gate]

Blood reaches Chong Mai

b). Other Points for Spleen Yin Deficiency

Seas of blood

UB- 11, ST- 37, 39

Seas of Nourishment

ST- 30, 36 [Food]

ST- 9

Ren- 17

Du- 14,15

UB- 10

Ren- 6,12

Doorways to the Earth

Ren- 1, 4; St- 30; Liv- 12; KI- 11; UB 40;

UB- 35; GB- 30; DU- 1, 4; Sp- 12

Filling the Earth to Generate Metal"

LU- 1 & ST- 36 & SP- 3

Drying out –Leather quality

Lu- 9; Sp- 3; St- 36; SP- 12

Homeostatic Channels

Ren Mai

Bonding, dependency, maternal
nourishment

Loving

Complete within oneself

Ren is the "Sea of Yin"

Meeting Points

SP- 6 [Three Yin-Essence of the legs]

LU-1 [Central Treasury]

Spleen & Lung

Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with

Spleen 8 [Earth Pivot-Accumulating
Point]

Obsessions

Memory and concentration [short term- to study]

WOS

ST-9 [People Welcome]

Help people find a new level of function on earth

GB- 42 [Earth Five Meetings]

Sustain the Earth Energy;
Earth and Wood meet

TB- 3 [Central Islet]

Transforms Gu Qi to postnatal Qi- used with Spleen points

TB- 4 [Yangs Pool]

Tonifies Stomach and Spleen for production of blood
Regulates Stomach
Fluid transformation;

Further Points for Earth Yin deficiency

ST-30 [Surging Qi]

Tonifies Yin thru Kidney Essence

ST- 33 [Yin Market]

Tonifies Yin

ST-37,39

Sea of Blood

ST- 43 [Deep Valley]

Tonifies Spleen

UB- 20 [Spleen's Shu]

Tonifies Spleen and Stomach
Nourishes Blood

UB- 43 [Fatty Vital Hollow]

The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Constitution

SP- 6, 10; ST- 25, 36, 44, 45

2).Herbs

Stomach Yin-Essence deficiency

Sweet Combination

Spleen Qi deficiency

Ginseng and Longan

Major 4, 6

Ginseng and Atractylodes

Lung-Spleen Qi deficiency
Atractylodes and Cardomon

B. Lung Yin-Essence Excess

1. General problem

Suffocating, engulfing and jealous in relationships

2. Specific Issues to resolve

Encourage the sense of self and boundaries that allow other people to bond with you and yet be individuals

3. Specific Phase Methodology for Lung Yin-Essence Excess Within the Generating-Controlling Cycle

- Needle phase point of 'controlling' and 'insulting' phase in Lungs

Lu- 10 [Fire Point]

Lu- 11 [Wood Point]

- Needle horary point, tonification point and Yang-Essence point of 'controlling' phase – Fire-Heart

Ht- 8 [Heart Horary]

Ht- 9 [Heart Tonification Point]

Ht- 5 [Heart Yang-Essence Point]

- Needle horary point, tonification point and Yang-Essence point of 'insulting' phase- Wood-Liver

Liv- 1 [Liver Horary Point]

Liv- 8 [Liver Tonification Point]

Liv- 5 Liver Yang-Essence Point]

- SJ- 5 thru to P- 6

4. Channel-Herb Treatment for Lung Yin-Essence Excess

a. Management Formulation

- Build Heart Yang-Essence ['controlling cycle' [Ko] to control-balance Lung Yin-Essence Excess
- Build Wood Yang-Essence ['insulting cycle'] to control-balance Metal Yin-Essence Excess
- Reduce Bonding Excess-Sticky [like phlegm]
- Build Boundaries: any point with the word Gate

b. Management Implementation

- Build Heart Yang-Essence ['controlling cycle' [Ko] to control-balance Lung Yin-Essence Excess

1). Acupuncture

a). Fire Phase

Ht- 3 [Lesser Sea]

Removes Channel Obstruction

Ht- 5 [Connecting Route]

Nourishes Heart Qi

Ht- 7 [Shen Men]

Source Point
Nourishes Shen
Heart closed
Ht- 8 [Lesser Palace]
Regulates Heart Qi
P- 4 [Cleft Gate]
Removes pain and bitterness in Heart
P- 7 [Great Mound]
Source Point
P- 8 [Palace of Labor]
Stabilizes Yang-Essence
P- 9 [Central Hub]
Brings back Yang-Essence to the Heart
TH- 4 [Yang-Essence's Pool]
Invigorates Yang-Essence w/ DU 20

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

KI- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for feeling free

GV- 4 [Fire of Ming Men]

c). Chong Mai + Upper Kidney Points

Ki- 21 [Dark or Secret Gate, Gate of Hades]

Open awareness to old dark fears and terrors that the person cannot face.

Ki- 22 [Corridor Walk]

- Relation between fear and intimacy
- Transition to spirit
- Despondency - isolation
 - Combined with Entry Points [WOS]
[PC-1-Tianchi in man & PC-2Tianguan in woman]
- Feel free

Ki- 24 [Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

Ki- 25 [Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity

and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

KI 26 [Lively Center]

More like an induction compared to a command (relative to others); gentler: "Yes, you can have this" instead of "Get moving" (kid 27) or "HAVE an identity" - A little push; artful quality to embracing aspect of Kidney

KI-27 [Transporting Point Mansion, Store House]

This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'.

Strong Push [especially combined with KI-3]

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

d). Front-Back

REN- 14 [Great Palace Gate]

Front Mu point of Heart

Front Shu Points

ST- 15; KI- 25

Back Shu point

UB- 15 [Heart's Shu]

Tonifies the Heart

UB- 43 [Fatty Vital Hollow]

Tonifies Qi of entire body

UB- 14 [Absolute Yin Shu]

Regulates Heart

e). Homeostatic Vessels

Chong Mai

- 1). The penetrating vessel is the mother of all the vessels.
- 2). It has the function of opening the cardiac and chest Qi & especially Blood circulation
- 3). It serves the extensive capillary system.
- 4). Cosmic Architect [Blue Print for Life]

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN-4; Yintang
[with variations]

ii. To release joy & relieve depression & anxiety
UB-15, 44 & HT-6

f). Outer A.E.P. & Accum. Pt.

- UB-15, 44 & HT-6: to release joy & relieve depression & anxiety; confidence
- UB- 43- Joy

g). Other

UB-14, 43 &
Constitution

HT-5
P- 3, 4, 8
REN-17

Luo Points

SI- 7
Ht- 5 + HT 7 [Source]

h). Phlegm-Misting the Orifices

All Hollow Organ Essence Points

LI- 4

KI- 26, 27- Phlegm in chest

SI- 5

KI- 26, 27

SP- 1

SP- 3

SI- 5

KI- 9

P- 3: Opens Orifices

P- 5: Misting Orifices of heart

SJ- 6:

Ren- 1:

Ren- 17: Chest

DU- 15

DU- 17

DU- 18: Mania

DU 25: Loss of consciousness w/ P- 6; KI- 1

DU- 26: Opens Orifices

2). Herbs

Astragalus & Zizyphus- [Yang-Essence Xin Tang]

To build Heart Qi and Blood.

iii. Build Liver Yang-Essence [‘insulting cycle’]to control-balance
Metal Yin-Essence Excess

1). Acupuncture

a). Bio-energetic Points

See separate Sheet

Example:

SI-3, Gb-34, GB40 and Liv-3 are
Relaxing nervous and musculo-
skeletal system
Associated with Fear
SI-7 [Branch From the Main]
Stiff neck

b). Dai Mai

Harmonizes Liver and Gallbladder

c). Wood Points

Liv- 1 [Great Sincerity]

Clears things, accumulations, when ready
to let go of things that have piled up

Liv-3 [Great Surging]

Promotes Smooth flow of Liver Qi to
move damp- especially damp-heat

Liv -4 [Middle Seal]

Forgiving oneself
Moves damp [esp. lower burner]

Liv -6 [Central Capital]

Accumulation Point
Promotes Smooth flow of Liver Qi
Moves damp [esp. lower burner]

Liv- 8 [Curved Spring]

Enhances flexibility and vitality in Coping

Liv- 9 [Yin-Essence Wrapping]

Moves dampness [use with P & Ren]

Liv- 10 [Foot Five measure]

Impotence due to phobia [to move]

Liv- 13 [Order Gate]

Removes blocks to vision and growth

GB-1 [Pupils Bone Hole]

Enhances clarity

GB- 14 [Yang Brightness]

Depression

GB- 34 [Yang Mound Spring]

Bring out fear and shyness [w/ KI- 2]

GB- 40 [Hills Ruins]

Ability to make decisions- strong character

To see larger picture from advantage point of hill

Fear, insomnia

GB- 36 [Outer Mound]

Accumulation Point

GB- 41 [Foot Overlooking Tears]

Smooth Flow of Liver-GB

d). Other

Dai Mai

Harmonizes Liver and Gallbladder

Liver Divergent Channel:

Pathway

From Liv- 5 [Woodworm Canal]

Function

Smooth flow of Qi

Abreact anger

Earth and Wood Meet

GB 42 [Earth Fivefold Coverage]

SI- 3 [Back Stream]

Provides clarity of mind and fortitude to make difficult decisions

SI- 7 [Branch from the Main]

Decisions, planning for indecisive

iv. Reduce Bonding Excess-Sticky [like phlegm

1). Spleen

P- 8 [Palace of Labor]

Transformation [to new bonds]

SP-1: eliminates phlegm

SP-3: moves damp

SP- 6: moves damp

Sp- 8: moves damp and channel obstruction

SP- 9: moves damp

SP- 10: moves Blood
SP- 11: Moves damp from head
SP15: Resolves damp with mucous in stools
SP- 19: excess Zhong qi [causing anxiety]
SP- 20: transforms phlegm

2). Stomach

ST-25: Phlegm-Fire in the ST
ST- 29: Moves damp
ST- 34: Moves damp
ST- 37: Damp Heat [Intestines]
St- 39: Eliminate Damp Heat [Urine]
ST- 40: Reduces phlegm [primary point for this purpose]

v. Build Boundaries: any point with the word Gate

P- 6 [Inner Border Gate]

Allows heart to regulate boundaries

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP- 5 [Metal's Note Hill]

Strengthens Boundaries w/ loss of boundaries

Regulates the Large Intestine

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; `Leaking Gut' Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

BL-12 [Wind Gate]

BL-42 [Soul Door]

BL-46 [Diaphragm Border]

BL-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

2). Herbs

Perilla Fruit combination [Su Zi Jiang Qi Tang]

II. LUNG YANG-ESSENCE

A. Lung Yang-Essence Deficiency

1. General problem

Difficulty letting go of past and growing into a flexible self-directed person less dependant on the opinion of others

2. Specific Issues to resolve

Enhance a flexible dynamic letting go and re-bonding and individuating

3. Specific Phase Methodology for Lung Yang-Essence Deficiency Within the Generating-Controlling Cycle [Letting go of the past]

- Needle the Tonification and Yang-Essence points of the deficient organ

Lu- 9 [Lung Tonification Point]

[LU-7 Lung Yang-Essence Point]

- Needle the Sedation and Yang-Essence points in Mother Organ [Sheng cycle-Phase within Phase]

Sp- 5 [Earth Sedation Point]

Sp- 3 [Earth Yang-Essence Point]

- P- 6 thru to SJ-5

4. Channel-Herb Treatment for Lung Yang-Essence Deficiency

a. Management Formulation

- i. Nourish Lung Yang-Essence
- ii. Nourish Spleen Yang-Essence

b. Management Implementation

- i. Nourish Lung Yang-Essence

1). Acupuncture

a). Large Intestines

LI- 1 [Metal's Note Yang]

Open Orifice

LI- 2 [Second Space]

Relieves constipation by moving water up to balance Heat

LI- 4 [Union Valley]

Dispersing function of Lungs w/ LU- 7

Harmonizes ascending and descending Qi

LI- 10 [Arm Three Miles]

Moistens and moves Qi in LI

LI-16 [Great Bone]

Moves the Qi down

b). Lungs

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin

Descending function of Lung Qi-Kidney

LU- 2 [Cloud Gate]

Old Grief Stagnating in the Lungs

LU-5 [Cubit Marsh]

Harmonizes Stomach and Large Intestine

Causes LU Qi to descend

LU-6 [Channel Ditch]

Accumulation Point activates the Qi.

LU- 7 [Broken Sequence]

Tonifies Lung Qi

Luo point brings Yang energy from the Large

Intestine

Cathexis of repressed feelings

[abreaction, primarily grief and sadness

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin

Ability to change

LU-9 and Ren-17

Tonify Gathering Qi Zong]

c). Primary Channels

SI- 1 [Lesser Marsh]

Parts of ourselves and past that we cannot let go

SI- 3 [Back Stream]

- Provides clarity of mind and fortitude to make difficult decisions
- SI- 7 [Branch from the Main]
- For indecisive people
- Reinforces decisions made by the Liver
- Helps planning and deciding aspect
- Stiff

SI- 9 [True Shoulder]

Helps with confusion associated with change

ST-13 [Qi Door]

Door never closes

St- 45

Nourish Earth Point in Earth Yang-Essence

KI- 6 for Holding onto long lasting anger; paranoia

KI- 18: Constipation

KI- 24: Cannot let go of the grief for a person they have lost

P- 4: Old bitterness in heart

GV- 12: Difficulty w/ Change [w/ moxa]

SP-15: tonifies Spleen's function of transportation re: constipation

ST- 13 [Qi Door]

Door never closes

Hesitates to let go

TB- 6: Constipation

BL-13: Difficulty w/ Change [moxa] with GV-12 & BL-43

BL-25: Improves LI function for diarrhea or constipation w/ BL 20

BL-42: " Heat & descends Qi

BL- 42: Outer Bladder Spirit point is more Yang-Essence than the inner Bladder Point

iv). Formulae

i. Help a person extend themselves beyond where they are

Distal Points on Upper Extremities

ii. Tonify Gathering[Zong] Q i: LU-9 and CV-17

iii. "Filling the Earth to Generate Metal": LU- 1 & ST- 36 & SP- 3:

v). de La Fuye

a. Awakening:

BL- 17

KI- 3

b. Courage:

KI- 1

GB- 34

SI- 3: strength to make difficult choices

P- 7: bring out things buried in the past

2). Herbs

Ginseng & Walnut [ren shen hu tao tang]

Astragalus and Aster [Bu Fei Tang]

Ginseng and Gecko

Atractylodes and Cardomon

ii. Nourish Spleen Yang-Essence

1). Acupuncture

a). Spleen Points

SP-1 [Hidden White]

Tonifies and strengthens Spleen

Reduce phlegm especially I head

Restlessness

Depression w/Blood stagnation

Calming the mind and agitated sleep w/
excess dreaming
Diminished awareness

SP- 2 [Great Capital]

Reduce Phlegm
Obsessions

SP- 3 [Great White]

Reduce phlegm
Major point affecting Lungs
Enhances memory & mental clarity

SP- 4 [Grandfather Grandchild]

Descend Qi

SP- 5 [Metal's Note Hill]

Reduce phlegm
Strengthens Boundaries

SP- 7 [Leaking Valley]

Firms the Earth

SP- 8: [Earth Motivator, Ground
Machine,(Opportunity), Earth Pivot]

Moves damp
Most mental of the Spleen points
Innermost thoughts

b). Seas of Nourishment

St-30, 36 [Food]

ST-9, CV-17, GV-14,15; BL-10

CV-6,12

c). Doorways to the Earth

CV- 1, 4; St- 30; Liv- 12; KI- 11;UB- 40; BL- 35;

GB- 30; DU- 1, 4; Sp- 12

d). Meeting Points

LU-1 [Central Treasury]

Spleen and Lung

e). Outer A.E.P.

BL-49 [Thought Dwelling, Shelter] with Spleen-
8 [Earth Pivot-Accumulating Point]

Obsessions

Short-term memory and concentration

f). WOS

ST-9 [People Welcome]

To help people find a new level of
function on earth

g). Constitution [Earth]

Sp- 6, 10; ST- 25, 36, 44, 45

h). Miscellaneous

GB- 42 [Earth Five Meetings]

Where Earth and Wood meet
Sustains the Earth Energy

TB- 3

Transforms Gu Qi to postnatal Qi
Used with Spleen points

TB- 4

Tonifies Stomach and Spleen
Regulates Stomach
Fluid transformation

i). Stomach Points

ST-30 [Surging Qi]

Tonifies Qi through Stomach and Kidney
and as one of the Seas of Nourishment

ST- 33 [Yin Market]

Tonifies Yang-Essence

ST-36 [Leg Three Miles]

Tonifies Upright Qi

ST-42 [Surging Yang]

Tonifies Qi of ST & SP best w/ TB- 4 & LU-
9

ST- 43 [Deep Valley]

Tonifies Spleen

j). Other

UB- 20 [Spleen's Shu]

Tonifies Spleen and Stomach; nourishes
Blood

UB- 43 [Fatty Vital Hollow]

The Deep Disease Point

UB- 49 [Abode of Thought]

Tonifies mental aspect of Spleen

Nourish Fire point in the Earth

Balance Yang-Essence and Yin-Essence
within the Earth

iii. Boundaries: any point with the word Gate

a). Gates

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; 'Leaking Gut'
Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

BL-12 [Wind Gate]

BL-42 [Soul Door]

BL-46 [Diaphragm Border]

BL-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

b). Stomach- Boundaries-Difficulty Creating Boundaries]

Stomach Qi Deficient

ST- 13 [Qi Door]

Always hesitating [to cross boundary]

ST- 14 [Storeroom]

Feel confined; trapped heat

St- 16 [Breast Window]

Strengthens boundaries

ST-30 [Surging Qi]

Tonifies Qi through Stomach and Kidney and as
one of the Seas of Nourishment

ST-36 [Leg Three Miles]

Tonifies Upright Qi

ST-42 [Surging Yang]

Tonifies Qi of ST & SP especially w/ TB- 4

2). Herbs

Ginseng and Longan

Major 4, 6

Ginseng and Atractylodes

B. Lung Yang-Essence Excess

1. General problem

Shifting relationships unconcerned or resistant to opinions of others

2. Specific Issues to resolve

Enhance the ability to bond strongly with one new person of your own
choosing with consideration of other views of this choice.

3. Specific Phase Methodology for Lung Yang-Essence Excess Within the Generating-controlling Cycle

○ Reduce Excess through control and insulting' cycle

○ Needle phase point of 'controlling' and 'insulting' phase in Metal Phase

Lu- 10 [Lung Fire Point]

Lu- 9 [Lung Earth Point]

- Needle horary point, tonification point and Yin-Essence point of 'controlling' phase

Ht- 8 [Heart Horary Point]

Ht- 1 [Heart Tonification Point]

Ht- 6 [Heart Yin-Essence Point]

- Needle horary point, tonification point and Yin-Essence points of 'insulting' phase

Liv- 1 [Wood Horary Point]

Liv- 8 [Wood Tonification Point]

[Liv- Wood Tonifies Yin-Essence]

- SJ-5 to P-6

4. Channel-Herb Treatment for Lung Yang-Essence

a. Management Formulation

- Build Heart Yin-Essence ['controlling cycle'] to control-balance Lung Yang-Essence Excess
- Build Wood Yin-Essence ['insulting cycle'] to control-balance Lung Yang-Essence Excess

b. Management Implementation

- Build Heart Yin-Essence ['controlling cycle'] to control-balance Lung Yang-Essence Excess

1). Acupuncture

a). Heart Yin-Essence and Blood

Stimulate Heart Indirectly

Ht- 1 [Utmost Spring]

Tonifies Heart Yin

Tapping into one's humanity

HT-5-7

Tonify Heart Blood and Qi;

Ht- 6 [Yin' Crevice]

Tonifies Heart Yin w/Kidney- 7

Moves Past old bitterness

Ht- 7 [Spirits Gate]

Tonifies Heart Yin and Blood

b). Kidney-Heart Disharmony

Ki- 4, 9, 12, 16, 21

P- 5

KI- 22- P- 1, 2 [women] [Exit-Entry]

For despondency and isolation, and for feeling free

GV- 4 [Fire of Ming Men]

c). SP- 21 & HT- 1

- i. To allow energy to flow to the Heart through the Spleen energies
- ii. Clear out the air
- iii. Tapping into humanity
- iv. I don't fit in and I have no place in world

d). Homeostatic Vessels

Yin Wei

Heart Blood & Yin

Purpose in life

Chong Mai

- 1). The penetrating vessel is the mother of all the vessels.
- 2). It has the function of opening the cardiac and chest Qi & especially Blood circulation
- 3). It serves the extensive capillary system.
- 4). Cosmic Architect [Blue Print for Life]

Chong Mai + Upper Kidney Points

KI- 21-[Dark or Secret Gate, Gate of Hades]

Open awareness to old dark fears and terrors that the person cannot face.

KI- 22

KI- 24-[Spirit Burial Ground]

Resurrects the spirit of people in whom the spirit has died.

KI- 25-[Spirit Seal, Mind Seal] which

Like a reservoir of fluid flowing over and refreshing us. This point helps to get through a difficult time when identity and a sense of purpose is emergent and has not yet crystallized. It is used also to seal a treatment.

e). Front-Back

- Front Mu point: REN- 14
- Front Shu Points: ST- 15; KI- 25
- Back Shu point:: UB-15
- Ren 15: Source point for all Yin

f). Formulae

i. Dr. Shen

HT- 5-7; P- 6; LU- 9; SP- 6; REN- 4 [with variations]

Yintang

- ii. To release joy & relieve depression & anxiety

UB- 15, 44 & HT-6

g). Outer A.E.P. & Accumulation Point

- UB- 15, 44 & HT- 6
 - to release joy & relieve depression & anxiety; confidence
- UB- 43 [Fatty Vital Hollow-Deep Disease Point]
 - Joy

h). Other

Ren- 15 [Turtledove Tail]

Source point for all Yin-Essence

SI- 3 [Back Stream]

Clears mind [controlled by Heart Blood] to give strength to make decisions & judgments

LU- 9 [Great Abyss]

Promotes circulation of Blood

Sp- 21 [Great wrapping]

Great Luo Point; Controls capillary circulation

i). Seas of Blood

UB- 11; UB- 17; ST- 37, 39; GB- 39

2). Herbs

Ginseng and Longan [Gui Pi Wan]

Astragalus & Zizyphus [Yang-Essence Xin Tang]

Ginseng and Zizyphus [Tian Wang Bu Xin Wan]

Baked [Honey Fried] Licorice [Zhi Gan Cao Tang]

Biota Seed Pill to nourish the heart [Bai Zi Yang-Essence Xin Wan]

iii. Build Liver Yin-Essence [insulting cycle'] to control-balance Lung Yang-Essence Excess

1). Acupuncture

Wood in Wood

Liver-1 [Great Sincerity]

When a person is ready to let go

Clearing accumulations

Regulates Qi and blood

Deficiency [Cannot Retreat]

Liv- 3 [Great Surging]

Tonifies Liver Blood

Liv- 8 [Curved Spring]

Tonifies Liver Yin-Essence and blood

Liv- 9 Yin-Essence Wrapping

Regulates Liver and Kidney

Keeps Yin-Essence in body
Liv- 10 [Foot Five Measures]
Tonifies Liver Blood thru connection with Chong
at Stomach 30

2). Herbs

Rehmania Six Formula [Liu Wei Di Huang Wan]

Eight Ingredient Pill with Rehmania [Ba Wei Di Huang Wan]

Linking Decoction [Yi Guan Jian]

Tonify The Liver Decoction [Bu Gan Tang]