

ACUPUNCTURE & ACUPRESSURE

The Most Important Notes of Acupuncture -- Part III

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In retrospect, we have been presented with eight meridians in Part I and II of this series and are now ready for four more. If you took my advice in Part II, you are very familiar with the meridians presented and in all likelihood have a few success cases under your belt. If you are typical, there are also a few people you didn't help at all. You probably thought you were the only one. Once we finish this series of articles we will expound on how to minimize your failure cases, but first things first.

Another cardinal rule of acupuncture is "Always stimulate scar tissue wherever you find it." Even if the scar was produced in the sterile environment of a hospital surgical arena, the meridian flow of magnetic energy may be disrupted as a radio broadcast signal would be if a large building or mountain were in the path of the beam. Often times, serious conditions are the result of simple appearing scars which adversely affect the meridian flow. I prefer the teishin (non-invasive) pressure device or the laser to stimulate the scar; however, any form will work.

Also remember, the chiropractic adjustment is of paramount importance and is fully utilizing the principles of acupuncture. It makes no difference if the adjustment is given prior to acupoint stimulation or after, as long as it is accomplished.

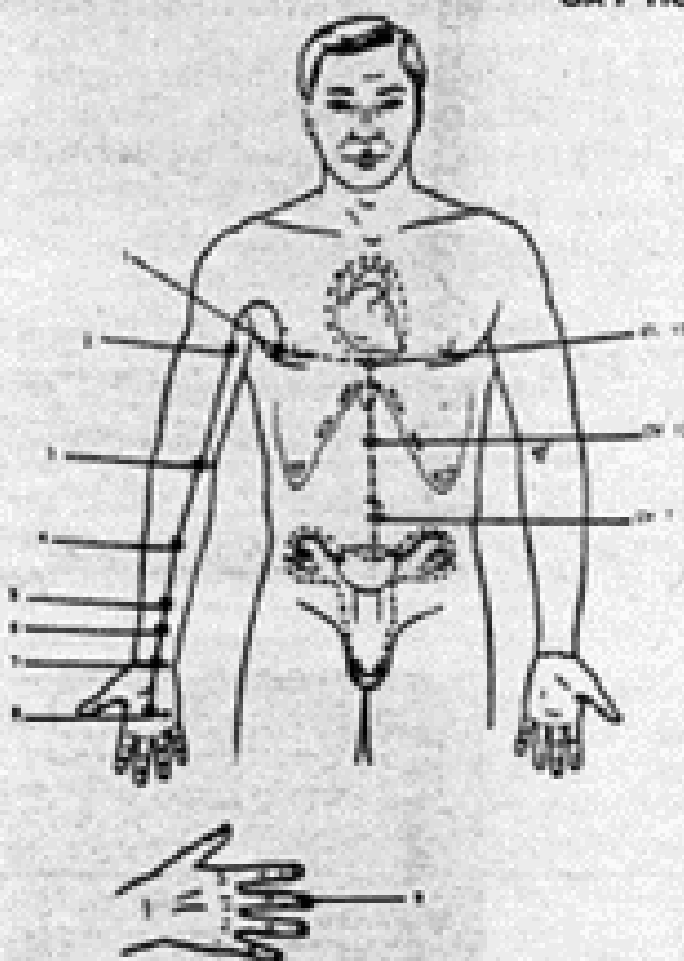
Study the next four meridians offered here, digest them completely, and begin using them if you have not done so. Remember, "A farmer never plowed a field by turning it over in his mind."

Pericardium, Circulation Sex, Heart Constrictor
(pericardium meridian controls blood and sexual hormones)

Figure 1

CX P HC

- P3** Along the elbow crease at the medial side of the tendons of the biceps brachii muscle and the brachial artery. Water point on pericardium meridian, excellent for inflammation of elbow.
- P5** Three human inches above the wrist crease between the two tendons of palmaris longus muscle and the flexor carpi radialis muscle. Psoriasis, also use cold laser on lesions.
- P6** Two human inches above the wrist crease between the two tendons of palmaris longus muscle and the flexor carpi radialis muscle. Five Star Point, master point for abdomen, mental disorder, neuritis.
- P7** Middle of the most distal skin crease of the wrist between the two tendons of the palmaris longus muscle and flexor carpi radialis muscle. Source point, hormonal or circulatory problems.
- P9** About one-fifth human inch above the corner of the nail bed on the radial side of the middle finger. Pericardium tonification point.



Triple Heater, Triple Warmer (respiration, digestion, genitourinary) Figure 11

TH 3 Between the 4th and 5th metacarpal bones, about one human inch from the web between the ring finger and the little finger. Use with TH 17, 18, 19, 20, and 21 for ear problems, tinnitus.

TH 4 Middle of the skin crease on the back of the wrist, at the ulnar side of the extensor digitorum communis muscle. Triple heater source point, affects metabolism in general.

TH 5 Two human inches above the skin crease on the back of the wrist, between the ulna and the radius. Master point for upper extremity, use with LI 4 and LI 11.

TH 10 In the depression behind the upper part of the olecranon, when the elbow is slightly flexed. Elbow problems.

TH 17 Behind the tragus of the auricle, in the depression between the mastoid process and the mandible. Deafness, tinnitus, TMJ, upper cervical joint fixations.

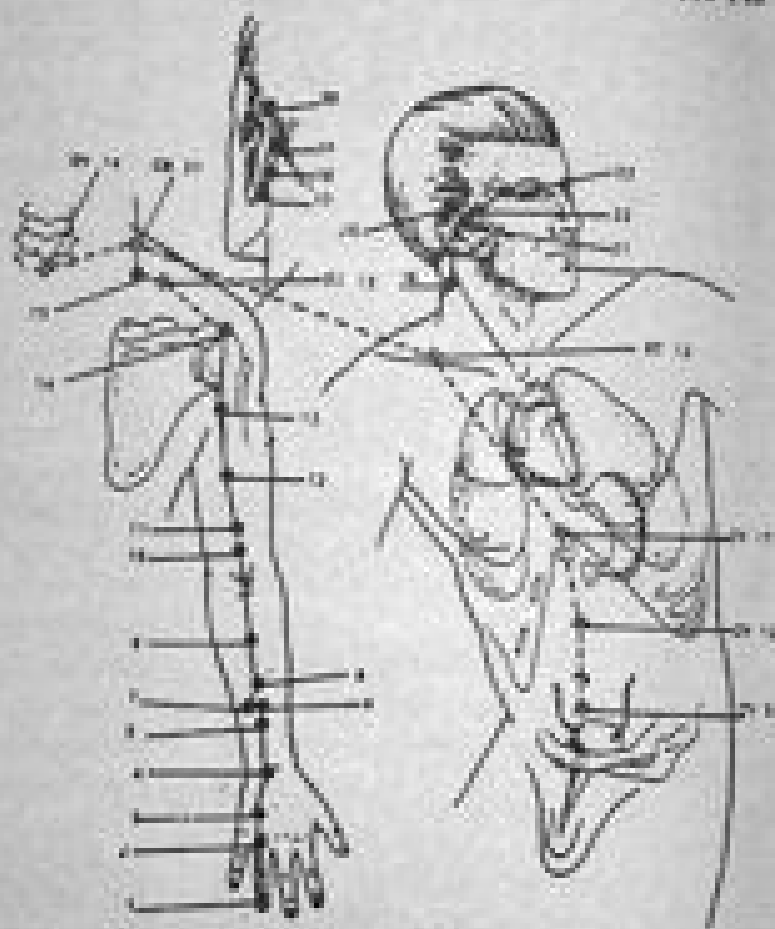
TH 18 On the root of the auricle, one-third distance from TH 17 and TH 20.

TH 19 On the root of the auricle, two-thirds the distance from TH 17 and TH 20.

TH 20 On the natural line of the hair, above the apex auricular.

TH 21 At the front of the tuberculum supratragicum, near the margin of the bone, where a depression is formed when the mouth is opened. Hearing disorders, facial pain, TMJ.

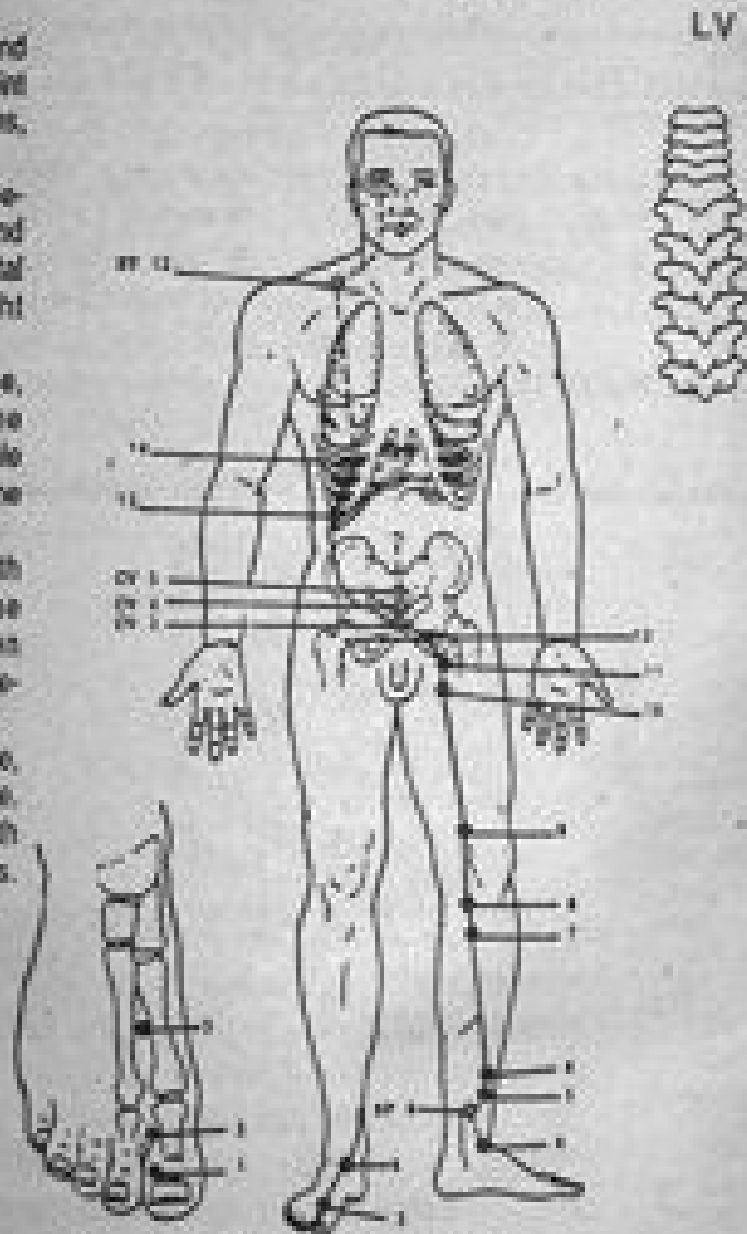
TH 23 At the lateral end of the eyebrow. Eye problems.



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Liver (liver meridian controls muscles and eyes) Figure IV

- LV 2 In the web of the big toe and the second toe. Master point for skeletal muscle spasms, use with LV 3.
- LV 3 Over the depression between the first and second metatarsal bones. Skeletal muscle spasms, sight problems.
- LV 8 At the medial knee crease, in front of the semimembranosus muscle behind the lower end of the femur. Knee problems.
- LV 13 Below the end of the 11th rib where it meets the midaxillary line. Spleen alarm point, use for diabetes or hypoglycemia.
- LV 14 In the 6th intercostal space, two ribs below the nipple. Liver alarm point, sore with musculoskeletal problems.



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