

Treatment of Pain with Acupuncture and Chinese Herbs: How to Make It All Go Away! Part I (Upper Body)

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Course Overview

- Why use Distal Acupuncture?
- Clinical results
- Clearing up the misconception (i.e. mistranslation) of Qi & *Mai*
- Scientific explanation of how acupuncture works
- Imaging
- Point specific treatments
- Herbal therapies for pain

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For the past several years, I have taught a practice management course for eLotus.

The techniques that I taught were all designed to help you build a successful practice.

But without results, none of that matters.

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I use a distal method of acupuncture in my clinic. This method is also known as the Balance Method, and was taught to me by Richard Tan, O.M.D, and it has not failed me clinically for over 12 years.

What is unique about my clinic and my knowledge of distal acupuncture is the sheer number of patients we have treated using this method exclusively.

**To date, I have treated in excess of
150,000 patient visits.**

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By any standard, that is an enormous amount of treatments, and this has allowed us to gain tremendous insight into mastering Dr. Tan's methods.

The reason I am taking my time today to teach you more about this method is that I have seen first-hand the life changing results I have achieved in my clinic, and I want you to be able to provide that same level of patient care and pain relief to your patients as well.

After all, everyone deserves a life free of pain & drugs, and you are just the person to provide it to them!

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Acupuncture & Wellness Center, P.S. Patient Testimonials

I was having cluster headaches. The medication I was prescribed wasn't stopping the headaches for more than a couple of hours and costing close to \$1000 a week. I was at the point where you would try anything to stop the pain. My wife suggested I look into acupuncture.

My first treatment I could feel the difference. I went in with a cluster and they were able to stop the pain and headache. I was taught several different pressure points that I could use to control the clusters.

I have been going through treatments for about a month now and have been headache free for three weeks of that time. They have helped my pain from arthritis in my hands, lower back, neck and knees. Last but not least is that after smoking for 42 years I am now smoke free and am feeling better than I have for years.

James A., Poulsbo, WA

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Acupuncture & Wellness Center, P.S. Patient Testimonials

I have suffered from fibromyalgia for 15 years, robbing me of a normal quality of life. For the past 8 years, the pain was increasing, not staying in one area but engulfed every muscle in my body. It was difficult to sit or lay for any period of time.

I hobbled into the wellness clinic searching for relief for my constant body pain. It was the first time I had heard the words "We can help you, all you have to do is follow your treatment plan." I decided to go for it! I stopped taking all my prescribed medicines, which consisted of 9 pain pills daily, an antidepressant, sleeping aides and a new drug released to help fibromyalgia sufferers.

I thank this wonderful team of professionals for introducing me to acupuncture, Chinese herbal medicine and a very important change of diet. Throughout my weekly visits, the staff patiently answered my dietary questions, provided resources and constant encouragement and support.

Six months have passed and I am almost pain free! Words cannot express how much I appreciate this clinic! I am now able to enjoy my grandchildren and be actively involved in their lives! You have given my physical activities back to me!

Kathy S., Port Orchard, WA

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Acupuncture & Wellness Center, P.S. Patient Testimonials

I have seen amazing results from acupuncture. It has helped me with chronic pain and migraines. I have tried medication, chiropractic treatments, and physical therapy for my upper back pain. The medication either doesn't work or leaves me groggy for 2-3 days. It has been extremely frustrating for over 10 years.

Acupuncture treatments have alleviated the pain and brought back vitality and strength to my life. The extra benefit for me is that acupuncture relieves my anxiety from the effects of living with pain. I would recommend acupuncture to anyone who needs relief from pain without the aftereffects of medication.

Gwen P., Poulsbo, WA

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Acupuncture & Wellness Center, P.S. Patient Testimonials

I am totally amazed at the improvement of my fibromyalgia with the acupuncture treatments. I have suffered with this constant pain to my muscles for over 12 years. It took 4 years for the Doctor to come up with a diagnosis. I finally found relief by coming to the Acupuncture & Wellness Center. Thank you. -Jeanne B., Port Orchard, WA

Five months ago I had an opportunity to find out what acupuncture could do for me. I admit I was skeptical about this & really believed nothing could make my back pain go away. Today I can honestly say it has done just that. I have been relieved of 90% of my back pain. In addition through this process & herbs I have also improved my depression, insomnia, acid reflux, headaches and sinus problems. -Rose G., Port Orchard, WA

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Acupuncture & Wellness Center, P.S. Patient Testimonials

I have just walked down the stairs in this building (or any stairs) for the 1st time –alternating feet – with no pain or discomfort – I have not been able to do that in a very long time! It felt awesome! I am improving “baby steps” – but totally felt like a giant leap in a positive direction – thanks to all the wonderful staff! -Cheryl B., Belfair, WA

I had experienced acupuncture long before my experience with AWC. Although I had positive results in the past, it was nothing like the results I have had with AWC. -Adam S., Poulsbo, WA

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That was just a small sampling of the
hundreds of patient testimonials we have.

Clearly the methods we are using work and I
am determined to help teach you how to have
the same results in your practice.

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Mistranslation of the *Huang Di Nei Jing* and The Scientific Explanation of Acupuncture

- If you cannot confidently explain to your patients how this medicine works, they will never truly believe in the healing power of this medicine.
- Do not sell yourself short and be known as the “energy healer”.

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Current Popular Mythology Regarding Acupuncture

- Chinese medical colleges in the United States teach that *Qi* means “energy”, and that this non-physical energy circulates through non-physical vessels in the body called “meridians”.
- According to this theory, the explanation for patient improvement via acupuncture is simply chalked up to the theory that the patient’s “energy” is more balanced, thus he or she feels better.

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Current Popular Mythology Regarding Acupuncture

- This concept has no historical basis.
- This concept is not backed up by language experts.
- This concept does not withstand intellectual scrutiny.

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Mistranslation of *Huang Di Nei Jing*

- 3 Main Western Translators
 - 1. Dr. Willem ten Rhijne (1683)
 - 2. Soulie de Morant (1939)
 - 3. Ilza Veith (1949)
- Translations by Dr. Rhijne & Ilza Veith were fairly accurate.
- The translation by de Morant was not, however, yet his is the most common translation used in the West regarding Chinese Medicine.

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Mistranslation of *Huang Di Nei Jing*

- The main mistake made by de Morant was his translation of the concept of “*Qi*” and the concept of the vessel system
 - The total number of possible uses of *Qi* in a medical sense are: air, breath, vapor, steam, gas, weather, manner, demeanor, temper, force, vital substance (*ying*, *wei*, *shenjing*, and *qi*) and the function of something
 - Soulie de Morant translated *Qi* as “energy”

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Mistranslation of *Huang Di Nei Jing*

- The vessel system or “*Jing Mai*”, elaborately described in the *Neijing*, is a description of the major longitudinal blood vessels in the body; three on each arm & leg, totaling 12 in all.
- The word “*Jing*” means longitudinal and the word “*Mai*” means vessel. The ancient Chinese word for blood is “*Xue*”, or “*Xue Mai*”, meaning blood vessel.
- Soulie de Morant translated these vessel systems as “meridians”; non-physical channels in the body conducting non-physical energy through them.

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Mistranslation of *Huang Di Nei Jing*

- This error on the part of de Morant has done great damage to the understanding of Chinese medicine in the west.
- Soulie de Morant took a physical medicine based on post mortem anatomy, just as Western medicine does, and reduced it to a psychic medicine concerned with the flow of energy through the body, rather than the flow of blood, oxygen (*Qi*), and nutrients.
- He realized in 1955 that it was blood vessels and not meridians that supplied energy to the cells.

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How Acupuncture Works

- Chinese medicine
 - Four aspects of a body that need to be functioning well in order to be healthy
 - Qi (Oxygen) delivery to the tissues
 - Vascular System
 - Organ System
 - Nervous System
 - If there is an obstruction in the blood flow to a particular area of the body, that area of the body will be negatively affected, resulting in dis-ease or malfunction.
 - Any area of the body that is damaged due to trauma or an internal disorder will have difficulty recovering if there is a reduction in blood flow to that area.

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How Acupuncture Works (r3)

- Chinese medicine
 - #1 etiology of TCM: Blood Stasis
 - Vascular functioning decreases as we age
 - Body loses its ability to heal itself because all the healing agents of the body are found in the blood
 - Blood is not circulating sufficiently to the affected area
 - Acupuncture helps increase your vascular functioning
 - Major symptoms will disappear

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Scientific Explanation of Acupuncture (r4, r5)

- Pain Pathway
 - To feel pain, 2 nerves are involved
 - 1. Sensory Pain Nerves (Nociceptors) Tells the brain there is pain: "ouch"
 - 2 types
 - » A Delta Fibers: sharp, burning pains
 - » C Fibers: dull, throbbing pains
 - Sends signals to L5 → Up the spine →
 - Midbrain (r.2)

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Scientific Explanation of Acupuncture

- Pain Pathway
 - To feel pain, 2 nerves are involved
- 2. Proprioceptive Nerve Fibers
 - Tells the brain the location of the pain: where the "ouch" is at
 - Fires continuously at the affected area → Sends signals up the back of the spine → Midbrain

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Scientific Explanation of Acupuncture

- Pain Pathway
 - Midbrain releases endorphins / enkephalins that bind to pain receptors along the spine and the capillary beds where the pain exists in order to reduce pain
- Patients with chronic pain
 - Proprioceptive neural threshold is too low
 - Signal to midbrain is weak
 - Patient cannot pinpoint the EXACT location of pain
 - Midbrain does not release endorphins / enkephalins

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Scientific Explanation of Acupuncture/ Needle Therapy

- Minute tissue trauma activates blood coagulation system to produce bradykinin and plasmin
- Bradykinin triggers local pain sensory fibers and corresponding proprioceptive nerves
- Plasmin activates C3 triggering the immune complement system to sustain vasodilatory phase by histamine, leukotrienes, prostaglandins, and kinin protease which sustains needling response
- Inactivation phase breaks down histamine, releases cortisol, promotes tissue healing

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Scientific Explanation of Acupuncture/ Needle Therapy

- Acupuncture creates a strong stimulation and “re-boots” the proprioceptive nerve pathway
 - The sensation created by the needles ‘jumps’ the neural signal threshold and stimulates the brain to release endorphins / enkephalins
 - After a few hours, the signal gets weak again
 - The next day, needle the patient and stimulate the signal again
 - Keep needling and jumping the threshold until the body REMEMBERS and RE-ESTABLISHES the normal threshold to signal the brain

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Distal Needling ⁽⁷⁾

- Distal needling technique is also called the Balance Method or *I Ching*
 - Treat arms/hands & legs/feet based on mirroring/imaging, so patient does not need to disrobe for treatment (time efficiency)
 - Needles are not inserted directly into the area of pain
 - Reduction of pain generally begins within 5-10 seconds of needle insertion

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Distal Needling vs. Local Needling

- Which approach is better?
 - Pros
 - Cons

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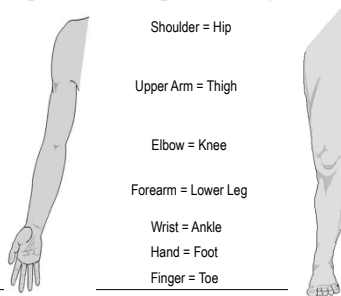
The Chinese discovered the relationship between major neural pathways in the body:

- The lateral vessels of the arm are related to the lateral vessels of the opposite legs and vice versa.
- The medial vessels of the arms are related to the medial vessels of the opposite legs and vice versa.
- In addition, the lateral vessels of the arms are related to the medial vessels of the opposite arm and vice versa.
- Also, the lateral vessels of the leg are related to the medial vessels of the opposite leg and vice versa.

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Imaging: Mirroring Concept



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The medial vessels on the arms are related to the lateral vessels on the opposite arm and vice versa.

The same relationship is true for the legs.

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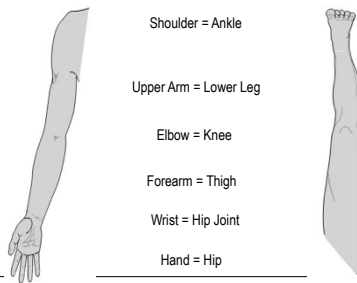
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Therefore, if you want to treat pain on the medial side of the arm you can apply pressure on the medial side of the opposite leg or the lateral side of the opposite arm.

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Reverse Mirroring Concept



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If you want to treat pain on the lateral side of the arm you apply pressure on the lateral side of the opposite leg, or the medial side of the opposite arm.

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Therefore:

- The medial side of the arm treats the medial side of the opposite leg or the lateral side of the opposite arm.
- The lateral side of the arm treats the lateral side of the opposite leg and the medial side of the opposite arm.

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The reverse is also true:

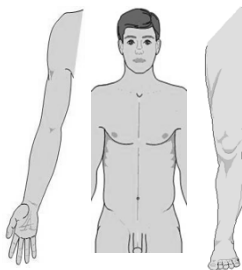
- The medial side of the leg treats the medial side of the opposite arm or the lateral side of the opposite leg.
- The lateral side of the leg treats the lateral side of the opposite arm or the medial side of the opposite leg.

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Upper Limb	Head & Trunk Image	Lower Limb
Top of shoulder	Top of head	Top of hip
Shoulder	Neck, jaw, base of skull	Hip joint
Upper arm	Chest, mid-upper back	Upper leg
Elbow	Umbilicus, waist, L2	Knee
Forearm	Lower abs, lower back	Lower leg
Wrist	Genitals, bladder, sacrum	Ankle
Hand	Genitals, coccyx, lower sacrum	Foot
Finger	Testicles, anus	Toe

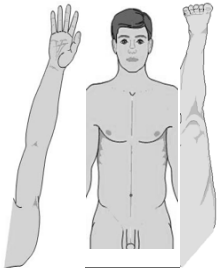
Imaging: Limbs to Head & Trunk



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Upper Limb	Head & Trunk Image	Lower Limb
Finger	Top of head	Toe
Hand	Head, base of skull	Foot
Wrist	Neck	Ankle
Forearm	Chest, mid-upper back	Lower leg
Elbow	Umbilicus, waist, L2	Knee
Upper arm	Lower abs, lower back	Upper leg
Shoulder	Sacrum, genital, coccyx	Hip joint
Top of shoulder	Testicles, anus	Top of hip

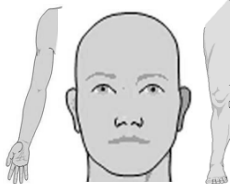
Reverse Imaging: Limbs to Head & Trunk



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Imaging: Limbs to Head

Upper Limb	Head	Lower Limb
Shoulder joint	Top of head	Hip joint
Upper arm	Forehead	Upper leg
Elbow	Eye, ear	Knee
Forearm	Nose level	Lower leg
Wrist and hand	Mouth level	Ankle and foot
Fingers	Chin level	Toes

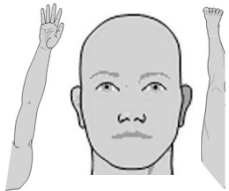


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Reverse Imaging: Limbs to Head

Upper Limb	Head	Lower Limb
Fingers	Top of head	Toes
Wrist and hand	Btw top of head and forehead	Ankle and foot
Forearm	Forehead	Lower leg
Elbow	Eye, ear	Knee
Upper arm	Nose level	Upper leg
Shoulder	Mouth level	Hip
Shoulder joint	Chin level	Hip joint



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How to chose your areas: Imaging techniques

- The hand treats the opposite foot, the opposite hand, and the head area.
- The foot treats the opposite hand, the opposite foot, and the head area.
- The forearm treats the opposite lower leg and the opposite lower arm and vice versa.
- The upper arm treats the opposite upper leg and the opposite upper arm and vice versa.
- The wrist treats the opposite ankle and vice versa.
- The elbow treats the opposite knee and vice versa.
- The shoulder treats the opposite hip and vice versa.

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How do we treat the neck?

- The hands and the feet both treat the neck:
 - The dorsal side of either the hand or the foot treats the lateral and dorsal side of the opposite neck.
 - The ventral side of the hand or foot treats the same side of the neck including the anterior neck.

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How do we treat the back?

- The whole arm represents the whole back with the hand as the head and neck, the wrist as the upper back from T1 to T3.
- The wrist crease represents the T1 area and the thenar eminence on the thumb represents the C1-C2 area of the neck.
- The elbow treats the T12 area of the back opposite the diaphragm.
- Once again, pushing on the right arm treats the left side of the back and the left arm treats the right side of the back.

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Treating the back continued:

- The upper arm treats the lower back from T12 to the sacral area. T12 is represented, once again, by the elbow.
- The shoulder treats the sacral area.
- Between the shoulder and the elbow treats the area between the sacrum and T12.
- The right upper arm treats the left side of the back and the left upper arm treats the right side of the back.
- If the pain is directly on the spine then needle/push on the abdomen directly opposite the pain on the spine.

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Reverse Imaging

- You can treat the entire back with just the area of the arm from the elbow to the hand.
 - In this case, the elbow to the hand represents the upper back to the head starting from T12 or it can represent the lower back from the sacrum to T12.
 - In this way you only have to stimulate the lower arm and hand to treat the entire back from the neck to the sacrum.

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The lower leg can also treat the entire back from the neck to the sacrum. In this case:

- The foot treats either the neck or the sacrum.
- The ankle treats either T1 or L5.
- The knee represents the T12 area.
- Between the elbow and the foot is either the area of the back from T12 to the neck or the area of the back from T12 to the sacrum.
 - Remember, the right leg treats the left side of the spine and the left leg treats the right side of the spine.

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How do we treat the abdomen?

- The navel to the pubic symphysis is represented from the elbow to the wrist crease or from the knee to the ankle crease.
- The right arm or leg treats the left side of the midline of the abdomen and the left arm or leg treats the right side of the midline of the abdomen.
- If you have pain or discomfort exactly on the midline, then push on the spine exactly opposite from the pain on the abdomen.

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HOW TO TREAT PAIN: Upper Body: (all bilateral points)

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Head

- Top:
 - Lv: 1,2,3,4
 - GB: 44,43,42,41
- If needed:
 - P: 9, 3 SJ: 1, 8
 - Lv: 8 GB: 45,34

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Neck

- **Whole neck:** SI: 3,4 SJ: 2,3 All other spaces on the hand including LI: 3,4, Ling Ku
- If **posterior scalene:** P 8,7,6 (opposite side), SJ 2,3 (same side)
- If **medial scalene:** ST 41,42,43 LI: 3,4,5,6
- If **anterior scalene:** SJ: 2,3,4,5 GB: 41,42,40
- If **levator scapula:** LV: 3,3,4,5,6,7
- If **trapezius muscle:** K: 2,3 UB: 66,65,64,63,62,60
- If **minor rhomboid:** LI 5,6,4,3 St: 41,42,43,40
- If **supraspinatus:** GB: 41,40,39,38 Lv: 4,5,6,7
- If **subscapularis:** LI: 5,6,7,8 St: 41,39,38,37
- If **semispinalis cervicis:** K 2,3 UB: 65,64,63,62 Ht: 8 SJ: 2,3

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Face

- If **eyes:** Ht: 8 LV: 3 GB: 41,42 Lv: 8 Ht: 3 Sj: 2,3
- If **frontal sinus:** Lu: 10 St: 36,37,38 Sp: 9,8,7 LI: 2,3,4
- If **sphenoid/ethmoid sinuses:** LI: 2,3,4 St: 36,37,38
- If **pain below eyes:** Same as sphenoids
- If **pain around ears and below:** GB: 34,35,36,37,41,42 Lv: 3,4,8 H: 8 SJ: 2,3
- If **pain on chin:** *Mu guan, Gu guan*
- If **pain in lower jaw line:** St: 37,38,39 LI: 5,6,7
- If **pain on nose:** Eyes of elephant, LI: 2,3,4, *Ling ku*

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Upper Back

- If **lower levator scapula** Ht: 7,6,5,4 Lv: 4,5,6,7
 - If **thoracic muscles** Lu: 5,6,7,8,9 K: 3,6,7,8 UB: 60,59,58,57,56
 - If **trapezius muscles** Lu: 6,7,8,9 K: 3,7,8,9
 - If **infraspinatus, teres minor or major** Ht: 4,5,6,7,8,9 Lv: 4,5,6,7
 - If **posterior deltoid** Sj: 5,6,7 K: 3,6,7,8 GB: 40,39,38,37,36,35
 - If **supraspinatus** Same as posterior deltoid
 - If **subscapularis** LI: 5,6,7,8,9 ST: 41,40,39,38,37
 - If **spinus erector muscles** K: 3,7,8,9,10 UB: 60,59,58,57,56
- Scalp points for the spine
- If **intercostals pain:** Sp: 9,8,7,6,5,4 LU: 5,6,7,8,9 ST: 36,37,38,39

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Front of the Body from the diaphragm up:

- If **superior anterior serratus**: GB: 40,39,38,37 SJ: 4,5,6
- If **upper rectus abdominis**: St: 36,37 Sp: 9,8,7 P: 6,7,8,9
- If **breathing problems**: Lu: 5,5a,5b Sp: 9,9a,9b
- If **pectoralis major (upper portion)**: P: 5,6,7,8 St: 40,39,38,37
- If **pectoralis minor (lower portion)**: H: 7,6,5,4 K: 3,7,8,9
- If **pain at Liver and Gall Bladder**: SI: 8,7,6,5 GB: 34,35,36,37,38
- If **epigastric pain at diaphragm area**: ST 36,37 LI: 11,10P: 3,4

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Foot *Taiyang*
Urinary Bladder
Posterior Lateral
Foot

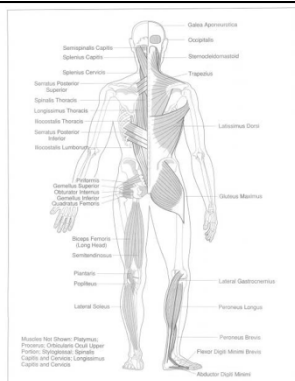


Figure 12.2 Longitudinal muscle distribution of the posterior lateral torso (extremity (foot taiyang), related to the bladder (upper portion of the calcaneus) and the plantaris muscle not shown).

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Hand *Taiyang*
Small Intestine
Posterior Lateral
Hand

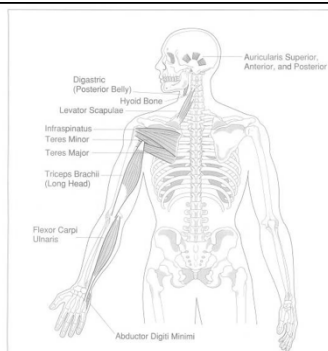
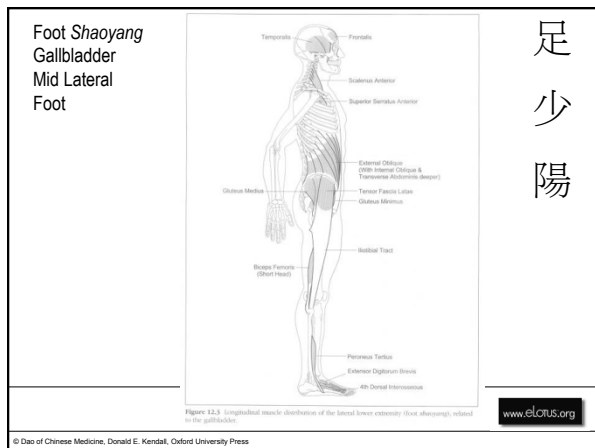


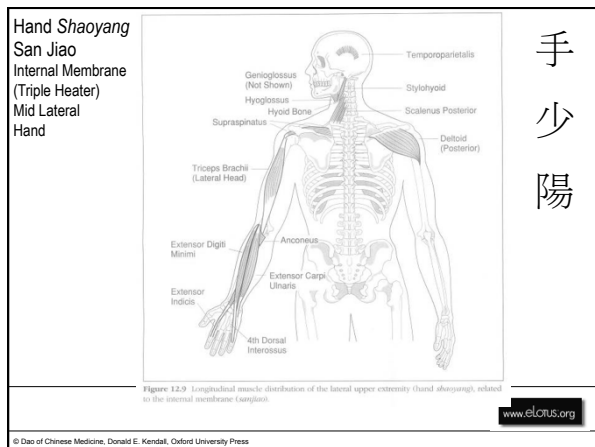
Figure 12.8 Longitudinal muscle distribution of the posterior lateral upper extremity (hand taiyang), related to the small intestine.

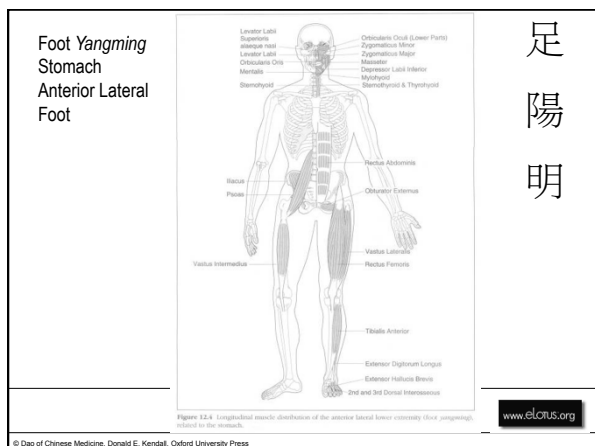
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Hand
Yangming
Large Intestine
Anterior Lateral
Hand

Figure 12.10 Longitudinal muscle distribution of the anterior lateral upper extremity (hand yangming), related to the large intestine (cutaway view of zygomatic arch and mandible to show pterygoid muscles; cutaway of rib cage to show the subscapular muscle).

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Foot Taiyin
Spleen
Anterior Medial
Foot

Figure 12.5 Longitudinal muscle distribution of the anterior medial lower extremity (foot taiyin), related to the spleen.

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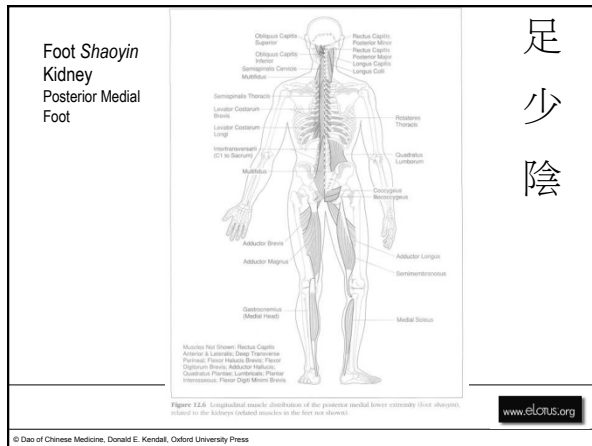
Hand Taiyin Lung
Anterior Medial Hand

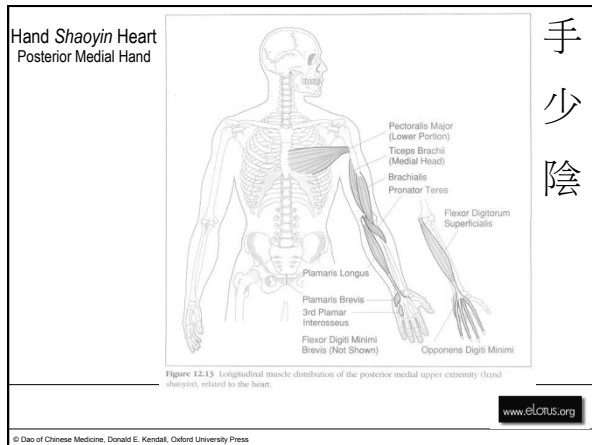
Figure 12.11 Longitudinal muscle distribution of the anterior medial upper extremity (hand taiyin), related to the lung (cutaway view of rib cage and sternum to show the diaphragm).

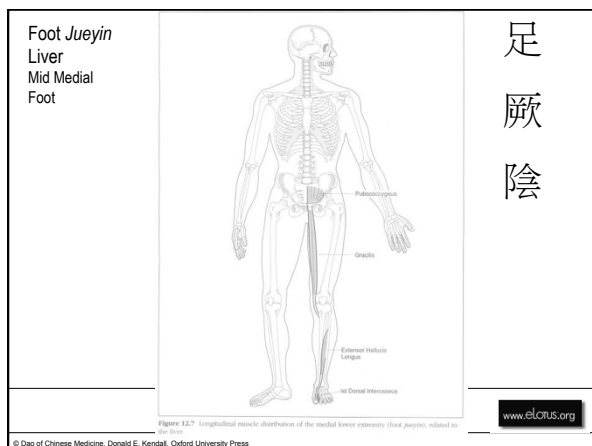
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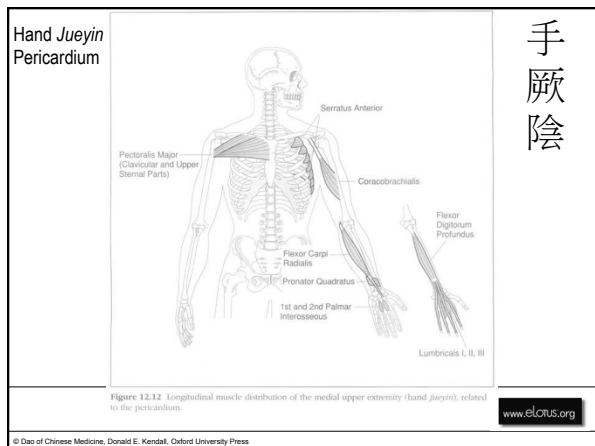
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Herbs to Treat Pain

If the pain is warm or hot (i.e. a lot of inflammation)

<i>Zhen Ren Huo Ming Yin</i>	50gr.
<i>Bai Wei</i>	10gr.
<i>Tian Hua Fen</i>	10gr.
<i>He Zi</i>	10gr.
<i>Wu Bei Zi</i>	10gr.
<i>Ce Bai Ye</i>	10gr.

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Herbs to Treat Pain

If painful area is cold and the pulse is thin.

<i>Shen Tong Zhu Yu Tang</i>	60gr.
<i>Ru Xiang</i>	20gr.
<i>Mo Yao</i>	20gr.

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Herbs to Treat Pain

- If there is a lot of cold stagnation add:
Cold Breakers 20gr.
- If there is a lot of hot stagnation add:
Warm Breakers 20gr.

Cold Breakers

San Leng – 100
E Zhu – 100
Wang Bu Liu Xing - 100

Warm Breakers

Huai Hua – 100
Xuan Shen – 100
Xia Ku Cao – 100
Zhe Bei Mu – 100

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Herbs to Treat Pain

- If there is systemic Blood Stasis with a deep pulse
Vitality 100gr
- If the heart pulse is weak add
Fang Ji Huang Qi Tang 20gr

<u>Vitality:</u>	<u>Stress 1</u>	<u>Diuretic 1</u>
Stress 1 – 250gr Diuretic 1 – 100gr <i>Zhe Chong Yin</i> – 150	<i>Xue Fu Zhu Yu Tang</i> – 100 <i>Ge Xia Zhu Yu Tang</i> – 100 <i>Shao Fu Zhu Yu Tang</i> – 100 <i>Fu Yuan Huo Xue Tang</i> – 100 <i>Shui Zhi</i> – 100 <i>Yan Hu Suo</i> – 100	<i>Ba Zheng San</i> - 180 <i>Hua Shi Cao</i> - 90 <i>Jin Qian Cao</i> - 90 <i>Yi Yi Ren</i> - 90

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