

**The techniques in this manual**

Clock

Bracketing

Bracketing the spine

Stacking

In the pamphlet but not in my presentation yet:

Whole body pain

Head pain

Back pain

In the other attachment I have

5 day detox

Easy things:

Aeon GV14

Glutathione CV 6 daily

5 day detox

**More complex but amazingly powerful.**

Adding distal points

Front back techniques including Mu Shu and Lovett Brother Relationships

Ilio Cecal Valve

Switching

Local Pain

Reverse body image

Yin Yang balance using distal points

Great loops using distal points

Clock balance using distal points

Back pain using adrenals and inguinal ligament

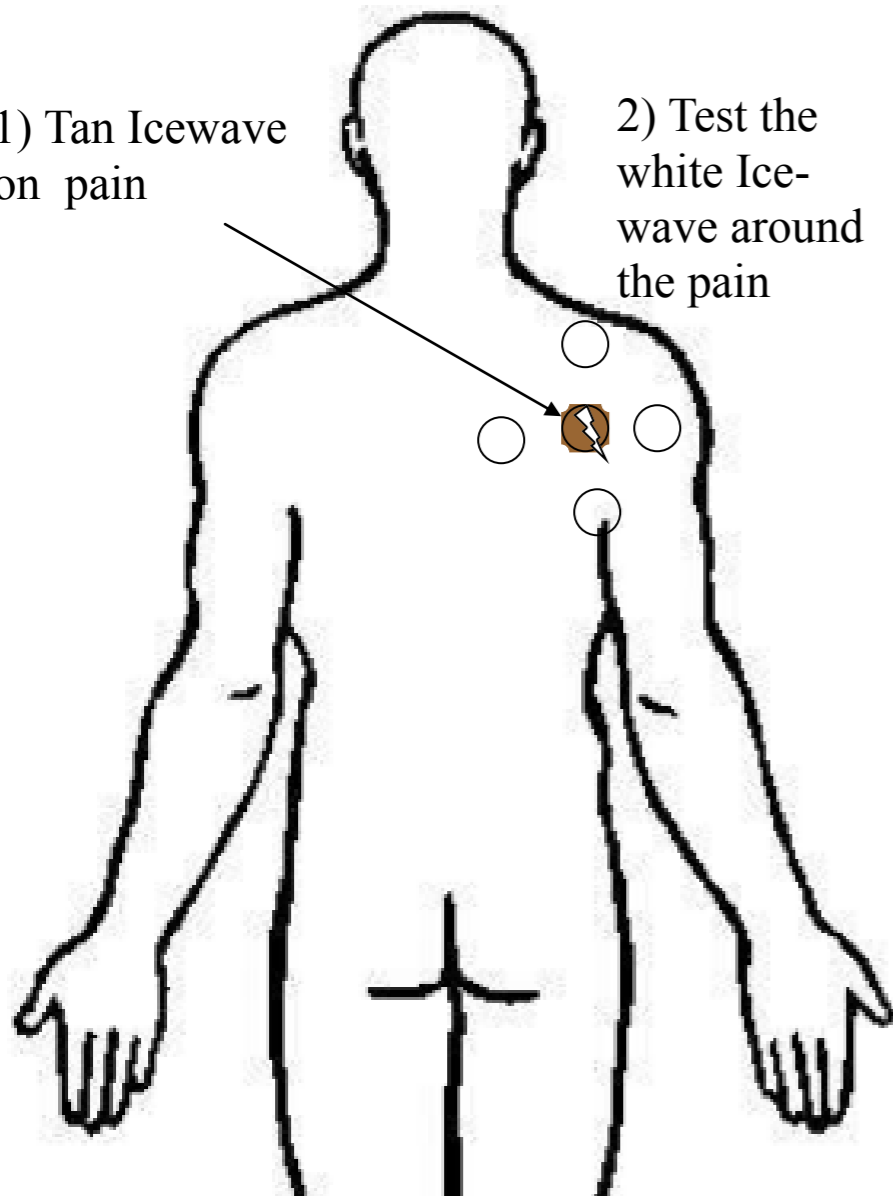
Headaches and migraines

Knowing the beginning and ends of all the meridians

Joint opposites

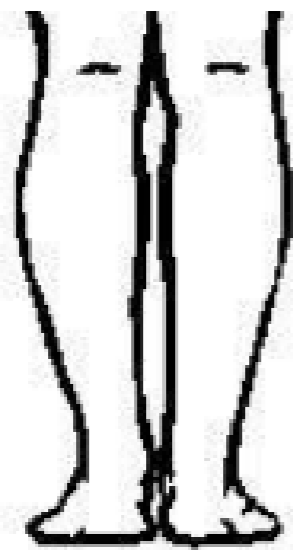
Know the direction of meridians and how to test for excess of deficiency

1) Tan Icewave on pain

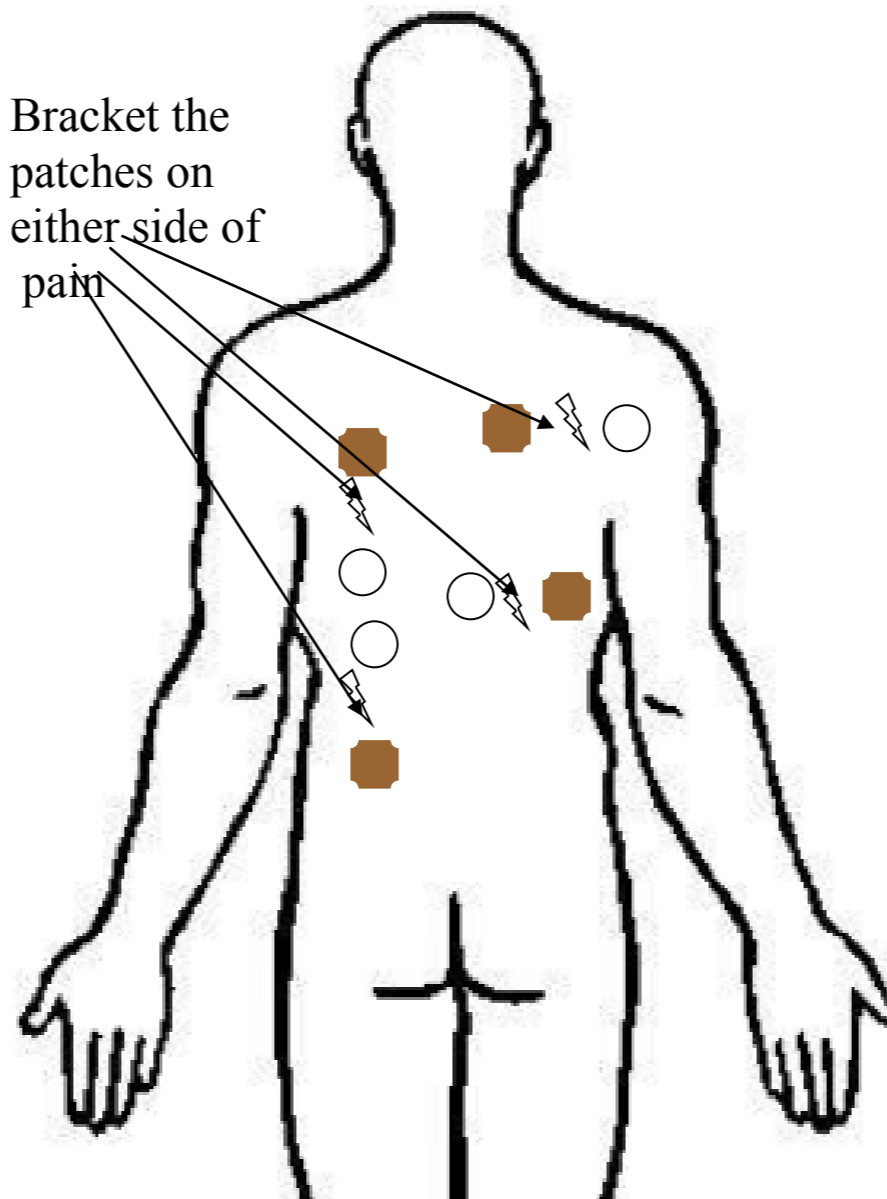


2) Test the white Ice-wave around the pain

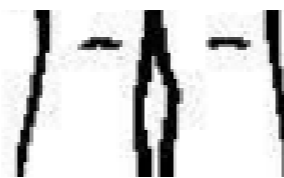
Clock method



Bracket the patches on either side of pain

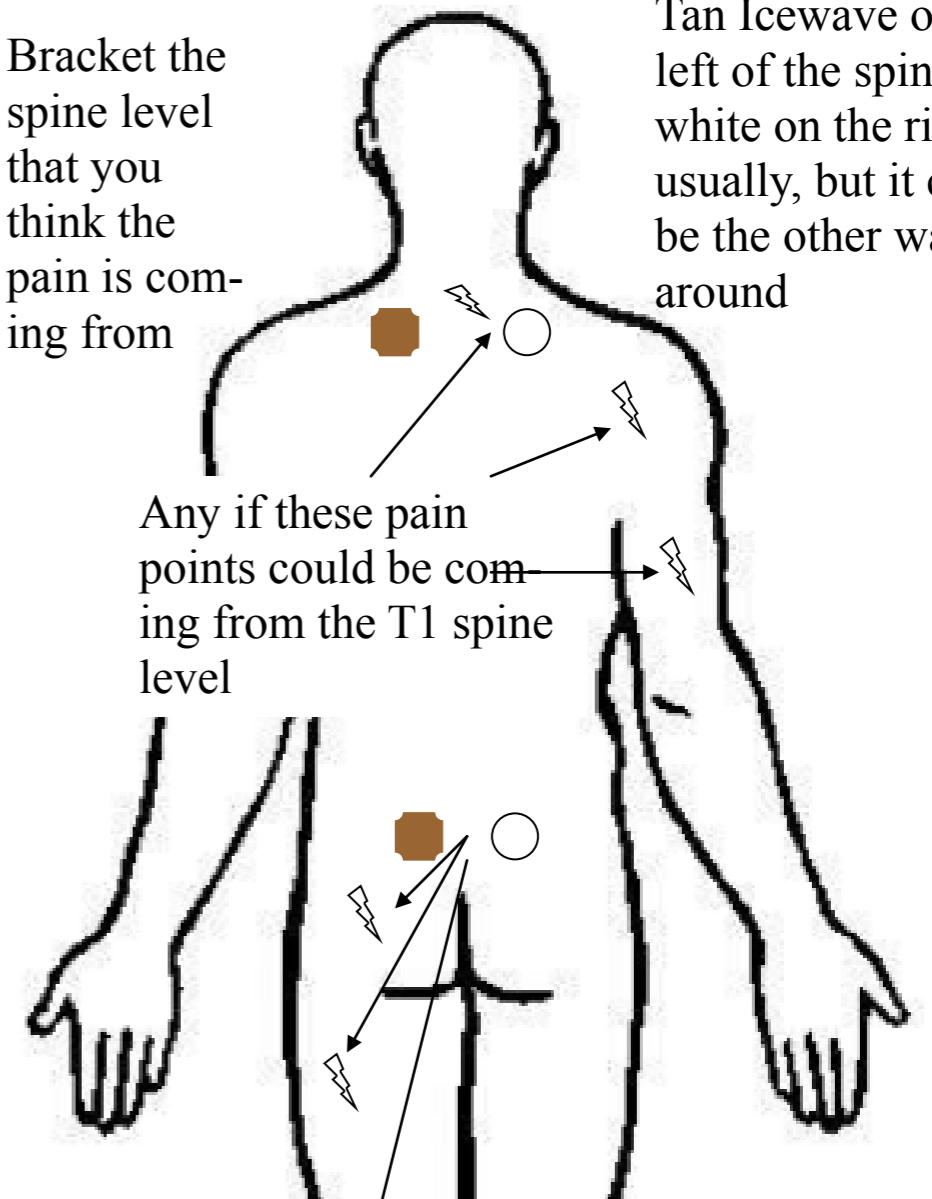


Bracket the pain



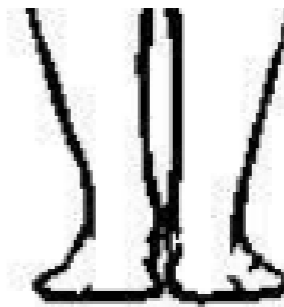
Right and left don't really matter for bracketing for pain but in general I like white above tan or white to the right of tan.

Bracket the spine level that you think the pain is coming from




Any if these pain points could be coming from the T1 spine level

Bracket the spine

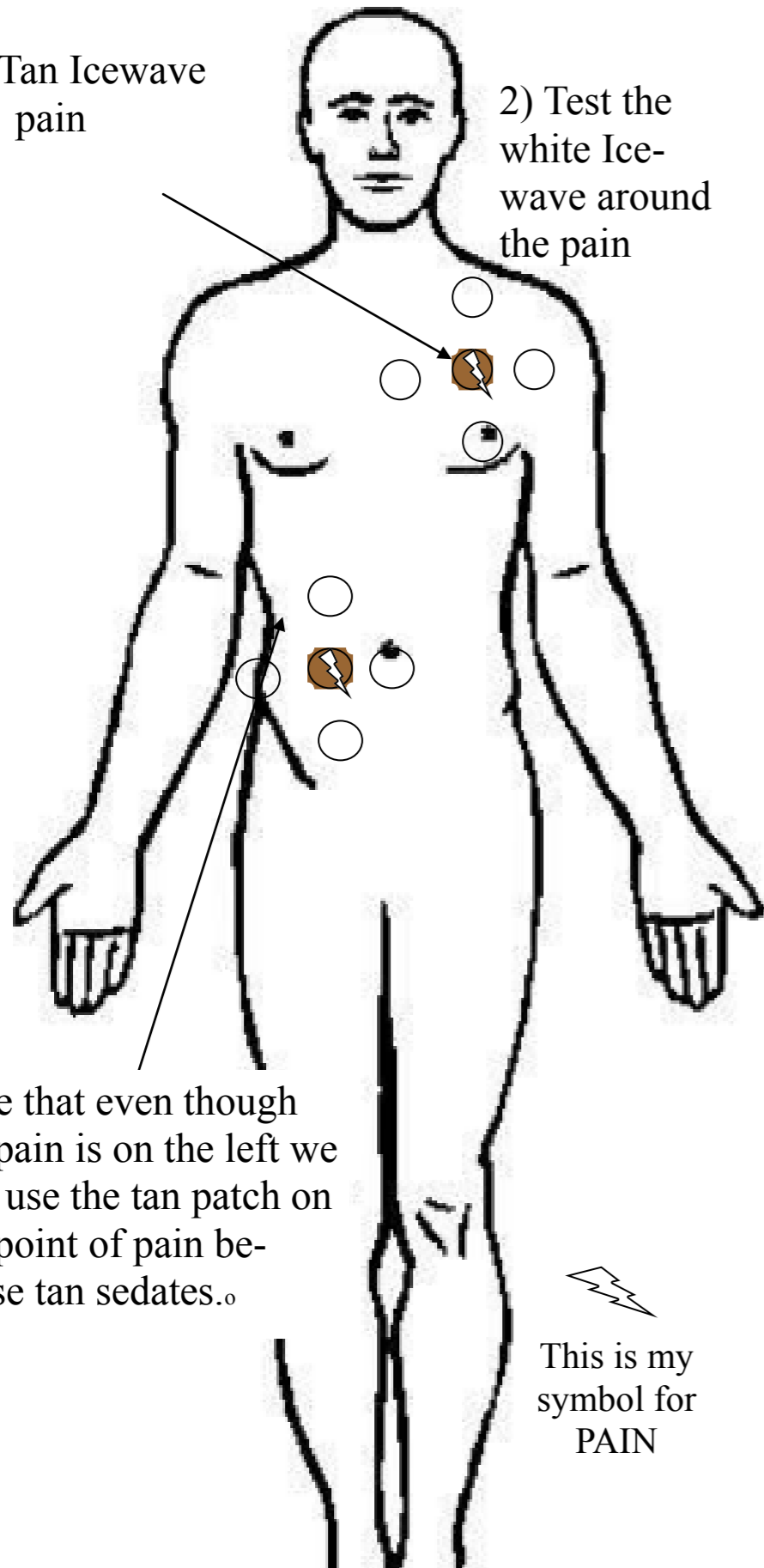


Tan Icewave on the left of the spine and white on the right, usually, but it could be the other way around

 This is my symbol for PAIN

1) Tan Icewave on pain

2) Test the white Ice-wave around the pain



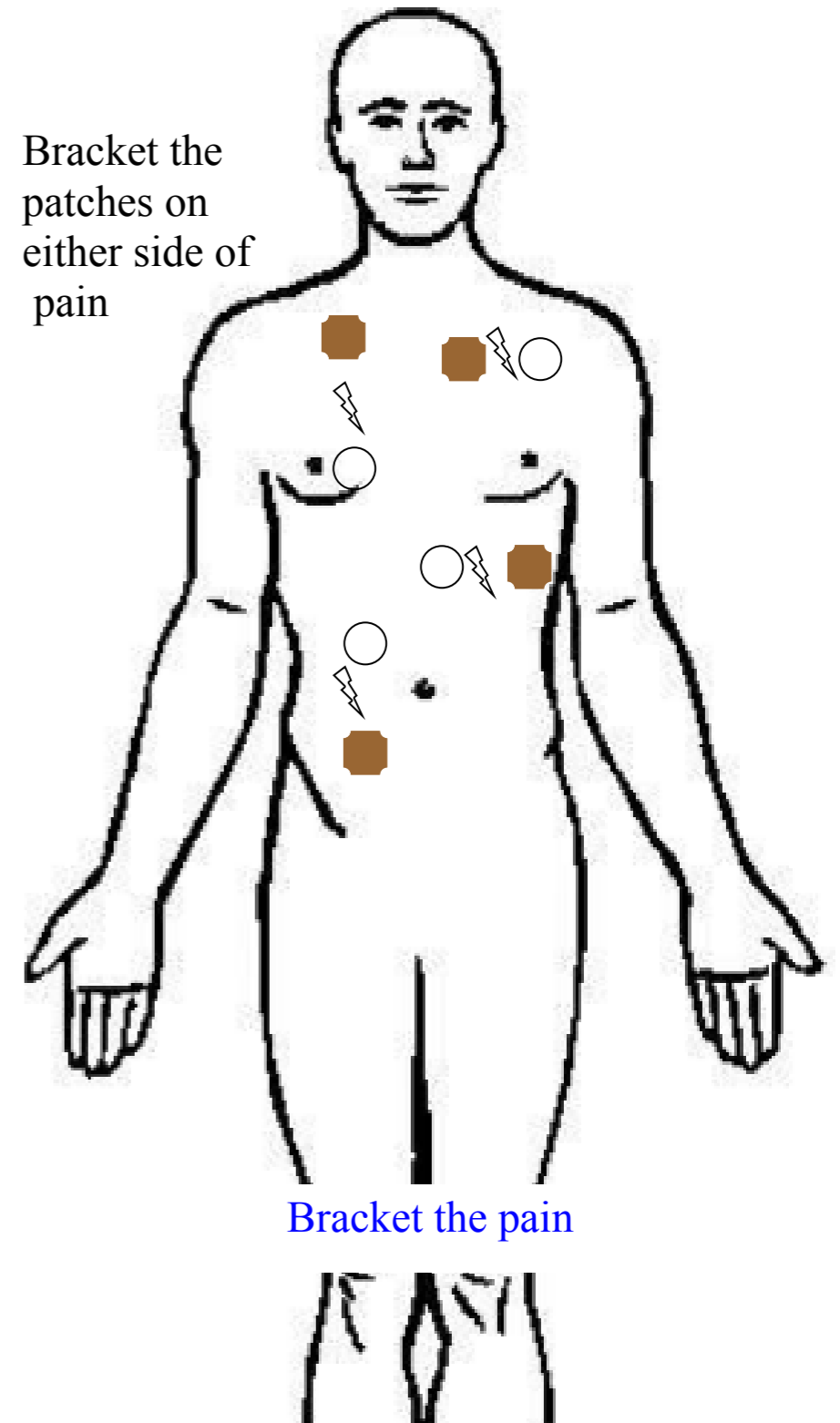
Note that even though the pain is on the left we still use the tan patch on the point of pain because tan sedates.

This is my symbol for PAIN

Clock method

The clock and bracket methods work on the front or the back

Bracket the patches on either side of pain



Bracket the pain

Right and left don't really matter for bracketing for pain but in general I like white above tan or white to the right of tan.



## Back to front or front to back balance

The idea is simple: find pain on the back and put a patch on it then find a corresponding point on the front to balance it.

### You can balance:

- Back to front same side, like there is an arrow straight through to the other side.
- Back to front opposite side
- Back to front same side upper to lower (or lower to upper)
- Back to front upper to lower opposite side. **This is called Reverse Body Image** and is the most powerful of the 4 choices.

The problem here is that the patches will not always line up with the polarities of the body.

**Always do what works, based on how the patient responds, palpation and muscle testing**

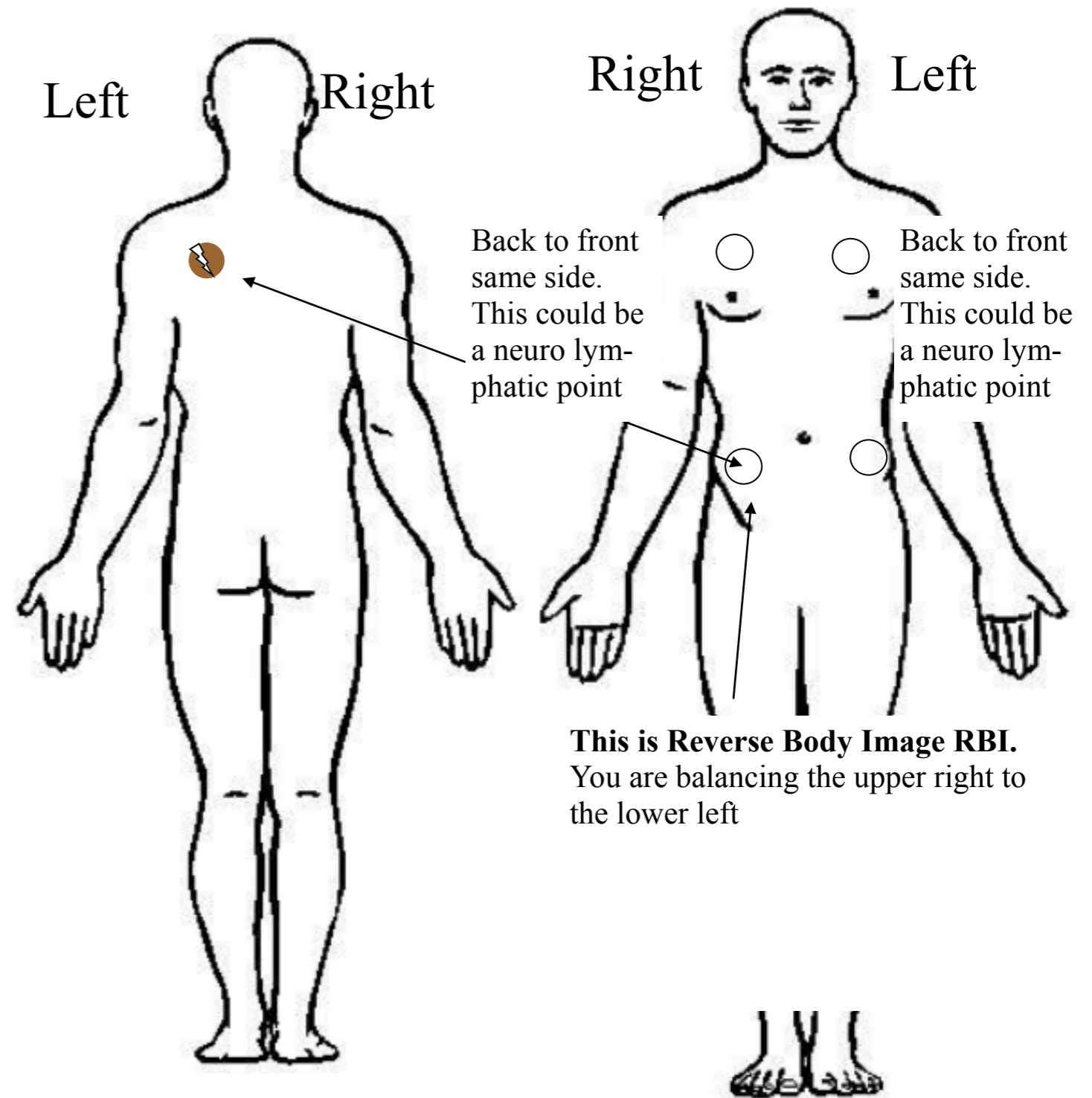
This technique can be added to the others

For this example say you all ready bracketed the left side pain, now test the points on the front.

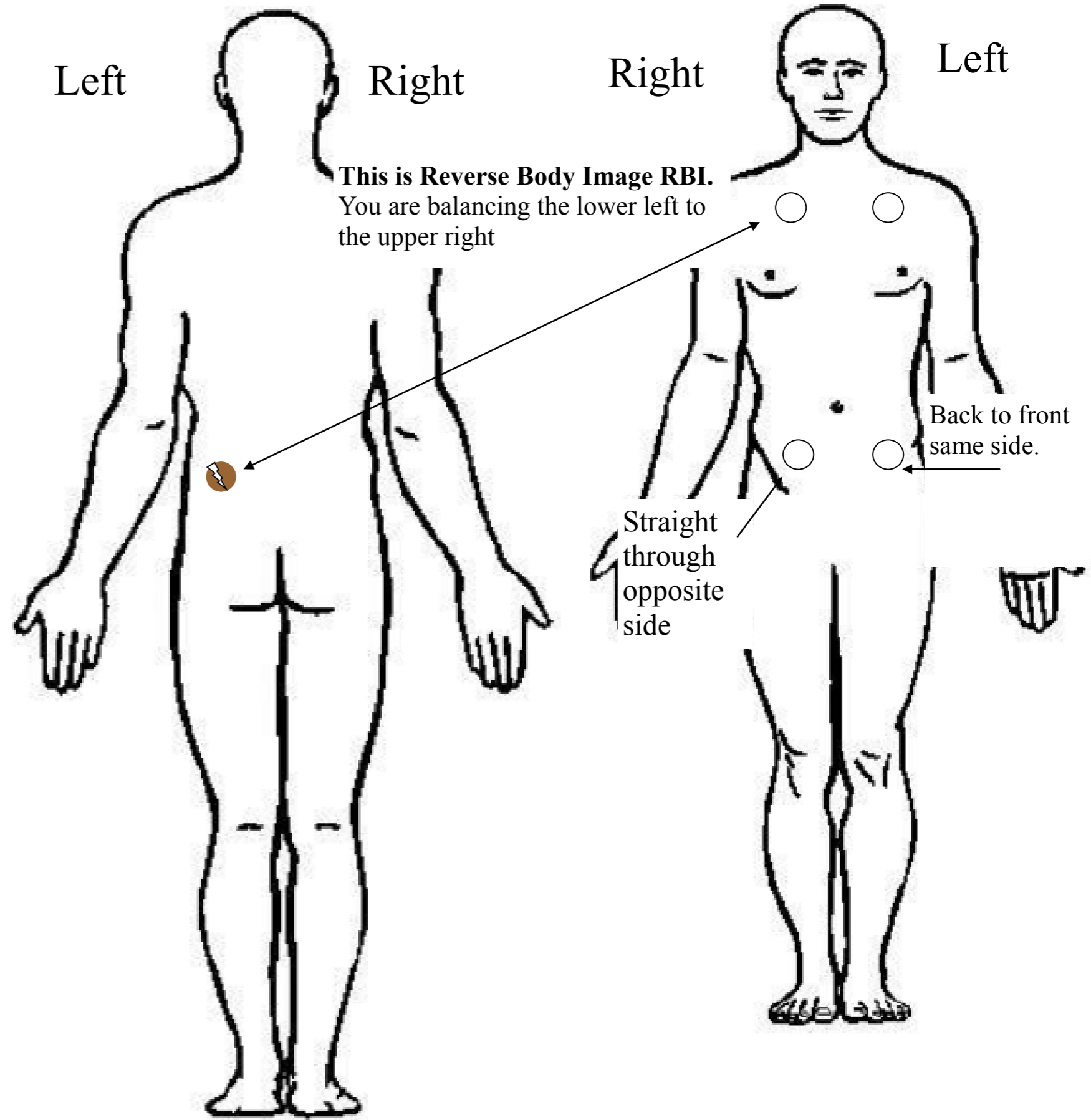
This is an easy choice because the polarity is all ready correct.

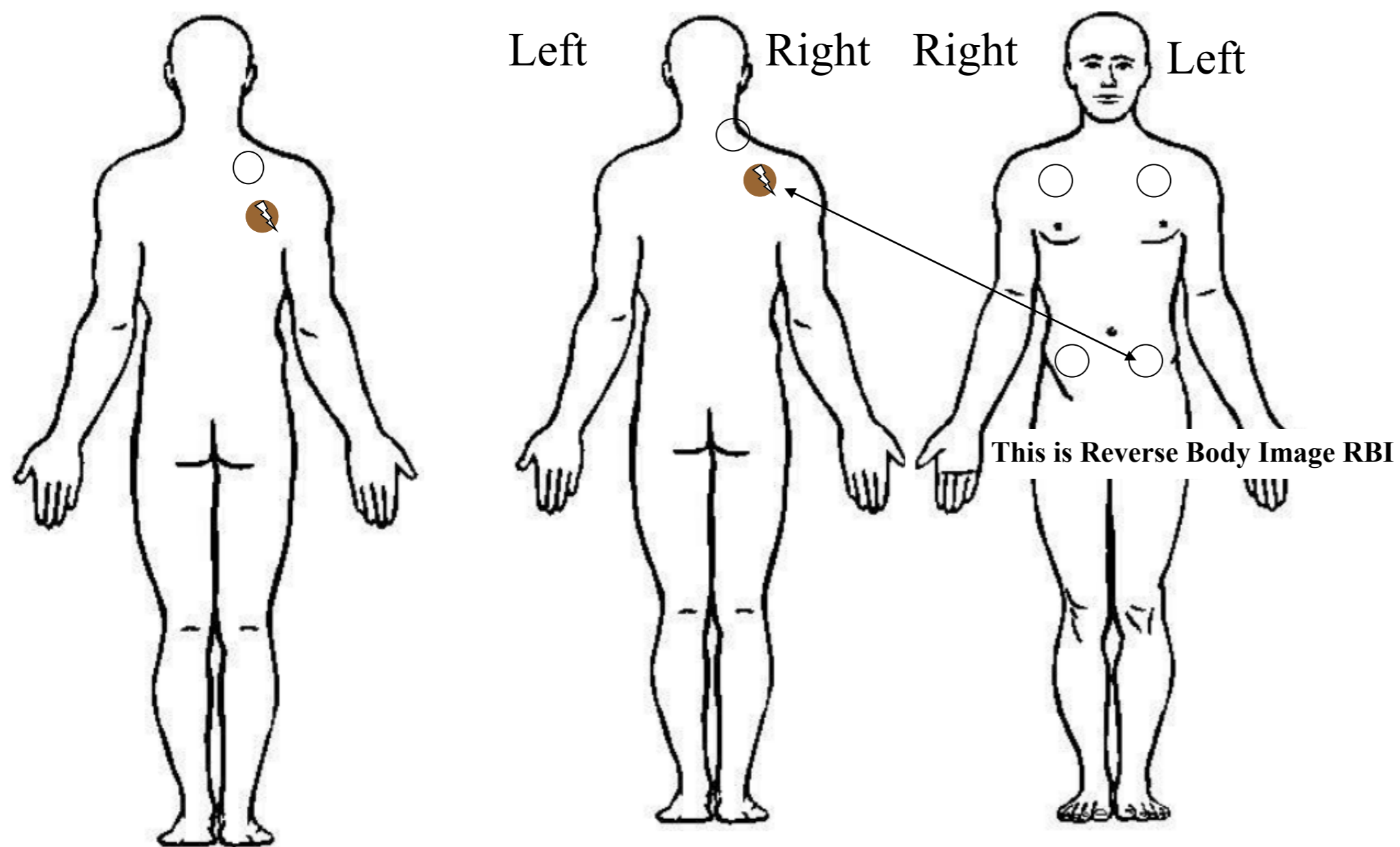
Tan is negative and sedative and is on the point of pain which is on the left or negative side of the body.

White is tonifying and on the positive side. Everything aligns.



This is a similar example where the tan patch is all ready on the left.

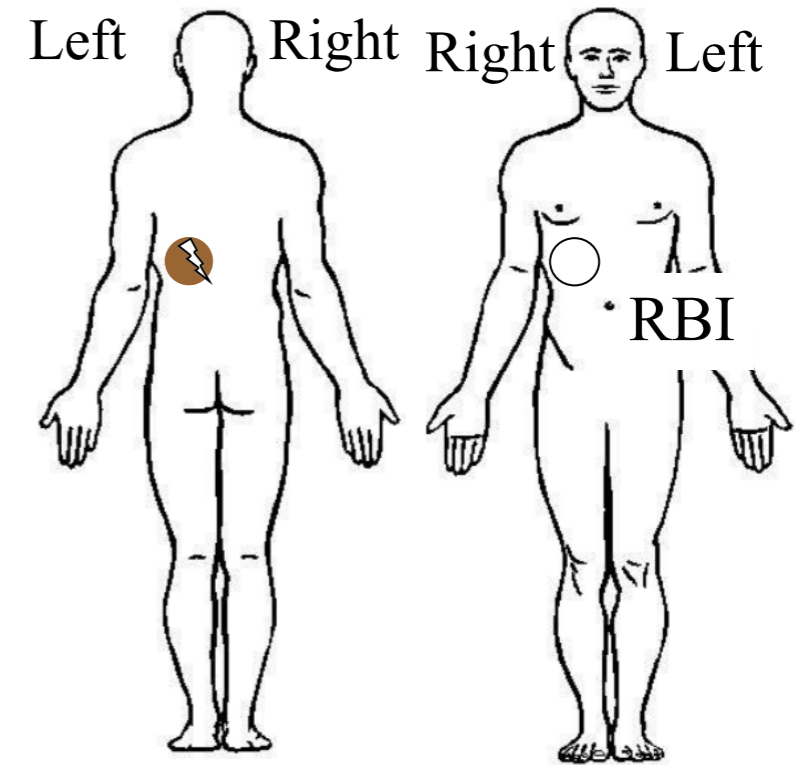
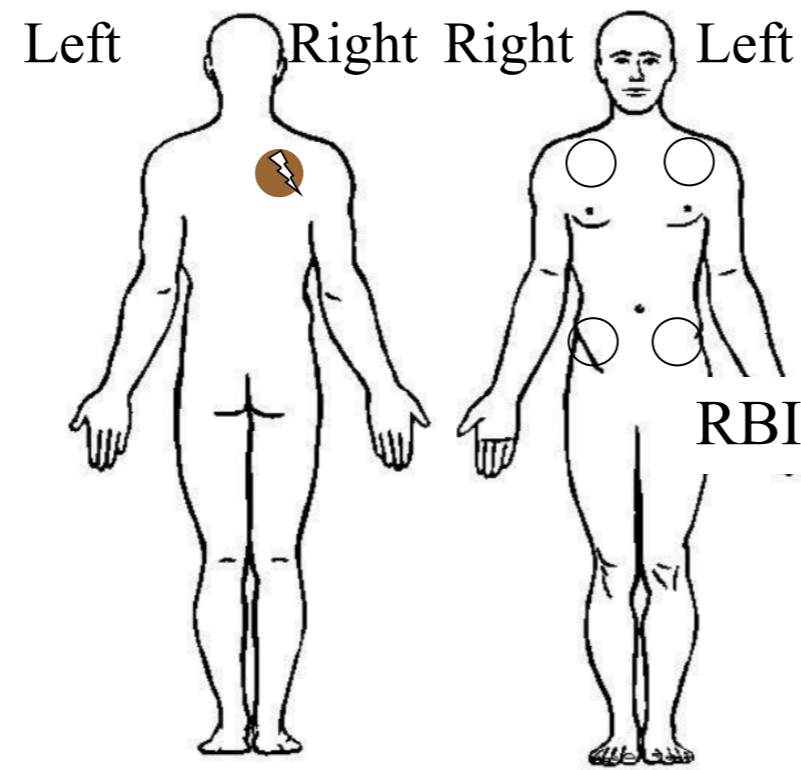
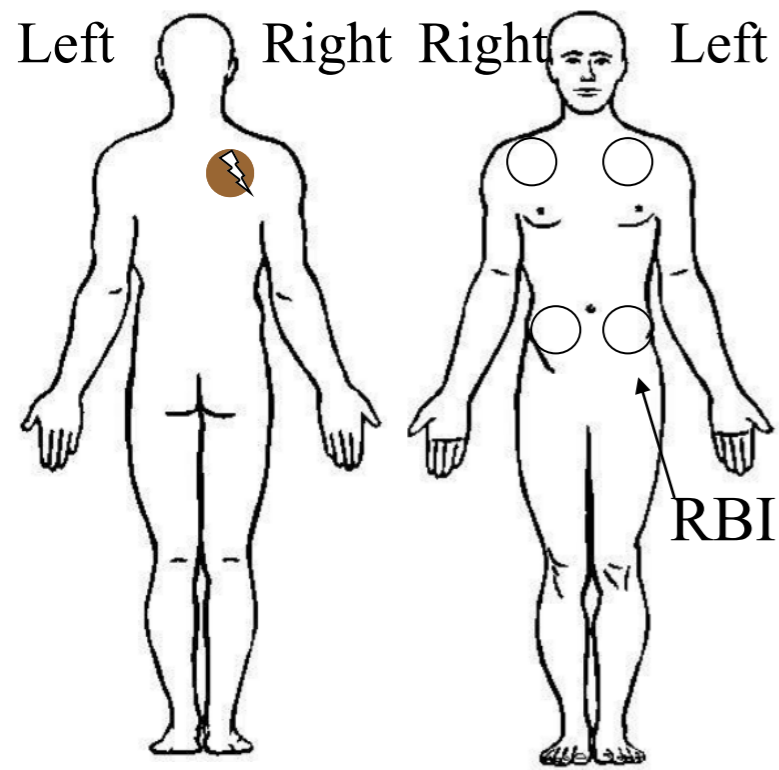




Here we had pain on the upper right back  
We did the clock method and got 30% change  
Then we tested the points on the front and when we added the reverse body image we got 70% change.

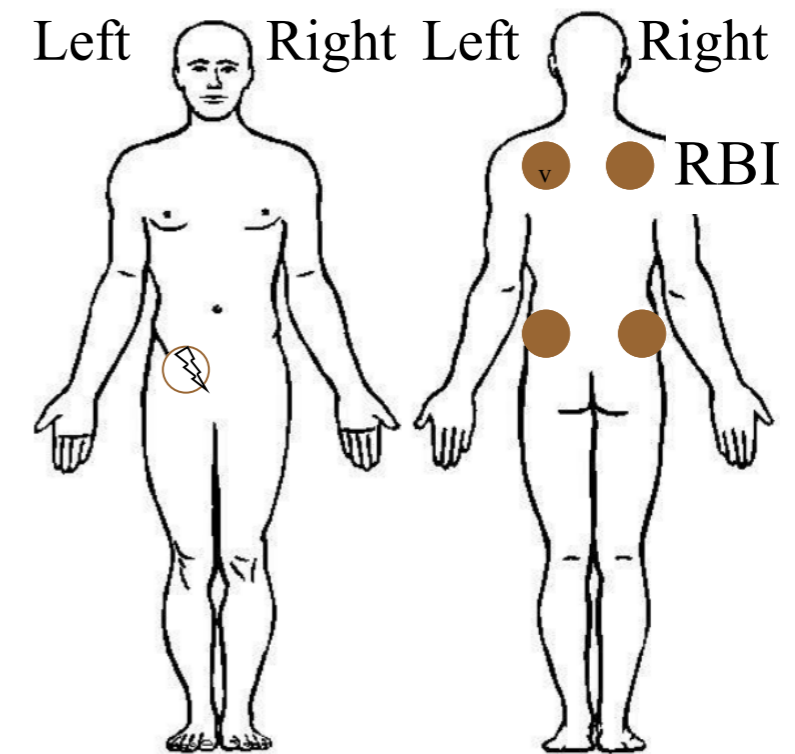
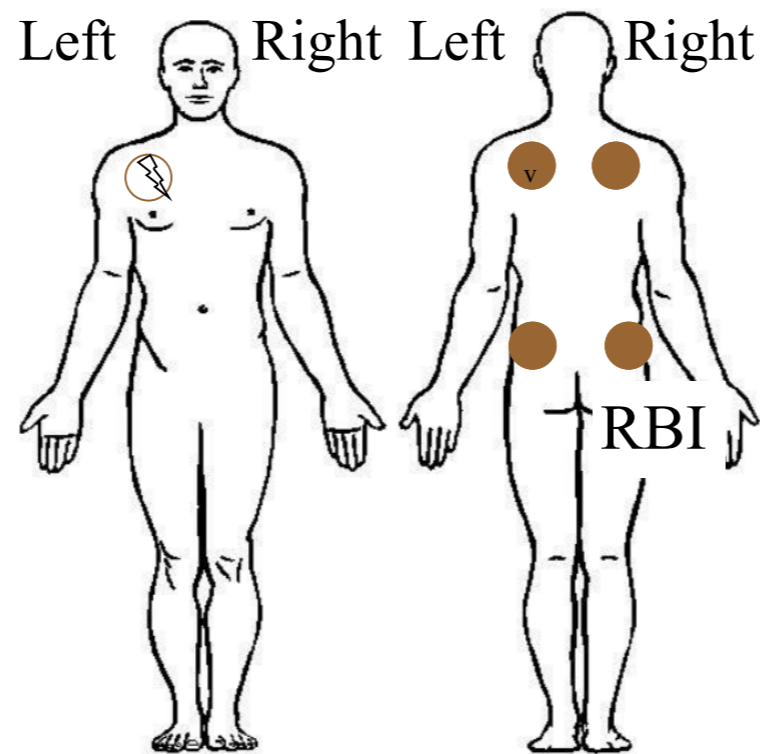
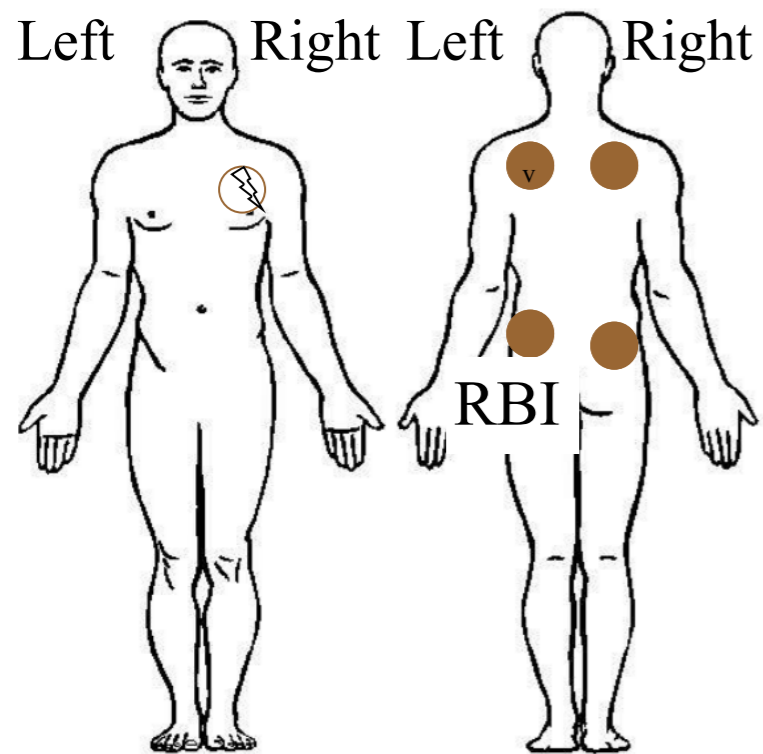
For the second patch you could use Aeon, Glutathione or carnosine. They are all positively charged and they add other aspects that could help

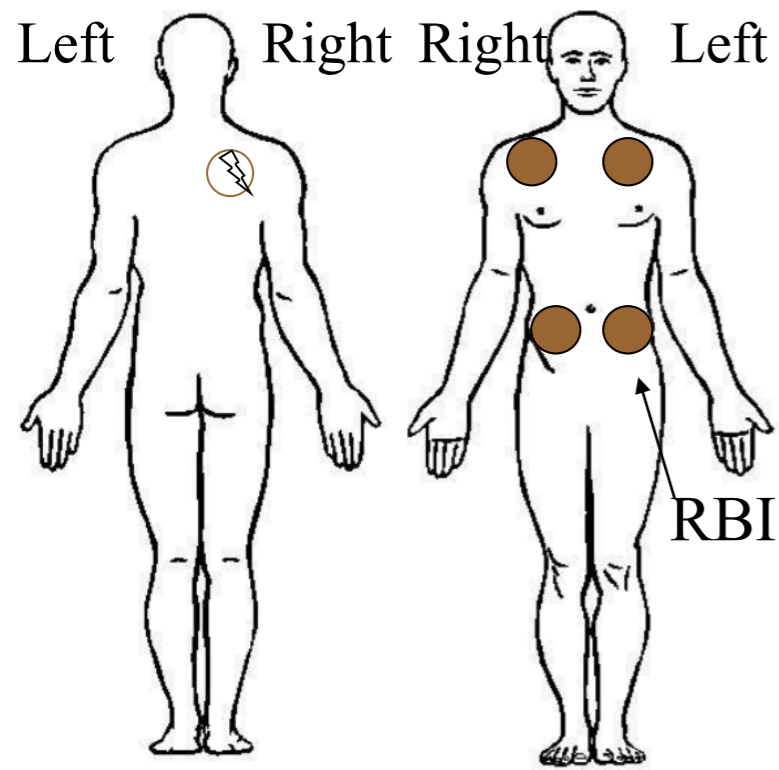




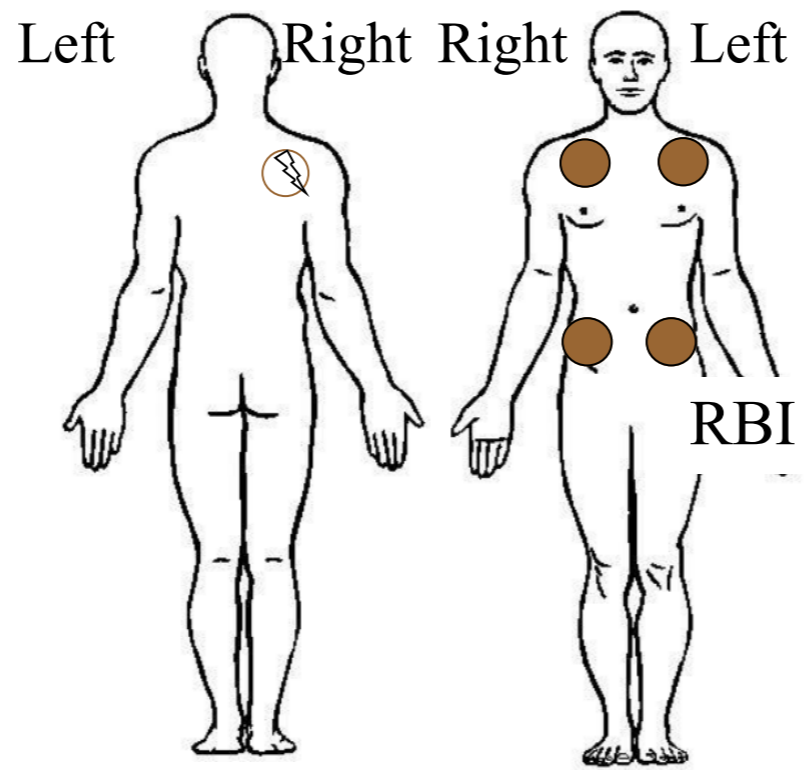
These are not patterns to be memorized they are here to show you that when pain is concerned do what works.

RBI shows the reverse body image. These are often good choices.



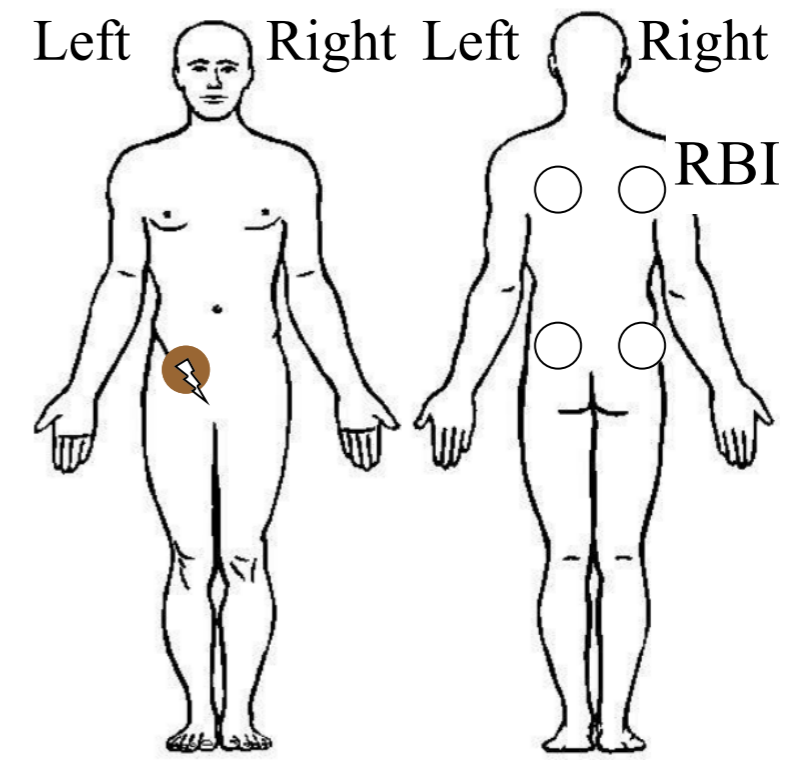
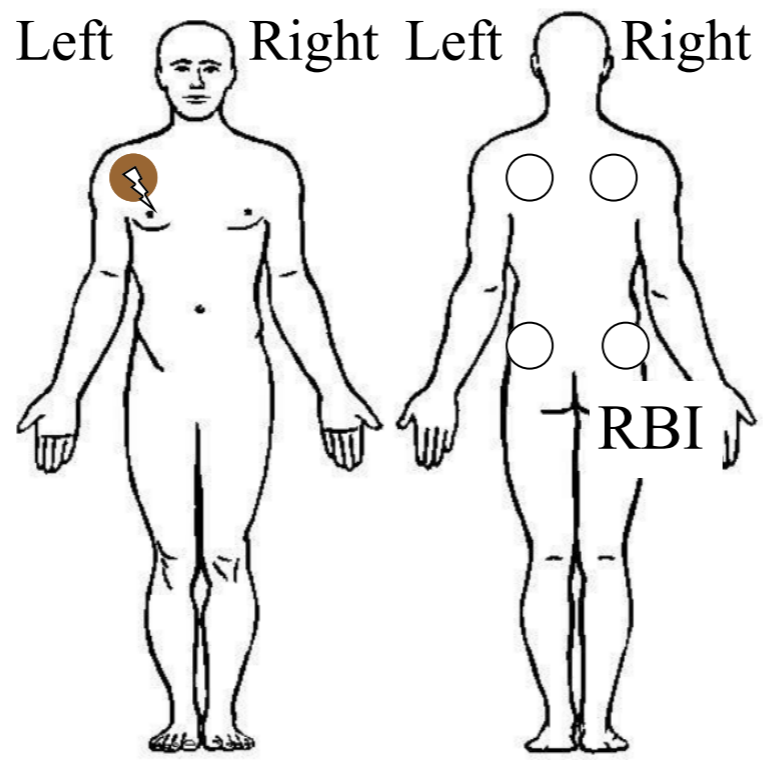
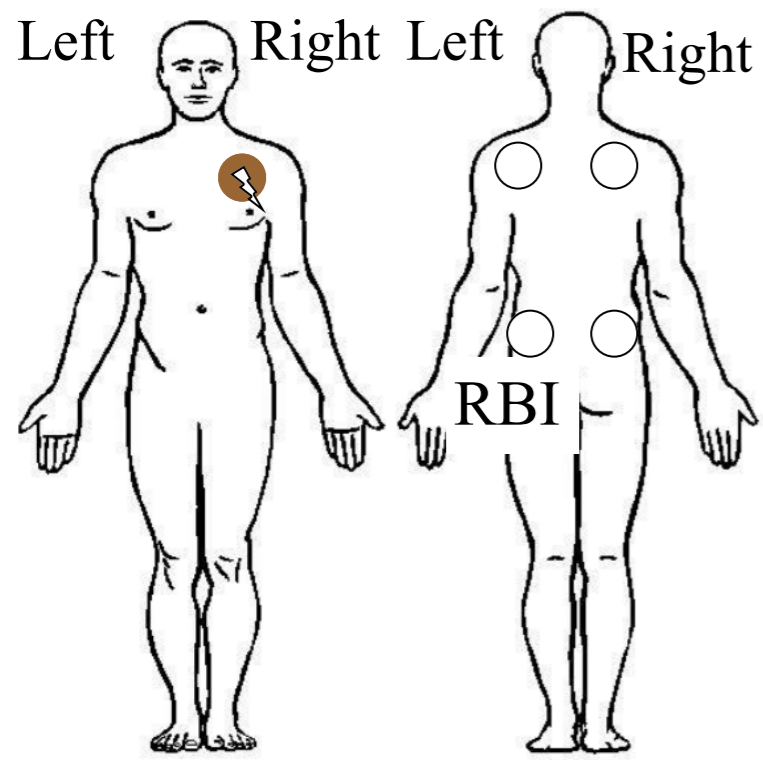
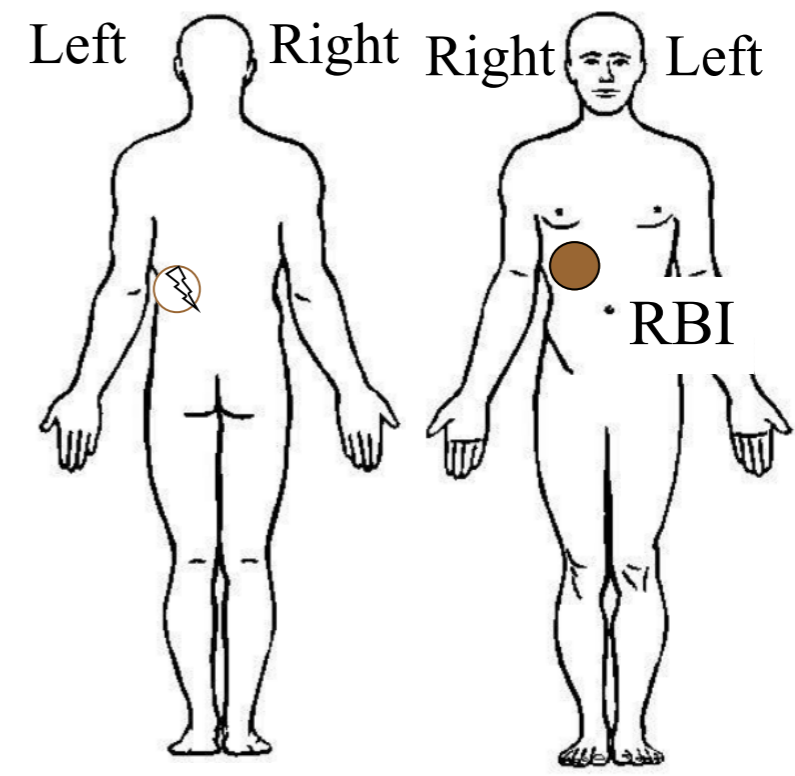


It works the same for the front of the back.



The important thing here is:

- Do what works
- It is better if what works is the reverse body image
- It is also better if the patches conform to the polarity of the body





### **The next technique is called Mu Shu.**

This is just the same as the back to front technique that we just went over. The only difference is that you are connecting the Mu point or Alarm point to the Shu point which is the autonomic nervous system point that innervates that organ.

It is the same technique only more specific as far as the point is concerned. When it works it gives you more information about the patient's condition and the specific imbalances in the nervous system.

What patch to use

You will either use the Ice wave or the Energy Enhancer patch. These are the only patches that are a two polarity system.

As was stated before, if you already did a technique like clock or bracket you can add an Aeon, Glutathione, or Carnosine.

Again do what works as demonstrated by what the patient says, or your palpation or muscle testing.

According to many acupuncture systems you often tonify (white patch) the shu (nervous system point) on the back and sedate (tan) the MU (alarm) point on the front.

Most patients are in a condition of excess so this makes sense.

However I personally find that using the tan on the back and the white on the front works better, but **do what works for you.**

The nice thing about the patches is that the results will be obvious

If you can do positive on the right and negative on the left all the better.

With the patches something usually works.

You may never use any of these back to front techniques. If you do the simple techniques you will still get amazing results.

The simple techniques will get you 40% to 50% improvement in one visit and will increase over days and weeks.

It will only take a few seconds to a few minutes to apply this.

You can have your front desk staff apply the simple version

However if you apply these more advanced techniques you can get 70% to 100% changes in one visit.

It will take a little longer. I can get an amazing change in 3 to 15 minutes if it is really complicated.

You can teach a non doctor to do this but they will have to learn a little more.

So do what works for you and your practice.

The next page is the points for the Mu Shu points

Balance them as you would any points on the body opposite page.

Back shu points (nervous system points).

These points are located to the left and right of the spinal levels

Front Mu Organ Alarm point

Organ	Back Shu Point	Spinal Level	Front Mu Organ Alarm point
Lungs	UB 13	T3	Lu1
Pericardium	UB 14	T4	CV 17
Heart	UB 15	T5	CV 14
Liver	UB 18	T9	Liv 14
Gall Bladder	UB 19	T10	GB24
Spleen	UB 20	T11	Liv 13
Stomach	UB 21	T12	CV 12
Triple warmer	UB 22	L1	CV 5
Kidneys	UB 23	L2	GB 25 or K16
LI	UB 25	L4	ST 25
SI	UB 27	S1	CV4
UB	UB 28	S2	CV3

- T1 Windpipe (trachea)
- T2 Bronchus
- T3 Lung
- T4 Breast, Sweat Gland
- T5 Heart (L) Pericardium (R)
- T6 Diaphragm
- T7 Spleen
- T8 Pancreas (R) Esophagus (L)
- T9 Liver (R) Stomach (L)
- T10 Gall Bladder (L) Bile Duct (R)
- T11 Small Intestine
- T12 Transverse Colon
  
- L1 Adrenal Gland
- L2 Kidney
- L3 Prostate
- L4 Large Intestine
- L5 Descending Colon
  
- S1 Uterus
- S2 Bladder
- S3 Sex Organ
- S4 Urine Tract
- S5 Rectum

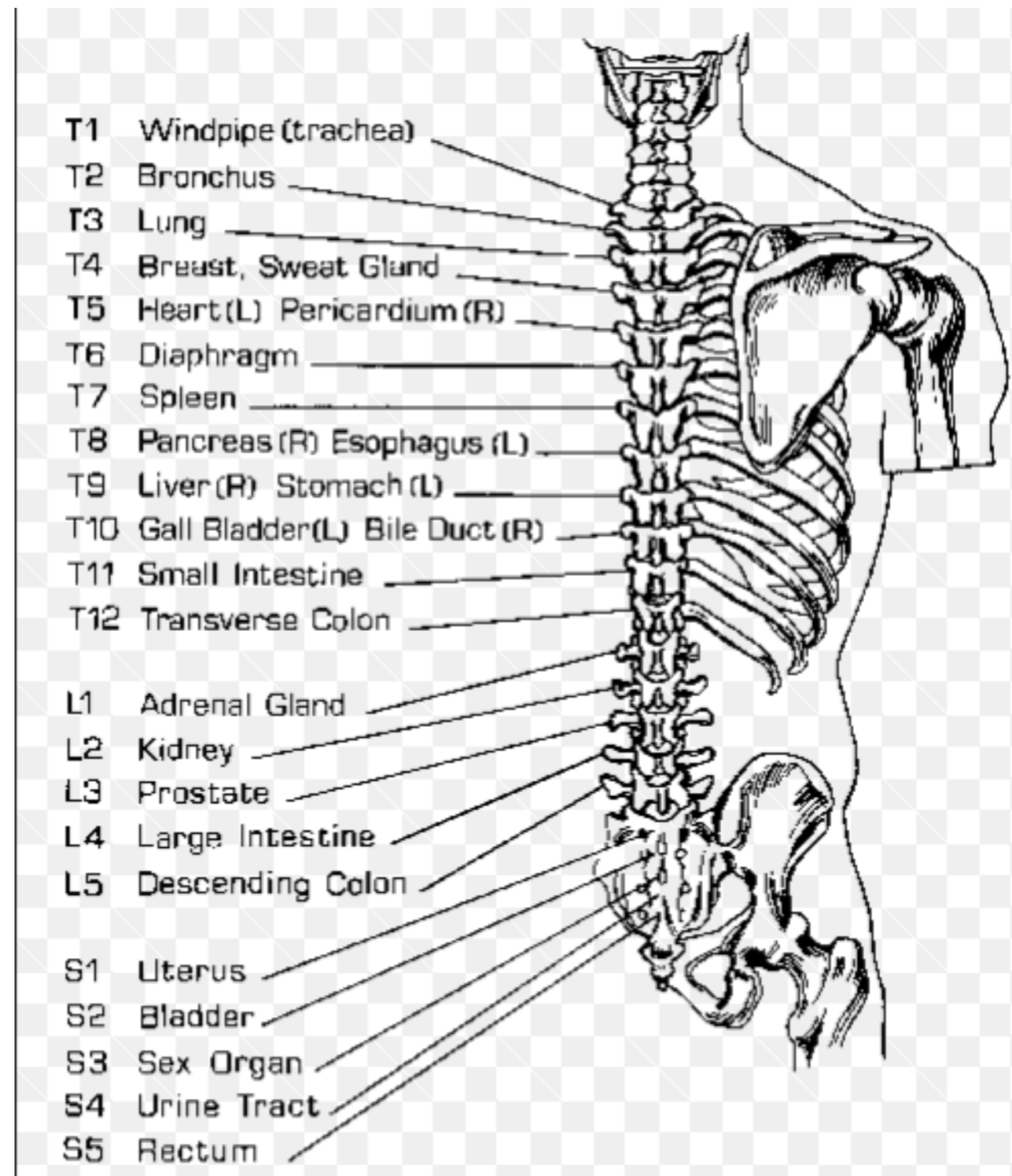
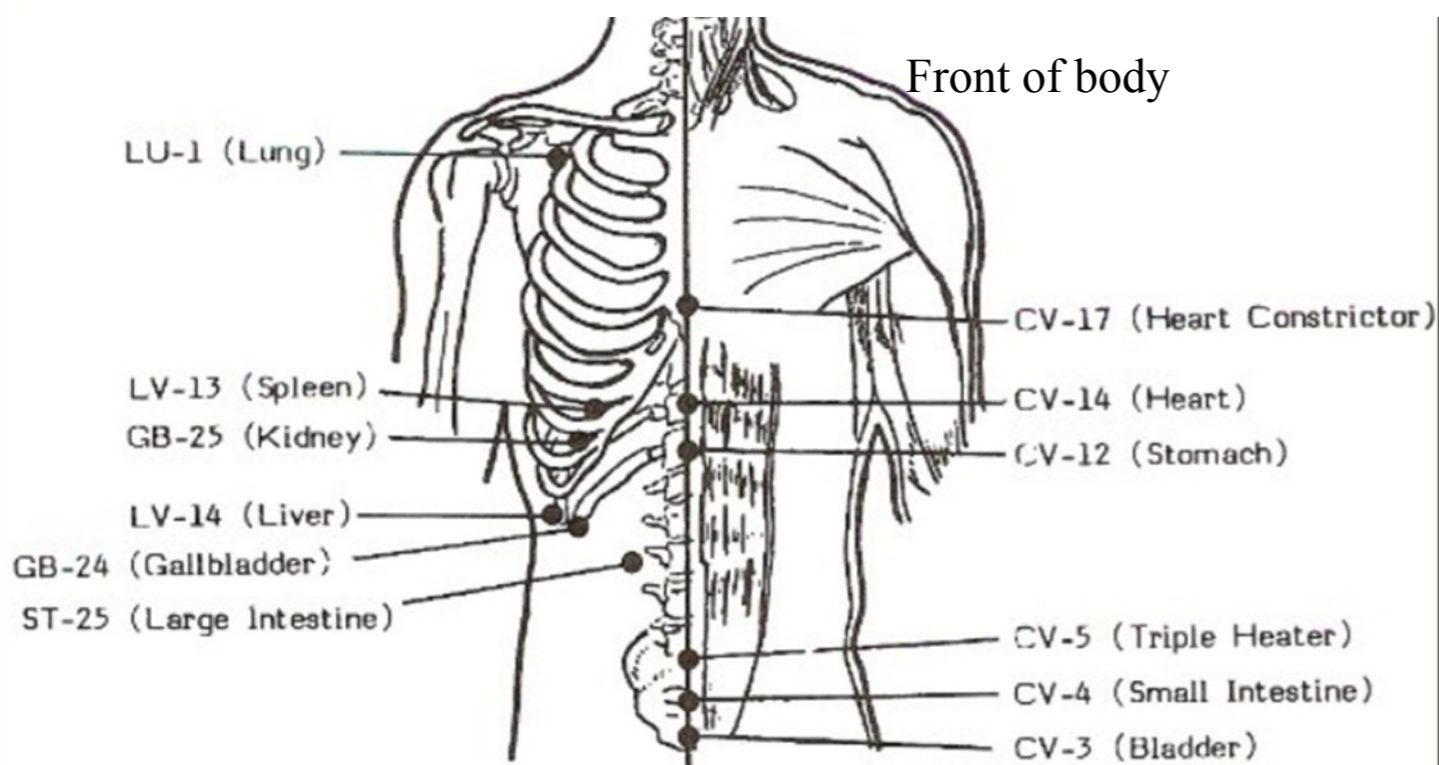


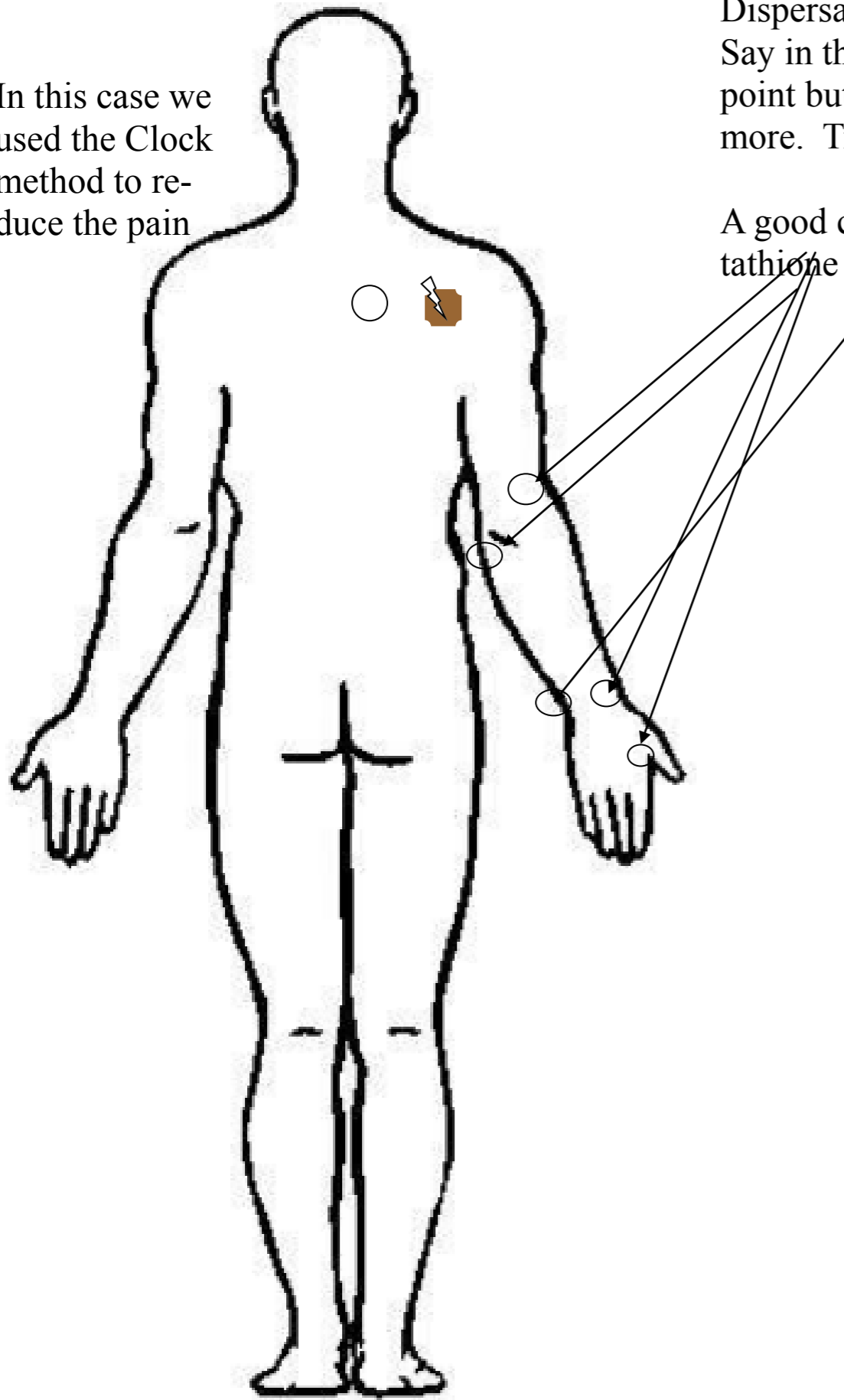
Figure 3.23. Alarm points.

In this case we used the Clock method to reduce the pain

Dispersal (far away point)  
Say in this case you reduced a painful point but you think you can reduce it more. Try adding a far away point.

Adding a (distal) far away point to any of the previous techniques

A good choice would be the Aeon, Glutathione or Carnosine (AGC)



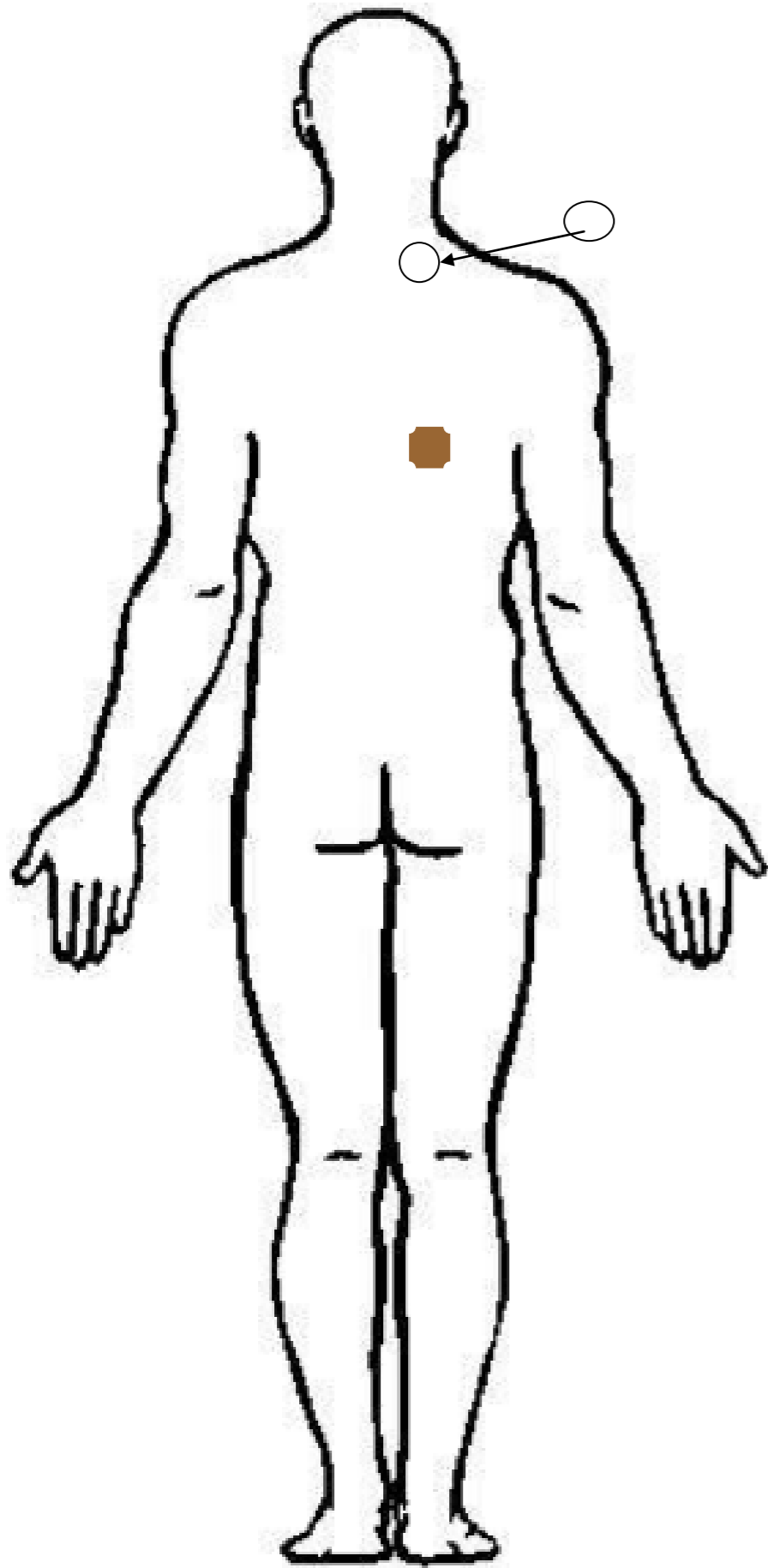
The important thing is to palpate for pain then apply the patch and see if the pain reduces.

Generally points on the back of the arm work better than points on the front of the arm.

Note that the AGC patches are positive patches yet for this type of technique they can be used on either side.

It is OK to try another Tan patch or even a craving patch which is also negative.

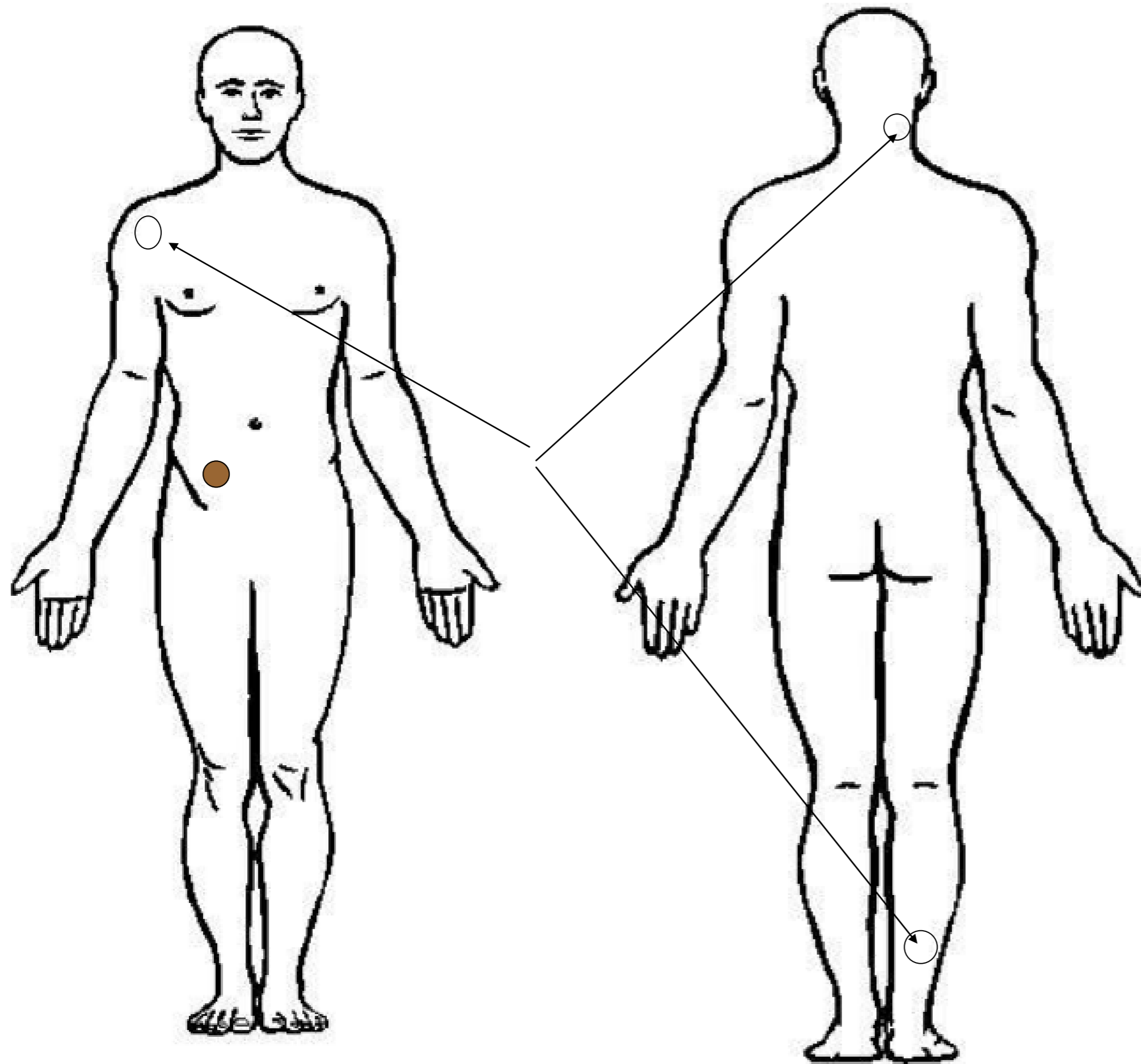
You can add a far away point to any other the other techniques



### Stacking patches

You can stack the AGC patches directly on another patch.

Usually it is over the white one because they are the same polarity



## Ilio Cecal valve

Tan one on the valve and a white one or a one on bicipital groove or right C3  
Or bottom of gastronomies muscle

Do not eat  
Seeds, nuts, popcorn ,spicy food,  
dairy, sugar, raw foods including  
salads fruits with seens in them  
such as strawberries.

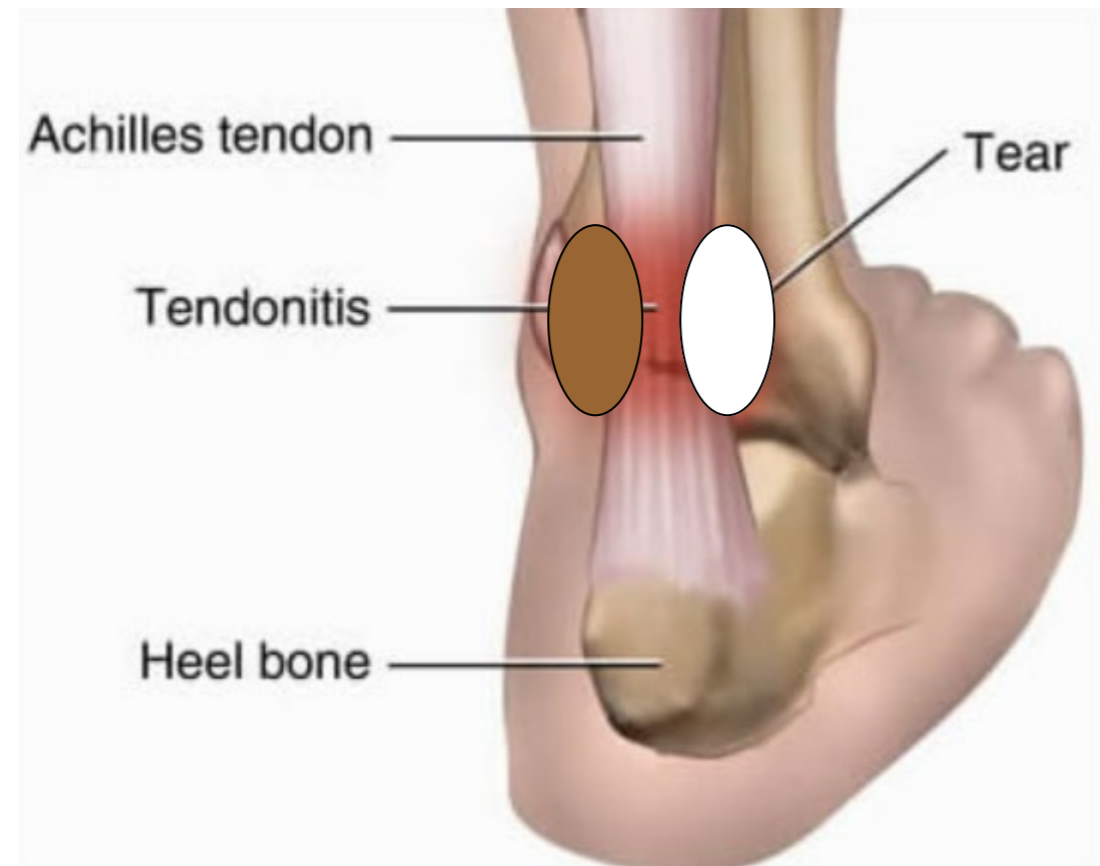
I see this a lot.

If this is active and you do not fix it  
you either won't get any change or  
the change wont last.

The point usually palptes very sore  
and musce tests very weak.

The great thing is that the patches  
can make the pain change instantly  
then you know the casue of the  
problem or more of the cause.

I check this on every patient

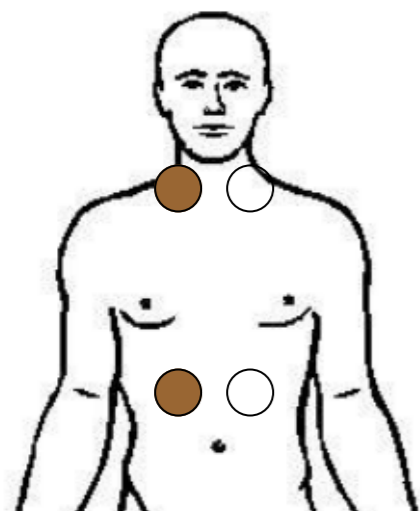
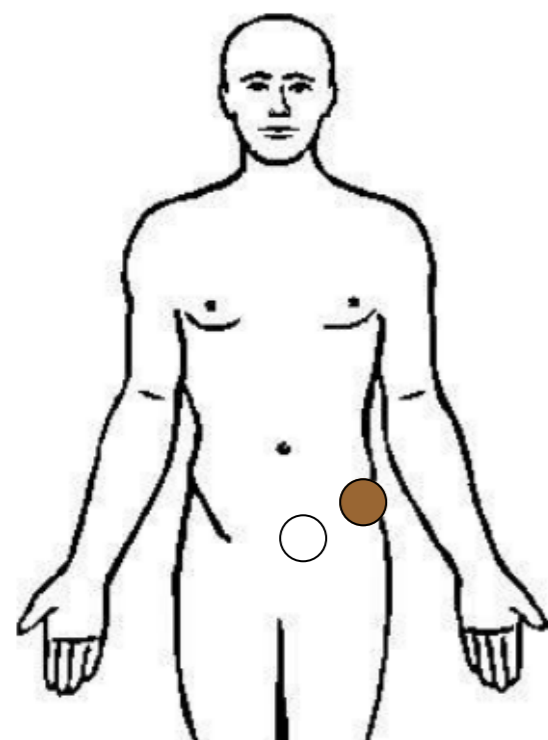


Small injuries such as Achilles tendon.

Put a white and tan ice wave on either side. Try white on the right first but it could be either.

Remember to try stacking other patches. In this case Aeon will probably be the best choice, but test it.





One of these pairs should work to enhance the kidney meridian.

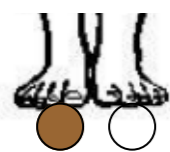
The bottom pair is K1 the beginning.

The middle pair is the adrenal neurolymphatic

The upper pair is the end of the meridian K27.

They test drastically different.

This is magic for low back pain



### Medial leg pain and low back pain in general

There can be many casues for any condition and I really do not like protocols but here is something that I see often.

When I see medial leg pain or low back pain in general, I think of the 3 yin meridians that run down that leg.

Liver spleen and kidney.

I find that patching the inguinal ligament really helps.

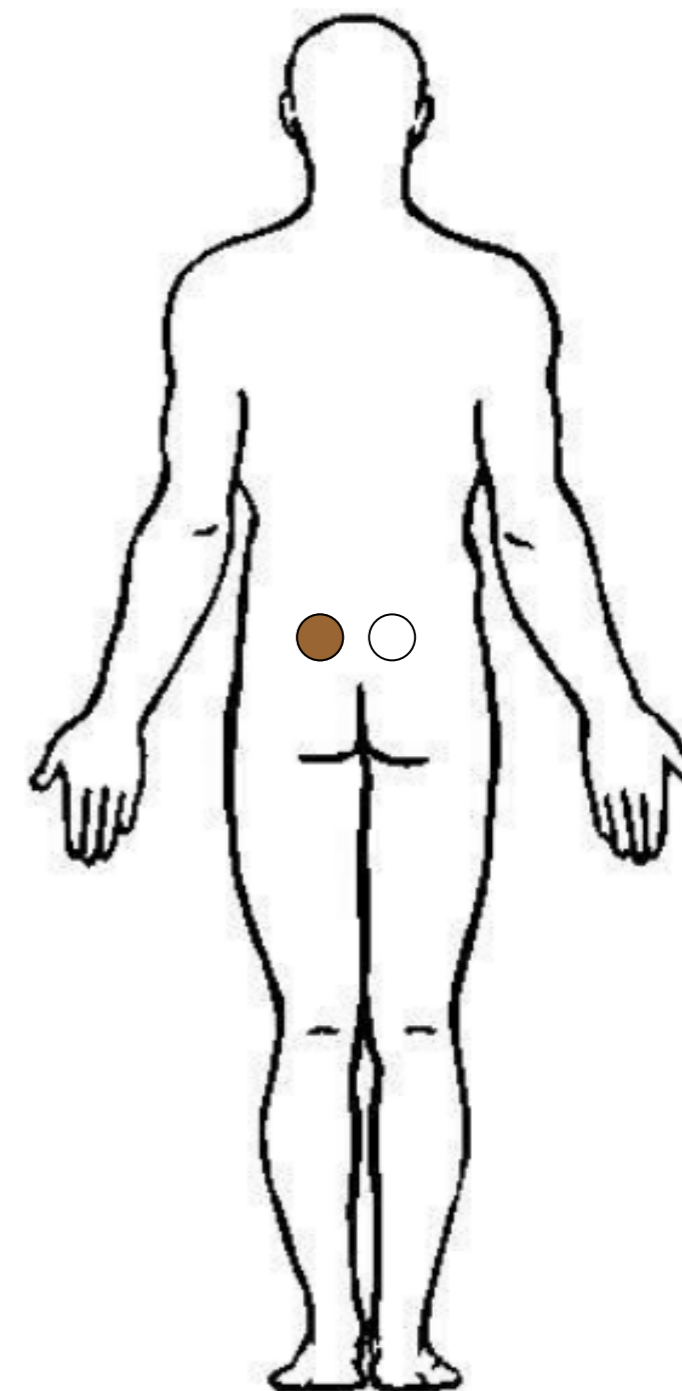
Why is that?

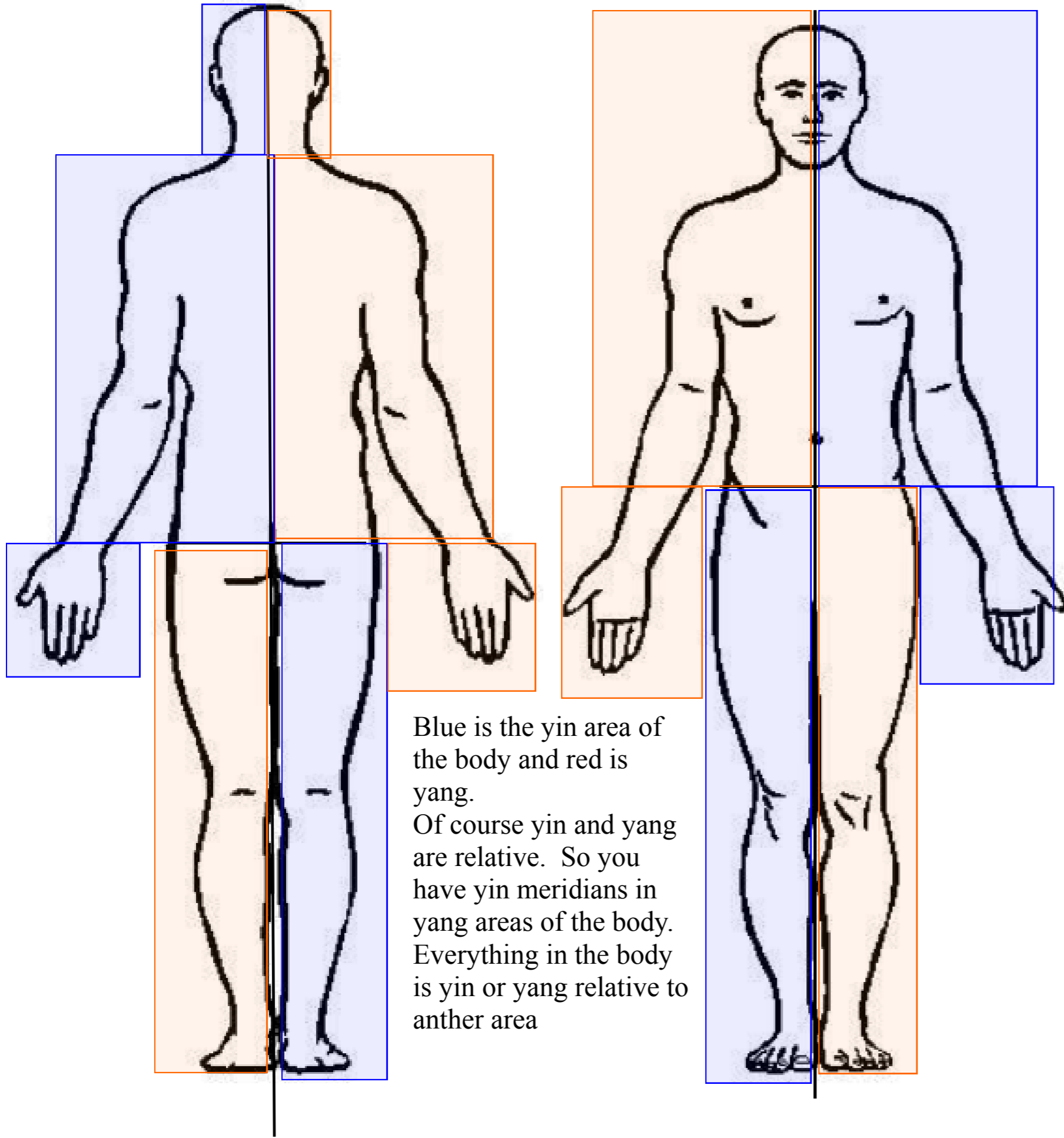
Most low back pain has an adrenal or kidney component.

The kidneys and adrenals relate to the psoas and the Sartorius muscles. These muscles stabilize the pelvis.

So if those organs are weak the pelvis can get torque and pulls on the inguinal ligament which causes pain down the medial leg and even if it doesn't you will see that the inguinal ligament palpates very tender.

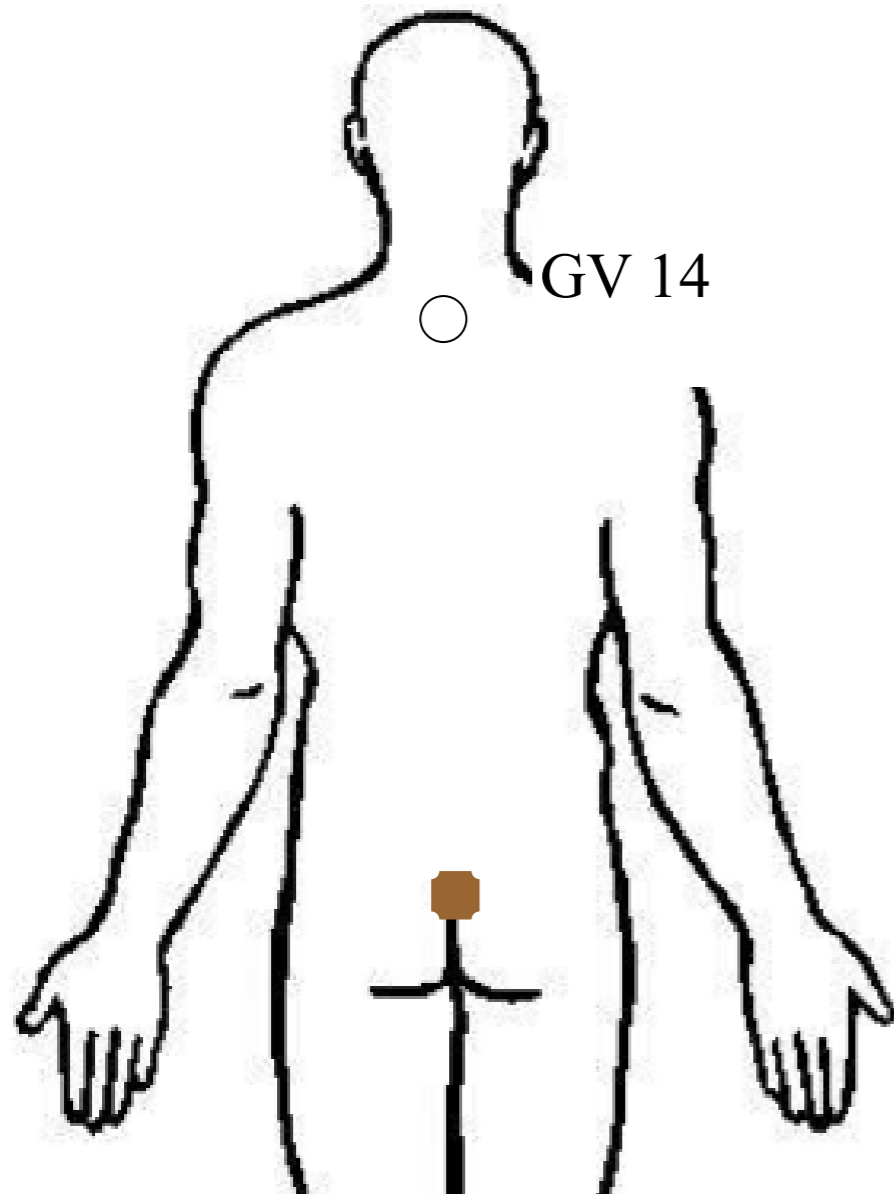
In this case I find that you have to find something to patch on the kidney meridian, often bracket a spine level on the low back and also the inguinal ligament





Blue is the yin area of the body and red is yang.  
Of course yin and yang are relative. So you have yin meridians in yang areas of the body. Everything in the body is yin or yang relative to another area

## Simple techniques



You can balance a spine from top to bottom. This treatment helps to re establish polarity and can help with things like switching.

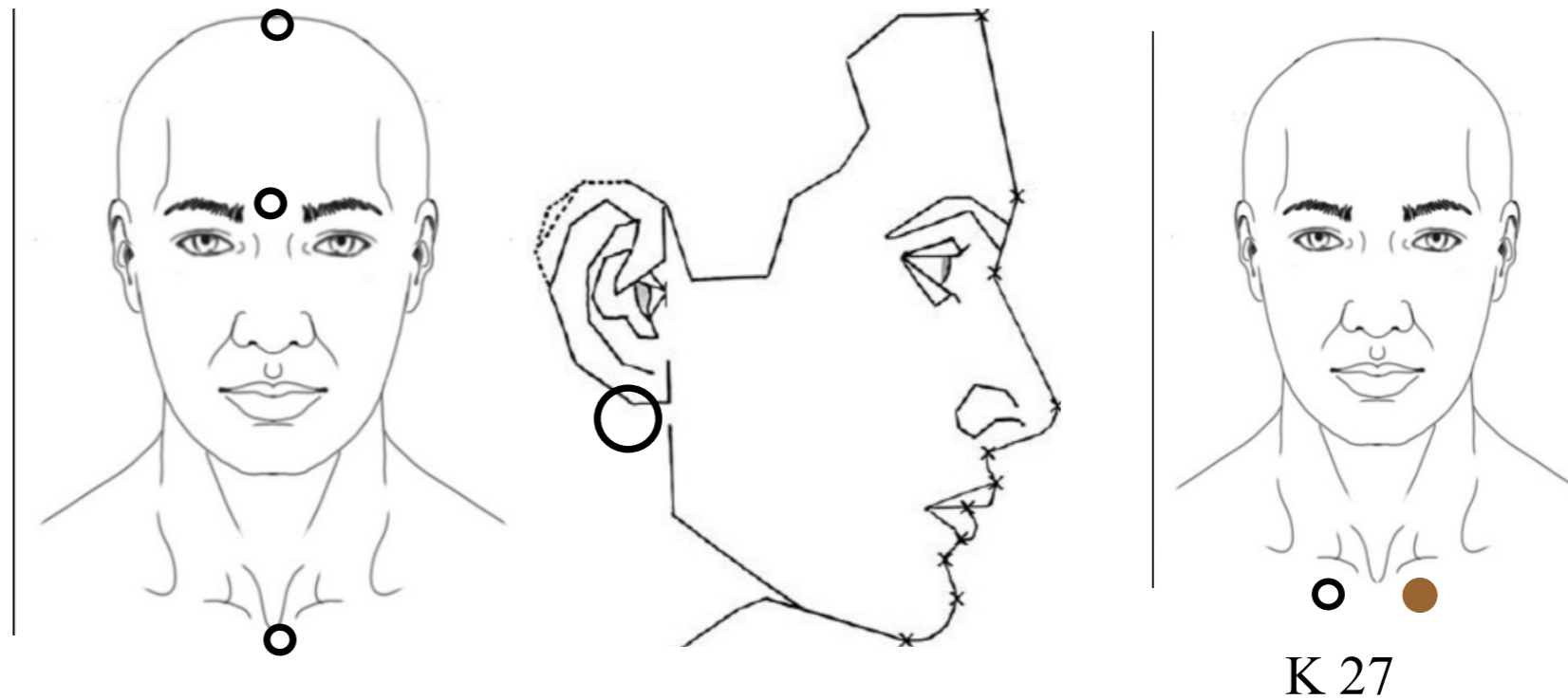
You could use the Aeon patch for the white and the cravings patch for the tan if you want to get multiple benefits with fewer patches

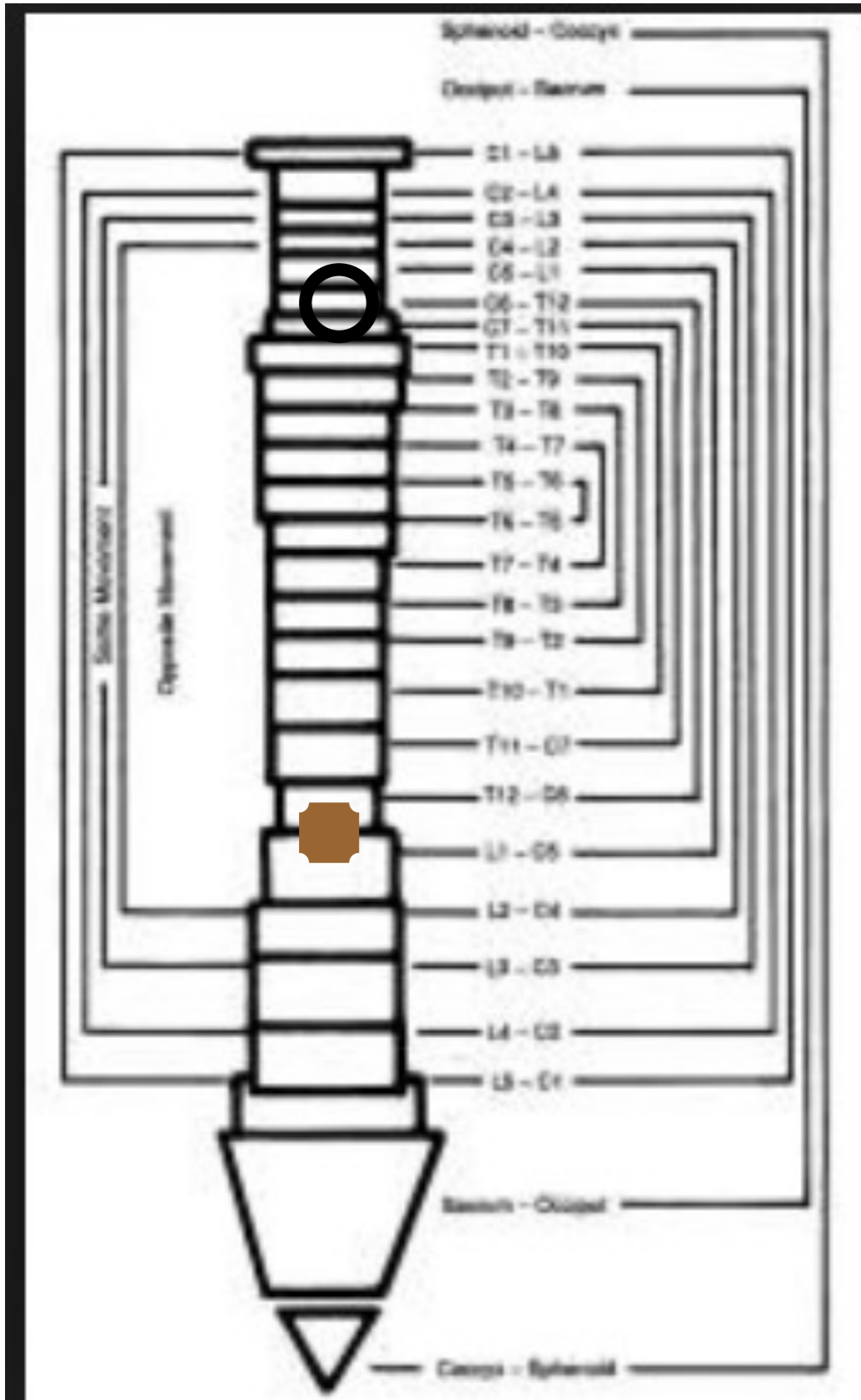


### Switching

Aeon patch on one of the following:

Top of head GV20, between the eyebrows GV20.5, manubrium CV21, behind the right ear. GV 14 (between C7 and T1)  
Other than that use what ever else you would for switching such as left and right K27, or the liver or stomach alarm points





I know this is blurry but it is the Lovett brother relationships between the spinal levels. You could balance points according to this chart. White on top and Tan on the corresponding point on bottom.

## Really Simple techniques

These techniques may not get an instant change but you will see a difference over a week.

### **Glutathione every day**

- **CV 6 (3 fingers below the navel)**
- Or On liver 3 on the right
- Or on Liver 14

**Aeon on GV 14 every day for a week**

### **Five day detox**

I have another handout for that

**Do not forget STACKING, It was only mentioned on one page but it is one of the most common techniques I use.**

### **Balance a meridian the easy way**

If you want to balance any single meridian just use the Energy enhancer at a distal point or a beginning point of the meridian white right and tan left.

For instance for Kidney you can use K1 on the bottom of the foot or K27 by the clavical

## **Headaches including migrains**

Icewave Below occiput right and left

Icewave LI4 right and left

Aeon GV 14

If really bad try Glutathione on Liv 3 on the right and a tan Icewave on the left LI 3.

Headaches often have a connection with the liver and large intestine. Also a headache is stuck energy in the head and neck area. By putting the ice wave patches on LI4 and /or Liv 3 you are dispersing the energy from the neck to the extremities.

## Easy Acupuncture:

The important thing about Traditional Chinese medicine (TCM) is that it is about balance. It gets very detailed about all sorts of exact points that it can be intimidating.

However most of the time you are looking for a tender points at the beginning or end of a meridian, or a point on a meridian that is on a major joint like the wrist, elbow, shoulder or ankle , knee, or hip

Also you should know the direction of the meridian.

. If you just know that you can increase your results greatly.

For instance the large intestine meridian runs from the index finger up the back of the arm to the side of the nose.

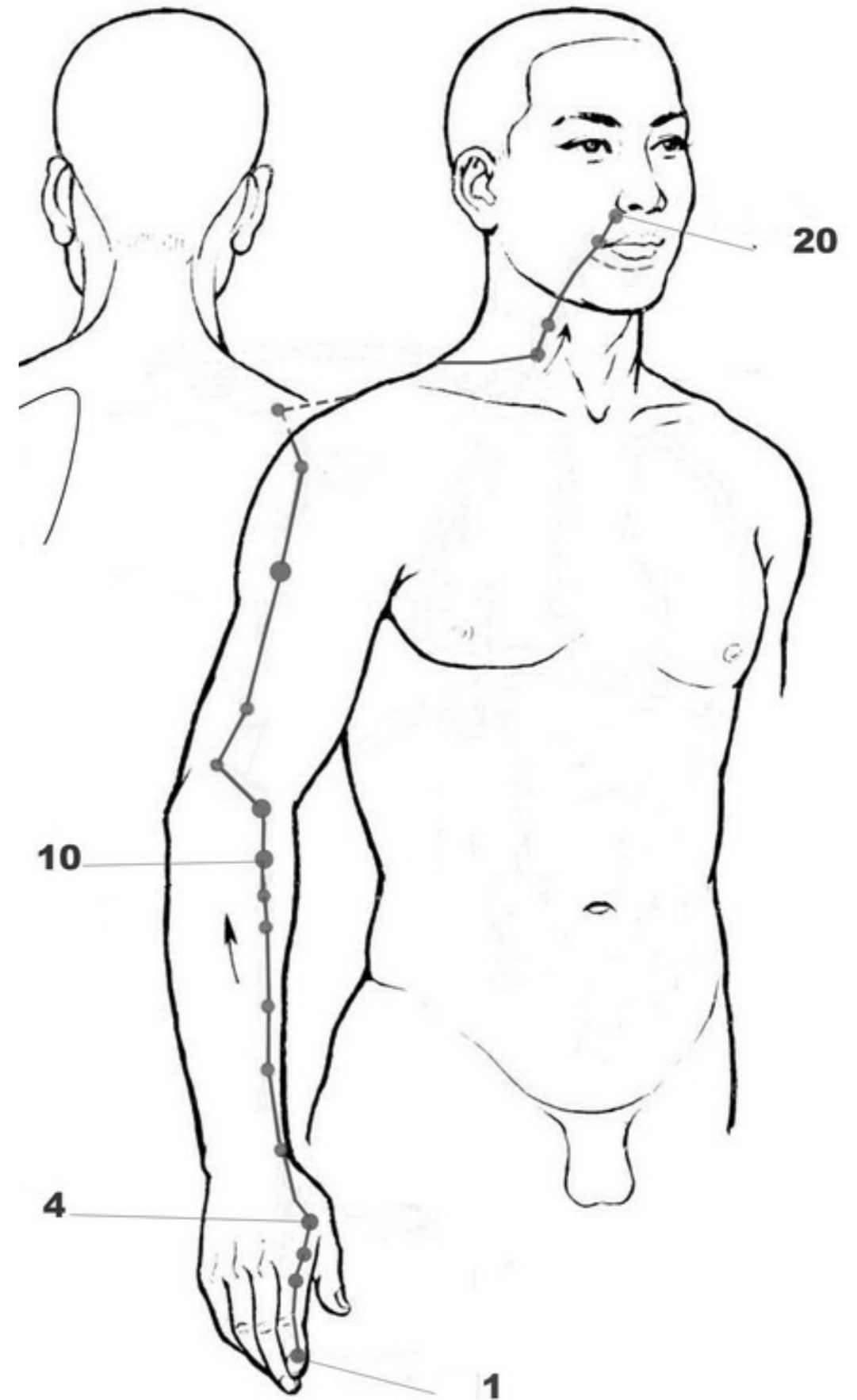
Sure you could use LI1 on the finger but it is difficult to get to but LI4 is easy to use, feel and patch. So using that for a distal point will work in the majority of cases.

LI 11 is at the elbow, which is a major joint. You will find it is easy to palpate patch and get great changes.

And LI 1 is at the sinus. It is not so easy to patch but works well when you do, But it proves to people that the LI has to do with sinus problems and it connects digestion to allergy issues.

I have included pictures of all the major meridians. You should look for easy to palpate points at the extremities and the major joints and the beginning and the ends. Even if you know nothing about what they do just palpate these points and balance then and you will get amazing changes.

In most cases you are trying to disperse energy and energy gets stuck at joints.





## Here are the 5 elements:

The inside of each circle is the Yin aspect. This is the Wife.

The outside is the Yang aspect that is the husband.

So look at the Earth element.

Spleen is the wife and Stomach is the husband.

To balance these points find a point at end of the spleen meridian and balance it to a point at the end of the stomach meridian.

We have a 5 day detox that gives you the exact points but really all you have to do is find a tender point at a distal point at the end of a each meridian.

The stomach starts at the head and ends at the foot, the spleen starts at the foot and ends at the torso. For this type of thing you want to balance the distal points. They are both at the foot.

Here is something special for patches. Use the White Energy patch on the yang meridian on the right and the Tan patch on the yin meridian on the left.

## For the 5 day detox

The Earth day is St 36 white, right And Spleen 6 Tan left.

The reason they use that is because St 36 is a major emery point and Spleen 6 is where all the yin meridian meet on the leg. But in reality It would work well if you just used any distal point on those meridians like spleen 4 and stomach 41.

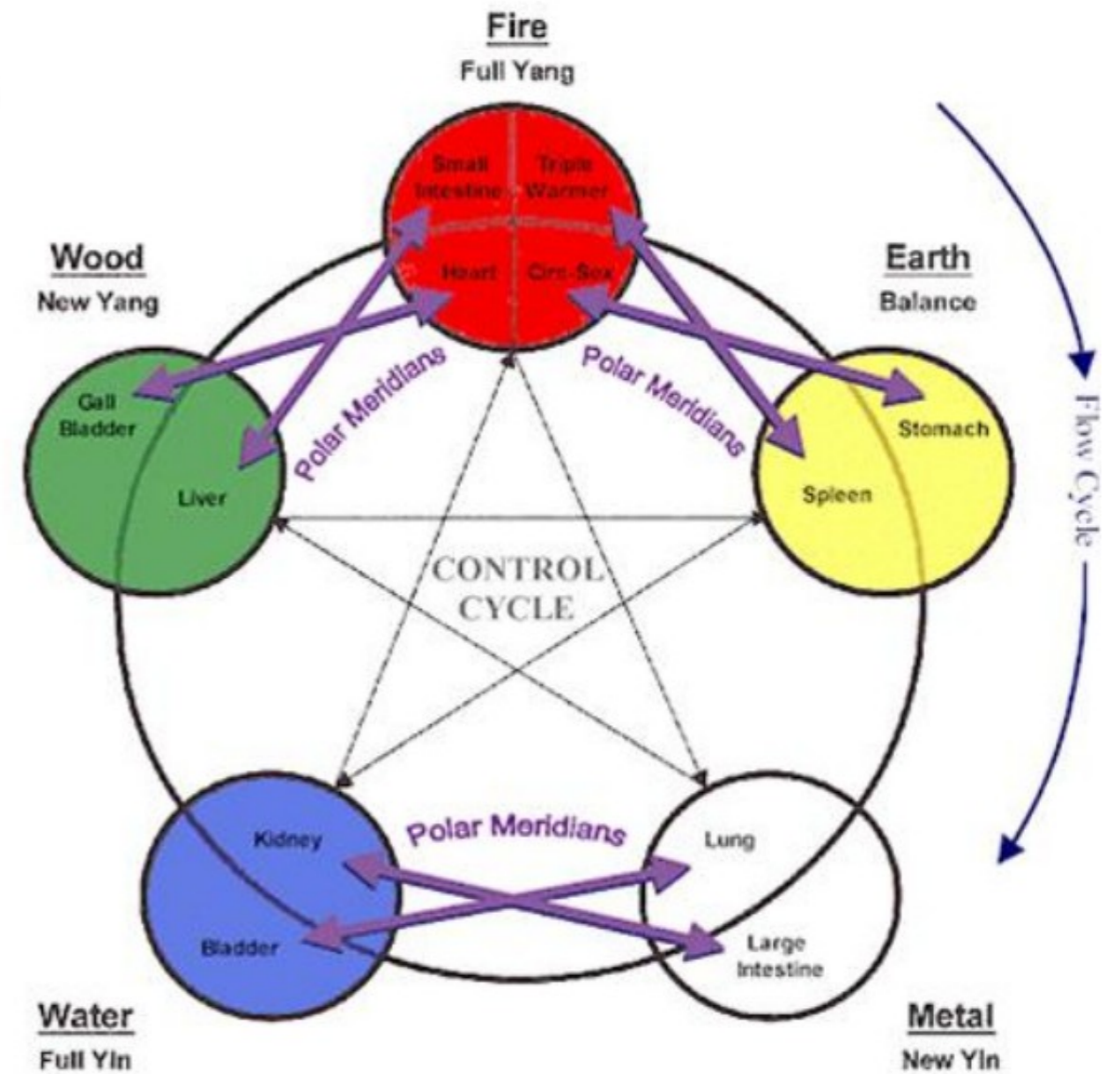
If you think in these terms the acupuncture system becomes much easier to confront.

As an exercise you should get a person to practice on ,and palpate each meridian from beginning to end.

What points are tender, which points are easy to find?

Which points are on major joints?

There is more to this chart than this but for now just learn the beginnings, the ends, the alarm points, and the distal point of each meridians. You don't even have to learn the names but be able to palpate the area and know which meridian you are on.



You have to understand the clock to some extent

Each meridian has a specific time of day (for a 2 hour time period) that it is the working the most and at rest. These times are all 12 hours apart.

**This is also a major pairing.** So balancing these points can solve a lot of problems with few points being used

Most Active Time		Least Active Time
11:am	Heart	Gall bladder
1:pm	Small intestine	Liver
3:pm	Bladder	Lungs
5:pm	Kidney	Large intestine
7 Pm	Circulation	Stomach
9 PM TW (hormones)		Spleen pancreas

From here you will see it is the opposite:

11 PM	Gall Bladder	Heart
1: AM	Liver	Small Intestine
3 AM	Lung	Bladder
5:AM	Large Intestine	Kidney
7 AM	Stomach	Circulation
9: am	Spleen pancreas	TW Hormones

A major pair you would consider balancing is the clock opposite such as Lung Bladder. They are 12 hours apart.

So you could pick a point at the distal end of the lung (yin) meridian on the front of the left hand use the Tan energy patch. A good choice would be Lung 7 8 or 9 all by the wrist.

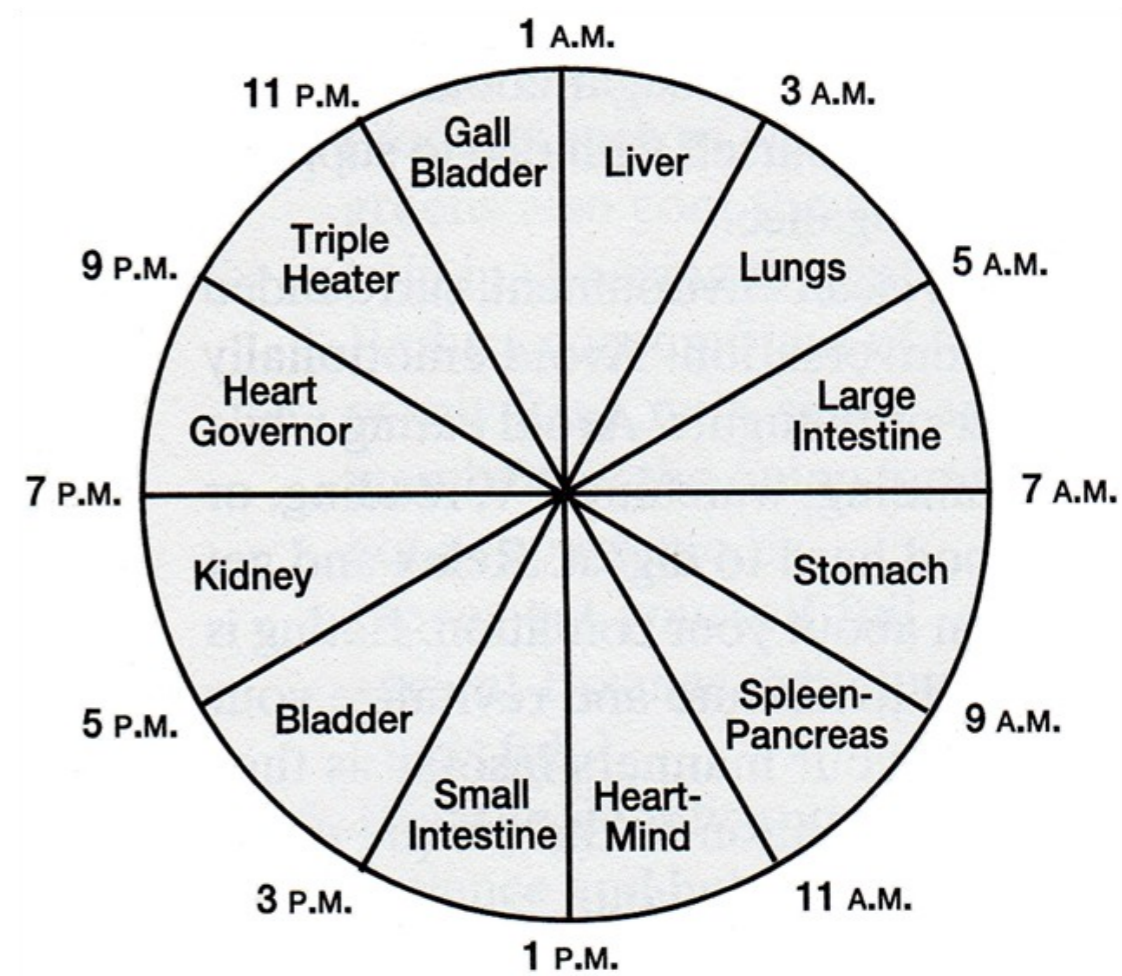
Then find a distal point of the bladder meridian on the back of the left foot. Look at the chart what points might you test for tenderness?

Use the Energy patches and do white on the right yang meridian and tan on the left yin meridian. Use a distal point that is tender.

There are a lot of opposites happening here

- The lung is the clock opposite of the bladder
- The hand in the opposite of the foot
- The lung is Yin
- The bladder is yang
- The lung meridian is on the anterior arm and hand
- The bladder meridian is on the posterior leg and foot.
- The lungs are in the top of the torso
- The bladder is in the lower torso

If you think in terms of balance opposites and polarity you don't have to memorize a bunch of points right away nad you wont need protocols or cookbooks. And if you use a protocol you will understand why.



Find a partner and palpate clock opposites on each other, look for tender points.

Patch the points and see if they feel less tender, see if they muscle test better if you know how to muscle test.

See if the tender points match up with symptoms the person has. For instance if you match up lungs and bladder you might find a person who gets bladder infections and allergies. That is significant.

Based on that you would know how to patch them and have an idea of what supplements to use



## Don't get intimidated by the Chinese words!

Just think of these as other ways that meridians can be paired or balanced.

They call this “**The great loops**” the reason these are so powerful is that if you balance energy in this way it sends the energy from one side of the body to all the way to the other and you get a more full body effect.

The way to find the pairs is the exact same was at the 12 hour balance on the previous page.

Find a tender point on a DISTAL point on one meridian on the left and then the other meridian on the right and balance with the correct polarity.

A big difference here as opposed to the clock balance is that all of these balances are of the same type. Either both Yin or both Yang.

Lung and Spleen are both yin.  
LI and stomach are both yang and so forth.  
But you are still balancing distal points on the hand and feet.

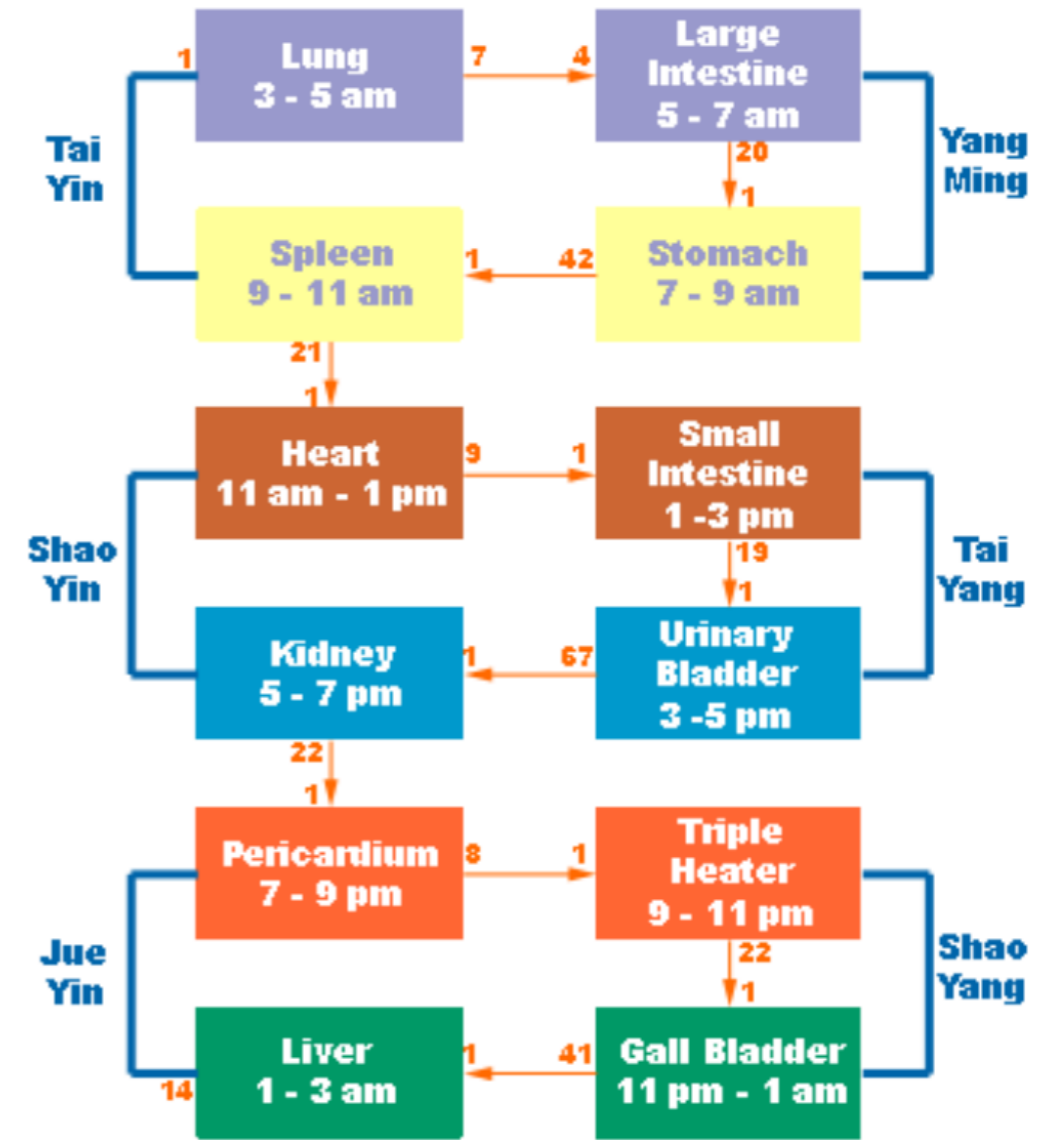
You still find them by palpating for tenderness.

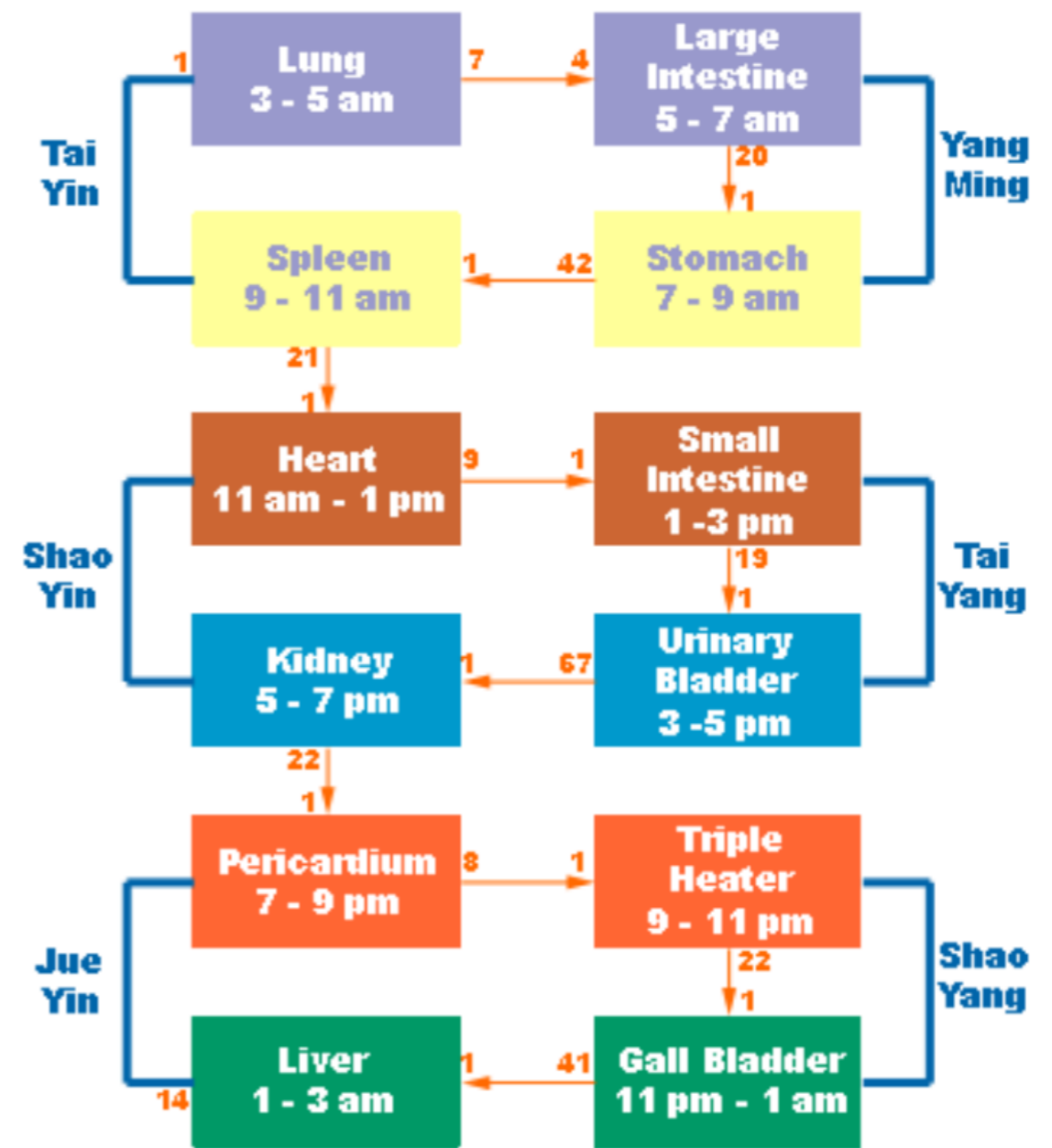
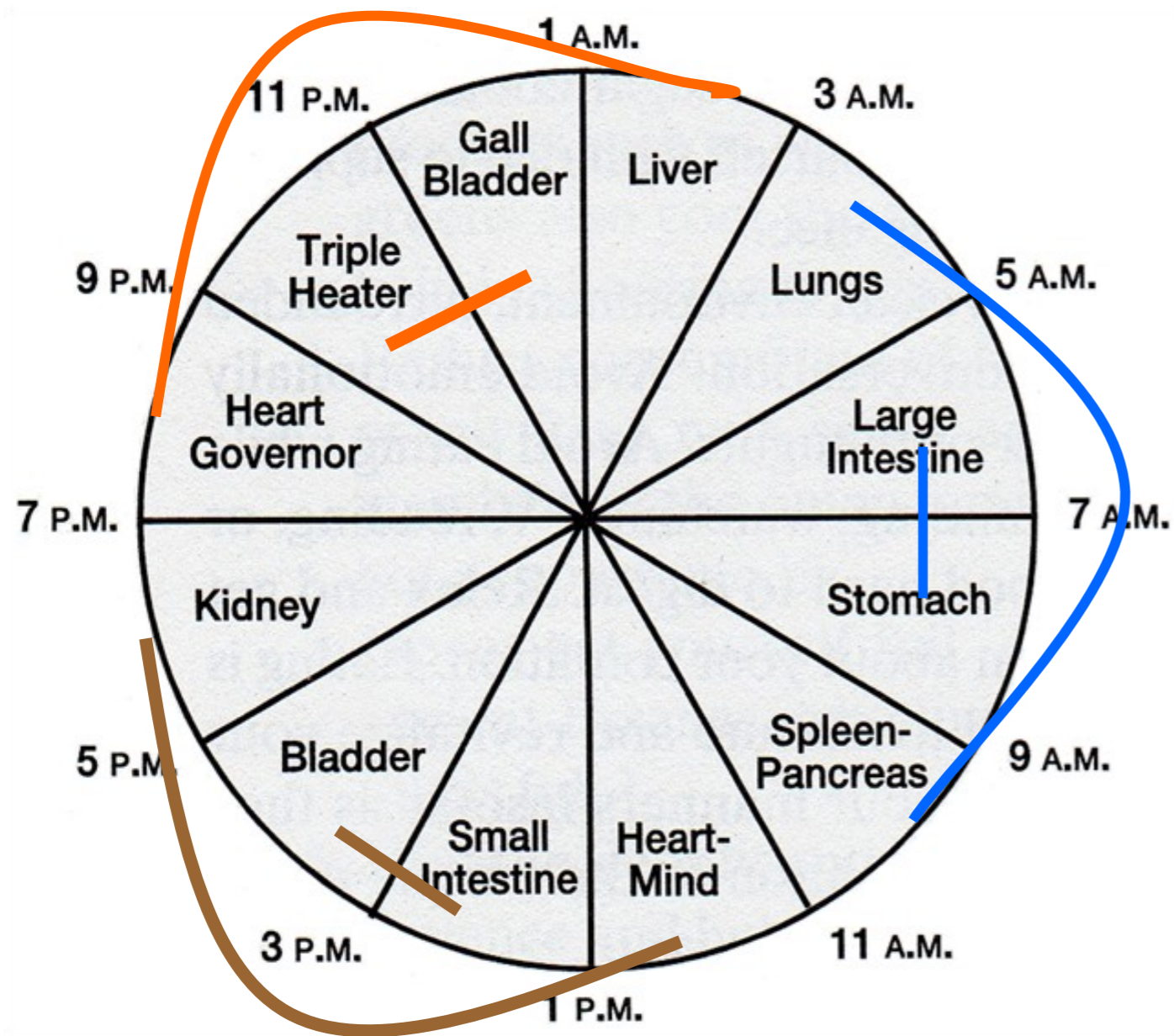
You still get information by correlating the symptoms to the tenderness in the area.

So for the lung spleen pair find a tender point on the wrist for lung and something tender near the big toe for spleen.

If you start this way and have a meridian chart on your wall or in a book (like this). Then when you palpate the point you can then see which point it is. After you palpate and little by little you will learn the points and get more specific without having to do mass memorization drills.

The nice thing is that the patches are so powerful that you only have to be close and you will be able to get response from the patient, palpation or muscle testing right away.





**Matching the two charts:**

Lung spleen are both yin but they are separated  
 The LI Stomach are both Yang and next to each other

Kidney hear are both Yin and separated  
 Balder and SI are both Yang and adjacent

Pericardium (heart governor) are both outside yin  
 Tripple warmer and Gall bladder are both Yang adjacent

In this way you can get great results, new insights into what is going on with the patient and you don't have to memorize very much. Learn the big picture first. This is the framework, the details will fill themselves in.

The patches are so powerful that they will help yyou teach yourself and they if you aren't perfect you will still get results.

**You should know the directions the meridians flow.**

This can tell you if you are in excess or deficient.

Example: A person has a cold or allergies. More than likely the lung is overactive and you would like to calm it down. Since the lung meridian runs down the arm from lung 1 to Lung 11 you can test a strong indicator muscle, then stroke down along the meridian. That INCREASES energy. If that makes the indicator muscle weak then you know that the meridian is over active or excess.

Swipe up the arm and if the indicator stays strong then that confirms your findings.

To correct the imbalance put a negative patch, Tan, Ice wave or energy patch at the end of the lung meridian around Lung 7 and the white one at the elbow around lung 5. Or at lung 1. The energy should go from negative to positive and therefore strengthen the muscle. Re test with the patches on. You should be able to swipe down or up and the muscle should stay strong





## Balance by body parts

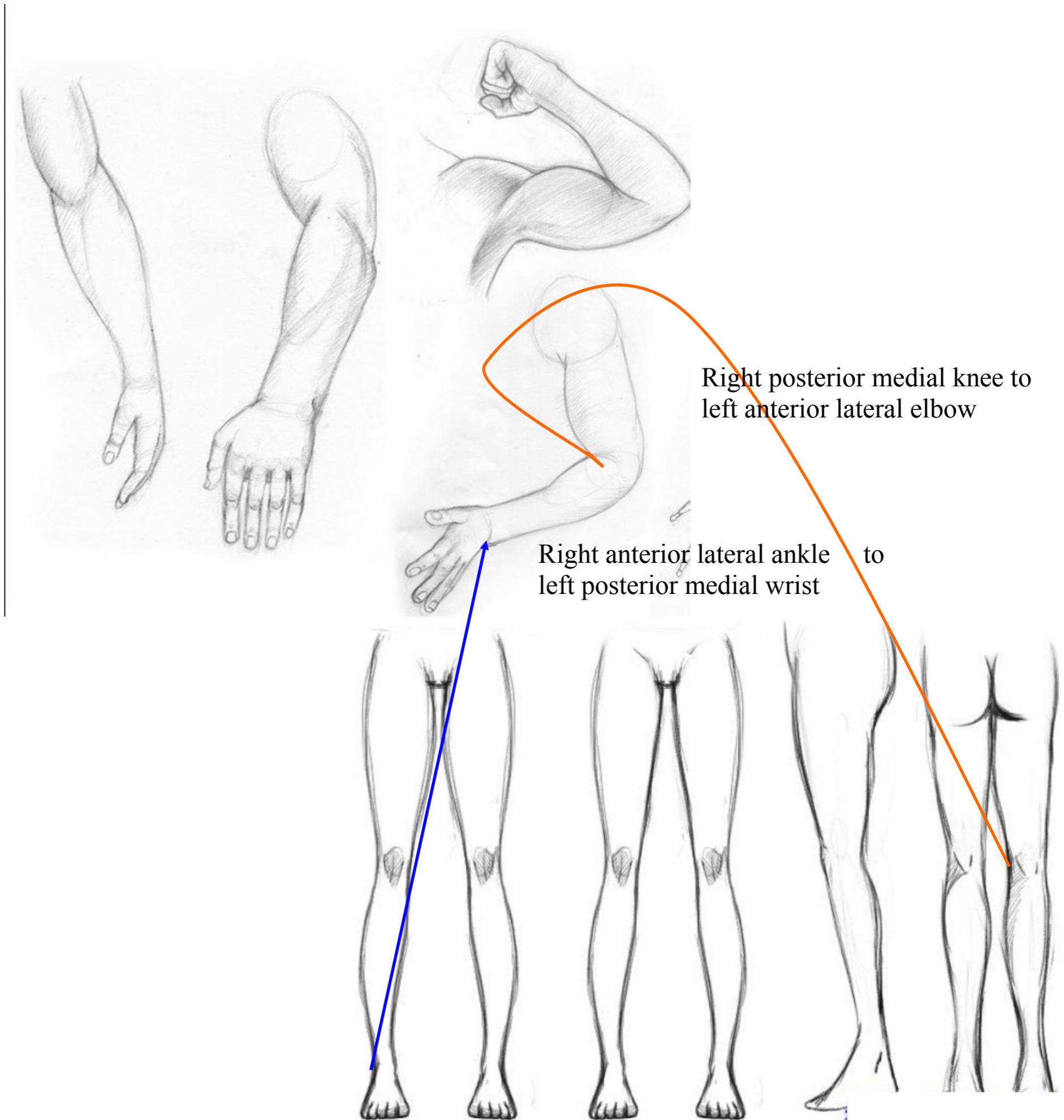
You do this the exact same way but it is even easier.

Balance opposite body parts. It is great for pain, especially if it is deep rooted.

Also you will start to understand which acupuncture meridians you are dealing with and therefore get a deeper understanding of what may be causing the problem.

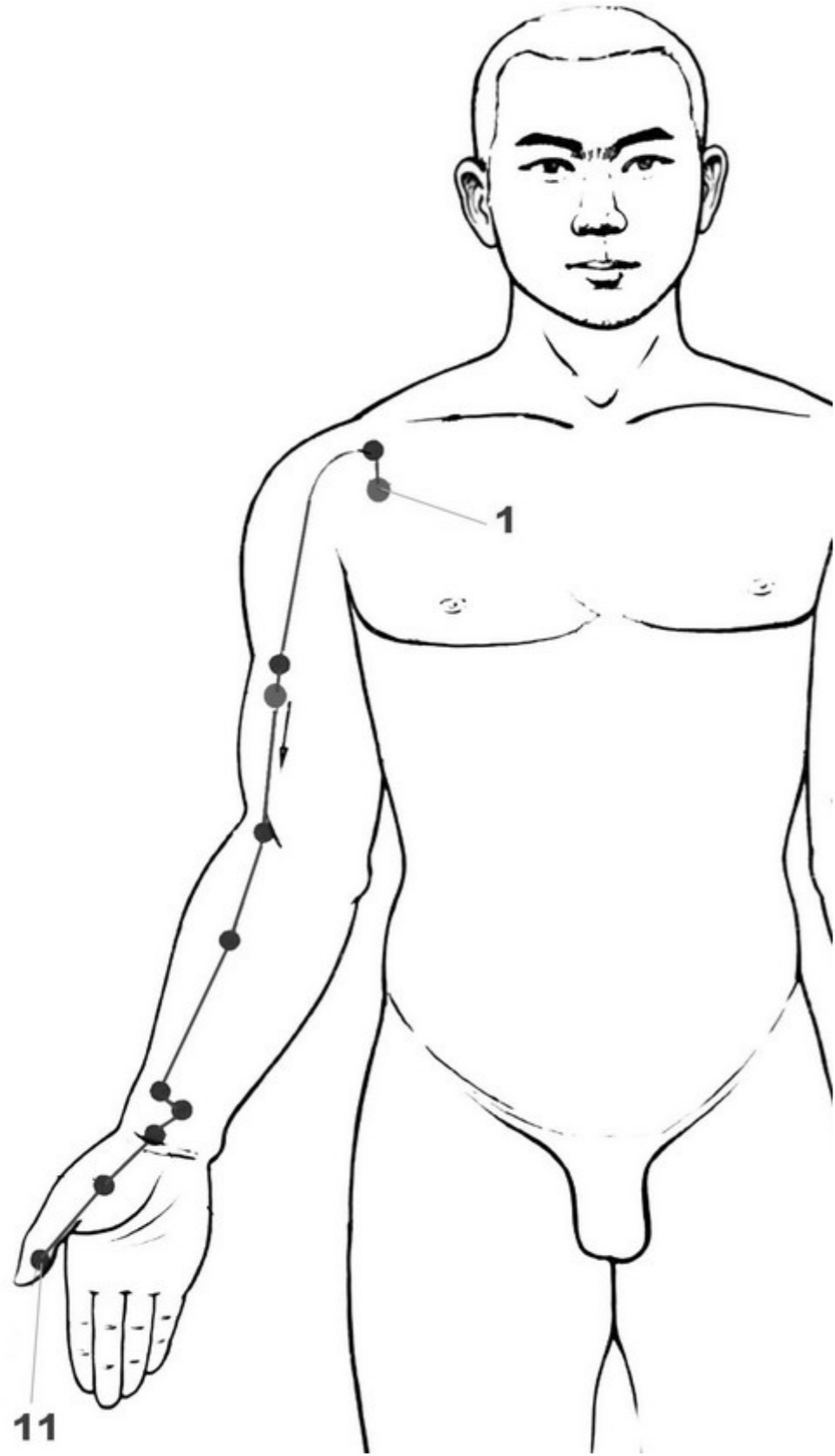
Find the point of pain. Use the Tan Ice wave there. Then balance:

- Anterior of left ankle to posterior of right wrist
- If you use the medial side of the ankle balance to the later side of the wrist
- Anterior of left knee to posterior of right elbow
- If the left knee is on the lateral side balance it to the medial side of the elbow
- Anterior of left hip to posterior of right shoulder



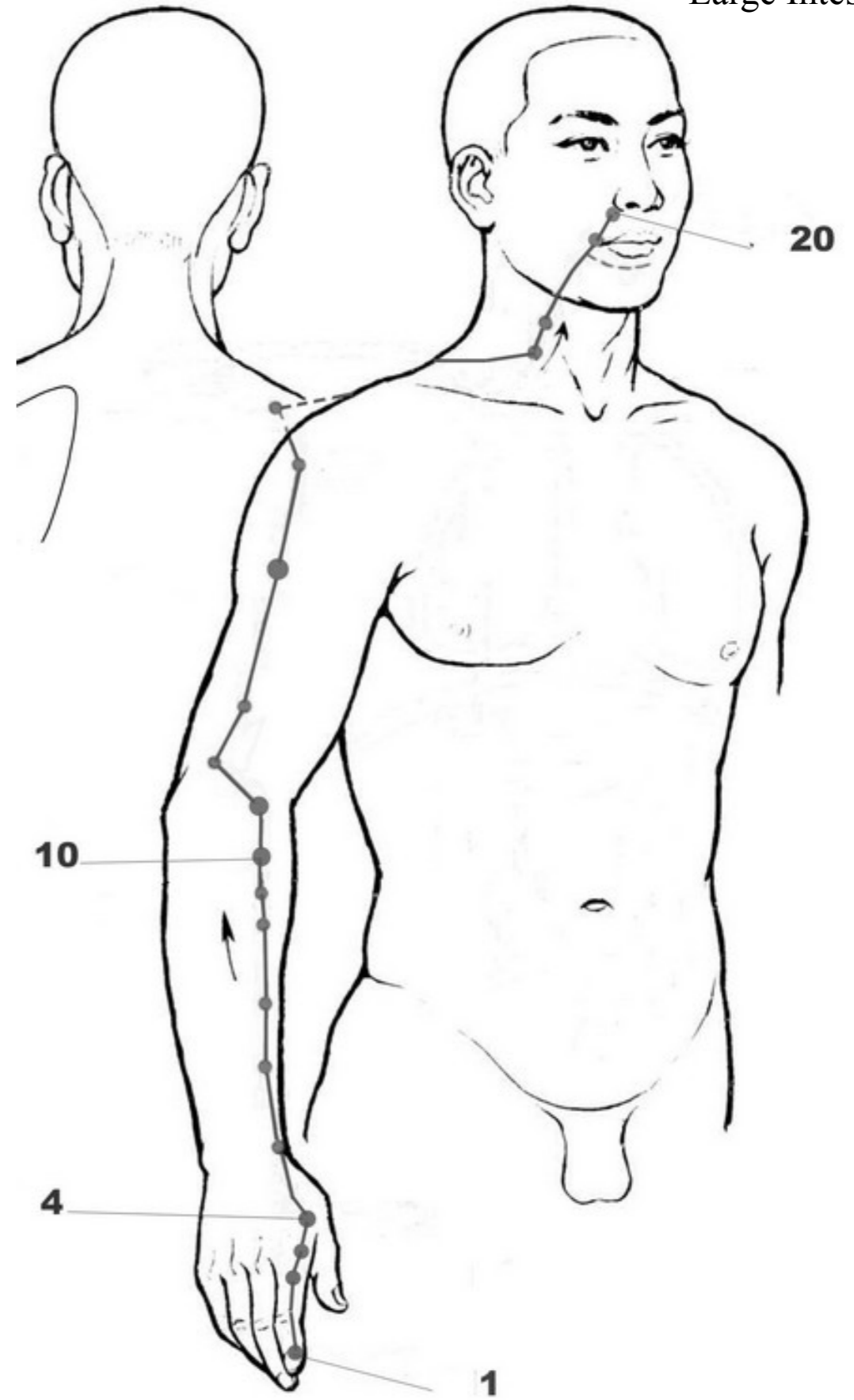


Lung



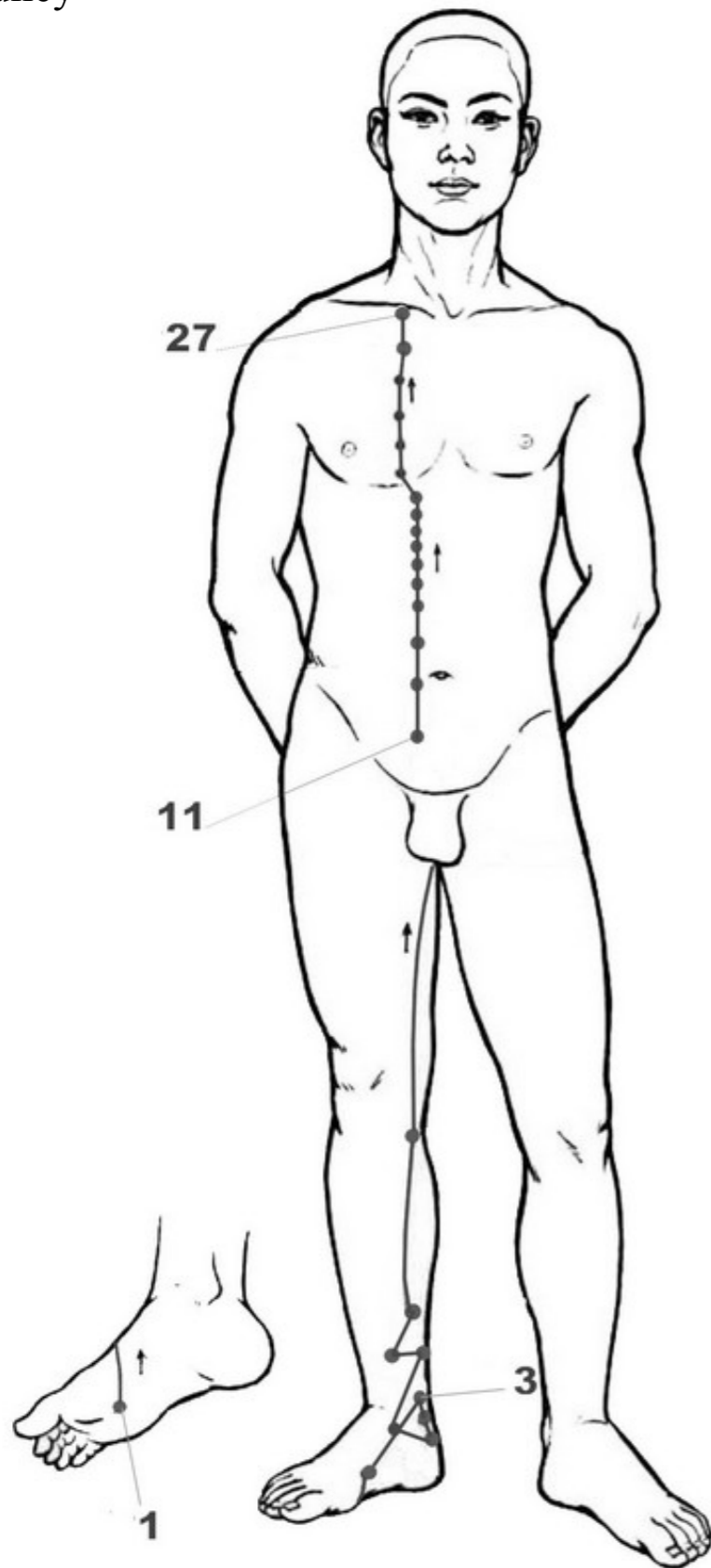
Metal Element  
Lung Yin  
LI Yang

Large Intestine

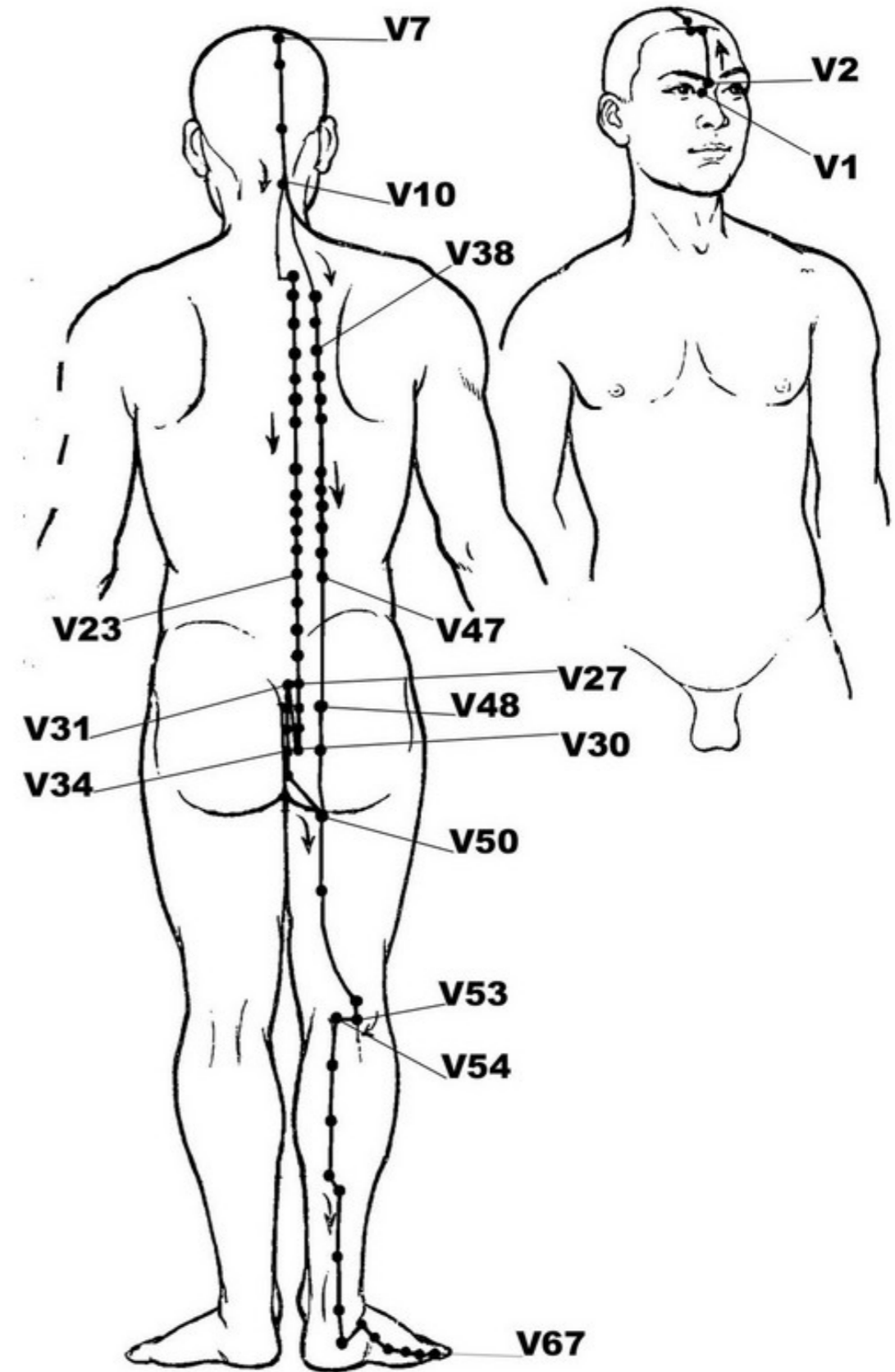


Water element  
Kidney Meridian yin  
Bladder meridian Yang

Kidney

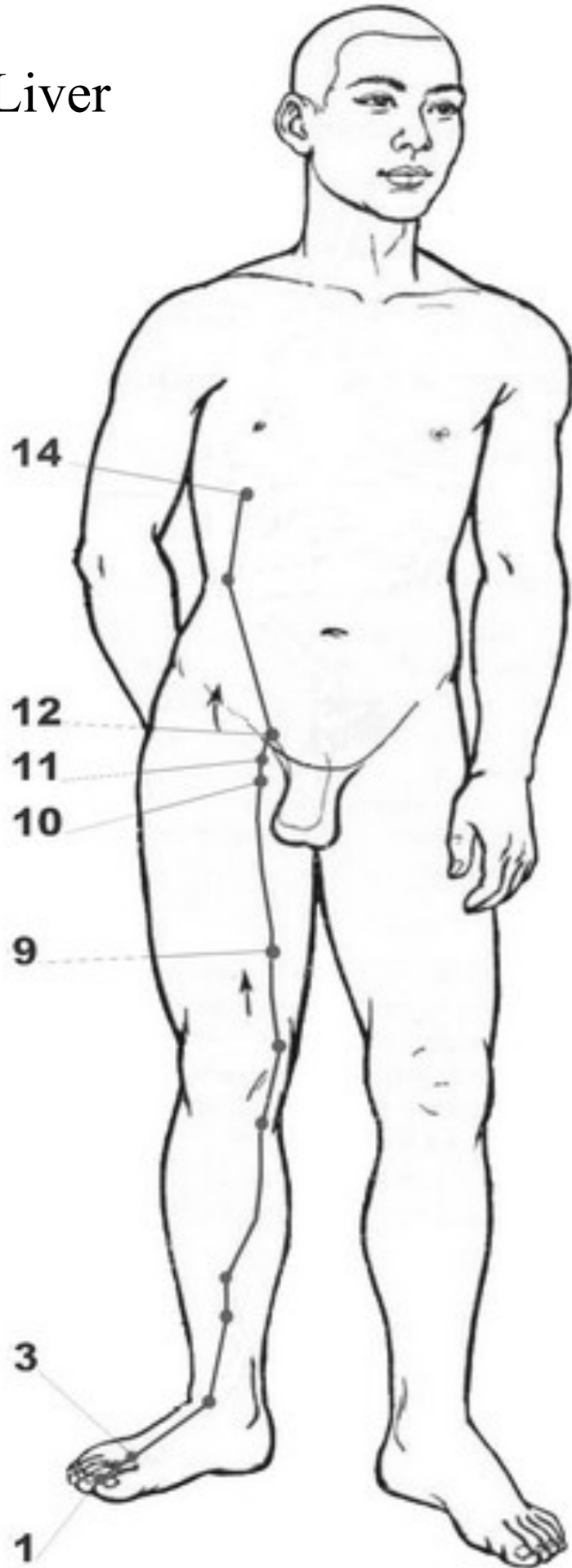


Bladder

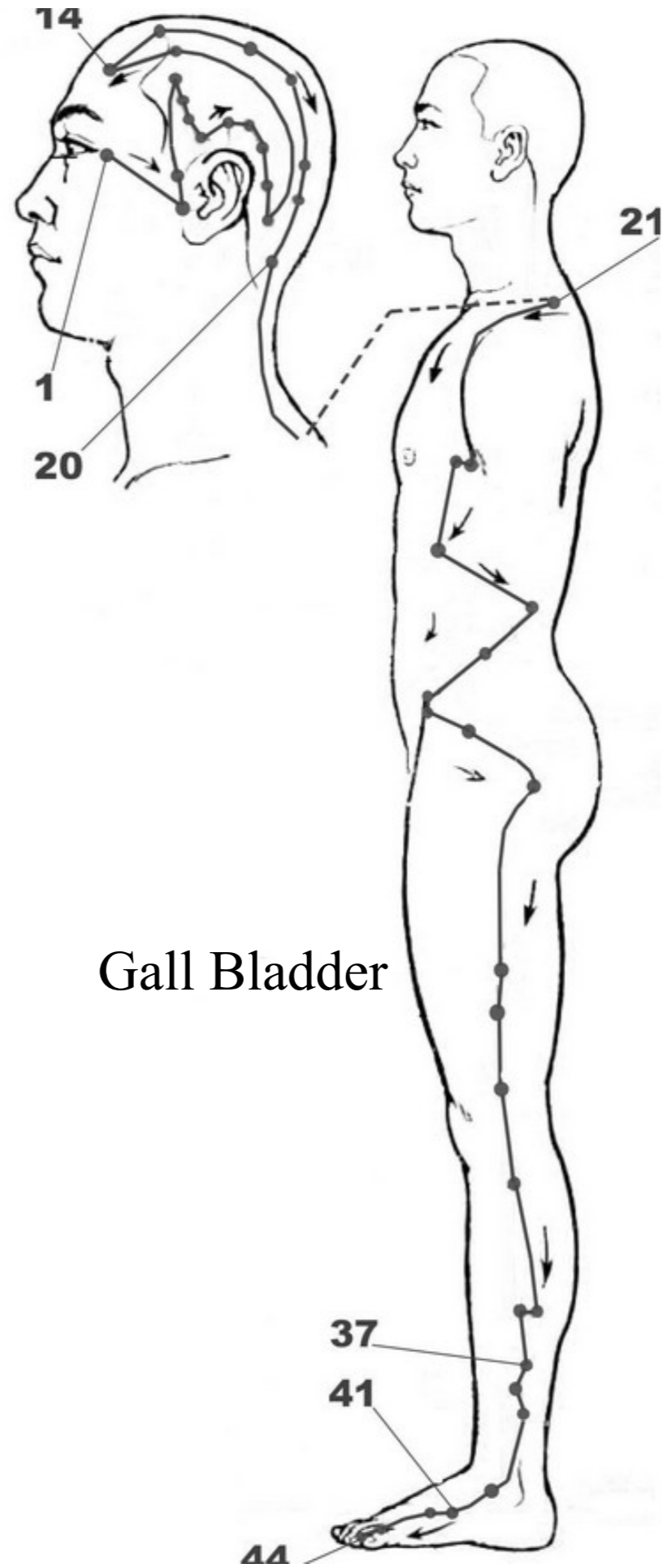


Wood Element

Liver



Liver Yin  
Gall Bladder Yang

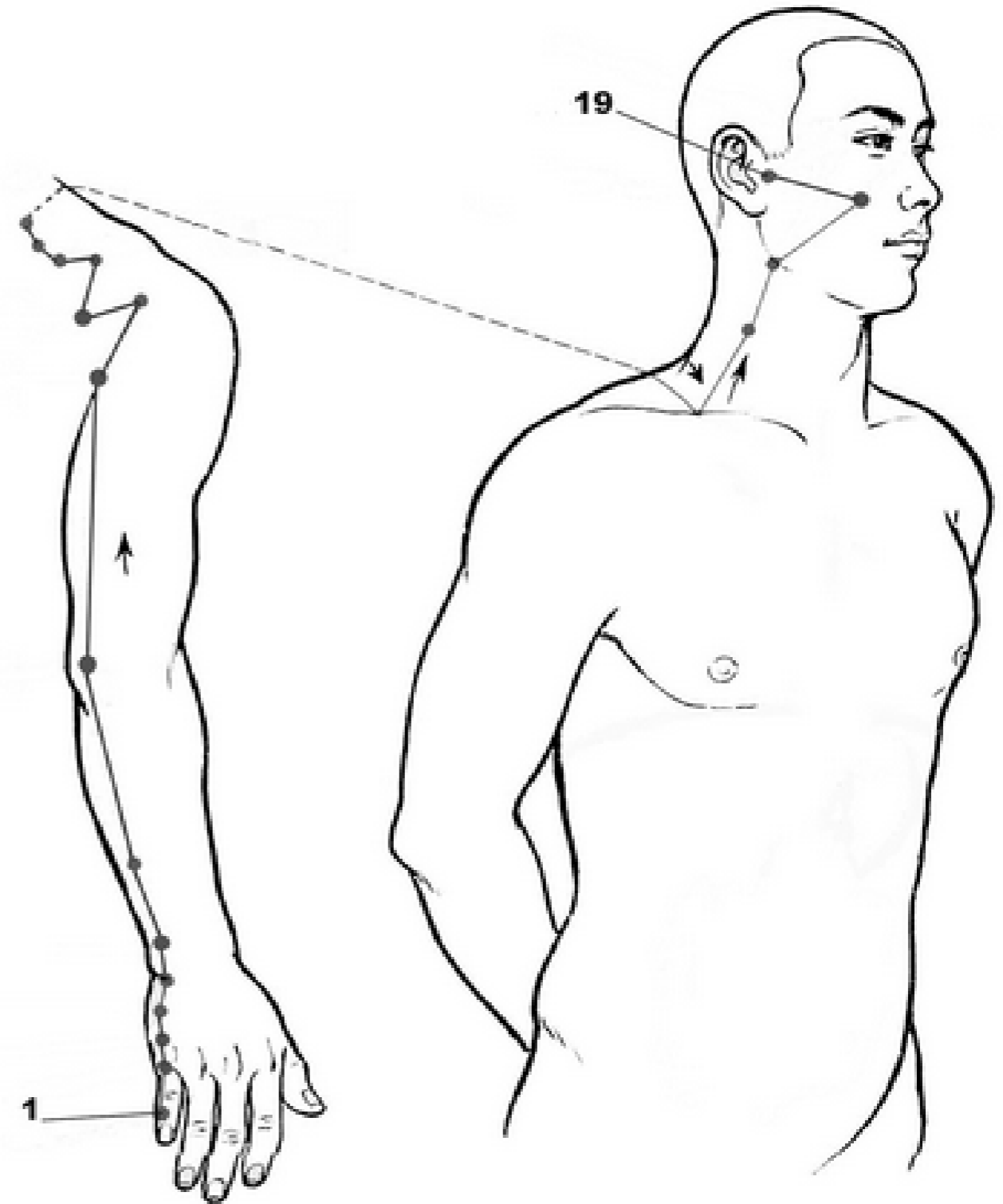
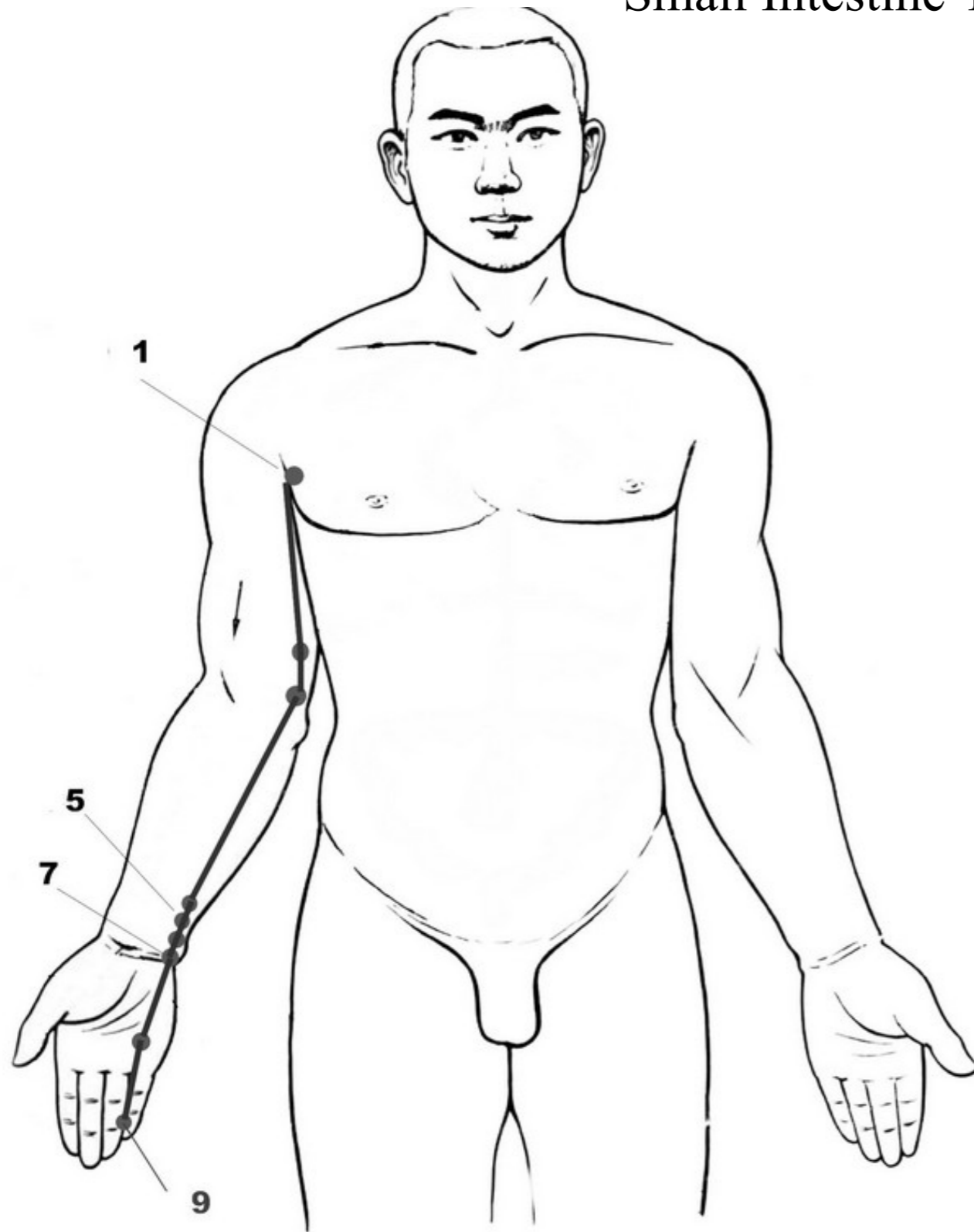


Heart Yin

Fire Element

Small Intestine

Heart Yin  
Small Intestine Yang

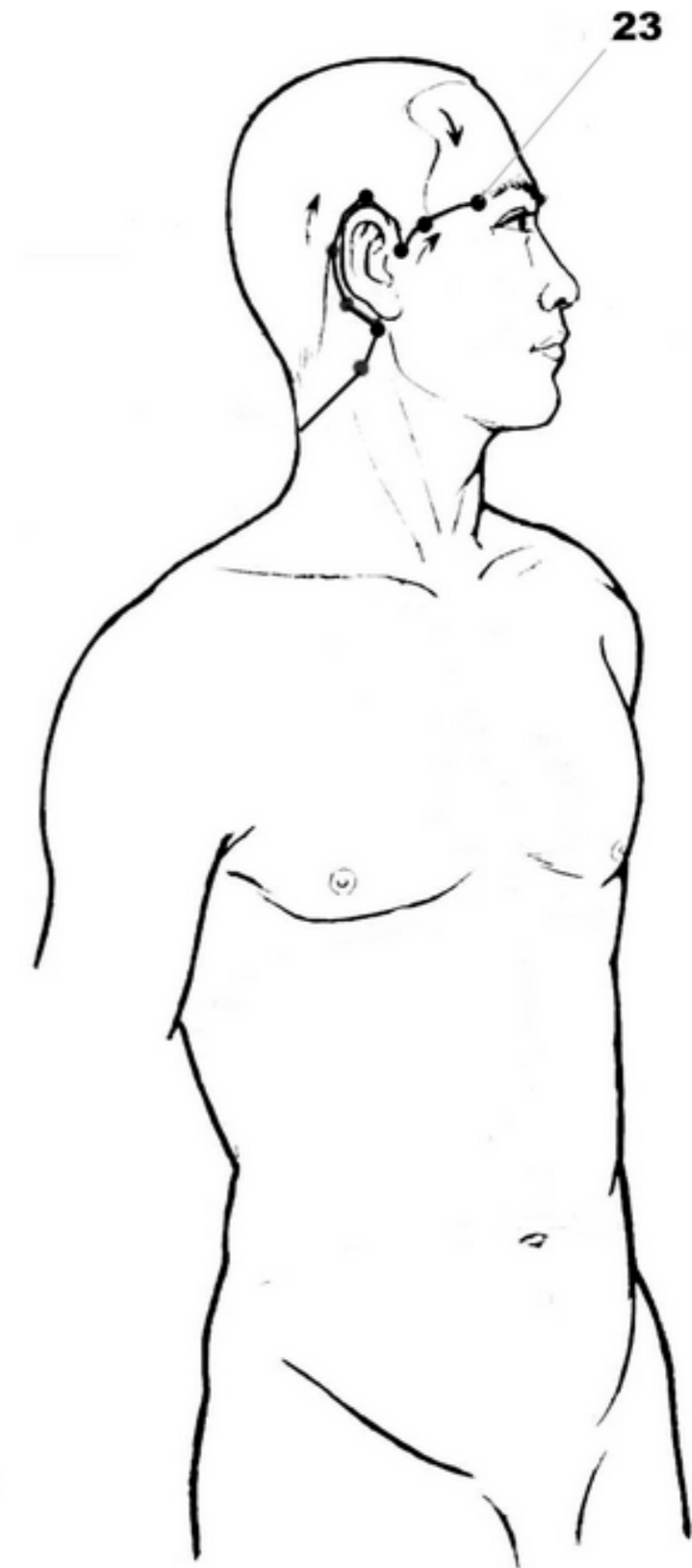
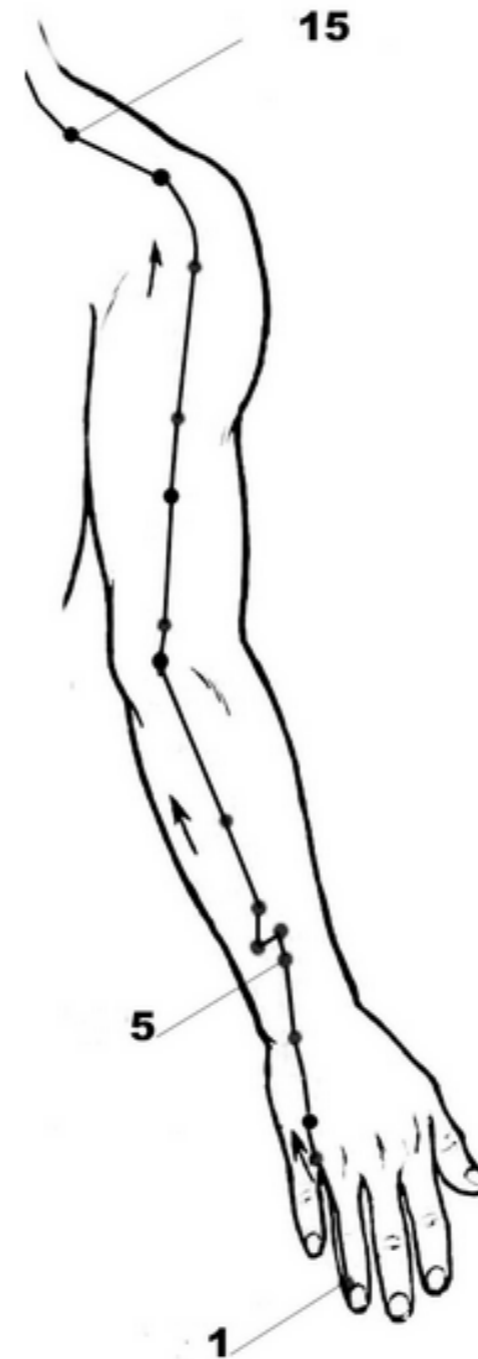
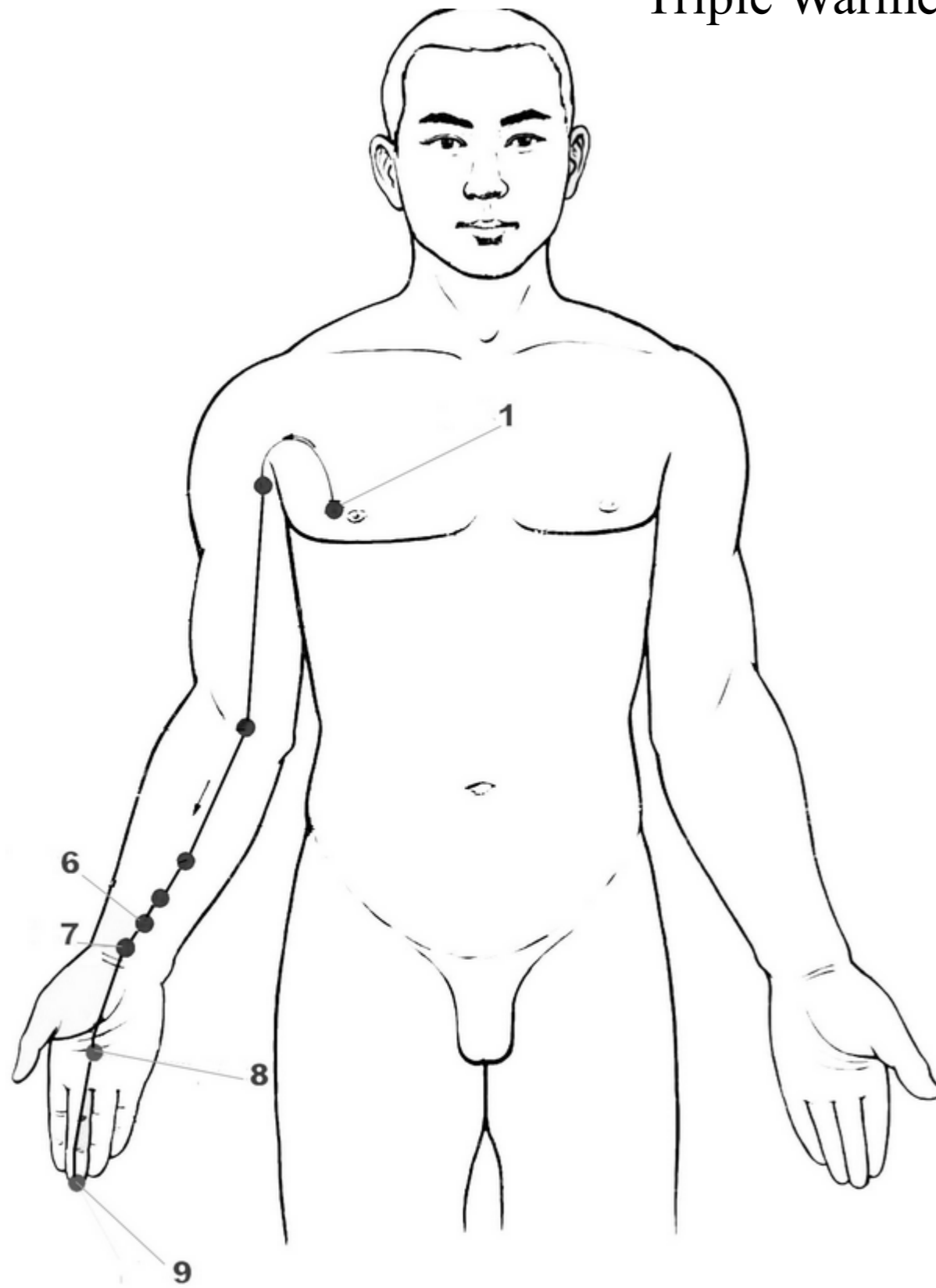


Pericardium Yin

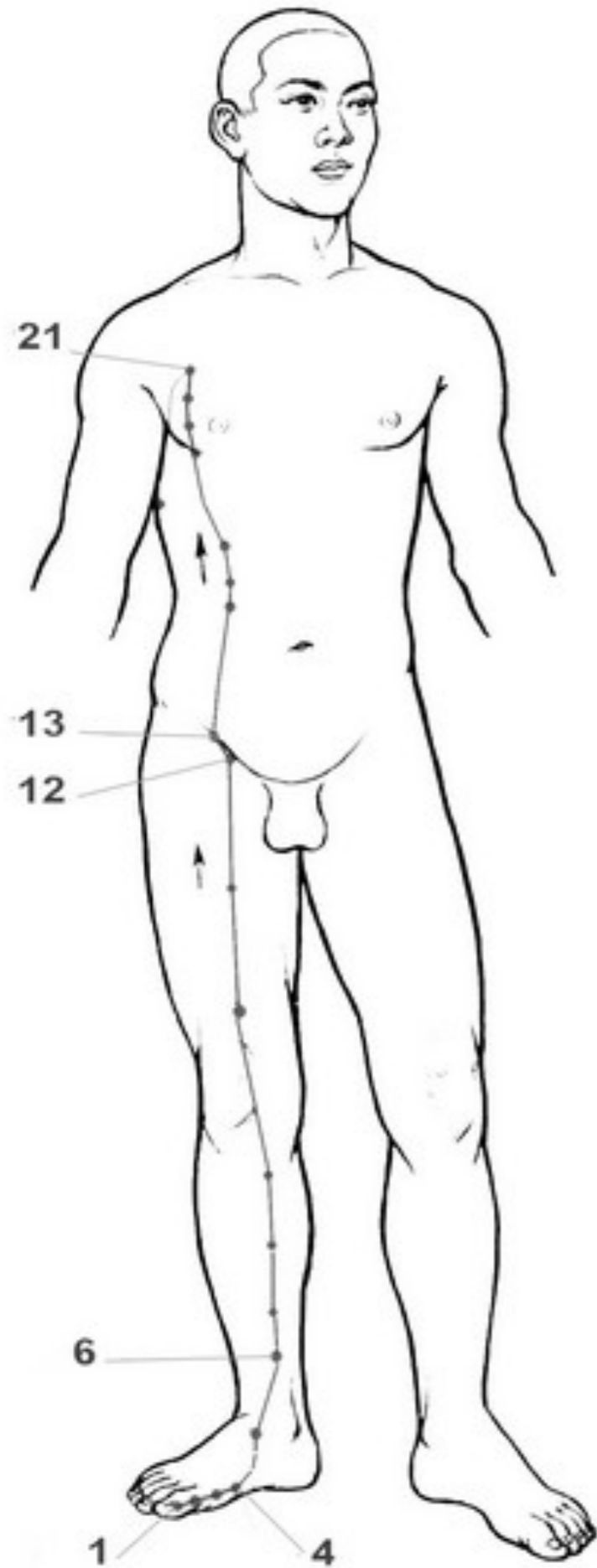
Fire Element

Triple Warmer Yang

Pericardium Yin  
Triple Warmer Yang



Spleen



Earth Element

Spleen Yin  
Stomach Yang

Stomach

