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Master Tung Acupuncture #1

by Susan Johnson, L.Ac.

a continuing education course

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About the Author



As an acupuncturist who has treated thousands of patients, taught thousands of students over three decades, and earned international recognition, Susan Johnson, L.Ac. is a master practitioner and instructor. In this book, she shares selected case histories from her clinical experiences as well as her studies with renowned teachers, Dr. Miriam Lee and Dr. Wei-Chieh Young.

Additional Resources

Tung's Magic Points: A Definitive Clinical Guide is a 600+ page book written by Susan Johnson, L.Ac. in collaboration with her colleague and student Eric Renaud. This long-awaited work is the culmination of Susan's 30 years of intensive study, mentoring, classroom teaching, and successful clinical experience treating a broad range of disorders using Master Tung's points. The book provides detailed theory to uncover the mechanics and magic of Tung's points. All of the numerous point descriptions include detailed point locations, reaction areas, lists of indications, notes for accurate needling, cautions, point combinations, and comments. This book will be available soon, go to www.tungspoints.com to receive 10 free excerpts. Enjoy this online learning experience derived from this important Chinese medicine work.

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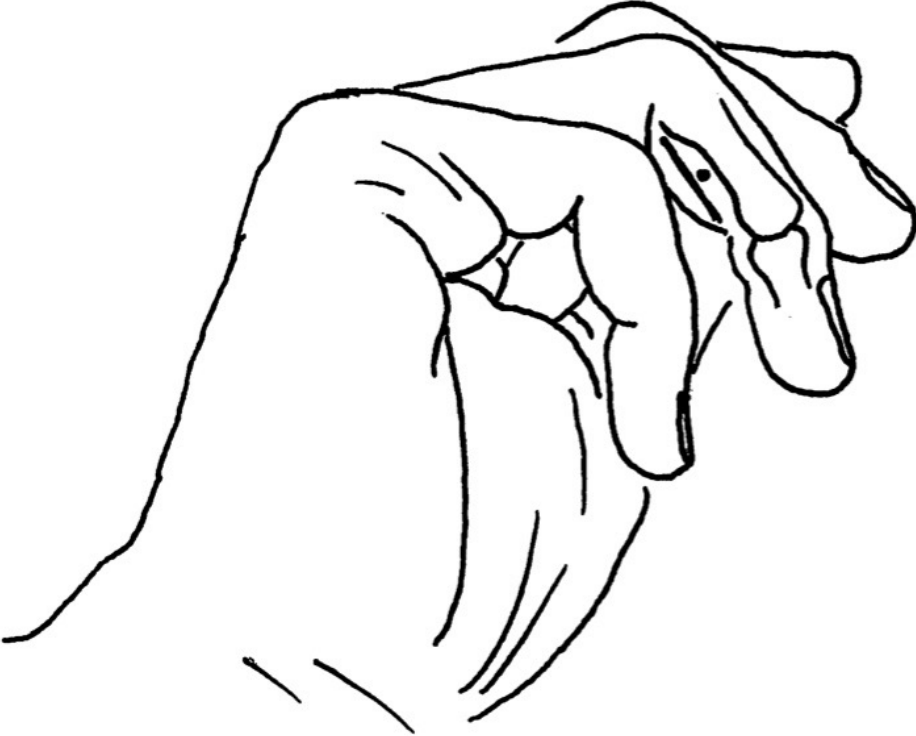
Overview

This course focuses on two acupuncture point selections used for the treatment of gynecological disorders. The first point (11.06 Return to the Nest) is a single acupuncture point used by Master Tung and his family. The second (11.24 Gynecological Points) is a two-point combination also developed and used by Master Tung within his family tradition. Together, they are a powerful combination for the treatment of gynecological disorders. Supplementary points (including 11.17 Wood Anger) are also reviewed.

Used primarily for women, 11.06 Return to the Nest and 11.24 Gynecological Points are acupuncture points combined to treat all gynecological diseases, such as premenstrual syndrome, menopausal hot flashes and night sweats, infertility, ovarian disease, cyclic migraines, PCOS, and endometriosis. Both point selections are presented in detail, starting with 11.06 Return to the Nest.

11.06 Return to the Nest (Huan Chao)





11.06 Return to the Nest

Location

11.06 Return to the Nest is located on the ulnar side of the middle phalange of the ring finger, centered between the second and third finger creases, just palmar to the intersection of the red and white skin.

Meridian: San Jiao

Reaction Area: Liver, Kidney

Based on face and palm diagnosis, a reaction area in the Tung family system is linked to this diagnostic system. Reaction areas are beyond the scope of this course and are included for those familiar with the Tung family system.

Indications

- Premenstrual syndrome (PMS)
- Menopausal hot flashes, night sweats, irritability and depression
- Gynecological issues (due to Liver qi stagnation)
- Menstrual cramps (dysmenorrhea)
- Excessive or scanty menstrual bleeding
- Infertility
- Blocked fallopian tube (often due to phlegm)
- Habitual miscarriage
- Ovarian disease
- Irregular menses
- Cyclic migraines (may have nausea, vomiting, photophobia)
- Polycystic ovarian syndrome (PCOS)
- Uterine disease
- Liver qi stagnation in the uterus
- Uterine tumors
- Uterine pain following abortion or miscarriage
- Tipped uterus leading to back pain and frequent urination
- Leukorrhea with red or white discharge (if leukorrhea persists for 10 years or more, consider the possibility of cancer)

- Vaginal swelling especially during prolonged labor (with excess Liver or high blood pressure)
- Abdominal pain due to reproductive issues
- Yang deficient prostatitis (Liu, 2010)¹

Acupuncture Notes

- Needle unilaterally only: It is fine to needle either side (usually combined with 11.24 Gynecological Points on the opposite hand).
- Needle size and gauge: I use a 15mm x 0.16 needle (Japanese 1 gauge or Chinese 40 gauge), inserted just palmar to the intersection of red and white skin in order to avoid immediately striking the side of the phalange. In order to wrap the needle under the bone, I use a curving needle technique, inserting the tip and then introducing a curve in the shaft by holding the handle at a 90-degree angle to the tip. The goal is to insert the needle between the bone and the tendon, as this provides a Kidney function by contacting the palmar surface of the bone (bone treats bone) and a Liver function (tendon treats tendon).

Technique is beyond the scope this course. Reference: there is a demonstration DVD, *Master Tung's Magic Points: Point Location and Needling Technique*, for curving needle technique on this point. To get the DVD, visit www.tungspoints.com to order directly.

- Avoiding blood vessels: It is important to look carefully for blood vessels, as they are frequently found in the area of this point. Vessels may not be obvious, but I have learned an effective way to identify them. Blood vessels beneath the surface cast a shadow, which causes the skin to appear slightly darker than the surrounding area. If we look carefully and choose the more pink or white skin (relatively speaking, considering skin tone), we are far

1. Liu Yi, 2010. *Tung's Acupuncture with Annotation*. Beijing. CPTCM.

more likely to avoid blood vessels. If the patient feels a sharp burning sensation when Return to the Nest is needed, you have struck a blood vessel. Remove the needle and start again. If you should hit a blood vessel, note its location in your chart so you can avoid it in the future.

- **Pegging a tendon:** You have pegged a tendon if you see a small depression around the needle where it enters the skin. It will not be particularly sensitive, but the finger will not be able to move at all and the needle will not rotate easily to stimulate the point. If this happens, withdraw the needle until its tip is just under the epidermis and redirect it slightly. See the Finger Points section later in this course for more information on this issue.
- **Needle stimulation:** I often apply strong stimulation to the needle once it is in place, rotating quickly, clockwise and counterclockwise, carefully watching the patient's eyes for any sign of discomfort (hard blinking). As this point is used to open blocked fallopian tubes and stop menstrual cramps immediately, strong stimulation is required.
- **Needle retention:** Retain the needle for 45 minutes to one hour or until you recognize that the treatment is complete.
- **Combining points for gynecological issues:** 11.17 Wood (Anger) is frequently used in combination with Return to the Nest and 11.24 Gynecological Points. When combining these points, first needle 11.17 Wood (Anger) and 11.24 Gynecological Points on the patient's left hand, followed by 11.06 Return to the Nest on the right hand. This arrangement allows you to best position the patient's hands after needling, because the Gynecological Points combine better with Wood (Anger) than with Return to the Nest. If you are needling the points multiple times in one week (or even daily in the case of infertility) you can alternate the arrangement by needling Wood (Anger) with Return to the Nest on the patient's left hand, and needling Gynecological Points on the right hand. We always needle Wood (Anger) on the left side (opposite the liver).

Gynecological Points and Return to the Nest can be needled on either hand, and each can be needled unilaterally, but they should never both be needled on the same hand.

- Alternative needling methods: Other Tung's points practitioners describe needling Return to the Nest by picking up the point at the junction of red and white skin (E-line or A-line: see Finger Points section later in this course to see the E and A lines), from a dorsal direction. In my opinion, once the finger is relaxed, the location appears the same as in the manner described above. I like using a curving needle technique on Return to the Nest because the Kidney governs hormones and bones, and bone treats bone, so by bringing the shaft of the needle into contact with the palmar surface of the bone, we create a strong Kidney tonification.
- Depth: 0.3 cun

Comments

- 11.06 combined with 11.24: Unilaterally needled, primarily for women, Return to the Nest 11.06 is usually combined with 11.24 Gynecological Points (details later in this course on this point selection) to treat all gynecological diseases, as it regulates female hormones. Return to the Nest has a stronger effect on the ovaries, whereas 11.24 Gynecological Points adjusts the qi of the uterus. 11.06 regulates blood (cycles), while 11.24 regulates qi.
- Function: Return to the Nest releases Liver qi stagnation, quiets the womb, and calms the fetus. It has a strong tonification and regulatory effect on the Kidney, Liver and San Jiao.
- Cyclical symptoms: Any symptoms that are cyclic in nature have an ovarian component because the ovaries regulate the menstrual rhythm.

- Dysmenorrhea: 11.06 relieves dysmenorrhea better than SP6 San Yin Jiao because Return to the Nest prevents acute or chronic cramping from reoccurring. However, SP6 with electrical stimulation is more effective for intense cramping, especially on the first day of the period once full bleeding has commenced. Unfortunately, this powerful effect is only temporary and cannot be implemented prior to menstruation.
- Pregnancy: Return to the Nest quiets the womb and calms the fetus; therefore, it can be used in any kind of pregnancy-related illness. Points that are used to treat infertility are always safe to use during pregnancy. This knowledge is helpful, as the patient may not know when she has conceived.
- Energetic pathways: In the name of this point, “Nest” refers to the womb. Multiple channels affect female reproductive organs, but primarily we think of the Liver and Kidney channels. Return to the Nest is located on the Hand Shao Yang (SJ) channel and is used to regulate hormones (ovaries) because of the special relationship between the Hand Shao Yang (SJ) and the Foot Shao Yin (KD). The Hand and Foot Shao Yang (SJ/GB) connect to the Liver through the internal/external relationship between the Gallbladder and Liver. This makes Return to the Nest effective in the treatment of PMS (irritability and depression), irregular menstrual cycles, dysmenorrhea, cyclic migraines, and any gynecological issue related to the Liver and hormonal functions. We can also derive a Liver connection through the Hand and Foot Jue Yin relationship, as the Hand Jue Yin (PC) channel splits at PC8 Lao Gong and proceeds to the tips of the middle and ring fingers, connecting with the San Jiao channel through Return to the Nest.
- 11.06 combined with 11.17 Wood (Anger): Tung’s fantastic points, 11.17 Wood (Anger), are also related to Liver and PMS. This is because female reproductive issues such as breast pain, migraines, irritability, depression, dysmenorrhea, fibroid cysts and

tumors, and emotional instability due to menopause are often associated with Liver imbalance.

- Diagnostic tools: I often use opposite side 66.05 Golden Gate and Return to the Nest as diagnostic tools when there is pain in the lower jiao.

66.05 Golden Gate is located on the dorsum of the foot, just distal to the proximal junction of the second and third metatarsals. Located similarly to 66.04 Fire Master, moving one metatarsal lateral. 66.05 Golden Gate is Master Tung's version of ST43 (Xian Gu) and is located proximal to the TCM location. Golden Gate usually clears any kind of gastrointestinal discomfort. If it does not relieve the pain, I remove the needle and then needle Return to the Nest with strong stimulation. If there is still no change, the discomfort is likely urinary in origin.

- Tipped uterus: Return to the Nest treats lower back pain due to tipped uterus. The uterus does not tilt without a reason, and usually the cause is multiple fibroids or tumors putting pressure on the bladder and the nerves of the lower back, thus causing frequent urination and lower back pain.
- Yoga pose for retroverted uterus: Retroverted uterus can also be caused by holding the urine too long or not getting enough bed rest after childbirth. When this condition is treated with 11.06 and 11.24, the patient should be asked to do the following exercise (Child's Pose in Hatha yoga) twice daily, in the morning before arising and at night before going to bed. With an empty bladder, the woman should kneel down, lay her chest on her thighs, and stretch her arms out over her head for a few minutes. This increases the angle of the hips to more than 90 degrees, allowing gravity to help pull the uterus forward (Lee, 1992).²

2. Lee, M. (1992). Master Tong's Acupuncture: An Ancient Alternative Style in Modern Clinical Practice[NB1] . Boulder, CO: Blue Poppy Press.

- Uterine pain due to abortion: For uterine pain due to abortion, use only 11.06. In my experience, bilateral needling of SP6 San Yin Jiao only relieves this pain for about 10 minutes. With one needle, Return to the Nest relieves such pain for four to five hours. For uterine pain with pus due to infection, use this point with REN3 (Zhong Ji) and Zi Gong (Extra Point, 3 cun lateral to REN3). Four or five treatments will relieve the pain (Lee, 1992).³
- Bleeding technique: Look for blood vessels in the area of SP6 San Yin Jiao, often associated with lower jiao (burner) stagnation. Use pricking bleeding techniques to bleed these vessels, and needle 11.06 and 11.24. This bleeding technique is also effective for urinary and lower bowel disorders.
- Neck and shoulder pain: Because Return to the Nest is found on the San Jiao channel, it functions like SJ5 (Wai Guan) in the treatment of neck, shoulder and upper arm pain. I would never choose it specifically to treat musculoskeletal issues, but the patient might tell you that their pain improved after receiving this point.
- Infertility: If the patient's little finger does not extend to the crease between the second and third phalange of the ring finger, it is diagnostic for Kidney deficiency and is a sign of infertility (Young, 2008).⁴

3. Lee, M. (1992). Master Tong's Acupuncture: An Ancient Alternative Style in Modern Clinical Practice[NB1] . Boulder, CO: Blue Poppy Press.

4. Young, W. C. (2008). Lectures on Tung's Acupuncture: Points Study. Rowland Heights, CA: American Chinese Medical Culture Center.

Combinations

The main focus of this course is to present the usage and application of 11.06 Return to the Nest and 11.24 Gynecological Points. In addition, we present additional combinations for specific conditions, such as those listed below, along with a brief location description. For those new to Tung's points, the descriptions below are a great way to get a first look at these points.

Infertility:

1. 11.06 Return to the Nest on one side
2. 11.24 Gynecological on the other side (alternate sides daily for two months; stop after conception).
3. Points to strengthen and regulate Spleen, Liver and Kidney:
88.04-88.06 Three Sisters
4. Three Plum Blossom, 88.09-88.11
5. Kidney Passing Points
6. 77.18-77.21 Three Emperors

Three Sisters:

- First Sister is located 8 cun (four fingers twice, plus three fingers) proximal, and 1 cun medial, to the center of the top of the patella.
- Second Sister is located 2.5 cun proximal to First Sister.
- Third Sister is located 2.5 cun proximal to Second Sister.

Three Plum Blossom:

- Three Plum Blossom is a three-point combination unit that is located on the abdomen. The first point is 3 cun inferior to the navel. The other two points are found bilaterally, 2 cun inferior to the navel and 2 cun lateral to the midline.

88.09-88.11 Kidney Passing Points:

(These three points are located along the medial border of the rectus femoris)

- 88.09 Passing Kidney is located at the medial superior border of the patella.
- 88.10 Passing Stomach is located 2 cun (three fingers) proximal to Passing Kidney (the classic location of SP10 Xue Hai).
- 88.11 Passing Back is located 2 cun proximal to Passing Stomach.

77.18-77.21 Three Emperors is a group of three kidney points found on the Spleen channel:

- 77.18 Shen Guan, aka. Kidney Gate, Master Tung's Master Kidney Point, is located on the medial side of the lower leg, 1.5 cun (two fingers) inferior to SP9. Slide the needle down the back of the tibia, touching the bone.
- 77.19 Earth Emperor is located on the medial side of the lower leg. Earth Emperor is considered a floating point as it is found halfway between 77.18 Kidney Gate (Shen Guan) and 77.21 Man Emperor (SP6), and its location may vary as much as 1 cun depending upon where Man Emperor (SP6) is found (see 77.21 Man Emperor).

- 77.21 Man Emperor is located on the medial side of the lower leg, 3 cun (four fingers) above the top of the medial malleolus, 1 cun proximal to classic SP6 San Yin Jiao, which is found 3 cun above the tip of the medial malleolus. Either location may be chosen for this point, as both are good.

Menopause:

1. 11.06 Return to the Nest
2. 11.24 Gynecological with 77.18-77.21 Three Emperors. If emotional, add 11.17 Wood (Anger), Four Gates, Prefrontal Scalp Points, DU20 (GV20).

Amenorrhea:

1. 11.06 Return to the Nest
2. 11.24 Gynecological with ST25 Tian Shu (Yang Ming Mu point)
3. 66.15 Water Fairy (Tung's KD5)
4. REN24 Cheng Jiang (CV24)

Water Fairy:

- 66.15 Water Fairy (Tung's version of KD5 Shui Quan) is located directly inferior to 66.14 Water Phase (Tung's KD3), just proximal to the superior border of the calcaneal tuberosity.

Dysmenorrhea:

1. 11.06 Return to the Nest
2. 11.24 Gynecological with 66.05 Golden Gate (Tung's ST43) or ST44 Xian Gu
3. SP6 San Yin Jiao (needled with or without electric or pricking bleeding)
4. REN24 Cheng Jiang

5. 66.02 Wood Wife
6. 66.03 Fire Hardness

Wood Wife

- 66.02 Wood Wife is located on the dorsum of the foot, 0.3 cun lateral to the center of the middle segment of the second toe.

Fire Hardness

- 66.03 Fire Hardness is located on the dorsum of the foot, immediately proximal to the distal heads of the first and second metatarsal bones. Fire Hardness is needled in the Liver valley, approximately 0.5-1.0 cun proximal to the web.

Irregular Menstruation:

1. 11.06 Return to the Nest
2. 11.24 Gynecological
3. 88.04- 88.06 Three Sisters or Three Plum Blossom

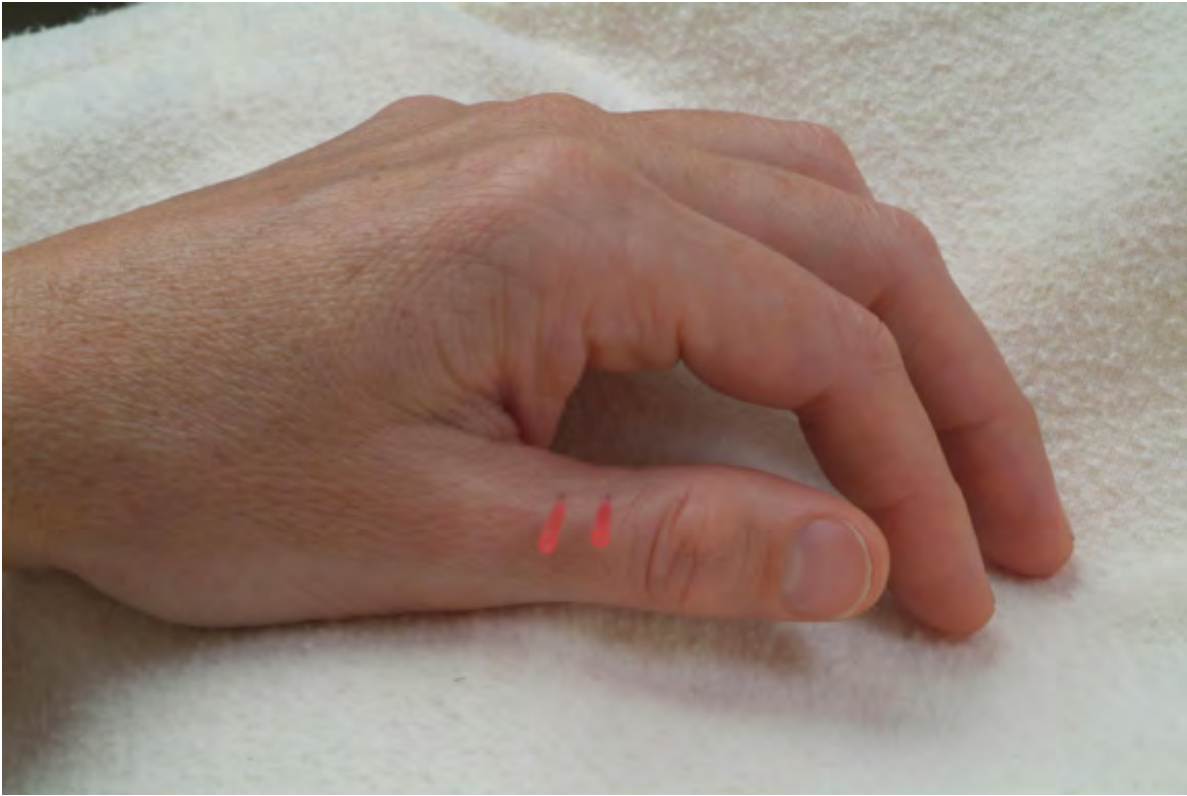
Promoting Conception:

1. 11.06 Return to the Nest
2. 11.24 Gynecological
3. Three Plum Blossom (not after ovulation)

Habitual Miscarriage:

1. 11.06 Return to the Nest on one side
2. 11.24 Gynecological on the other side
3. 88.10-88.11 Kidney Passing Points.

11.24 Gynecological Points (Fu Ke)



Location

This two-point unit is located on the dorsal surface of the thumb, on the ulnar line of the proximal phalange, 0.3 cun lateral to the midline and halfway between the dorsal midline and the junction of red and white skin.

Meridian: Lung

Reaction Area: Uterus

Indications

- Uterine pain and diseases
- Menstrual irregularity
- Dysmenorrhea
- Amenorrhea
- Menopausal hot flashes, night sweats, irritability and depression
- Endometriosis
- Infertility
- Uterine tumors or fibroids
- Dislocated or tipped uterus
- Uterine pain after abortion
- Uteritis (inflammation of uterus)

Acupuncture Notes

- Needle unilaterally: Needle perpendicularly from the dorsal surface toward the palmar surface, just inside the heads of the proximal phalange. This appears as a horizontal insertion, with the shaft of the needle passing just beneath the junction of red and white skin; watch for the tip of the needle advancing toward the underside of the epidermis.

- Combining points for gynecological issues: 11.17 Wood (Anger) is frequently used in combination with Return to the Nest and 11.24 Gynecological Points. When combining these points, we first needle 11.17 Wood (Anger) and 11.24 Gynecological Points on the left hand, followed by 11.06 Return to the Nest on the patient's right hand.

This arrangement allows you to best position the patient's hands for needling, because the Gynecological Points combine better with Wood (Anger) than with Return to the Nest. If you are needling the points multiple times in one week (or even daily in the case of infertility), you can alternate the arrangement by needling Wood (Anger) with Return to the Nest on the left hand, and needling Gynecological Points on the right hand.

We always needle Wood (Anger) on the left side, opposite the liver. Gynecological Points and Return to the Nest can be needled on either hand, and each can be needled unilaterally, but they should never both be needled on the same hand.

- Depth: 0.3-0.4 cun

Comments

- Brain connection: These points regulate hormonal activity. Located on the thumb, they have a powerful and direct connection to the brain.
- Qi and Blood:

The Gynecological Points are for qi. They guide the qi to adjust the uterus.

11.06 Return to the Nest is for blood. It regulates ovarian activity (hormones) and is responsible for regulating cycles.

When combined with 11.17 Wood (Anger), the Gynecological

Points and Return to the Nest are useful for hormonal imbalances of any kind, including any cyclic ailments, premenstrual or menopausal disorders, migraine headaches, infertility, endometriosis, amenorrhea, irritability, anxiety and depression.

- Tipped uterus: 11.24 adjusts the qi of the uterus. It is used to treat tipped uterus, which is most often caused by uterine tumors, cysts or fibroids, and is usually accompanied by lower back pain and frequent urination.
- Infertility due to stagnation:

Not included in Tung's system are points called **Three Plum Blossom**. This three-point unit is located on the abdomen. The first point is 3 cun inferior to the navel; the other two points are found bilaterally, 2 cun inferior to the navel and 2 cun lateral to the midline.

When treating infertility, Three Plum Blossom clears uterine stagnation and cleans the womb, treating damp heat conditions such as endometriosis and pelvic inflammatory disease (PID). Three Plum Blossom points are not used after ovulation when patients are trying to conceive. When I am treating a woman for infertility with damp heat accumulation in the uterus, I ask her to use birth control for three months in order to clean and revitalize the womb without any possibility of conception.

Bleeding small veins in the area of SP6 San Yin Jiao is also useful for uterine stagnation. The need for cleaning might be characterized by a tongue that is red or coated yellow.

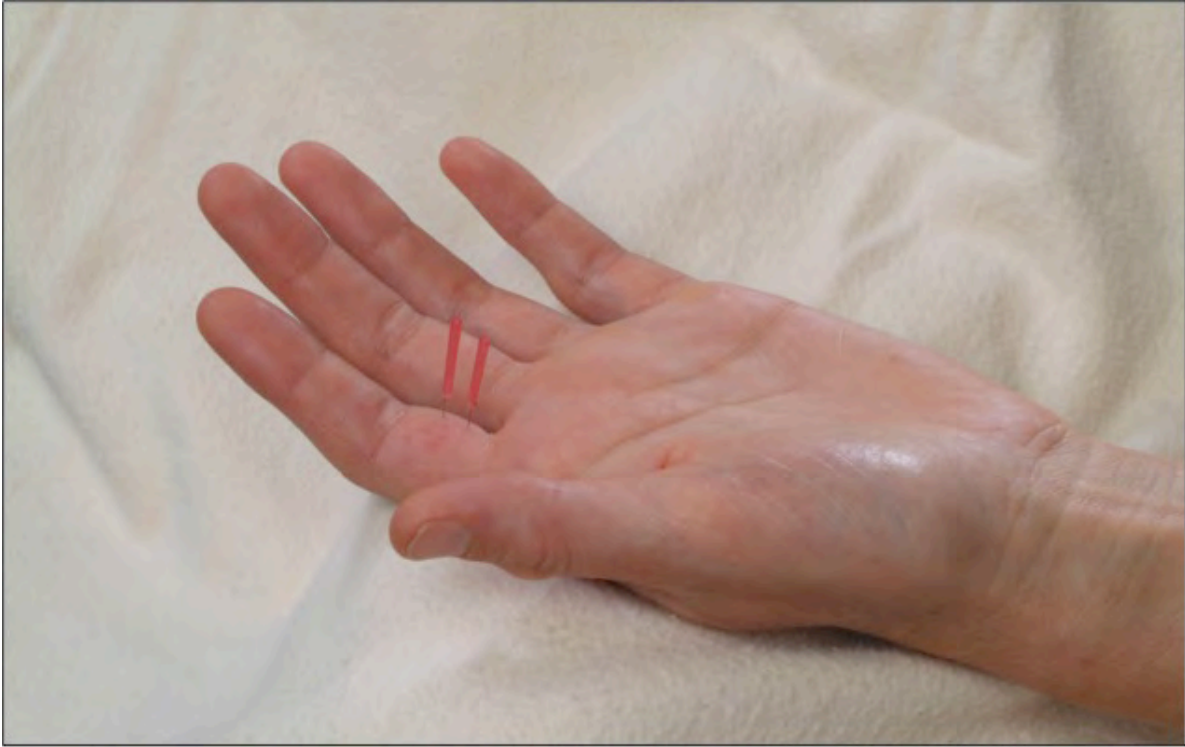
- Infertility due to hormonal imbalance: Many women experience an irregular menstrual cycle due to exhaustion, overwork and cold damp accumulation in the uterus. A white coating or pale tongue with teeth marks indicates damp cold, requiring qi tonification, warming, and clearing dampness.

- Chronic leukorrhea that persists for ten years or more may be indicative of cancer.

Combinations

- Infertility: 11.06 Return to the Nest on one side, 11.24 Gynecological Points on the other side (alternate sides daily for two months; stop after conception). Points to strengthen and regulate Spleen, Liver and Kidney: 88.04-88.06 Three Sisters, Three Plum Blossom, 88.09-88.11 Kidney Passing Points and 77.18-77.21 Three Emperors.
- Menopause: 11.06 Return to the Nest, 11.24 Gynecological Points with 77.18-77.21 Three Emperors. If the patient is emotional, add 11.17 Wood Anger, Four Gates, Prefrontal Scalp Points, DU20.
- Amenorrhea: 11.06 Return to the Nest, 11.24 Gynecological Points with ST25 Tian Shu (Yang Ming Mu point), 66.15 Water Fairy (Tung's KD5), and REN24 Cheng Jiang (Ren Mai – Jing-Well).
- Dysmenorrhea: 11.06 Return to the Nest, 11.24 Gynecological Points with 66.05 Golden Gate (Tung's ST43) or ST44 Xian Gu; SP6 San Yin Jiao (needled – with or without electric or pricking bleeding); REN24 Cheng Jiang; 66.02 Wood Wife, 66.03 Fire Hardness.
- Irregular menses: 11.06 Return to the Nest, 11.24 Gynecological Points, 88.04-88.06 Three Sisters or Three Plum Blossom.
- Promoting conception: 11.06 Return to the Nest, 11.24 Gynecological Points, Three Plum Blossom (not after ovulation).
- Habitual miscarriage: 11.06 Return to the Nest on one side, 11.24 Gynecological Points on the other side, 88.10-88.11 Kidney Passing Points.

11.17 Wood Anger (Mu)



11.17 Wood Anger



Location

Wood (Anger) is a two-point unit located on the palmar surface of the index finger, on the ulnar side (D-line) of the proximal phalange, dividing the space between the proximal joint creases into equal thirds.

Meridian: Large Intestine

Reaction Area: Liver

Cautions

11.17 Wood Anger vs. 11.20 Wood Inflammation:

Wood (Anger) points are needled for Liver qi stagnation, whereas 11.20 Wood Inflammation points are for liver organ disease and pain. For patients with serious liver organ issues such as hepatitis, cirrhosis or liver cancer, Wood (Anger) points are NOT the points to choose. For those cases, 11.20 Wood Inflammation points are a better choice. Wood Inflammation is priceless in treating liver organ diseases but should never be used in combination with Wood (Anger), as they are too powerful to combine and would make the patient feel ill.

Indications for 11.17 Wood Anger

- Anger
- Headaches and migraines
- TMJ
- Irritability
- Depression
- Anxiety (excessive worry)
- Premenstrual breast pain
- Premenstrual syndrome (PMS)
- Menopausal stress
- Skin disease on the hands
- Sweaty palms

- Dry or tearing eyes
- Nasal congestion
- Resuscitation
- Insomnia (between 1:00–3:00 a.m.)
- Interstitial cystitis
- Urinary bladder infection (due to anger)
- Itching due to external wind

Needling Notes

- Needle unilaterally: Wood (Anger) points are usually needled on the left side only (opposite the liver organ) to treat emotional issues related to Liver qi.
- Needle bilaterally : Wood (Anger) points are needled on both sides to treat sinus problems, dry or tearing eyes, skin diseases on the hands, and extremely sweaty palms.
- Nerve sensation: If the patient feels a “zing” toward the tip of the finger, you have struck a nerve. Nerves are hard to avoid because you cannot see them. Remove the needle completely and do not reinsert it until the next treatment. Carefully note the location of the nerve in your chart. Hitting a nerve is not necessarily painful, and it may cause only a slight sensation; however, stimulating the point or leaving the needle in may cause repeated electrical “zings” in the weeks to come. The patient will not like this and will think of you frequently, for the wrong reasons.
- This is a two-point combination: The proximal point is the Chief Point; the distal point is the Supporting Point. In many cases, needling the proximal point is sufficient. If the patient is extremely angry or very depressed, needle both points.
- Helpful hints: There are a few tricks to facilitate the needling of these points. Use your non-needling hand to hold the back of the patient’s left hand securely in your palm. Arch back their wrist, using the side of your hand at their dorsal wrist crease. Secure

their index, middle and ring fingers in an open position. You also may want to secure the patient's thumb inside a ring made by the thumb and index finger of your needling hand. If the patient applies any pressure to your needling hand with their thumb, suggest that they hold their own little finger and thumb together, making it easier for you to needle without their interference.

- **Avoiding blood vessels:** For the comfortable needling of the palmar surface of the hand, perhaps the most crucial step is to very carefully scan the area for faint or obvious blood vessels. Look for the pink or white skin and avoid any area, however small, that has a blue or greenish hue. Tiny adjustments to avoid blood vessels make a huge difference in the patient's comfort when these points are needed.
- **Do not use a guide tube:** Point location on the fingers needs to be precise; therefore, it is not advisable to use a guide tube. First, place the tip of the needle on the point with firm pressure to desensitize the skin. After pausing for a few seconds, and without bouncing, quickly insert the needle through the first millimeter of the skin (the most sensitive area). After a quick and shallow penetration of the surface, incrementally bounce the needle to a deeper level, testing along the way to be sure that you are not "pegging" a tendon or tapping the bone. The needle needs to be free in its correct position, so pay very close attention to the tissues through which the needle passes and to any body language expressing the patient's sensitivity.
- **Positioning:** With the dorsal surface of the patient's fingers lying gently against the palmar surface of your own fingers, you will be able to feel the pressure of the progressing needle tip. Stop before it penetrates the underside of the epidermis, as this is just as sensitive as the exterior surface.
- **Combinations:** See 11.06 Return to the Nest, Needling Notes for information about combining 11.17 Wood (Anger) with 11.24 Gynecological Points and 11.06 Return to the Nest for the treatment of gynecological diseases.

- Depth: 0.3-0.4 cun

Comments

- Irritability and anger: Excellent for easing stress, these points can be added to any Liver calming treatment. They are exceptional for treating Liver qi stagnation and Liver fire rising, with a tight pulse, anger, irritability, and depression. These points expel heat to clear the head and eyes, open the orifices, resuscitate, and promote smooth circulation of Liver qi.
- Wood Anger Points: Dr. Lee fondly called this two-point combination the “Wood Anger Points,” because they have a profound effect upon the nervous system and liver. I call them the “Million Dollar Points,” because if I had ten cents for every time they have come in handy, I’d be a millionaire. These points soothe the savage beast. If the patient is in a manic state of rage, needle these points immediately. The Liver needs to stretch out, to be big and free to speak, and to say just how it feels. A patient who has Liver qi congestion, and who cannot speak their truth for any reason, gets tighter and tighter until they are boiling mad. This is the setup for a migraine. When this anger is still not allowed expression, it turns inward on itself and becomes severe depression. These days, people carry the weight of the world on their shoulders, and the resulting stress and frustration is the cause of most one-sided headaches, temporomandibular joint (TMJ) pain, insomnia, high blood pressure, depression and anxiety. In these cases, I often begin treatment with cupping and needling, and sometimes even bleeding. However, it is also necessary to help people learn to release frustration and tension in a way that is useful to them and does not harm others.
- Premenstrual: These points can be especially sensitive if the patient is premenstrual or having a hard time emotionally. I judge a female patient’s level of Liver qi stagnation based on the degree of her premenstrual breast pain. If she has no breast pain, I consider her Liver qi congestion to be mild. If she has breast pain for a day

or two, she clearly needs a little help. If she has two weeks of breast pain before her period, this indicates a serious case of Liver qi and blood stagnation. Often, such a patient also has nausea and vomiting with severe menstrual cramping.

- Energetic pathways: Wood (Anger) lends a powerful wind influence due to the special relationship between the Hand Yang Ming (LI) and the Foot Jue Yin (LV). This is seen in its association with emotional states (such as irritability, anger and depression), as well as with sinus congestion and blurred vision, as the Liver channel passes deeply through the inside of the throat and sinuses on its way to the top of the head. These points are also very effective in the treatment of skin and sinus issues due to the internal/external connection between the Large Intestine and Lung, as well as the Large Intestine/Liver relationship. The large intestine and liver organs both clean toxins from the body; the Lung governs the skin and keeps it healthy, and opens to the nose. Wood (Anger) points are used to treat skin conditions on the hands, usually in combination with 88.17-88.19 Four Horses. Of note, the Wood (Anger) points are located on the Koryo Hand Therapy (KHT) Lung channel, reinforcing their relationship to the skin and sinuses.
- Urinary bladder infections: In my clinic, I have found that most women with bladder infections have been extremely angry in the 24 hours preceding onset. The rising Liver fire hits the Heart, transferring the heat to the Small Intestine and thereby the Urinary Bladder. Because I so frequently see this connection, my first question to a woman with a bladder infection is, “Did you recently get really angry?” Ten times out of ten, the answer is, “Yes!”

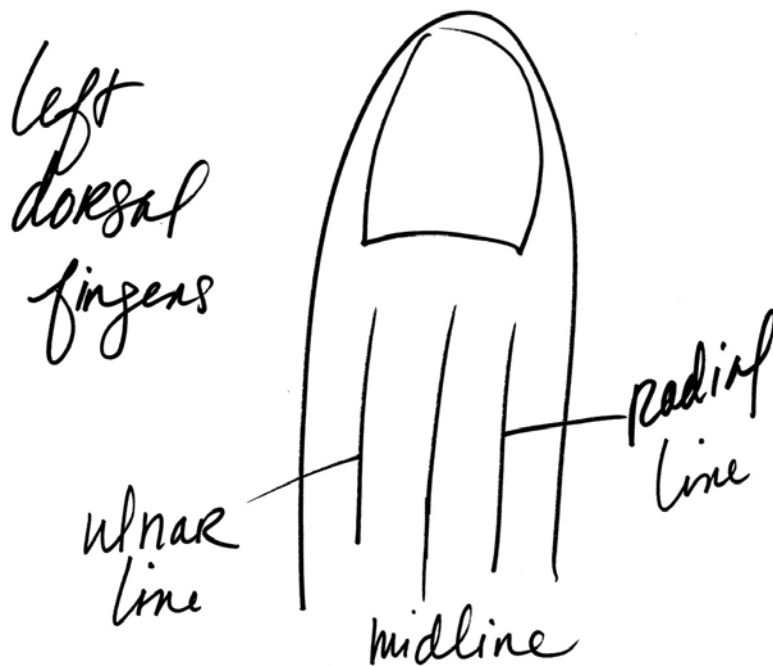
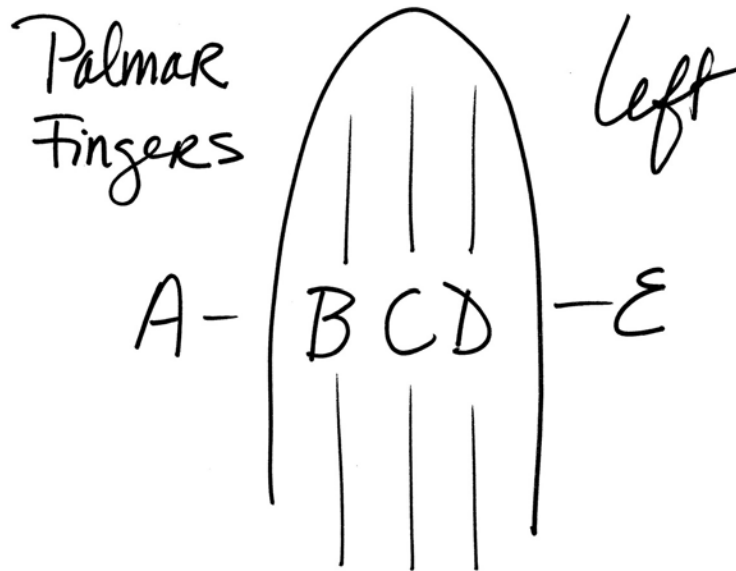
66.03 Fire Hardness (Tung’s LV2) is also an important point to treat this condition because it is the Ying-Spring and fire point on the Liver meridian which flows through the genitals, and thus it clears heat.

- Void after sex: I always advise patients to urinate after sex in order to flush bacteria from their urethra. This simple practice can stop many infections from taking hold.
- Liver qi stagnation: I use Wood (Anger) points multiple times daily in my clinic, with excellent results. They are particularly useful because of their extraordinary effect of releasing Liver qi stagnation, and because they can easily be combined with any other treatment protocol to open the flow of energy throughout the entire nervous system. Patients absolutely love these points and often ask for them to be needled. They know that no matter what their practitioner chooses to address during their visit, they will very likely go home feeling happy and relaxed.

Combinations

1. Depression or addiction, with nervous system tension: 11.17 Wood (Anger), Four Gates, Prefrontal Scalp Points, DU20.
2. Depression with exhaustion: 11.17 Wood (Anger), Dr. Miriam Lee's Ten Great Needles.
3. Depression due to Liver qi congestion: 11.17 Wood (Anger), 88.12-88.14 Three Yellows.
4. Irritability and anger: (see Comments, above.)
5. PMS or menopause: 11.17 Wood (Anger), 11.24 Gynecological Points on one side, 11.06 Return to the Nest on the other side, Four Gates, 77.18-77.21 Three Emperors.
6. Psoriasis: 11.17 Wood (Anger), 88.17-88.19 Four Horses.

Finger Point Locations & Guidelines



Location

- We identify five lines on the palmar side of the fingers in order to easily discuss their location. When looking at the palmar surface of each finger, we label these five lines from left to right, A-B-C-D-E. The vertical midline of each finger is called the C-line. On either side of the C-line, we designate the junction of the red and white skin as either the A-line or the E-line, depending on which hand we are referencing. It can be easy to confuse the A-line and E-line, as the A-line on one hand is the E-line on the other, so we use anatomical references. Points located on the A-line and the E-line are designated as being on either the radial or ulnar side of the finger. For example, 11.06 Return to the Nest is always located on the ulnar side of the middle phalange of the ring finger. This means it is on the A-line of the right hand and the E-line of the left hand. Points on the A-line and the E-line are found just palmar to the junction of the red and white skin. If they were needled precisely at the junction, the needle would hit the bone. If we needle just palmar to the junction of red and white skin, the needle slides along the palmar surface of the phalange, providing an extra bone-treating-bone Kidney boost.
- The B-line is located halfway between the A-line and the C-line. The D-line is located halfway between the C-line and the E-line.
- Points found on the palmar midline, or C-line, are always needled by first pinching up the skin.
- Points found on the B-line or D-line are between the C-line (midline) and the A-line or E-line, respectively. B-line and D-line points are not found exactly halfway between the C-line and the A-line or E-line, as the latter are found just palmar to the red and white skin on the side of the fingers. Needles inserted along the B-line or D-line usually slide down the side of the phalange in the space created between the proximal and distal heads of the bone, providing a bone-treating-bone function.

- On the dorsal sides of the fingers, we identify the three lines as the ulnar line, radial line, and midline. No A-lines or E-lines are identified on the dorsal sides of the fingers, as those would be redundant; they are referred to as palmar. Because there is little flesh on the dorsal surface of the fingers, points on the midline are needled horizontally (often toward the little finger), while points on the radial and ulnar sides are needled using the technique of sliding the needle down the side of the phalange.
- If the fingers have many lines at the creases, use the most proximal crease line when locating finger points.

Needling Notes

- **Projection in the brain:** Many of Master Tung's most powerful points are located on the thumb and fingers and are highly effective because of a strong connection to the brain and nervous system. If we look at the motor and sensory lines identified in scalp acupuncture, we find a very large area of projection in the brain related to the thumb and also the fingers. The thumb – an essential evolutionary development in our species – is our laboring tool; without a thumb we can hook but we cannot grasp.
- **Finger points can be added to body points:** Finger points are extremely powerful, yet most will not interfere with the energetic pathways employed in your primary treatment. In this way, they are similar to ear points and even scalp points.
- **Needle size and gauge:** For finger points, I use a 15mm x 0.16 needle (Japanese 1 or Chinese 40 gauge) and insert it at least halfway on most patients, depending upon the size of their finger.
- **Do not use guide tubes:** Point location on the fingers must be precise; therefore, it is not advisable to use a guide tube.
- **How to needle finger points painlessly:** Hold the needle where the shaft and the handle meet, as this provides you with the greatest control over the needle tip. When inserting the needle,

place the tip on the patient's skin with firm pressure to desensitize the surface. After pausing for a few seconds, and without bouncing, quickly insert the needle through the first millimeter of the skin (the most sensitive area). After a quick and shallow penetration of the surface, incrementally bounce the needle to a deeper level, testing along the way to be sure that you are not "pegging" a tendon, touching a nerve, penetrating a blood vessel, or tapping a bone. The needle needs to be free in its correct position, so pay very close attention to the tissues through which the needle passes and to any body language from the patient expressing sensitivity. I often apply strong stimulation to the needle once it is properly placed, rotating quickly, clockwise and counterclockwise (it is not necessary to tonify or sedate) while watching the patient's eyes carefully for any sign of discomfort, such as hard blinking. Hard blinking is an automatic response to pain and means "stop." Fast blinking indicates that the patient is anticipating, whereas light blinking is normal.

- **Avoiding blood vessels:** Perhaps the most crucial step for the comfortable needling of finger points is to carefully scan the area for obvious or faintly visible blood vessels. A larger vessel often has a blue or greenish hue, while smaller blood vessels may only cast a shadow. If you look carefully and choose the area of skin that is relatively pink or white (considering skin tone), you are far more likely to avoid blood vessels. When a point is needled, if the patient feels a sharp burning sensation – the feeling of a hot poker rather than a nerve "zing" – you have struck a blood vessel. Remove the needle and relocate it just a hair's breadth away. If you should hit a blood vessel, note its location in your chart so you can avoid it in the future. This tiny adjustment to avoid blood vessels will make a huge difference in the patient's comfort when finger points are needled. If you hurt the patient more than once when needling the same point, they will be unlikely to allow any further attempts.

- **Nerve sensation:** If the patient feels a “zing” toward the tip of the finger, you have struck a nerve. Nerves are hard to avoid because you cannot see them. Remove the needle completely and do not needle the point again until the next treatment, carefully noting the location of the nerve in your chart. Hitting a nerve is not necessarily painful (though it can be); it may cause only a slight sensation. However, stimulating the point or leaving the needle in place may cause repeated electrical “zings” whenever the patient straightens the finger in the weeks to come. The patient will not like this sensation and will think of you frequently, for the wrong reasons.
- **Pegging a tendon:** After you insert the needle, if it feels stuck (like a dart in a dartboard) and there is a small depression around the needle where it enters the skin, you have pegged a tendon. It will not be particularly sensitive, but the finger will not be able to move at all, as the tendon and tendon sheath are being held together. If this happens, withdraw the needle to just under the epidermis and redirect it slightly.
- **Bone-treating-bone system:** For many finger points, we slide the needle alongside one surface of the bone or gently tap the periosteum directly to activate the bone-treating-bone system, adding a Kidney-tonifying boost to the treatment.
- **Monitoring depth of insertion for most finger points:** With your non-needling hand, hold the dorsum of the patient’s hand. Straighten their fingers by holding them with your own, and arch their hand backwards by pressing the dorsum of their hand with your palm. From this position, it is easy to monitor the depth of insertion by feeling the pressure of the approaching needle tip through the sensitive palmar surface of your fingers. Stop before making contact with the underside of the patient’s epidermis, as this surface is just as sensitive as the exterior one.
- **Needling points located in the center of a phalange:** Points found on the palmar midline, or C-line, are always needled by first

pinching up the skin, which creates a large cushion of flesh to penetrate. In doing this, we avoid plowing into the bone with the tip of the needle, which not only is painful but also may damage the periosteum. If we pinch up the skin prior to needling it, we can slowly insert the needle until the tip gently touches the bone. Once we release the pinched skin, it creates a little tent around the needle, which allows for constant pressure of the needle tip against the bone, providing a bone-treating-bone Kidney function. This tent of skin can be released at the practitioner's discretion.

- **Needle retention:** Retain the needles thirty minutes to one hour, or until you recognize that the treatment is complete.
- **Points found on skin creases:** You may needle into the creases found on the palmar surface of the fingers. This reduces needle sensitivity, as the skin in the creases is already desensitized.
- **Bleeding Jing-well points and fingertips:** When bleeding Jing-well points, puncture at a 45-degree angle in order to avoid contacting the bone and damaging the periosteum. Additionally, needling at this angle provides a greater surface area than needling with a perpendicular puncture, and therefore a larger volume of blood (though still small). For conditions that are best treated by letting a larger volume of blood, such as hypertension, bleeding the fingertips produces a greater volume than the Jing-well points. This method is also less painful for the patient and easier for you. Before puncturing, let the arm and hand hang over the side of the table, "milking" the fingers in order to push the blood into the tips. Be sure the hands and the room are warm, as on cold or rainy days patients do not bleed as well.
- **Little finger length and fertility:** The little finger usually extends beyond the crease between the second and third phalanx of the ring finger. A short little finger indicates Kidney deficiency (and infertility).
- **Moons on the fingernails:** All people should have moons (lunula) on their thumbnail as well as the index, middle and ring

fingernails. Those who have moons on the nails of their little fingers have excess energy. Though this might be lucky for them and indicate a genetic predisposition to longevity (they may easily live 100 years or more), such patients may also have hypertension and coronary heart disease, causing them to die very young; this is entirely dictated by the health of their habits. If these patients do not smoke or drink in excess, and they exercise daily to manage their abundant energy, they can be exceedingly healthy and live a long life. People with large moons on their little fingernails always have a strong sex drive (something you might note to yourself without mentioning it to the patient). If accompanied by a very red tongue, this may indicate that the patient has a sex addiction.

- **Additional study materials:** If needling finger points is new to you, consider attending my classes; or purchasing my 4-DVD set, *Master Tung's Magic Points: Point Location and Needling Technique*.

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