

Dr. Zhiyun Bo's Turtle Abdominal Acupuncture

- Overall, gentle, tonifying, relaxing, quick.
- The superficial depth is pictured as a hologram of a tortoise on its back. This top superficial layer relates to disorders of the head, torso, upper and lower limbs, disorders of the periphery, meridian and collateral disorders, and acute disorders.
- The head is CV-12. The navel is the navel/center.
- The shoulders are at St-24 – always add for any arm/hand issue. Go ½ cun superolateral to the elbow / upper rheumatism point. From the *elbow*, ½ cun inferolateral is the hand; ½ cun superolateral from the *elbow* is the thumb.
- The hips are at St-26 – always add for any leg/foot issue. Go ½ cun inferolateral to the knee / lower rheumatism point. Go another ½ cun inferolateral to the foot.
- Always use 2-4 CV points to get things moving at the core.
- The spine is 2 dimensional, so GV and CV are same. Neck is about CV-10 to 12 and goes laterally from K-17 to 19. The thoracic vertebrae are about CV-7 to 10. The lumbar vertebrae are about CV-4 to 7. The sacrum is about CV-3 to 4. The Kidney meridian on the abdomen represents the BL meridian on the back.
- Sometimes works better than scalp acupuncture does for stroke.
- Look for subtle indications of good points by palpation. Must hone palpation and practice to get very good at it.
- Tends to be tonifying even if you use many needles.
- For turtle layer, the needle depth is generally 0.5-1.5 cun deep and is performed by a 1.5 cun, 32-gauge needle. Shallower (½ cun) needling for pain. Not the usual de qi. Needle retention is approximately 20 minutes and manipulation is performed by hand every five minutes or by electrical stimulation.
- (The mid-depth layer consists of the standard abdominal meridian system. It is the connection between the superficial and deep levels. The deep level is represented by the bagua figure. The bagua begins at the umbilicus and extends upward to Ren 12, down to Ren 4 and laterally to the Spleen. The deep level corresponds to the zangfu organs and is chosen for the treatment of the internal viscera and long-term chronic disorders.)

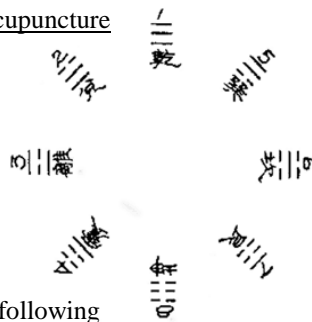
**Abdominal Prescriptions**

- Abdominal Four Gates: Bilateral Huaroumen (St 24) and Wailing (St 26). Function: Promote the circulation of qi and blood, dredge meridians, and distribute zangfu organ qi through the body.
- Sky-Ground: Sky-Zhongwan (Ren 12), and Ground-Guanyuan (Ren 4). Function: Invigorating the spleen and tonifying the kidney.
- Guiding Qi to the Source: Zhongwan (Ren 12), Xiawan (Ren 10), Qihai (Ren 6), and Guanyuan (Ren 4). Function: It can promote the acquired foundation to strengthen and benefit the congenital foundation.
- Regulating Spleen Qi: Bilateral Daheng (SP15). Function: Regulate the spleen and invigorate its function to eliminate dampness and smooth the joints.
- Rheumatism Prescription: Upper rheumatism points, upper lateral, lower, and lower-lateral rheumatism points. Function: Dredge meridians and collaterals, facilitate joints, eliminate swelling, and alleviate pain.
- Sample Prescription: Cervical Spondylosis. The prescription Sky-Ground (Ren 12/Ren 4) is selected for cervical spondylosis with additional bilateral points such as Shangqu (Ki 17), Huaroumen (St 24), and Qipang (0.5 cun lateral to Ren 6). Zhongwan (Ren 12) corresponds to the neck according to abdominal acupuncture and can also regulate the spleen and stomach. Guanyuan (Ren 4) is the meeting of three leg yin meridians and benefits the kidney. Together these points can invigorate the spleen and tonify the kidney to benefit the neck. Shangqiu (Ki 17) corresponds to the neck and will treat it directly. Huaroumen (St 24) corresponds to the shoulder area and will also benefit the neck. Extra Qipang corresponds to the low back and sacrum, and can treat the neck indirectly. These points function to dredge the channels and collaterals, strengthen the root, and nourish blood to strengthen bone and benefit the neck.

Ba Gua Abdominal Acupuncture

- Many different systems. This is one, another on back.

LU/LI	GV	LV/GB
HT/SI	Navel	K/BL
PC/SJ	CV	SP/ST



☰	☷	☲	☵	☴	☳	☱	☶
Qian 1	Dui 2	Li 3	Zhen 4	Xun 5	Kan 6	Gen 7	Kun 8
Yang Metal	Yin Metal	Fire	Yang Wood	Yin Wood	Water	Yang Earth	Yin Earth
Du	Lung Large Intestine	Heart Small Intestine	Pericardium San Jiao	Gallbladder Liver	Bladder Kidney	Spleen Stomach	Ren

- These points are located about 2 cun away from the navel.
- Methods of treatment: Palpate for soreness/stagnation, then do one of the following
  1. Needle abdominal zone with reducing technique. Optionally, you can needle the zone opposite with even technique. You may do multiple zones this way (e.g., reduce LU/LI and even needling at SP/ST, reduce LV/GB and even at PC/SJ)
  2. Needle source point of related Yin organ and/or He-Sea point of related Yang organ.
  3. Needle Ying-Spring point for related Yin organ, and re-check the abdomen while the needle is retained and continue to retain/manipulate the needle until the soreness is gone or the tissue doesn't feel stagnant anymore.

- **Reshaping the navel:** Vital energetic center. One branch of the GV meets the navel. It can thus be used to affect the GV, the ascent of Yang, the head, and depression. If the navel appears pulled in one direction - thus oblong rather than circular - needle in the area it seems to be pulled toward - the release the tension that is pulling the navel off center. It can change shape rapidly.

