

## MISCELLANEOUS ACUPOINT NOTES

Peter Borten, DAOM

LU-7: Needle perpendicularly, toward Lu channel, for thumb pain/disorders.

LU-8: Chronic throat problems (xu and shi), cough, asthma

LI-1: Fainting

LI-6: Eye or eyelid redness, stye, facial edema, epistaxis, sore throat, wind-water syndrome (opens Lu water passages)

LI-7: *Pain* of channel - HA, sore throat, abdominal pain, shoulder/arm pain, acute facial swelling

LI-10: Wei Liu's primary low back pain point.

LI-14: Acute myopia (e.g., d/t video games, bright lights), numbness & paralysis of arm

LI-15: This region, including SJ-14, can treat ear, eye problems and also anal/genital problems. Needle LI-15 to Ht-1 for frozen shoulder.

LI-18: Inability to speak d/t fear/shock or other acute loss of voice

St-1: Eye dz (more inner eye) - (macular degen, glaucoma, optic nerve atrophy, detached retina...); stops tearing

St-2: Eye dz (more outer eye) - conjunctivitis, red, tearing, dry; facial paralysis

St-4: Hypersalivation

St-8: Food allergy headache; dizziness

St-9: Acute lumbar sprain (+ GV-26, SI-3, Yao tong, BL-40), hypo & hyperthyroidism, severe HA, mania, disconnection btw head and body (e.g. w/ chest fullness) - too little or too much energy in head; mid-back pain+ sides, esp. w/ poor diet &/or weak digestion

St-21: Stomach ache, vomiting, poor appetite

St-25: As LI Mu, for LI not letting go - emotions locked inside, psychogenic constipation

St-29: Amenorrhea (w/ LV-3, LI-4, Sp-10, Shi Qi Zhui Xia, Sp6)

St-31 & 32: Pain & paralysis of lower extremity

St-34 (xi): stomach ache, vomiting, knee dz

St-37: Diarrhea (36 is better for chronic), constipation, borborygmus

St-38: Numb, pain of leg; for shoulder, needle ➔ BL57

St-39: Lower abdominal pain (SI Lower Uniting), numb/paral leg

St-40: Cataracts (a phlegm dz) - w/ BL-1, St-1, GB-37, SI-6

St-45: Bipolar disorder

Sp-1: Depressive and manic disorders (more for depressive phase)

Sp-4: GI pain, abd distention, diarrhea, dysentery, irregular menses, uterine bleeding

Sp-3: Same as Sp-4, but also for heaviness of body; better than Sp-4 for cases w/ Damp & xu

Sp-6: Blood disorders, insomnia, lumbar pain. Plus *Repro*: seminal emission, impotence, irreg menses, dysmen. / *Urinary*: enuresis, frequent, dysuria, retention. / *Digestive*: abdominal distention, loose stool, borborygmus - mainly chronic.

Sp-21: Muscular pain and weakness throughout body; fatigue, fibromyalgia, especially moving pain

Ht-5: Speech, palps, insomnia, tongue ulcers, hot urine / hematuria

SI-1: Insufficient lactation, mastitis. Moxa for cough.

SI-3: Acute sprain of lower back; useful for one whose temperature system is off kilter (w/ PC-5, GV-13 or 14)

SI-6: Vision disorders. Sprained ankle. Scapula pain.

SI-9 to 10 region: Carpal tunnel syndrome, lower back pain.

SI-12: Upper body skin disorders (w/ e.g., SP10, GV14, BL40, LI-4, LI-11)

SI-14: like the outer shu point of T1. Major TP area - pain refers to neck and down arm.

SI-15: 2 cun lateral to C7.

SI-17: Sore throat, esp. tonsillitis

BL-7: "Connect to Heaven" - Breathing connects us to heaven & is opened with this point

BL-11: Promotes bone formation in kids (+GV-12); prevents bone deterioration in elderly (esp spine); speed broken bone healing; all bone disorders

Back shu's: address the corresponding sense organs and tissues of their associated organs (K - ears, bone; Lv - eyes, sinews; Sp - muscles, mouth/lips; Lu - skin, nose; Ht - vessels, tongue)

BL-19: Easily frightened (GB xu)

BL-40: Can add GB-39, 41, and an equivalent point to 41 on the medial edge of crease to emphasize opening of back. To open the leg, can needle with patient face up, get electrical sensation down the leg, then withdraw.

BL-52: Promotes bone growth (via Jing)

BL-32: Ovary duct blockage; perineum pain (w/ Sp-9, CV-3) in pregnancy (leading to withholding urination); promotes labor [electrostim] (w/ LI-4 [electro], Lv-3, Sp-6, GB-21); ok to use close to due date for urinary difficulty in PG. Plum blossom BL-32 for children's enuresis.

BL-39: (L.U. of SJ) Edema, urinary retention - opens water passages

BL-40: Abdominal pain, vomit, diarrhea; food poisoning (add PC-3)

BL-58: (Luo) low back pain, strengthens kidneys

BL-59: (Xi of Yang Qiao) low back pain, leg pain

BL-60, 62: More for *chronic* back pain. WL: Can angle BL-60 upwards, pull handle down (inferior) and wag it to open the whole BL channel.

BL-60, 62, 65: Good for difficulty with flexion/extension of the neck (restricted BL)

K-2: Vulval itching (+ Lv-5, CV4 [more xu] or 3 [more damp], Bai chong wo, Sp 6, 9), foot swelling & pain

K-6: (via Yin Qiao Mai) Blurry vision, seeing spots

K-7: All sweating

K-8: Tones uterus, uterine prolapse, pain/swelling of testes

K-10: Impotence, uterine bleeding, hernia, dysuria

K-13: Diarrhea, abdominal pain, irregular menses

K-27: Needle outward for grief/constriction; asthma

PC-3: Vomiting, GI pain

PC-4: Great for acute channel problems, esp chest pain

PC-7: Calms the mind. Some say more for men's emotional disorders, while Ht-7 more for women. Anxiety.

PC-8: Tongue ulcers, heart fire insomnia

SJ-1: Eye congestion, sore throat, headache

SJ-2 threaded to 3: Restricted lateral flexion or lateral rotation of neck

SJ-3: Mood swings, depression, acute deafness & tinnitus, chronic otitis.

SJ-4: Deafness & tinnitus (chronic), thirst & retention of urine, general heaviness

SJ-5: With PC-6 to open the whole body - good when all organs are involved on an emotional level - fear, grief, etc.

SJ-10: Best local elbow point for dampness at the elbow

GB-1: Inner *and* outer eye dz, assoc with Lv

GB-12: Insomnia (similar to An Mian)

GB-20: Can be needled up to 3" deep, but only when directed toward the adam's apple (i.e., inferomedial). When there is a speech problem after stroke, this is the #1 point.

GB-21: Helps Lu descend for asthma; mastitis, promotes lactation

GB-26: Leukorrhea, key to regulate Dai Mai, infertility, lateral/posterior costal pain (below LV-13, level with navel)

**GB-29:** Hip pain that radiates to groin; cxlat shoulder pain that radiates to chest (locate ½ btw ASIS and greater trochanter)

**GB-31:** Urticaria, fibromyalgia pain of legs

**GB-36:** (xi) All pain along GB channel

**GB-39:** (marrow) Anemia; dizzy, HA; w-stroke; brain dz; immune enhancement, leukemia, Alzheimer's, Parkinsons; as group luo, use with Sp-6 for all leg chs: leg pain, especially with weakness

**GB-40:** Intercostal, hyochondriac pain; vomiting, regurgitation; timidity; harmonizes interior & exterior; better than GB-41 for descending

**GB-41:** Ear disorders; stops lactation; outer canthus pain

**GB-43:** Ear and eye diseases due to heat

**GB-44:** Manic-depressive disorder; fainting

**Lv-2:** Hypochondriac & costal pain, HA, vertigo, eye redness, swelling, pain, insomnia

**Lv-3:** Manic depressive disorder, melancholy

**CV-8:** Fu zi cake moxa for AIDS (K yin & yang xu)

**CV-9:** Obesity - w/ Sp-6, 9, St-28

**CV-11:** Tonifies St Yin & Qi, descends St Qi; ulcers (near pylorus)

**CV-12:** Insomnia d/t St dysfcn or overeating. Can do many, many moxa cones to strengthen Sp for poor muscle tone

**CV-14:** Mental confusion

**CV-23:** Tongue/swallowing - stimulation method is key - insert straight, then angle to left, then right, and repeat

**GV-1:** Mental dz - mild mania, agitation - too much yang

**GV-2:** Overall back pain. Root of lumbar region. Promotes movement of Yang thru GV. Tonifies Yang and also subdues excess Yang in head (HA, anxiety, etc.)

**GV-3:** Strengthens legs

**GV-10:** Grief, Lu & Ht physical & emotional disorders; asthma, cough.

**GV-11:** Anxiety, poor memory; palps, cardiac pain

**GV-12:** Cerebral palsy (w/ GV-4, 14, 16, 20, LI-4, 11, 15, GB-34, 39, St-36, Sp-6, Si shen cong); strengthens body, helps spine grow, straighten; asthma

**GV-12:** Lowers high fever, treats hot Bi.

**GV-13:** Temperature irregularity (w/ PC-5, GV-14, SJ-5)

**GV-14:** Manic-depression - esp manic phase; heat in blood - psoriasis

**GV-16:** Nasal congestion, parkinson's, mental disease. Useful for facial acupuncture, facial puffiness. Safe depth depends on patient's size, but rarely should be >1". With patient seated, can needle GV-16 and 26 together and stimulate GV-16 until patient feels Qi around head - for puffy face.

**GV-18 threaded to 17:** For recently contracted headache d/t internal causes. Do rapid rotation (like 4x/second).

**GV-20:** Direct pressing moxa with stick, thru a few sheets of paper. Press GV-20 3-6x and pull away as skin heats up.

**GV-20 ⇌ 24:** Mixed 25/5 for S.A.D., depression, highest intensity can tolerate

**GV-20 threaded to BL-7 (both sides):** Roger's favorite for skin problems. Retain until bedtime.

**Ear Vagus Nerve:** At vertical midpoint of the line along which the back of the ear attaches to the head. Always angle 45° down.

**Ear Aggression:** Roger says works like presto!

**Scalp Motor Zone:** from 1 cun anterior to GV-20 (i.e., not quite GV-21) to GB-6ish. Can just think of it as GV-21 to GB-6.

**Scalp Sensory Zone:** GV-20 to GB-7 (parallel to motor zone)

**Ear apex:** Red, swelling, pain of eyes, styes; htn

**French Ear Lines:** draw a line from point Zero, thru your key tx area (e.g., spleen) to the edge of the ear. Search for primary tx points along this line by tenderness. Then, from the point at which this line hits the

edge of the ear, imagine it creates 2 "ricochet" lines, bouncing off at 16 degrees from the main line to both sides. Along these lines you'll find secondary tx points by tenderness.

**Yin/Yang Qiao Mai** for insomnia: either use BL-59 (disp) + K-8 (tone) OR BL-62 (disp) + K-6 (tone). Opposite technique for somnolence.

**Hua Tuos T4 + T5:** Palpitations / heart arrhythmia - can permanently correct with electrostim until they feel it around the heart

**Hua Tuos of the neck, from C3 down:** Wei Liu says can go up to 3" deep, if indicated. If neck is in spasm, stiff in one position, and especially if speech is affected by it (e.g., hoarse), needle hua tuos of C3 and C4 3" deep.

**Zhong Ping:** about 1" below ST-36. For frozen shoulder, needle and have them move the shoulder (but if tissues already stuck together, must do local tx)

**Reproductive zone on scalp:** up from SJ-23 - from hairline, goes 2 cun back

**Ulnar edge of PIP joint of Pinky:** needle to help someone hold urine when they can't get to a bathroom. Also for nocturia.

**Wei Liu's Scalp Homonculus:** The two tubercles - that is the most prominent back corners of the top of the head (where horns would be) are the hips. GB-20 is the feet. The knees are the lateral prominences of the EOP. The anterior lateral prominences are the shoulders (roughly straight up from ST-8) and the head is the front center region, like Zhu's, with the anterior hairline representing the top of the head. This system uses *ipsilateral* needling, and relies on palpation for ashi points. E.g., can needle (R) GB-20 for right heel pain, have patient stomp on heel. If no change, re-palpate for better ashi point.

**Bai Chong Wo:** GI parasites

**Yao Tong Xue:** Locate midway distally

**Xiyan:** Knee eyes - ideal with warm needle

**Dan Nang Xue:** about 1-2 cun below GB-34 - decide between GB-34 and this point by ashi - leg pain, GB dz, costal/hypoch pain

**Jing Wells:** Bleed (10 drops) ipsilateral to release pain in the associated *sinew channel*

**Thyroid Point:** 1½ cun lateral to the midline at the level of C4. (BL-10 also stimulates thyroid)

**Shang Lian Quan:** Soft spot just under chin - for hyper or hypo salivation, impaired speech, tongue inflammation, throat inflammation.

**Bian Tao:** anterior and inferior to SI-17, where head meets neck, anterior to carotid. Inflamed throat, tonsillitis, pharyngitis, laryngitis.

**Xue Ya Dian:** 2 cun lateral to C6. For high or low blood pressure.

**Jing Bi:** 1/3 from distance from sternal to acromial end of clavicle, 1 cun above clavicle, at posterior edge of SCM - for scalenes - TOS, paralysis of arm.

**Jing Bai Lao:** Ashi about 1 cun below posterior hairline and about 1 cun lateral to the midline. Fibromyalgia with upper back & neck pain, cough/pertussis, postpartum aching.

**Chuan Xi and Wai Ding Chuan:** same indications as Ding Chuan (asthma, dyspnea, cough, stiff neck, hives), but Ding Chuan is ½ cun lateral to midline below C7, Chuan Xi is 1 cun lateral, and Wai Ding Chuan is 1½ un lateral.

**Wu Ming (Er Zhi Xia):** "GV" point below T2. Mental diseases, mania, psychosis, "idiocy," seizures; malaria.

**Jie He:** 3.5 lateral to the space below C7. Cervical lumps and nodules, any lymphatic swelling in neck, all types of TB.

**Jian Tong Dian:** at the midpoint of the lateral edge of the scapula. Shoulder region pain, paralysis of upper limb

**Pi Gen:** "Abdominal Swelling" 3.5 cun lateral to space below L1.

Splenomegaly, hepatomegaly; stomach pain, lumbar pain, hernia pain; kidney prolapse; lymphoma; gastritis, enteritis, diarrhea, constipation.

**Jing Gong:** ½ cun lateral to BL-52. Builds Jing.

**Xia Zhi Shi:** 1 cun inferior to BL-52. Tonifies K Yang. Impotence, seminal emission, lumbar ache.

**Yao Yi:** 3 cun lateral at L4. Lumbar pain, GYN problems.

**Yao Yan:** Lumbar dimples (don't confuse with dimples over PSIS) in the iliac crest area. Lumbar pain, kidney prolapse, GYN problems, orchitis, diabetes.

**Lumbar anatomy:** Iliac crest is usually level with space between L3 and L4. In women, often is level with L4. The top of the PSIS is level with L5. The bottom of the PSIS is level with S2. The second sacral foramen is approx at the midline of a line from the PSIS to the sacral hiatus. The 4 foramina are about equally distanced in the space between the LS joint and the sacral hiatus, level with the 4 sacral spinous processes, and about halfway between the midline and the inner BL line (i.e., about 3/4 cun).

**Xia Ji Shu:** on midline, below L3. Lumbar pain, abdominal pain, diarrhea, urgent frequent urination, dysuria, hernia pain.

**Shi Qi Zhui Xia:** midline, L-S joint. Local pain, paraplegia d/t trauma, sequellae of childhood paralysis, sciatica, anal diseases, dysmenorrhea, uterine bleeding, malposition of fetus (moxa)

**Yao Qi:** midline below S2 (level with inf. margin of PSIS). Seizures, lumbar pain.

**Ti Wei:** 4 cun lateral to CV-12. Stomach prolapse or feeling of sinking/dragging into abd, indigestion.

**Wei Shang:** 4 cun lateral to CV-10 (some say 2.5 cun lateral to CV-10). Abd distention, stomach prolapse.

**Zhi Xie:** 2½ cun below navel. Diarrhea, enteritis, intestinal ascariasis, eneuresis, urinary retention.

**Wei Bao:** "Uphold Uterus" in depression medial to ASIS (just medial to GB-27). Alt location: just inf to ASIS (1 cun inferolateral to GB-28). Alt location 2: medial to lower edge of ASIS (1 cun inferomedial to GB-28). Prolapsed uterus, hernia, intestinal dysfcn.

**Ti Tu:** 4 cun lateral to CV-4 (just medial to main location of Wei Bao). Prolapsed uterus, hernia, lower abd pain.

**Zi Gong:** 3 cun lateral to CV-3. Infertility, irreg menses, dysmen, prolapsed uterus, eclampsia, cystitis, orchitis, appendicitis, peritonitis, pyelonephritis, all uterine problems.

**Jian San Zhen:** 3 shoulder point combo: LI-15; Jian Nei Ling (½way btw LI-15 and top of anterior axillary crease); and Jian Hou (½way from top of posterior axillary crease to acromion - wherever is most tender). Wide range of shoulder problems, paralysis, numbness of upper limb.

**Nao Shang:** Center of deltoid. Upper arm pain, shoulder pain, paralysis of upper limb.

**Bi Zhong:** on PC channel, ½way btw elbow and wrist. Forearm pain, upper limb paralysis, hysteria.

**Er Bai:** 4 cun proximal to wrist, 1 point on PC channel, the other radial to the tendon. Hemorrhoids, anal prolapse, neuralgia of forearm.

**Zhong Quan:** the more radial wrist eye (like SJ-4). Wrist pain and problems, spasm or numbness of forearm, asthma, bronchitis, stomach pain/spasm, enterocele, corneal opacities, stroke.

**Yao Tong:** 3 points, just distal to bases of 2<sup>nd</sup>/3<sup>rd</sup>, 3<sup>rd</sup>/4<sup>th</sup>, and 4<sup>th</sup>/5<sup>th</sup> metacarpals. The one btw 2<sup>nd</sup> and 3<sup>rd</sup> treats trauma to head, low back, limbs. The one btw 3<sup>rd</sup> and 4<sup>th</sup> treats trauma to chest or limbs. The one btw 4<sup>th</sup> and 5<sup>th</sup> treats trauma to low back or limbs.

**Luo Zhen:** on dorsum, just opposite PC-8. Besides stiff neck, treats arm and shoulder pain, numbness, pain or swell of fingers, migraine, childhood indigestion, abdominal distention, epigastric pain, diarrhea,

sore throat.

**Yi Men:** ½ way btw SJ-17 and An Mian. Same uses as An Mian, but Kamto says works better.

**Wu Hu:** 5 points at center of each PIP joint of fingers (dorsal). Inability to bend or straighten fingers, neck pain, sciatic pain.

**Ya Tong:** on palm, between Ht-8 & PC-8. Toothache, TMJ pain.

**Zhong Kui:** dorsal PIP joint of middle finger. Severe vomiting, hiccups, belching, esophageal spasm, nausea, no appetite, toothache, nosebleed. Possibly more effective with moxa than needle.

**Shi Xuan:** Ten Drains. Tips of fingers. Bleed middle finger first. Loss of consciousness, shock, heat exhaustion, high fever, convulsions/seizure, hysteria, numb fingertips, hypertension, sore throat.

**Huan Zhong:** 2/3 distance from greater trochanter to sacral hiatus. Leg pain, low back pain, sciatica.

**Zuo Gu:** just lateral to ischial tuberosity, 1 cun inf to midpoint of a line from greater trochanter to tip of coccyx (not as low as BL-36). Sciatica. Lower limb paralysis, polio sequelae.

**He Ding:** while usual location is just superior to midpoint of superior border of patella, Dr. So locates at center of patella (moxa only). Weak knees or legs.

**Xi Yi:** key is to follow joint space back from knee eye until you pass over the medial or lateral collateral ligament. Needle between bones just posterior to ligament.

**Lan Wei:** Appendix point. 1-2 cun inf to St-36. Feel for tenderness; may be very tender in appendicitis. Also for foot drop, lower limb paralysis.

**Dan Nang:** 1-2 cun inf to GB-34. Considered dx and tx of gallbladder and bile duct problems, acute cholecystitis.

**Ling Xia:** 2 cun inf to GB-34. Deafness, cholecystitis, biliary ascariasis.

**Ling Hou:** posterior to GB-34 - btw peroneus and gastroc, over common peroneal nerve. Sciatica, lower limb paralysis, knee problems

**Nao Qing:** 1½ sup to ST-41, lat to tib ant. Clear brain, lassitude, vertigo, amnesia, mental deficits, foot drop.

**Qi Duan:** the toe equivalent to Shi Xuan. Fainting, coma, inflammation of foot/toes, numb/paral of toes, beriberi.

**Du Yin:** underside of 2<sup>nd</sup> toe in middle of DIP crease. Sudden, severe heart pain, angina, severe hiccups, abd pain, vomit, hernia, irreg/abN menses, dysmen, ovaritis, morning sickness, retention of placenta or dead fetus.

**Li Nei Ting** (Beneath St-44 on sole): Food stagnation, seizures, infant convulsions

**Double Ba Gua Weight Loss Tx:** Outer circle is CV-12, CV-4, SP-15, and 4 points between. Inner circle is CV-9, CV-6, ST-25, and 4 points between. Stimulate either by needling with electrostim (connect Sp-15 to Sp-15; CV-12 to CV-4, and each of the 4 inner diagonal points to the 4 outer diagonals that parallel them) OR do flash cupping on each point: starting at CV-12, go around the outer circle first, then do the inner circle.

**Other Weight Loss Combo:** St-40a (slightly lateral, like halfway between St and GB lines), CV-9, GB-26

**Satya's Emotional Balance:** Do the horaries of the 5 (or 6) Yin organs (Lv-1, Ht-8 [PC-8], Sp-3, Lu-8, K-10) and CV-12. Retain 8 minutes. Withdraw all points except CV-12. Add SJ-4 and St-36. Retain 4 minutes. Do the outer Shu points of the 5 (or 6) Yin organs. Retain 8 minutes (some say longer). Not sure of the significance of retention times.

**Wei Liu's Scapula Release:** Needle SI-9, 10, 11, 12, 13, 14, and 15. "Seven Star Constellation"

Zhaoxue Lu's Cupping Approach to Fibromyalgia: Moving cups from GV-14 to GV-4; BL-11 to BL-23; GV-14 to LI-16; GB-20 to GB-21.

Also use upper back cupping or gua sha for insomnia, mania.

Trigeminal Neuralgia: W.Liu: If hand/foot also sensitive, wrist/ankle acupuncture is good idea. Also, can surround painful area using four threaded needles to make a box around it (each one's tip meeting the next one's handle) and leave in for a few hours.

Bell's Palsy: Wei Liu treats with deep needling of healthy side of face for the first week. Then shallow needling of affected side after that.

Best point is Tian Zhen - 1/2 to 1 cun anterior to where the earlobe meets the face (find by numb/sore feeling). Needle perpendicular and also needle SJ-17 perpendicular so that the tips of these two needles seem to meet. After 3 weeks, can do deep needling on the affected side, but never completely ignore the healthy side.

Heel Pain, Plantar Fasciitis / Bone Spur: Treat ischial tuberosity (heel contacts this point when sitting in seiza).

Tennis Elbow: Local moxa is essential. ST-37. Bleed ST-40. Knee eyes. ST-42 special point for tennis elbow. Yi Jian - at radial edge (red/white) of PIP joint of index finger.

Tendinitis: Pinch skin up, needle very shallow, transverse, and do minute lifts/thrusts for a few seconds. Then pinch up another point more distally and repeat, working distally along the whole tendon path.

Sciatica: If on GB channel, do deep needling of GB-34 and 39. If on BL channel, do deep needling of BL-40 and 60. But when acute, don't do deep needling. Also use a local point 1" superolateral to GB-30.

Emotional Problems: Wei Liu likes electro connecting GV-1 to GV-23 for depression and also LV-3 connected to Sp-6 (50 Hz continuous).

Headaches/Migraines/Head Congestion: Can bleed any visible veins in lumbo-sacral joint area and sacrum (sacrum mirrors skull)

### Wei Liu on Needling Techniques

- Acute conditions often best treated with distal points and superficial needling (affecting jing - channels)

- Chronic often best treated with local points (at least partly), because lodged in luo (network vessels) or the blood/material level.

- *Xun Fa*: kneading along a meridian before needling to open it up. Ancient docs felt it was difficult for Qi to pass thru joints. So, e.g., for LI-4, can knead up LI meridian, including the joints. Also can feel for blockages and see if they open after needling.

- Pressing proximally to a needle can encourage Qi to move distally, and vice versa. e.g., needle LI-11 for upper body while pressing LI-10.

- *Tan Er Mu Zhi*: flicking point before needling to redden skin and bring Qi. Can also flick handles of needles, or, with multiple needles close together, can "strum" them.

- *Gua Fa*: Scraping handle of needle. While some say scrape up for reducing and down for tonification, Liu uses as a general manipulation to elicit/build de qi.

- *Dong Fa*: Wagging. Pull needle down parallel to skin, away from the direction you wish to aim the Qi, then "wag" the needle, like a dragon's tail, back and forth (still parallel to skin surface) across about a 90° range.

- *Yao Fa*: Cranking. Keep your fingers loose so you're not actually rotating the shaft of the needle, just bending the needle around in a circle. Liu is not concerned with clockwise/counter - says it's

generally a reducing technique.

- *Chou Fa*: Siphoning. Used to obtain Qi when it's not arriving.

Multiple forceful lifts in a row while bending the needle shaft over (about 90 degrees)

- *Dao Fa*: Lying down. Bend the needle the whole way to the skin to direct the effect in the direction the tip points to. With people who won't sue you, you can actually tape it down for a day.

- *Pan Fa*: Bend needle down to skin and do complete 360 rotation. For migraines, can needle Taiyang acupoint to 1" depth and do this, or can just rotate 180 degrees and go back and forth.

- *Ti Fa*: Shaving. Like shaving/scraping meat off a bone using the needle. Use against bone, scar, hard tissue. Make repeated downward scraping motions to loosen/soften.

- *Stuck Needle*: (A) Insert, twist, rip out. Do just once or a few times at most. Idea is to break tough tissue. (B) Insert 2 needles in one point, twist the two needles around each other to wind up the tissue, then lift them to tent up the tissue. Meanwhile, use a third needle to go in at various places around this tent, thrusting to break and release fibers. (C) Use 1-3 needles in a hard spot, twist, then splay, then straighten and lift. Or splay, then twist, then straighten. This is usually done in larger areas like the back, hip, etc. Can also needle this way at GV-20 to bring up Zhen Qi: use 1 needle, twist to get needle stuck, then do minute thrusts to pull Qi up - want to produce a tight sensation there. Can use at CV-6 for abdominal problems. Can thread very long needle down from CV-12 to lower abdomen, twist to get stuck, pull to lift prolapsed organs/qi and tape in place. Over the next 2 hours or more, can gradually return to the needle and pull it up more, re-tape it, etc. Stuck needle can also be useful for facial rejuvenation acupuncture - needle downward, transversely, twist, pull up, tape needle.

- *Chicken Feet*: for muscle Bi. Can use anywhere a patient has a nodule or big stagnation or deep Bi. Insert 3 needles along one line, the center one perpendicularly and the side two aimed 45 degrees toward the center one, as if to have all three points meet. \/\ Can use 3 needles transversely at GB-14, crossing the needles just past where they enter the skin, like making an asterisk. \*

- According to Wei Liu, total body Qi circulation (based on average breathing rate) takes 28.8 minutes. Thus, this is the ideal retention time. However, he also says it takes just 9 breaths to circulate Qi thru each Yang arm meridian; 7 breaths for each Yin arm meridian; 14 breaths for each Yang leg meridian, and 12 breaths for each Yin leg meridian, so if you just wish to open a single limb, you don't need long retention.

- Wei Liu's taiji massage - making taiji symbol with thumbs back and forth. Can needle, withdraw, do taiji massage, re-needle, re-massage, multiple times to really loosen an area up.

- When doing needle rotation, Liu prefers to rotate between the thumb and middle finger while resting the index finger on the top of the handle. Gives more control, allows you to better perceive the magnitude of rotation, and lets you feel the Qi better.

- Liu sees treating contralaterally as like riding a boat. If it tips to one side (problem side) you can lean on the other side to right it. Or if it's steering too much in one direction (problem side), you can paddle a bunch on the other side to straighten it out.

- Most important tonification/dispersion techniques are lifting/thrusting and rotation. Also following the breath is tonifying (as belly/chest go up, needle goes up; as belly/chest go down, needle goes down) and opposing it is reducing.