

Class 15 - Extra Points Part 2

Points

M-CA-18

zi gong xue

Palace of the child (uterus)

3 cun lateral to Ren - 3

Empty bladder before puncture

Do not use during period or pregnancy

Women's issues in particular those related to the Uterus

M-UE-48

jian qian

Front of the Shoulder

Midway between axillary fold and LI 15

SJ 16 + LI 15 + jian qian = the Three Shoulder Points

Local issues

M-UE-1

shi xuan

Ten Diffusions

On the tips of the ten fingers .1 cun distal to the nails

Bleed PC-9 (middle tip) first then Heart (tip of little finger)

Opens mind orifices

Clears heat

Sun stroke, coma, etc.
Revives consciousness

M-UE-9

si feng

Four Seams

On the palmar surface of the hand, at the midpoints of the transverse creases of the proximal interphalangeal joints of the index, middle, ring and little fingers.

When you bleed comes out a thick white mucous

Malnutrition in children
Strengthens Spleen
Whooping cough

zhong kui

center chief

Back of the middle finger at finger bend opposite of si feng

Hiccups and belching

ba xie

eight pathogens

proximal to each web margin between fingers

local hand problems, numbness, spasm and weakness
Bi syndrome - joint, body bone pain
(Wei - atrophy, weakness, no pain)

M-UE-24

lou gen

Stiff Neck

On the dorsum of the hand, in the depression just proximal to the second and third metacarpophalangeal joints. About a 1/2 cun down from web

Stiff neck from wind, etc

N-UE-19

yao tong xue

Lumbar Pain Point

On the dorsum of the hand, two points located between the second and third and the fourth and fifth metacarpal bones, in the depressions lying immediately distal to the bases of the metacarpals.

At about middle of back of palm

Acute lumbar pain

zhong quan

Middle Fountain

Whole mid way between SI 4 and LI 5

Sudden vomiting of blood
Weakness of wrist

M-UE-29

er bai

Two Whites

Four cun proximal to P7 (2 points outside and inside of tendon)

Hemorrhoids
Prolapse of rectum

bi zhong
Arm Middle

on the lateral aspect of the forearm midway between the transverse wrist creast and elbow crease between the bones

local problems

M-UE-46
zhou jian
Elbow Tip

on the tip of the ulnar olecranon (elbow) web the elbow is flexed

use seven star needle tap or moxa

huan zhong
midway between GB 30 and DU 2

3 cun needle
Sciatic pain, hip pain

M-LE-34
bai chong wo
hundred insect burrow

Allergic itch and redness reactions
worms in intestines
ring worm

MN-LE-16
xi yan
Eyes of the Knee

In the knee eyes including St 35

Local problems

M-LE-13

lan wei xue

Appendix Point

approximately 2 cun (in the tender spot) below St 36

acute appendicitis

M-LE-27

he ding

Crane's Summit

Center of upper border of patella in the depression

M-LE-23

dan nang xue

Gall Bladder Point

Tender spot 1 to 2 cun bellow GB 34

Gall stones

Jaundice

other GB related issues

Fear

M-LE-8

ba feng

Eight Winds

.5 cun in on web between toes

local issues
clear heat, ie. fungus

tian mi

Sweet Honey

Midway between Li 5 and Lu 7

Good to stop addictions and cravings

oblique insertion towards trunk

xin ping

Peaceful Heart

3 cun below (towards hand) of He 3

Perpendicular

Angina pains, heart attacks, palpitations

jing gong

Strengthens will power and tonify jing

.5 cun lateral to UB 52