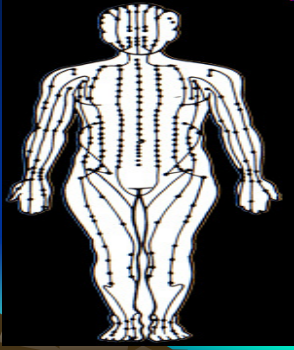


Acupuncture 101

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Doctor of Chiropractic

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Tonight's Topics

- Definition of Acupuncture
- Cases I have worked
- Brief introduction of Auriculotherapy and Scalp Acupuncture
- Meridian and point number introduction
- YIN Organ/Meridians (Lung, Spleen, Liver, Kidney, Heart/Pc) points and uses

What is Acupuncture?

- (Latin) *acus* - a needle and *pungere* - to prick
- An ancient healing arts system that involves inserting thin, solid, stainless steel needles into specific points on the body.
- **1991**: the body of a 5,000 year old fossilized man, named Otzi, was found in the Alps between Italy and Austria with 57 acupuncture points tattooed on his body

Acupuncture training and education

- My Acupuncture training and coursework began while I was still a student at NUHS (Chicago, IL).
 - 100 hours completed prior to DC graduation
 - 300+ hours completed from Jan 2008 to present
 - Ohio Chiropractic Acupuncture license # 79
 - National Board Certified in Chiropractic Acupuncture September 2009
 - Achieved Diplomate Status from the Chiropractic Acupuncture Board (DABCA) January 2010

How can Acupuncture help you?

- I have successfully treated cases including:
 - Interstitial cystitis (bladder and urinary)
 - Menstrual issues and hot flashes
 - Pain (fibromyalgia, low back, neck, joint)
 - Migraines and other headaches
 - Panic attacks, depression, anxiety

Micro-systems Used...

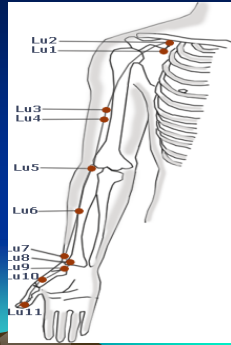
- In Acupuncture there are a variety of micro-systems that can be utilized for treatment, including but not limited to: scalp acupuncture, auriculotherapy (ear), and body acupuncture.
- In their order of use in my practice: #1 body and tied at #2 scalp/ear/Battlefield
- Electro-stimulation Acupuncture can be/and is used on a case by case basis

Meridians and Points

- Lung - 11 points
 - Large Intestine - 20 points
 - Spleen - 21 points
 - Stomach - 45 points
 - Pericardium and Heart - 9 points
 - Triple Warmer (Heater, Burner) - 23 points
 - Small Intestine - 19 points
 - Liver - 14 points
 - Gall Bladder - 44 points
 - Kidney - 27 points
 - Bladder - 67 points
 - All have bilateral meridian paths
 - 2 Main Extra Meridians:
 - Conception Vessel- 24 points
 - Governing Vessel- 28 points
- ***361 Points total on both sides of the body including CV and GV but not counting Extra Points

The Lung Meridian

- Sits on the Metal area of the 5 Element chart
- Emotion: Sadness
- Tissue: Skin
- Climate: Dryness
- Sounds: Crying
- Season: Autumn
- Sense: Nose

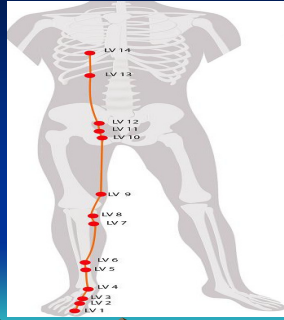


More about the Lung Meridian

- If there is LU Qi def: worry, depression, pale tongue
- LU Qi stagnation: worry, mild irritability, depression, lump in throat stagnation, tongue slightly red on sides and chest area, pulse tight in R front position
- Sadness injures LU; pale complexion, weepy and weak voice
- LU most active from 3 am to 5 am according to horary chart.

Liver Meridian

- Sits on the Wood area of the 5 Element chart
- Emotion: Anger
- Tissue: Tendons
- Climate: Wind
- Sounds: Shouting
- Season: Spring
- Sense: Eyes
- 1-3am



More about the Liver Meridian

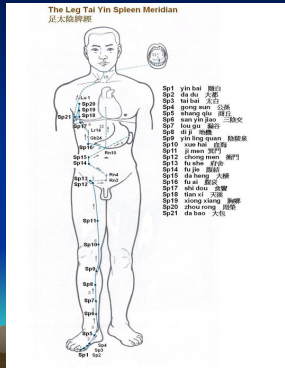
- Stores the blood
- Promotes the free flow of Qi
- Controls the tendons and ligaments
- Opens to the eyes
- Manifest in the nails

Stagnation of Liver Qi

- Symptoms include – mental depression, melancholy, irritability
- Distention of the hypochondrium, chest and abdomen
- Breast distention
- Sighing
- Poor appetite and belching
- Irregular menstruation
- Dysmenorrhea
- Tongue = normal/thin white coat
- Pulse = wiry/string taut

Spleen Meridian

- Sits on the Earth area of the 5 Element chart
- Emotion: Worry
- Tissue: Muscles
- Climate: Humidity
- Sounds: Singing
- Season: Autumn
- Sense: Mouth
- 9-11pm



More about Spleen Meridian

- Controls the blood, muscles and four limbs
- Normal function when qi ascends
- Source of qi and blood to nourish the entire body and the source of the acquired constitution (immunity, etc)
- Opens into the mouth and manifest on the lips

Spleen Qi deficiency

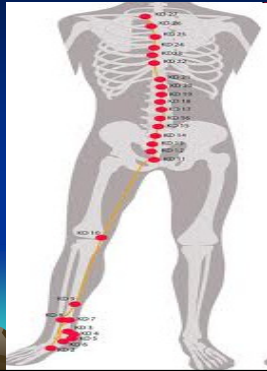
- Symptoms include: poor appetite, sallow/pale complexion, lassitude, slight abdominal distention after eating
- Weakness of the limbs
- Loose stools
- Ptosis of organs and anus
- Tongue = pale with a thin white coat
- Pulse = empty and weak

Dysfunction of Spleen Controlling Blood

- Purpura
- Blood in urine/stools
- Excessive menstrual flow
- Uterine bleeding

Kidney Meridian

- Sits on the Water area of the 5 Element chart
- Emotion: Fear
- Tissue: Bones
- Climate: Cold
- Sounds: Groaning
- Season: Winter
- Sense: Ears
- 5-7pm




Kidney Meridian

- Stores essence, governs birth, growth, reproduction and development
- Produces marrow: fills up the brain and controls the bones
- Controls the reception of Qi
- Opens to EARS
- Manifest in the hair


Deficiency of Kidney Qi

- Symptoms include: soreness and weakness of low back and knees
- Clear and frequent urination
- Dribbling of urine after urination
- Incontinence
- Enuresis
- Nocturnal Emission
- Tiredness
- Feeling of Cold
- Chronic white vaginal discharge/cold leucorrhea
- Tongue = pale with white coat
- Pulse = thready and weak




Case Study #1

- A 42 yr old female presents for care and evaluation of her fibromyalgia symptoms.
- She has a red hot looking tongue and her pulses are generally fast and full. She is over her ideal body weight by 40%. She suffers from knee, hip, ankle and foot (heel) pain. Her menstrual cycle can cause some hormone surges where she feels out of balance. Pain scale for her on average is around 5-6/10 on the Verbal Analog Scale.



#1 continued

- Can Acupuncture help her?
- Actually it did and it has for the past two years. We were making good progress by utilizing points along the body for pain relief, treatment of insomnia, hormone regulation and her pulses and tongue were changing too. But it wasn't until we added in Battlefield Acupuncture protocols within the ears that she really started to get long term pain relief.
- Battlefield Acupuncture's full discussion is beyond the concentration of this lecture but basically it utilizes 5 points in each ear (Cingulate Gyrus, Thalamus, Omega, Point Zero and ShenMen). These needles are very tiny and can be left in place for up to 7-10 days post insertion.



Case #2

- A 50 yr old patient presents for care and evaluation of her neurogenic bladder condition. Due to a surgical mishap over 20 years ago the only way this patient could empty her bladder was by using a catheter device each and every time. After 6 treatments she was beginning to notice that her bladder sensations were becoming more regular, predictable and frequent so that now all she had to do was go to the restroom and 50% of the time a catheter device wasn't needed. She has continued on with monthly maintenance treatments and to this day she is only using the catheter about 40-50% of the time.

Case #3

- A 17 yr old boy presents for the treatment of panic attacks. He is a student and these attacks get so bad at different times of the day that he has to leave class to go outside and "regroup" because he can't calm himself down enough to focus on his work. The panic attacks have also caused a disruption in his sports participation, as he is a member of the varsity soccer team. He can't calm down during the attacks enough to focus on where he needs to be on the field in order to help his team. 9 treatments of Acupuncture were completed in about a 5-6 week time span and his symptoms were markedly improved at that time. He is currently a member of that same varsity soccer team, now he's a senior and already has scored at least one goal this 2011 season.

Case #4

- A 28 year old nurse practitioner reports to the clinic for care and treatment of migraine headaches. She is having a lot of trouble with headaches; as her sleep schedule due to her job is quite irregular.
- She reports that the headaches have been increasing in frequency and severity over the last few weeks and months. After 1 treatment she saw some nice improvements where her headaches were not as severe and or intense that week.
- After the second treatment she reported not having a headache at all during the past week and then after our third and final treatment she was satisfied to report that with no changes in her sleeping patterns, work schedule and lifestyle the headaches had been gone for the past two weeks. At this point I'm set to see her again on an as needed basis.

Thank you for attending!

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