

SAMPLE

THE  
POWER  
OF THE  
POINTS

PART 2

SAMPLE

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## Introduction – A Picture is Worth a Thousand Words

This book is an evolution of my Shifu’s legacy, intended to expand on the path that he paved for us. This is in no way an attempt to reinvent the wheel, but rather, add more spokes to it. In Dr. Tan’s book, *Twenty Four More*, he meticulously discussed important acupoints; in this book, I have gone a step further by including the Chinese meaning of each acupoint. I have included the etiological descriptions of the points, plus the cultural and metaphysical implications uncovered by dissecting their Chinese names. New detailed descriptions and photographs of the exact needling of these points also provide an enhanced opportunity for learning.

To provide a multimedia learning experience, I have uploaded demonstration videos on my Youtube channel: **Eileen Han Balance Method Acupuncture The Academy**.

Please follow me on Youtube for access to live demonstrations that will further your understanding of the point applications.



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## A Word About Words...

Since we are exploring Chinese medicine, we should strive to understand the discipline in Chinese, as well as English. While a two or three sentence paragraph in English can describe exactly where the needle goes, it may take up to a thousand words to describe the origin, meaning, and significance of this point. However, in Chinese, the description of the origin is deeply embedded in its simple name--that's it. The centuries-old written Chinese language uses highly specific hieroglyphics and pictures, allowing each character to depict the meaning of a thousand words or more. However, the images of Chinese pictographs also require the mind to work in multiple dimensions; context and the interplay of Yin and Yang must be taken into consideration.

Specifically, it is important to examine a Chinese character for **what** *it is* and what *it is not*; **how** *it is* and how *it is not*; **why** *it is* and why *it is not*. Chinese medicine dates back more than 4000 years, hence the names of these points came directly from the Huáng Dì Nèi Jīng 黃帝內經 The Yellow Emperor's Inner Canon and have remained unchanged.

Your journey of understanding Chinese medicine will grow as we continue to decode Chinese medicine in each progressive chapter, revealing a whole new level of understanding of this ancient healing system.

As mentioned above, the study of Yin and Yang (the form and the formless) is key to your understanding of the mechanics of Chinese medicine. In modern day, there is a strong emphasis on the Yin, the form or material substance of an entity, with less emphasis placed on the Yang, the unseen activity or function of an entity.

When we look at an arm on the anatomy table using modern technology, the Yin structures are easily identifiable. They include the veins, muscles, bones, tendons, fascia, and skin, and their Latin names describe both mechanism

三 聖

SĀN SHÈNG

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三 聖



## Location

A three-point set evenly distributed along a line between Yǒng Quán KD1 and the middle point of Shàng Liú.

## Dr. Tan's Special Applications

Cerebral thrombosis, cerebral hemorrhage, hypertension, high diastolic blood pressure. Dr. Tan's indications are the same as Master Tung's.

## Chinese Meaning

**Sān** 三 *three* is described in the chapter about **Sān Jiān** 三肩.

**Shèng** 聖 means *Sage*. The **Huáng Dì Nèi Jīng** 黃帝內經 *Yellow Emperor's Inner Canon* refers to a Sage as a healthy human being with exemplary behavior. Sages are able to live in harmony between Heaven and Earth and do not seek to change their position. The Sage understands and obeys the direction of the Eight Winds, respecting the natural energetic climate of the day. Within the realm of the human world, hobbies and desires are natural human behaviors. The Sage does not let these desires corrupt his mind. He views self healing as his duty, and self attainment is the achievement. By evading physical ailments and unnecessary dispersion of **jīng** 精 *essence*, the Sage may live out his 120 Heavenly years.

**Shèng** 聖 consists of **ěr** 耳 *ear*, **kǒu** 口 *mouth*, and **tǐng** 聃 *listen or hear*; **tǐng** 聃 is a pictograph consisting of the radical for **rén** 人 *human*, drawn as 亻, standing on **tǔ** 土 *soil*. The embedded meaning of **shèng** 聖 is a person who is able to understand an entire situation by simply listening.



三聖  
SĀN SHÈNG



三聖  
SĀN SHÈNG



## Case Study 7

# Christiane's High Blood Pressure

*This is an advanced level concept taught in the Meridian Conversion course. It is based on the characteristics of the conditions as the Step 1, the diagnosis.*

### *Patient Presentation*

Christiane is a 53 year-old female who presented with dizziness, headache, nausea, and intense cranial pressure. Christiane generally has very low blood pressure (BP), yet it was alarmingly high at 180/110 mmHg. She was immediately referred to urgent care to prevent a stroke, and acupuncture was scheduled for the following morning.

### *Current Symptoms*

- Dizziness, dull headache, nausea, sleepiness
- Tightness around the head, neck, shoulders

### *Prior Treatment*

- BP medication provided at urgent care

## 1 *Affected Meridians*

- 6 Yang Meridians with an emphasis on Shao Yang Meridian

## 2 *Balancing Meridians*

- Jue Yin / Shao Yang

## 3 *Point Selection*

- Jue Yin / Shao Yang III / VI + **Sān Shèng**

### *Treatment Course*

- Every day for 5 days, then three times a week for 2 weeks, then two times a week for 9 weeks

### *Initial Results*

- Immediate neck and shoulder relief
- BP decreases from 180/110 down to 102

### *Follow-up*

- BP stabilized at 130/87 and all symptoms abated