

WOOD: LIVER MANAGEMENT & TREATMENT

I. LIVER YIN-ESSENCE

A. Liver Yin-Essence Deficiency

1. General Problem

- a) Unable to retreat, but not aggressive- not seeking to assert.
- b) Under Yin-Essence problem is with fear of humiliation if does person not appear aggressive when confronted.
- c) Constant state of readiness if confronted
- d) Depression an acceptable way of retreat
- e) Passive-Aggressive if cannot follow through.

2. Specific Issues To Resolve

a. Humiliation

For what it is worth, conventional wisdom has it that humiliation is a key characteristic of what is known now as the 'narcissistic personality'. In the revised chapter 11, attached, as in the original, narcissism is discussed.

This person cannot retreat due to fear of humiliation. I believe that the under Yin-Essence issue with humiliation is in the Wood. Metal is the more superficial self-esteem [how do I look], Wood is the core of the tree, the more substantial self-esteem, and of course, Wood is nourished by Water.

Therefore, I have tentatively come to the conclusion that it all begins with the Water, essentially the fear-faith issue [faith in intuition and in self] and especially fear of the unknown. [Water is 80% of the earth.]There is enough Water to know that "I exist" but not enough to know "I am" and earth level of identity.

The unknown here is if I have a right to 'be' without having to do something special to 'be'. Anything that questions that right creates an enormous threat and is experienced as an attempt to destroy the self and is experienced as humiliation engendering an enormous need to humiliate the other, for revenge.

Where there is balanced growth and directionality, when the core of the tree is nourished, personal accomplishment builds a solid self-esteem.

3. Specific Phase Methodology for Wood-Liver Yin-Essence Deficiency within the Generating-controlling Cycle

- Needle the Tonification and Yin-Essence points of the Liver
 - Liv- 8 [Tonification Point]
 - Liv- 3 [Yin-Essence Tonification Point]
- Needle the Sedation and Yin-Essence points in Water- Kidney
 - Kid-1 [Kidney Sedation Point]
 - Kid- 6 [Kidney Yin-Essence-Essence Point]
- Balance Yin-Essence and Yang-Essence within the Concerned Phase [Solid-Hollow Organs] using Luo point of solid organ + source point
 - Liv- 5 [Luo Point]
 - Liv- 3 [Source Point]
- SJ- 5 thru to P-6 for general balance of Yin-Essence and Yang-Essence

4. Channel-Herb Treatment for Liver Yin-Essence Deficiency

a. Management Formulation

Enhance Wood-Liver Yin-Essence

Enhance Water-Kidney Yin-Essence

b. Management Implementation

i. Acupuncture

1). Nourish Liver Yin-Essence

Liv- 8 [Curved Spring]

Tonifies Yin and Blood

Enhances flexibility & vitality in coping

Liv- 9 Yin-Essence Wrapping

Regulates Liver and Kidney

Keeps Yin-Essence in body

Liv- 10 [Foot Five Measures]

Tonifies Liver Blood thru connection with Chong

Liv- 11 [Yin Angular Ridge]

Regulates-builds Yin

2). Nourish Kidney Yin-Essence to Generate Liver Yin-Essence

Chong Mai

Yin-Essence Qiao + Chong Mai

Self Esteem [w/ Kidney 23, 24, 25]

Kidney 4 [Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

Kidney 9: [Guest Building (House)]

- Ability to step outside of oneself and bear witness to self
- Observer of ones own reactions [Insight]
- Calms Shen
- Phlegm disturbing the Heart
- Communicates between Kidney and Heart

Kidney 21-[Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors that the person cannot face. Also for problems with the pylorus.

Kidney 22-[Walking Corridor]

For despondency and isolation, and for feeling free, used with WOS P-1,2 also as Exit-Entry Points.

Bl 47- Spiritual Soul Gate

Roots the `Hun' [Ethereal Soul]

- Ability to advance or retreat
- Planning
- Ability to contain Qi

2). Herbs

Linking Decoction [Yi guan Jian]

Left Returning [Zuo Gui Wan]

Ginseng and Zizyphus [Tian Wang Bu Xin Tang]

B. Liver Yin-Essence Excess

1. General problem

- a) Pacifism to the extreme
- b) Retreat is a virtue
- c) Fear [anxiety] of own assertive and aggressive impulses
- d) Depression as silent protest when pressed into an assertive role
- e) Cognitive development impeded
- f) Avoidance of conflict precludes intimacy and excitement in relationships
- g) Sluggish

2. Specific Issues to resolve

We are dealing with a deep-seated fear of assertion that involves Kidney Yin-Essence-Essence [fear of fellow man], Kidney Yang-Essence-Essence [lack of faith in God], Kidney Qi-Essence [lack of faith in self]

While this fear probably begins with insults to the fetus in utero or at birth, thus the emphasis on the Water Phase, we must consider insults in bonding and the establishment of boundaries that is the purview of the Earth Phase in infancy and young childhood. Here more often we encounter the Avoidant Personality, unprepared by permissive parents to deal with pain and

frustration and sometimes the Oral Personality abandoned physically and/or emotionally early in life. In a sense both were abandoned by either parents or parenting.

The failure to advance and assert when this is the appropriate attitude and behavior in a particular situation is a Wood issue and therefore requires us to consider interventions that involve the Liver and Gallbladder.

3. Specific Phase Methodology for Wood-Liver Yin-Essence Excess Within the Generating-controlling Cycle

- a. Reduce Excess through control and insulting' cycle
- b. Needle phase point of 'controlling' and 'insulting' phase in Yin-Essence Excess Phase
 - Liv- 4 [Liver Metal Point]
 - Liv- 3 [Liver Earth Point]
- c. Needle horary point, tonification point and Yang-Essence point of controlling phase
 - Lu- 8 [Lung Horary Point]
 - LU- 9 [Lung Tonification point]
 - Lu- 7 [Lung Yang-Essence point]
- d. Needle horary point, tonification point and Yang-Essence point of 'insulting' phase
 - Sp- 2 [Spleen Tonification Point]
 - Sp- 3 [Spleen Yang-Essence Point]
- e. P- 6 thru to SJ-5

4. Channel-Herb Treatment for Wood Yin-Essence-Essence Excess

- a. Management Formulation
 - i. Metal-Lung Yang-Essence to control-balance Earth-Spleen Yang-Essence excess through the 'controlling cycle'
 - ii. Earth-Spleen Yang-Essence to control-balance Earth-Spleen Yang-Essence Excess through the 'insulting cycle'
- b. Management Implementation
 - i. Acupuncture
 - 1). Build Lung Yang-Essence ['controlling cycle'] to balance Liver Yin-Essence Excess
 - i. Large Intestines
 - LI- 1: Horari Point
 - LI- 2: Relieves constipation by moving water up to balance Heat
 - LI- 4: Harmonizes ascending and descending Qi

LI- 7: Accumulation Point; regulates Blood flow in LI and warming aspect

LI- 10: Moistens and moves Qi in LI

LI-16: Moves the Qi down

ii. Lungs

LU- 2: Old Grief Stagnating in the Lungs

LU- 3: WOS-Forgiveness; possession by family; sense of deep unworthiness; let go of sadness

LU- 4: The here and now

LU-5: harmonizes Stomach and Large Intestine; causes LU Qi to descend

LU-6: Accumulation Point activates the Qi.

LU- 7: Survival; Luo point brings Yang-Essence energy from the Large Intestine

Grief and sadness

LU- 9: [Greater Abyss] to clear out grief [for his Lost Self or Involutional Depression]

LU-10: removes strong Heat

iii. Other

KI- 18: Constipation

KI- 24: Cannot let go of the grief for a person they have lost

P- 4: Old bitterness in heart

GV- 12: Difficulty w/ Change [w/ moxa]

SI- 1: Parts of ourselves and past that we cannot let go of

SI- 3: Helps clear mind to make difficult decisions

SI- 9: Helps with confusion associated with change

SP-15: tonifies Spleen's function of transportation re: constipation

ST- 13: Hesitates to let go

TB- 6: Constipation

UB-13: Difficulty w/ Change [moxa] with GV-12 & UB-43

UB-25: Improves LI function for diarrhea or constipation w/ UB 20

UB-42: " Heat & descends Qi

UB- 42: Outer Bladder Spirit point is more Yang-Essence than the inner Bladder Point

iv. Formulae

i. Help a person extend themselves beyond where they are

Distal Points on Upper Extremities

ii. Tonify Gathering [Zong] Qi: LU-9 and CV-17

iii. “Filling the Earth to Generate Metal”: LU- 1 & ST- 36 & SP- 3:

iv. de La Fuye

a. Awakening:

UB- 17

KI- 3

b. Courage:

KI- 1

GB- 34

SI- 3: strength to make difficult choices

P- 7: bring out things buried in the past

v. Letting Go of the Past

SI- 3: [Back Ravine]

SI- 6: [Nourishing the Old]

SI- 11: [Heavenly Ancestor]

LU- 2: Old Grief Stagnating in the Lungs

LU- 3: WOS-Forgiveness; Possession by family; sense of deep unworthiness; let go of sadness

LU- 4: The here and now

LU-7: Cathexis of repressed feelings [abreaction]; survival; grief and sadness;

LU-9 w/ moxa: [Greater Abyss] to clear out grief (for his lost self); tonifies Lung Qi and Yin-Essence; ability to change

KI- 6 for Holding onto long lasting anger; paranoia

2). Build Spleen Yang-Essence to ‘insult’ balance Wood-Liver Phase Yin-Essence Excess

i. Seas of Nourishment

St-30, 36 [Food]

ST-9, CV-17, GV-14,15; UB-10

CV-6,12

ii. Doorways to the Earth

CV- 1, 4; St- 30; Liv- 12; KI- 11; UB 40; UB- 35; GB- 30; GV- 1, 4; Sp- 12

iii. Build Earth Yang-Essence

SP- 9 [clears damp-Yin-Essence]

SP- 4 [the Luo bringing Yang-Essence energy from the Stomach

SP- 21 [Master of all the Luo Points, [Earth Motivator]

LIV- 13 [the Mu point of the Spleen]

iv. Devils:

Possession by family and need for approval- controlled from elsewhere; growth and concept of personal growth is Blocked

v.. Homeostatic Channels

Du Mai: Separation from maternal
Who Am I
Individuality

Yang-Essence Wei: brings energy to the outside and strengthens all of the Yang-Essence of the body

vi. Meeting Points

Sp- 6: Three Yin-Essence of the legs
LI- 20: ST & LI
LU-1: SP & LU

vii. WOS

ST-9 [People Welcome] to help people find a new level of function on earth

LU-3: Possession by family and food

viii. Stomach Points

ST- 1 [Tear Container]: to reduce tendency to feel sorry [cry] for oneself

ST- 8: Obsessions

ST- 13: Relieves ambivalence and indecision
Always hesitating [to cross boundaries

ST- 14: Feels confined [trapped heat]

ST- 16: Day dreaming; Strengthens boundaries

ST- 19: Emotional trauma; cannot contain

ST- 21: Feeling that not getting enough support from lower body; stand upright with GV- 14; boundary

ST- 22: Boundaries

ST- 23: Harmonize Spleen and Stomach; creativity; coordinate and organize information

ST- 27: Build Kidney Yang-Essence/Qi

ST-30: Tonifies Qi through Stomach and Kidney
and as one of the Seas of Nourishment

ST- 32: Timid

ST- 34: Helps ST- 21 support lower body

ST-36: Tonifies Upright Qi

ST-40: Anxiety, phobias re: phlegm

St- 41- Nourish Fire-Tonification Point on Stomach

ST-42: Tonifies Qi of ST & SP especially w/ TW-4

ix. Boundaries: any point with the word Gate

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; 'Leaking Gut'
Syndrome

ST-21 [Bridge Gate, Beam Door]

ST-22 [Gate Door, Border Gate]

UB-12 [Wind Gate]

UB-42 [Soul Door]

UB-46 [Diaphragm Border]

UB-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

x. Other

UB- 20: Tonifies Spleen and Stomach; nourishes
Blood

UB- 43- The Deep Disease Point [the emptiness at
the 'center' is profound]

2). Herbs

II. LIVER YANG-ESSENCE

A. Liver Yang-Essence Deficiency

1. General problem

Undermines ability to advance when it is the most adaptable course of
action

Passive-Aggressive

Spiteful and vengeful

Temper tantrums

Argumentative

Negativity

Ambivalence

Fear of disapproval and humiliation if fail

Withdrawal

Cannot express love and tenderness

2. Specific Issues to resolve

Fear of disapproval and humiliation is again an under Yin-Essence issue. This is similar to the Yin-Essence deficient Wood situation except that the Yin-Essence deficient person will advance reluctantly but inexorably out of fear while the Yang-Essence deficient person deals with the fear with a passive-aggressive adaptation that involves all of the other characteristics just mentioned and with mostly much heat and light [argumentative, spite] but little positive as a consequence.

The fear is again a Water Phase issue, but is less rooted in constitutional in-utero birth trauma and is more involved with the later Earth-Wood phase. Here the issue is the parental failure to adequately engage the 'no' stage child in a constructive balanced fashion, giving the child the freedom to say "no" without allowing the "no" to be destructively suppressed or be inappropriately dominant.

3. Specific Phase Methodology for Wood-Liver Yang-Essence deficiency within the Generating-controlling Cycle

- Needle the Tonification and Yang-Essence points of the Liver
 - Liv- 8 [Liver Tonification Point]
 - Liv- 5 [Liver Yang-Essence Point]
- Needle the Sedation and Yang-Essence points in Mother Organ [Chen cycle-Phase within Phase]
 - Kid-1 [Kidney Sedation Point]
 - Kid-7 [Kidney Yang-Essence Point]
- Balance Yin-Essence and Yang-Essence within the Concerned Phase [Solid-Hollow Organs] using Luo point of solid organ + source point
 - Liv- 5 [Liver Luo Point]
 - Liv- 3 [Liver Source Point]

4. Channel-Herb Treatment for Liver Yang-Essence Deficiency

a. Management Formulation

i. Nourishing Wood-Liver Yang-Essence

ii. Nourish Water-Kidney Yang-Essence Phase

b. Management-Implementation

i. Points for Nourishing Liver Yang-Essence

1). Acupuncture

Liv 1 [Great Sincerity]

- Remove Damp Heat
- Problem w/ authority
- Clears things, accumulations, when ready to let go of things that have piled up
- Liv- 2 [Travel Between]
 - Moves Qi
 - Remove Damp Heat
 - Agitated Depression due to Qi –Damp stag.
- Liv- 3[Great Surging]
 - Moves Qi
 - Reduce sexual urge-fantasy-obsession
- Liv- 4 [Middle Seal]
 - Move Qi & Damp
 - Problem forgiving self
- Liv- 5 Woodworm Canal]
 - Move Qi & Damp
- Live- 6 [Central Capital]
 - Moves Qi
- Liv- 13 [Order Gate]
 - Moves Qi esp. Stomach
 - Enhances mental vision and emotional growth
- GB-1 [Pupils Bone Hole]
 - Enhances clarity
- GB-8-12
 - Enhances and grounds one's ability to assimilate and express information
- GB- 9 Celestial Surging]
 - Quiets the mind
- GB- 12 [Completed Bone]
 - Quiets mind [Shen]
- GB-15 [Head Overlooking Tears]
 - Balances emotions deeply – bipolar extremes
- GB-16 [Eye Window]
 - Eyes are window to soul- visions
- GB -13
 - Gathers essence to the head and with Ren 4 to strength will power and calm shen
- GB- 21 [Shoulder Well]
 - Atlas Point-carrying the burden of the world on shoulders
- GB- 24 [Sun and Moon]

Ambivalence

GB- 30 [Encircling Leap]

Easily startled

GB- 37 [Bright Light]

Evokes unresolved anger interfering with life

GB- 38 [Yang-Essence's Assistant]

Jealousy

GB- 40 [Hills Ruins]

Ability to make decisions- strong character

To see larger picture from advantage point of hill

Fear

GB- 41 [Foot Overlooking Tears]

Smooth Flow of Liver-GB

P- 4 [Cleft Gate]

Old bitterness in heart

SI- 1 [Lesser Marsh]

Parts of ourselves and past that we cannot let go

SI- 3 [Back Stream]

Provides clarity of mind and fortitude to make difficult decisions

SI- 7 [Branch from the Main]

For indecisive people

Reinforces decisions made by the Liver

Helps planning and deciding aspect

Stiff

SI- 9 [True Shoulder]

Helps with confusion associated with change

ST-13 [Qi Door]

Door never closes

ST- 30

Crossing point of Chong, Du and Ren Mai

Where Qi enters Chong Mai

Tonifies Kidney [Liver] Essence

GV- 12

Difficulty w/ Change [w/ moxa]

TB- 3, 4: Childhood Malnutrition

Formula

1). Points: SP-1; LU-11; GV-26

2). Breathing-Stretching

- For the first five minutes the needles not stimulated.
- For the second five minutes do deep abdominal breathing.
- For the third five minutes have the patient stretch there toes.

Divergent Channels

i. Liver Divergent Channel:

Pathway

From Liv- 5

Function

Anger

ii. GB divergent channel

Uses Blood to maintain repressed emotions as retained pathogens in joints

Other

i. Bio-energetic Points

See separate Sheet

Example:

SI-3, Gb-34, GB40 and Liv-3 are

Relaxing nervous and musculo-skeletal system

Associated with Fear

SI-7 [Branch From the Main]

Stiff neck

ii. Extra Channels

Dai Mai

Harmonizes Liver and Gall Bladder

2). Herbs for Nourishing Liver Yang-Essence

Single Herbs

Huang Q [Astragalus], Dan Shen [Salvia], Xiang fu [Cyperus]

Formulas

Bu Zhong Yi Qi Tang [Ginseng and Astragalus]

Cyperus for Bupleurum [too cold]

Remove Cimicifuga and add Dan Shen

Increase Astragalus,

An Shen Ding Zhi Tang [Clam Spirit & Stop Fear Decoction]

Shi Wei Wen Dan Tang [Ten Ingredient Decoction to Warm the Gallbladder]

Wen Dan Teng [Bamboo and Hoelen]

ii. Nourish Kidney Yang-Essence Phase

1). Acupuncture

Kidney 1 [Gushing (Bubbling) Spring]

Will power and calming the mind in anxiety & hypomania

Courage

Kidney 2- [Blazing Valley]

Will power

Kidney 3 [Great Ravine]

Tonifies Qi and Yang-Essence [and Yin-Essence]

Kidney 4- [Big Bell]

A place to store and hold, to gather forces & to lift the spirit

Strengthen will power

Eliminate Fear- Promote Self Esteem

Kidney 7- [Returning Current] Tonifies Yang-Essence most powerfully

Kidney 9: [Guest Building (House)]

- Calms the mind w/ anxiety, restlessness, chest oppression & palpitations w/ HT-KI not harmonized.
- Ability to step outside of oneself and bear witness to self
- Observer of ones own reactions
- Calms Shen
- Phlegm disturbing the Heart
- Communicates between Kidney and Heart
- Cry and laugh for no reason
- Neurosis from past experience

Kidney 10 [Yin-Essence Valley] [Horari Point]

Increases ability to 'flow' in all aspects of life

Kidney 15 [Central Flow]

Nourishes Kidney Yin-Essence

Kidney 16 [Vitals Transporting Hollow]

Connects Heart and Kidney

Calms the mind by bringing Yin-Essence to the Heart thru UB-43

Kidney 21-[Dark or Secret Gate, Gate of Hades]

To open awareness to old dark fears and terrors which the person cannot face.

Kidney 22-[Walking Corridor]

For despondency and isolation, and for feeling free,
used with WOS P-1,2 also as Exit-Entry Points.

Kidney 23-[Spirit,Mind Seal] (w/ KI- 5- Accumulation Point)]

Where there is no 'will to live'. It is akin to a storehouse for the spirit used to help a person who is experiencing terror and having difficulty maintaining the feeling that 'the spirit is with me and I am at one with God', that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a physical level. Often they are used together.)

KI-23 with KI-5 for courage, will power & hopeless depression

KI 26 - gentle push

KI-27 [Transporting Point Mansion, Store House]

This point to enhance compassion and the connection to all people, the universe I are one. (This concept fits with my own for the function of Kidney Yin-Essence energies.)

This point is the storehouse for all energy including physical, mental and spiritual. It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'.

Strong Push [especially combined with KI- 3

Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.

UB-1: Bring Qi to the 'third eye' to enhance new vision

Pituitary gland-endocrine system

For the balance of Yin-Essence & Yang-Essence through Yin-Essence Qiao Mai

UB-31-34: tonify Kidney and body

UB- 43 [Deep Disease Point]-rich for the Vitals]

Joyful confidence

UB-46- [Diaphragm Pass] Gate of Vitality

Stagnation of Qi due to suppression of tender feelings and replacement with angry feelings

UB-52 [Zhi Shi- Will Power Room (Chamber)]

Will = determination translated into
action

UB-62: For awakening & awareness

Chong Mai + Yin-Essence Qiao

Self-reflection

Ren- 1 [Meeting of Yin-Essence] w/moxa

Nourished Yin-Essence and benefits essence

Ren- 4 [Gateway to Original Qi] w/moxa

Nourishes Blood and Yin-Essence

Ren -6- w/moxa

Tonifies Qi [Original Qi & Kid Yang-Essence]

Rescue Yang-Essence

Ren -7 [Yin-Essence Junction]

Nourishes Yin-Essence

Ren- 8 w/moxa

Tonifies and rescues Yang-Essence and Original Qi

Ren-15

Source point of all Yin-Essence organs

Connects with Jing

DU- 4 [Mingmen] w/ Moxa

Tonify Kidney Yang-Essence

Development of Upright Posture

DU- 14

Tonifies Yang-Essence [Meeting Place of 6 Yang-Essence]

Get person going or slow them down- inertia

Development of Upright Posture

DU-16, 20 are Seas of Marrow is beneficial for the Central Nervous System.

Kidney- 2 [Especially Yin-Essence; Yin-Essence Qiao

Fire point

Compassion:

Consolation: UB-65

Smiling Sympathy: KI- 4

Calm: KI- 2

Plum Blossom

a. Lower back lumbar & sacro-coccygeal; inguinal; lower abdominal & upper margin of symphysis pubis

b. SP-6; CV-4,6,12; GV-4,14,20

Window of the Sky

UB-10 [Heavenly Pillar] for mental energy

A glimpse of your real identity; so that all else assumes real proportion; and easy to sort out.

- SI-17 is similarly use; though not a Window.

GV-16 [Wind Palace]

- Reunion of w/ Bladder.
- Sea of Bone Marrow.
- Large effect on mental activity.
- Wind = spirit (also SI 12 Grasping the wind).
- Deals with Yang-Essence energy, activity, responsibility, ability to respond, protection, alertness, clarity of mind, sense of vision/dream
- For mind-spirit out of control, or fatigued, fogged.

2). Herbs for Kidney Yang-Essence Deficiency to 'control' Wood Yin

Right Returning [You Gui Yin]

Rehmannia Eight [Jin Gui Shen Qi Wan]

Eucommia and Rehmannia [You Gui Wan]

Vitality combination

B. Liver Yang-Essence Excess

1. General problem

Unremittingly aggressive at any expense to others

Tends to overstep power

Arrogant

Judgment and planning distorted by being possessed by the 'immediate'

Emotions Repressed [excessive containment]

Agitated Depression

2. Specific Issues to resolve

This inability to retreat is more inherent than the inability to retreat associated with the Yin-Essence deficient condition in which the person is unable to retreat because of the fear of humiliation, cowardice, if they do not advance.

Therefore the principle etiology is constitutional within the Wood Phase and could involve the Metal Phase as the controlling phase, the Earth Phase as the insulting phase in the Chen-Ko cycle and the Water Phase with regard to the disregard for the welfare of others and the constitutional aspect of the inherent inability to contain aggressiveness. Management in the direction of containment of the drive will be also be useful.

3. Specific Phase Methodology for Wood- Liver Yang-Essence Excess Within the Generating-controlling Cycle

- Needle phase point of `controlling` and `insulting` phase in Wood-Liver Phase

Liv- 4 [Metal Point-Controlling]

Liv- 3 [Earth Point-Insulting]

- Needle horary point, tonification point and Yin-Essence point of `controlling` phase

Lu 8 [Lung Horary Point]

Lu- 9 [Tonification Point-Yin-Essence Point]

- Needle horary point, tonification point and Yin-Essence point of `insulting` phase

Sp- 3 [Spleen Horary Point]

Sp- 2 [Tonification Point]

SP- 6 [Tonifies Yin-Essence]

- SJ-5 to P-6

4. Channel-Herb Treatment of Liver Yang-Essence Excess

a. Management Formulation

- i. Metal-Lung Yang-Essence to control-balance Wood Yang-Essence excess through the `controlling cycle`
- ii. Earth-Spleen Yang-Essence to control-balance Wood Yang-Essence Excess through the `insulting cycle`

b. Management Implementation

I. Build Lung Yin-Essence to Control-Balance Liver Yang-Essence Excess1).

Acupuncture

LU- 1 [Central Treasury]

Tonifies Lung Qi and Yin-Essence; descending function of Lung Qi-Kidney

LU-6 [Channel Ditch]

Accumulation Point activates the Qi.

LU- 7 [Broken Sequence]

Survival; Luo point brings Yang-Essence energy from the Large Intestine

Grief and sadness

LU- 9 [Great Abyss]

Tonifies Lung Qi and Yin-Essence; ability to change

BL- 13 [Lung's Shu]

Tonifies Lung Qi and Yin-Essence

Difficulty w/ change w/GV 12, BL 43

BL- 42 [Corporeal Soul]

Outer Bladder Spirit point is more Yang-Essence than the inner Bladder Point

BL- 43 [Fatty Vital Hollow]

Tonifies Lung Yin-Essence and Qi; stimulates the mind; promotes essence

DU- 12 [Body Pillar]

Tonifies Lung Qi

2). Herbs

Tonify the Lung Decoction [Bu Fei Tang]

ii. Build Spleen Yin-Essence to control-balance Liver Yang-Essence Excess

1). Acupuncture

Seas of Nourishment

St-30, 36 [Food]

ST-9, CV-17, GV-14,15; UB-10

CV-6,12

Doorways to the Earth

CV- 1, 4; St- 30; Liv- 12; KI- 11; UB 40; UB- 35; GB- 30; GV- 1, 4; Sp- 12

Lu 9; Sp 3; St 36; SP 12 [DrYin-Essence] out –Leather quality]

Homeostatic Channels

Ren Mai:

Bonding, dependency, maternal nourishment

Loving ; complete within oneself

Ren is the “Sea of Yin-Essence”

Ren 4,6,8- Moxa

Meeting Points

Sp- 6: Three Yin-Essence of the legs

LU-1: SP & LU

Outer A.E.P.

UB-49 [Thought Dwelling, Shelter] with Spleen 8 [Earth Pivot-Accumulating Point]

Obsessions

Memory and concentration [short term- to study]

WOS

ST-9 [People Welcome] to help people find a new level of function on earth

Constitution

Sp-6, 10; ST-25, 36, 44, 45

Miscellaneous

GB-42: [Earth Five Meetings] to sustain the Earth Energy; where Earth and Wood meet

SJ- 3: Transforms Gu Qi to postnatal Qi- used with Spleen points

SJ- 4: Tonifies Stomach and Spleen; Regulates Stomach; Fluid transformation;

Spleen Points

SP-1: Restlessness, depression w/Blood stagnation; calming the mind and agitated sleep w/ excess dreaming; phlegm in head; diminished awareness

SP- 2: Obsessions

SP- 3 [Great White]

Enhances memory & mental clarity

SP- 5 Strengthens Boundaries

Sp- 6: Calms the mind w/ Blood or Yin-Essence deficiency especially Blood [Heart Blood deficiency] causing insomnia

SP- 7: [Leaking Valley] to firm the Earth

SP- 8: [Earth Motivator, Ground Machine,(Opportunity), Earth Pivot] which is seen by some as the most mental of the Spleen points; inner most thoughts

SP- 16: Obsessive; indulge in sweets [never nourished]

SP- 18: Nourish on a deep Spiritual Level

SP- 19: Anxiety with excessive talking

SP- 20: Connects the cosmos to the earth

SP-21-for the feeling that "I don't fit in this world" and cannot take nourishment.

e. Boundaries: any point with the word Gate

CV-4 [First Gate]

CV-5 [Stone Gate]

GV-4 [Gate of Life]

SP-11 [Basket Gate]

SP-12 [Rushing Gate]

ST- 16: Keeps things in boundaries; 'Leaking Gut' Syndrome

ST-21 [Bridge Gate, Beam Door]

Feeling that not getting enough support from lower body

Stand upright with GV- 14

For the feeling that “I don’t fit in this world” and cannot take nourishment.

ST-22 [Gate Door, Border Gate]

UB-12 [Wind Gate]

UB-42 [Soul Door]

UB-46 [Diaphragm Border]

UB-47 [Spirit Soul Gate]

KI-21 [Dark Gate]

TH-2 [Fluid Door]

TH-21 [Ear Door]

Other

ST- 15 [Great Traverse]

Needs to win, be the best

ST- 19 [Chest village]

Containment

Unable to contain or feel contained, held positively

ST-30: Tonifies Yin-Essence thru Kidney Essence

ST- 33: Tonifies Yin-Essence

ST-37,39: Sea of Blood

ST- 43: Tonifies Spleen

UB- 20: Tonifies Spleen and Stomach; nourishes Blood

UB- 43- The Deep Disease Point [the emptiness at the ‘center’ is profound in such a young woman]

UB- 49: tonifies mental aspect of Spleen [Yi]

Stomach- Boundaries-Difficulty Creating boundaries]

Stomach Qi Deficient

ST- 13: Always hesitating [to cross boundary]

Relieves ambivalence and indecision

ST- 14: Feel confined; trapped heat

St- 16: Strengthens boundaries

ST- 30: Tonifies Qi through Stomach and Kidney and as one of the Seas of Nourishment

ST-36: Tonifies Upright Qi w/ moxa [lower burner]

LI- 10: Tonifies Upright Qi w/ moxa [upper burner]

ST-42: Tonifies Qi of ST & SP especially w/ TW-4

2). Herbs

Ginseng and Longan

Major 4, 6

Ginseng and Atractylodes