

FIVE DRAGONS
ACUPUNCTURE COLLEGE
CORRESPONDENCE COURSE



LESSON 12
OF
31 LESSONS

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Essentials of Chinese Acupuncture
Gray's Anatomy
The Merck Manual
Taber's Cyclopedic Medical Dictionary

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to the acupuncturists and medical researchers
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MODERN & TRADITIONAL ACUPUNCTURE

LESSON 12

ACU-PRESSURE-MASSAGE TECHNIQUE



ACKNOWLEDGEMENT: RESEARCH ASSISTANCE BY CHARLES H. McWILLIAMS

In this Lesson we are going to deal strictly with the subject of acupressure technique. To us, acupressure, like acupuncture, is simply another method of stimulating the acupuncture points, only using pressure or very localized massage on these points instead of needles. As such, it is not meant to be applied on an isolated or symptomatic basis, but rather in full conjunction with the theory, meridians, and energetical foundation of traditional acupuncture itself. Acupressure is but one very small part of the entire range of Chinese massage and manipulative techniques into which it is usually classified, and which are beyond the scope of this program as they would require a lengthy course of study by themselves.

Since before Christ, Chinese methods have offered a variety of therapeutics which, for the most part are regarded by Westerners as being strictly empirical --- without a scientific or theoretical basis. Chinese massage and manipulative techniques which have come down through the centuries virtually unchanged, form a part of those methods, and acupressure still a smaller part of that. Acupressure is probably older than Chinese herbal medicine and acupuncture, and many believe that it was through results gained with acupressure that acupuncture developed. As regards massage, it seems that the different techniques used today in the West probably originated in China, having come to us via ancient Egypt, Greece and Rome. Indeed, physiotherapy devices manufactured in America years ago offered anatomical guides for relief points (motor points) that correspond amazingly close to the traditional points of Chinese acupuncture.

Somewhere along the line of its incorporation into Western therapeutics however, Chinese massage theory changed, and it is here that we come to the fundamental difference between the two systems. Western massage is formulated as a mechanical action, and is based on physical principles of motion, heat, cold, and so on. Chinese massage and acupressure in contrast always has been and still is, formulated on the basis of dealing with energy,

rather than grosser mechanical actions. Its primary function is to eliminate blockages in the meridians as well as regulate the flow of energy and blood in order to adjust the quantity of the body's nutritive and defense energies on the one hand, and to strike a balance between the Yin and the Yang on the other.

Chinese acupuncture spread to Japan around 700 A.D., and of course prior to that, the Japanese already had a fairly similar type of oriental massage in their therapeutics, but lacking in the sophistication and theoretical organization of its Chinese counterpart (this is why they were so interested in Chinese acupuncture). Later a Japanese therapy called 'Shiatsu' (meaning finger-pressure) developed from a combination of acupuncture and oriental massage. Today there are over 20,000 licensed Shiatsu therapists in Japan. Another practice close to this and based on some elementary acupuncture principles is 'Do-In', a system to maintain balance and vigour. This Institute will not present these techniques, nor do we recommend them therapeutically, for two main reasons. First, they are concerned more with increasing vitality rather than being a complete therapy, in effect little more than a glorified massage, and secondly, they are not based on traditional acupuncture laws of energy regulation.

From all that has been said so far, you can begin to realize that Chinese massage and acupressure are really ancillary to acupuncture and follow the same fundamental laws and principles --- the main difference being the form of stimulus given to the acupuncture points. The practitioner who is content to massage a few points here and there will gain minimum results compared with the practitioner who respects and applies the traditional Chinese concepts. But in the meantime, while you are learning those traditional concepts in this program, don't be afraid to try a few symptomatic applications of the material covered so far in light of the guidelines presented in this Lesson. We specifically present this Lesson at this stage of the program so you will have a means of 'acupuncture point stimulation' at your disposal, and so that you can discover for yourself that it really works.

WHEN CORRECTLY UTILIZED, acupressure can bring relief of pain and rehabilitation to limbs. It can also prolong one's ability to perform every day activities and athletics, such as tennis, golf, Judo, bowling, etc., even on a symptomatic basis as witnessed by the Japanese variations. Acupressure can be used in conjunction with other types of therapies (ie. chiropractics, physiotherapy, reflexology, herbalism) for a variety of illnesses and to increase their scope of therapeutics. It is also good to use on patients that are squeamish about needles or on small children and infants. The technique is not learned in a few days, for it demands attention, application, and a dexterity that only time and practice can cultivate. As far as the technique itself, within the pages of this Lesson is outlined what is perhaps the most effective method of Chinese acupressure that can be taught in a written format. What remains then is for you personally, to put it to use!

Now, let's look at some of the advantages of acupressure:

- (1) Acupressure is a safe, effective, and simple way to stimulate (tonify or sedate) acupuncture points without needles and/or expensive electronic equipment.
- (2) A form of stimulation that can be mastered without extensive and expensive clinical training.
- (3) Is considered by law in most states as massage and not as a true medical practice.
- (4) There is no danger of infection, organ damage, etc. when correctly done, like there is with acupuncture needles.
- (5) Can be used to stimulate the forbidden points of acupuncture if necessary for special therapeutical effects.
- (6) It is effective for some ailments that modern medicine fails to relieve or cure.
- (7) It is a possible form of first-aid in emergency situations.
- (8) It is very good treatment for persons who suffer from no definite illness, lack appetite, tire easily, and have upset stomach and intestines, etc.
- (9) Teach it to patients for use in between your treatments.

We should also consider some of the disadvantages:

- (1) Acupressure is not as effective as needle therapy and/or the modern 'Needle-less' electronic treatment methods.
- (2) Its therapeutical scope is not as great as acupuncture.
- (3) It takes more treatments to achieve results, and thus can be more expensive for the patient than acupuncture. For what acupuncture can do in one session, acupressure will require three sessions or more.
- (4) Patient acceptance is usually not as good as acupuncture or the 'needle-less' electronic treatment.
- (5) It is mostly ineffective to alleviate cancer, neoplasms, malignant tumors, severe tuberculosis, syphilis, gonorrhoea, typhus, cholera, fever, contagious and infectious diseases in general. Nor does it help cerebral hemorrhage, hardening of the blood vessels, brain disorders, etc.

By now you of course know that your fingers are the main "instruments" for therapy. To be specific, primarily your thumbs, with the index fingers as secondary. The pressure or very localized massage is to be performed with the tips of these fingers. As a matter of fact, the finger tip is where your energy is very close to equilibrium [Lesson 2, page 11]. The proportions of Yin and Yang are nearly equal (50%/50%) there*, producing a kind of energetic neutrality. This condition is very well adapted for the absorption of excess energy or for the releasing of energy where there is a deficiency, and that is exactly what many acupressure therapists feel is happening during treatment.

As you know, the acupuncture sites or points are quite small. Even though your finger covers a larger area than an acupuncture needle, and thus is more likely to hit the actual point, they still require precise location even for treatment by acupressure.

* Since the toes are also a point of energetical equilibrium, you may think that those Far Eastern Lady Foot Massages might be derived from acupressure methods. We cannot find justification for this. Acupuncture points are too small to be stimulated with the toes. In China, the female foot is a secret part of the body, which is not to be displayed, and has therefore become a sex object. In other words, it is basically an erotogenic massage.

Basically you are to use the ball of the thumb, applying proper pressure (more about this later in the Lesson) in the direction perpendicular to the skin surface. It is important that at no time should pressure be applied with any part of the thumb but the padded, fleshy ball of the digit. Generally, do not use the bony surface or knuckle thinking that more pressure might get better results.

Recently, the emphasis has been on rotary or circular pressure massage of the acupuncture points. The motion of the finger being clockwise or counter-clockwise is believed to be tonifying or sedating in its effect. This concept is in fact relatively modern and there is no firm consensus of opinion as to which direction does what. As well, some authors have suggested that there are special qualities to each finger of the hand in treatment. Due to lack of clinical evidence and agreement, the Institute will not present, or suggest guidelines for, these newer techniques. Instead we will stick with a method that has been tried and proven over countless centuries by both ancient and modern authorities. It is known as "the acupuncturist's acupressure technique".

This technique for acupressure stimulation of an acupuncture point involves two steps or actions done in one continuous motion, namely, pressure, and a short follow-up localized massage action. The pressure or pressing on the acupuncture point should be done directly on top of it, and the subsequent massage action itself must follow the pathway of the meridian. The direction of the massage action along the meridian (up or down it) will determine whether the effect created will be one of tonifying or sedating the energy. The pressure should start at the acupuncture point and massage (slide) along the meridian, ending up one-half to one inch away from it.

Since stimulation of the acupuncture point will require a number of such pressure-massage actions, the best technique is to take the pad of the right thumb, press the acupuncture point, then slide it in the proper direction and lift it off after having

travelled one-half to one inch. At that moment the left thumb is pressed on the same acupuncture point, follows the same movement and direction as the other thumb did, and in turn is followed by the right thumb again, and so on. Thus the acupuncture point receives a constant series of pressure-massage stimulations imparted by alternate operation of your two thumbs. Simple, isn't it? But even though it is so simple and easy to do, don't be fooled into thinking it doesn't work, for it probably works better than any circular massage action on the acupuncture points, because rather than 'whirlpooling' the energy around the point, you are actually directing (leading) the energy to do what you want it to do, and enlisting the help of the meridian itself to assist you.

The first question that comes to your mind now should be regarding the direction along the meridian in which the acupuncture point is massaged. To answer that we will have to discuss a very important principle of acupressure, for which it may be helpful to review Lesson Two in order to comprehend it fully. The principle states: The action of therapy (ie. tonification or sedation) itself must follow the natural tendency of the energetical variations within the meridians to be effective. Thus, massage in the direction of increasing Yang energy results in a tonification effect, and massage in the direction of decreasing Yang energy results in a sedation effect. Why Yang energy is referred to here rather than Yin energy will be evident in a later Lesson on Clinical Treatment, but in the meantime, let us look at the application of all this to the following four groups of meridians.

In the three Yin meridians of the Hand (Lu, He and EH), the energy basically flows from CHEST TO THE HANDS. The proportion of Yang to Yin INCREASES from about 1% Yang in the chest to 50% Yang in the hand. Since the action of therapy itself must follow the natural tendency of the energy variation, tonifying massage must be towards the hand, in the direction of increasing Yang, while sedating massage must be towards the chest (shoulder), in the direction of decreasing Yang.

In the three Yang meridians of the Hand (LI, SI and TB), the energy basically flows from HANDS TO THE HEAD (or face). The proportion of Yang to Yin INCREASES from about 50% Yang in the hand to 99% Yang in the head. The tonifying massage must therefore be towards the head (face), in the direction of increasing Yang ratio, and the sedating massage here must be towards the hand, in a decreasing Yang proportion.

In the three Yang meridians of the Foot (St, Bl and GB), the energy basically flows from the HEAD TO THE FEET. The proportion of Yang to Yin DECREASES from approximately 99% Yang in the head to 50% Yang in the feet. To tonify here the massage must be towards the head (face) in the direction of increasing Yang ratio. The sedating massage must then be towards the feet, in the direction of decreasing Yang ratio.

In the three Yin meridians of the Foot (Sp, Ki and Li), the energy basically flows from the FEET TO THE CHEST. The proportion of Yang to Yin DECREASES from about 50% Yang in the feet, to 1% Yang in the chest. The tonifying massage must then be towards the foot, in the direction of an increasing Yang ratio, and the sedating effect must be towards the chest, in the direction of a decreasing Yang ratio.

To summarize then, provided you know the direction of energy flow in a given meridian (always in the direction of their acupuncture point numbering) the six meridians of the Hand (Lu, He, EH, LI, SI and TB) are tonified in the direction of their energy flow and sedated against their flow. The six meridians of the Foot (St, Bl, GB, Sp, Ki and Li) are tonified against the direction of their energy flow and sedated with the direction of their energy flow.

For the Conception Vessel (the midline meridian on the front of the body) the tonifying effect is by massaging upwards towards the head, and the sedating effect by massaging downwards, away from the head. With the Governor Vessel (the midline meridian on the back of the body) the tonifying effect is classically gained

by massaging away from the mouth (head), and the sedating effect is then towards the head (mouth), although some authorities do say exactly the opposite for this particular Vessel, since it is classified as a Yang meridian and has ascending energy flow.

So far so good! But, when doing acupressure, because it is not as effective as acupuncture, we want to be sure you have everything possible going for you in treatment. There are a few more things we can do besides just massaging in the right direction (although that is certainly the most important thing of all), to ensure that the tonification or sedation effect takes place, and these items will probably clear up most of the questions in your mind about how long one should massage each point, and the amount of pressure required, in relationship to tonification and sedation itself. Simply stated they are:

ALL TONIFYING EFFECTS RESULT FROM A LIGHT, RAPID AND BRIEF ACTION.
ALL SEDATING EFFECTS RESULT FROM A STRONG, SLOW & PROLONGED ACTION.

As a result of this, when you wish to tonify an acupuncture point with acupressure, not only must the direction of massage away from that point be correct, but you should use a relatively lighter (superficial, stroking) amount of pressure (compared to sedation), the alternating action of your thumbs off the point should be quite rapid (faster than one stroke per second, but not rapid enough to become sloppy in your motions), and all this should only be done for a brief period of time, say from a few seconds to less than one minute. Think of it as giving warmth to an acupuncture point lacking in energy.

On the other hand when you wish to sedate an acupuncture point with acupressure, not only must the direction of massage away from that point be correct, but you should use a relatively stronger (forceful, deep) amount of pressure (compared to tonification), the alternating action of your thumbs off the point should be quite slow (about one stroke every two seconds), and all this should be done slowly over a longer period of time, say around one minute, but not more than five minutes. Think of it

as pushing the energy out of the point and into the meridian, although the skin must not become heated in the process. Keep in mind too that all of this (light-strong, rapid-slow, brief-prolonged) is relative. As nice as it would be for us to be able to tell you that tonification takes exactly so many seconds, and sedation takes exactly so many minutes, it all depends on too many other factors, ie. the patient, the part of the body, the degree of excess or deficiency, the time of day, that we simply cannot. From the guidelines that we have given you though, you've got more than enough to have confidence in the technique and in yourself, and that's what counts.

Before closing on that subject two further things have to be said. First of all, probably due to a translation error, a number of authors have gotten the requirements for tonification and sedation action as given in the two capitalized statements on the previous page reversed. So in some books you will see exactly the opposite to what we say. Do it our way! Secondly, just to get you thinking, we will say that those two statements generally apply to the use of needles, 'needle-less' electronic methods, moxibustion, and so on. More on that in their respective Lessons.

There should really only be one main question left in your mind at this stage, and that's determining when to tonify and when to sedate. Unfortunately we won't be able to do too much about it in this Lesson, and at this level of the program, other than to give you a few general guidelines, and leave this entire matter to be covered in detail in a later, more advanced Lesson. You know already that excesses of energy should be sedated (decreased) and deficiencies of energy should be tonified (increased). If you have been practicing your pulse diagnosis you've probably got a good idea by now of when a meridian is in excess or in deficiency, at least when it comes to clear-cut meridian imbalances. What you haven't learned yet is how to evaluate from other aspects whether a given condition is one of 'excess' or 'deficiency', etc., and what to do about it (ie. what specific acupuncture points to

treat), but, all in good time. As a general rule certain conditions and states can be categorized as being excess or deficient, so before we put this matter to rest for a few more Lessons, and in order to at least get you started, we are listing some of them below:

EXCESS

hyperfunction
hypertonia
contracture
inflammation
neuralgia, pain
spasms

DEFICIENCY

hypofunction
hypotonia
atrophy
paralysis
paresis
'weaknesses'

Back to the original subject of this Lesson. Now we are going to give you a good idea of just how much thumb pressure you should apply to the acupuncture points to be effective. Obtain a bathroom scale in order to practice this aspect of your technique. Place the scale on a table or other solid surface that has a height of about the level of your waist, which is the usual treatment table height. Straighten your arms and place the fleshy pads of both thumbs on the scale, bearing down with your body weight (in a natural position for you) until the scale reaches twenty (20) pounds. This is the strongest and maximum amount of pressure that would ever be applied, and then only to the stronger, more muscular portions of the body (ie. the back), for that forceful, deep, sedating type action. Fifteen (15) pounds is the maximum that you would ever use on the head and stomach, and ten (10) pounds is the maximum for the front and sides of the neck and lower abdomen. The lightest or minimum amount of pressure would be between one and two pounds (perhaps use a postal scale instead to get an idea of this) on almost all parts of the body, for that superficial, stroking, tonification type action, and not exceeding three pounds ever.*

* Some of you will need to develop the power of your hands and fingers. You can use a tennis ball and exercise by squeezing it with your fingers, or a spring-type hand exerciser from a sports shop. Keep in mind that in practice one full treatment could last up to an hour, so unless you have exercised and developed your hands and fingers, you'll be the one to need treatment thereafter.



With the sedation type action, start treatment at each point gentler at first and gradually apply more pressure until the desired intensity has been reached (ideally less than midway in that particular point's treatment time). Many points you will want to treat bilaterally, and in that case do first one side and then the other. The general concensus is that it is better to treat individual points rather than massaging up and down the entire meridian. However, as each patient is different as well as each practitioner, use your own judgement and modify our suggested techniques in light of special circumstances. Also keep in mind that in Chinese medicine, we treat the individual, not the symptom or dis-ease.

If firm stimulation results in unpleasant pain, LESS PRESSURE MUST BE USED. Watch your patient ---his facial expressions and actions in response to your stimulation tell you a lot. The treatment should give pressure and/or "hurts good" sensation. The best guide when sedating is the tolerance of your patient, and since many acupressure treatments are usually for painful conditions, sedation massage is most often required.

Many times, acupuncture points are more tender than the surrounding areas, or certain acupuncture points become especially tender. Attention should be paid to those first. In Japanese terminology such points are called "tsubo", and are considered to be points of constriction where the free flow of the meridian is blocked. They manifest in many ways: Soreness, numbness, stiffness along a muscle strip, coolness, flushing, small discolorations, and changes in electrical resistance of the skin. However, bear in mind too, that effective acupuncture points for treatment DO NOT HAVE TO BE NECESSARILY SORE OR TENDER.

In clinical practice, there are three essential guidelines which should be followed:

- (1) In the first place, the techniques should be used with gentleness and firmness. Do not apply the techniques with roughness or instability, and avoid injuries to the skin (bruises) and intensifying the illness.

(2) Your patients will come to you probably not feeling their best psychologically either. Treat the patient with amiability and sympathy. This will help reduce the patient's suffering.

(3) Your diagnosis or evaluation must be accurate in order to pinpoint the disordered meridian(s) or organ(s). This can only come with practice and study.

Now that you have a good overview of acupressure principles, please memorize the contra-indications listed below:

- (1) It is best to avoid treating pregnant women after half term.
- (2) Do not treat within a few hours of the patient having taken any strong medications, intoxicating drinks or medicinal herbs.
- (3) Do not treat persons with serious heart disorders, especially with strong acupressure technique.
- (4) Do not apply pressure to areas of local swelling, varicose veins, cancerous growths, tumors, blisters, scars, warts, moles, birthmarks, or disfigurements of any kind.
- (5) Patients should not be treated within one-half hour after bathing, eating a heavy meal, or having done strenuous physical activity, and should be cautioned against doing such things for at least one hour after treatment.
- (6) Do not treat patients in unusual physical and/or emotional states such as overexcitement, fatigue, grief, menstrual periods.
- (7) Be careful of patients that are susceptible to internal bleeding such as conditions like hemophilia, stomach ulcers, duodenal ulcers, weakened blood vessels, etc.
- (8) Do not use any grease or oil on the skin as this will give adverse insulating properties. Talc powder may be used sparingly if necessary and creams or salves only under very special circumstances or therapeutic reasons.
- (9) Do not treat fractures or broken bones, etc.
- (10) Stop treatment if the condition is being severely aggravated.
- (11) If the condition persists, use good judgement and advise the patient to see their family physician.



GENERAL RULES TO IMPROVE RESULTS

- It is usually best to have the patient fully lying down rather than seated. MAKE THE PATIENT COMFORTABLE to facilitate therapy.
- Sometimes you may want to use index fingers instead of thumbs.
- Try to choose a time of day which will be unhurried and convenient for both you and your patient.
- Stay relaxed and keep your mind concentrated. Think about what you want that acupuncture point to do while you are doing it.
- Do not converse with the patient except for what is necessary. Silence is a good policy during any treatment.
- Keep your fingernails trim. Do not discomfort your patient.
- Your hands should be kept warm, especially during cold weather.
- The patient should not be exposed to cold air, and should be covered with a sheet where not being treated and wearing underwear.
- Wash your hands before and after treatment.
- You may wish to instruct the patient and/or their spouse to continue the acupressure themselves. With acupressure, repeated applications are many times necessary in order to get relief from troublesome ailments (eg. pain), so by teaching them a few of the 'points' they can do some of your work for you when at home.
- Most conditions will require two treatment sessions per week.
- Be aware that it will usually take less treatments to handle a given problem in spring and fall than in winter or summer months.

By now you are probably interested in the kinds of disorders that are often treated or relieved with ACUPRESSURE. Below is a partial list which will give you an idea of this therapy's scope.

Allergies	Gout	Neuralgia
Arthritis	Hay Fever	Nosebleed
Asthma	Headache	Rheumatism
Backaches	Insomnia	Rheumatoid Arthritis
Bronchitis	Joint Pains	Sacroiliac Pain
Bursitis	Lumbago	Sexual Dysfunction
Colds	Menstrual Cramps	Sinusitis
Constipation	Menstrual Irregularity	Sprains
Coughs	Mental Tension	Stiff Neck
Diarrhea	Migraine	Stomach Ache
Facial Pain	Motion Sickness	Tennis Elbow
Fatigue	Muscle Cramps	Tonsillitis
Gastritis	Muscle Pain	Toothache
Golfer's Calf	Nasal Congestion	Whiplash Injuries

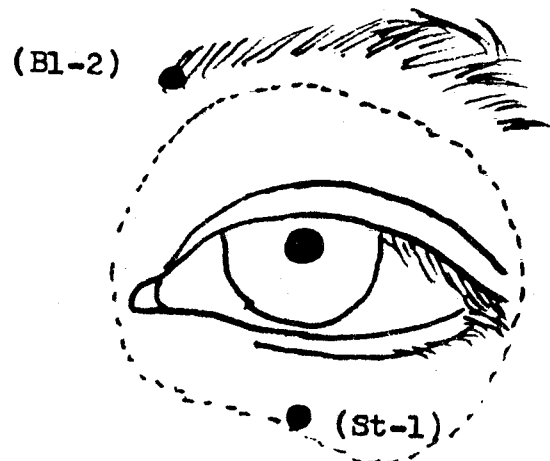
Given below are a few actual point formulas as examples, or to get you started practicing the technique should the opportunity arise. Such formulas and point combinations are beyond the scope of this Lesson, and we are of course very limited in this matter since you only know a few of the meridians, but hundreds of such formulas as apply not only to acupuncture, but also to acupressure and moxibustion, are given in the final Lesson of this program.

ELBOW PAIN: Consider points He-3, Lu-5 and TB-10. Use a sedation type action and treat every day or every other day. If the pain is troublesome, instruct the patient to continue the stimulation themselves. This can be done while they are riding the bus, watching T.V., etc. When the elbow begins to feel better, tapering off of the treatments can be done, but must be continued the moment the pain or strain is again felt. The patient can be sitting up.

SHOULDER PAIN: Consider points TB-14, LI-15 and GB-21. Use sedation action. [Regarding GB-21, see diagram, page 20, Lesson 11. A simple way to locate it is to palpate (explore by touch) the highest point of the shoulder in that region. Due to the stress of modern day life, almost everyone will have tenderness there.] The treatment is generally the same procedure as for elbow pain. The patient can be sitting up if necessary during the treatment.

INSOMNIA AND ANXIETY: Consider points He-7, GB-20 and a point not on any meridian known as 'Tai-Yang' (or Extra Point #2). [GB-20 is at the base of the skull at the back of the neck. Look at the diagram on page 20 of Lesson 11 and locate GB-21 which is labeled. Follow the dashes that represent the Gall Bladder meridian upwards from GB-21, past a 'not-filled-in' circle and then one inch higher than that to a 'filled-in' circle at horizontal level of the bottom of the ears. As the diagram was not meant to show that point it is not very clear, so circle it with a colored pen. 'Tai-Yang' is located on the bottom diagram on page 20 of Lesson 11. This is the temple point represented by the 'not-filled-in' circle, less than a half inch behind and above TB-23 in the diagram. From the diagram you'll be able to find both of these points on yourself.] We give this formula now because it deals with such a very frequent problem. If you have this problem, it works even better if you have your spouse or a friend perform the pressure-massage of those points on you. You can do it yourself but it will take more time.

SINUS TROUBLE AND SNEEZING: Consider points St-1, Bl-2, LI-20 and Go-25. [For the first two points see the diagram on the next page. St-1 is directly below the eye on the edge of the bony ridge at the bottom of the orbit. Bl-2 is on the tip of the eyebrow, above the inner corner of the eye. Go-25 is on the tip of the nose on the midline of the body.] Generally apply sedation type action (but do it more slowly than strongly) for a few minutes, several times per day. Good results should be obtained within several days for the sinus trouble. Have patient continue treatment at home if necessary.



Left eye shown.

TREATMENT OF INFANTS AND SMALL CHILDREN

Since children have their own physiological characteristics, the technique should be applied lightly, quickly and gently in an even and harmonious manner. Characteristically, children have a lack of "energy and blood", tender internal organs, and thus an incomplete material and energetical base. It is advisable not to use the two formulas given below for them unless you are certain they are only minor symptoms and/or being medically supervised.

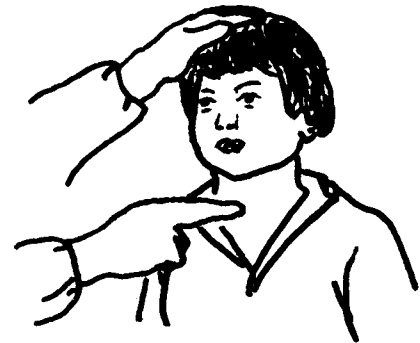
COUGHS: Consider points Co-17, Co-22, and Bl-12. Apply twice a day until symptoms are relieved. [See diagrams on next page in regard to the locations of these three points. Co-17 is on the midline of the front of the body directly between the nipples. Co-22 is at the base of the throat, in the depression between the clavicles, on the front midline. Bl-12 is a bit more difficult to find. Generally speaking, it is between the upper third of the shoulder blades and the spine, and about one-and-a-half to two pounce (child's finger pounce measurement) lateral to the back midline of the body. Since Bl-12 and Bl-13 are both indicated for coughs, precise location on small children is not that critical. Consult an Acupuncture Chart for a more detailed visual location.]

DIARRHEA: Consider Co-12 and a point known in pediatric acupuncture as "Turtle-Tail". Apply a couple of minutes of stimulation daily until symptoms are relieved. [Co-12 is four of the child's 'finger pounce' measurements directly above the navel, on the front midline of the body. 'Turtle-Tail', which corresponds roughly to a point midway between Go-1 and Go-2, is on the tip of the coccyx (tailbone). See the diagram for this point on the next page.]

TREATMENT OF INFANTS AND SMALL CHILDREN (Continued)



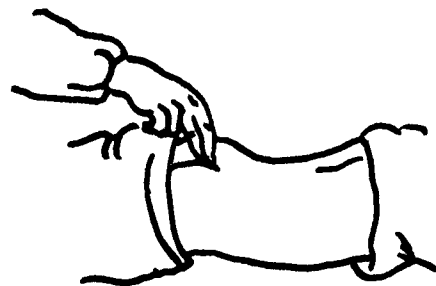
Conception Vessel #17



Conception Vessel # 22



Bladder #12



"Turtle-Tail"

SUPPLEMENTARY INFORMATION REGARDING ACUPRESSURE INSTRUMENTS

The classical technique of acupressure is of course the use of the finger tips. However within the last one hundred years or so, a few modifications have been made to the classical technique. Some authors now recommend using the flat part of the fingernail (especially of the bent index finger) itself, instead of the pad of the finger or thumb. They feel the horny material of the nail acts as an electric 'insulator', and in accordance with general principles of physics, an insulator under the action of friction, donates energy to, or removes energy from, the surface upon which it is rubbed. For this reason some authorities feel the finger nail gives better results than the fleshy pad of the finger itself. [It is interesting to note that this type of horny material is only found on the fingers and toes, the very places where the energy of Yin and Yang are in very close equilibrium.]

Another interesting variation is the use of an instrument instead of the fingers or nails. Some practitioners are using the rounded tops of plastic fountain pens, ends of large plastic knitting needles, etc., in order to attain the above mentioned donation or removal of energy. Rapid and light rubbing is said to buildup a charge that will discharge itself into the acupuncture point, while slower and firmer stroking movements prevent such a buildup and thus allow for the usual sedation action. The instrument actually used by the Chinese for this purpose was a little ivory ball fitted to a handle, called a 'Yuan-Tchen'. Research shows this type of an instrument is particularly adapted for sedation type treatments, but is reportedly being used for both sedation and tonification. The Institute's recommendation to students and practitioners in this matter is that they utilize the classical techniques first and extensively enough that they can later determine for themselves if some other technique or method works better in practice. You may find some 'thing' that works better than your fingers for doing the actual pressure-massage motions, but we doubt you will find a more effective acupressure technique for tonifying and sedating the points than that we have outlined in this Lesson.