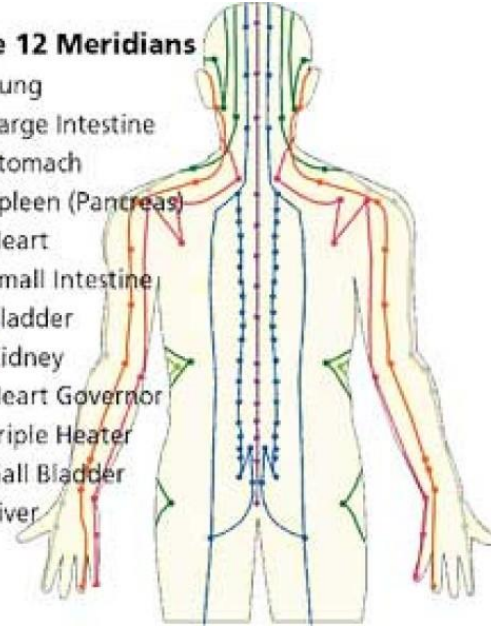


Acupuncture 101



The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver



Kari Webb, Cac, MSOM, Dipl. OM

- I was the patient.
- Midwest College of Oriental Medicine, Racine, WI
- Masters Degree in Oriental Medicine
- Private practice
- Queen's Hospital, Honolulu, cancer center
- Tripler Army Medical Center, Honolulu, HI,
- Integrative Pain Management Center
- Schofield Barracks, HI; Samueli Institute

Certification/Licensure

- NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine)
- Board examination:
 - Acupuncture: Dipl. Ac
 - Chinese Herbology: Dipl. CH
 - Asian Bodywork: Dipl. AB
 - Acupuncture + Chinese Herbology + Western Biomedicine: Dipl. OM

Doctoral programs

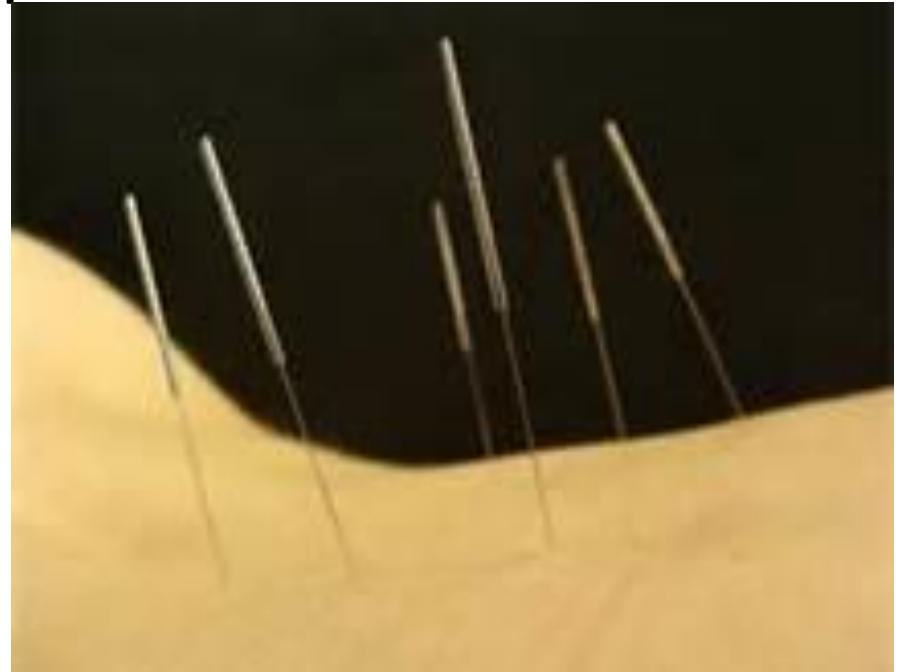
- DAOM Doctor of Acupuncture and Oriental Medicine
- This will most likely become the entry level degree.

Traditional Chinese Medicine

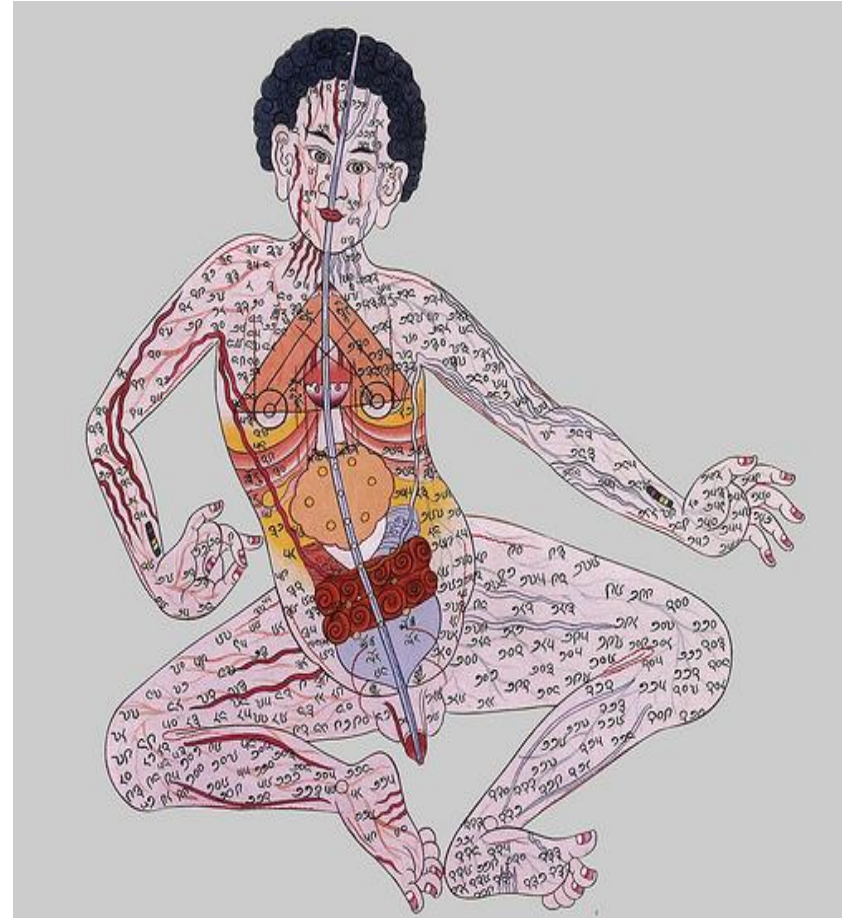
- Acupuncture
- Chinese Herbology
- Tui na
- Cupping
- Gua sha
- Moxibustion
- Nutrition
- Tai Qi
- Qi Gong
- Feng Shui
- Astrology

Stainless Steel Needles

- .16 - .25 mm thickness (40 gauge – 32 gauge)
- 40 is the most common
- Length: .5 inches to 2"
- Insertion depth, etc.
- Needles are used once and destroyed.



Ancient Chinese Medicine



Chakras and Energy Points have been used for Centuries by the Chinese

Acupuncture History

- Traditional Chinese Medicine is over 5000 years old. Started with oral traditional.
- Stones, thorns, bamboo slivers, and sharpened bone were originally used.
- Steel started to be used circa 300 AD. Needles were also made of bronze, copper, tin, gold, and silver.
- 1600's: guide tube was invented. Thinner needles followed.

Yellow Emperor's Classic on Internal Medicine 500 B.C.E.

- “The physician who teaches people to sustain their health is the superior physician. The physician who waits to treat people until after their health is lost is considered to be inferior. This is like waiting until one's family is starving to begin to plant seeds in the garden.”

Yin and Yang



Yin & Yang

YIN

- Night
 - Cool
 - Calming
 - Soothing
 - Water
 - Moon
 - Rest
- Female
Left

YANG

- Daylight
 - Fire
 - Action
 - Loud
 - Sun
 - Movement
- Male
Right

Life is the constant cyclical flow of Yin and Yang back and forth

Ex: Insomnia – too much Yang, not enough Yin

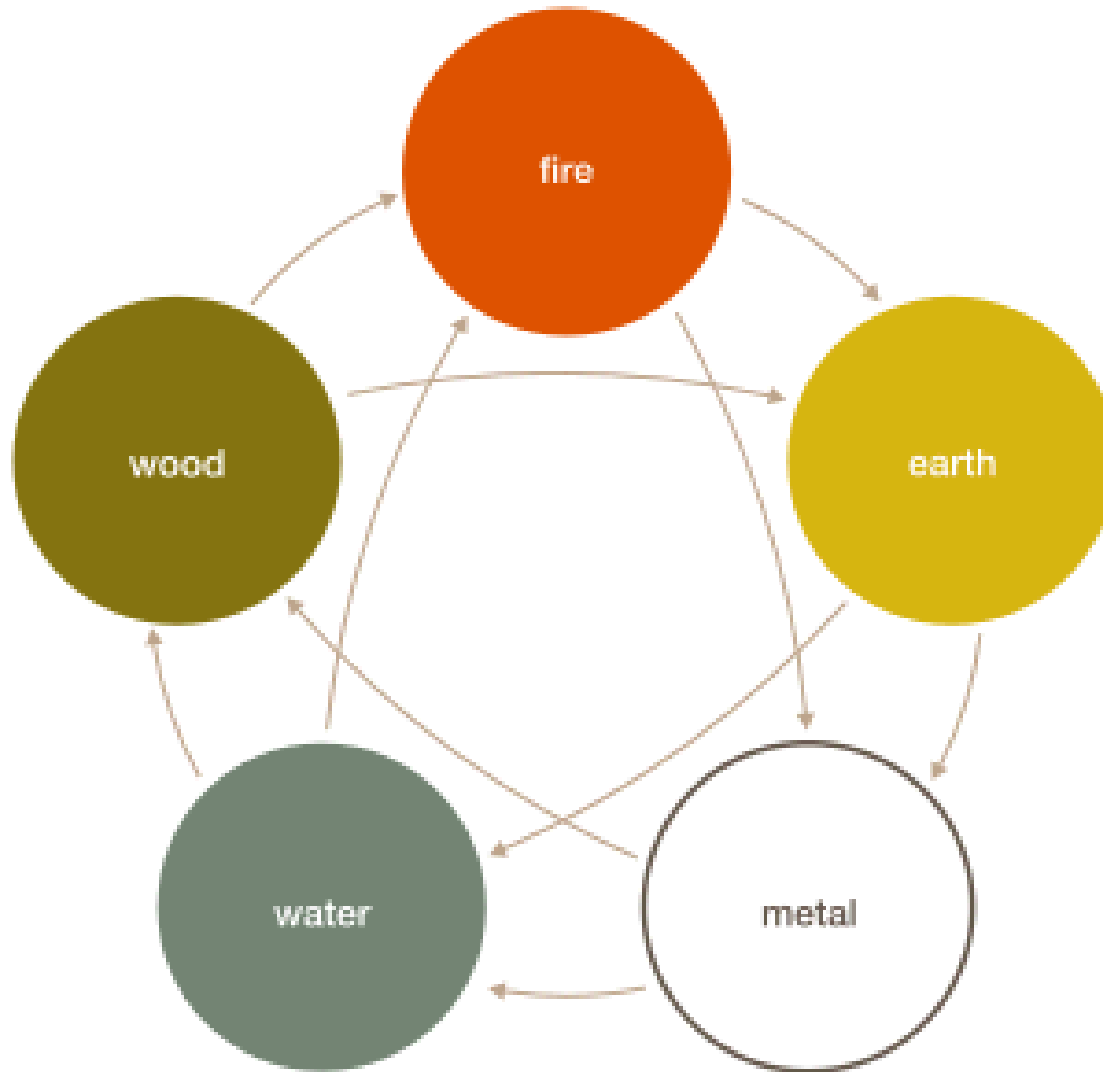
Chamomile tea is Yin

Caffeine is Yang

Taoist and Buddhist Tradition

- Taoism is a philosophy which focuses on proper balancing of energies.
- Nature – cycles of balance: **5 Element Style**
- Generating cycle: Wood nourishes Fire, Fire nourishes Earth, Earth nourishes Metal, Metal nourishes Water, Water nourishes Wood.
- Controlling cycle: Water controls Wood, Metal controls Wood, Earth controls Water, Wood c Earth.
- Feng shui
- *Tao Te Ching (The Way)* by Lao Tzu Taoist philosopher
- Buddhism: “The Middle Way”

5 Elements



Acupuncture

- Insertion of thin needles into points on meridian pathways in the body to correct imbalances.
- 12 main meridians in the body. Energy circulates every 24 hours. Needles are inserted into the musculoskeletal area, however they can impact the internal organs.

Meridian Time Clock

- LI 5:00 – 7:00 am ← LU 3:00 – 5:00 am
 - ST 7:00 – 9:00 am → SP 9:00 – 11:00 am
 - HT 11:00 – 1:00pm ← SI 1:00 – 3:00 pm
 - UB 3:00 - 5:00 pm ← KD 5:00 – 7:00 pm
 - PC 7:00 – 9:00 pm ← TW 9:00 – 11:00 pm
 - GB 11:00 – 1:00 am ← LV 1:00 – 3:00 am
-

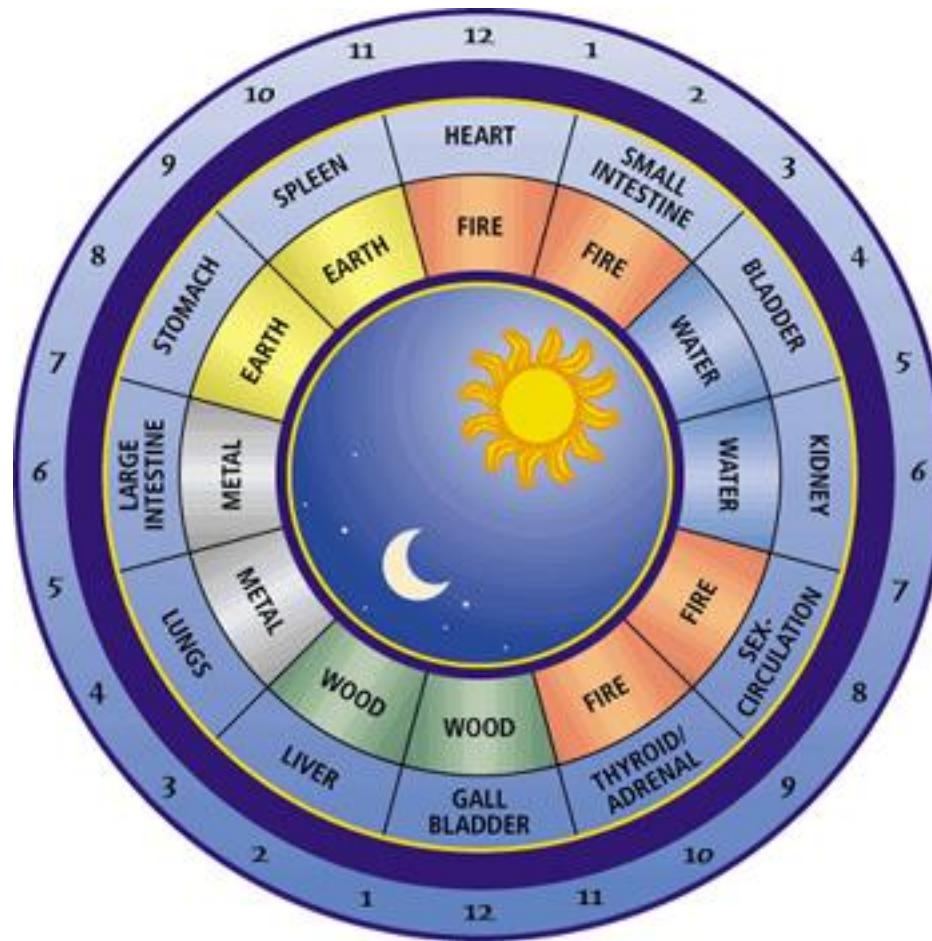
LI=Lg. Intestine/LU=Lung(Grief)

ST=Stomach/SP=Spleen (Worry) HT=Heart(Joy)/SI=Sm. Intestine

KD=Kidney (Fear)/UB=Urinary Bladder TW=Triple Warmer

PC=Pericardium GB=Gall Bladder/LV=Liver(Anger)

Dr. Dale's 5 Element Clock



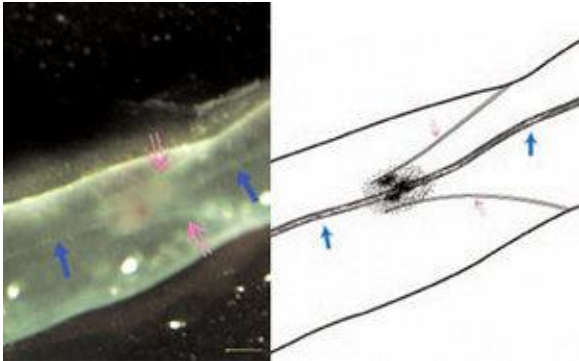
Meridian

- Meridian is an energy pathway. Energy (qi) and blood are intricately linked. If the energy is flowing, the blood will flow as well.
- Meridians are not blood vessels. Meridians are not nerves. Meridians are separate entities on their own. Acupuncture points on the meridians are energy gathering points.
- Some meridians are weakly luminescent via infrared imaging.
- Low skin impedance (meridians as conductors).

Meridians

- Meridians act like a cable in a cable TV system. Different frequencies in transmission lines will give different programs in the receiving TV set, as different frequencies in meridians will have different effects on related organs or physical systems.
- **To Stimulate or not**, that is the question?
- Different frequencies produce different types of opiod effects. 2hz is mediated by the mu- and delta-receptors; 100 hz is mediated by kappa-receptors.

Pic of Actual Meridian



This photo was taken with a surgical camera, depicting a white thread- like line going down the arm.

All known explanations were ruled out and it was theorized that this was a photo of an actual meridian.

For those involved in Chinese & Energetic Medicine, it was an exciting find and hopefully will lead to further research into this area.

Also discovered-stem cells in the vicinity of the meridians, suggesting there may be a correlation between meridians and stem cells

It was sent to Byron White by a doctor, involved with stem cell research. www.byronwhiteformulas.com

Acupuncture points

- Meridians are “tube-like,” without the tube. Acupuncture points are on this “tube.”
- Acupuncture points have been shown to have significantly more electrical conductivity than areas of skin without acupuncture points.
- 365 points on each side of body, plus ashi and empirical points

Theories

- Pain is stuck qi, needle opens the “gate”
- Piercing the skin causes vaso-dilation
- Biochemical defense mechanisms are triggered – this stimulates the immune system and tissue repair
- Releases chemicals (ex: endorphins) – body’s innate painkillers; analgesic effect
- Releases chemicals that influence the body’s self-regulating system: BP, hormonal imbalances, increases red and white blood cell count

When skin is broken

- The cells in this area release chemicals
- Vasodilatation occurs: the blood vessel dilate and more blood flows to the area
- Phagocytes within the blood will destroy any bacteria in area; clean out any debris or dead cells
- Lymphocytes function in immunity. Biochemical defense mechanisms are triggered. This helps speed the repair of tissue, flush out toxins, and destroy bacteria.

Point Properties

- All points have a purpose.
- Point properties.
- **Jing-well points:** Clears Heat & Stagnation from the opposite end of the (ex: fever, heat, mouth)
- **Ying-spring points:** clear heat along the whole channel
- **Shu-stream points:** located at or near the joints of the extremities (i.e. ankles & wrists); important for tonifying.
- **Jing-river points:** found on forearm and lower legs. disorders of the local tissues (muscles, tendons, bones, joints)
- **He Sea points:** located at or near the elbows and knees; where the qi of the channel enters a deeper level to communicate with its pertaining organ

Differential Diagnosis

Pattern Differentiation, Information Gathering

- Observation: tongue, pulses, etc
- Intake questions: heat/cold; chest/abdomen, hunger/thirst, urination/stool, vision/hearing, sleep, reproductive, stress, etc.

Diagnoses

- Qi stagnation; qi deficiency
- Blood stagnation; blood deficiency
- Dampness (yin pathogen, damages yang)
- Bi pain; trauma pain
- Yin: LU, HT, LV, SP, KD
- Yang: LI, SI, GB, ST, UB

Tongue

- Looking at the shape (swollen, shriveled up; thin, flat)
- Color (light pink to dark red, almost black)
- Coating: thick, thin, none, peeled



Pulse

- Can count heart beats (60-100 bpm normal)
- Gives info on energetics of the body
- Left wrist: HT/SI, LV/GB, KD/UB
- Right wrist: LU/LI, SP/ST, KD/UB

Acupuncture

Let's get to the point!

What's it good for?

World Health Organization

**Diseases, symptoms or conditions for which
acupuncture has been proved-through
controlled trials-to be an effective treatment**

<http://apps.who.int/medicinedocs/en/d/Js4926e/5.html>

National Institute of Health

- September, 2012
- 29 studies; 17,922 people
- Acupuncture is clinically relevant; not a placebo effect; option for people with chronic pain
- <http://nccam.nih.gov/research/results/spotlight/091012>

Musculoskeletal

- Neck pain
- Upper, middle, lower back pain
- Shoulder pain
- TMJ (temporomandibular joint pain)
- Whiplash
- Osteoarthritis and rheumatoid arthritis
- Sciatica
- Tennis and golfer's elbow

Head and Respiratory Tract

- Asthma
- Common cold
- Bronchitis
- Ear, nose, throat
- Dental pain
- Laryngitis
- Sinusitis and Rhinitis
- Ear infection

Digestive Disorders

- Gastro-esophageal reflux (GERD)
- Constipation/diarrhea
- IBS (irritable bowel syndrome)
- Crohn's Disease, Colitis, Inflammatory Bowel Syndrome
- Abdominal pain
- Bloating, excessive gas
- Poor digestion

Gynecological

- PMS/cramps/irritability
- Irregular cycles
- Infertility (male and female)
- Menopause
- Morning sickness/nausea

Neurological

- Headaches (tension, migraines)
- Post operative pain
- Diabetic neuropathy
- Carpal tunnel syndrome
- Dizziness
- Paralysis/numbness
- Tinnitus (ear ringing)

Mental Health

- Anxiety
- Depression
- PTSD
- insomnia, nightmares

Addiction

- Smoking
- Street drugs
- Prescription drugs
- Food

Cancer

- Complementary care for cancer patient
- Dry mouth
- Fatigue
- Stomach pain/loss of appetite
- Emotional issues (anxiety/depression)

Electro-acupuncture

- Electrical current is sent through needles
- Relieves pain, reduces swelling, stimulates the regeneration of injured tissue, tendons and ligaments,

Chinese Herbology

- May include plants, minerals, animal products
- Single herbs and formulas
- Very effective if taken according to directions
- Few side effects
- May conflict with western pharmaceuticals

Gua Sha

- Gua = scraping sha = red dots
- Performed in musculoskeletal areas of the body
- Dispels a cold (acute condition)
- Chronic pain: promotes circulation; removes blood stagnation; promotes clearing of metabolic processes; reduces pain and stiffness

Cupping

- Suction effect which:
- lifts the tissue,
- enables enhanced circulation
- clearing of metabolic processes
- reduces pain and stiffness



Nutrition

- Fats: bad fats lead to pro-inflammatory chemicals. Good fats bolster anti-inflammatory compounds.
- Recommend food according to your differential diagnosis
- Cooling foods
- Green Tea

Moxabustion

- Derived from the mugwort plant
- Dried. Comes in a few different formats.
- Used to warm and tonify the body.

Tai Qi/Qi Kung

- Movements that keep the body's energies flowing; enhance energy, health and wellness
- Stem from the martial arts

Thank you!

Kari Webb

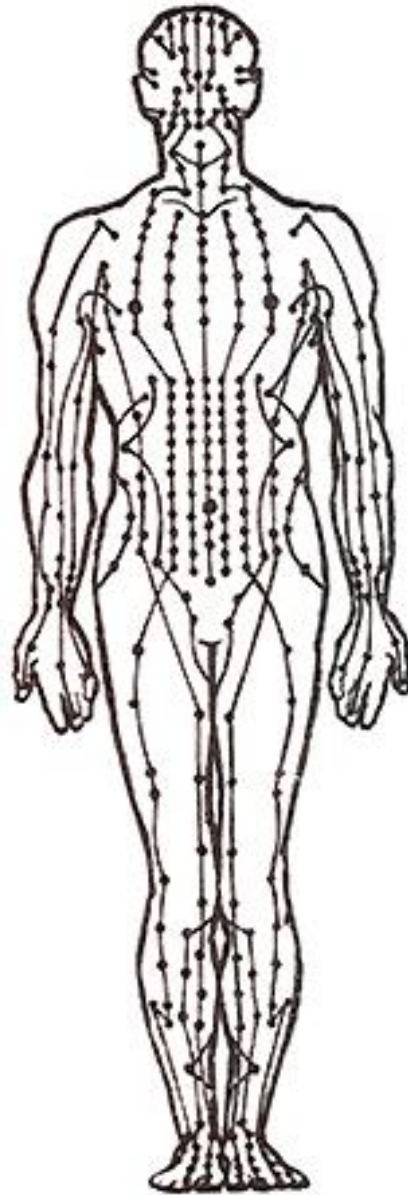
- Healthy Living Acupuncture
55 Stafford St.
Plymouth, WI
- 920-893-8796

or

952 Park Ave.
Fond du Lac, WI
920-921-9100

www.healthylivingacu.com

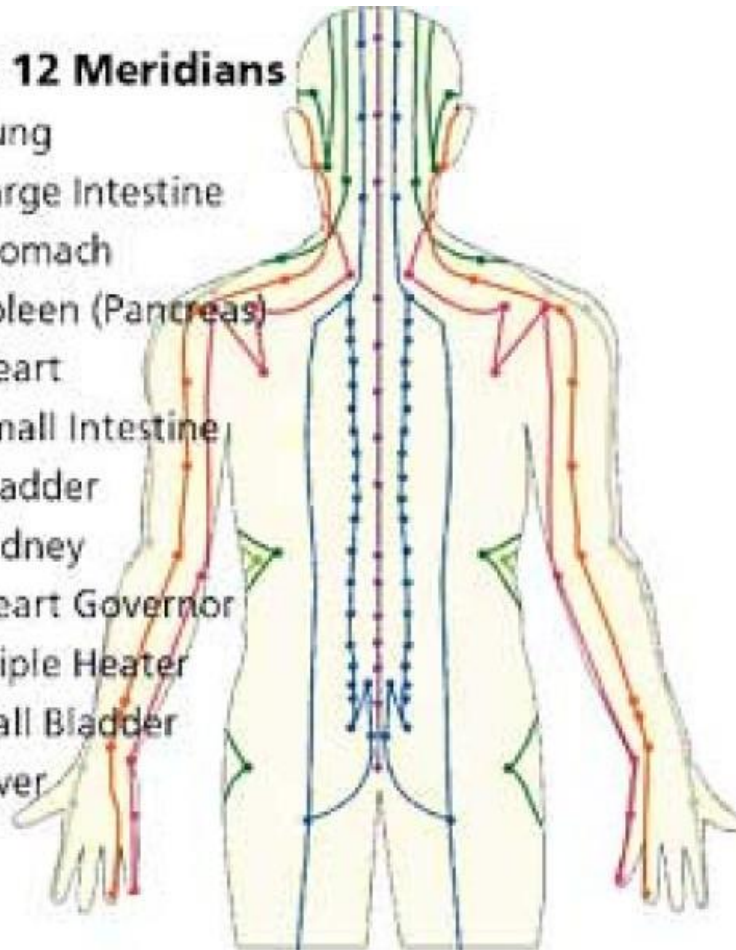
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12 Meridians

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YIN & YANG

