

II. Acupuncture Techniques Demystified

A. *Weekend 2 Introduction*

1. Class Format

- a) 12-hour UBCC Sponsored CCE Class: Saturday 12 noon - 6:00pm / Sunday 8-11am & 12:30-3:30pm
- b) 3-Hour Demo/Hands-On Practice Session: Sat 6:00 - 7:30 PM / Sunday 11am - 12:30pm

2. Acupuncture/Moxibustion

- a) Needle Types
 - (1) Standard
 - (2) Retained
 - (3) Bleeding
- b) Moxa
 - (1) Direct
 - (2) Indirect
- c) Non-invasive
 - (1) Moxa
 - (a) Direct
 - (b) Indirect
 - (2) Cupping
 - (3) Guasha
 - (4) LASER
 - (5) Pressballs / Seeds
 - (6) Magnets
 - (7) Electro-Stim
 - (a) Invasive / Non-Invasive
 - (8) Essential oils

B. *Clean Needle Technique*

1. ALWAYS:

- a) *Wash Hands Between Patients*

- b) Use Sterile Needles*
- c) Establish a Clean Field*
- d) Wash Hands Prior to Inserting Needles if Hands Have Been Contaminated*
- e) Isolate Used Needles Immediately*

2. Universal Precautions: Prevention of Exposure and Prevention of Disease if Exposure Occurs.

- a) Use with All Patients*
- b) Hand Washing*
 - (1) # 1 for Infection Control
 - (2) Soap & Running Water 10 Seconds Minimum
 - (3) Alcohol Based Hand Disinfectants are Acceptable for Hand Washing
- c) Gloves, Gowns, Masks, Goggles etc. when needed*
- d) Use Sterile and/or Clean Equipment and Work Areas as directed*

3. Sterile vs. Clean

- a) Sterilization*
 - (1) Needles & other Instruments that Penetrate the Skin or Touch the Mucous Membrane
 - (2) Bleach Solution for Non-Porous Items
 - (a) 1:10 solution Bleach: Water*
 - (b) Soak for 1 hour*
 - (c) Use within 24 hours*
- b) Disinfection / Antisepsis/ 70% Isopropyl Alcohol*
 - (1) Use on Clean Skin to reduce pathogens and inanimate objects on the skin
- c) Clean Technique*
 - (1) Using Sterilization, Disinfection, Antisepsis, washing, etc.

4. Clean Field

a) The area prepared to contain acupuncture equipment & supplies

b) Clean Tray or Paper Towel Work Surface

(1) Sealed/Open Needles

(2) Alcohol Swabs

(3) Dry Cotton Balls

(4) Gloves

(5) Clean Instruments

(a) Gua Sha Tool

(b) Cups

(c) Forceps

(d) Ear Probe

(e) Etc.

c) Off the clean field

(1) Waste container

(a) Plastic Lined Paper Bag

(2) Biohazard Container

(3) Other Non-Clean Items:

(a) Pens

(b) Discarded Insertion tubes and wrappers

(c) Etc.

7. Needles Must be Sterile

- a) Use Single-Use Disposable Needles*
- b) Avoid Contamination when removing needles from packaging*

8. Cups and Guasha Tools

- a) If no bleeding occurs: Cups May be Cleaned with Soap and Water*
- b) If Bleeding occurs: Cups Must be Cleaned and Sterilized (Bleach Solution)*

9. Biohazard Containers

- a) Needles ONLY in Biohazard Containers*
 - (1) Cotton balls, ONLY IF SOAKED WITH BLOOD
 - (2) Cotton balls tinged with blood are disposed in double bagged waste

- a) *Disposal*
- b) *Storage*
- c) *Transportation*

6. All Participants should cooperate in setting up a complete clean field at each table.

D. Office Setup/Patient Flow

- 1. Patient Scheduling
- 2. Order of Treatment Modality
- 3. Assistant(s)
- 4. Gowns / Gym Shorts
- 5. Treatment Tables

- a) *Bolsters*
- b) *Table Extenders*
- c) *Boards & Blocks*

- 6. Stool/Chair
- 7. Treatment Cart
- 8. Treatment Supplies
- 9. Biohazard container
- 10. TDP/Heat Lamp
- 11. (Space) Blankets
- 12. Timers
- 13. Call Buttons
- 14. Forms

a) *Find Forms Online: www.AcuPracticeSeminars.com*

(1) Resources Page

- b) Intake*
- c) Informed Consent*
- d) Moxibustion Instruction/Consent*
- e) Cupping / Guasha Information Letter*
- f) Patient Education Handouts*

E. Risk to Acupuncture Providers

1. Train Staff Carefully in

- a) Recognition of Contaminated Needles*
- b) Office Procedures Regarding Needles*
- c) Handling Contaminated Needles*
- d) Needle Sticks*

2. Needle Stick

- a) Use Caution to Avoid*
- b) CDC Recommends*
 - (1) Consult a Physician Immediately
 - (2) Test Source for HBV, HCV, HIV within 2 hours if possible
 - (3) Begin Treatment ASAP, if required

2. **Blood Exposure**
 - a) *Glove Carefully*
 - b) *Double Glove when necessary*

G. Acupuncture Patient Side Effects

1. **High Risk Patients**
 - a) *Use Universal Precautions*
2. **Needle Sickness / Fainting**
 - a) *Vasovagal Response*
 - b) *Remove Needles, Have Patient Lie Down*
 - c) *Perhaps a few sips of water*
3. **Pain / Bruising / Swelling at Needle Site**
4. **Stuck Needle**
5. **Forgotten Needle**
6. **Neuritis**
7. **Moxa Burns**
 - a) *Use Caution*
 - b) *Assess Patient's Heat Tolerance*
 - (1) Neural injury, diabetes, paralysis, etc.

a) Treat w/ Western Medical Techniques

b) Sterile dressing

c) Appropriate referral

10. Abscess

11. Allergic Dermatitis

12. Broken Needle

a) Leave some shaft visible

13. Auricular Chondritis

14. Pneumothorax

15. Organ Puncture

a) Eyes

b) Veins/Arteries

(1) 30 sec – 5 minutes direct pressure

c) Enlarged

(1) Heart

(2) Liver

(3) Spleen

(4) Kidney

d) Spinal Cord

(1) Exercise Caution With DU 15 & DU16 (GV 15 & GV 16)

2. Seizures

I. Contraindications and Cautions

1. Always use Caution when treating Patients who are or may be

- a) *Pregnant*
- b) *Elderly*
- c) *Diabetic*
- d) *Very Tired*
- e) *Very Hungry*
- f) *Under the influence of any Mind Altering/Pain Relieving Medications*
- g) *Numb in an area to be treated*

2. Points Contraindicated in Pregnancy

- a) *LI 4*
- b) *SP 6*
- c) *GB 21*
- d) *Points on the Abdomen*
- e) *Points on the Lower Back*

3. GB 21 Contraindicated for patients with Heart Conditions

4. Electro-Acupuncture Contraindicated for patients with

- a) *Pacemakers and other electrical implants*
- b) *History of Seizure Disorders*
- c) *Strongly Recommended not to apply electro-acupuncture across the heart (i.e. Chest to Back/ Left to Right/ Arm to Arm)*

J. Needle Selection

1. Considerations

- a) *Ease of application*
 - (1) Insertion
 - (2) Rotate / thrust etc.

(3) Painlessness

b) Degree of Stimulation

c) Personal Preference

d) Conductivity

(1) Electrical

(2) Ability to feel and transmit Qi

2. Variables

a) Thickness

b) Length

c) Handle

(1) Filliform (Wound) / Solid

(2) Metal / Plastic

3. AcuPractice Recommendation

a) “Seirin” Brand Needles

(1) Lhasa OMS 1-800-722-8775 www.lhasamedical.com

(2) 30mm # 3 = 36 gauge Chinese / 0.20mm

(a) *General Utility Needle (10 to 1)*

(b) *Blue Handle*

(3) 40mm # 5 = 32 gauge Chinese / 0.25mm

(a) *Stronger Stimulation*

(b) *Deeper Points*

(c) *Chinese Scalp Acupuncture*

(4) 60mm # 8 = 28 gauge Chinese / 0.30mm

(a) *Strongest Stimulation*

(b) *Deepest points*

(5) Interdermals: 6mm #1

K. Tonification, Sedation, and Even Needling

1. Even / Harmonizing
2. Tonification
 - a) *Mild Stimulus*
 - b) *Mild Thrusting*
 - c) *Moderate rotation*
3. Sedation
 - a) *Strong Stimulus*
 - b) *Strong Thrusting*
 - c) *Great rotation*

L. Needling Depths & Angles

1. Angle of Insertion
 - a) *Usually Perpendicular to the Skin*
 - b) *Exceptions will be noted*
2. Needling Depths
 - a) *Avoid Organs and Blood Vessels*
 - b) *Consider the Underlying Structure*
 - c) *Usually into the middle of the Muscle under the point*
 - d) *Usually between 1/4 and 3/4 inch deep*

M. Electro-Acupuncture

1. Introduction
 - a) *First used in the 1950s*
 - b) *How does it Work?*
 - (1) Electrical signals travel to the Brain or Spinal Cord and encourage the production of Hormones and Neurotransmitters.
 - c) *Often Used For*
 - (1) Acute & Chronic Pain (55%-85% success rate)

- (i) Placebo 30-35%
- (ii) Morphine has a 70% success rate

- (2) Traumatic Injury
- (3) Paralysis
- (4) Dental / Surgical Anesthesia

2. Two Types of Electro -Acupuncture

a) *Milliamps*

- (1) Standard Electro Acupuncture

b) *Microamps aka Microcurrent*

- (1) Much Less stimulation
- (2) Function on a cellular level

3. Machines

a) *Quality Considerations*

- (1) Expense
- (2) Precise Frequency and Intensity Adjustments
- (3) Number of Channels
- (4) APD / Elect. Stim.
- (5) Quality of Biphasic Wave

b) *Recommended Machines*

- (1) E-Stim II
 - (a) *Milliamp & Microamp*
 - (b) *2 Channels*
 - (c) *Inexpensive*
 - (d) *Works Fine*
- (2) ITO IC 1107
 - (a) *Milliamp Only*
 - (b) *3 Channels*
 - (c) *Moderately Priced*

- (d) *Works Well*
- (3) Pantheon
 - (a) *Milliamp and Microamp*
 - (b) *4 Channels*
 - (c) *Higher Price*
 - (d) *Works Very Well*

4. User Interface

a) *On/Off Switch*

b) *Intensity Controls*

- (1) Click Off Before Turning Unit On
- (2) Reliability May be Dependent on Battery
- (3) Some Machines are Very Sensitive
 - (a) *Always turn up SLOWLY*
- (4) Turn Intensity to Zero Before Switching any other controls
- (5) Usually 3- 4 Channels (Output Jacks)
 - (a) *(+) (-) Switches*

c) *Intensity Multiplier*

d) *Frequency Multiplier*

e) *Frequency Modulation Controls*

- (1) Visual freq. Indicator Light
- (2) Continuous
 - (a) *Constant Hz*
 - (b) *each pulse follows the preceding one*
 - (c) *////////////////////*
- (3) Discontinuous
 - (a) *Irregularly Irregular*
 - (b) *Constant Hz / Random Time Slots*
 - (c) */////-----////////////////-----/////-----////*

(3) Biphasic Pulse

- (a) *Imperfectly Matched Biphasic Pulses lead to the area where the Black (-) clip is placed, experiencing more stimulation(pain)*

c) Intensity

(1) Low Intensity

- (a) *At threshold of M. contraction*

(i) *Observable M.(or needle) movement*

- (b) *May be useful for tonification*

(2) High Intensity

- (a) *5-10 times the threshold for M. contraction*

(i) *Intense M. Contractions*

- (a) *Gradually increase every 5 min. for 30 min. until intense M. contractions are observed if necessary*

d) Frequency

(1) Low Frequency

- (a) *Individual M. Contractions*

(b) *1-4 Hz*

(c) *Midbrain / Hypothalamus / Pituitary Stimulation*

(2) High Frequency

- (a) *Tetanic M. Contraction*

(b) *50 Hz or Greater*

(c) *Spinal Cord Stimulation Only*

6. Treatments

a) Needles

(1) choose a heavy gauge (# 5-8)

- (a) *Finer needle = greater resistance*

(2) Pair in areas of EQUAL sensitivity

- (a) *face to face*

(i) *Skin Nerves*

(b) *hand to arm*

(i) *Deep M. Nerves*

b) *High Frequency / Low Intensity*

(1) *No Cumulative Effect*

(a) *Spinal Cord Only*

(2) *Intensive Local Anesthesia*

(3) *Short onset*

c) *Low Frequency / High Intensity*

(1) *Longer lasting Cumulative Effect*

(a) *Midbrain & Hypothalamus-Pituitary*

(2) *Systemic Effect*

7. *Contraindications*

a) *No EA. W/ Pacemakers (Nat. Exam)*

b) *FDA bans EA on Head*

c) *No EA stim over Neck*

d) *STRONG EA stim in spastic Muscles*

e) *No EA Crossing the Heart*

f) *In Pregnancy*

(1) *No EA Around Fetus*

(2) *No EA on Strong Moving Points*

(3) *No EA Below BI23*

- a) *Note: Amer. Assoc. for Medical Instrumentation recommends levels below 250 mA @ 1.0 ms across the heart (arm to arm). This is 50 - 100 times higher than EA. devices generally deliver (2.5 -5.0 mA @ 1.0 ms)*

O. Laser Acupuncture

1. Low Level Laser Therapy / LLLT

2. Recommended Laser for Acupuncture Treatment

- a) *Class III Lasers*

3. Wavelength

- a) *Prime determinant of tissue penetration.*

- (1) Areas of thick skin or muscle may require higher doses for penetration than finer skin areas e.g. ear.

- b) *Lasers which penetrate less deeply / suitable for acupuncture point stimulation and biostimulation.*

- (1) 630 – 680nm (nanometers) visible, coherent, bright red

- c) *1.5mW - 5 mW*

- (1) up to 10 mW are available

- (2) A minimum of 1mw and 10-12seconds are required to produce any sort of reaction

- d) *HeNe (Helium - Neon) gas or Diode*

- e) *Should shine @ 65 feet in a well lit room, 300 feet in a dark room*

4. Use the same rules of point selection as needle acupuncture

- a) *Energetics*

- (1) Moving

- (2) Perhaps Warming

- a) *Trigger points/snap signs release*
6. **To promote healing**
- a) *Wounds: ulcers, burns, pressure sores*
 - b) *Skin infections such as herpes zoster, labialis and genitalis.*
 - c) *Enhancing effect on healing wherever inflammation is present*
7. **Contraindications**
- a) *Do not shine laser through pupils when treating around eyes*
 - b) *No laser to fontanels of infants*
8. **Cautions**
- a) *Conditions which may be treated but requiring experience and caution*
 - (1) tumorous tissues
 - (2) pregnancy
 - (3) unstable epilepsy
 - b) *Children and the elderly may require smaller doses.*
9. **Side-effects Patients may experience:**
- a) *The same as with needles*
 - (1) treatment reaction / needle sickness
 - (a) *Dizziness*
 - (b) *Fainting*
 - (c) *nausea*
 - (d) *tiredness*
 - (e) *headache*
 - (2) change in the site of pain
 - (3) increased pain.

10. Demonstration /Practice

P. Moxa

1. **NOTE: Due to restrictions in some Facilities (Hotels) moxa demonstration and practice (with burning moxa) may be limited to a brief outdoor experience. However, a practical experience can be obtained by going through the motions with unlit moxa. While it is not optimal, this technique will give you some physical memory to start with.**
2. **Properties**
 - a) ***Warm***
 - b) ***Bitter***
 - c) ***Anti-Bacterial***
3. **Actions**
 - a) ***Warms***
 - (1) Body
 - (2) Meridians
 - (3) Limbs
 - (4) Uterus

- b) Expels Cold & Damp*
- c) Revives Dying Yang*
- d) Invigorates/Moves Qi & Blood*
- e) Regulates Qi & Blood*
- f) Opens The 12 Primary Channels*
- g) Repairs Traumatized Tissue*

5. Indications

- a) Pain*
- b) Cold*
- c) Deficient Yang*
- d) Stagnation*
 - (1) Qi
 - (2) Blood
 - (3) Phlegm
- e) Internal Uses*
 - (1) Warms the Uterus
 - (2) Kills Tapeworms

6. Procedure

- a) Treat Upper Body before Lower Body*
- b) Head & Body before Extremities*
- c) Cautions & Contraindications*
 - (1) Not on Upper Body W/ Heat
 - (2) Pregnancy
 - (a) Not Direct*
 - (b) Not Near Fetus*
 - (i) Moving
 - (3) No Direct

- (a) Cv14, 15
 - (i) Ht
- (b) Face - Hands
 - (i) Scar
- (c) Bl1
- (d) St1
- (e) St9

7. Methods of Use

a) Always Explain Procedure To Pt.

- (1) Patient Is In Control
 - (a) "Hot" is the Operative Term

b) Indirect

- (1) Belly Bowl (Bong Re)
 - (a) Very good to tonify Spleen & Kidneys
 - (b) Remove resin
- (2) Tiger Warmer
 - (a) Milder odor than regular moxa Pole

Two Sizes Small and Large (Lion Warmer)

- (3) Pole / Roll
 - (a) Straight vs. With Other Herbs
 - (b) Bird Pecking / Warming Technique
 - (i) Touch Pt. With Finger
 - (ii) Do Not Move the pole around
 - (iii) Hold 0.5 To 4 Inches Away
 - (a) **To Disperse** hold pole close: 0.5 – 1.0 " away form the skin
 - (b) **To Tonify** hold pole at least 2.0 inches away, usually 2.5 - 4" away.

- (c) *The Object of the technique is to increase blood circulation to the area, NOT to scorch the skin.*
 - (d) *This Takes Time*
 - (e) *8-10 minutes minimum per point*
- (4) On Needle
 - (a) *Heated Needle*
 - (b) *Pole Segment 3/4 X 3/4*
 - (c) *Loose Moxa*
- (5) Moxa Instrument
- (6) Moxa on Ginger
 - (a) *Thickness Of 2 Quarters*
 - (b) *Holes Or Not*
 - (c) *Apply When Hot*
 - (d) *Use Once Only*
 - (e) *Indications*
 - (i) Cold ST/SP Disharmonies
 - (ii) Cold Joint Pain
 - (iii) Cold Lung Disharmonies
- (7) Moxa on Garlic
 - (a) ***Use care not to burn the patient. Garlic can cause chemical burns, even without the added heat from the Moxa.***
 - (b) *Fresh*
 - (c) *Thick Slices or Mashed*
 - (d) *Indications*
 - (i) Special For Inflammation
 - (a) *Carbuncles*
 - (b) *Boils*
 - (ii) Insect Bites

- (8) Moxa on Salt
 - (a) *Special For CV8*
 - (b) *Indications*
 - (i) Cold Abd. Pain
 - (ii) Nausea / Vomiting
 - (iii) Diarrhea
 - (iv) Cold / Deficiency Constipation

c) *Direct*

- (1) AcuPractice Recommendation: Purchase Pre-rolled Direct Moxa (SMALL SIZE)
- (2) Holding Medium for Direct Moxa
 - (a) *Lip Balm (Burt's bees)*
 - (b) *None*
 - (c) *Ointment / Oil*
 - (i) As little as possible
- (3) Shape
 - (a) *Football-shaped Cone*
 - (b) *Tightly Rolled*
 - (i) Retain Shape
 - (c) *Roll In One Direction Only*
- (4) Sizes
 - (a) *½ Sesame Seed*
 - (b) *Sesame Seed*
 - (c) *½ Rice Grain*
 - (d) *Rice Grain*
 - (e) *Red Bean (Adzuki)*
 - (f) *Green Bean (Pea)*
 - (g) *Yellow Bean (Soy Bean)*
 - (h) *Peanut*

- (i) *Chestnut*
- (5) Thread Moxa
 - (a) *Use Ultra Pure Moxa*
 - (b) *Thread*
 - (c) *Tonify and or Disperse*

8. Treat Moxa Burn

a) *Blister*

- (1) Cover
- (2) Do Not Break
- (3) If It Breaks
 - (a) *Cover W/ Sterile Dressing*

b) *Standard Treatment for 3rd Degree Burns*

- (1) If the burn is severe or becomes infected, seek specialized Western medical attention.
- (2) Keep wound clean
- (3) Cover W/ Sterile Dressing
- (4) Antibiotic ointment, if any

9. Moxa Practical

a) *Direct Non-Scaring with Pre-Rolled Moxa*

b) *Belly Bowl*

c) *Tiger Warmer*

d) *Moxa Pole*

- (1) Tonify
- (2) Disperse

a) *Moxa on Needle*

Q. TDP Lamp

1. **Interesting Read on Wikipedia**

2. **Western Theory**

a) *USFDA Class II: Class of devices approved by the FDA for temporary relief from pain and arthritis*

b) *Far Infrared (below visible light) Heating Device*

c) *Increase Microcirculation*

d) *Loosens Fascia*

e) *Accelerate Natural Healing Processes*

3. **Oriental Theory**

a) *Therapeutic substitute for moxibustion*

b) *Reported to be the only mechanical device that can add Qi to the body*

4. **Application**

a) *Bare skin exposure with the lamp positioned 12-18 inches from the body*

b) *15–30 minutes*

5. **Replaceable Mineral Plate**

a) *Proprietary formula of 33 trace elements*

b) *Estimated life of 1000–1500 hours.*

c) *When the mineral plate looks ash grey, it is time to replace it.*

6. **Dr. Jim's Experience**

Everyone should have and use TDP Lamps, but they are not exactly moxa

a) *Replaces Moxibustion for:*

(1) Warming

(2) Moving Qi & Blood

(3) Repairing Traumatized Tissue

b) Can Tonify Somewhat, when used together with Spray Moxa

R. Gua Sha & Cupping

1. Definition

a) Gua Sha

(1) Scraping of the skin with a Blunt Instrument to release congestion in the exterior

b) Cupping

(1) Stationary or Moving Suction Cups applied to the skin to help bring stagnation to the surface, and release it.

2. Gua Sha

a) Scraping of the skin with a blunt instrument

(1) Similar to Graston Technique

b) Often Causes Some Bruising

c) Actions

(1) Stubborn Pain or Congestion with “Sha”

(a) Especially for upper and mid-back pain

(2) “Sha”

(a) evidence of stagnation plus

(i) blanching upon palpation

(ii) “Sha” upon cupping

d) Traditional Indications

(1) Reduce fever

(2) Fatigue caused by exposure to heat or cold.

(3) Cough and dyspnea

(4) Muscle and tendon injuries

(5) Benefit circulation

(6) Headache.

(7) Sunstrokes

(8) Stiffness

- (9) Pain
- (10) Immobility.
- (11) Digestive disorders.
- (12) Urinary disorders
- (13) Gynecological disorders.

e) *To assist with reactions to food poisoning*

f) *Procedure*

- (1) Lubricate
- (2) Instrument
 - (a) *Gua Sha Instrument*
 - (b) *Porcelain Spoon*
 - (c) *Smooth Coin*
- (3) Apply Gua Sha till Sha Appears
- (4) Follow with Indirect Moxa
 - (a) *to inhibit cold entering*

g) *Recommendations for Post- Gua Sha Patient Behavior*

- (1) Immediately Post Tx.: Indirect Moxa/ TDP Lamp over entire area treated
- (2) Keep area Warm and Covered for 12 -24 hr.
- (3) 48 - 72 hr. Avoid Excessive consumption of
 - (i) Flour Products/Baked Goods
 - (ii) Greasy/Fried Foods
 - (iii) Excessive Dairy (esp. cold)
- (b) *A little alcohol is OK*

3. *Cupping*

a) *Stationary or Moving Suction Cups Applied to the Surface of the Skin*

b) *Often Causes Some Bruising*

c) *Indications*

- (1) Lungs

- (2) Upper – Mid-back
- (3) Low Back - Sciatica

d) Procedure

- (1) Lubricate
- (2) Light with a good lighter (Aim & Flame®)

e) Stationary Cups

- (1) Leave in place for @ 20 minutes

f) Moving Cups

- (1) Pressure on Trailing Edge
- (2) Follow Natural Qi Flow

g) Think of it as a “Cup Massage” or “Cupping Gua Sha”

h) Recommendations for Post- Cupping Patient Behavior

- (1) Same as for Gua Sha

S. Needle Technique Demo / Practice Session

1. After Class, all participants are invited to participate in a Demo / Practice Session.
2. Ideally all participants should practice needling at least each of the following points.
3. Hands & Feet
 - a) *LI 4, LR 3*
 - b) *SJ 5, GB 41*
 - c) *PC 6, SP 4*
 - d) *LU 7, KD 6*
 - e) *SI 3, UB 62*
4. Back:
 - a) *Du 4*
 - b) *UB 23*
 - c) *Hua Tou Jia Ji Points*
5. Leg & Arm
 - a) *St 36*
 - b) *Sp 6*
 - c) *KD 3*
 - d) *LI 14*
 - e) *LI 15*
6. Hip
 - a) *GB 26*
 - b) *GB 30*
7. Head
 - a) *Du 20*

b) Tai Yang

c) Yin Tang

d) St 6

e) GB 14

8. Abdomen / Lower Warmer

a) St 30

b) Ren 2

c) KD 16

d) Ren 12

9. GuaSha / Cupping Demo / Practice

10. Moxa Demo / Practice

11. Electro-Acupuncture Demo / Practice