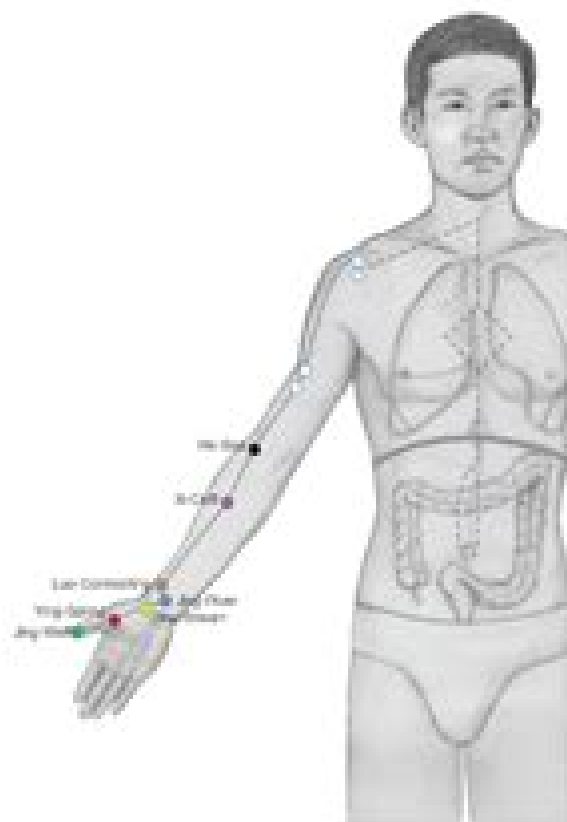


8

Points of the Arm Tai Yin Lung Channel

手太陰經穴



General	The Lung channel starts on the lateral chest near the coronoid process and travels up the chest slightly, before entering the upper limb. It then descends the anterior aspect of the limb towards the thumb, where it ends on the radial side of the thumb (LU 1). It has 11 points. It is grouped with the Large Intestine under the Metal element in five-element theory.
More specifically	Originating in the Middle Jingmai, the channel is said to have links downwards with the Large Intestine (its Yang paired organ), and upwards, through the diaphragm, spreading through the Lungs, trachea and larynx, emerging at Lung 1 just below the lateral end of the clavicle and inferior to the coronoid process. Lung 2 is above the coronoid process and the channel then travels downwards along the arm, through the cubital fossa, and over the flexor and radial deviators of the hand and wrist ending slightly laterally towards the thumb at the radial styloid. It finishes on the radial side of the base of the thumb (LU 1).
Area covered	Chest, Anterior Arm - Antero-lateral forearm.
Areas affected with treatment	LU 4 segmental supply: lungs, chest, upper Jingmai, throat and larynx, elbow and wrist. Skin conditions (eczema/psoriasis).
Key points	LU 1, LU 2, LU 5, LU 7, LU 8, LU 10.

LU 1 Zhongfu

Middle Palace

中府

palace of the rib-cage, move the tip of the finger anteriorly approximately 1 cun to locate LU 1.

From the point of the Lungs
Intersection of the Spleen on
the Lung Channel

Myotome	C5-C8
Dermatome	C4

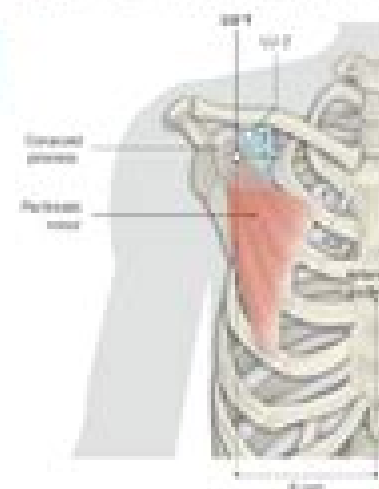
Location

On the anterior lateral aspect of the chest, approximately 1 cun inferior and slightly lateral to LU 2, just medial to the coronoid process of the scapula. Situated in the pectoralis major muscle and, more deeply, at the insertion of the pectoralis minor. Also, medially to its deep position, the muscles of the axillary armpit space (AXA), or the body of the rib, depending on the individual structure of the rib-cage and the shoulder girdle.

To aid location, ask the patient to stretch the arm out forwards (flex the shoulder) to engender the pectoralis and anterior deltoid muscles. First, locate LU 2 at the centre of the depression of the deltopectoral triangle, and then, following the

Needling

Remembering the near vicinity of the rib-cage to this point, needling should always be oblique and lateral



Tyme Acupuncture Guide

**Zack Hanner, Pamela Watson, Emily
Gorman-Fancy, Rebecca Pierre, Kate
Walsh**

Tyme Acupuncture Guide:

The Power of Pressure Points R. Barry Harmon, 2016-02-29 This Book introduces martial artists to the most effective and commonly used pressure points R Barry Harmon License Acupuncturist 9th Dahn Black Belt in the World Kuk Sool Association Any mistakes in the research or information in this book is the total and complete responsibility of the writer In no way should any contributors be held responsible for the writer s opinions or mistakes This book is meant to help martial artists understand the power use and effectiveness of using pressure points for striking and grabbing purposes This book will cover the most effective the most common and the most practical pressure points in martial arts therefore I will not cover every single pressure point that is used in martial art acupuncture or healing It will also include points or areas that are not regular pressure points but specific common areas that are used for martial art striking or grabbing I will not be discussing the anatomical or energetic effects of each point when struck but the effects of the strike on the pressure point In other words I explain what may happen to the individual when a particular pressure point is hit It was a very difficult decision to choose how much information to place in this book The goal of this book is to include enough information to help the reader understand the pressure points and their possibilities I have tried to avoid overwhelming the reader with more information than most martial artists are interested in studying That said I decided to include a little more information than most might be interested in concerning the theories of Ki Um Yin Yang Five Elements Channel theory and pressure points This information is specifically included for those martial artists that are interested in a more in depth study

Aromatherapy for Natural Health Judith White, Karen Downes, 2011-06-15 Aromatherapy for Natural Health is an ideal and comprehensive source of reference for every home Safe and effective remedies will assist in the relief and prevention of a number of common ailments from acne and arthritis to varicose veins and warts The easy to follow alphabetical format identifies essential oils methods of use and ailments and assists you in using the healing force of nature at home and in the workplace Complementary natural therapies which work in harmony with aromatherapy are also included Discover a wealth of optimum natural health options

Insiders' Guide to North Carolina's Southern Coast and Wilmington, 15th Zack Hanner, Pamela Watson, Emily Gorman-Fancy, Rebecca Pierre, Kate Walsh, 2008-06 This book offers everything you need to know about North Carolina s southern coastal area whether you re planning a vacation relocating to the area or are a local who wants to know more

Information Industry Directory , 2009 Comprehensive directory of databases as well as services involved in the production and distribution of information in electronic form There is a detailed subject index and function service classification as well as name keyword and geographical location indexes

Canadian Business , 1996 *Cumulated Index Medicus* , 1975 *Midwife, Health Visitor & Community Nurse* , 1990

Acupuncture Points Quick Guide Deborah Bleecker, 2017-04-12 How does acupuncture work This book explains the top 45 acupuncture points The information is easy to understand How to locate the points and how they can help you with your health This book is an excerpt of the book

Acupuncture Points Handbook The meridian images are included **The Layman's Guide to Acupuncture** Yoshio Manaka, Ian A. Urquhart, 1980 **Medical Acupuncture: A Practical Guide** Anthony Campbell, 2009-12-15 This book is an illustrated companion to my textbook of acupuncture *Acupuncture in Practice* which I use on the courses in modern medical acupuncture which I teach for health professionals The book will be useful for health professionals who practise modern western acupuncture *Acupuncture* Michael Nightingale, 1997 This text explains the philosophy behind the application of acupuncture and gives an introduction to the treatment what can be expected from visits to a therapist the kinds of conditions particularly suited to treatment and alternative methods of treatment *Self Healing Guide* Dimitrios P Mangioros, 2017-09-10 *Self Healing Guide* Learn self acupuncture combined with relaxation herbs diet and hydrotherapy healing practices for the 70 most frequent diseases The Knowledge acquired from this book is directly applicable anytime anywhere and by anyone even without a needle You have anxiety along with fatigue and insomnia Insert a needle at the point between the eyebrows called Extra 1 or third eye image 6 page 118 watch it also on the accompanying DVD Massage gently this point with slow circular movements Do fast eye movements in all directions and then drink some soothing tea as chamomile common lime St John s wort melissa oregano or common thyme depending on the muscle test for selecting food substances p 31 If you are afraid of needles stick adhesive magnets on acupoints using the instructions in the book If you think you are unable to find the points don t worry because the book is accompanied by a DVD with detailed demonstration of how to find the acupoints More over there is nothing easier than inserting a needle exactly where it hurts Reading the book instructions you will be able to apply simple but effective self acupuncture Help yourself when you need it with simple inexpensive healing methods without side effects Prologue The purpose of this book is to help even a single person in overcoming an illness alleviating its symptoms or preventing any such occurrence and maintaining a healthy mind and body For the first time on a global level it is stated in my book that the Primary Meridians the main energy routes in the human body consist of ten vibrating fibers and the space between them fluctuates in proportion to the yin and yang energy For the first time on a global level the waveform of the energy which is absorbed or emitted from the head of the needle at stimulation or dispersion during acupuncture is analyzed in my book For the first time a great number of herbs are classified according to the Empedoclean Hippocratic doctrine By reading this book carefully you will see a dramatic decrease in your medical expenses Visits to your physician will not stop altogether but they will be fewer you will take less medication either because you will not need it or because it will be supplemented with needles and the periods of absence from work will be reduced dramatically You should always remember that your illness must be diagnosed by a medical doctor with the assistance of laboratory and imaging tests especially if the condition is not easily treatable This book is addressed to everyday people it mentions a few simple but helpful things that can be used by all readers This treatise aims to be your friendly guide a small stepping stone towards changing your way of life and priorities and it provides you with simple ways of

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An Introduction to Acupuncture P.F. Pearson, 2012-12-06 TO ACUPUNCTURE A Practical Guide for GPs and other Medical Personnel Peter Pearson MBBS MRCGP DRCOG The Medical Centre Yateley Cambedey Surrey GU17 7LS Published in the UK and Europe by MTP Press Limited Falcon House Lancaster England British Library Cataloguing in Publication Data Pearson Peter An introduction to acupuncture a practical guide for GPs and other medical personnel 1 Acupuncture I Title 615 8 92 RM184 ISBN 13 978 94 010 7935 8 e ISBN 13 978 94 009 3199 2 DOI 10 1007 978 94 009 3199 2 Published in the USA by MTP Press A division of Kluwer Academic Publishers 101 Philip Drive Norwell MA 02061 USA Copyright 1987 MTP Press Limited Softcover reprint of the hardcover 1st edition 1987 All rights reserved No part of this publication may be reproduced stored in a retrieval system or transmitted in any form or by any means electronic mechanical photocopying recording or otherwise without prior permission from the publishers CONTENTS Preface 7 Acknowledgements 8 1 What is acupuncture 9 2 Local dysfunction of channels 13 3 The channels and points 15 4 Technique 37 5 Specific conditions 45 6 Systemic treatment 53 7 Other forms of acupuncture 65 8 Academic considerations 73 9 Further information 79 References 83 Index 87 PREFACE Several years ago a patient consulted me and requested aquapuncture This sounded more like an underwater sexual activity than anything else but I confessed ignorance Several more requests highlighted my complete lack of knowledge of this subject and stimulated me into activity

Acupuncture in Clinical Practice Nadia Ellis, 1999 Divided into three parts this book on acupuncture covers all aspects of acupuncture and discusses the application of these techniques to a total rehabilitation programme The areas considered are basic concepts of traditional Chinese medicine Western acupuncture and applying TCM and Western medicine to clinical practice

E-Book An Introduction to Western Medical Acupuncture Adrian White, Mike Cummings, Jacqueline Filshie, 2008-11-24 This book is a clear and practical introductory guide to the practice of medical acupuncture It describes the Western medical approach to the use of acupuncture as a therapy following orthodox diagnosis The text covers issues of safety different approaches to acupuncture basic point information clinical issues and the application of acupuncture in clinical conditions especially in the treatment of pain A practical guide to the principles and clinical practice of medical acupuncture A clear guide to the neurophysiological principles which underlie medical

approaches to acupuncture A basic explanation of the different styles of medical acupuncture treatment Allows the reader to accrue the practical knowledge necessary before beginning to work with medical acupuncture

The Complete Guide to Acupuncture and Acupressure Masaru Toguchi, Frank Z. Warren, 1985 Compendium of information on the history practice and technique and scientific basis of the ancient Chinese practices of acupuncture and acupressure

Treating the Face Michelle gellis, 2024-09-15 Treating the Face A Comprehensive Guide for Acupuncturists and Health Professionals is an authoritative and practical resource designed to equip practitioners with the knowledge and techniques needed to effectively address a variety of facial concerns This extensive guide delves into multiple therapeutic modalities including facial acupuncture cupping microneedling red light therapy and more offering a holistic approach to facial care and rejuvenation The book begins with a thorough introduction to the principles of Traditional Chinese Medicine TCM explaining the energetic and physiological aspects of facial anatomy and the significance of facial points in acupuncture Detailed chapters cover the use of acupuncture to treat both cosmetic and neuromuscular conditions providing step by step instructions clinical protocols and illustrative case studies to enhance understanding and application In addition to acupuncture the book explores the benefits and techniques of facial cupping and gua sha highlighting their roles in promoting circulation reducing tension and enhancing skin health Microneedling and red light therapy are discussed in depth with guidelines on safe and effective usage to achieve optimal results Near infrared light therapy is also examined for its deeper penetrating benefits aiding in reducing inflammation and promoting cellular repair Anatomy of facial expression is a critical component of the book offering insights into how muscles and emotions interplay and how this understanding can improve therapeutic outcomes Comprehensive sections on skincare nutrition and self care emphasize the importance of a multifaceted approach to facial wellness providing practical advice for both practitioners and clients Special topics include scalp acupuncture for facial treatment and the identification and stimulation of facial motor points broadening the scope of therapeutic options available to professionals The book also addresses modern integrative techniques ensuring that practitioners can offer the most up to date and effective treatments This guide is an invaluable resource for acupuncturists physical therapists nurse practitioners chiropractors massage therapists and aestheticians aiming to enhance their practice and deliver comprehensive care to their clients Whether you are a recent graduate or an experienced practitioner this book provides the tools and knowledge necessary to achieve outstanding results in facial treatment and rejuvenation

Acupuncture Points Guide Smarter Healing, 2017-05-08 This listing is obsolete Please see our new book listing at this location <http://amzn.to/2wYriQH>

The Simple Guide to Five Element Acupuncture Nora Franglen, 2013-11-21 This accessible guide explains the history and philosophy of five element acupuncture and shows how it addresses specific health needs and general well being With case studies throughout the guide explains how an acupuncturist diagnoses and treats patients and looks at the character of each element

The Acupuncture Handbook: A Complete Guide to Diagnosis and Treatment Kysen J. Bland, 2023-01-01

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