

SCALP ACUPUNCTURE

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HISTORY OF SCALP ACUPUNCTURE

- Scalp acupuncture is a needling method that treats diseases by puncturing certain acupoints on the scalp.
- The origin of scalp acupuncture can be traced back thousands of years.
- In various chapters, *the Miraculous Pivot* described the head and scalp as a major area where qi and blood converge. It is the meeting place of numerous regular channels, luo channels, extraordinary channels, muscle regions and cutaneous regions.
- A lot of acupoints located on the scalp along these channels and they are often used with body acupoints.

HISTORY OF SCALP ACUPUNCTURE

- Beginning in the fifties, scalp acupuncture began to emerge as a special therapeutic modality.
- The book *New Acupuncture Therapies and Physiological Functions*, 1935 by Xuelong Huang introduced the relationship between the scalp and the functions of the cerebral cortex.
- The therapeutic effects were positive for cerebrogenic diseases.

HISTORY OF SCALP ACUPUNCTURE

- The National Acupuncture and Moxibustion Association of China, under the commission of the WHO, formed the International Standard of Scalp Acupuncture in 1984.
- Dr. Ming Qing Zhu, who developed his own popular scalp acupuncture system, was an active participant of the International Standard Committee.

DIFFERENCES

Body Acupuncture & Scalp Acupuncture:

- Treatment zones versus acupoints
- Needling sensations
- Duration of needle retention
- Convenience and effectiveness

LOCATIONS, FUNCTIONS AND INDICATIONS

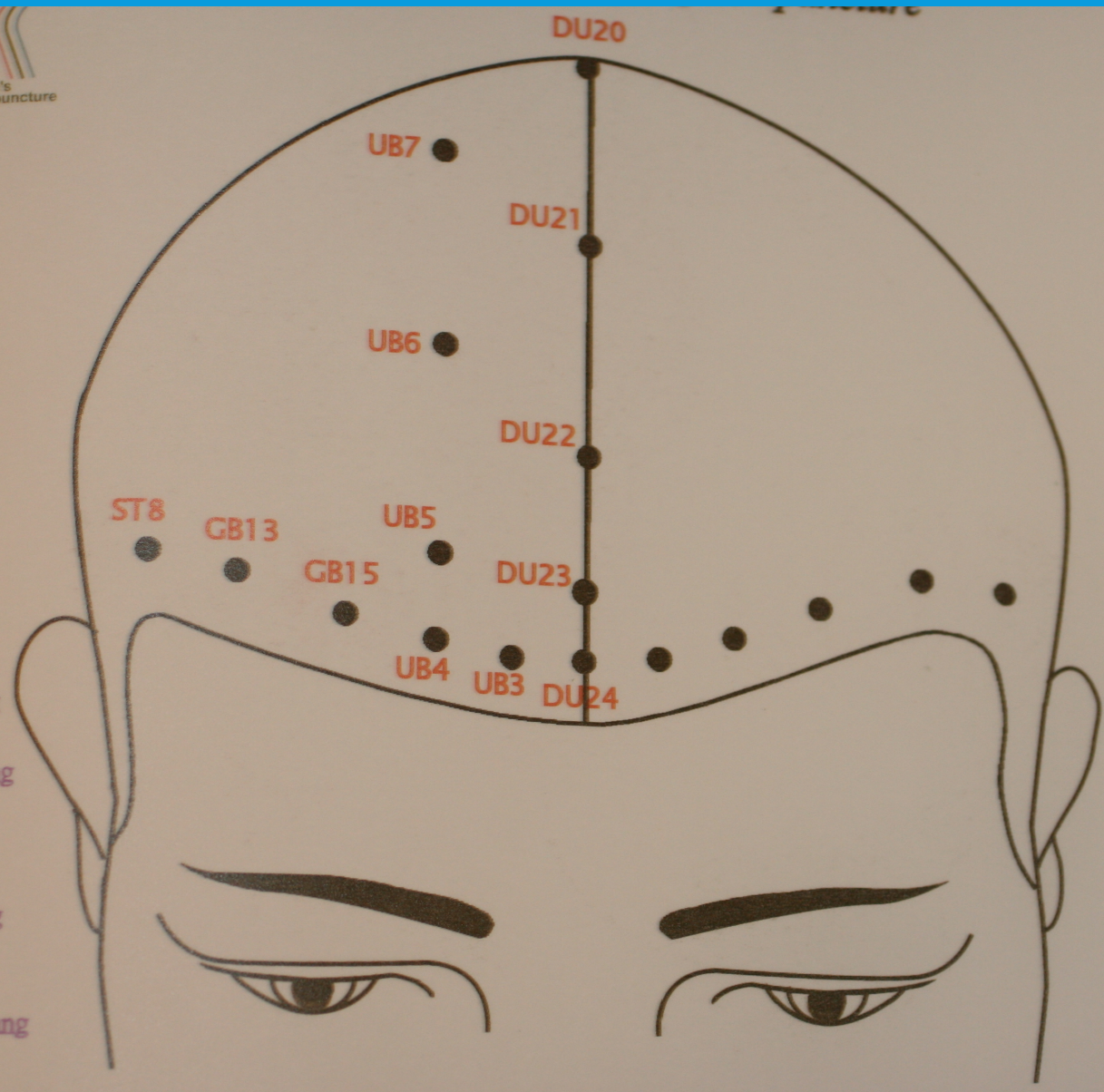
- **General guidelines:**
 - Du20 is the center point
 - Du meridian is the center line
 - Left side governs qi
 - Right side governs blood
 - Anterior half governs yin
 - Posterior half governs yang

LOCATIONS, FUNCTIONS AND INDICATIONS

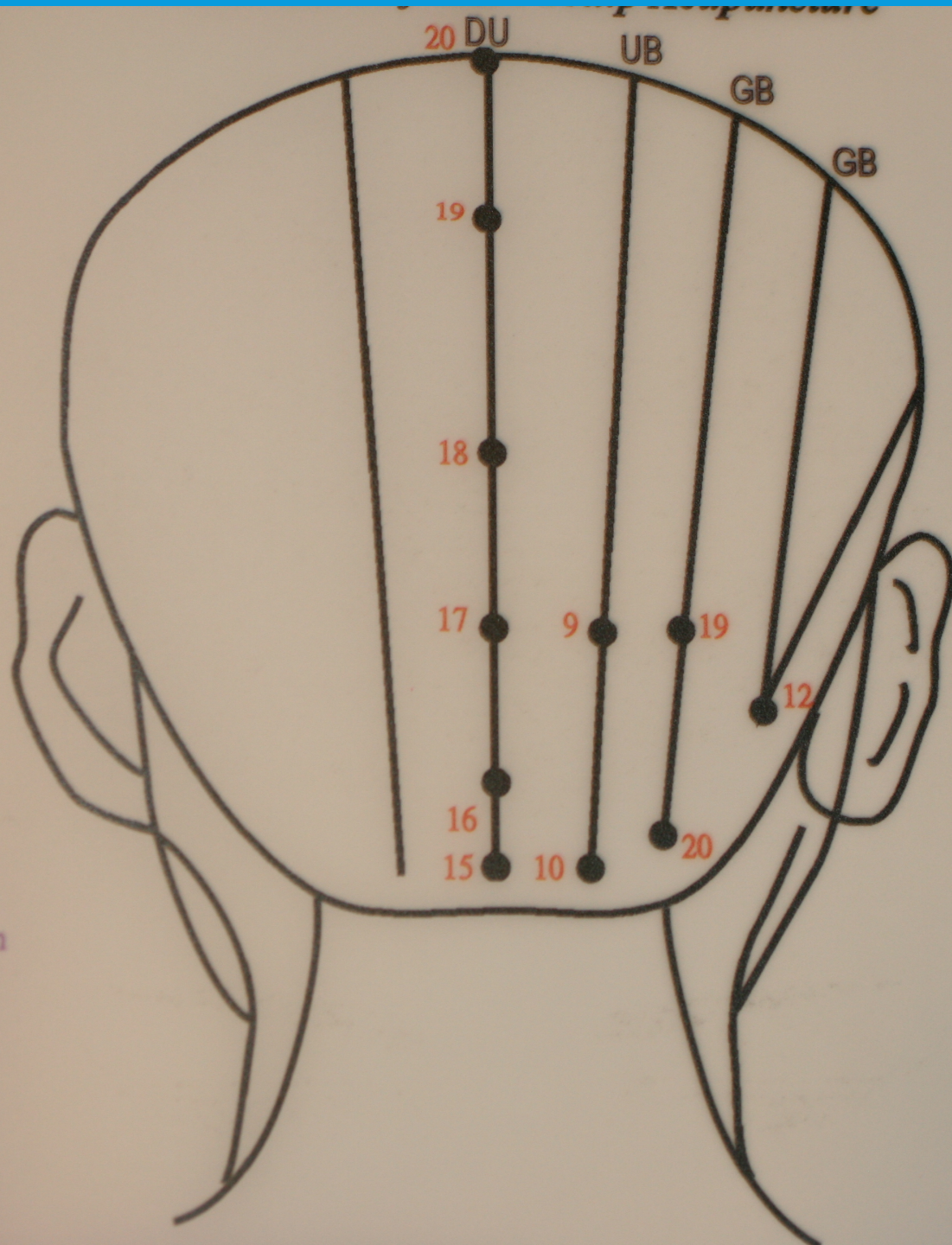
- Landmarks:

- Du 24 (Shenting) = nose
- Du 22 (Xinhui) = center of chest between nipples
- Du 21 (Qianding) = umbilicus
- Du 20 (Baihui) = perineum
- Du 19 (Houding) = T-3 vertebra
- Du 18 (Qiangjian) = L-2 vertebra
- Du 17 (Naohu) = coccyx

Zhu's
Scalp Acupuncture



- DU20 百會 Baihui
- DU21 前頂 Qianding
- DU22 囟會 Xinhui
- DU23 上星 Shangxing
- DU24 神庭 Shenting
- GB13 本神 Benshen
- GB15 頭臨泣 Toulinqi
- UB3 眉衝 Meichong
- UB4 曲差 Qucha
- UB5 五處 Wuchu
- UB6 承光 Chengguang
- UB7 通天 Tongtian
- ST8 頭維 Touwei



- DU15 啞門 Yamen
- DU16 風府 Fengfu
- DU17 腦戶 Naohu
- DU18 強間 Qiangjian
- DU19 後頂 Houding
- DU20 百會 Baihui
- UB9 玉枕 Yuzhen
- UB10 天柱 Tianzhu
- GB12 完骨 Wangu
- GB19 腦空 Naokong
- GB20 風池 Fengchi

TREATMENT ZONES

- Areas on the scalp, named according to their target:
- Head and Face Area <HF>
- Upper Jiao Area <UJ>
- Middle Jiao Area <MJ>
- Lower Jiao Area <LJ>
- Vertex, Perineum, Foot Area <VPF>
- Cervical Area <C>
- Thoracic Area <T>
- Lumbar Area <L>
- Sacral Area <S>
- Hip Area <H>
- Shoulder Area <Sh>

TREATMENT ZONES

- Lower Limb Area <LL>
- Upper Limb Area
- Upper Abdomen Area <UA>
- Lower Abdomen Area <LA>
- Frontal-temporal Area <FT>
- Auricle-temporal Area <AT>
- Occipital-temporal Area <OT>
- Occiput Area <o>

FACTORS AFFECTING HEALING

- Immobilization
- Old Age
- Poor Circulation
- Nutrition
- Health

PROPER SCALP TECHNIQUE

1. Needle location
2. Mind/concentration
3. Qi
4. Dao Yin
5. Results

OPERATIONS OF SCALP ACUPUNCTURE

- **Needles:**

- stainless steel filiform needles
- gauge 32 - 34
- length 1.2 - 1.5 " (shorter needles (0.5") for infants)
- Special scalp needles are available at Zhu's Acupuncture Center

OPERATIONS OF SCALP ACUPUNCTURE

- **Patient Posture Positions**
 - a) Sitting
 - b) Standing
 - c) Lying down (if patient tends to faint easily)

OPERATIONS OF SCALP ACUPUNCTURE

- **Practitioners:**

- a) Usually stand facing the patient

- b) Positions oneself to locate points accurately and conveniently

OPERATIONS OF SCALP ACUPUNCTURE

- Selecting treatment areas:
 - Based on correct diagnosis
- Sterilization:
 - Routine procedure

OPERATIONS OF SCALP ACUPUNCTURE

▪ Insertion

- Speed: break through the skin fast then slowly push
- Angle: 15 – 30 degrees
- Depth: 0.3 - 1"
- Needle should reach the subaponeurotic layer of the scalp

OPERATIONS OF SCALP ACUPUNCTURE

- Get qi:
 - Patient: should not feel any sensation or discomfort.
 - Practitioner: should feel needle resistance (not too loose or too tight)
- Manipulation:
 - Techniques
 - Chou Qi method: lifting, reducing method
 - Jin Qi method: thrusting, tonifying method

OPERATIONS OF SCALP ACUPUNCTURE

- Frequency and duration of treatment:
 - Depends on the patient's condition
 - At least one manipulation after insertion and one right before withdrawal.
 - More frequent manipulation treatment and a longer duration for painful or spasmodic or chronic diseases.
 - More treatments are advised if they are not retained.

OPERATIONS OF SCALP ACUPUNCTURE

- Daoyin (Guide Qi)
 - While manipulating the needles, patient should be instructed to do certain exercises or breathing or focusing one's mind.
 - It is essential to bring the qi to the diseased body part in order to achieve the desired therapeutic effects

WHY DAOYIN IS IMPORTANT?

- Collagen fibers remain disorganized
- Tendons & ligaments develop adhesions
- Tendon & ligaments lose elastin, flexibility
- Muscles calcify, leads to contracture
- Muscles atrophy
- Bone regeneration & density
- Circulation
- General Health

OPERATIONS OF SCALP ACUPUNCTURE

- Retain needles:
 - 2 to 72 hours, with intermittent manipulation by trained practitioner. (Less for small children)
 - If needles cannot be retained then they must be manipulated more frequently.

OPERATIONS OF SCALP ACUPUNCTURE

Withdraw needles

- Withdraw slowly
 - Stop bleeding with dry clean cotton ball and by applying pressure

OPERATIONS OF SCALP ACUPUNCTURE

Treatment course:

- Depends on patient's conditions
- Typically 10 treatments once every other day, followed by a 10 to 20 days break
- More frequent for acute conditions

OPERATIONS OF SCALP ACUPUNCTURE

- Precautions
 - Do not puncture into infants' fontanel
 - Do not puncture into scars, tumors, lesions or inflamed areas

APPLICATIONS OF ZHU'S SCALP ACUPUNCTURE

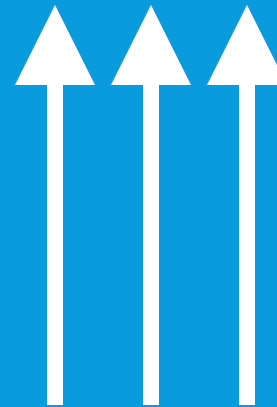
- Zhu's Scalp Acupuncture can be used effectively in almost every field of medicine including: internal medicine, gynecology, pediatrics, geriatrics, cardiology, EENT and others.
- Results are the most remarkable when treating acute conditions, emergencies, CVA and neurologic disorders.

SUPERFICIAL THREADING

- Parallel needles- for large areas
- Opposing needles
- Adjacent needles
- Converging needles
- Relay Needles
- Crossing Needles

NEEDLES

- Standard needle
 - Upper Jao
 - Middle Jao
 - Lower Jao
 - Cervical
 - Lumbar
 - Thoracic Spine
- Toward Posterior



NEEDLES

- Relay Needles- for motor



NEEDLES

- Crossing Needles- Sensory and Motor

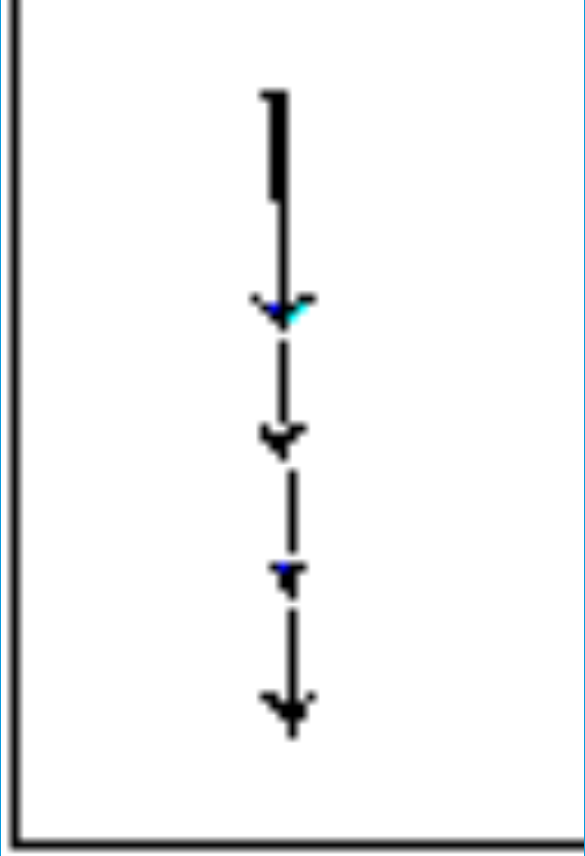


NEEDLES

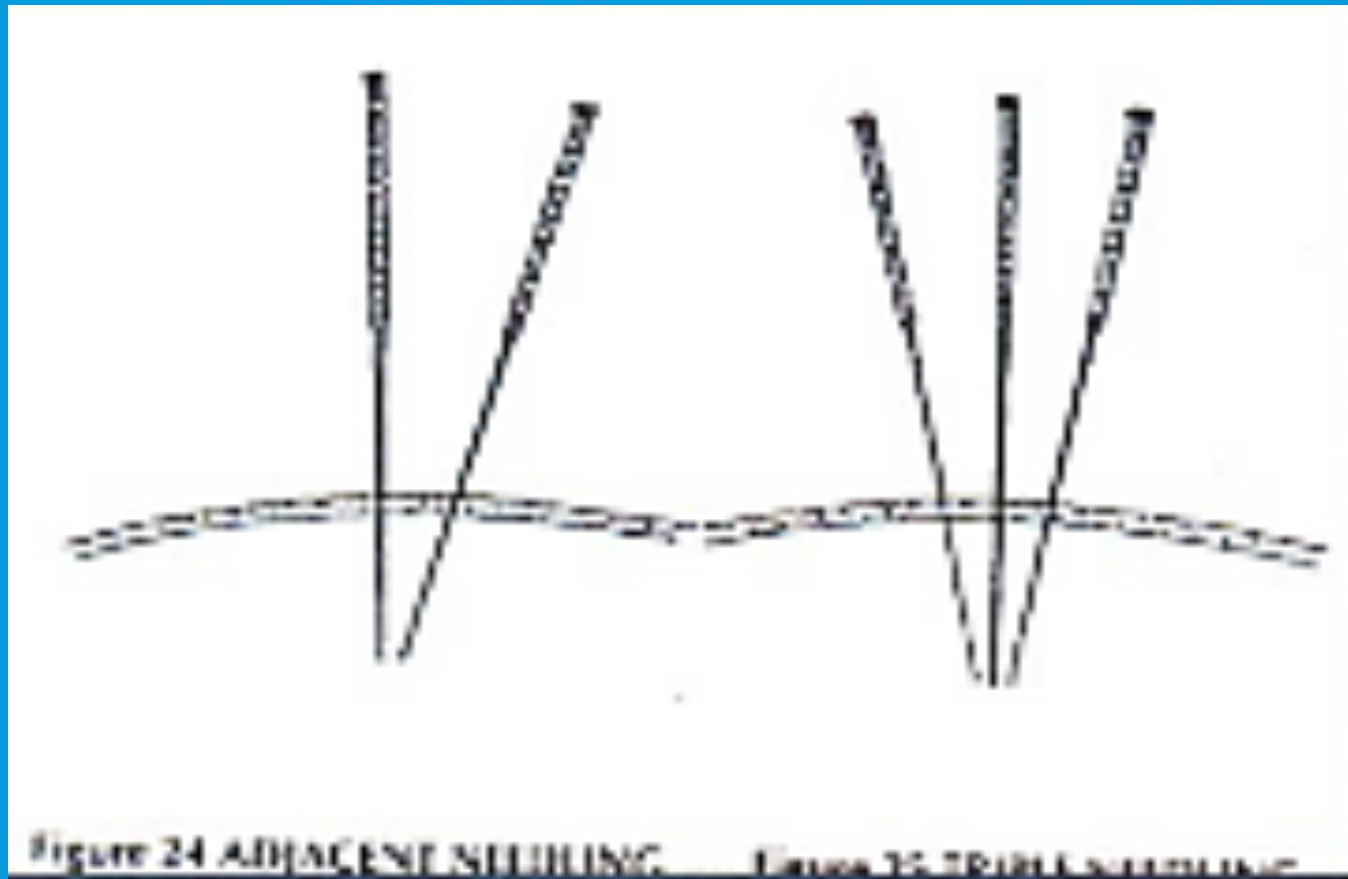
- Opposing needle for organ prolapse



RELAY NEEDLES



ADJACENT & CONVERGING NEEDLES



HEAD & FACE AREA

- Location: This 1-cun square centers at Du24 and extends 0.5 cun to its left, right, anterior and posterior. It represents the head and face, with Du24 corresponding to the tip of the nose.
- Generally 1 needle toward the nose

HEAD & FACE AREA

- Functions:
 - Calms spirit
 - Clears mind
 - Sedates and stops fear
 - Benefits throat
 - Opens orifices
 - Stops pain

HEAD & FACE AREA

Indications:

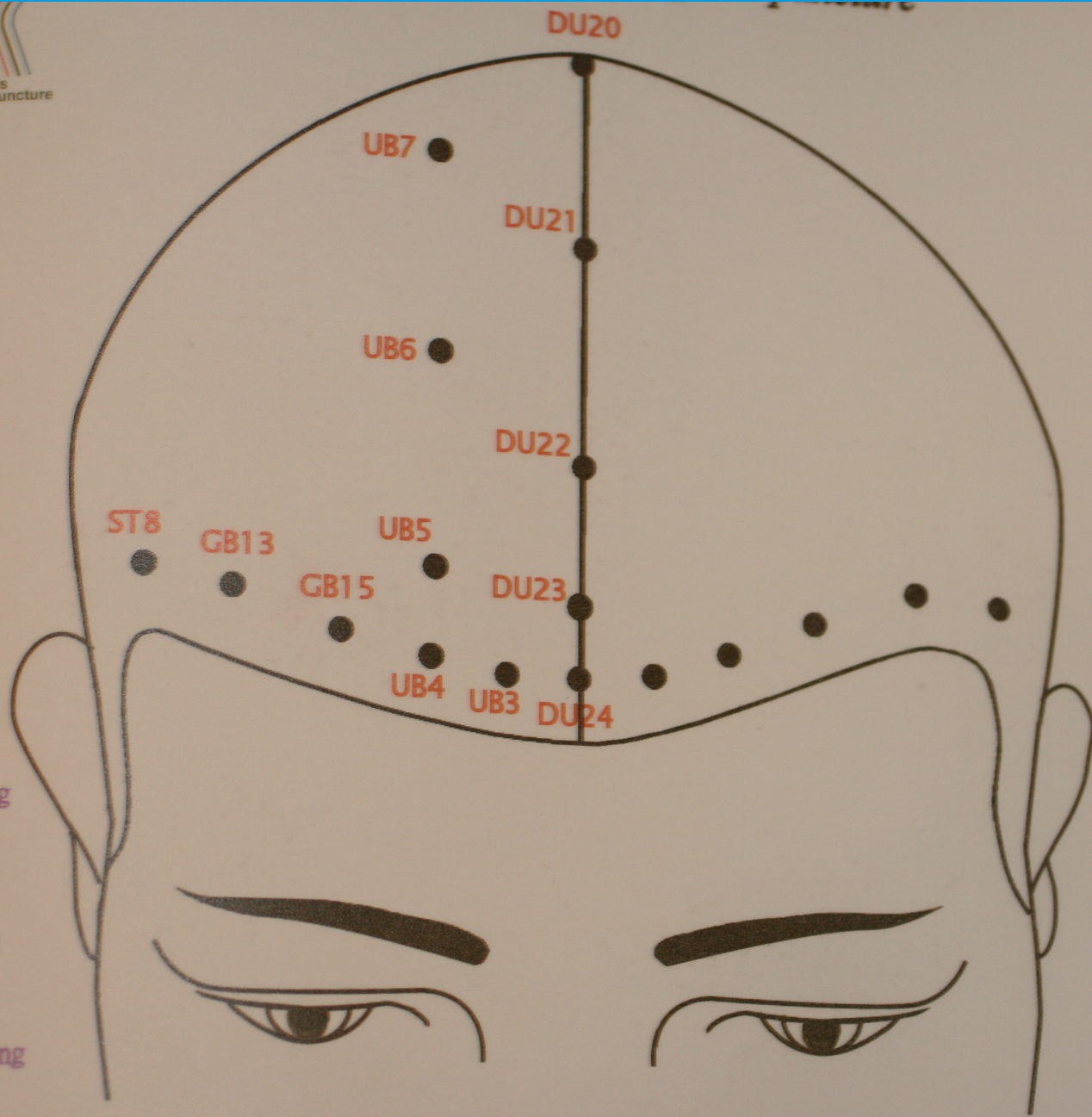
- Mental disorders such as:
 - Disturbance of consciousness
 - Depression
 - Mania
 - Epilepsy
 - Mental retardation
 - Memory loss
 - Nervousness
 - Insomnia
 - Dizziness

HEAD & FACE AREA

- Face
- Sense organs
- Pharynx
- Larynx
- Mouth and tongue
- Such as headache

HEAD & FACE AREA

- Diseases of the head:
 - Migraine
 - Visual problems
 - Nasal diseases
 - Facial pain
 - Facial palsy
 - Sore throat
 - Hoarse voice
 - Aphasia

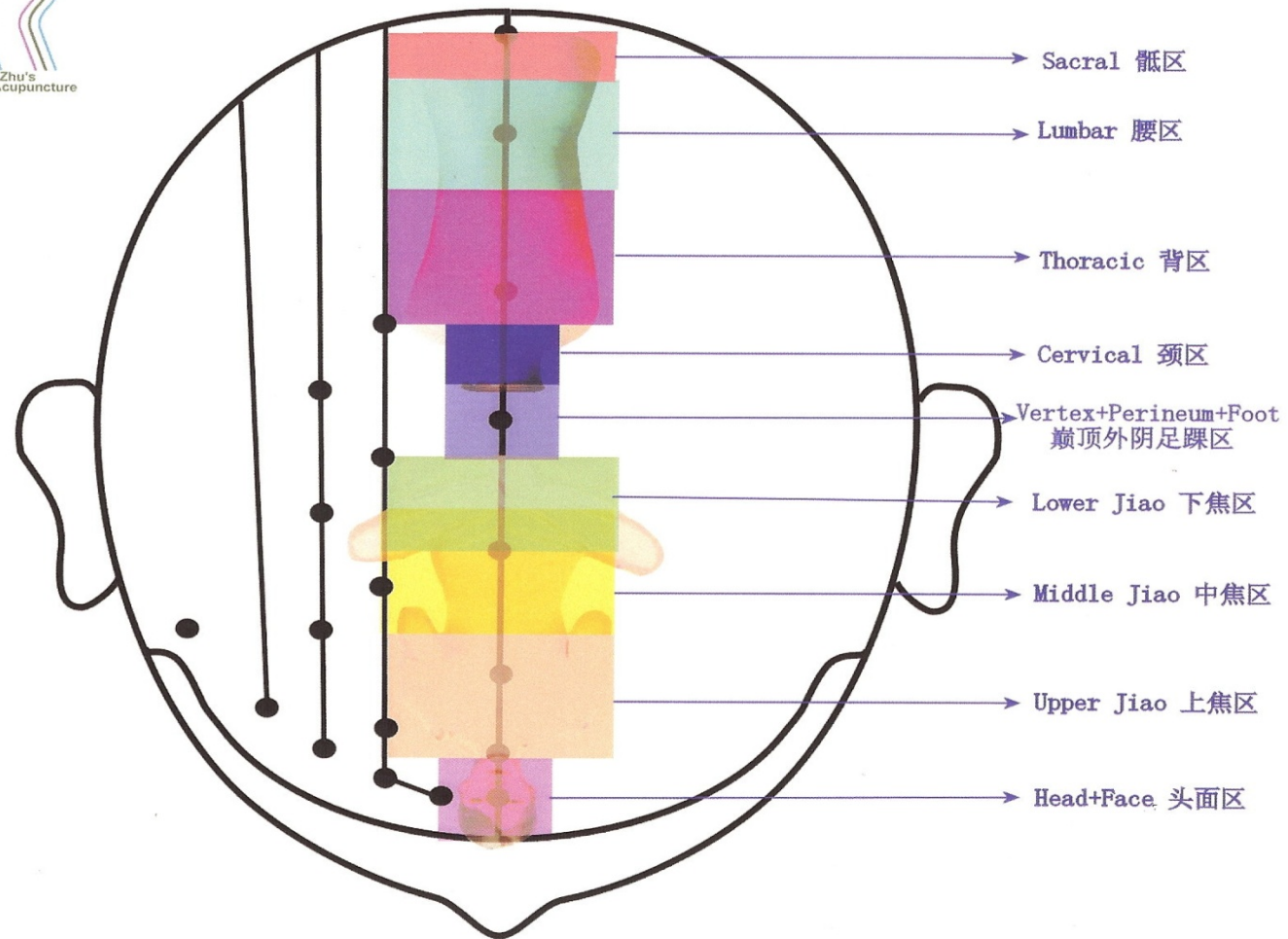


- | | | |
|------|-----|------------|
| DU20 | 百會 | Baihui |
| DU21 | 前頂 | Qianding |
| DU22 | 囟會 | Xinhui |
| DU23 | 上星 | Shangxing |
| DU24 | 神庭 | Shenting |
| GB13 | 本神 | Benshen |
| GB15 | 頭臨泣 | Toulinqi |
| UB3 | 眉衝 | Meichong |
| UB4 | 曲差 | Qucha |
| UB5 | 五處 | Wuchu |
| UB6 | 承光 | Chengguang |
| UB7 | 通天 | Tongtian |
| ST8 | 頭維 | Touwei |



Color Atlas of Zhu's Scalp Acupuncture

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Top View: Treatment Zones (I)

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UPPER JIAO AREA

- Location: This area extends 1.5 cun from Du23 towards Du22, and bounded on the sides by the Foot Taiyang Bladder Channels. It represents the upper burner, with Du22 corresponding to the center of the chest between the nipples.
- Three needles towards posterior head.

UPPER JIAO AREA

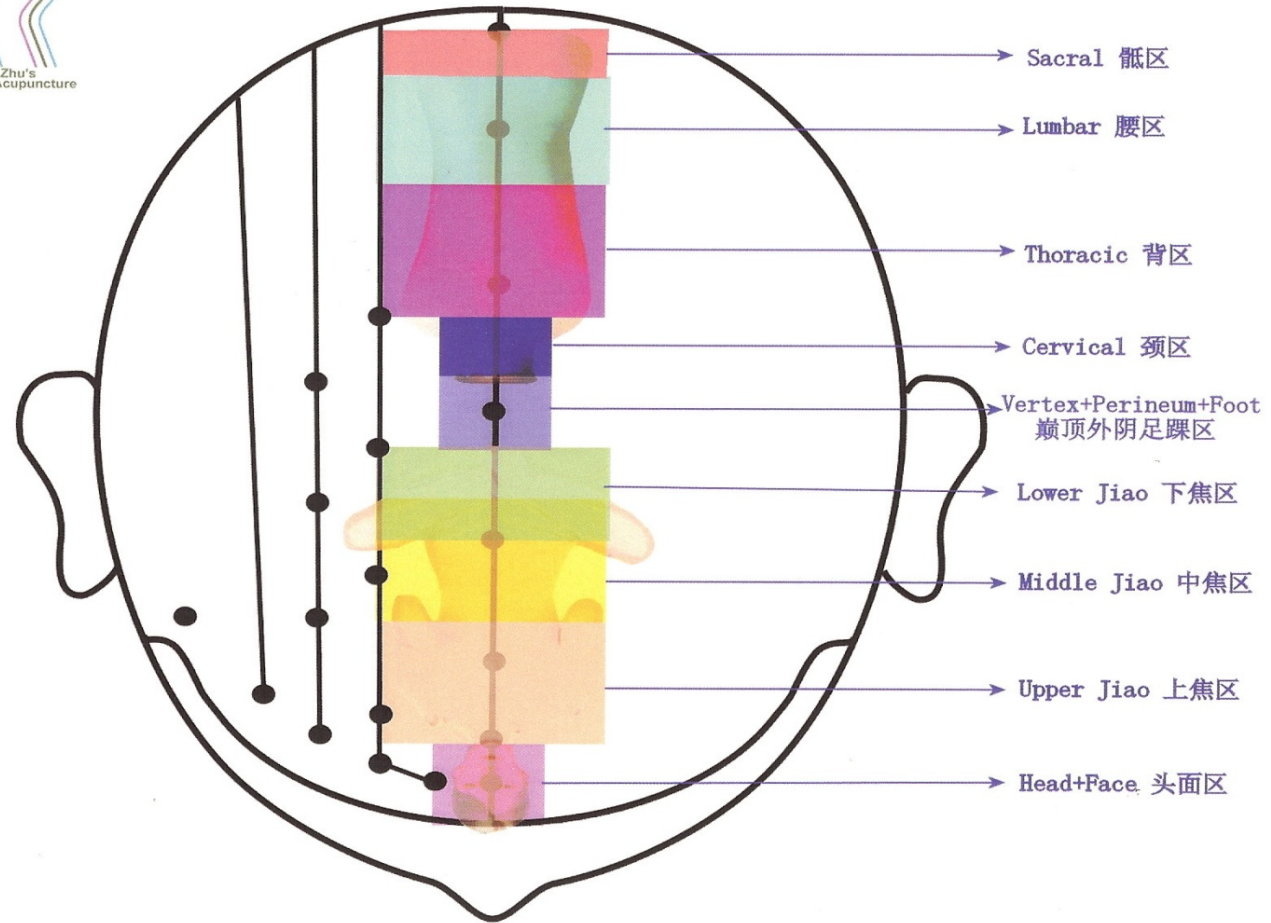
- Functions:
 - Awakens brain
 - Clears mind
 - Calms spirit
 - Clears heart
 - Decongests chest
 - Regulates qi
 - Expels wind
 - Resolves exterior conditions
 - Disperses lung qi
 - Stops cough
 - Unblocks channels
 - Alleviates pain

UPPER JIAO AREA

- Indications for diseases and symptoms of:
 - The heart
 - lungs
 - trachea, diaphragm and the brain
 - such as palpitation
 - irritability
 - insomnia

UPPER JIAO AREA

- Indicated for diseases and symptoms of:
 - poor memory
 - flu
 - cough
 - asthma
 - chest pain
 - hiccup
 - dementia
 - epilepsy



Top View: Treatment Zones (I)

MIDDLE JIAO AREA

- Location:
- The area extends from 1 cun anterior of Du21 to 0.5 cun posterior of Du21.
- It is bordered by the Foot Taiyang Bladder Channels. It represents the middle burner with Du21 corresponding to the umbilicus.
- Three needles toward the posterior are used.

MIDDLE JIAO AREA

- Functions:
 - Harmonizes the stomach
 - Descends rebellious qi
 - Soothes the liver
 - Regulates qi
 - Beneficial to the gallbladder
 - Cleanses the intestines

MIDDLE JIAO AREA

- Indicated for diseases and symptoms of:
 - The liver
 - Gallbladder
 - Spleen
 - Stomach and intestines, such as stomach ache
 - Hypochondriac pain
 - Belching

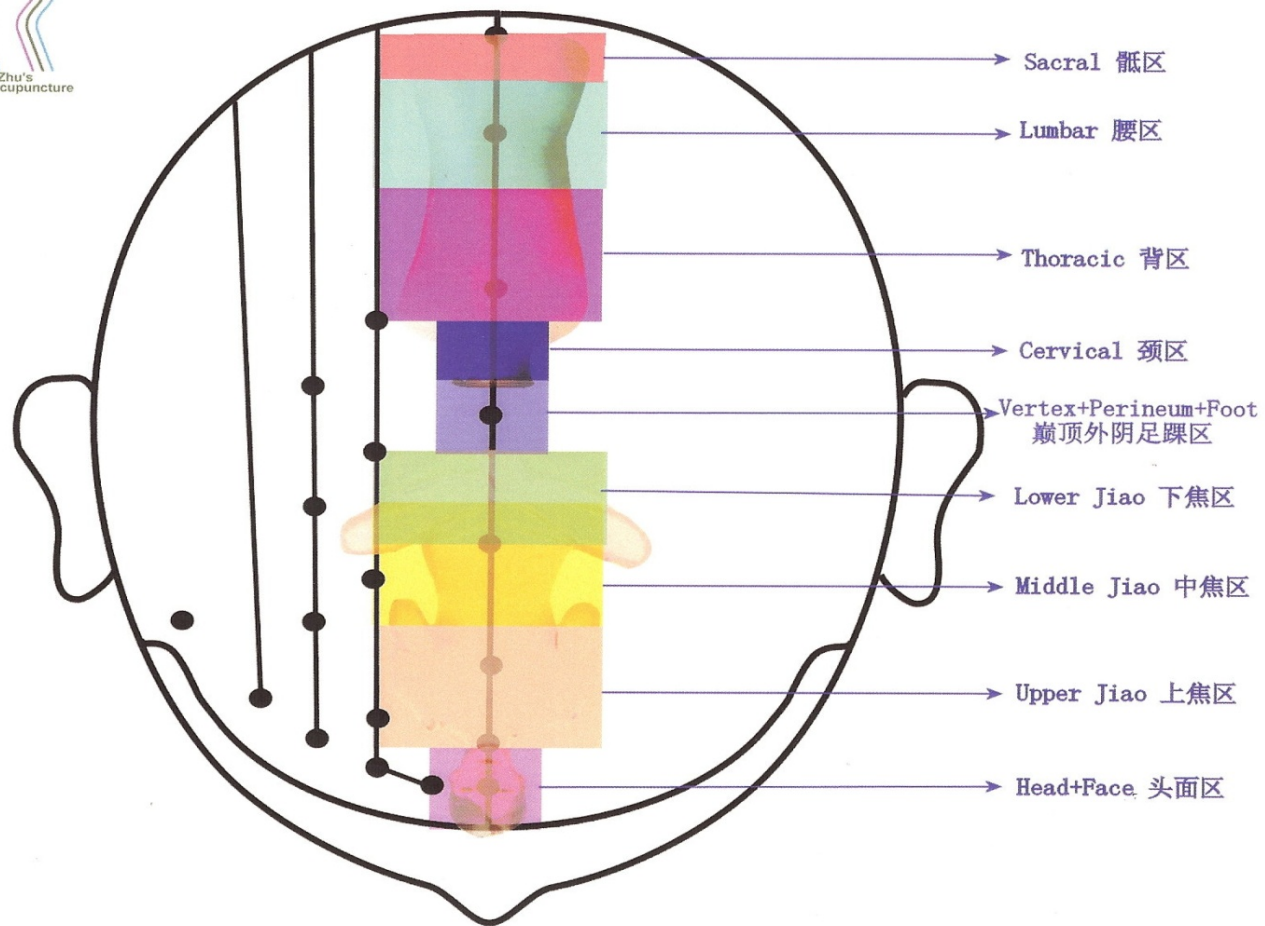
MIDDLE JIAO AREA

- Indications:
- For diseases and symptoms of:
 - Vomiting
 - Diarrhea
 - Anger
 - Agitation
 - Constipation
 - Jaundice
 - Bitter taste
 - Fatigue



Color Atlas of Zhu's Scalp Acupuncture

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Top View: Treatment Zones (I)

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LOWER JIAO AREA

- Location: This area, representing the lower burner, starts from Du21 and extends 1 cun posteriorly.
- Part of it overlaps with the Middle Jiao Area.
- It is bounded on the sides by the Foot Taiyang Bladder Channels.

LOWER JIAO AREA

- Functions:
 - Tonifies kidney and liver,
 - Regulates menstruation,
 - Promotes urination,
 - Ascends yang qi,
 - Astringes,
 - Unblocks channels,
 - Alleviates pain.

LOWER JIAO AREA

- Indications: For disorders of the lower burner include:
 - The urinary system,
 - Reproductive system and endocrine system.

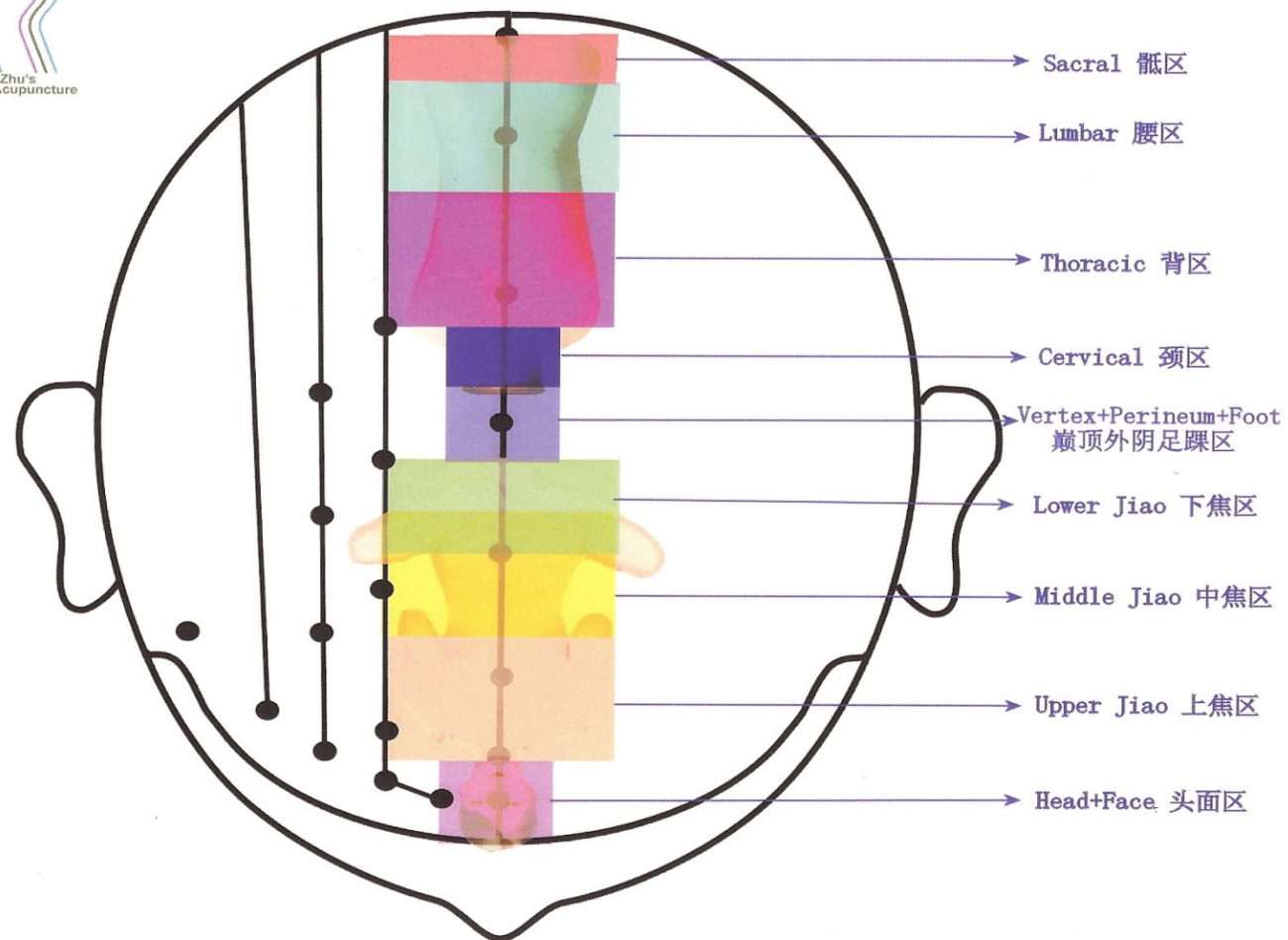
EXAMPLES ARE:

- Lower abdominal pain
- Urinary problems
- Irregular menstruation
- Infertility
- Dysmenorrhea
- Leucorrhea
- Vertigo
- Low back pain
- Tinnitus
- Deafness
- Impotence



Color Atlas of Zhu's Scalp Acupuncture

4



Top View: Treatment Zones (I)

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VERTEX, PERINEUM, FOOT AREA

- Location: This square, centering the Du20, extends 0.5 cun to its left, right, front and back. Du20 represents simultaneously the vertex of the head (Du20), the perineum (Du1) and center of the foot (K1).

VERTEX, PERINEUM, FOOT AREA

- Functions:
 - Pacifies liver and sinks liver yang,
 - Raises yang qi and stops prolapse,
 - Unblocks channels,
 - Alleviates pain.

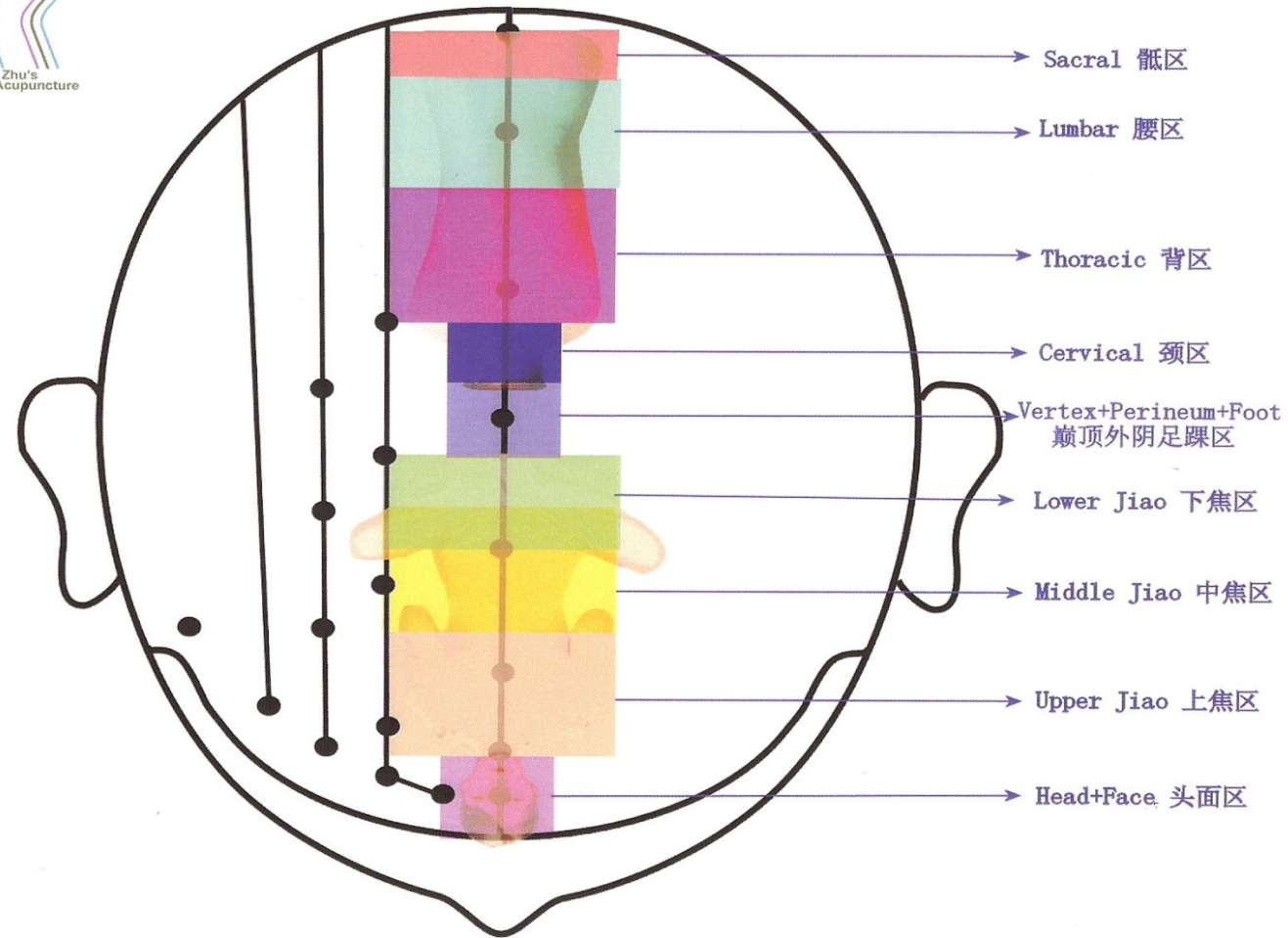
VERTEX, PERINEUM, FOOT AREA

- Indications:
 - Vertex headache
 - Dizziness
 - Vertigo
 - Coma
 - Syncope
 - Hypertension
 - Foot pain or numbness

VERTEX, PERINEUM, FOOT AREA

Indications:

- Hypotension
- Anal prolapse
- Hernia
- Prostate hypertrophy
- Pain in sacrum
- Coccyx or perineum
- Ankle pain



Top View: Treatment Zones (I)

HIP AREA

- Location: Two bilateral areas latero-anterior to Du20 at an angle of 45 degrees to the Du channel and bounded by the Foot Taiyang Bladder Channels.
- The left area represents the right hip and vice versa.

HIP AREA

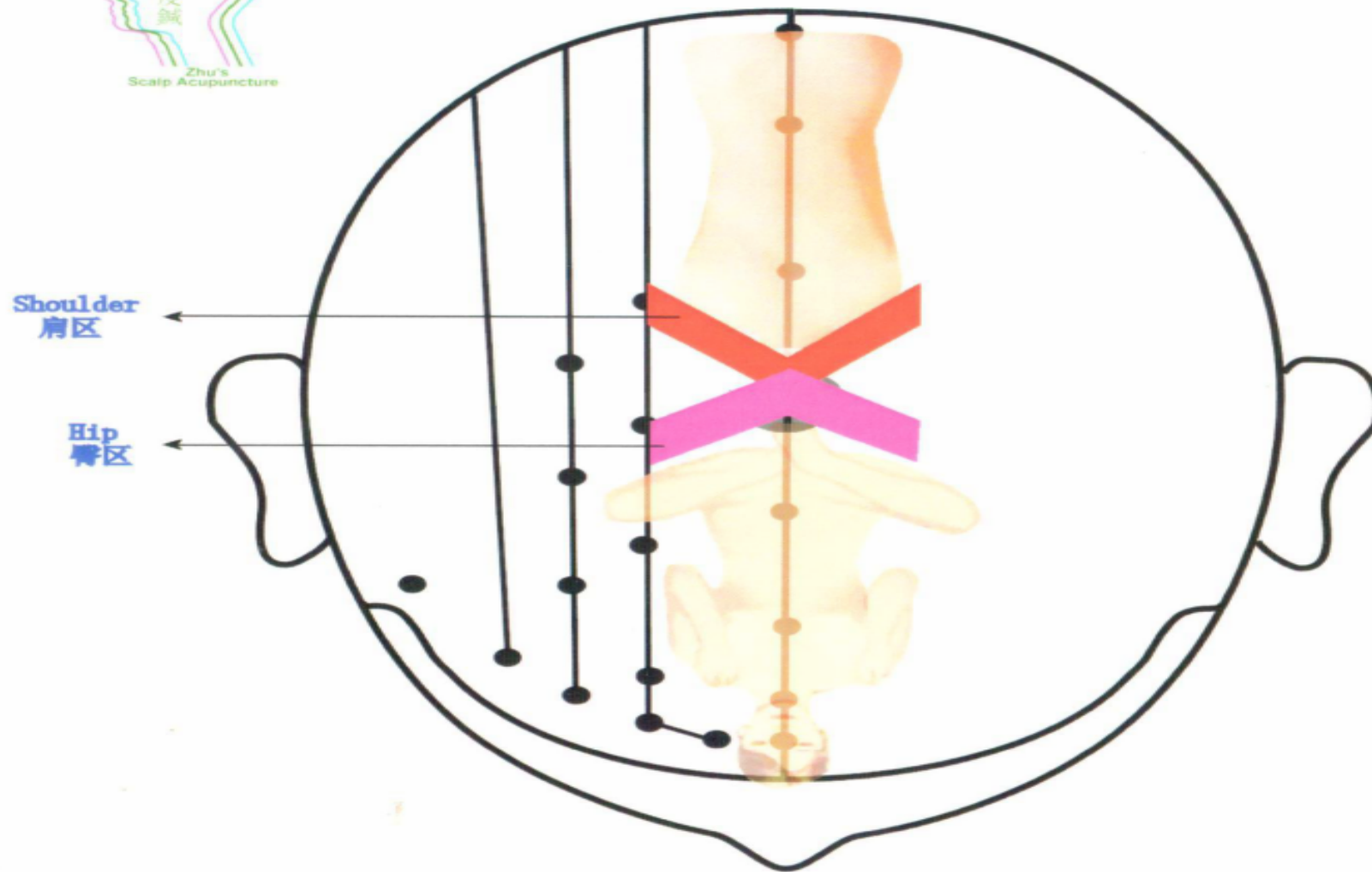
- Functions:
 - Unblocks channels,
 - Alleviates pain.

HIP AREA

- Indications:
 - For problems in the hip and buttock areas such as:
 - Hip pain,
 - Sciatica,
 - Inflammation of the piriformis.



Color Atlas of Zhu's Scalp Acupuncture



Top View: Treatment Zones (II)

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SHOULDER AREA

- Location: Two bilateral areas latero-posterior to Du20 at an angle of 45 to the Du channel and bounded by the Foot Taiyang Bladder Channels.
- The left area represents the right shoulder and vice versa.

SHOULDER AREA

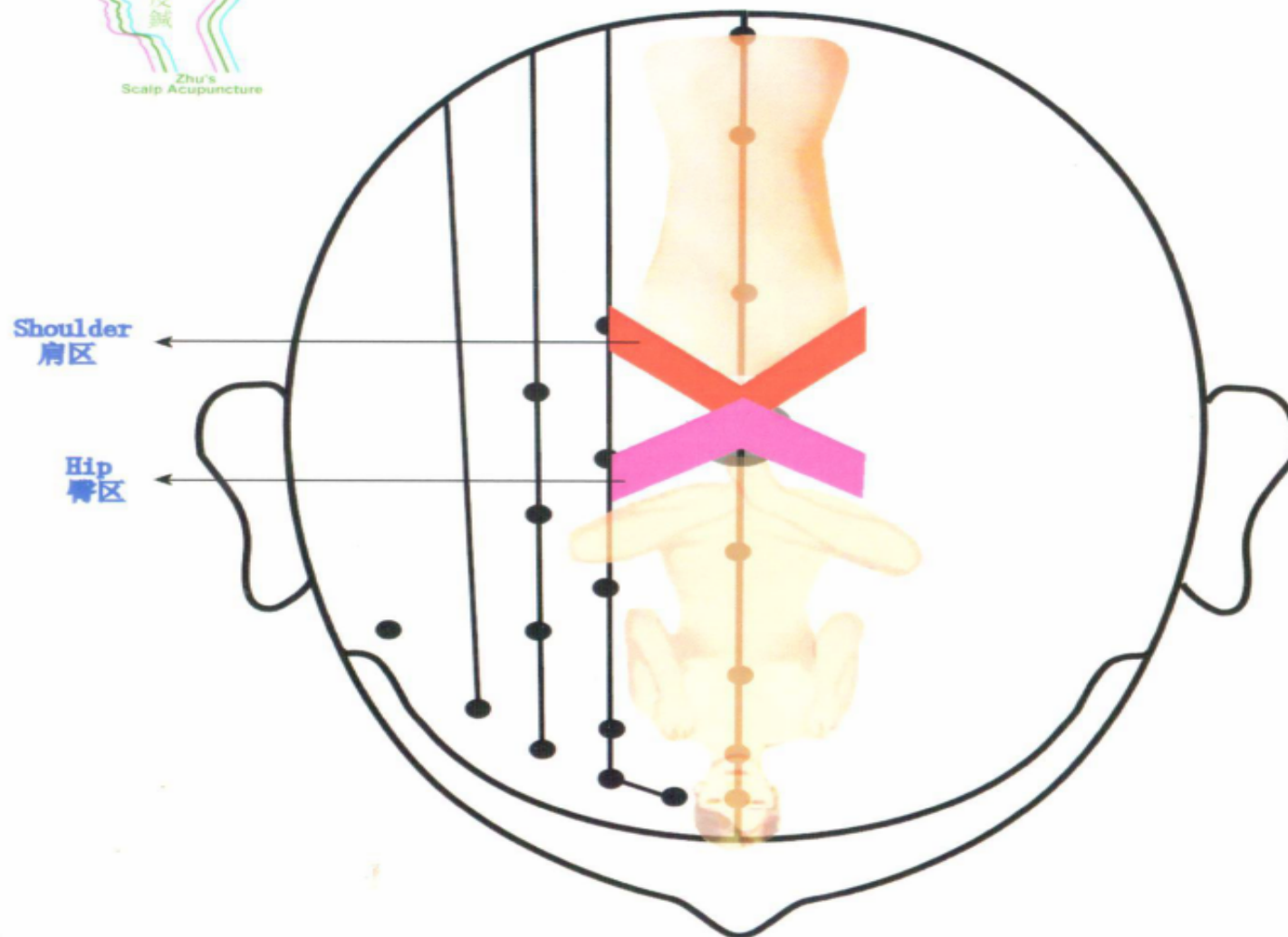
- Functions:
 - Unblocks channels
 - Alleviates pain.

SHOULDER AREA

- **Indications:**
 - **For problems in the upper back near the shoulders and peri-scapular area, such as:**
 - **Periarthritis of the shoulder joint,**
 - **Scapular pain.**



Color Atlas of Zhu's Scalp Acupuncture



Top View: Treatment Zones (II)

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UPPER LIMB AREA

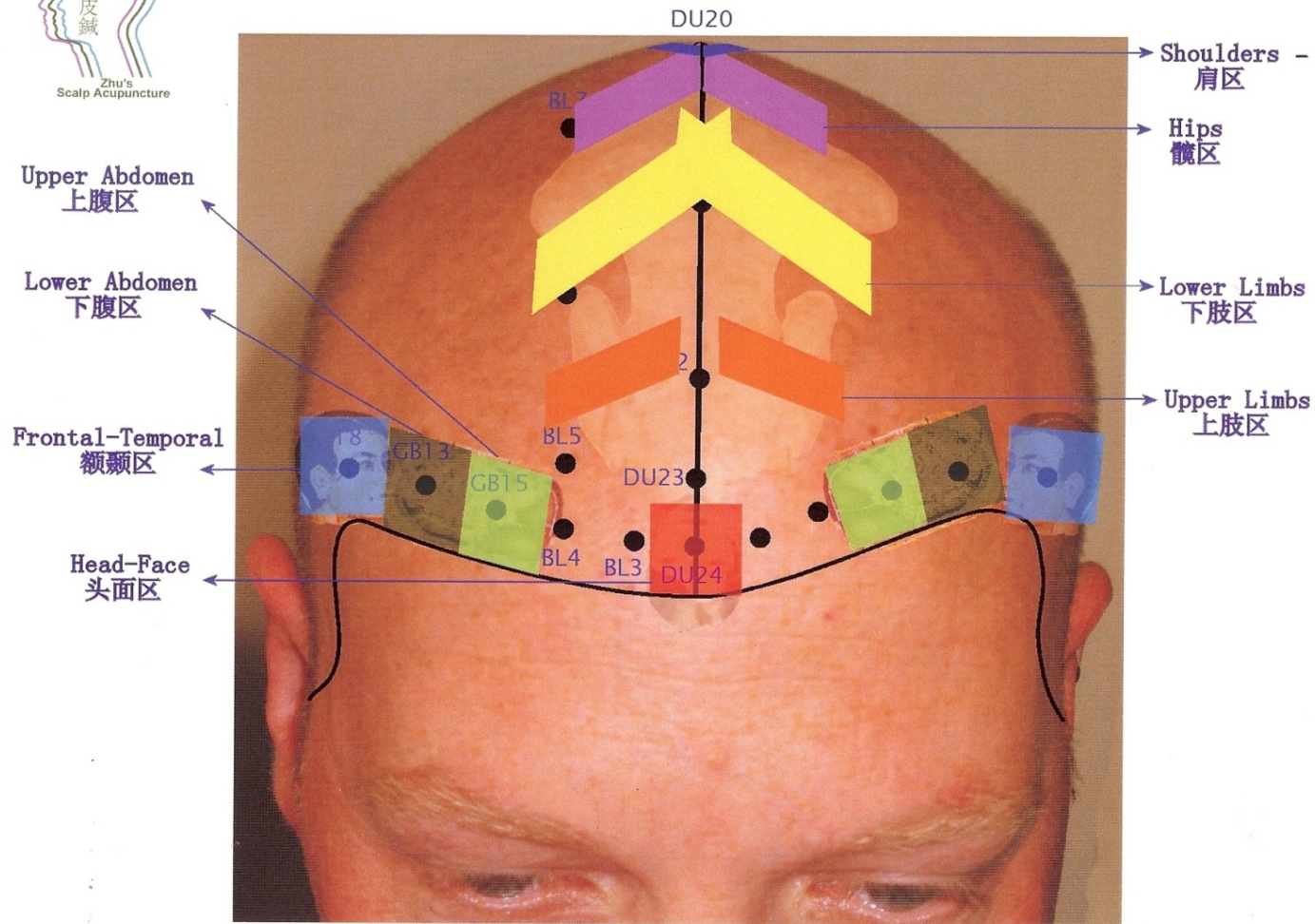
- The upper limbs are represented by two rhomboids with the left rhomboid representing the right upper limb, and vice versa.
- The anterior border of the rhomboid is a part of the line segment joining Du22 and ST8, starting 0.5 cun on the contralateral side of the Du meridian and extends approximately 1 cun in length laterally.
- The posterior border is parallel and 0.5 cun apart from the anterior border.

UPPER LIMB AREA

- Functions:
 - Unblocks channels
 - Alleviates pain
 - Strengthens tendons

UPPER LIMB AREA

- Indications:
 - Motor and sensory disorders of the upper limbs such as:
 - Weakness
 - Flaccidity
 - Rigidity
 - Paralysis
 - Numbness
 - Pain
 - Dyskinesia
 - Dysaesthesia



Anterior View: Treatment Zones

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LOWER LIMB AREA

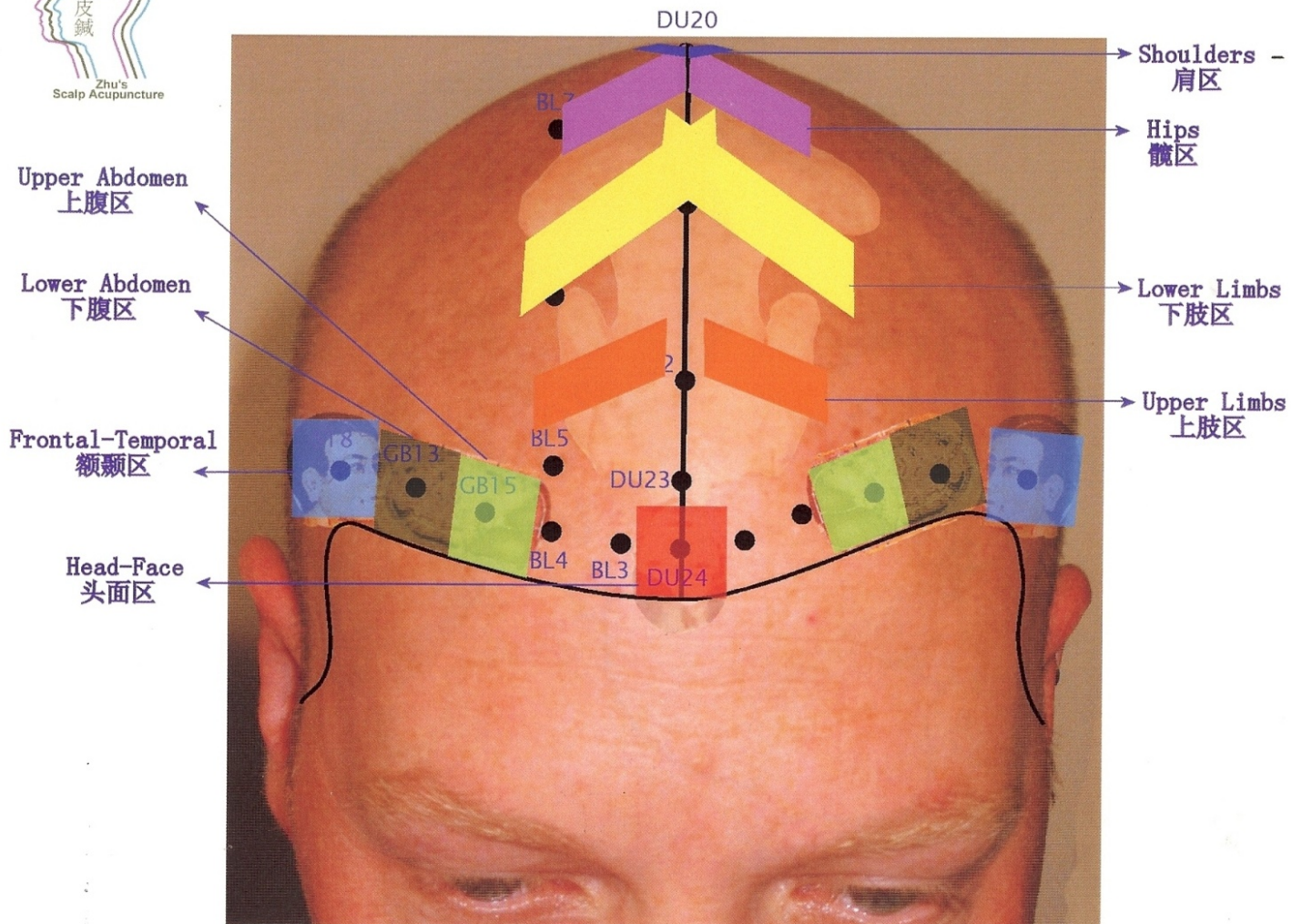
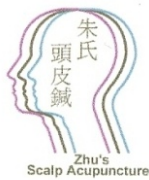
- Location: The lower limbs are represented by two rhomboids with the left rhomboid representing the right lower limb, and vice versa.
- The anterior border of the rhomboid is extrapolated from the line segment joining Du21 and UB6, starting 0.5 cun on the ipsilateral side of the Du meridian and extends approximately 1.5 cun in length laterally.
- The posterior border is parallel and 0.75 cm apart from anterior border.

LOWER LIMB AREA

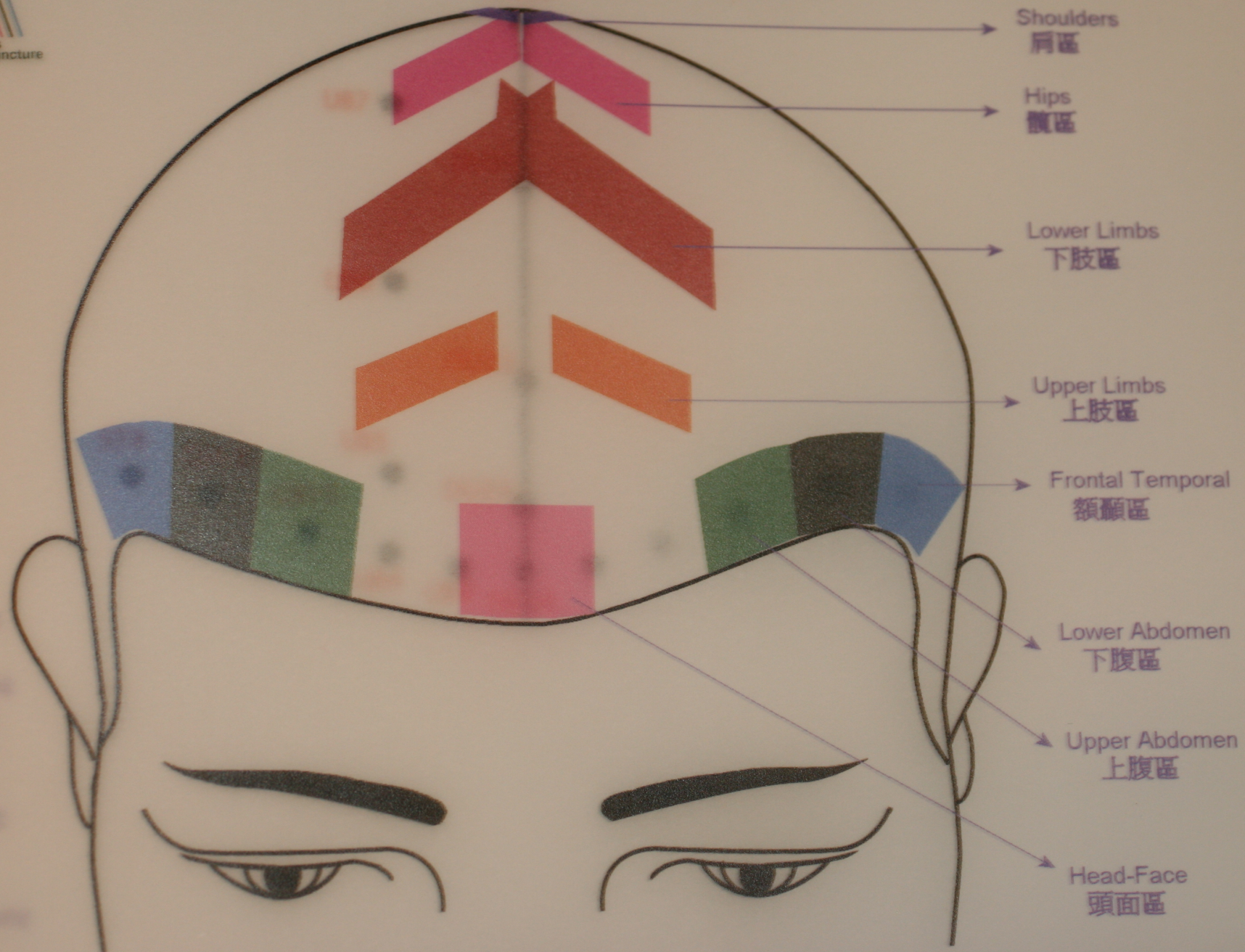
- Functions:
 - Unblocks channels
 - Alleviates pain
 - Strengthens tendons

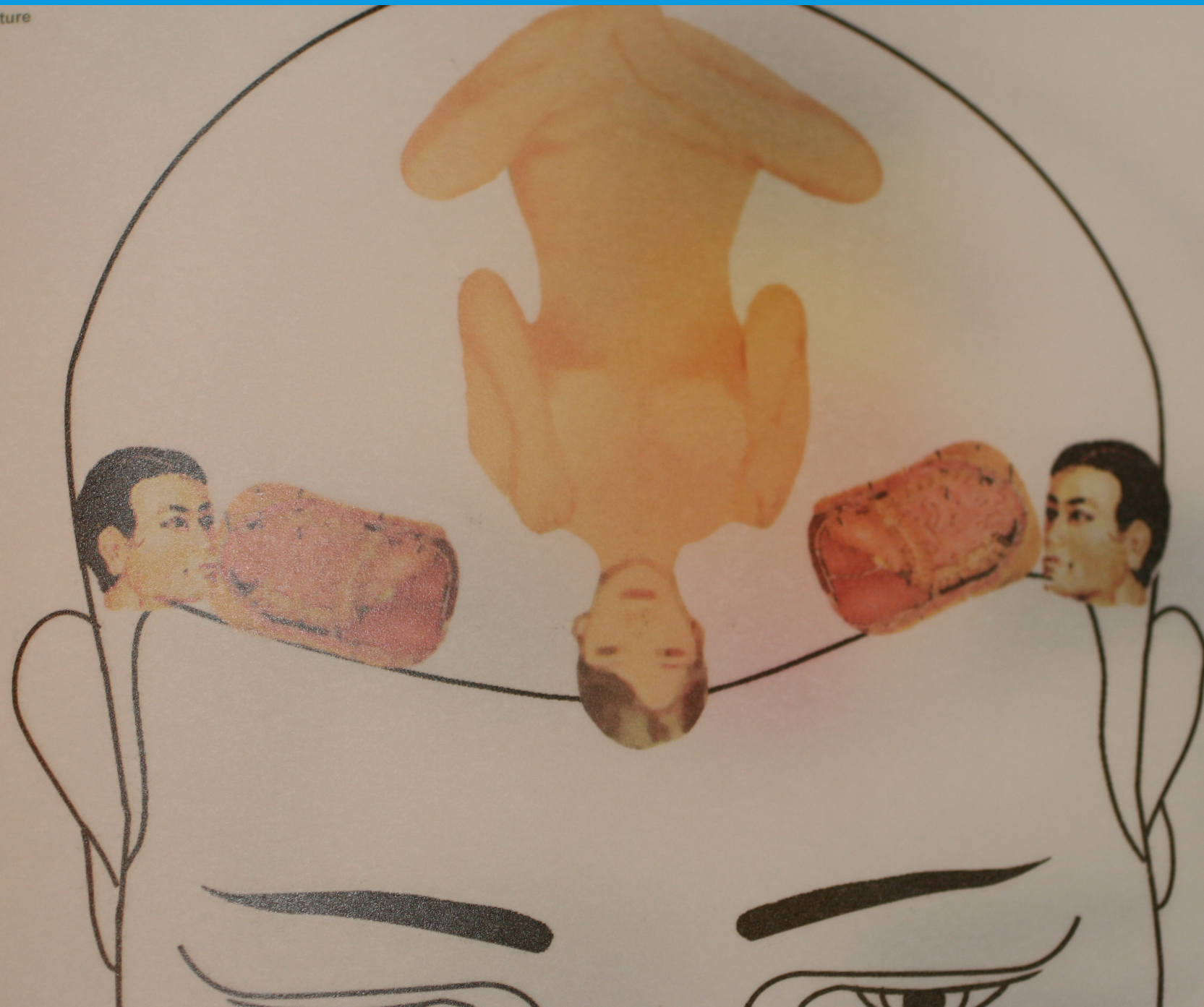
LOWER LIMB AREA

- Indications:
 - Motor and sensory disorders of the lower limbs such as:
 - Weakness
 - Flaccidity
 - Rigidity
 - Paralysis
 - Numbness
 - Pain
 - Dyskinesia
 - Dysaesthesia



Anterior View: Treatment Zones





UPPER ABDOMEN AREA

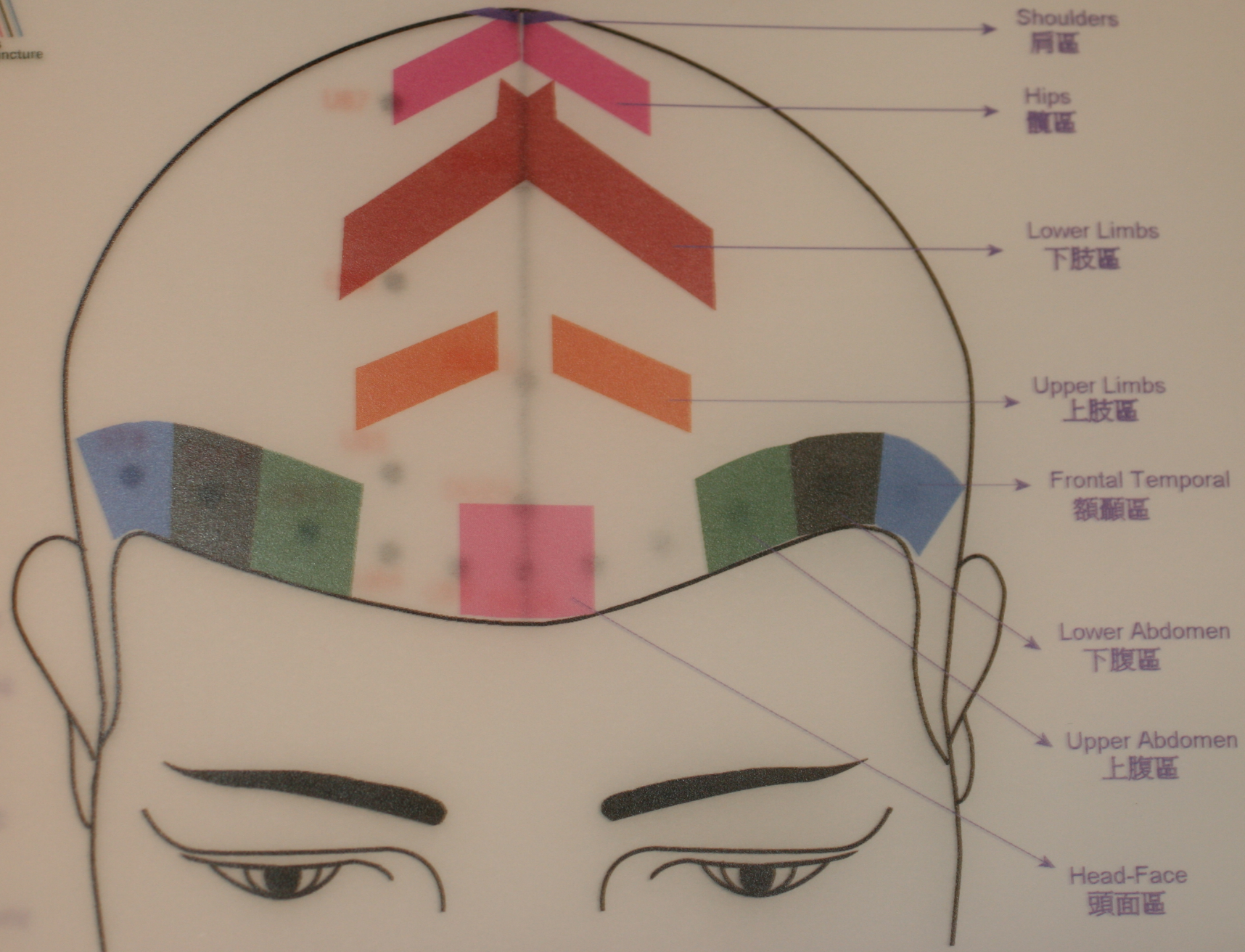
- Location: A square centered at GB15 (Toulingqi), extending 0.5 cun to its left, right, front, and back.
- It lies on the Foot Shaoyang Gallbladder Channel and Yangwei Channel. This area represents the upper abdomen in a transverse view, with GB15 corresponding to the pylorus of the stomach or Ren12 (Zhongwan)

UPPER ABDOMEN AREA

- Functions:
 - Dredges liver qi
 - Harmonizes stomach
 - Benefits gallbladder
 - Clears intestines
 - Alleviates pain
 - Brightens eyes

UPPER ABDOMEN AREA

- Indications:
 - Used for acute diseases of the middle burner, such as:
 - Acute gastritis,
 - Acute cholecystitis,
 - Acute cholelithiasis,
 - Acute enteritis,
 - Acute appendicitis,
 - Acute pancreatitis,
 - Early stage of diabetes mellitus.
 - This is also a local treatment area for eye problems and headache.



LOWER ABDOMEN AREA

- Location: A square centered at GB13 (Benshen), extending 0.5 cun to its left, right, front and back.
- This area lies on the Foot Shaoyang Gallbladder Channel, Intersects with the Bladder Channel, Stomach Channel, and Yanwei Channel.
- Part of this area overlaps with the Upper Abdomen Area

LOWER ABDOMEN AREA

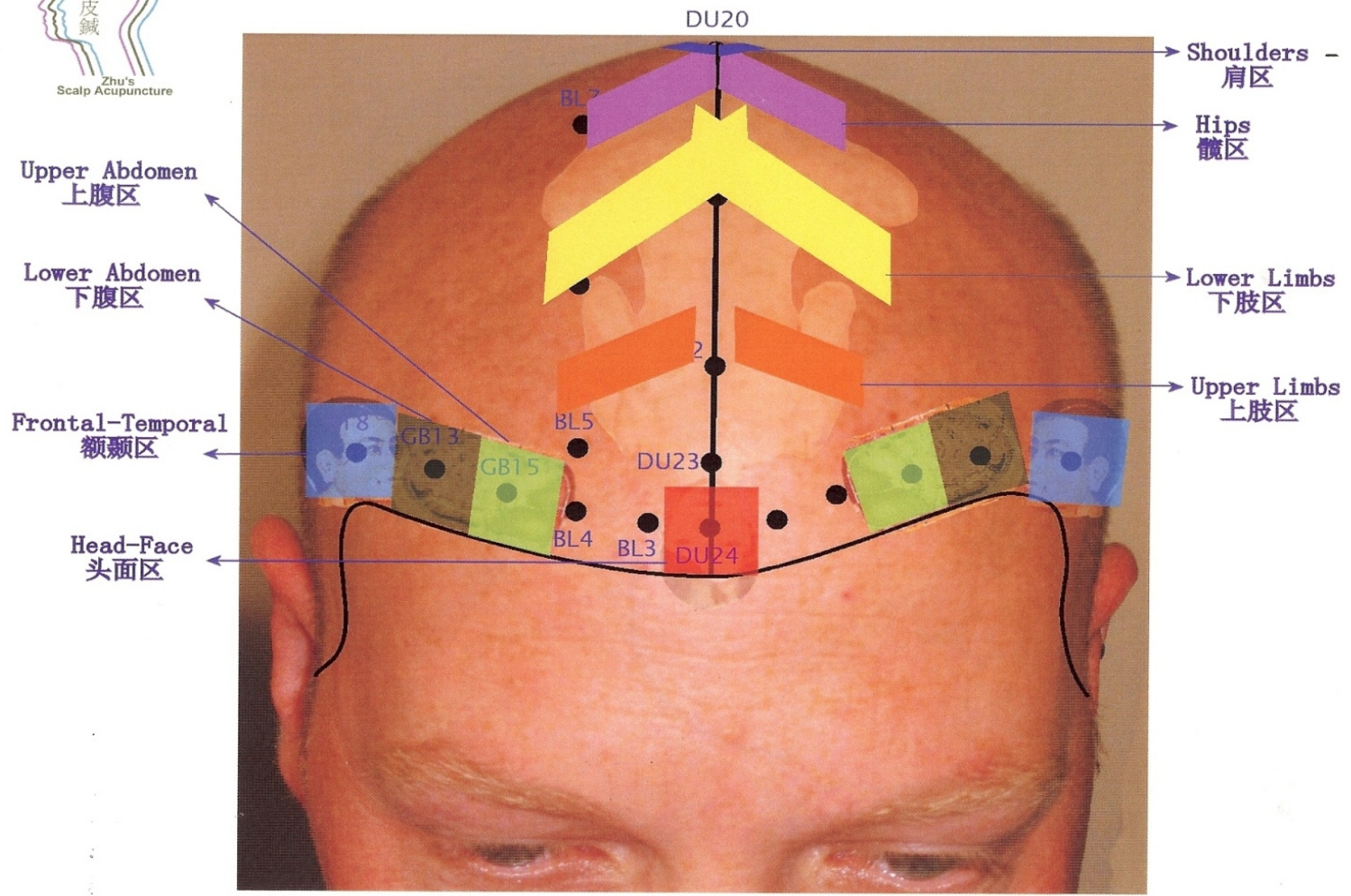
- Functions:
 - Benefits kidney
 - Promotes urination
 - Regulates menstruation
 - Astringes
 - Alleviates pain
 - Calms shen
 - Tranquilizes

LOWER ABDOMEN AREA

- Indications:
 - Mainly for acute diseases of the lower burner such as:
 - Acute nephritis,
 - Urinary tract infection,
 - Dysmenorrhea,
 - Dysfunctional uterine bleeding,
 - Urinary retention.

LOWER ABDOMEN AREA

- Indications:
 - Mainly for acute diseases of the lower burner such as:
 - Also indicated for visual problems,
 - Dizziness,
 - Headache,
 - Epilepsy,
 - Hydrochondriac pain



Anterior View: Treatment Zones





FRONTAL – TEMPORAL AREA

- Location:

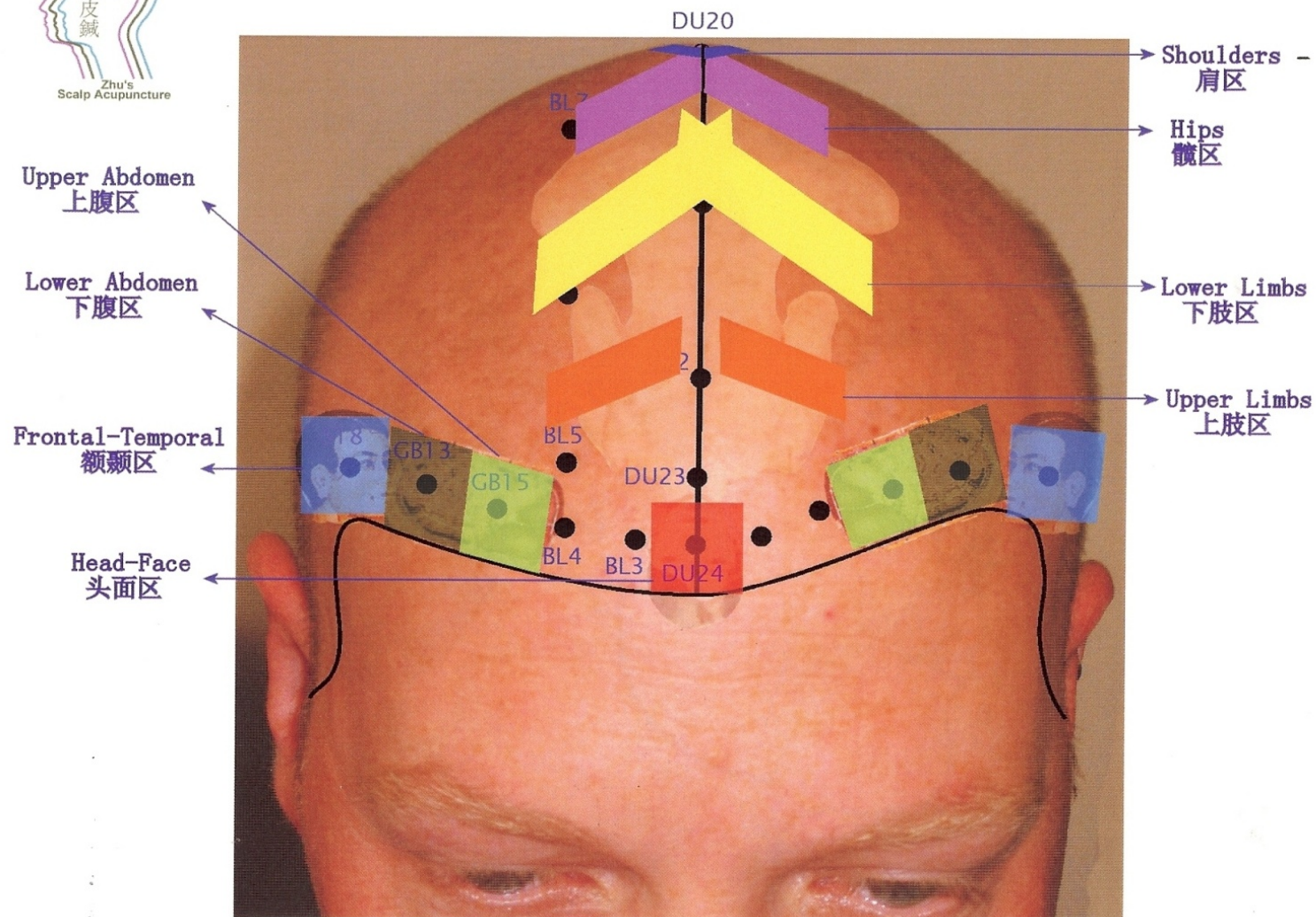
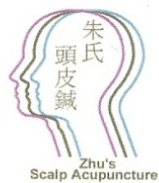
- A square centered at ST8 (Touwei) extending 0.5 cun to its left, right, front and back. It lies on the Foot Yangming Stomach Channel and Foot Shaoyang Gallbladder Channel.

FRONTAL – TEMPORAL AREA

- Functions:
 - Expels wind
 - Purges fire
 - Alleviates pain
 - Brightens eyes

FRONTAL – TEMPORAL AREA

- Indications:
 - Frontal and Temporal headaches
 - Trigeminal neuralgia
 - Eye pain
 - Excessive lacrimation
 - Blurry vision
 - Facial or eye tics
 - Eye or mouth deviation



Anterior View: Treatment Zones

AURICLE – TEMPORAL AREA

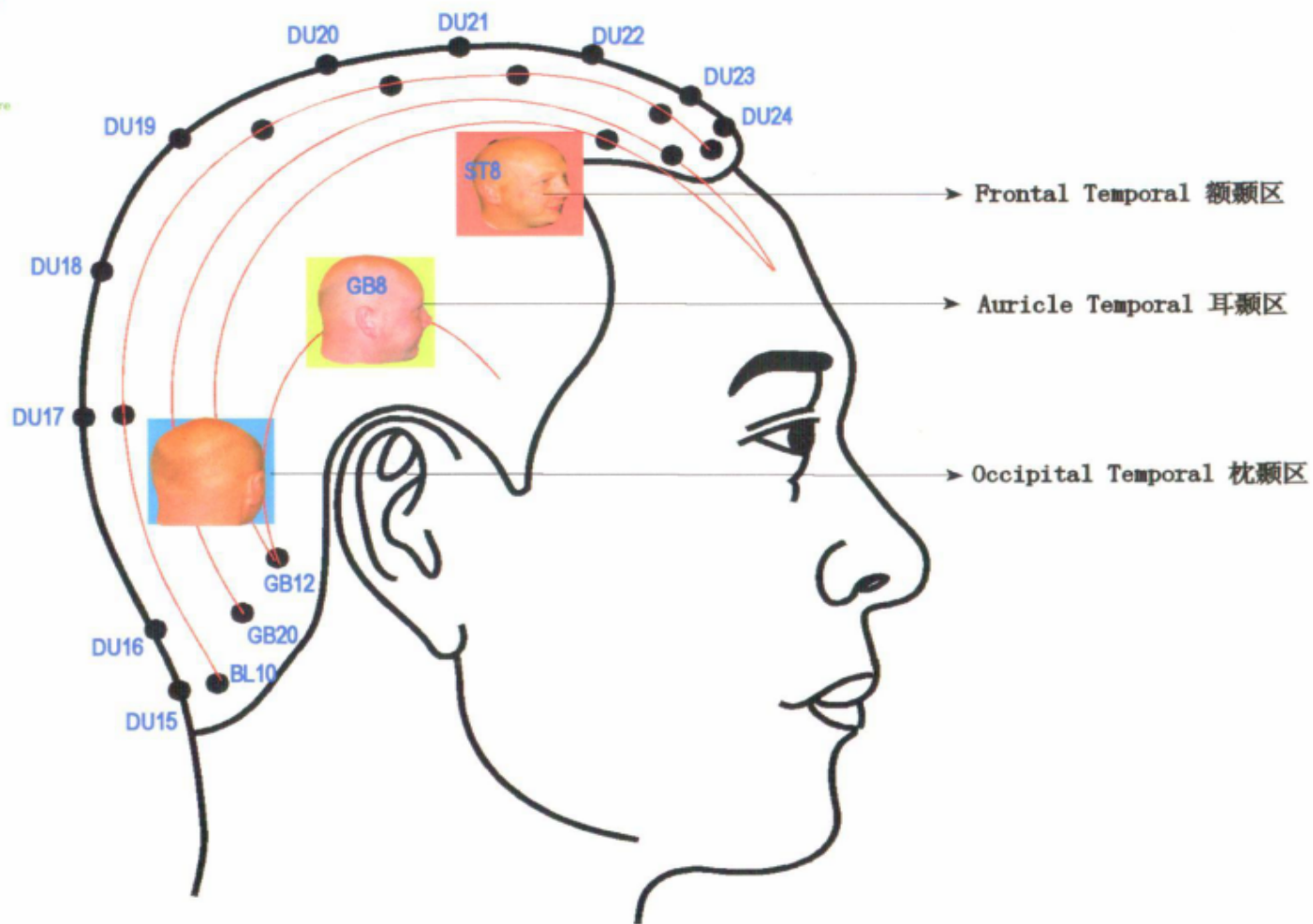
- Location: A square centered at GB8 (Shuaigu), extending 0.5 cun to its left, right, front and back. It lies on the Foot Shaoyang Gallbladder Channel, intersects with Foot Taiyang Bladder Channel.
- This area represents the lateral side of the head, with GB8 corresponding to the ear.

AURICLE – TEMPORAL AREA

- Functions:
 - Unblocks the Shaoyang Channel,
 - Opens ear orifice,
 - Stops dizziness.

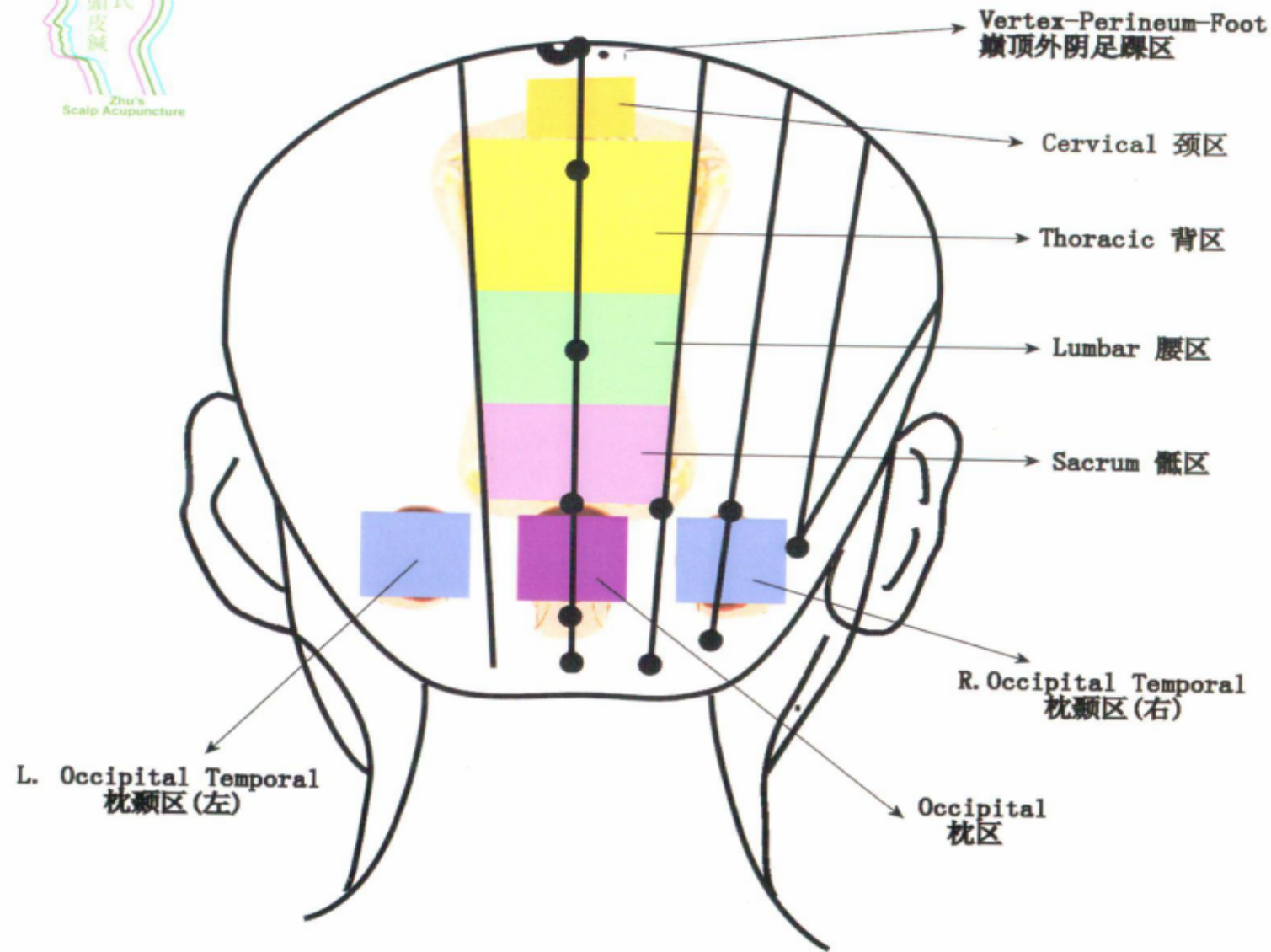
AURICLE – TEMPORAL AREA

- Indications:
 - Tinnitus
 - Deafness
 - Otitis
 - Vertigo
 - Migraine



Lateral View: Images and Treatment Zones

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

OCCIPITAL – TEMPORAL AREA

- Location: This 1-cun square represents the inferior-lateral aspect of the occiput. Its center is located by finding a depression near the midpoint of the line joining the tip of the occipital protuberance and the highest point on the mastoid process.

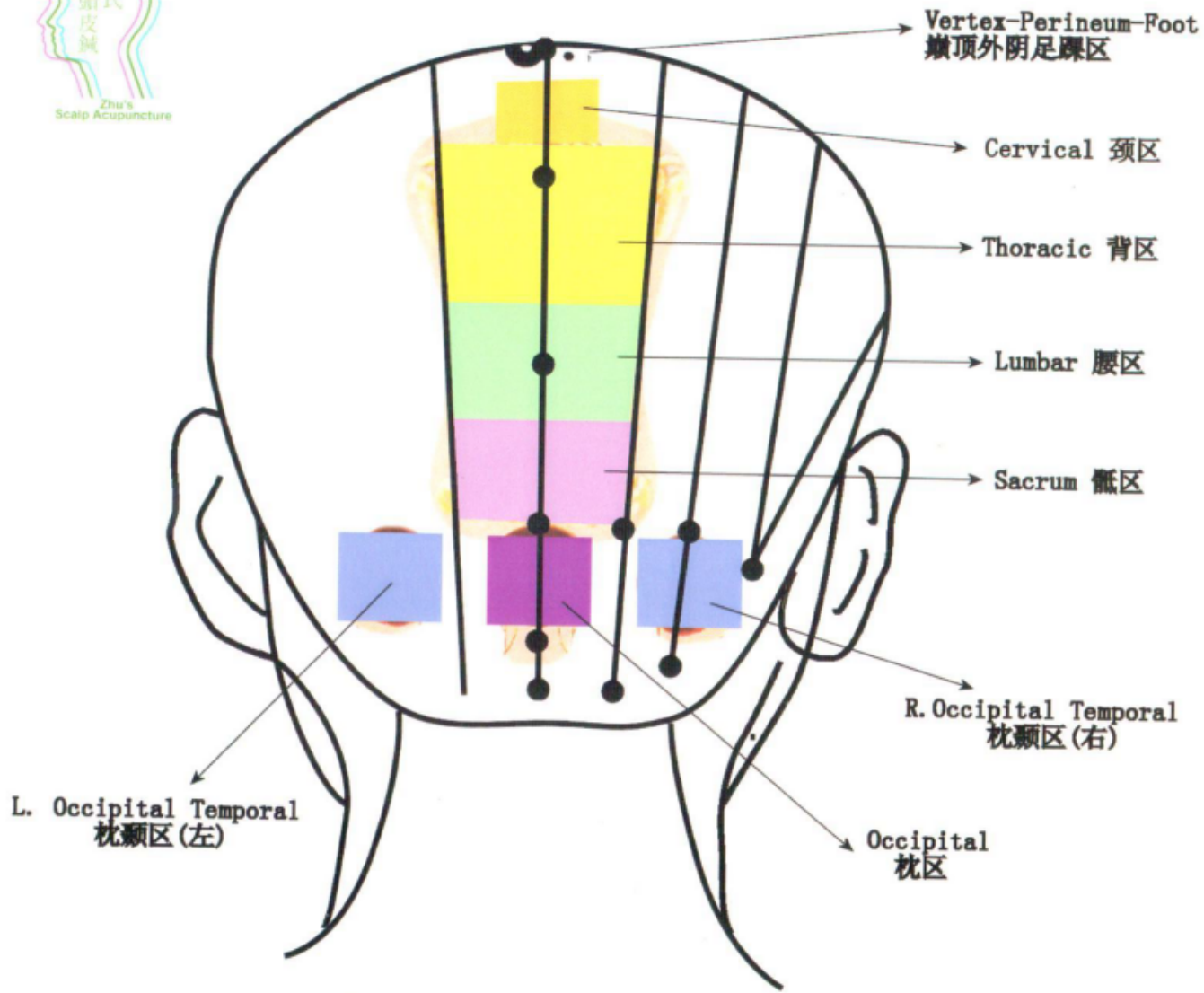
OCCIPITAL – TEMPORAL AREA

- Functions:
 - Expels wind
 - Clears heat
 - Unblocks channels
 - Alleviates pain

OCCIPITAL – TEMPORAL AREA

- Indications:
 - Pain or stiffness of the neck
 - Dizziness, and headache due to hypertension or basilar arterial blockage.
 - This is also a local treatment area for ear pain, deafness and tinnitus.

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

OCCIPITAL AREA

- Location: This 1-cun square centers at the tip of the occipital protuberance, extending 0.5 cun to encircle it.

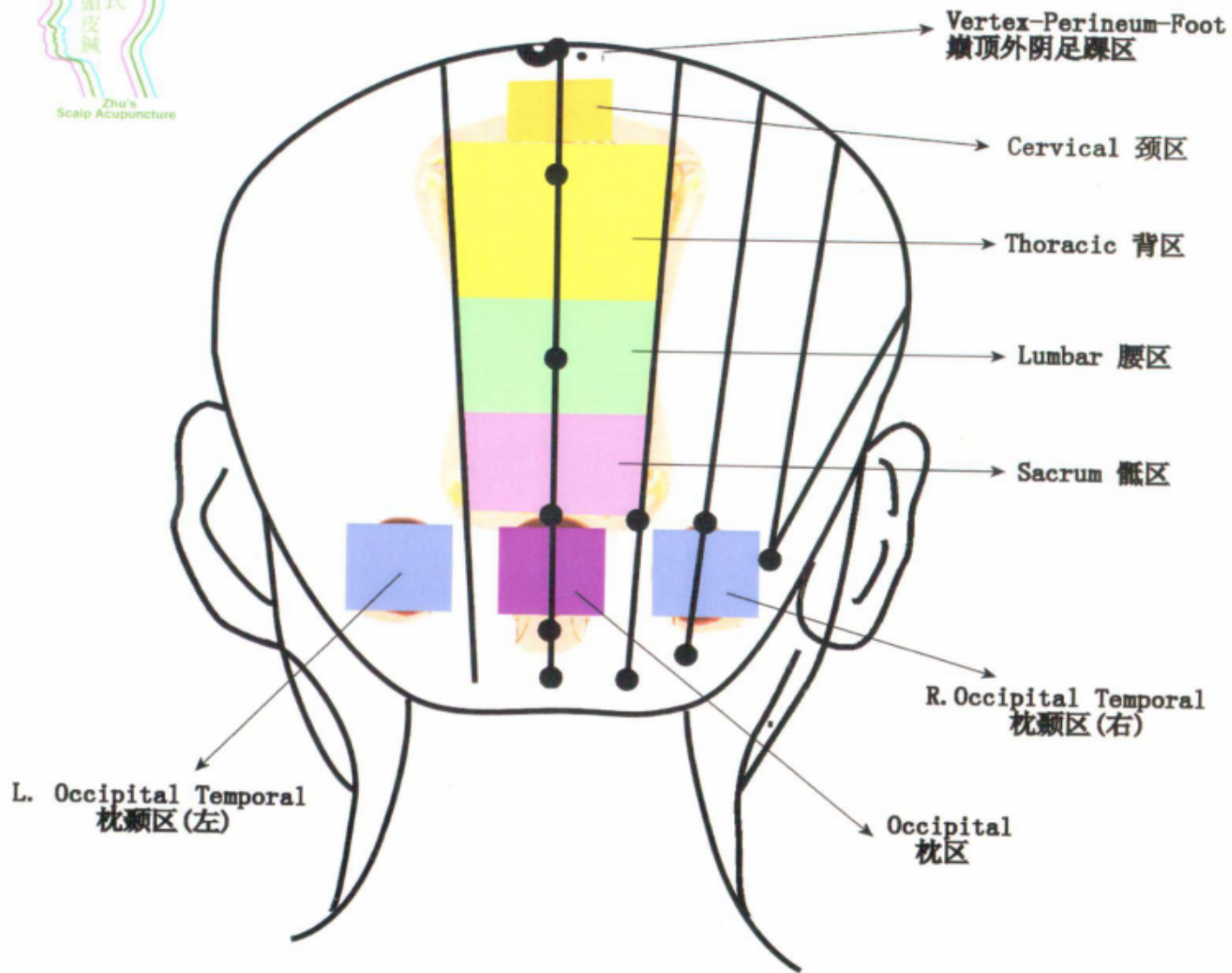
OCCIPITAL AREA

- Functions:
 - Expels wind
 - Unblocks channels
 - Arrests spasms
 - Stops dizziness
 - Opens orifice

OCCIPITAL AREA

- Indications:
 - Neck Stiffness
 - Aphasia
 - Seizures
 - Dizziness
 - Vertigo
 - Imbalance
 - Visual disturbances

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

CERVICAL AREA

- Location: This area, representing the cervical column, starts from a point 0.5 cun posterior of Du20 and extends 0.7 cun towards Du19. It is 0.5 cun wide on either side of the Du Meridian.

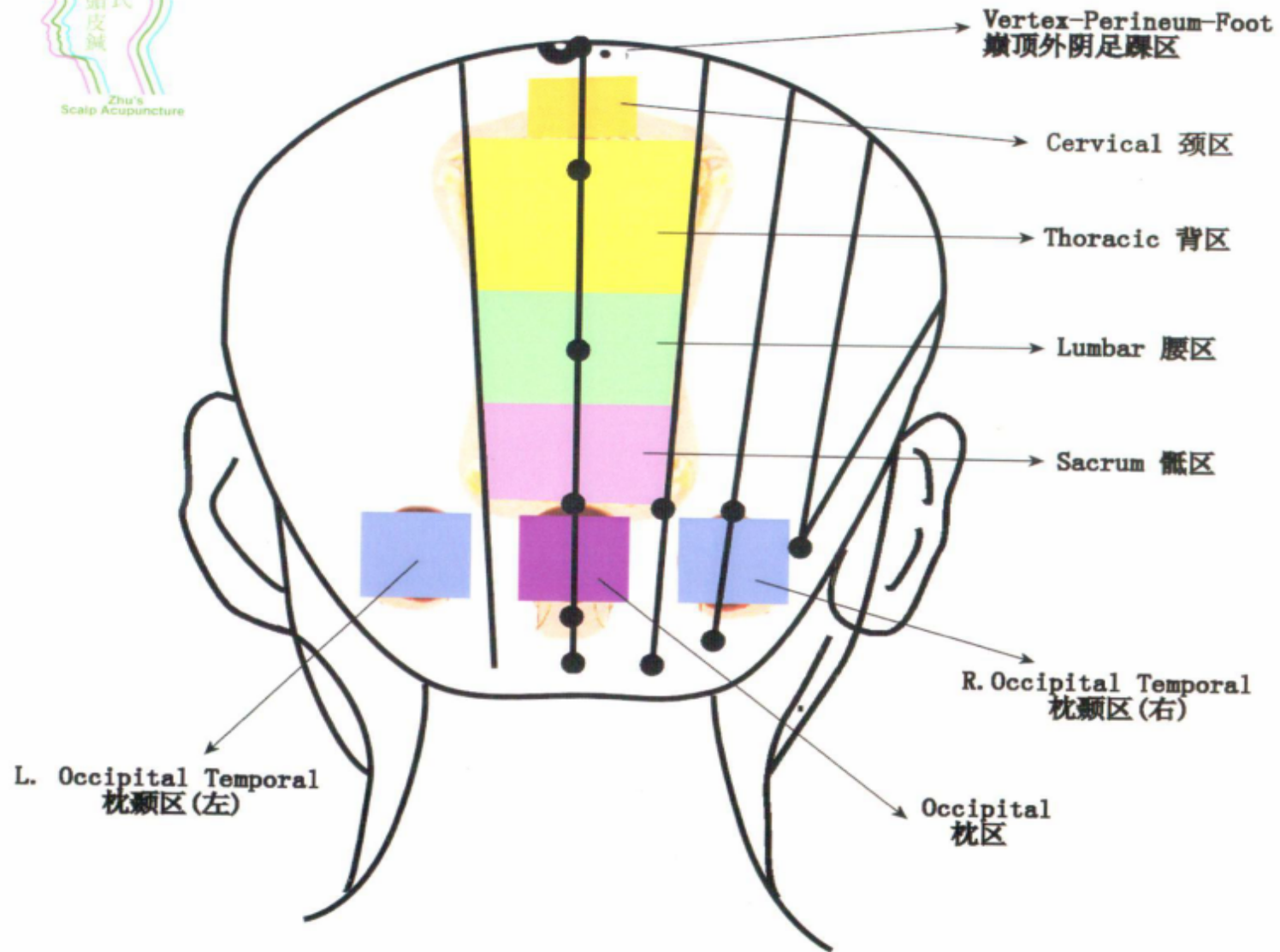
CERVICAL AREA

- Functions:
 - Unblocks the Bladder channels and Du channel
 - Alleviates pain.

CERVICAL AREA

- Indications: Mainly used for neck problems such as:
 - Cervical spondylosis
 - Torticollis,
 - Injury to the cervical vertebrae and surrounding tissues,
 - Peri-scapular burning pain,
 - Stiffness of the neck from hypertension or external cold.

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

THORACIC AREA

- Location: This area extends 1.3 cun lengthwise, starting from 0.3 cun anterior of Du19. The point Du10 corresponds to the T – 3 vertebra.
- It is bounded by the Foot Taiyang Bladder Channels.

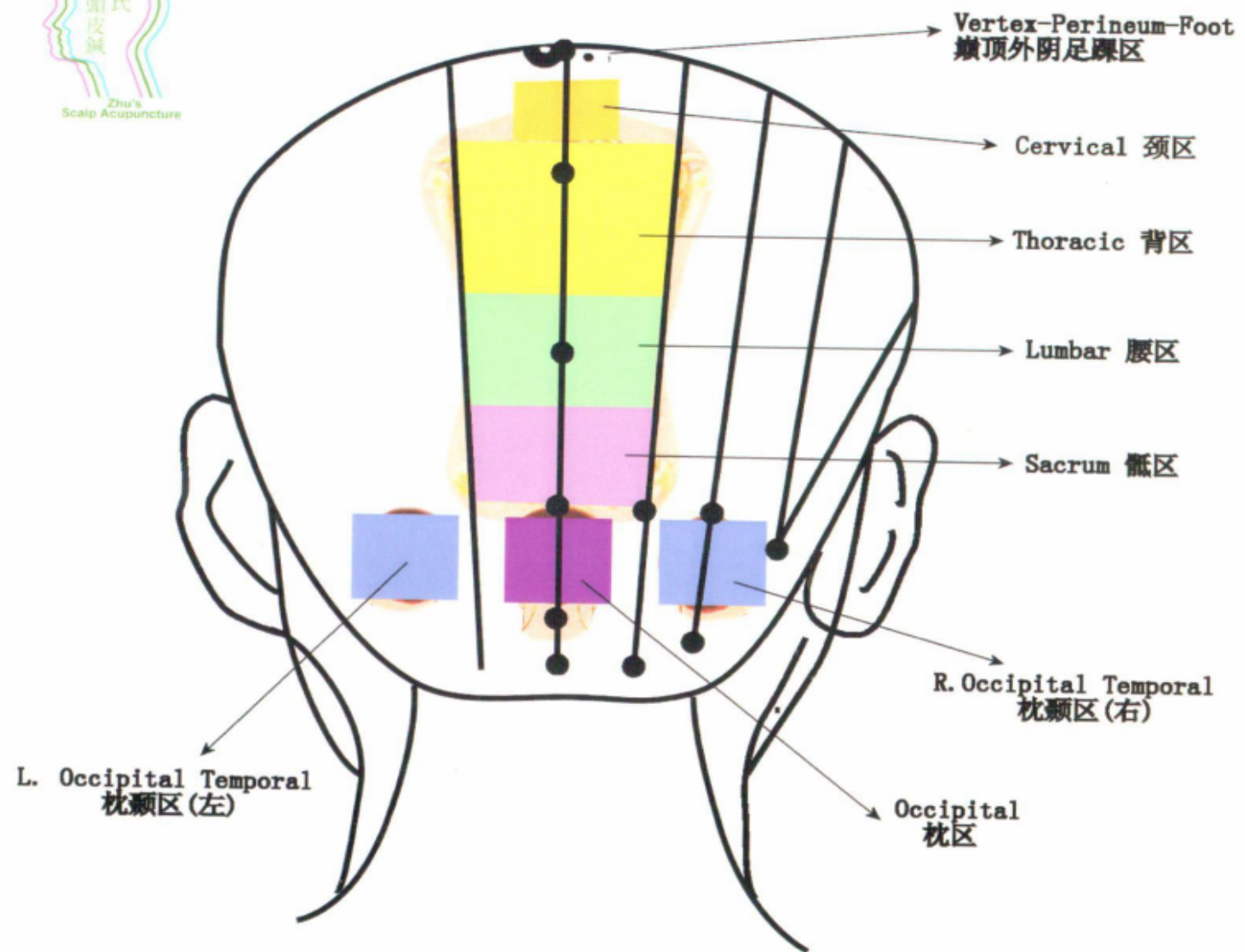
THORACIC AREA

- Functions:
 - Unblocks the Bladder channels and Du channel
 - Alleviates pain.

THORACIC AREA

- Indications: For problems in the mid-back region and diseases of underlying organs.
- Examples are:
 - Pain or stiffness of back muscles
 - Thoracic spondylitis
 - Referred pain on the back due to pathologies of the heart,
 - Lung,
 - Stomach,
 - Gallbladder,
 - Liver
 - Pancreas.

Color Atlas of Zhu's Scalp Acupuncture



Vertex-Perineum-Foot
 巅顶外阴足踝区

Cervical 颈区

Thoracic 背区

Lumbar 腰区

Sacrum 骶区

R. Occipital Temporal
 枕颞区(右)

L. Occipital Temporal
 枕颞区(左)

Occipital
 枕区

Posterior View: Treatment Zones

LUMBAR AREA

- Location: This area centers at Du18 that corresponds to the L – 2 vertebra and extends 0.5 cun both anteriorly and posteriorly.
- It is bounded on each side by the Foot Taiyang Bladder Meridians

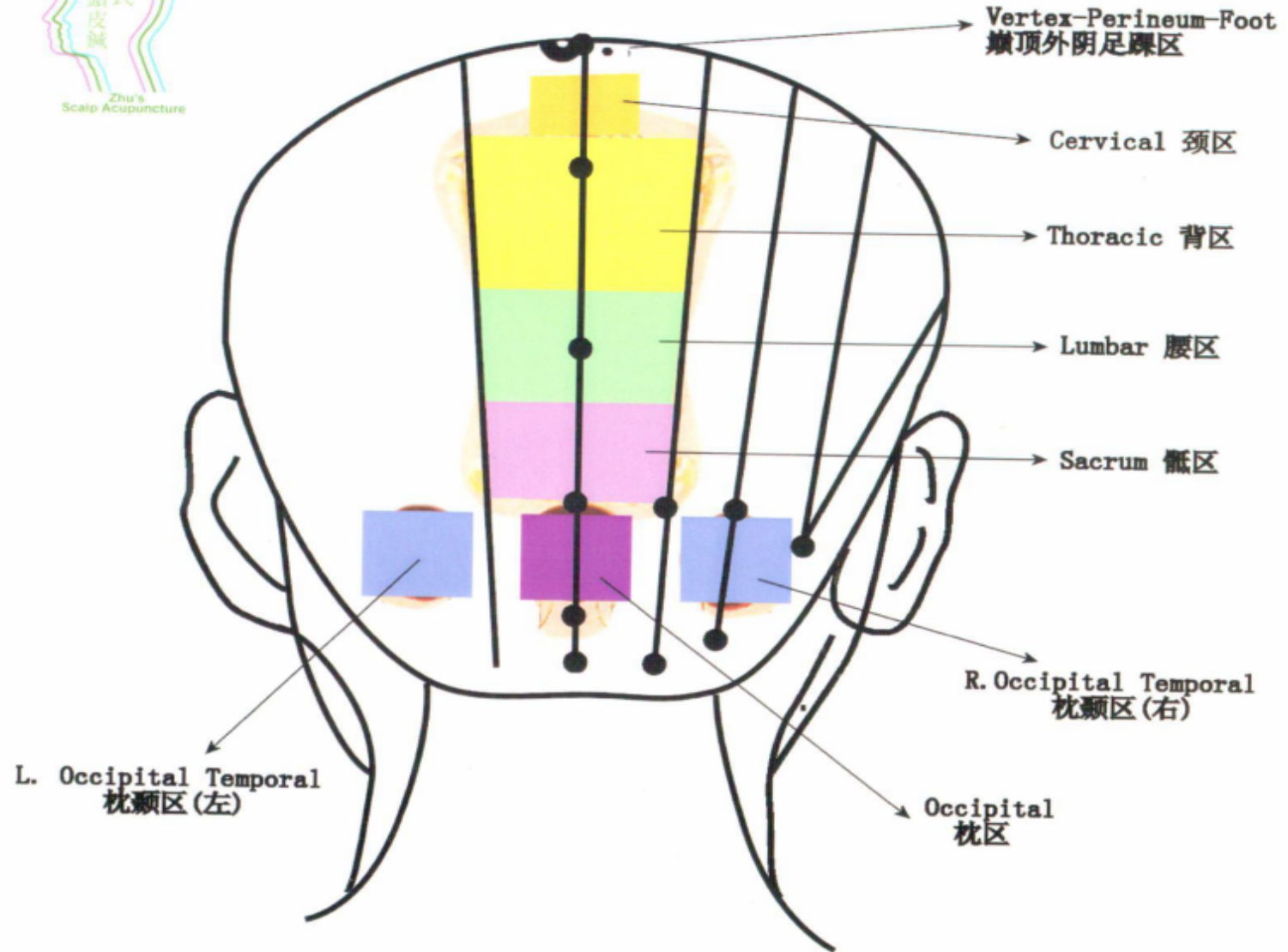
LUMBAR AREA

- Functions:
 - Unblocks the Bladder channels and Du channel
 - Alleviates pain
 - Strengthens bones and tendons.

LUMBAR AREA

- Indications: Mainly used for lumbar problems and diseases of underlying organs, such as:
 - Acute or chronic lumbago
 - Lumbar spondylitis
 - Injuries causing lumbar pain or paralysis
 - Acute or chronic nephritis
 - Urinary tract infection

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

SACRAL AREA

- Location: Immediately following the Lumbar Area, the Sacral area is 1 cun in length and terminates at Du17, which corresponds to the coccyx.

SACRAL AREA

- Functions:
 - Unblocks the Bladder channels and Du channel
 - Alleviates pain
 - Pacifies liver
 - Brightens eyes
 - Stops dizziness

SACRAL AREA

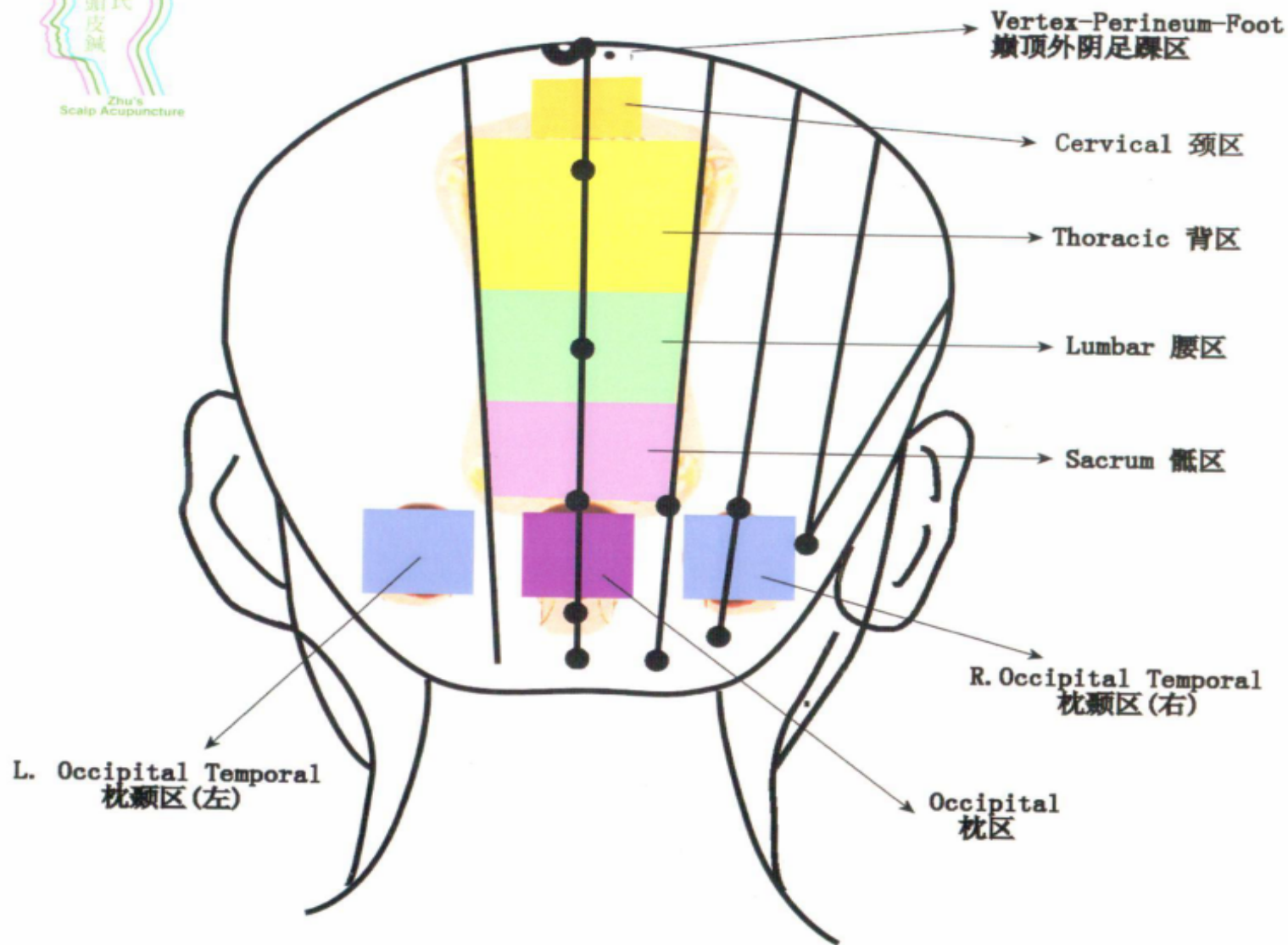
- Indications:

- Mainly used for sacral pain due to injuries
- Wear and tear
- Disk protrusion

Also indicated for pathologies of the underlying cerebral tissues such as:

- Vertigo,
- Equilibrium disorder,
- Visual disorders.

Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones

RED & BLACK LEADS:

- Acupuncture units **do not** have permanent positive or negative polarities. Each lead is constantly changing from positive to negative so it doesn't matter which way the leads are placed.
- I tend to place red and black leads on top of each pair so that they are placed simultaneously in the same direction.

LEADS:

- **Recommendation for Electric:**
- For pain, we recommend that you use high frequencies of hertz (100-150) for treating musculoskeletal problems, pain and dysfunction and then use a low frequency of 3 hertz to reestablish normal muscle function.
- What we normally do is 5-10 minutes of the high hertz and then 5-10 minutes of a low hertz.

NEEDLING:

- For needling body points, it is a twisting and turning technique.
- For scalp, it is a lifting and thrusting technique.

FACTS:

- Side effects and complications from acupuncture are uncommon.
- In the United States, the numbers are even more favorable- only 9 cases of medical complications from acupuncture were reported in over 20 years.
(Rabenstein and hulman)

■ For heart palpitations:

*H&F

*Upper Jiao- Opposing needles

*Dao Yin- deep breathing

■ For heart disease:

*Upper Jiao- opposing needles

*Also VPF

■ Coughing:

*Upper Jiao

*Strong stimulation

*Cups off & on

*On BL-Lung points or percussion.

■ Hypertension:

*H&F

*VPF

*Dao Yin- expand the chest.

■ Cardiac Disease:

*VPF

*Lower Jiao- Opposing needles

*PC-6, HT-7, SP-6, LI-4, twisting & turning method.

■ Bronchitis:

- *Deep breathing
- *Massage REN-17, REN-22
- *Upper Jiao
- *Drink more H₂O, no spicy food, peppers etc.

■Pneumonia:

*H&F

*Upper Jiao- Opposing needles

*Dao Yin

*Hold breath/ deep breathing

*OR cup points: lung,5,7; St 36,40; BL-13; DU-12

■ Asthma:

*H&F

*Upper Jiao

■ Endometriosis

*Lower Jiao

*H&F

*Middle Jiao for QI & blood

*REN-4,6

*SP-6

*St-36

■ Prostatic Hypertrophy:

*Lower Jiao

*VPF

*Dao Yin

*Do Kegel exercises.

▪ KI-6

▪ LV-2

▪ REN.2,3

▪ 2" needles

▪ Also, toe and tooth exercises

■ Kidney Stone Treatment:

*Lower Jiao lower abdomen

*Dao Yin- Jump up and down on side of involvement

■ Reproduction:

*Lowe Jiao

*VPF

*For delivery- Ear points,

lower Jiao

& exercises.



WIZARD OF ID



QUESTIONS???

