

Biomagnetic
Acupoint
Therapy:

Practice
And
Theory



Biomagnetic Acupoint Therapy:
Practice and Theory

(2nd Edition)

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The second edition of Biomagnetic Therapy – Practice and Theory is essentially how to apply magnetics to the practice of Traditional Chinese Medicine. This edition also includes herbal protocols I have found to work with my magnet therapy.

The magnet protocols I list here are points that have proven, in my practice, to be effective. The reader should note this 2nd edition as well as the 1st edition, present a “blueprint” of how to practice BAT. Therefore, you may find other points just as useful as mine.

Also, note BAT is “Green” Acupuncture. You can now heal your patients and heal Earth at the same time! How? By eliminating 90% contaminated biohazardous sharps, as well as the paper and plastic waste of pre-sterilized needles.

I have not used needles in the past 2 decades! How much could that save you annually? BAT also helps reduce ozone depleting byproducts of Ethyl-oxide gas (EOG) sterilization and the radio-active waste of gamma-ray sterilization of needles which both harm the ozone layer of the atmosphere.

My theory of why magnets can affect human physiology is as follows:

The human body is made up of molecules, and molecules are made up of atoms, atoms are made up of sub-atomic particles (i.e.) electrons have a negative charge, and protons carry a positive charge.

Therefore, it stands to reason our atomic and sub-atomic make-up does react to (N) and (S) polarity.

The most important fact is that BAT is effective therapy. I have saved legs from amputation, shrunk benign and malignant tumors, as well as, treated diabetes, and pain.

I encourage the reader to be open to giving Biomagnetic Acupoint Therapy a trial, for BAT is truly the future of TCM.

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Basic Principles

(N) Polarity is used to sedate and disperse

(N) Polarity is usually used with (-) and the black electrode if electric stimulation is involved.

(N) Lv 3 means (N) polarity should be on the skin at Lv 3

(S) Polarity is used to tonifies and consolidate.

(S) Polarity is usually with (+) and the red electrode if electric stimulation is involved.

(S) Sp 6 means (S) polarity should be on the skin at Sp 6

Magnets

10,000 Gauss Rare Earth Cobalt or Neodinium bipolar magnets are used.

Treatments

Magnets are left on for 30-35 minutes treatments, however, they can be left on for longer time periods.

Contraindications

- On patients with pacemakers, use of magnets can alter the rhythm of the pacemaker or turn it off.
- Do not use directly on tumors, open sores, and ulcerations.
- Do not use on Sp 6, LI 4, Lv 3, UB 60, Sacral and abdominal points during pregnancy.

Getting to know Biomagnetic Acupoint Therapy (BAT)

It is recommended that you practice on yourself, friends, and family to see how BAT works, before implementing in your clinic. Below are a few protocols you can practice.

1. Rebalancing or De-stress

(S) LI 4 (N) Lv 3

Four Life Gates

Treatment 20-30 mins

RX: Rescue Remedy

- Rebalances Yin and Yang
- "A floatation tank without water."

2. Insomnia:

(N) He 7, (N) Pc 6, (S) Sp 6

- Here (N) He 7 calms Shen
- (N) Pc 6 soothes the Pericardium
- (S) Sp 6 tonifies Yin
- Use Lin Wei Di Huang Wan to tonify Yin
- Use Guei Pi Wan for light for sleepers, waking easily
- Use An Mian Pian for nightmares

3. Pulses: check Ke pulses

- then apply (S) Ke 3
- wait 20 mins recheck Ke pulses

4. Pain Management:

(N) Locally on Ah-Shih Points; 2 or 3 points.

(S) Distally on same meridian, 1 point only-Treatment 25-30 mins

-can use with Rescue Remedy

Wellness and Health
Maintenance
With
Magnets

Health Maintenance BAT

Health maintenance is a wellness program using magnetics and herbs. Usually around the solstice and the equinox. It involves one treatment and 1 week of herbs quarterly.

The Spring Treatment:

- Detoxifies liver and body, smooths Qi
- Also, an anti-cancer treatment

(N) Lv 3 – stimulates the “Yuan” Source point of the Liver, therefore, stimulates the organ and the meridian.

(S) Sp 6 – slight stimulation of immune system

(S) TBS 5 – slight stimulation of “Wei Qi”

Herbal Rx: Xiao Yao Wan

The Summer Treatment:

- Tune-up the heart
- The Summer treatment thins blood viscosity, increases blood volume, dilates coronary arteries, and pumps fresh blood through the heart.
- Prevents heart attacks

(N) He 7 – Calms Shen, sedates “Yuan” Source point of the heart

(S) Sp 6 – slight stimulation of immune system

(N) Lv 3 – moves Qi and Blood

Herbal Rx:

Dan Shen Pian – for average patient

Tian Wang Bu Xin Wan – for deficient and elderly

The Fall Treatment:

- Tune up the lungs
- Tonifies lungs and immune system to prevent and lessen colds.

(S) Lu 9 - the "Yuan" Source Point of the lungs

Tonifies and strengthening the lungs

(S) Sp 6 – Stimulates the immune system

(S) Ke 3 – Anchors "Lung Qi"

Herbal Rx:

Gan Mao Ling or Chuan Bei Jing

The Winter Treatment:

- The longevity treatment
- Tune up for the kidneys, enhances longevity

(S) Ke 3 – Tonifies and consolidates kidney, "Yuan" Source Point of the Kidneys

(S) Sp 6 – Stimulates the immune system

(N) He 7 – Establishes Heart-Kidney connection

Herbal Rx:

Ge Ji Da Bu Wan or Ginseng (red or white)

Pain Management

Pain Management Technique

Theory:

The basic premise for pain management is the use of (N) polarity locally at site of pain; and (S) distally on nearest or same meridian.

(N) - Polarity here will move Qi, disperse dampness, and reduce inflammation

(S) - Polarity in this technique will attract Qi from painful site and open channel.

Herbal Rx:

Huo Xue Pian – for sharp stabbing pain

Du Huo Sheng Wan – for aches and pains

Xiao Huo Luo Dan – for severe meridian pain

Hands (including arthritis and carpal tunnel)

(N) Pc 7 – Da Ling

(S) Pc 9 – Zhong Chong

(S) TB 4 – Yang Chi

(N) Any – Ah-Shih points

Heel Pain

(N) UB 60 – Kun Lun

(S) Ke 3 – Tai Xi

(N) Any – Ah-Shih Points

Elbows Use any one of below combinations;

(N) LI 11 – Qu Ch,

(S) LI 4 – He Gu

(N) Ah-Shih points

(N) TB 10 – Tian Jing

(S) TB 5 – Wai Guan

(N) Ah-Shih points

(N) SI 8 – Xiao Hai

(S) SI 3 – Hou Xi

(N) Ah-Shih points

(N) Pc 3 – Qu Tse

(S) Pc 7 – Da Ling

(N) Ah-Shih points

(N) Lu 5 – Chi Tse

(S) Lu 9 – Tai Yuan

(N) Ah-Shih points

Knee Pain

(N) St 35 – Du Bi

(S) St 41 – Jie Xi

(N) Any –Ah Shih Points

Shoulders: Use any of the combinations below;

(N) LI 15 – Jian Yu

(S) LI 4 – He Gu

(N) Ah-Shih points

(N) SI 9 – Jian Zhen

(S) SI 3 – Hou Xi

(N) Ah-Shih points add

(N) SI 11 – Tian Zhong for scapula pain

(N) GB 21 – Jian Jing

(S) GB 40 – Chiu Xu

(N) Ah-Shih points

Neck: (Nuchal aspect)

(N) On UB meridian at level of pain, (N) On Du meridian at level of pain and one of the following points;

(S) SI 3 – Hou Xi

(S) Du 26 – Ren Zhong

(S) UB 60 – kun Lun

Upper Back and Mid-Back:

(N) On UB meridian at level of pain

(N) On Du meridian at level of pain

(S) Du 26 – Ren Zhong

(S) UB 60 – Kun Lun

Lower Back (Lumbago)

(N) UB 23 – Shen Shu

(N) Du 4 – Ming Men

(N) Any – Ah-Shih Points

(S) UB 60 – Kun Lun

(S) Du 26 – Ren Zhong

Pain of Sacral Region

(N) UB 31-34 – Ba Liao

(N) Any – Ah-Shih Points

(S) UB 40 –Wei Zhong

Sciatica

(N) UB 31-34 – Ba Liao

(N) GB 30 – Huan Tiao

If posterior sciatica add:

(N) UB 40 – Wei Zhong

(N) Any – Ah-Shih Points

(S) UB60 – Kun Lun

If lateral sciatica add:

(N) GB 31 – Feng Shi

(N) Any – Ah-Shih Points

(S) GB40 – Chiu Xu

Ankle Pain

(N) Any – Ah-shih Points

With any of combinations below:

(N) GB 40 –Chiu Xu and

(S) GB 43 – Jia Xi

(N) St 41 –Jie Xi and

(S) St 44 – Nei Ting

(N) Sp 5 – Shang Chiu

(S) Sp 1 – Yin Bai

(N) Ke 3 – Tai Xi and

(S) Ke 2 – Ran Gu

(N) UB 60 – Kun Lun and

(S) UB 67 – Zhi Yin

(N) Lv 4 – Zhong Feng and

(S) Lv 2 – Xing Jian

Pain in Toes (Gout)

(N) Any – Ah-Shih Points

(S) Ke 3 – Tai Xi

Headaches

(N) SI 3 – Hou Xi

(N) GB 41 – Lin Chi

(S) UB 62 – Shen Mai

(S) TB 5 – Wai Guan

(N) Any – Ah-Shih Points in severe cases

Migraines

(N) Extra Point – Tai Yang

(N) GB 1 – Zhong Zi Liao

(N) Any – Ah-Shih Points

(S) GB 41 – Lin Chi

(S) TB 5 – Wai Guan

Internal Medicine

Balancing (Four Life Gates)

(S) LI 4 – stimulates parasympathetic nervous system

(N) Lv 3 – soothes the sympathetic nervous system

(The use of the “Four Life Gates” here balances Yin and Yang)

Allergies/Sinusitis

(N) LI 20 –local point opens sinus

(S) LI 4 –opens LI Channel

(S) Sp 6 – stimulates immune system

Alternative Point:

(N) Yin Tang – opens sinus

Herbal Rx: Bi Yen Pian – opens sinuses

Alzheimer’s Disease

(S) Du 20 – local point to ascend Yang

(S) Ke 3 – nurtures Sea of Marrow

(S) Sp 6 – stimulates immune system

Herbal Rx:

Jian Nao Wan – nurtures Sea of Marrow

Bu Nao Wan – nurtures Sea of Marrow, calms Shen

Arrhythmias (Tachycardia)

(N) He 8 –sedates heart, slows heart rate, calms Shen

(N) Pc 6 – sedates pericardium

(S) Ke 3 – re-establishes Heart - Kidney communication

Alternate Points:

(N) Lv 2 –sedates Liver Fire

(N) He 7 –calms Shen

Herbal Rx: Dan Shen Pian – cools blood, thins blood, dilates arteries

Bradycardia

(S) He 8 –stimulates heart, increases heart rate

(S) St 36 –stimulates immune system

(S) Ke 3 –re-establishes Heart - Kidney communication

Herbal Rx: Tian Wang, Bu Xin Wan – tonifies and nourishes heart

Asthma

(S) Lu 9 – tonifies lungs

(S) Ke 3 – allows kidneys to “anchor” Qi

(S) Sp 6 – stimulates immune system

Alternate Points: (N) Ding Chuan – stops wheezing

Herbal Rx:

Ge Ji Da Bu Wan – tonifies lungs, treats asthma

Ding Chuan Tang – treats wheezing

Cataracts

(N) SI 6 – Esoteric Point used to treat eye problems

(N) Lv 3 – because eyes are connected to Liver function

(S) Tai Yang – local point to treat eyes

Alternate Points:

(S) GB 1 – local point to treat eyes

(S) ST 2 –local point to treat eyes

Herbal Rx:

Ming Mu Di Huang Wan – classical formula for better vision

Zhi Bai Di Huang Wan – for pink eye; herpes, and shingles

Cholera

(S) Sp 6 – tonifies Yin, stimulates immune system

(S) LI 4 –stimulates parasympathetic

(N) Lv 3 –calms Liver from attacking Center

Herbal Rx:

San Huang Pian – natural antibiotic

Ru Chang Wan – purges bowels when necessary

Ginger Tea – for nausea and vomiting

Honey – nurture intestines after stabilization

Colds and Influenza

(S) TB 5 – engages “Wei Qi”

(S) Sp 6 – stimulates immune system

(S) Lu 9 – “Yuan” Source point of lungs, tonifies lungs

Optional: Ren 22 (N) for sore throat

Herbal Rx:

2 Gan Mao Ling: 1 Yin Qiao San for colds, (3x/day)

2 Yin Qiao San: 1 Gan Mao Ling for flu

Optional: San Huang Pian (natural antibiotic) if severe

Colitis and IBS

(N) St 44 – quells Stomach Fire

(S) LI 4 – stimulates parasympathetic

(S) Sp 6 – stimulates immune system

Alternate Points:

(S) Sp 3 – tonifies spleen (and Center)

Herbal Rx: Bai Tou Weng Tang – treats ulcers and colitis

Convulsions

(N) Du 20 –local point to descend Yang

(S) Sp 6 – tonifies Yin

(N) Lv 3 –to treat Liver Wind

Herbal Rx:

Tian Ma Pian – for seizures, Liver Wind

Long Gu and Mu Li – also treats convulsions

Depression

(N) He 7 – calms Shen

(N) Pc 6 – relaxes heart sack and diaphragm

(N) Lv 3 – relieves stress, moves and regulates Qi

Herbal Rx:

1st detox with Long Dan Xie Gan Wan;

2nd nourish Liver with Xiao Yao Wan and Ji Ju Di Huang Wan

3rd An Mian Pian for anxiety

Diabetes

(S) TB 5 – equalize flow of fluids (water element) between Burners

(S) Sp 6 – tonifies Yin and “water” element

(N) Lv 3 – smooths metabolism

Alternate Points:

(S) Ke 3 –for deficient Ke Yin Fire

(N) Ren 22 –for thirst and dry mouth

(S) St 36 – for excess hunger pangs

Herbal Rx:

Yeung Chuan Wan – treats diabetes

Corn Silk – rebalances blood sugar

Liu Wei Di Huang – tonifies Yin

Dysmenorrhea

(S) Sp 6 –tonifies Yin, relaxes muscles

(N) Lv 3 – regulates and smooths Qi

(N) Pc 6 – relaxes diaphragm

Herbal Rx:

Xiao Yao Wan –regulates Qi, smooths menses

Shu Gan Wan – relaxed muscles, smooths the liver

Edema

- (S) Sp 3 – stimulates Sp, dries dampness
- (S) TB 5 – establishes efficient regulation of fluids
- (S) Ke 3 – increases Kidney metabolism and urine volume

Herbal Rx: Er Chen Wan – herbal diuretic

Encephalitis

- (N) Gv 20 – opens Governor Channel
- (N) GV 14 – opens Governor Channel
- (S) SI 3 – descends Yang, connects to Governor Channel

Alternate Points:

- (S) Sp 6 – to treat edema
- (S) TB 5 – to effectively move fluids between all Burners

Herbal Rx: 2 Bu Nao Wan: 1 Yin Qiao San (3x daily)

Gout

- (N) Ah-Shih Points – locally for pain management
- (S) Ke 3 –decreases urine volume

Herbal Rx:

Black cherry juice (3 x daily; shot glass) prevents precipitation of uric acid
Xiao Huo Luo Dan – for pain, opens Channels

Gallstones

(S) GB 40 –stimulates GB function, “Yuan” Source Point of GB

(S) Sp 6 – stimulates the immune system

(N) Lv 3 – regulates and moves Qi

Herbal Rx: Li Dan Wan dissolves and moves gallstones

Hypertension (stress, ADHD)

(S) LI 4 – stimulates parasympathetic

(S) Sp 6 – tonifies Yin

(N) Lv 3 – smooths Qi, helps constitution adapt to duress

For ADHA, add (N) He 7 – to calm Shen

Herbal Rx:

Jiang Ya Pian – treats hypertension

An Mian Pian – natural sedative

Insomnia

(N) He 7 – calms Shen, sedates heart organ

(N) Pc 6 – soothes Pericardium and heart sack

(S) Sp 6 – Tonifies Yin

Herbal Rx:

Lin Wei Di Huang Wan – deficient Yin

Guei Pi Wan – light sleep

An Mian Pian – nightmares

Kidney Stones

(S) TB 5 –to establish proper flow of Yin fluids

(S) Ke 3 –stimulate Ke function, “Yuan” Source Point of kidneys

(N) Lv 3 –regulate and move Qi

Herbal Rx: Shih Ling Tong – removes sediment, disperses stones

Leucorrhea

(S) TB 5 – to regulate flow of fluids

(N) Lv 3 – to smooth menses, regulates uterus

(S) Sp 6 – stimulates immune system

Herbal Rx:

Bai Dai Wan – for white discharge

Yu Dai Wan – for yellow or greenish discharge

Migraines

(N) Lv 2 – diminishes liver fire

(S) Sp 6 – tonifies yin and “water” element

(S) TB 5 – opening “Qi” flow between all Burners

(N) Ah-Shih Points – for pain management

Herbal Rx:

Long Dan Xie Gang Wan – when symptomatic

Xiao Yao Wan – when asymptomatic

Urinary Tract Infection (+ Herpes)

(S) TB 5 – to establish flow of fluids and Qi

(S) Sp 6 – stimulates immune system

(S) Ke 3 – stimulates Ke to excrete urine

For Herpes:

(N) SI 3 and

(S) UB 62 – confluent points for “Du Mai” descends Yang

Herbal Rx: Zhi Bai Di Huang Wan – treats UTI’s and Herpes Zoster

Urticaria and Hives

(N) LI 11 – Esoteric Point for skin rashes

(S) Sp 6 – to stimulate immune system and tonify Yin

(N) Lv 2 –to quell Liver Fire

Herbal Rx:

Zhi Bai Di Huang Wan – cools Blood Heat

Pi Kang Xiang – topical to heal skin

Yin Pi Xiang –inflammation and itch

Vertigo

(N) Lv 2 – to diminish Liver Fire

(S) TB 5 – to equalize flow of Qi and fluids between Burners, lets Yang descend

(S) Sp 6 –tonifies Yin, stimulates immune system

Alternate Points:

(N) Du 20 –for hypertension

(S) Du 20 –for hypotension

Herbal Rx:

Tian Ma Pian – for Lv Yang rising and Lv Wind

Long Dan Xie Gan Tang – for phlegm and Lv Fire

Bu Nau Wan – for blood Xu deficiency

Cancer Protocols

Cancer Protocol (A)

Herbal Rx: 1 dose, (3x/day)

Magnetic Tx: treat (1-3x/wk)

Treat until 3 negative tests, then move on to Protocol (B)

Cancer Protocol (B)

Herbal Rx: 1 dose, (2x/day)

Magnetic Tx: treat every (2 wks)

Treat until 3 negative tests, the move on to Protocol (C)

Cancer Protocol (C)

Herbal Rx: 1 dose, (once daily)

Magnetic Tx: treat every (4 wks)

Treat until 2 negative tests, then move to Protocol (D)

Cancer Protocol (D)

Herbal Rx: 1 dose, (once/wk)

Magnetic Tx: treat every (3/mos)

Treat for life

Herbal Rx: ELS = E Zhu and Ling San

Generic Treatment

(N) Lv 3 – moves Qi, fights stagnation, bring herbs where Qi goes

(S) TB 5 – regulates fluid metabolism between Burners

(S) Sp 6 – ignites immune system

Herbal Rx: 1 dose ELS and 1 dose Xiao Yao Wan (3x/day)

Bladder or Uterine Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Ke 3 – draws herbs to Ke and UB organ
- (S) Sp 6 – stimulates immune system

Herbal Rx:

Bladder Cancer: 1 dose ELS and 1 dose
Zhi Bai Di Huang Wan (3x/day)

Uterine Cancer: 1 dose ELS and 1 dose
Yu Dai Wan (w/heat) or 1 dose
Bai Dai Wan (w/cold) (3x/day)

Bone Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system
- (S) Ke 3 – brings herbs to kidneys which produces marrow
- (S) Ah-Shih Points – attracts herbs to local site

Herbal Rx:

Bone Tumors: 1 dose ELS and 1 dose
Cong Rong Bu Shen Wan (3x/day)

Spinal Tumors: 1 dose ELS and 1 dose
Kang Gu Zheng Shang Pian (3x/day)

Brain Tumors

- (N) Lv 3 –moves Qi, fights stagnation
- (S) Sp 6 –stimulates immune system
- (N) SI 3 –connects with Du Channel
- (S) UB 62 –UB channels covers skull, or
- (S) Ah-Shih Points to attract herbs

Herbal Rx: 1 dose ELS and 1 dose
Jian Nao Wan (3 x/day)

Breast Tumors

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system
- (S) Ah-Shih Points – brings herbs to local site

Herbal Rx: 1 dose ELS and 1 dose
Xiao Yao Wan (3x/day)

Colon Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) LI 4 – stimulates parasympathetic, brings herbs to Large Intestine
- (S) Sp 6 – stimulates immune system
- (N) ST 29 – attracts herbs to the intestines

Herbal Rx: 1 dose ELS and 1 dose
Ru Chang Wan (3 x/day)

Kidney Cancer

(N) Lv 3 – moves Qi, fights stagnation

(S) Ke 3 –attracts herbs to the kidney, tonifies Ke

(S) Sp 6 –stimulates immune system

Herbal Rx:

Left kidney: 1 dose ELS and 1 dose

Zuo Guei Wan (3 x/day)

Right kidney: 1 dose ELS and

1 dose Yu Guei Wan, (3x/day)

Leukemia

(N) Lv 3 – moves Qi, helps liver metabolism

(S) Sp 6 – stimulates Center and immune system

(S) St 36 – tonifies Center to produce more red blood cells

Herbal Rx: 1 dose ELS and 1 dose

Ba Zhen Wan, (3 x/day)

Lung Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Lu 9 –brings herbs to lungs, tonifies lungs
- (S) Sp 6 –stimulates immune system

Herbal Rx: 1 dose ELS and 1 dose
Gan Mao Ling (3x/day)

Pancreatic Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system
- (N) Pc 6 – attracts herbs to diaphragm
- (S) Ah-Shih Points – brings herbs to local site

Herbal Rx: 1 dose ELS and 1 dose
Bu Zhong Yi Qi Wan (3x/day)

Prostate Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system
- (S) UB 60 – brings herbs to UB Channel and Bladder
- (S) Ah-Shih Points – attracts herbs to local site

Herbal Rx: 1 dose ELS and 1 dose
Kai Kit Wan (3 x/day)

Skin Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system
- (S) TB 5 – stimulates Wei Qi
- (N) LI 11 – esoteric point to treat skin maladies

Herbal Rx: 1 dose ELS and 1 dose
Pearl Powder (3 x/day)

Stomach Cancer

- (N) Lv 3 – moves Qi, fights stagnation
- (S) Sp 6 – stimulates immune system, tonifies the Center
- (S) Ren 12 – attracts herbs to Center
- (S) Ah-Shih Points – attracts herbs to local site

Herbal Rx:

Stomach Cancer: 1 dose ELS and 1 dose
Bu Zhong Yi Qi Wan (3x/day)

Spleen Cancer: 1 dose ELS and 1 dose of
Jian Pi Wan (3x/day)

Thyroid Cancer

(N) Lv 2 – moves Qi, fights stagnation, quells Liver Fire

(S) TB 5 – regulates water metabolism

(S) Sp 6 – tonifies Yin, stimulates immune system

(S) Ah-Shih Points – brings herbs to local site

Herbal Rx: 1 dose ELS and 1 dose
Long Dan Xie Gan Tang (3x/day)

Tonification and Sedation
With
“Mother” and “Son”
Points

Tonification (Mother Points)

(S) will tonify or consolidate respective organ or meridian

(S) Lu 9 – tonifies Lu Qi w/Gan Mao Ling or Chuan Bei Jing

(S) LI 11 – consolidate Yang Ming w/Xiao Cheng Qi Tang

(S) St 41 – tonifies St Qi, w/Bu Zhong Yi Qi Wan

(S) Sp 2 – tonifies spleen w/Jian Pi Wan

(S) He 9 – tonify He Yang w/Tian Wang Bu Xin Wan

(S) SI 3 – consolidate Tai Yang w/Gui Zhi Tang

(S) UB 67 – tonifies bladder Qi w/Mai Wei Di Huang wan

(S) Ke 7 – tonifies Ke Yin w/American Ginseng;
Ke Yang w/red Ginseng, or Ke Qi w/Du Zhong

(S) Pc 9 – consolidate Jue Yin w/Dang Guei Si Ni Tang

(S) TB 3 – strengthen Triple Burner
(tonifies Lu Qi w/Huang Qi, Sp Qi w/Bai Zhu, and Ke Qi w/Ginseng)

(S) GB 43 – consolidate Shao Yang, w/Li Dan Wan or Xiao Chai Hu Tang

(S) Lv 8 – tonifies Lv Yin w/Go Ji Zi, Bai Shao, or Ming Mu Di Huang Wan

Sedation Points (Son Points)

(N) on Son Point will sedate or disperse respective meridians

(N) Lu 5 – to sedate Lu Heat, use Huang Qin or Chuan Bei Jing

(N) LI 2 – to quell Yang Ming Heat, w/ Xiao Cheng Qi Tang

(N) St 45 – to sedate St Fire, use Bai Tou Wang Tang for colitis

(N) Sp 5 – to disperse Sp damp/heat use Huang Lian, or Da Huang

(N) He 7 – to sedate He Fire, use Huang Lian

(N) SI 8 – to sedate SI Heat, use Zhi Bai Di Huang Wan

(N) UB 65 – to disperse phlegm in pericardium, use Er Chen Wan, or Niu Huang and Bing Pian

(N) TB 10 – to sedate TB Heat, use San Huang Pian

(N) GB 38 – to sedate GB Heat, use Li Dan Wan

(N) Lv 2 – to quell Lv Fire, use Long Dan Xie Gan Wan

How to use
“Yuan-Luo” Points
With
Magnets

How to use "Yuan-Luo" Points with BAT

Lungs (hand Tai-Yin Channel)

(N) Lu 9 – use Chuan Bei Jing for Lung Heat

(S) LI 6 – use Honey to nurture LI

Large Intestine (hand Yang-Ming Channel)

(N) LI 4 – use Gan Mao Ling to tonify lungs

(S) Lu 7 – use Ru Chang Wan to purge Large Intestines

Stomach (foot Yang-Ming Channel)

(N) St 42 – use Jian Pi Wan to tonify Sp

(S) Sp 4 – use Huang Lian Jie Du Pian to sedate Stomach Heat

Spleen (foot Tai-Yin Channel)

(N) Sp 3 – use Ba Xian Chang Shou Wan to tonify Stomach Yin

(S) St 40 – use Er Chen Wan to disperse phlegm

Heart (hand Shao-Yin Channel)

(N) He 7 – use Dan Shen Pian for Heart wellness

(S) SI 7 – use Chai Hu Jia Long Gu Mu Li Tang for Heart Fire

Small Intestines (hand Tai-Yang Channel)

(N) SI 4 – use Zhi Bai Di Huang Wan for Small Intestine Heat

(S) He 5 – use Ru Chang Wan to purge bowels

Urinary Bladder (foot Tai-Yang Channel)

(N) UB 64 – use Ginsengs to tonify Kidneys

(S) Ke 4 – use Zhi Bai Di Huang to clear Lower Burner Heat

Kidneys (foot Shao-Yin Channel)

(N) Ke 3 – use Mai Wei Di Huang Wan to increase bladder Qi

(S) UB 58 – use Zhi Bai Di Huang Wan for Kidney Fire

Pericardium (hand Jue-Yin Channel)

(N) Pc 7 – use San Huang Pian to open the three Burners

(S) TB 5 – use Wen Dan Tang to clear heat-phlegm

Triple Burner (hand Shao-Yang Channel)

(N) TB 4 – use San Huang Pian to clear Heat in the three Burners

(S) Pc 6 – also Xiao Chai Hu Tang can be used

Gallbladder (foot Shao-Yang Channel)

(N) GB 40 – use Ji Ju Di Huang Wan to tonify Liver Yin

(S) Lv 5 – use Li Dan Wan to clear GB Heat

Liver (foot Jue-Yin Channel)

(N) Lv 3 – use Long Dan Xie Gan Wan to sedate Liver Yang

(S) GB 37 – use Ming Mu Di Huang to brighten eyes

4 Needle Technique
With
Magnets

4 Needle Technique with Magnets

To tonify Heart, Qi, Yin, or Yang

(S) He 9 – Xiao Chung

(S) Lv 1 – Da Dun

(N) He 3 – Xiao Hai

(N) Ke 10 – Yin Gu

Herbal Rx:

Tian Wang Bu Xin Wan tonifies He Yang –tonifies Heart Yang

Liu Wei Di Huang Wan tonifies Yin; Ba Zhen Wan tonifies Heart Qi

To Sedate Heart Fire

(N) He 7 – Shen Men

(N) Sp 3 – Tai Bai

(S) He 3 – Xiao Hai

(S) Ke 10 – Yin Gu

Herbal Rx: Dan Shen Pian – quells Heart Fire

To Tonify Kidney Qi, Yin or Yang

(S) Ke 7 – Fu Liu

(S) Lu 8 – Jing Qu

(N) Ke 3 – Tai Xi

(N) Sp 3 – Tai Bai

Herbal Rx: Red Ginseng and White Ginseng

To Sedate Kidney Fire

(N) Ke 1 – Yong Chuan

(N) Lv 1 – Da Dun

(S) Ke 3 – Tai Xi

(S) Sp 3 – Tai Bai

Herbal Rx: Zhi Bai Di Huang Wan –treats Deficient Kidney Fire

To Tonify Spleen Qi or Yang

(S) Sp2 – Da Du

(S) He 8 – Xiao Fu

(N) Sp1 – Yin Bai

(N) Lv 1 – Da Dun

Herbal Rx:

Jian Pi Wan – tonifies Sp Qi

Bu Zhong Yi Qi Wan –tonifies Sp Yang

To Sedate Stomach Fire

(N) St 45 – Li Dui

(N) LI 1 – Shang Yang

(S) St 43 – Xian Gu

(S) GB 41 – Lin Chi

Herbal Rx: Huang Lian Jie Du Pian –quells St Fire

To Tonify Lung Qi or Yin

(S) Lu 9 – Tai Yuan

(S) Sp 3 – Tai Bai

(N) Lu 10 – Yu Ji

(N) He 8 – Xiao Fu

Herbal Rx:

Ge Ji Da Bu Wan tonifies Lung Qi

Chuan Bei Jing tonifies Lung Yin

To Sedate Lung Fire

(N) Lu 5 – Cher Tse

(N) Ke 10 – Yin Gu

(S) Lu 10 – Yu Ji

(S) He 8 – Xiao Fu

Herbal Rx: Zhong Gan Ling Pian – treats Lung Heat

To Tonify Liver Yin or Blood (also strengthens the tendons)

(S) Lv 8 – Qu Chuan

(S) Ke 10 – Yin Gu

(N) Lv 4 – Zhong Feng

(N) Lu 8 – Jing Qu

Herbal Rx:

Ming Mu Di Huang Wan – tonifies Liver Yin

Shou Wu Pian – tonifies Liver Blood

To Sedate Liver Yang, Wind or Fire

(N) Lv 2 – Xing Jian

(N) He 8 – Xiao Fu

(S) Lv 4 – Zhong Feng

(S) Lu 8 – Jing Qu

Herbal Rx:

Long Dan Xie Gan Wan – sedates Liver Fire

Tian Ma Pian – sedates Liver Wind

5 Elements Technique using Magnets

5 Element Technique

To Sedate Fire

(N) on Fire Points

(S) on Water Points

(N) on Wood Points

Herbal Rx:

Dan Shen Pian – treats He Fire

Lin Wei Di Huang Wan – tonifys Yin

To Generate Metal

(S) on Earth Points

(S) on Metal Points

(N) on Fire Points

Herbal Rx:

Gan Mao Ling –tonifies Lungs

Chuan Bei Jing – tonifies Lung Yin

To Generate Water

(S) on Metal Points

(S) on Water Points

(N) on Earth Points

Herbal Rx: Red Ginseng and White Ginseng

To Cultivate Earth

(S) on Fire Points

(S) on Earth Points

(N) on Wood Points

Herbal Rx:

Jian Pi Wan – tonifies Sp

Bu Zhong Yi Qi Wan – tonifies Center

To Generate Wood

(S) on Water Points

(S) on Wood Points

(N) on Metal Points

Herbal Rx:

Xiao Yao Wan – regulates Qi, nurtures Liver

Ming Mu Di Huang Wan – for Liver Yin

To Generate Fire

(S) on Fire Points

(S) on Wood Points

(N) on Water Points

Herbal Rx: Red Ginseng

Note – the general theory behind above method is:

- *To tonify the Mother & Son while sedating the Grandmother, or in other words,
- *To tonify deficient Element and its Mother, while sedating the controlling Element.
- *Most effective treating one meridian bilaterally.

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