

THE BODY-FEEDBACK ACUPUNCTURE MASTERY TRAINING PROGRAM  
ASYMMETRICAL TREATMENTS

PART 1: SYMMETRY AND ASYMMETRY

Section 1: Symmetry and asymmetry

1. Symmetry in nature:

- Symmetry is a reflection of and a result of synchronized qi flowing in a balanced state
- Symmetry is easy to see in plants and flowers
- A study shows that bumblebees have a preference for symmetrical patterns, which are associated with higher pollen rewards<sup>1</sup>
- Another study shows that flowers treated with viruses have distinctly different shapes than those not treated<sup>2</sup>

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2. Symmetry in humans:

- Symmetrical growth and development occurs in all levels of the body including the skeletal system, the muscles, the connective tissue, the nervous system, and the cardiovascular system
- The body naturally strives for symmetry and feels comfortable when energy flows through the meridian system in a balanced way
- Symmetry is easiest to see in the face, head, neck, shoulders, hips, and feet when comparing one side to another

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3. Symmetry in the human body:

- Symmetrical development begins during pregnancy as a result of qi flowing through the meridian system in a balanced state
- A study shows that male body symmetry corresponds with higher sperm counts and better sperm quality, and female breast symmetry corresponds with better fertility<sup>3</sup>
- Another study shows that male skeletal symmetry corresponds with a higher number of sexual partners<sup>4</sup>

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4. What is asymmetry?:

- Studies show that any deviation from perfect symmetry can be considered a sub-optimal situation, which will result in performance problems in the future<sup>5</sup>
- Studies determine most asymmetrical variations are a result of genetics (inbreeding and mutations) or the environment (nutrient intake and parasites)<sup>6</sup>

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5. What is asymmetry?:

- Asymmetry along the vertical axis (from side to side) is more problematic than the horizontal axis as evidenced in both studies and Body-Feedback testing
- Asymmetry along the vertical axis causes each side of body to have a different root meridian imbalance
- Asymmetrical treatments effectively restore balance to the meridian system and can dramatically improve health

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6. Common causes asymmetry:

- Scoliosis is the most common cause of asymmetry and include this on your intake forms
- Scoliosis can be caused by gene mutations or infections
- Unresolved trauma or severe trauma will cause asymmetry over time
- A long-term imbalance in an organ will cause the associated organ referral area to remain inflamed, and overtime will affect the muscle structure creating asymmetry (the most common is the liver)

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7. Asymmetry formed during pregnancy:

- Asymmetry that affects the facial features is often caused from genetic issues or structural issues that began during pregnancy
- A pregnant mother that has an asymmetrical presentation is likely to pass that same presentation to the baby if left untreated
- Asymmetry during pregnancy usually causes increased pregnancy complications such as nausea, placenta previa, and a difficult delivery
- Asymmetry untreated during pregnancy often leads to a fussy baby

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8. The symptoms associated with asymmetry:

- Long-term asymmetry can cause chronic inflammation in the associated area of the brain and a general increase in symptoms
- Asymmetry can cause one-sided headaches
- Asymmetry can cause a predominance of symptoms on only one side of the body
- A deficiency pattern on one side and an excess pattern on the other will cause an increase in the intensity of symptoms

Section 1: Symmetry and asymmetry 9. Endnotes for symmetry and asymmetry:

- <sup>1</sup>Plowright, Catherine M. S., Jeremy J. M. Bridger, Vicki Xu, Racheal A. Herlehy, and Charles A. Collin. "Floral guidance of learning a preference for symmetry by bumblebees." SpringerLink. August 30, 2017. Accessed February 19, 2018. <https://link.springer.com/article/10.1007%2Fs10071-017-1128-0>
- <sup>2</sup>Berger, Brent A. et al. "Geometric Morphometrics Reveals Shifts in Flower Shape Symmetry and Size Following Gene Knockdown of CYCLOIDEA and ANTHOCYANIDIN SYNTHASE." BMC Plant Biology 17 (2017): 205. PMC. Web. 19 Feb. 2018.
- <sup>3</sup>Little, Anthony C., Benedict C. Jones, and Lisa M. DeBruine. "Facial Attractiveness: Evolutionary Based Research." Philosophical Transactions of the Royal Society B: Biological Sciences 366.1571 (2011): 1638–1659. PMC. Web. 19 Feb. 2018.
- <sup>4</sup>IBID
- <sup>5</sup>IBID
- <sup>6</sup>IBID

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PART 2: HOW TO IDENTIFY ASYMMETRY

Section 2: How to identify asymmetry

1. How to detect asymmetry:

- Asymmetry is easiest to detect by analyzing facial features, shoulder and hip alignment, leg length, along with foot and hand positioning
- Long-term asymmetry will cause the neck flexor muscles to develop with different thickness from side to side to accommodate holding the head straight to level the eyes
- Asymmetry in the spine causes the cartilage in the sternum and xiphoid process to shift and adapt

Section 2: How to identify asymmetry

2. Start with visually inspecting for asymmetry:

- The easiest way to check for asymmetry is to stand at the head of the client and visually inspect the alignment of the shoulders, then hips, and then feet (If you are unable to stand at the head, then stand at the feet and look up the body)
- Inspect the neck flexor muscle definition
- Inspect the facial features for symmetry
- Inspect the shoulder to table distance/depth

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3. Palpation techniques to identify asymmetry:

- Palpate the neck flexors for differences in thickness and resistance
- Palpate the xiphoid process looking for tenderness
- Pick up the feet by the ankles and pull them together to see how the ankles line up
- Press on the highest point of the anterior superior iliac spine crest (ASIS) to see if the hips are aligned

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4. Palpation of the Body-Feedback Areas to identify asymmetry:

- The Body-Feedback Muscle Referral Areas and the Master Points will feel significantly different from side to side with asymmetry
- Palpate the Master Body-Feedback Points and compare the sides
- Palpate the individual Body-Feedback areas related to the pulse positions on each side and look for differences in muscle tension and development from side to side

Section 2: How to identify asymmetry

5. Checking the meridian balancing points to the pulse:

- Press two of the meridian balancing points in a combination to find the correct root meridian (start by checking the excess pulse presentations) and check to see if improves the pulse
- Check the same points on the other side of the body to the pulse
- An asymmetrical presentation will cause the pulse to become forceful and wiry in one or more positions when the same points on the other side are pressed

For example – if the pulse responds favorably when the liver balancing points (LV3 and LV4) are pressed on the right, but becomes excess those same points are checked on the left, there is an asymmetrical presentation

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6. Monitoring the Body-Feedback Areas with asymmetry:

- When the client feels the asymmetrical difference in their body they can better understand the causes of their health concerns and how to monitor their health
- With proper treatment many people will shift to a symmetrical presentation at times indicating a dramatic improvement in health
- Clients will have an increase in symptoms when their body shifts from symmetry to asymmetry and will know to schedule an appointment

PART 3: HOW TO TREAT ASYMMETRY

Section 3: How to treat asymmetrical patterns

1. Root meridian treatments for asymmetrical patterns:

- Identify the root meridian on the first side by checking two points of a balancing point prescriptions (best to not use the bolded SP3/ST36/GB41/HT8 points due to possible substitutions needed)
- Confirm the points to the pulse and/or Body-Feedback Areas for each side of the body and one side will become worse with asymmetry
- Determine if the root meridian is excess or deficient on the first side by checking the points that tonify or sedate

For example – if the body responds favorably to the liver balancing points on the right side of the body but not on the left, then an asymmetrical treatment is needed and check LV2 for excess and LV8 for deficiency

Section 3: How to treat asymmetrical patterns

2. Root meridian treatments for asymmetrical patterns:

- Identify the root meridian on the second side by checking two points of a balancing point prescriptions (best to not use the bolded SP3/ST36/GB41/HT8 points due to possible substitutions needed)
- Confirm the points to the pulse and/or Body-Feedback Areas for each side of the body and side one to double check asymmetry if needed
- Determine if the root meridian is excess or deficient on the second side by checking the points that tonify or sedate

For example – if the body responds favorably to the gallbladder balancing points on the left side of the body but not on the right, then an asymmetrical treatment is needed and check GB38 for excess and GB43 for deficiency

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3. Checking essential oils for asymmetrical patterns:

- After determining the root meridians for each side, check the corresponding meridian balancing and organ supporting blends for both of these meridians
- Test each essential oil blend individually to the pulse first and then test for compatibility if two or more oils test favorably (place them together on the upper abdomen and recheck the pulse)
- Confirm the most favorable essential oils to the Body-Feedback Areas

For example – if the treatment is liver on the right side and gallbladder on the left then check the LV and GB meridian and organ blends to the pulse first and then to the most reactive Body-Feedback Areas for the client to experience the difference the oils are making

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4. Checking the abdomen for asymmetrical patterns:

- Check multiple abdominal point patterns to determine if the treatment is face-up or face-down
- With an asymmetrical treatment the abdominal points are often asymmetrical also – if face-up then needle abdomen first
- The most common abdominal point pattern is a diagonal line from one side of the body down to the lower quadrant on the opposite side
- Check the common abdominal point patterns from that module

For example – With liver tx on the right side and gallbladder tx on the left then check the abdominal points at a 45% angle from ST19 area on the right down to the belly button and then down to the lower left area around ST28

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5. Treating the back for asymmetrical patterns:

- A back treatment is best when abdominal points do not test favorably
- Apply the essential oils to the spine or UB channel after using alcohol
- With an asymmetrical treatment the back points will follow the outside of the abnormal curve and are directed towards the spine
- The needles will release the excess tension pulling the spine outward
- Check starting at the neck or sacrum depending on the symptoms
- Insert the back points first then the root meridian points second
- Use press tacks for any points you cannot reach face down or skip those if needed
- Use three to four needles per area
- Check for L5-ashi on one side and Sacrum-ashi on the other to align the sacrum and hips, which will affect the jaw

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6. Facial points for asymmetrical patterns:

- Facial points can be very helpful with asymmetrical treatments because they balance the different hemispheres of the brain compromised with asymmetry and clients are usually self-conscious and aware of asymmetrical facial features
- Symptoms affecting the head such as headaches, sinus congestion, or asymmetrical facial features respond best to needling the facial or scalp points first for the longest needle retention time
- Look for grooves or puffy areas on the scalp for areas to test
- Use 3 or 4 points in a line for scalp tx
- Look for balancing facial points when needling the face
- See the module on scalp and facial treatments for ideas to test and needle

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7. Additional supporting points for asymmetrical patterns:

- In general, it takes longer to identify the points to needle with asymmetrical treatments
- There is a substantial number of different points needled with asymmetrical treatments so fewer additional points are needed
- Look for additional water + metal combinations when needling the root point prescription to address outstanding inflammation
- Additional inflamed meridians may need to be included (check GB21)

For example – a LV tonify tx on right includes KD10 (water pt) and LU8 (metal pt) so check to add KD7 (metal pt) and LU5 (water pt) to the treatment on the right, and a GB tonify or sedate tx on left includes LI1 (metal pt) so look to add LI2 (water pt)

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8. Additional supporting points for asymmetrical patterns:

- If you have time, you can look for one point to harmonize the two root meridians together (usually the xi-cleft or luo-connecting points)
- Harmonizing points come from the other root meridian if a six-level pair or the other meridian's paired meridian if it is an elemental pair
- For example, a LV/GB asymmetrical treatment is the wood pair so you would look to add TB points to LV side and PC points to GB side

For example, a LV/PC asymmetrical treatment is the six level pair so you would look to add TB points to the LV side or GB points to the PC side

See the module on supporting points for additional ideas

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9. The natural progression of asymmetrical patterns:

- Because the body operates the best when it is symmetrical, the meridian system will strive to restore symmetry when possible
- As your client's health improves, you will find they will likely progress from an asymmetrical treatment that is excess on one side and deficient on the other to either both excess or both deficient
- As the meridian system balance improves, the asymmetrical treatment may shift to a symmetrical treatment occasionally

In times of increased stress, cold or flu pathogens, and trauma, the client will likely shift to an excess root meridian on one side and a deficient meridian on the other side

Section 3: How to treat asymmetrical patterns

10. General guidelines for asymmetrical meridian patterns:

- Asymmetrical treatments are harmonizing the left and right sides of the body and brain and use different root meridian balancing points
- One meridian is never excess on one side and deficient on the other – if it looks this way it is inflamed and the water + metal needs to be added as a supporting points and keep looking for the root meridian
- Always needle the excess side first to allow longer needle retention time for that side

For example, LV excess needle first on the right (LV2,3,4, SP3, HT8, LU8) with added TB1(metal)+TB2(water) and TB deficiency needle second on the left (TB1,2,3, ST45, GB41, UB66) with added LV4(metal)+LV8(water) for inflamed LV meridian on the left