

## Body-Feedback Style Acupuncture Treatment Steps

- 1. Identify if the treatment likely asymmetrical vs symmetrical**
  - a. Assess hip/foot/and shoulder alignment by standing at the client's head or feet
  - b. Assess the neck flexor muscles and Master Body-Feedback Areas on the top of the shoulder
  - c. Confirmation of asymmetry will occur when checking the point prescriptions
- 2. Identify if the treatment is face up or face down**
  - a. Check the Master Body-Feedback Areas or the pulse for general improvement when checking the abdomen to determine if the treatment is face up or face down
  - b. Press the abdomen using three or four fingers in a row out from the umbilicus in a clockwise motion: check the CV points above the umbilicus, then upper diagonal left, then lateral left, then lower diagonal left, then lower CV points, then lower diagonal right, then lateral right, the upper diagonal right
  - c. If the Master Body-Feedback areas or the pulse improve when pressing the abdominal points, then a face up treatment is best and recheck to identify exact points to needle
  - d. If the Master Body-Feedback areas or the pulse feel the same or worse when pressing the abdominal points, then a face down treatment is best
- 3. Determine the root meridian imbalance by checking the pulse with the client on the table or use the Master Body-Feedback Areas if preferred or needed**
  - a. Look for the excess pulse positions (wiry, choppy, forceful) to Identify the possible meridian imbalances
  - b. If the pulse is weak or deficient in all positions, ask about the water source (reverse osmosis depletes the mineral balance) and how much water they drink versus caffeinated beverages and test minerals and B vitamins at the end of the treatment – check spleen, stomach, liver, and kidney points in this case
  - c. Start by identifying the most excess pulse on the left and on the right
    - i. After determining the most excess pulse, check the first two balancing points for each meridian in the yin-yang meridian pair while monitoring the pulse for improvement
    - ii. If those points do not improve the pulse, then look for other relationships such as quadrant pairs, jiao pairs, possible pregnancy support, or jing/essence treatment
  - d. Check for symmetry by walking around the table to test the other hand's most excess pulse position to the successful balancing points from the first side
    - i. If the pulse improves, this confirms the symmetrical root meridian point prescriptions (remember to check bolded points on both sides individually **ST36, SP3, GB41, HT8**)
    - ii. If the pulse doesn't improve, this confirms an asymmetrical presentation and check for the asymmetrical balancing points while monitoring the pulse for improvement
      1. Check the element pair on the second side
      2. Check the six-level pair on the second side
      3. Check the meridians corresponding with the pulse position on the second side

4. **Determine if the root meridian imbalance is excess or deficient by checking the tonification and sedation points**
  - a. Check the first point listed in the tonification points and the sedation points and determine the one that improves the pulse or Master Body-Feedback Areas
  - b. Identify possible point substitutions for right and left sides individually for the bolded points (**ST36, SP3, GB41, HT8**)
  - c. If the treatment is asymmetrical then check for the tonification and sedation points for the right and left sides individually
  - d. Each meridian can only be deficient or excess (If the root meridian appears excess on one side and deficient on the other, then this is likely an inflamed meridian that needs to be added to a different root treatment for the second set of points in an asymmetrical treatment)
5. **Check the Body Feedback Areas associated with the root meridians or any area of pain or discomfort to identify the most painful Body-Feedback areas and for client awareness** – this will bring attention to their pre-treatment state
  - a. Check the muscle associations and organ referral areas for the root meridians
  - b. Check for muscle tightness associated with areas of pain and discomfort
  - c. Check the Master Body-Feedback Areas
  - d. Recheck these areas after applying the essential oils and again after needling to confirm a successful treatment approach or if you will need to add additional supporting points, essential oils, nutritional supplements, or herbs and possibly recommend functional medicine testing
6. **Determine the most beneficial essential oils for the treatment**
  - a. Test the meridian and organ oils for the root meridians and the yin-yang pairs while monitoring the pulse of improvement
  - b. Then confirm the findings to the most painful Body-Feedback Areas and the Master Body-Feedback Areas for confirmation and for the client to feel the difference
  - c. Apply the essential oil blends
    - i. Blends with a carrier oil apply to the neck, spine, or associated organ area
    - ii. Blends without a carrier oil apply to the soles of the feet or take internally
    - iii. Citrus oils should not be applied to sun-damaged skin or areas that will be directly exposed to the sun
  - d. Recheck the reactive Body-Feedback Areas from above and confirm with the client that they feel the same improvements (client's will usually ask to purchase the oils after this testing)
7. **For symmetrical face up treatments follow the below steps**
  - a. Start with needling the abdominal points
    - i. Check the pulse or Master Body-Feedback areas for each point to needle
    - ii. Check the angle of the needle (perpendicular or towards the navel) prior to insertion using the guide tube
  - b. Needle the balancing and sedation or tonification points and remember to double check your substitution for the bolded points (**ST36, SP3, GB41, HT8**)

**8. For asymmetrical face up treatments follow the below steps**

- a. Start with needling the abdominal points
  - i. Check the pulse or Master Body-Feedback areas for each point to needle
  - ii. Check the angle of the needle (perpendicular or towards the navel) prior to insertion using the guide tube
- b. Needle the balancing and sedation points for the side with the excess meridian first if applicable (if both meridians are excess or deficient then you can needle either side first)
- c. Needle the balancing and tonification points for the second side with the deficient meridian if applicable

**9. For symmetrical face down treatments follow the below steps**

- a. The root meridian points are easiest to identify prior to the client turning over to go face down or points can be checked face down to the Master Body-Feedback Areas TB15, GB21, SI13, UB43, UB58
- b. Check to see if any magnets or press tacks are needed for root meridian points if the location of the point is hard to needle face down
- c. Start with needling the back points first – check all back points to TB15 Master Brain point because of connection of nervous system-spine to brain or GB21
  - i. Start with neck if neck or upper body symptoms or the sacrum if lower back or lower body symptoms or start with sacrum if the client isn't complaining of neck or back pain
  - ii. Check and needle the lower border sacrum ashi or L5 + upper border of the sacrum ashi (L5 Ashi) and check sacral foramen points UB31 to UB34
- d. Check a few areas to TB15/GB21 to determine if best to treat the Du meridian, Hua Tuo Jia Ji, or inner (yang tonifying) or outer (emotional based) UB meridian
  - i. Check the space below each individual vertebrae and needle ones that release TB15/GB21 (regulates the autonomic nervous system)
  - ii. Check the outer border of the erector spinae muscles in tight areas and needle towards the spine when they release TB15/GB21 (when emotions affecting physical health)
  - iii. Check the inner UB meridian (when qi and yang need tonification)

**10. For asymmetrical face down treatments follow the below steps**

- a. The root meridian points are easiest to identify prior to the client turning over to go face down or points can be checked face down to the Master Body-Feedback Areas TB15, GB21, SI13, UB43, UB58
- b. Check to see if any magnets or press tacks are needed for root meridian points if the location of the point is hard to needle face down
- c. When needling the back with scoliosis, the needling pattern follows the outside of the curve using three or four needles are directed towards the spine
- d. When needling the back with any asymmetrical presentation look for differences in tightness from one side to the other and needle the tighter side
- e. Start with needling the back points first – check all back points to TB15 Master Brain point because of connection of nervous system-spine to brain or GB21
  - i. Start with neck if neck or upper body symptoms or the sacrum if lower back or lower body symptoms or start with sacrum if the client isn't complaining of neck or back pain
  - ii. Check and needle the lower border sacrum ashi or L5 + upper border of the sacrum ashi and check sacral foramen points UB31 to UB34
- f. Check a few areas to TB15/GB21 to determine if best to treat the Du meridian, Hua Tuo Jia Ji, or inner (yang tonifying) or outer (emotional based) UB meridian
  - i. Check the space below each individual vertebrae and needle ones that release TB15/GB21 (regulates the autonomic nervous system)
  - ii. Check the outer border of the erector spinae muscles in tight areas and needle towards the spine when they release TB15/GB21 (when emotions affecting physical health)
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**11. Check for possible supporting points for each side of the body to the pulse or Body-Feedback areas**

- a. Recheck the pulse and Master Body-Feedback Areas to determine if extra points are needed (often asymmetrical treatments and back treatments do not need additional points)
- b. Check for the possible addition of a water point to a metal point in the point prescription (included on Master Point Chart)
- c. Check for the possible addition of a metal point to a water point in the point prescription (included on Master Point Chart)
- d. Check additional supporting points from Master Point Chart
- e. Check additional non-five-shu points from other treatment approaches
- f. Check for additional water + metal point combination for other inflamed meridians not included in the point prescriptions based on symptoms

**12. Check for possible facial or scalp points with face-up treatments**

- a. Scalp motor ashi with 3 or 4 needles each side – look for divots or swollen areas
  - i. From the vertex or top of the head to the ear area
  - ii. From UB3 to UB7 area to balance excessive androgens or male hormones and help with hair growth
  - iii. From GB15 to GB18 area to harmonize with liver for shao yang symptoms
- b. Seven-emotion (check upward angle vs downward angle for needling)
  - i. Traditional location is at hairline to ½ cun behind hair line
  - ii. Check one to two cun behind seven-emotion line common for headaches and aging
- c. For sinuses:
  - i. LI20+ST7+Yin Tang check with first trisection root prescriptions
  - ii. UB2+YuYao check with second trisection root prescriptions
  - iii. Tai Yang+GB14+ST3/SI18 check with third trisection root prescriptions
- d. To harmonize the endocrine system:
  - i. Si Shen Cong (possible + yin tang) releases reproductive organs
  - ii. DU20 + jaw points to secure and hold uterus
- e. ST8-GB8 to enhance short term memory and regulate the sleep cycle

**13. When treating both sides of the body is needed (schedule an additional 15-minute time and additional charge the client for the second side)**

- a. The Master Body-Feedback points are still tender
- b. Their complaint of neck or back pain is less than 80% resolved after the first side
- c. They have complex presentations or scoliosis
- d. With a cold-flu and sinuses congestion and the body wants face down treatment then use essential oil on the spine with dry cupping on the upper back and then treat face up and clear the sinuses

**14. Test the supplements, herbs, and foods after the needles are removed or after using essential oils to balance the meridian system**

- a. Testing after the meridian system is balanced identifies supplements, herbs, and foods that are affecting the client's constitution and requires little rotation
  - i. Hormonal influencing supplements must be tested at each phase of the menstrual cycle
  - ii. Retest the Chinese herbs with the change of season if needed
  - iii. Retest the supplements, herbs, and foods after a significant change in symptoms
- b. Test after using magnets on the root point prescriptions and essential oils when treating young children or for consultations only (supplements, herbs, essential oils, or functional medicine consults)
- c. Test for a maximum of 15 minutes after the treatment if needed
  - i. Advise clients you can test a few items at the end of each treatment
  - ii. Schedule a complementary 15-minute muscle testing consultation for established clients that need extra time
  - iii. Include time for testing in the initial new client consultations