MASTER TUNG AND DISTAL METHODS
Pain Management
Brad Whisnant, DAOM, L.Ac
INTRO

• Day 1 Intro, Tung basics, Theory, tons of examples, starting points
• Day 2 Points
• Day 3 Points and then mostly tx protocols

• I won’t go over all PP slides, it’s FOR YOU! We will talk. I put a TON OF INFO on slides, both pain and non pain. All this info for you and moving forward.
INTRO

• Only two types of people heal everybody?
  The devil and liars

• You need to fail, practice, try again, think, learn, succeed, fail, get back up, learn some more, practice more. This is why TREATING is so paramount to your success!
INTRO

In 2007, I graduated from acupuncture school, and needed a break. I started a non-profit, and went volunteering for the next 3 years. I volunteered in India, Vietnam, Honduras, Guatemala, and in America and at the same time ran a clinic in Oregon and Washington. 2007-2010)

• I failed miserably the first two years in acupuncture practice. It was spectacular! 😊
  • Plastic surgeon, detox center, MD, allergist clinic, nurse practitioner, bio identical, spa, wellness center, therapy combo, solo practice, house calls, group, volunteer, working hourly, ER hospital, herbal house call van deal, old folks home, 4 overseas volunteer trips. My biggest week was 35, after 2 years. (2007-2009)

In my clinic, I see 100 people a week on my own, each patient individually, no group treatments, no assembly line acupuncture. I see 25-30 people a day, and I work Mon-Thursday, 3 tx rooms. My wife runs the front office, I do all the herbs, treating, insurance, cleaning, laundry, make herbs, ordering of supplies and materials. We have only been open since 2010 March. We were at 76 people the first week. I DIDN’T KNOW ANYBODY IN MY AREA! It was a small town, 12,000 people mostly of fisherman/farmers/blue collar workers, no acupuncture ever in the town

My success was because of results, and that is attributed to Master Tung and Dr Tan method.

If I can do this? YOU ALL CAN!!! I’M NOT SPECIAL!
INTRO

- I have been taught Tung Acupuncture by Wei Chi Young and I have been taught distal acupuncture by Dr. Richard Tan. To them I owe everything I have learned.

- I spent years at Dr. Tans clinic shadowing Dr. Tan and following him around to every city that he taught at every weekend. Many long weekends with Dr. Wei Chi Young as well.

- I had the chance to “practice” all these points overseas, doing volunteer work, treating 100 patients a day. Volunteering is important. It allows you to treat for free thus it allows you to treat without fear. It allows you to experiment without worrying about booking the next appt. You can test, try, retry, rethink, and all the time you’re helping others. People come for months, you can see the evolution of your treatments…what is working? What is not working? Why not? Why is it?

- It’s important to have busy clinic, not a busy clinic where your minions treat everybody, BUT WHERE YOU AND I ACTUALLY TREAT/NEEDLE PEOPLE

  Treat as much as you can, you will get better with experience
INTRO

• “The biggest reason people don’t succeed is because they don’t expose themselves to the existing information”
  - Jim Rhome

• I'm just Brad. I have no magic needle, no golden touch, I have no privileged information or powerful potions. If I can do it, anybody can! Step by step, needle by needle, and patient by patient. We learn. All this information is available to everybody. There are no secrets! The secrets we gain are through treating patients.

  You just need to PRACTICE and CRITICALLY think
INTRO
• We will get into theory, but I hate this nonsense of endless theory!
• Be careful of rich theory, because in Chinese medicine many theories, depending on the time frame in which they were taught, CONTRADICT each other.
• Can we all just K.I.S.S. Please?
• I'm looking for results that theory will support, not looking at theory and hoping for results
• The clinic results PROVES our theory
• Successful clinic will need to be 80%+ effective on txs, min…
TUNG BASICS

• Bumble bee

• Zenos paradox, Arrow and the ground

• Gravity

• Tung and theory? Did he ever really say? And really, why is it important?
INTRO 80/20

• Top complaints 95% of all cases (over last 6 years 60,000+ cases in my clinic)

TOP 6 are 60% of all cases (all pain related)
   • Upper neck/shoulder
   • Low back
   • PAIN anywhere
   • Sciatica
   • Joint pain, knee, elbow, fingers toes, shoulder
   • Headache, trigeminal neuralgia, TMJ jaw pain
   • Sleep (too much too little)
   • Digestion, GB, IBS, constipation/diarrhea, “spleen qi xu” 😊
   • Stress/depression/anxiety/fatigue/libido/no zest for life
   • The big 3, heart issues, Type 2 diabetes, Cholesterol
   • Female issues, menstrual, hot flashes, etc
   • Allergies/breathing
   • Fertility (male and female)
   • General wellness, general issues, neuropathy, numbness, weirdness
   • Last resort -Alzheimer's, Parkinson's, tinnitus, MS, auto immune, etc

• Yes I see many others, like hypoxemic respiratory failure or scarlet fever, but do we see this all the time?
TUNG BASICS
TUNG BASICS

• You should be able to, in at LEAST ONE WAY, understand why point/channel/or idea fixes something.

• Remember theory helps explain the point, the point worked before you or I every knew it existed.

• Jimmy Chang and pulses

• Tung points that are “close to TCM points” - why is that?
TUNG BASICS

• Fewer needles. (usually)

• Distal treatment – the most distal the better.

• Contralateral needling for pain or structural problems. For chronic conditions, bilateral.

• Bilateral needling for treating organ systems. (DON’T USE THE SAME POINTS why would you do that?)

• Tung style Acupuncture does not need the use of the diagnostic methods (pulse, tongue, etc.) or terminology adopted by the TCM acupuncture.

• Tung’s acupuncture is very safe since most of its points are located on the body’s extremities.

• Needles are never inserted at the site of pain or injury
TUNG BASICS

• Needle size
• Needle depth
• Manipulation of needle
• What brand of needle
• Retention of needle
• Needle, breathe, results
• What is the de qi?
• Miss the point, DO NOT miss the channel
TUNG BASICS

• Point location

• I swear to you, this makes me pull my hair out.
• Use what you were taught for 10,000 patients, then let’s talk

• Why are their misconceptions about Tung point locations and indications?
  • Dr. Chang and his flu formula and pain
  • Master Tung and students taking needles out
  • Me at a seminar needling heart gate, 33.12
TUNG BASICS

Some points, pinyin AND numbered, some points JUST PINYIN.

• Tung family has 10 major regions
  • Thumb/fingers                     Region 1
  • Palm and dorsum of hand           Region 2
  • Lower arm                         Region 3
  • Upper arm                         Region 4
  • Plantar surface of foot           Region 5
  • Foot and ankle                    Region 6
  • Lower leg                         Region 7
  • Upper leg                         Region 8
  • Ear                               Region 9
  • Face and head                     Region 10
  • Chest and back                    Region 11/12 (bleed)

• Lets talks about LU7 or LU9, SP6, ST36?
• Its important to use pinyin I agree, but do I speak Chinese?
• TCM points show a PATH, TUNG points show an AREA! That’s it! open up, relax, let go…
TUNG BASICS

• “The Dao Ma Needling Technique of Master Tung Ching-Chang was one of the clinical methods he most frequently employed. This technique can succinctly be stated as follows: three points are needled simultaneously to profoundly 'obtain qi' (De Qi) and rapidly effect a cure. Dr. Tung did not greatly concern himself with 'supplementing' (Bu) or 'draining' (Xie) needle techniques, but rather with powerfully 'obtaining qi' (De Qi) to influence the 'Reaction Areas' of the points needled. In this style of acupuncture, the more you obtain the qi, the faster your results will be.

  • Dr. Maher, Advanced Master Tung

• Over 60% of Master Tung points are in “Dao Mas”
  • Dr. Maher, Advanced Master Tung
TUNG BASICS

- Tao tells us of the Great Triad (Heaven-Mankind-Earth) which can be loosely translated to mean the path from obscurity into manifestation.

- 3 needles in a *Dao Ma*
- 3 is a very important number
  - 1=1
  - 1+1=3
  - 1+1+1=4
- The needles are SYNERGISTIC!

- This is interesting because a popular distal way to treat at this time is an “area”. (many people are teaching this idea of “area”) You can see already Tung points “treated an area”. Yes there are points per say, but Master Tung knew that acupuncture is much like treating an area. That’s a very important concept to get.
TUNG BASICS

- 5 Zang Ideas. Find the diseased Zang and fix the pathology
  - 22.08-09 back pain due to KD
  - 22.05 back pain due to LU
  - It doesn’t matter how you diagnose, just figure it out, don’t screw it up

- 5 Elements very impotent
  - 77.08, earth point earth channel
  - All tonifying points are on SP to fix KD. And what type of notification?
  - All the earth points fixing the metal lung problems?
TUNG BASICS

Master Tung spoke in Western terms - why?
• “Western medicine was more accepted during my time”
  • Master Tung was quoted by many people saying this
  • This is an important distinction
  • Stenosis/back pain/HD/compression/degenerative spine
  • What does this mean to an acupuncturist?
  • Many would say we need to diagnose in an acupuncture way
  • Or as Dr. Tan would say in his seminars,
    • “I don’t know who started this Spleen vacuity SHI#T”
TUNG BASICS

• You need to know more than just “TCM”
  • Edema of the lower legs and 88.01-2-3 ST channel? Huh?
  • Lung controls hypertension? 33.13-14-15
  • Liver and fatigue, what? 88.12-13-14
  • ED and cholesterol or diabetes, you don’t say?
  • Women heart disease post menopause
  • Neck pain upon breathing, 77.05-6-7, remember the scalene?
  • Why the heart and knee? Arthritis, India 11.09, 11.13, 44.06
  • Why is the Spleen good for swelling? 11.27?
  • Headache and allergy
“We will also focus on “reaction area” neurophysical acupuncture. This reflects the knowledge of the delicate energy of the body and the neuroanatomical and neurophysiologic aspects of the body. This acupuncture style also corrects and heals the body through the manipulation of the peripheral and central nervous system by affecting the neuroaxis, the actual anatomy, physiology and pathophysiology of the body”.

- Dr. Maher, *Advanced Master Tung*

- This how we treat more than just channel, mirror and image
TUNG BASICS

• Blood letting
  • Huge!
  • India
  • Vietnam
  • America
  • But we won’t cover it, I just want you to know, Tung acupuncture, bloodletting is used 1/3
TUNG BASISC

• Start of channel end of channel.
  • LI1=LI20, Ren 24=Ren1

• Front for back
  • Ren 24 gets DU17

• Guiding idea, pulling technique
  Shoulder pain right side?
  Left side Fan Hou Jie (this tx point), or lets say 77.18 (tx point)
  Right side San Cha San guide point
TUNG BASICS

• 3 jiaos and 12 segments

• Any bone is upper, middle, lower jiao
  • LI3 (headaches) LI4 is digestion, Ling Gu is low back

• Any bone is 12 segments
  • Secret insomnia point? Ohhhh secret…. 
  • Head, neck, upper limbs, lung/heart, liver, stomach, duodenum, kidney, low back, 
    low limbs, thigh, foot
  • And again, “any insomnia?” use your theory, what kind? That’s IMPORTANT
TUNG BASICS

Imaging Limbs & Face

Imaging Torso on the Arm

melchiorre.com

Reverse

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TUNG BASICS

Points on Same level, LI11 for LI11, 44.06 for 44.06, all day long

Limb for Limb

Opposite Limb for Limb

Torso and upper limb/lower limbs

Torso opposite upper limb/lower limb
TUNG BASICS

• Head and lower jiao
  • Du20=chin, Du1, heel

• Head on limbs
  • 77.22-23, 88.25

• Head on stomach
  • How about Ren 10-12-15 for a fabulous way to treat a DU Yin Tang TCM extra point headache.
TUNG BASICS

• FOLLOW YOUR JOINTS

• Lets look at arms, legs, fingers, torso
TUNG BASICS

• HOMOLOGOUS

• Massively huge concept to get
  • Why? embryology? This isn't Chinese medicine conspiracy theory
  • Why does system 1 of Dr. Tan’s work best for limb pain? I know they all work, but system 1 is by far the best for limb pain. Why?
  • Why is lateral malleolus great for BL10, GB20, TW16 pain?
  • Why is modified SI4/5 made up and so freaking fantastic for iliosacral joint?

• I always say, if I had to chose 1? I’d chose “like for like” over channel or points
TUNG BASICS

SAME FOR SAME

• Muscle for muscles
  • 44.06, 33.15, 88.25, 77.08 systemic tx for muscle issue
• Joint for joint
  • SI5, LI5, KD6, BL62 systemic tx for joint problems
• Tendon for tendon
  • LU5, PC3 bilateral, 77.01-2 bilateral systemic tendon tx
• Vessel for vessel
  • 44.-08-09-10, 22.05, 66.03-4, 88.01-2-3 systemic vascular issue
• Homologous structure
  • Exact problem structure, with 88.25, examples???
• Bone for bone
  • Gu Ci Yi Er San, Mu Guan and Gu Guan, 77.27, 11.27 points 1-3-5 systemic bone tx.

• Overall a very important concept
TUNG BASICS

• Some other fun images, just so you are aware, breathe it's fine....

• KD1 why the heart?
• 11.11 and 11.12 for back pain why?
• Fan Hou Jie why for neck, trap, shoulder pain?
• 11.09 why for trap pain?
TUNG BASICS

• Jing jin or Muscle tendino

• Why is 77.26 on the BL channel in Tung system for upper back pain?
• Dr. Tan super famous for LV4-8 for rhomboids?
• Dr. Tan super famous for Ht7-6-5-4 for trap pain?
• 77.18 great for shoulder pain, is it SI or TW? Moving posterior.
• Why LI15 (Pian Jian) or Gu Ci Yi Er San (on LI channel) for back pain?

• Most are the same, it doesn’t matter how you “explain it” just realize there are more things at work here
TUNG BASICS

• Tung system of Balance,
• All systems but clock opposite

• Name pairs, LU and SP (6 divisions)
• Zang Fu Bei Tong extraordinary
  • LU BL, SI SP, GB HT, SJ KD, ST PC, LI LV (entry axis pivot)
  • ST to fix HT why? PC and HT difference
• Zang Fu (TCM school) LU LI
• Same channel same side

• And I do like system 4 of Dr. Tan, but if you understand the JJ/MT you already do it and don’t know it. LI KD, SP for TW, SI LV.
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TUNG BASICS

• Channel sharing, unique to Tung but talked about kind of in balance method
TUNG BASICS

• We spent so much time on why Tung acupuncture is so great!

• What did I say, it’s not enough to know what it does/or good for…

• We need to know what it IS NOT GOOD for or doesn’t do
  • Upper neck and back pain (modern western world type)
  • Stress
  • Insomnia
  • Made stress, crazy, odd ones…this is the “Hawaii tx” I give all patients
    • I’m kidding, give acupuncture, herbs, lifestyle ideas
TUNG BASICS

• So after all that, let’s do some examples why?
  • 66.04 heart issues
  • 66.05 stomach, uterus, sinus problems
  • 88.12-13-14 the liver, eyes, fatigue
  • 44.06 fatigue, weakness, knee pain, shoulder pain
  • 11.17 anger
  • 88.25 pain, sleep, stress, headaches, all limb pain, jaw pain
  • 55.06 brain trauma injury
  • 88.09-10-11 for hormones, kidney jing like problems
  • 33.14-15-16 for lung, heart, and back pain
  • Ren 24 Ren1 and Du17
  • 77.09 for shoulder pain and digestion, asthma, blood flow, bone spur knee pain
  • 1010.09-10-11 headaches. OMG a local point!
  • 66.10-11-12 frontal headaches
  • 88.17-18-19 for fibro patients
  • 22.01-02 for trap pain? NO….. Upper cervical pain, “fallen pillow”
TUNG BASICS

• Image the Face a 3 different ways
• Where can you image the feet other than the hands?
• Image the spine in 3 different places
• What one channel fixes both the BL and LI?
• Why are the 3 Yin channels so great? But? Be careful
• 2 types of hand images
• 88.25/GB why is it good for shoulder/elbow pain? Multiple reasons
• Some good homologous relationships?
TUNG BASICS

Can you explain all Tung points via I-Ching Balance Meridian Channel Theory theory? Sure you can, but I’d suggest its no the best way to do it.

- Are Tung and “ICBMCT” the same?
- B52 bomber verse a Sniper
- A normal gradual clinical maturation
- Look at groin pain?
  - LI fixes LV/KD two huge channels to treat for groin pain
  - LI hand image is perfect for groin
  - 11.01-2-3-4 are on the LI finger, perfect for groin issues
  - See the similarity? See the difference?

You need to fix the heart? Ok, system 6 same side, correct? ST channel, ST channel runs thru heart. But where on the stomach channel? We can do the foot, lower leg, upper leg, chest, face? Master Tung points 88.01-2-3 amazing for heart issues! THIS IS NOT WHY 88.0-1-2-3 work. They work because they are the on the Heart reaction area and fix the heart zang. But do you see how I went about it? Tan theory guided me to a Tung point. That was my original work.
TUNG BASICS

OR…

You can forget all this theory and just do the points. That works too but I hate that!
I want you to understand, these points worked before we learned about theory.
Little game? When did you all get into acupuncture?
Do you know why so many ideas on theory? TCM? Tung?
TUNG BASIC

QUESTIONS

• Use this on Monday, but don’t try to be Dr. Jesus. 😊
• I usually see people use too few needles, not too many
• People are afraid to trust 2000 years of Tung system and/or I Ching distal method
  • People give up
    • Don’t change your acupuncture style on old patients, only new patients
• Do your distal first, if you fail, reflect, learn and you can then do your local
  • I want you learn this method, not go bankrupt, be smart!
TUNG BASIC

That’s a lot to take in, what do you think?
TUNG POINTS
TUNG POINTS

• Top points I use everyday on every patient
• These are not “the list of popular points”
• These are a list of what has worked for me over 7 years, 6 countries and 30 patients a day in my clinic
  • Master Tung did more than these special points, he did the 14 channels as well.
TUNG'S POINTS

• We are focusing on Pain
• Pain is the gateway, its instant, and your bread and butter
• There will be many conditions what I won’t list
• There are more points than I list
• Why do we need classical and current conditions?
• This is the start of a journey, enjoy the process
• I'm listing conditions that are:
  • PREDICATABLE
  • RELIABLE
  • REPEATABLE
  • ALL DAY EVERY DAY
  • Tinnitus? Stage 4 lung cancer
“Popular points” are fun! But people have quit experiencing, asking, trying, thinking, failing, learning and applying the system. These points have been passed down again and again with no thought to them other then, “these are popular”.

- Gu Ci Yi Er San vs Ling Gu: 88.09-10-11 vs 77.18-19-21
- 66.12-13-14 vs 11.06-11.24
- 88.01-2-3 vs 66.03-4
- Fan Hou Jie vs 77.09
- 80/20 rule
TUNG POINTS 1111.00/1212.00

- NOT NEEDLED, ONLY BLEED
- My DAOM paper was on bloodletting
- I let only 1-3% in America but overseas I would let 50+ people a day
- It’s the best technique for chronic issues, strange, difficult, odd problems
- Only need a few drops, not gallons
- Pinch Pull Prick
- Look for vessels
- There are zones to bleed, too much to cover
- 1/3 of Tung patients were “let”, so it shows how important it is
- Overseas, the rule of the volunteer camps was, “first let, 2nd then acupuncture” nobody would be given acupuncture without first bloodletting.
- Western medicine and acu’s screwed it all up (George Washington and our own kind! I WAS THERE!)
TUNG POINTS “1010.s”
TUNG POINTS 1010.01

Zheng Hui - Upright Meeting
TUNGS POINTS 1010.01-5-6

• NEEDLE TECHNIQUES.
  • Perpendicular insertion.  , location DU20-1010.01, +1.5, -1.6

• CLINICAL APPLICATION
  • There are not a lot of points in the Tung system that treat stress, so this point is used a lot for that. I will typically combine 1010.01, 1010.05, 1010.06 with 1010.08 (3 fen above Yin Tang) as the top four points from Master Tung for stress.
  • Master Tung did not see a lot of stress, anxiety, or depression the way it manifests in clinic today. The term stress does not really exist in these communities. In India, for example, out of 8,000 cases I treated stress twice. Master Tung has more points to treat polio and tuberculosis, which were the most common diseases of his time
  • Very good for DU line spine pain, heel, groin, chin, spine pain
TUNG POINTS 1010.08

Midline
Mid pupillary line

1010.08

Zhen Jing - Tranquil and Still
TUNG POINTS 1010.08

• Reaction area: Brain
• Location 3 fen above Ying Tang TCM extra point

CLINICAL APPLICATION

• This point is similar to Yin Tang. It is very effective and often combined in clinic with 1010.01, 1010.05, 1010.06, to treat stress, insomnia, depression, anxiety, Liver Qi stagnation and Liver Yang rising. I will almost always use 1010-1-5-6-8 as my “4 points dao ma for depression”. I rarely will just “1010.08 alone” A nice way to increase your effectiveness with this point is to add in TCM point An Mian and TCM Ear point Ear Shen Men.

• I use it a lot for pain at DU18-ish area, back of head
• Why do I include stress points for a pain seminar?
TUNG POINTS 1010.13-14

Ma Jin Shui - Horse Metal Water

Ma Kuai Shui - Horse Fast Water
TUNG POINTS 1010.13-14

• Reaction Area 1010.13 kidney and lung, 1010.14 kidney bladder
• Location- 1010.13 is SI18, 1010.14 4 fen below
• Classical indications
  • Kidney stones, back pain, nephritis, cystitis, UTI
• Clinical uses
  • Prostate pains, KD/BL stones, low back pain, kidney or bladder organ pain
  • I use these a lot in particular when it’s a sudden/acute/new issue
TUNG POINTS 1010.19

Shui Tong - Water Through
TUNG POINTS 1010.19

• REACTION AREA: Kidney

• NEEDLE TECHNIQUE- see 1010.20 for technique
  • Half cun below the corner of the mouth.
  • Insert the needle obliquely towards lateral side to a depth of 0.1-0.5 cun.

• CLINICAL APPLICATION
  • Lower back pain, acute lumbar sprain, vertigo, dizziness, fatigue, coughing, dyspnea, asthma, chest pain, constriction, or tightness. It tonifies the kidneys, treats fibromyalgia, adrenal fatigue, low hormones and weak breathing due to a lung qi deficiency.
TUNG POINTS 1010.20

Shui Jin - Water metal
TUNG POINTS 1010.20

• REACTION AREA: Kidney
• NEEDLE TECHNIQUE - Half cun medial to Shui Tong (1010.19).
• CLINICAL APPLICATION
  • Points 1010.19 and 1010.20 are some of the more well-known Tung points. They are used for lower back pain, but it is important to distinguish what type of back pain. It is back pain that involves the kidney organ, which is located in the area of T10-T12. This point is very effective for lower back pain in the muscles of the lower back. It can be described as a “band” around the lower back. When patients say, “oh my achy sore back muscles?” these are THE points for that indication.
  • This point is combined with 1010.19. There are so many “manifestations” that can arise from a poorly functioning adrenal, kidney and Lung system. I use these points frequently in my clinic because they so many times my patients have this “root and branch issue”. Such clinical manifestations that I see a lot of are
    • Low back pain, acute lumbar sprain,
    • Vertigo, dizziness
    • Fatigue
    • Coughing, dyspnea, asthma, chest pain/constriction/tightness
    • Supplements the kidney
    • Fibromyalgia
    • Adrenal fatigue
    • Low hormones
    • Weak lungs breathing
TUNG POINTS 1010.25

Zhou Shui - Prefecture Water

1010.25

external occipital protuberance
TUNGS POINTS 1010.25

• Insert the needle .8 fen to 1 cun superior to the EOP
• Reaction Area kidney
• The trick to inserting this point painlessly

• INDICATIONS
  • Treats the bones and sinews on the lower Du channel, from L4 to S4. They move qi and blood in the Du channel in the L4-S4 area. They stop pain, numbness, and weakness in the lower back, and also treat issues originating in this area.
  • Sciatica, spinal stenosis, compression, bone spur, foramen narrowing, disc denegation, disc compression, radiculopathy, piriformis syndrome, ischial tuberosity pain, sacral pain, PSIS pain
  • My India patient
  • Du pain
TUNG POINTS 1010. “others”

• OMG! I didn’t talk about 1010.22! What is wrong with me?
  • It is rarely effective for fatigue other than it hurts your nose so much it wakes you up and you feel great. Somewhat like slapping your face, of course you wake up.
  • Why isn’t that great for fatigue anymore? Spleen vs liver.
  • Its great for sciatica? Do you know what kind? SUPER IMPORTANT
  • This is the idea of “what is always said” verses how it plays out in a modern day clinic. Most of you western patients will be fatigued because of a fatty over medicated poorly functioning liver. Or your patients will be stressed and fatigued from too much stress and cortisol! This is why typically if you use 88.12-13-14 or points for the kidney or heart (88.09-10-11, or 88.01-2-3) your patient will have more energy.

• Adapt or die
TUNG POINTS 1010’s

Let's practice
TUNG POINTS “22”
TUNG POINTS 22.01-2

- Chong Zi (Double Child)
- Chong Xian (Double Saint)
TUNG POINTS 22.01-2

• REACTION AREA - Lung

• LOCATION AND NEEDLE TECHNIQUE- On the thenar eminence, about 1 cun distal to the skin fold, between the first and second metacarpals. Perpendicular insertion.

• CLASSICAL INDICATIONS- Back pain, pneumonia, cold and flu, cough, asthma, fibroids, and chest pain.

• CLINICAL APPLICATIONS
  • According to some sources, this will treat GB 21 pain, but I found it is rarely effective for that. Point 22.01 is considered to be more useful for neck pain, while 22.02 is better for upper back and shoulder pain. These points work best when combined, and are most effective for pain in the area of C1-7 and T1. I would not use them for GB 21 or TW 15 pain, unless the pain in that area is originating from the spine and radiating to that area. It is great for stiff neck. It is not great for a tight upper back, that is common in Western patients.
  • These points are on the LU channel, and they influence the BL, LI, and SP, which explains many of the indications.
TUNG POINTS 22.03

Shang Bai - Upper White
TUNG POINTS 22.03

- Same point as Lou Zhen, TCM extra point for neck pain
- Reaction area - lung and heart
- Location between 2 and 3 finger joints

- I like it for eyeball pain
- Good example its “classically” taught as
  - Conjunctivitis, sciatica, lateral side of heart pain,
TUNG POINTS  22.04-5

Da Bai - Big White

Ling Gu - Miraculous Bone
TUNG POINTS  22.04

• REACTION AREA-Lung

• LOCATION AND NEEDLE TECHNIQUE- located at LI3

• CLASSICAL INDICATIONS- Childhood asthma, higher fever (very effective) and sciatica due to lung deficiency.

• CLINICAL APPLICATIONS
  • This point is one of the most commonly used points in the Tung system. It is used in combination with Ling Gu to create a Dao Ma. A whole book could be written about the clinical application of Ling Gu and Da Bai. Da Bai is used 95% of the time in combination with Ling Gu. The most common uses for Da Bai, when used alone, are headaches and other head problems.
  • I don’t like to say that any point is effective, regardless of the affected channel, but Da Bai really is effective to treat headaches on any channel.
  • I could urge you not to get into the habit of using Da Bai alone, use it with Ling Gu. Ling Gu is the primary point, and Da Bai is the assistant point.
Finally, regarding the location of Da Bai. I think the two biggest arguments in the world are “does climate change exist”, and or “is LI 3 in the same location as Da Bai?”

I would suggest that Da Bai is in the same location as LI 3. That is how Dr. Wei Chi Young teaches it. If you prefer to find a different location, such as “just proximal to LI 3, under the tendon, before the bone”, then use that location.

Use whatever location you were taught for 10-20,000 treatments. Then ask yourself if the point has performed well for you. Has it served your patients? Has it fulfilled your expectations? If it has, keep your location. If it has not, then shift. The definition of insanity is doing the same thing over and over again and expecting a different result.
TUNG POINT 22.05

- **REACTION AREA** - Lung

- **LOCATION AND NEEDLE TECHNIQUE** - The point is located in the junction between the index finger and thumb, the 1st and 2nd metacarpal bones, 1.2 cun from Da Bai (22.04), and directly opposite to Chong Xian (22.02). Lock the fingers in a grip to locate the point.
  - I would suggest there are two other ways to insert this point. The other way you can needle Ling Gu is to insert the needle in the direction of 22.02. In this way, you will activate both points, Ling Gu and 22.02. I might use this needling method depending on the condition I am treating.

- **CLASSICAL INDICATIONS**
  - Sciatica due to hypofunction of the lung, lower back pain, foot pain, facial paralysis of nerves, hemiplegia, enlargement of bones, irregular menstruation, amenorrhea, difficult labor, back pain, tinnitus, migraine, dysmenorrhea, intestinal pain, dizziness, and a distending feeling of head.

- **CLINICAL APPLICATIONS**
  - Ling Gu is the most important point in the Tung system. When in doubt, use Ling Gu. If you don’t know what to do, use Ling Gu. There are over 50 indications for Ling Gu, but the most common uses are:
TUNGS POINTS 22.05

- Ling Gu treats the bone and KD, so it treats urinary problems
- Ling Gu treats the LU, so it tonifies the Qi
- Ling Gu treat the LV, so it treats all gynecological issues
- Ling Gu treats the KD, so it treats ear issues
- Ling Gu plus 88.25 treats any pain of any unknown origin or pathology
- **Sciatica** - Ling Gu plus GB 41 treats sciatica on the GB channel, BL 65 treats sciatica on the BL channel, ST 42 treats sciatica on the ST channel
- Lower back pain, Blood circulation, Fatigue, Headaches, Reproductive issues
- In my experience, of the 100 people I see each week, I have only one or two who are sensitive to having Ling Gu treated. It is not a painful point.
- In conclusion, it is almost a disservice to discuss in a book what Ling Gu is or what it does. It is that amazing, it is not appropriate to write about it. This point is what changed the direction of my acupuncture career. The insertion of this point is the only thing that resolved my chronic back pain.
- Sciatica, L5/S1 area, ischium area. (Not just lower back pain)
- Shoulder, elbow, or wrist pain., Eye issues, such as a sty, and vision problems. Hernia, groin, genital, and uterus issues
TUNG POINTS 22.06-7 San cha San

Zhong Bai- Center White

22.06

Xia Bai - Lower White

22.07

San Cha San
TUNG POINTS 22.06-7 and San Cha San

• REACTION AREA-Kidney, Heart, Spleen

• LOCATION AND NEEDLE TECHNIQUE- The point is located between the dorsal metacarpal bones of the little and ring fingers, 0.5 cun proximal to the metacarpophalangeal joint. Lock the fingers in a grip to locate the point. Perpendicular insertion.

• CLASSICAL INDICATIONS
  • Lower back ache due to renal problems, back pain, dizziness, astigmatism, fatigue, sciatica due to renal problems, pain on the lateral malleolus, and edema of the limbs.

• CLINICAL APPLICATIONS
  • Combine 22.06 with 22.07. Please refer to 22.07 for clinical applications. Some acupuncturists say that this point is very effective when used alone, which it can be. It is an amazing point. However, for better results, combining these two points is imperative.
TUNGS POINTS 22.08-09

Wan Shun Er - Wrist Flow, Two
TUNGS POINTS 22.08-09

• REACTION AREA-Kidney
• LOCATION AND NEEDLE TECHNIQUE-Perpendicular insertion
  • This point is located on the lateral side of the dorsal 5\textsuperscript{th} metacarpal bone, 2.5 cun distal to the wrist crease. An easier to locate these points is that 22.08 is .5 cun SI3
  • 22.09 is .5 cun distal from SI4
• CLASSICAL INDICATIONS
  • Headache, blurred vision, sciatica due to kidney deficiency, nephritis, edema of the limbs, heaviness and pain on both sides of the lower back, and back pain. This point is especially effective on females, but needle one side only.
• CLINICAL APPLICATIONS
  • This point is always combined with 22.09. Please refer to 22.09 for clinical indications. Point 22.08 is similar to SI 3, whereas 22.09 is similar to SI 4. However, they are very different points with special attributes, beyond just the indications of SI 3 and SI 4.
  • I rarely use 22.08 alone. I usually use 22.08 and 22.09 together. Please see 22.09 for further indications.
TUNGS POINTS 22.08-09

• CLASSICAL INDICATIONS
  • Nosebleeds, and illness treated by 22.08. Treats headaches, blurred vision, and fatigue, sciatica due to kidney deficiency, edema, nephritis, swollen joints, lower back pain, spinal pain, and pain behind the knee, eye tics, trigeminal neuralgia, and sciatica on the BL channel, toothaches, eye pain, tinnitus, and lower abdominal distension.

• CLINICAL APPLICATIONS
  • Points 22.08 and 22.09 are always used together for better results. They are also very effective for kidney issues, because the SI drains damp, and the relationship of the SI to the KD. The reaction area of these points is the KD. These points are very close to SI3 and SI 4 and thus have many similar indications as SI 3 and SI 4
  • These points are used often for neck and back pain, especially pain that is on the SI, BL, and TW channels. They are very effective for Tai Yang sciatica, and are interestingly wonderful for pain behind the knee cap. They are very effective for back pain on the erector spinae, and the paraspinal muscles of the lower back. They also treat teeth pain and eye problems. Clinically they are not useful for tinnitus. I remember at one seminar Dr. Tan used these points for my back pain on the erectors and parsplinals around L2-5 area my pain was instantly. As a Dao Ma, 22.08 and 22.09 are especially effective to treat sacral pain.
TUNG POINTS Fan Hou Jie
TUNG POINTS Fan Hou Jie

• REACTION AREA- LUNG

• LOCATION AND NEEDLING TECHNIQUE – This point is located one cun distal to Ling Gu. The needle is inserted next to the thumb bone. This point is on the other side of 22.01.

• CLINICAL APPLICATIONS – This point is great for stiff upper back and shoulders, and for shoulder pain. It is most famous for shoulder pain, and it treats any type. The etiology of the shoulder pain is irrelevant. This is the first choice to treat shoulder pain. This point usually clears all channels and relieves the pain.

• It also treats the upper back due to the fact that it is on the LI and LU channels. The LU treats the BL, which covers a large area of the upper back. It treats the LI channel via the Jing Jin theory, which treats the trapezius muscles and subscapularis. These two channels treat many channels in the back. The thumb joint images the upper back and shoulder area.

  • I usually combine Fan Hou Jue with Ling Gu. Most Tung teachers would say that you always combine Ling Gu with Da Bai. In my experience, I prefer to combine Fan Hou Jue with Ling Gu, rather than combining Ling Gu with Da Bai.
  • “new idea for modern clinics of combining Ling Gu and Fan Hou Jue.”
TUNG POINTS Ling Gu Triangle

• Ling Gu + Dai Bai + Fan Hou Jie

• A super amazing set of 3 points

• Lets talk about it
TUNG POINTS Mu Guan and Gu Guan
TUNG POINTS Mu Guan and Gu Guan

• REACTION AREA—Both points are Kidney and Lung

• LOCATION AND NEEDLE TECHNIQUE:
  • Mu Guan is located at the base of the palm, .5 cun distal to the pisiform bone. Gu Guan is located at the base of the palm, in the depression .5 cun distal to the scaphoid bone.
  • Perpendicular insertion, make sure you touch the bone on insertion. We are treating bone pain, so we must touch or tap the bone with the needle.

• CLASSICAL APPLICATIONS
  Systemic bone pain, systemic bone swelling, bone spurs systemic

• CLINICAL APPLICATION
  • Mu Guan and Gu Guan are great points that are taught by Dr. Tan and included in his Twelve and Twelve book. They are also included in Master Tung’s books.
  • These points are clinically effective for systemic bone swelling, systemic arthritis, and damp Bi pain. They are also extremely effective to treat heel pain, instep pain, and plantar fasciitis, due to the image of the hand for the foot.
  • I frequently use these points in conjunction with other points for rheumatoid arthritis pain, or osteoarthritis pain. These points clear pain all over the body.
TUNG POINTS Tou Points
TUNG POINTS Tou Points

• LOCATION AND NEEDLE TECHNIQUE
  • Qian Tou and Ding Tou are needled in the direction of the little finger.
  • Pian Tou and Hou Tou are needled in the direction of the thumb.
  • All needles are perpendicular and the points are located when the pink and white skin meet. The needle is inserted to the bone. We are treating the skull, brain and head, so our needle must touch the bone to be effective.

• CLINICAL APPLICATIONS
  • These points are remarkable for headaches. Each point treats a specific part of the head, but I have found it is better to just treat all four points to make sure the headache is relieved completely. If you just use one point, you might not address all aspects of the pain.
  • These four points are in the top three to four point combinations to treat headaches. They are very effective to treat headaches from Qi and blood disturbances in the head. They are not the best points if the headache is caused by something else, such as a hormonal imbalance, high blood pressure, or if a patient is going through detox. They will help, but the true strength of these points is when someone has a headache that originates on the head.

• If you want to use one Tou point at a time, these are the locations they treat:
  • Qian Tou – frontal headaches
  • Ding Tou – vertex headaches
  • Pian Tou – Parietal headache
  • Hou Tou – Occipital headache
TUNG POINTS Xiao Jie
TUNG POINTS Xiao Jie

• REACTION AREA- Lung and Heart
• LOCATION AND NEEDLE TECHNIQUE- Located on the LU channel, at the side of the first metacarpal bone and at the junction of the white and red skin. The needle is angled from the base of the distal thumb joint, towards PC 7. This is a superficial needle insertion. If you pull up the skin a bit, it will allow the needle to glide from the thumb joint base towards PC 7. I use a 1.5 cun needle to cover the entire area. This is not a painful point. It only hurts if you insert the needle incorrectly.

• CLASSICAL INDICATIONS
  • Ankle pain

• CLINICAL APPLICATION
  • This point is very close to 22.01 and 22.02, and thus includes some indications of those points such as neck pain and upper neck issues. This point was made popular and is used a lot to treat ankle pain and digestive issues, because it goes through the area of LU 10, the fishes belly. Because of the image and channel relationships, it is clinically effective to treat the ankle, shoulder, neck, and back.
  • Because of its relationship with the LU and LI, there are indications for chest pain related to the LU, general stomach problems, LI issues, and chronic weak stomach and spleen Qi.
  • Great example of b52 verse a sniper- distal balance method vs Tung point
TUNG POINTS San Cha San

• REACTION AREA- spleen and kidney
• LOCATION AND NEEDLE TECHNIQUE:- ill show you
• CLASSICAL INDICATIONS
  • Knee joint pain, acute lumbar sprain, and diseases of the five sense organs. It also strengthens the heart. Common cold, headaches, shoulder pain, tinnitus, palpitations, hives, leg pain, fatigue, spleen Qi issues. It opens the five orifices of the face, treats heavy eyes, sweating, weak muscles, and thigh pain.

• CLINICAL APPLICATIONS
  • This is one of the top 10 points in the Tung system.
  • I use San Cha San for back pain caused by kidney issues, because the TW treats the KD. Pain caused by dampness (spleen is the fourth finger in Tung palmar diagnosis)
  • San Cha San is said to be TW 2, TW 3, TW 4, 22.06, 22.07, SI 3, SI 4, 22.08, and 22.09 all rolled into one. That is why there are so many indications for this one point. I will typically defer to San Cha San over using 22.06 and 22.07. They both cover the same points, but San Cha San covers more area, and thus has more, and more clinically useful indications.
TUNG POINTS 3 San Chas

• Wolverine Points
• Classically used as
  • LU/HT/SP-LV/KD

• Best for general hip, bursa pain, low back pain, very effective
  • Think about all the points it goes thru
TUNG POINTS “22s”

Let's practice
TUNG POINTS “33s”
TUNG POINTS 33.01-2-3

33.03
Qi Zheng - This Upright

33.02
Qi Jiao - This Horn

33.01
Qi Men - This Gate
TUNG POINTS 33.01-2-3

• REACTION AREA FOR ALL THREE POINTS - LUNG

• LOCATION AND NEEDLE TECHNIQUE - between LI 5 and LI 11. Point 33.01 is located two cun from the wrist crease. Point 33.02 is two cun proximal to 33.01, 33.03 is two cun proximal to 33.02. Pinch the skin to insert, horizontal insertion, the shaft of the needle should run along the bone. Use a 1.5 inch needle with 1.25 inches inserted.

• CLASSICAL INDICATIONS
  • Irregular menstruation, leucorrhea with reddish discharge, prolapsed rectum, and hemorrhoids

• CLINICAL APPLICATION
  • They are used most commonly for gynecological disorders and hemorrhoids. This is explained in part by the relationship between the LI and LV. It is interesting to note that these points are close to the TCM extra point Er Ba, which is considered to be empirically good for hemorrhoids in TCM theory. These points are used primarily for irregular menstruation, since the Li is full of Qi and blood. They are effective for any menstrual disorder.
  • These points are excellent to treat chronic IBS, spleen and stomach disharmonies, chronic constipation, sluggish bowels, and any stagnation in the groin area or lower Jiao.
  • I love these points for all groin pains, hernia, prostates, women stuff, men stuff,
  • Very good for throat problems, NEW INDICATIONS
TUNG POINTS 33.04-5-6

Huo Chuan - Fire Threaded

Huo Ling - Fire Mound

Huo Shan - Fire Mountain
TUNG POINTS 33.04-5-6

• Reaction areas- Heart/Lung, Heart, Heart
• Locations- TW channel, 3 up, 5 up, 6.5 up from TW wrist crease
• Classical Indications- constipation, heart palps/stuffy chest, pain in heart, rib pain, hypochondriac pain, SJ fixes the PC,
• Clinical applications- rib pain, arm or leg pain, chest pain/heart/lung/and upper middle or lower chest pain especially upon breathing
TUNG POINTS 33.08-09

Shou Wu Jin - Arm Five Metal

Shou Qian Jin - Arm 1000 Metal
TUNG POINTS 33.08-09

• REACTION AREA: Lung

• NEEDLE TECHNIQUE: Perpendicular insertion, touch the ulna bone
  • 5 fen lateral to the TW channel. On the lateral side of the ulna, 1.5 cun proximal to Shou Wu Jin (33.08). A total of 8 cun proximal from the wrist crease.

• CLASSICAL INDICATIONS
  • Sciatica, abdominal pain, distending feeling of the leg, and pain and numbness of the feet.

• CLINICAL APPLICATION
  • These points are often under-utilized and under appreciated. Points 33.08 and 33.09 are always used together.
  • They are very effective to treat:
    • BL or GB channel sciatica
    • Chest pain
    • Chest Constriction
    • Heart issues, and just about any condition in the torso.
    • Neuropathy
    • Numbness or tingling anywhere in the body.
TUNGS POINTS 33.08-9
CLINICAL APPLICATION

• Points 33.08 and 33.09 are very effective to treat sciatica on the BL or GB channel. They treat systemic blood circulation, liver blood deficiency, Raynaud’s disease, neuropathy, contraction, numbness in any part of the body. They treat any type of Qi and blood stagnation.

• They are amazing for rib pain, chest pain, heart issues, digestive issues, just about any condition in the torso.

• I frequently default to these two points if I do not know what to do or where to start. They are that effective at just “regulating the body” in many ways. Since most pain has a component of Qi and blood stagnation, I usually include these points to supplement or reinforce my overall treatment plan.

• Raynaud's, Rib pain – extremely effective for this, Systemic blood flow, stagnation, blood issues
TUNGS POINTS 33.10-11-12

33.10
Chang Men - Intestine Gate
TUNGS POINTS 33.10

- REACTION AREA - Liver and Kidney
- LOCATION AND NEEDLE TECHNIQUE - Located on the medial side of the ulna on the SI channel, 3 cun proximal to the pisiform bone.
- CLASSICAL INDICATIONS
  - Enteritis caused by hepatitis, dizziness, blurred vision, abdominal pain, diarrhea,
- CLINICAL APPLICATION
  - This point is called Intestine Gate. It will treat all intestinal issues. It is more effective to treat urgent bowel movements than constipation, but it will treat both. I usually combine this with 66.05, as a starting point to treat digestive issues.
  - This point is also used a lot to treat gall bladder disorders, and poor digestion. It is very effective for digestive issues caused by a GB disorder.
- CLINICAL APPLICATION.
  - GB related digestive issues that result in poor bile production.
  - IBS, Crohn’s disease gastritis, colitis, diarrhea, constipation, lack of gall bladder causing digestive issues, pancreatitis, fatty liver, sluggish bowels, pain anywhere in the middle or lower Jiao, and feelings of fullness. These are common presentations in Western clinics.
TUNGS POINTS 33.11

33.11
Gan Men - Liver Gate
TUNGS POINTS 33.11

• REACTION AREA-Liver

• LOCATION AND NEEDLE TECHNIQUE - On the ulnar side on the SI channel, 6 cun proximal the pisiform bone. Perpendicular insertion.

• CLASSICAL INDICATIONS
  • Acute hepatitis

• CLINICAL APPLICATIONS
  • The LV is the most underrated and undertreated organ. With over 600 functions, it is almost as important as the heart. The heart is the emperor organ, but if there were a runner up, it would be the liver.
  • This point treats the liver. It is also valuable to treat shingles, rib pain, liver issues, fatty liver, and all types of liver organ issues. It is extremely important clinically to treat all liver indications such as fatigue, blood flow, and pain in the muscles, tendons and fascia. Since the liver is on the right side of the body, treating this point on the left side is most effective. It is on the SI channel, and the SI treats the LV.
  • This point is also often effective to treat allergies, infertility, pain, digestion, headaches, fatigue, stress, sleep, neuropathy, edema, hypertension, toxicity, blood flow and hormone issues. In my experience, these issues all originate in a congested and malfunctioning liver. The liver is so compromised that it is affecting the other organs and breaking down a healthy body.
TUNGS POINTS 33.12

Xin Men - Heart Gate
TUNGS POINTS 33.12

• REACTION AREA: Heart

• LOCATION AND NEEDLE TECHNIQUE- Located in the depression on the medial side of the inferior ulna, 1.5 cun distal to the elbow. It is contraindicated to needle this point bilaterally. Perpendicular insertion. This point is on the SI channel.

• CLASSICAL INDICATIONS
  • Carditis, palpitations, suffocating feeling in the chest, vomiting, and dry cholera. Liver fire rising, knee pain, coccyx pain, groin pain, medial thigh pain, sciatica, and sacral pain.

• CLINICAL APPLICATION
  • This is a great point to treat the heart, thus the name, Heart Gate. The SI treats the HT, which is the channel where this point is located. It is used a lot to treat lower back pain, knee pain, coccyx pain, and heart issues.
  • This is one of the most commonly used points to treat heart, chest, stress, hypertension, tightness and pain in the upper chest cavity. Stress and chest tightness sensations are very common in modern clinics. This point can be combined with PC 6, and HT 7 for an effective treatment.
  • The Dao Ma combination of 33.10, 33.11, and 33.12 is used quite often due to the fact that most patients are affected by poor digestion, liver congestion, and weak hearts. A large proportion of modern patients have issues with these three organs. I have never been disappointed when treating internal disorders with these points.
TUNGS POINTS 33.13-14-15

- I’m sorry I only have my one picture,
- Points are located 4 cun up, 7 cun up, 10 cun up from wrist crease on lung channel
- Always use as 3 point unit

Tian Shi - Heavenly Scholar

33.15
TUNG POINTS 33.13-14-15

• REACTION AREA: Heart and Lung

• NEEDLE TECHNIQUE: Perpendicular insertion.

• CLASSICAL INDICATIONS
  
  • 33.15 Asthma, rhinitis, arm pain, common cold, and suffocating sensation in the chest. On the medial side of the posterior radius, 3 cun proximal to 33.14.

• CLINICAL APPLICATION
  
  • Points 33.13, 33.14, and 33.15 are incredible point clinically. They treat all lung issues, allergies, breathing problems, coughing, asthma, a stuffy chest, and any respiratory disease. They are also effective for any heart condition that is caused by a lung dysfunction. I default to these points when I treat any condition related to the lungs.

  • The LU is wonderful to treat BL problems. The BL channel covers most of the upper and lower back, this is why Master Tung chose the LU channel to treat back pain, like LU 7, LU 9 (Yes Master Tung used TCM points, he was a master with the 14 tcm channels) 22.01 and 22.02.

  • According to the reaction area, it treats both the heart and the lungs. Even Master Tung was aware of the special connection that the lung and heart have with each other. How the lung grabs the Qi, enriches the Qi, and sends it to the heart to be pumped all over the body. A strong heart cannot exist without strong lungs, and strong lungs cannot exist without a strong heart.
TUNG POINTS “33’s”

• Let practice
TUNG POINTS “44s”
TUNGS POINTS Gu Ci Yi Er San

Bone Spur Points

Gu Ci San
Gu Ci Er
Gu Ci Yi

Large Intestine Channel
TUNG POINTS Gu Ci Yi Er San

• INDICATIONS
  • The points move Qi and blood and stop pain on the entire Du channel, in particular mid thoracic and lower back from T12 to S4.
  • They strengthen Kidney Qi. They free the channels, the Du and KD, and harmonize constriction…
  • Moves qi and blood and stop pain on the entire DU channel, in particular mid thoracic and lower back (T12-S4).
  • Treats Kidney vacuity, supplements the kidney. frees the channels (the DU and KD) harmonizes constriction,
  • The Kidneys govern the bones, and they treat bone Bi syndrome.

• REACTION AREA- Liver, kidney

• NEEDLE TECHNIQUE/LOCATION
  • LI12 is first point, then 2 cun proximal, 2 cun more proximal, tap the bone

• CLINICAL APPLICATION
  • These points are more effective than Ling Gu to treat lower back pain. They are extremely effective, and they are less painful for patients. These three points treat the upper, middle, and lower part of the spine. Whereas Ling Gu is just one point and it treats lower back pain. The Bone Spur points are used 70% of the time, and Ling Gu is used 30% of the time. They are extremely effective points.
TUNG POINTS 44.06

Jian Zhong - Shoulder Center
TUNG POINTS 44.06

• REACTION AREA: Heart

• CLASSICAL INDICATIONS
  • Knee pain (most effective), dermatosis (most effective for skin diseases in the neck area), polio, hemiplegia, palpitations, arteriosclerosis, nosebleeds, and shoulder pain.
  • On the lateral side of the numerus, 2.5 cun inferior to the acromion joint. Insert the needle .5 to 1 cun deep.

• CLINICAL APPLICATION
  • This point is in the top 10-20 points in the Tung system. It is used often for nose conditions, heart conditions, and knee pain. It is also very effective to treat gynecological and fatigue problems. It is valuable for hemiplegia, however there are more effective Tung points to treat this.
  • Point 44.06 is on the Li channel, and thus influences the LV, the ST (and indirectly the SP), the LU, and the KD. The LI is full of Qi and blood, and this point is located in a big muscle. The muscle is earth, which is the spleen, this explains why it is so effective to treat fatigue.
  • The LI and LV are strongly connected, and thus this point treats so many menstrual disorders. – the LI and LV are correct, the LV encircle the genitals
  • This is the reaction area of the cardiac nerve, which explains the heart indications.
TUNG POINTS 44.06

• Polio is a traditional indication of this point, however I do not remember the last time I saw a case of polio in my American clinic. I have treated polio overseas, but never in America.

• In my clinic I will treat a stuffy nose, fatigue, knee pain, chest/heart problems usually 10-20 times a day and this point, 44.06 is always on the “short list”. 
TUNG POINTS  Shoulder joint

• Look at this,  AMAZING!!!

• Super effective!

• If you gave me only one way? Id pick this way

• Hip bursa, back, sacrum, the whole deal!
TUNG POINTS 44’s

Lets practice
TUNG POINTS 55’s
TUNGS POINTS 55.02

Hua Gu Yi - Flower Bone One
TUNGS POINTS 55.02

- REACTION AREAS: Spleen, Lung, Kidneys

- LOCATION AND NEEDLE TECHNIQUE- Between the 1\textsuperscript{st} and 2\textsuperscript{nd} metatarsal bones on the plantar surface. If you insert from the traditional location, press on the point firmly, release, and then insert the needle perpendicularly.
  - An easier, and I think better, way to insert is from the top of the foot at LV 2, LV 2.5, LV 3, and LV 3.5

- CLASSICAL INDICATIONS
  - Trachoma (Chlamydia trachomatis infection of the eye), ophthalmitis, blepharitis, conjunctivitis, nasal pain, photophobia, tearing on exposure to the wind, headache, toothache, tinnitus, loss of hearing, pain of the nasal bone
  - Reaction areas: Spleen, Lung, Kidneys

- CLINICAL NOTES
  - This points are clinically very effective for headaches if you needle down from the LV channel into the area of KD 1. Inserting the needles from the top of the foot in the LV channel activates these points from the top side. The body does not know how you activated the points, they were just activated.
TUNGS POINTS 55.06

Shang Liu - Upper Tumor
TUNG'S POINTS 55.06

- **REACTION AREA** - Brain

- **LOCATION AND NEEDLE TECHNIQUE** - Located in the center of the anterior edge of the heel. This point is not painful for the patient.

- **CLASSICAL INDICATIONS**
  - Brain tumor, headache, swelling of the cerebellum, cranial nerve pain (trigeminal neuralgia), fatigue, stuffy nose, bleeding from the nose.

- **CLINICAL APPLICATIONS**
  - This point is very effective for hydrocephalus, brain injury, and trauma. It treats any problem with the head and the brain. This is a microsystem of the head on the foot, where this point is located. A great Dao Ma is KD 1 and 55.06, or KD 2 and 55.06. It is also effective for stuffy nose, bleeding nose, stuffy head, cloudy thinking, heavy head, and brain fog.
  - I used this point on a woman with trigeminal neuralgia that resulted from hydrocephalus that was caused by chemotherapy.
TUNG POINTS “55’s”

Let's practice

I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
I will adopt Best Practices
TUNG POINTS “66”
TUNG POINTS 66.03

Huo Ying - Fire Hard
TUNG POINTS 66.03

• REACTION AREA-Heart and liver

• LOCATION AND NEEDLE TECHNIQUE- Between the 1\textsuperscript{st} and 2\textsuperscript{nd} metatarsal bones, 0.5 cun from the metatarsophalangeal joints, on the dorsal surface. Perpendicular insertion.

• CLASSICAL INDICATIONS
  
  • Strengthens the heart, an emergency point for fainting or heart attack. Palpitations, tumor of the uterus, uterine fibroids, retained placenta, inflammation of the uterus, chin pain, pain of the temporo-mandibular joint, grinding teeth from stress, and dizziness.

• CLINICAL APPLICATIONS
  
  • The name of this point translates as “make the fire harder” and thus, we know it improves circulation. To increase the “fire” we are increasing the HT. The LV treats the PC, the PC controls the cardiac function. This point is close to LV 2.

  • TMJ, headaches, circulation issues, heart problems, any type of bleeding in the groin or gynecological area. Remember that the liver controls the tendons, so the LV should be considered for any tendon issue. The liver also controls the tendon which implicates shaking, and wind. There is also a vessel under this point, the dorsalis pedis artery. Vessel treats vessel, which explains all the circulation, blood flow, Qi and blood stagnation, liver, and heart indications.
TUNGS POINT 66.04

Huo Zhu - Fire Master
TUNG'S POINTS 66.04

• REACTION AREA - Heart

• LOCATION AND NEEDLE TECHNIQUE - One cun posterior to 66.03. Perpendicular insertion.

• CLASSICAL INDICATIONS
  • Emergency point for heart attacks, enlargement of the bones, headache, inflammation or tumors of the uterus, gastrointestinal diseases, liver diseases, neurasthenia, breech presentation, pain in the hands and feet, difficult labor, enlargement of the bones, headache due to heart problems, liver and stomach diseases, inflammation and tumors of the uterus.

• CLINICAL APPLICATIONS
  • Other indications, that are not Tung, but are amazing nonetheless, is pain in the area of SI 18, SI 17, TW 17, and pain under the eyes. Stuffy, congested nose issues, throat problems. The Classics say the internal branch of the LV channel goes through the throat. Inguinal pain, groin pain, wind damp cold type knee pain.

  • This point is arguably one of the best points in the Tung system to treat the heart. It is one of the top 10 points of Master Tung, and I use this point almost daily. It is very good for moving Qi and blood, facial pain, headaches, reproductive issues both male and female. Raynaud’s, circulatory issues, systemic blood flow issues. I use this point on at least 75% of my patients.
TUNGS POINTS 66.05

Men Jin - Gate Metal
TUNGS POINTS  66.05

• REACTION AREA- Stomach, intestines, Duodenum, uterus

• LOCATION AND NEEDLE TECHNIQUE- In the depression anterior to the junction of the 2nd and 3rd metatarsal bones. Perpendicular insertion. This point is at the juncture of the of 2nd and 3rd bones,

• CLASSICAL INDICATIONS
  • Enteritis, gastritis, abdominal distension and appendicitis.

• CLINICAL APPLICATIONS
  • This is a wood point on the earth channel. This explains how it harmonizes so many things, such as the lower Jiao (uterus), the middle Jiao (stomach and intestines), and the upper Jiao (the head, nose, jaw, and eyes).
  • This point is very helpful when a patient has a headache, but does not know where on their head it hurts. It is also useful if they feel like their eyeballs are stiff, painful, or they have a headache behind their eyes.
  • This point is used every day for most patients with headaches. It is especially used for pain in the area of Yin Tang, but it is also used for other areas on the head. Any female disorder, or any disorder of the head, TMJ, ear, head, nose, jaw, etc.
  • It is definitely one of the Top Ten Tung points.
  • Migraines (especially effective when bled), gastritis, appendicitis, abdominal pain, diarrhea, dysentery.
TUNGS POINTS 66.08

Liu Wan - Sixth Finish
TUNGS POINTS 66.09

Shui Qu - Water Bend
TUNGS POINTS

• REACTION AREAS- Lung, Kidney

• LOCATION AND NEEDLE TECHNIQUE- Between the 4\textsuperscript{th} and 5\textsuperscript{th} metatarsal bones, 0.5 cun proximal to the metatarsophalangeal joint. Perpendicular insertion

• CLASSICAL INDICATIONS
  • Hemostasis (including bleeding due to traumatic injury, incised wound, or injection), and migraine headaches.

• CLINICAL APPLICATIONS
  • Point 66.08 is very close to GB 42.
  • I always use 66.08 and 66.09 together. These points are used very often in the Master Tung system. I use them primarily for systemic bone swelling, systemic inflammation, and headaches. These points are great when your patient says her whole body hurts.
TUNGS POINTS

• REACTION AREAS-Lung, Kidney

• LOCATION AND NEEDLE TECHNIQUE- One cun proximal to 66.08. Perpendicular insertion. This is at tight as you can get to the juncture of the 4th and 5th toes at the proximal metatarsal joint.

• CLASSICAL INDICATIONS
  • Hemostasis (including bleeding due to traumatic injury, incised wound, or injection), and migraine headaches.
  • Lower back pain, peripheral edema, swelling (removes fluid from the body), abdominal distension, generalized joint pain, neck pain, neuralgia of the neck, and uterine disorders.

• CLINICAL APPLICATIONS
  • Points 66.08 and 66.09 are very commonly used in the Tung system. Clinically I use these points most to treat systemic bone swelling, systemic inflammation, and headaches. These points are great when your patient says her whole body hurts.
  • Although these points are amazing for tinnitus, in my experience your success rate will be below 20% when using acupuncture alone for this.
  • The theories about these points are rich and deep. Since the needle is close to the bone, we are activating the kidney (water), which treats edema and swelling. The name of the point implies “water cure”, hence the treatment of the water/kidney.
TUNG POINTS “66’s”

Let's practice
TUNG POINTS “77s”
TUNGS POINTS 77.01-2-3
TUNGS POINTS 77.01-2-3

• Points 77.01, 77.02, and 77.03 and 77.04 are always used in combination. I find that using 2 or 3 of the points is sufficient but at times do use all 4 points if needed.

• These are your first choice to treat neck pain on the bone, cervical issues from C1 to C7, and thoracic from T1 to T4.

• In the clinic I typically use the points as follows
  • 77.01 treats C1-2
  • 77.02 treats C2-4
  • 77.03 treats C4-7/T1
  • 77.04 treats T1-T4

• These points clinically treat the spine, the DU and Bladder channels on the neck. I will often combine these three points with Ren 24 to treat neck pain. (Master Tung was a master at the 14 TCM channels, its “ok” to use Tung points with your TCM points. You just need to know the healing mechanisms and when it IS and is NOT appropriate to combine TCM and Tung points.
TUNG POINTS 77.05-6-7
TUNG POINTS 77.05-6-7

• NEEDLE TECHNIQUE and LOCATION: Perpendicular insertion between the GB and ST channels. Although the needle is perpendicular, it is really at a 45 degree angle as it goes into the interosseous membrane, between the tibia and fibula.
  • 77.05 is cun anterior to GB39, so this point is in-between ST and GB, +2 cun, +2 cun

• CLASSICAL INDICATIONS
  • Hyperthyroidism, tonsillitis, deviation of the eye and mouth (facial hemiparesis), migraine headaches, mastitis, fibrocystic breast disease, breast tumors, meningitis, liver disease, splenomegaly, lateral side rib pain, abnormally bulging eyes, tonsillitis, lumps, liver diseases, cranial tumor, meningitis.

• CLINICAL APPLICATIONS
  • These will be some of your most frequently used points in clinic, for a few reasons. The first reason is that they are amazing at treating any type of systemic stagnation, blockage, or Qi deficiency. Most of our patients have those as root causes of their diseases.
  • The second reason is that they are very effective to treat neck pain. The type of neck pain they treat is scalene pain, and also to some extent, pain in the area of GB 21.
TUNG POINTS 77.05-6-7

• It is interesting to note that Master Tung told his students to needle these points on the right side. You might ask why. Upon further analysis, the reaction area and nerve of these points is the spleen. The spleen is located on the left side of the body. Although most Tung points are treated on the opposite side, it makes sense that these points were treated on the right side. The original usage of these points was spleen issues. It is very interesting when you break it down into the reasons why this side was chosen.

• These points are better for scalene issues than for problems in the area of GB 21 and TW 15.

• Since these points move so much Qi and blood, they are wonderful for many liver issues, and are indicated for cirrhosis and fatty liver, and fatigued liver.

• These points have been tested with MRI imaging, and have been verified to increase blood circulation to the head. This explains the indications of hemiplegia, wind stroke, head trauma, headaches, neck pain, and upper back pain.

• I use these points all the time to treat migraine headaches, trigeminal neuralgia, tooth pain, tight jaw muscles, TMJ, shoulder pain, and upper back pain, because of its ability to move Qi and blood, dispel wind, and resolve phlegm.
TUNG POINTS 77.08

Si Hua Shang - Four Flowers Upper
TUNG POINT 77.08

- LOCATION AND NEEDLE TECHNINQUE- Three cun inferior to ST 35 on the lateral tibia.
  - Although some texts cite different depths having different functions, in clinical experience this is not my experience. In my experience, you must get the Qi with patients. Since there are so many anatomical differences in our patients, I have found the clinical references to needle depth and functions to not hold true.
- CLASSICAL INDICATIONS
  - Asthma, toothache, dizziness, palpitations, coronary artery disease, vomiting, and sudden turmoil.
- CLINICAL APPLICATIONS
  - This point is in the top three points in the Tung system. It is very close to ST 36. Most patients have fatigue. Since this point is an earth point on the earth channel, it is tonifying. The TCM name is Leg Three Mile, which means that we can walk an additional three miles after this point is needled.
  - It is an amazing point for any face problem, wind attack, headache, tooth or eye problem due to the channel relationships and the images.
  - Since it has the reaction area of the heart and lungs, and the ST channel runs up the leg and chest, it is great for all respiratory diseases. It treats weak lung Qi, and weak heart Qi. It also treats Western defined heart diseases.
  - Since it is closer to the tibia, the neural network is tighter and denser, which gives it a stronger reflex action on the brain.
  - This is usually used with 2-3 additional Tung points, like 77.09 and 77.10. However, this point is extraordinary on its own. This point, unlike many others, can stand on its own.
  - 77.09 great point for shoulder pain, much like TCM ST38
TUNG POINTS 77.18 (19-21)

Kidney Gate
Shen Guan = Tian Huang Fu
TUNG POINTS 77.18 (19-21)

• NEEDLE TECHNIQUE and LOCATION
  • Perpendicular insertion, this point is 1.5 cun distal from SP9. SP9 in the Tung system is called 77.17. Many times SP9 (77.17) will be combined with 77.18. It makes sense to find 77.18 we must find SP9 first. It just make sense to needle both together.

• CLASSICAL INDICATIONS
  • Edema, kidney disease, diabetes mellitus, strangury, premature ejaculation, impotence, seminal emission, nocturnal emission, hematuria, uterine tumors, nephritis, edema of the limbs, proteinuria, hematuria, tumors of the uterus, irregular menstruation, and lower back pain due to kidney deficiency. Trigeminal neuralgia, fatigue and weakness, general digestive problems, gynecological disorders, and male genital problems such as prostate issues.
  • This is the main point for supplementing the kidneys. It treats excess stomach acid, acid reflux, deviation of the eye, astigmatism, dizziness, vertigo, epilepsy, pain in the supraorbital bone, pain in the nasal bone, dark rings under the eyelids, excess stomach acid, regurgitation, astigmatism, anemia, epilepsy, and neuropathy.

• CLINICAL APPLICATIONS
  • If there are a few points in the Tung system that everyone knows, like Ling Gu and Da Bai, and Shen Guan, which is 77.18, the spleen point that secures the kidneys.
TUNG POINTS 77.18 (19-21)

These three points are the most commonly used Dao Mas for a variety of issues. We could write an entire book on Ling Gu and Da Bai, due to the richness of the theory and application of these points. I will try to present a few general theories as to why so many things are treated by these points, but I implore you to always continue your own personal education. You should work through each indication and consider why it works, as I have done.

• I often combine 77.18 with SP 9. I rarely use 77.19 alone. If I don’t use 77.21 and 77.19 with 77.18, then I will always include SP 9 to create a Dao Ma.

• The spleen, connects to the kidneys. That is earth connecting to water. You will find that most tonification points in the Tung system are on the SP channel. They support and astringe the KD, to help stop the loss of essence.

• Spleen, 77.21, is close to SP 6, the Three Leg Yin Crossing Point, and it thus affects urogenital disorders.

• The three points cover the entire body via the image, which is the full image, half image, and quarter image.

• They are famous for treating frozen shoulder pain. I would suggest they are great for frozen shoulder pain because of the effect they have on cold damp, obstruction of the channels, Qi stagnation, and channel blockages on the LU, SI, and TW channels. It is not just due to the effect on “frozen shoulder.”
TUNG POINTS 77.22-23

Ce San Li - Beside Three Miles

Ce Xia San Li - Distal to Beside Three Miles
TUNG POINTS 77.22-23

• Reaction Area- lung and teeth
• Locations- Find Gb34 and Find ST36, I’ll show you
• Classical indications-
  • Toothache, teeth problems, facial paralysis,

Clinical applications- top point for headaches, jaw pain, eye tics, trigeminal neuralgia, facial tics, between shao yang and yang ming great for all face issues

They do work for wrist and heel pain but not my favorite points
Bells palsy yes! But 88.25 zone is much better.
TUNG POINTS 77.24-25

Zu Qian Jin - Leg 1000 Gold

Zu Wu Jin - Leg Five Gold
TUNG POINTS 77.24-25

• Reaction area- throat, larynx, pharynx
• Location: need to find 77.22 and 23 first. Then .5 cun posterior, -2, -2
• Classical indications: throat problems, digestive issues, shoulder pain
• Current indications: Throat pain, dry throat, throat constriction, larynx and pharynx problems. Great for shoulder pain and digestive issues.
  • Thyroid, parathyroid pain/issues/problems
TUNG POINTS 77.26

Qi Hu - Seven Tigers
TUNG POINTS 77.26

• LOCATION AND NEEDLE TECHNIQUE - Located 1.5 cun posterior to the lateral malleolus and then go 2 cun proximal is the first point, then the second point is 2 cun proximal, and the next point is 2 cun more proximal. Perpendicular insertion, there are no special techniques. These points should be proximal and on the same line a BL60.

• CLINICAL APPLICATIONS
  • These are among the few points that are truly indicated to treat pain at GB 21. It is interesting to note that these points are on the BL channel. How can they treat GB 21 pain? Master Tung was aware of the Jing Jin and Tendino-muscular relationships. According to this theory, the trapezius muscles are not on the GB channel, but on the BL channel. These Tung points for trapezius pain are on the BL channel.
  • Another clinical application is to treat the diaphragm, chest, and breathing issues. The reaction area is the chest. These points are especially effective to treat breathing issues, and chest constriction. They are also indicated for clavicle pain.
  • It is interesting to note that chronic pain affects the kidneys. We know that the KD controls the deeper and more chronic muscle problems that are below the more superficial trapezius muscles. The trapezius is the muscle to focus on for more acute and superficial muscle problems. When the pain is chronic, it makes more sense to treat the opposite side, as Master Tung would have suggested. The reason for this is that the KD controls the deeper muscles, which are more affected by chronic issues, which is treated by the BL channel using the Tendino muscular or Jing Jin channel relationships. The BL treats the KD.
  • Additional indications are pain in the ribs, lungs, or chest area, scapula pain, and inflammation of the clavicle. This includes such manifestations as pleurisy, chest constriction, painful breathing, and pain at the intercostal muscles.
TUNG POINTS 77.27
TUNG POINTS 77.27

• LOCATION AND NEEDLE TECHNIQUE- This is a three point unit, located on the line that connects the head of the fibula and the lateral malleolus. The points are located at the ¼, ½, and ¾ units.
  • Perpendicular insertion on the tibia, on the gallbladder channel. The needles must tap the tibia for the best results. Insert the needle 1 to 1.5 cun deep.

• CLASSICAL INDICATIONS- Tonsillitis, mumps, laryngitis, abscesses, tumors, pain in the shoulder and arm.

• CLINICAL APPLICATION
  • These points are very strong. They are similar to 77.05, 77.06, and 77.07, in that they treat all systemic stagnation, Qi stagnation, blockage, masses, tumors, injuries from trauma. I often alternate between 77.27 and 77.05, 77.06, and 77.07.
  • Point 77.27 can be used for any type of trauma, pain, or injury, regardless of the location. They are very effective to treat any type of systemic pain, blockage, or trauma.
  • I used them a lot for shingles, rib pain, chest pain, and GB or LV issues.
  • Some common indications are: tonsillitis, tumor, cancer, pharygitis, and pain in the shoulder or arm. Mumps, laryngitis, abscesses, tumors, fibrocystic breasts, acne, trigeminal neuralgia, swollen hands and arms, and elbow pain are more indications to use these points.
I do think for upper back trap pain the distal method I Ching is better
Modern day patients are different than 50 years ago in Taiwan? What do I mean? Demonstrate

Experience tells me so

  LV, KD, HT or LU depending on a few things
this distal way is better suited for our typical patients
remember?

  IMPROVISE, OVERCOME, ADAPT
TUNG POINTS “77’s”

Let's Practice
TUNG POINTS “88s”
TUNGS POINTS 88.01-2-3
TUNGS POINTS 88.01-2-3

- **REACTION AREA** Heart

- **LOCATION and NEEDLE TECHNIQUE:** 5 cun up enter line on mid leg, 7 and 9 up. Perpendicular insertion

- **CLASSICAL INDICATIONS**
  - Heart diseases, pericardial pain, pain on both sides of the heart, rheumatic heart disease, dizziness, vertigo, palpitations, gastric disease, limb pain and cerebral anemia, acute pericarditis, rheumatic fever, palpitations, dizziness, vertigo, cerebral ischemia, four limb pain, gastritis, nausea and vomiting of pregnancy

- **CLINICAL APPLICATIONS**
  - These points are some of the most commonly used points in the modern clinic, due to the fact that most of our patients have some type of heart, Qi, or blood problem at the root of their disease. Even in Western medical clinics, the number one killer in America is heart disease. Heart disease and all the Western and Chinese manifestations that come from a poorly functioning heart are numerous.
  - These points are indicated for finger pain, but I do not use them much for that.
  - These are my favorite points to use on myself after a long week of working and standing on my feet. They treat chest palpitations from stress, disturbed sleep from too much work, fatigue, and edema in the lower legs from standing all day.
TUNG POINTS 88.09-10-11

Tong Shen - Penetrating Kidney

Tong Wei - Penetrating Stomach

Tong Bei - Penetrating Back
TUNG POINTS 88.09-10-11

• Reaction Area 88.09-10-11 Kidney

• Location: upper medial corner is 88.09 +2+2

• Classical Indications: impotence, premature ejaculation, diabetes, low back pain, uterine pain, leucorrhea discharge/lin syndrome issues.

• Clinical application
  • Fabulous for clavicle pain, even Dr. Tan shows this “magic point”
  • Cold feet, weak kidneys, pain back kidneys,
  • Edema due to kidney, hypertension due to kidneys (8801-2-3 is because of heart)
  • Kidneys=fluid= dry mouth
  • Used these points to save our baby, with 88.12-13-14
  • Use these point for all your pain, fluid, damp, swelled, type of pains
TUNG POINTS 88.12-13-14

- REACTION AREAS: Kidney (superficial depth). Liver (middle depth), Heart (deep level)

- CLASSICAL INDICATIONS Liver cirrhosis, hepatitis, body swelling, blurry vision, fatigue, back pain, eye pain, chorea (e.g. Parkinsonism), leukemia, multiple sclerosis Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the Liver, soreness of the lower back, blurred vision, eye pain, hepatalgia, indigestion and leukemia (very effective).

- CLINICAL APPLICATION
  - The main point is 88.12, and sometimes only this point is used. If 88.13 or 88.14 is used, always include 88.12, which is the most important point of the three. This is my favorite set of points. They are great for many things. The reason is that all our patients have liver issues, fatty, depressed, and stagnated livers. They have blood circulation problems, Qi and blood imbalances and stagnation. The heart and liver are the two most diseased organs in Western culture.
  - These points are clinically important for fatigue, eye issues, allergies, bone spurs, and liver pain. This is the most underused channel for the treatment of pain. It is the most undervalued pathology when it comes to patients with headaches, fertility, allergies, sleep problems, fatigue, pain, digestion, and “just not feeling right.” These points should be used for more than just Western-defined cirrhosis of the liver, or the treatment of Hepatitis C.
  - These are some of the most important points I used on my wife to stop the early delivery of our son.
  - Another patient had fatigue. Her liver was blocked, stagnated, and overworked. These points, 88.12, 88.13, and 88.14 relieved her headache immediately.
  - These points are like Ling Gu, an entire book could be written about them. They are useful for odd diseases such as shaking diseases, like Parkinson’s.
TUNG POINTS 88.17-18-19
TUNG POINTS 88.17-18-19

• REACTION AREA- Liver and Lung

• CLASSICAL INDICATION-Hypochondriac pain, back pain, sciatica and lower back pain due to hypofunction of the lungs, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (very effective), hemiplegia, psoriasis, dermatosis, and strain of the lower limbs. Pain on the lateral side of the ribs, sciatica, chest pain, pulmonary tuberculosis, facial paralysis, conjunctivitis, asthma, breast pain, rhinitis, tinnitus, dermatological disorders, otitis, and hemiplegia.

• CLINICAL APPLICATION 88.17 is the main point in this Dao Ma, and it is always used. It is usually combined with 88.18 and 88.19
  
  • These points are clinically relevant for sciatica, any type of chest pain, thoracic cavity pain, and any type of lung or skin issue. They treat any type of breathing, sinus, nose, diaphragm, and intercostal muscle issue. They should be your first choice to treat skin, nose, rib, and allergy issues.
  
  • These points are used a lot clinically to treat fibromyalgia, muscle weakness, general fatigue, numbness, and chronic overall pain.
  
  • Huge points for fatigue! Now think this through! Would you rather have 1010.22 or 88.17-18-19? This is important to get this.
TUNG POINTS 88.20-21-22
TUNG POINTS 88.20-21-22

• REACTIONS AREA- Face and Lung

• LOCATION AND NEEDLE TECHNIQUE- Perpendicular insertion, through the IT band and touch the bone.
  • 88.20 Two and a half cun superior to the knee joint, along the median line of the lateral thigh,
  • 88.21 Two cun superior to XiaQuan (88.20). 88.22 Two cun superior to Zhongquan (88.21).

• CLASSICAL INDICATIONS  Facial paralysis, facial tics, deviation of the eyes and mouth, tinnitus, poor hearing, and Bell’s paralysis.

• CLINICAL APPLICATIONS
  • The Ling Shu says that the GB is bone, so we need to needle down to the bone. The upper thigh images the face, both above and below the eyes. The GB is in charge of wind, shaking, tendons, and bone. Many patients have headaches on the frontal area, temples, and the side of the head, all of which are controlled by the GB. Frontal headaches are associated with Yang Ming, but there is a lot of GB also.

  • Any issue in the upper face, in particular when that issue is on the GB, or TW channels on the face or for “wind”. They are remarkable for GB or TW headaches, TMJ pain, eye tics, Bell’s palsy, and trigeminal neuralgia. They are not effective for tinnitus, but they treat any other ear problem, and temporal side head problem. I have used these points to treat idiopathic large arteritis in one patient. I have also used them to treat hydrocephalus and many head traumas.
TUNG POINT 88.25

Zhong Jiu Li - Center Nine Miles
TUNG POINT 88.25

- NEEDLE LOCATION/TECHNIQUE - Perpendicular insertion, through the IT band to the lateral side of the femur. You must insert the needle and touch the bone.
  - This is point is The TCM POINT GB31. Many people say either it find it middle of the femur on the GB channel or where the patients fingers tip touch the IT band on the GB channel.
  - Reaction areas: all 4 limbs, lung

- CLASSICAL INDICATIONS
  - Back pain, lower back pain, lumbar vertebral pain, hemiplegia, facial paralysis, neck pain, dizziness, distending feeling of the eye, numbness of the hand and arm, and leg pain and enervation. In the center of the median line of the lateral thigh. Migraine, low back pain, cervical spondylosis, numbness and pain of the hand and arm, facial paralysis or pain, dizziness, tinnitus, leg or knee pain, hemiplegia, bone spurs, lack of strength in the nerve

- CLINICAL USAGE
  - Most if not all our patients have stress (for many reasons), pain (for many reasons) and sleep issues (many reasons) and 88.25 is the single best point for any and all of these points.
  - This point needs to be needled to the lateral side of the femur, its vastly important that you touch the femur. I have used these points as premier points for all sorts of head, face, eyes, ears, TMJ, headaches, face, teeth, jaw pain. Any problem in the head? This is also my first point I think of!
TUNG POINT 88.25

- Stress, hypertension and liver qi stagnation
- Overall wellness and anti-again (2 patients)
- ALS, back pain, and peripheral neuropathy
- Elbow pain and systemic arm pain
- Low back pain, at the PSIS from long term degeneration and spurs
- Jaw pain and temporal headaches
- Stress and insomnia liver qi stag, heart qi xu, spleen damp
- Systemic pain from the Afghanistan war vet with PTSD
- Neck pain from MVA accident degeneration, adhesions, and scar tissue
- Low back pain idiopathic reasons 3 different patients
- General arthritis
- Sleep problems and neck pain
- Fatigue and general aches and pains, fibromyalgia that “just flared up”
- General auto immune digestion issues, and histamine release problems with her gut
- Stress 4 different patients general Seasonal affective disorder
- Allergies
- Headache all over
- Jaw pain and TMJ
- All limbs hurt from falling down while hunting
TUNG POINTS “88’s”

Let's Practice
TUNG POINTS  99’s
TUNG'S POINTS 99.00

• I use a Master Tung body points, ear points I prefer Ear acupuncture
• Typically I will use Ear Shen Men/Point Zero and Ear Apex
• I also kind include An Mian as an ear point (An Mian, Point Zero, Ear Shen Men)
• I like to bleed the ear personally
• Do not under estimate bleeding
  • Lets talk about this
  • The Ear Apex is a top 10 point in Tung acupuncture but its bleed 99% of the time
TUNG POINTS Ear Apex

• From a Tung perspective, one of the top 10 Tung points is “bleeding the ear apex” and I use that quite often for allergy, systemic pain, shingles, sty in the eye, hypertension, stress, insomnia, a hangover, motion sickness, night sweats, low back pain, hypertension, common cold, migraines. It’s quite a remarkable point to bleed and or needle the ear apex.

• Why does this work? Bloodletting is an art in itself and 1/3 of all Master Tung patients were bled. I have bled 1000’s of patients. In India, we notice on chronic pain patients actually any chronic condition that acupuncture alone wasn’t enough. After 1 month of treatment we started changing things around. We would not do acupuncture UNTIL we bleed them first. If any patient had any chronic disease, condition anything? They were bled first. This dramatically increased our results. I would bleed 50+ patients a day in India. This does not mean we bleed a lot of blood. Just a few drops to maybe a tablespoon of blood was enough.

• The other part of the ear I would bleed a lot is the back of the ear. On the back of the ear it’s important to bleed all the visible veins.

• The ear relates to the Kidney, all the yang channels run the ear, the HT opens to the ear (via the Su Wen), the HT and KD communicate. The GB, Shao Yang channels, are around the ear, the BL or Tai Yang channels go to the ear. The HT open orifices, controls sweat, controls fluids. Liver yang and liver fire rises up the ears. The HT and KD meet at the ear and are the “fire and water”. So many thing, channels, ideas, theories, and relationships happen around the ear. It’s a very powerful thing to treat.

• Clinically I will needle the ear apex and or needle the back of the ear, assuming there are visible veins, every day in my clinic for stress, sleep, system pain, systemic stagnation, headaches, jaw problems, dizziness, “feeling out of sorts”, “feeling out if it, under the weather”, “feeling down, or tired, or just not right”. I will use the ear every day for patients with common cold, the “sniffles”, any type of excess yang, fire, heat, inflammatory condition. They are points not to be dismissed.
TUNG POINTS 11.00

• A-G lines, it just easier if show you
TUNG POINTS 11.01-2-3-4

Da Jian - Big Distance

11.01

Xiao Jian - Small Distance

11.02

Fu Jian - Floating Distance

11.03

Wai Jian - Outer Distance

11.04
TUNG POINTS 11.01-2-3-4

• Location- on the B line ill show you, index finger

• Classical indications
  • 11.01-2 heart disease, hernia, knee pain, testis pan, groin pain, eye pain,
  • Lots of phlegm/tight/painful chest enteritis
  • 11.03-4. hernia, toothache, urethritis, gastric pain

• Clinical applications
  • 11.01-2 great for eye, pain, LI/ST, image for the groin hernia testitis/urethritis
  • 11.03-4 toothaches, stomach pain
  • You can see 11.01-2-3-4 as alternative for DU1, CV1
TUNG POINTS 11.09

Xin Xi - Heart Knee
TUNG POINTS 11.09

• REACTION AREA- Heart

• LOCATION AND NEEDLE TECHNIQUE- On both sides of the middle segment of the middle finger on the dorsal side, in the center between the second and third finger creases. These points are on the F and H lines.

• CLASSICAL INDICATIONS- Knee pain and scapula pain, problems closer to the upper spine.

• CLINICAL APPLICATION
  • This point is not famous in the West to treat upper back pain, it is the point of choice in Taiwan, where Master Tung lived and practiced, for upper neck and back pain.
  • Knee pain is the most common indication for this point in the West. It is better for knee pain due to circulation issues, patellar tendonitis, or ST channel knee pain. These points are on the PC channel, and the PC treats the ST channel. The ST channel runs through the knee. Though these point will get “any and all knee pain” they certainly are better for the above listed knee conditions.
  • 11.09 can be used alone to treat neck pain, and pain in the area of GB 21, TW 15, and BL 43. However, to treat knee pain it should be combined with 11.13.
  • Point 11.09 will treat any type of knee pain, but it is most effective for knee pain that is arthritic in nature, on the LV or ST channel, or that has a blood deficiency, blood stagnation, or blood heat pathology as the root.
  • Other indications include knee pain, scapula pain, and problems close to the upper spine.
TUNG POINTS 11.13

Dan - Gall Bladder
TUNG POINTS 11.13

• REACTION AREA- Gallbladder

• LOCATION AND NEEDLE TECHNIQUE- In the middle of the proximal segment of the middle finger on the dorsal side. Perpendicular insertion on the F and H line

• CLASSICAL INDICATIONS-child nightmares, night time crying of babies, gallbladder dysfunction.

• CLINICAL APPLICATION
  • This point is always used with 11.09 for the treatment of knee pain.
  • A common question is why there is such a close relationship between the heart and the knee in Tung acupuncture.
  • This is the difference between arthritic pain that hurts in the morning, when there is poor blood circulation, and the inflammatory type of pain that is worse at the end of the day. It hurts worse because it is swollen from too much movement. Most of Master Tung’s patients who had pain, had arthritic type pain. The PC is the physical action of the heart in Chinese medicine, whereas the HT is the emotional center. The PC channel is responsible to get the heart pumping. That explains why these points that are used to treat knee pain are on the PC channel. When this point is used for knee pain, I always combine it with 11.09 and 11.13.
TUNG POINTS 11.13

- This point is closer to other Master Tung points on the fingers that are used to treat heart problems, such as palpitations. These points treat heart palpitations because they are on the PC channel on the finger. This is the relationship of the PC and HT, and PC and ST. It is also the reaction area of the GB, which is associated with the HT.

- The middle finger is ascribed to the heart in Tung acupuncture. We know that the PC channel via TCM theory is on the middle finger. So the middle finger is responsible for heart issues and conditions. The HT treats the HT, and the PC treats the HT. The PC also treats the ST, via the Zang Fu Bei Tong relationship.

- The ST channel runs straight through the heart. The reaction area of this point is the gall bladder, and we know that the GB treats the heart via the Zang Fu Bei Tong theory. That is why these points have a strong connection with the heart. The heart is responsible for emotions, such as joy, in Chinese medicine. This also explains why it treats bad dreams. Bad dreams are a lack of joy.

- On a side note, how many have read books about people with either heart transplants, a real mechanical heart and or a heart transplant? Most people report with the new heart they have emotions of the person it came from and the people that have mechanical hearts report a lack of joy. The research about people post heart transplants or transplants of mechanical hearts is quit fascinating and backs up the claims the Chinese asserted 3000 years ago, the heart? Was the soul of the human not the brain as western medicine asserts.
TUNG POINTS 11.11-12

Fei Xin - Lung Heart

Er Jiao Ming - Two Corners Bright
TUNG POINTS 11.11-12

• LOCATION AND NEEDLE TECHNIQUE –

• On the midline of the proximal segment of the middle finger on the dorsal side. Pinch the skin away from the bone, so you have a small amount between your fingers.

• CLASSICAL INDICATIONS

  • Sprain in the lumbar region, pain in the supraorbital bone, nasal bone pain, nosebleeds, frontal headaches, eye issues – they brighten the eyes, glaucoma, intra-ocular eye pressure, and headaches from eye pressure. Other eye indications include, but are not limited to, macular degeneration, vision issues, and floaters.

• CLINICAL APPLICATIONS

  • Point 11.12 is always combined with 11.11 to treat pain on the spine. These points are excellent to treat back pain- on the DU channel, and there are three distinct differences in the type of back pain. The pain should be acute. It does treat the muscles, but the main function is the bones, or the spine. 11.12 is usually “lower back pain” where as 11.11 is more upper back pain. The PIP joint of the finger is is C1, the MIP joint is C7/T1 and then the “knuckle of the hand” is usually considered L5/S1 in hand acupuncture.

  • As indicated for 11.11, these points are used for tight muscles. They improve circulation by affecting the heart. When the blood flow to the muscles is improved, the muscles can relax.
TUNG POINTS 11.17

Mu - Wood Point
TUNGS POINTS 11.17

• REACTION AREA - Liver

• LOCATION AND NEEDLE TECHNIQUE - On the medial aspect of the index finger on the palmar side of the line of 0.2 cun away from the midline These points are on the D line.

• CLASSICAL INDICATIONS
  • Hyperactivity of Liver Fire and irritability, dry eyes, dry nose, dermatitis of the hands, common cold, stress, anger, crying, stuffy congested nose, sinus issues, respiratory problems, urinary and genital issues, cystitis and hernia. Sweating of the hands, and dermatitis of the hands.

• CLINICAL APPLICATIONS
  • Very effective for any nose or eye issue. It treats cold, dry, hot, stuffy, damp or wind, internal or external issue.
  • The main indication for these points in the Tung system was for LV fire, and LV stagnation manifesting in patients with anger and stress.
TUNG POINTS 11.24

Fu Ke - Gynecology
TUNG POINTS 11.24

• REACTION AREA-uterus

• LOCATION AND NEEDLE TECHNIQUE-
  • The needles are parallel to the thumb, as they slide down next to the bone. The bone is KD, and the tendon is LV. These points are on the E line.

• CLASSICAL INDICATIONS
  • Additional indications include: Uterine inflammation, acute or chronic pelvic pain, hysteromyoma, distention of the lower abdomen, female sterility, irregular menstruation, dysmenorrhea, scanty menstruation, fibroids, change the position of the uterus during or after pregnancy, move blood, and or resolve uterine stagnation.

• CLINICAL APPLICATIONS
  • These points should be your first choice to treat infertility, since most cases of infertility involve the KD and LV. However, verify that this is the correct pathology. These points do not simple treat infertility. They treat infertility caused by LV, KD, and uterus problems. Point 11.06 is the reaction area of the LV and KD. Point 11.24 is the reaction area of the uterus. If a patient has infertility due to these reasons, these two points are remarkable effective to treat it. If the patient has infertility due to another pathology, that does not involve the LV or KD, or uterus, these points are not a good choice.
  • These points are also extremely effective to treat all types of uterus issues. Examples of this include menstrual problems, back pain from the menstrual cycle, and headaches caused by irregular hormones. If the female cycle is at the root of the disorder.
TUNGS POINTS 11.27

Wu Hu - Five Tigers

11.27
TUNGS POINTS 11.27

• REACTION AREA - Spleen

• LOCATION AND NEEDLE TECHNIQUE - Ill just show you

• CLASSICAL INDICATIONS - swollen, achy joints, toe pain, gout, sore throat, swollen glands, pneumonia, cough, scrofula (these points are on the Lu channel, and the LU treats the throat, osteoarthritis, rheumatoid arthritis, osteoporosis.

• CLINICAL APPLICATIONS
  • The original indication for Tung was just “treats bone swelling in and throughout the entire body.”
  • These points are used often due to the reaction area, the spleen. It deals with systemic pain and swelling.
  • Point 1 treats pain of the fingers and wrist, and headaches
  • Point 2 does not have indications, it is used to assist 1 and 3
  • Point 3 treats toe pain and headaches
  • Point 4 treats pain of the dorsal foot and instep
  • Point 5 treats heel pain
TUNG POINTS 11.00

Let's practice
Finger points are needled on LINES A-H, I'll show you
TUNG POINTS

SUMMARY OF TUNG POINTS
PUTTING ALL TOGETHER

• So WHAT? These worthless points? OMG! How to apply?
• I’d suggest a Dao Ma per limb
• Work through your theory
• Keep it simple stupid
• And don’t give up, its been working for 3000 years
• Don’t be afraid in the beginning to use more needles on the patient
• Know what works and why it doesn’t work
PUTTING IT TOGETHER

• Head
• Eyes
• Head
• Teeth
• Mouth
• Jaw
• Chin
• Tongue
PUTTING IT TOGETHER

- Upper back
- Upper Torso, chest
PUTTING IT TOGETHER

• Lower back, hip

• Lower torso, groin
PUTTING IT TOGETHER

• Shoulder
• Hip
• Arm upper or lower
• Leg upper or lower
• Elbow
• knee
• Ankle
• Wrist
• Fingers or toes
PUTTING IT TOGETHER

• Any Organ Pain
  • Heart, lung, liver, spleen, stomach, pancreas, intestines, GB, etc
• Any mental pain
• Any bone issue
• Any vascular issue
• Any joint issue
• Any muscle issue
• Any tendon issue
PUTTING IT TOGETHER

• Made up points that use TUNG THEORY and they work great
PUTTING IT TOGETHER

• Give me a problem! Give me a pain!
• Come on what screws you up?
TUNG POINTS

• QUESTIONS
  • A life time of learning
  • Learn 20-40 amazing points, then you can add later on
  • Learn 1-2-3 top things each point does, that’s enough
  • You won’t learn it all today, it’s impossible.
  • ONCE YOU FULLY SEE THE THEORY, you will not need the indications, the indications will come make themselves aware to you

• KEYS TO SUCCESS
  • Expand, overlap, be redundant- once you are awesome? Sure 3-6 points
  • Quit trying to fix everybody in visit with 1 needle!
Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.

(Winston Churchill)
TUNG CONCLUSION

I found my own truth through 60,000+ patients and continue to find my way
You don’t have to listen to me. Use ANY teacher, as a guide….
You must WALK THE PATH

• YOU MUST LEARN YOUR OWN TRUTH

• “Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.”

Carl Jung
TUNG CONCLUSION

• Thank you for coming this long weekend

• I hope it met your expectations.

• Please email me as you get home if you have issues, questions, new things come up, you missed something.

• You have all the information you need to be super successful!
TUNG CONCLUSION

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