

BASICS OF MASTER TUNG NEEDLES

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Ashi Locations

There is no need to locate Ashi points. You can do Ashi locations if you so choose, but the locations of the Tung points don't require a point to "Ashi" per say. At times I will go the Tung point and THEN look for an Ashi point around it, but it is not necessary. The point will still be effective even if you find it and there is NO Ashi sensation.

Needle Gauge

You can use any size or brand you like. I use 36 gauge (.20mm thickness). I know some people that use 28 gauge (.35mm thickness) and or 40 gauge (.16mm thickness). It all works. You do not need to tonify, sedate, rotate, or flick. There is no needling "manipulation" in Tung system. Insert your needles and relax. Make sure your needles are not "flopping all over", but you don't need to needle so deep either. The depth of insertion for most needles is .25 to .50 cun on the arms. The legs are .5 to 1.5 cun. The fingers and head are around .1 to .3 cun

Treatment Duration

The cycle of Qi is around 28 minutes. MRI studies have shown that the brain will continue to respond for 28.8 minutes. I have my patients sit or recline for 25-30 minutes. I treat 3-4 times and then the patient I evaluate where they are, how they are doing and what our next steps are.

Number of Needles

We should always try to limit the number of needles we use. However, it is important to not just insert a few needles and assume you have done enough. You should continue to address other possible affected channels until you get complete pain relief. ***The goal is to use as few needles as possible, but as many as you need to get results.*** Get feedback from your patients. Ask where the pain is and treat the remainder of the pain. Don't do you 1-5 needles and ASSUME you have fixed. If you have not? Then continue. If you have? Then stop.

Patient Response

You should expect 90-100% pain relief of your patient on the table. In my experience, 85% of patients will get this level of relief. Ten percent have 25-75% pain relief during treatment. Five percent do not get complete relief during treatment.

Some acupuncturists treat patients three times a week. I do not. I see most of my patients once a week and in some cases twice a week. (I do have a few exceptions of a few patients 3-4 times a week, but that's less than 3%) Of the 100 patients that I treat per week, only 26 of them come twice a week. This shows the power of Tung distal acupuncture, once we get the acute out of the way, we can drop them down very quickly to less visits. It shows many graduate quickly (2-15 visits) and it shows many people receive herbs. Herbs as I say, "is your daily acupuncture! Something you do every day for yourself". This allows me to see a wider amount of DIFFERENT people. If you were to

think about, 100 people a week, 3 times a week is ACTUALLY ONLY 33 different people correct? Or even 100 people a week, 2 times a week is ACTUALLY ONLY 50 different patients. I wanted to see at least 75 different people per week, that way it spreads my exposure out much more in the community than just 33-50 individual people. Make sense? Here I am using herbs NOT ONLY as a healing modality, but it also helps see MORE ACTUAL different patients! (That's good, more different people talking about me/clinic/the medicine? The better for biz).

OPPOSITE SIDE

Most needles are opposite side. If you are in doubt, treat the opposite side. There are some points that could theoretically be treated on the same side. You can? If you want start opposite side? No results? Go to same side. I usually prefer to pick another image, or another channel, but for sure you can just do the same image/channel/point/dao ma on the same side if needed.

HAVING PATIENTS MOVE

Insert the needles and ask the patient to move and see if the pain is still there. Within one to two seconds you will know if you have gotten it. If they cannot move while on the table, or recreate the pain, treat the pain as if it were present during the treatment. After the treatment your patient can try to recreate the pain. Just establish what hurts, and where it hurts prior to starting. Do your treatment and then go back and see the patient is.

SUMMARY

One thing I really like about Master Tung acupuncture is its straightforward! Insert the needles, breathe and heal. That's it! There are no tricks, no magic, no guessing and hoping. It's just easy, safe, effective, reliable, reproducible, consistent, and amazing effective acupuncture. Remember, what I tell all my patients! "This medicine has been healing people for 3000 years, if you did not get the results you were looking for? It's ok to give up on me, Brad. I have failed you. BUT PLEASE don't give up on Chinese medicine there are other great people out there can help." We always need to do a self-inventory of our ability and take full responsibility. It's my inability as a practitioner, not the weakness of the medicine.