

DVD DISC 1:

1. A.F. Female Age: 28

Chief Complaint: Migraine

Treatment: Yin Tang, outer ST 43, SJ 5, GB 26

2. R.P. Female Age: 54

Chief Complaint: heartburn, neck shoulder tension, upset stomach after eating, arch of the foot pain bilaterally at Kd 2 area.

Treatment: Yin Tang, BL 2, Kd 6

3. J.P. Male Age: 80

Chief Complaint: Right wrist, diagnosis of carpal tunnel syndrome.

Treatment: Right BL 2, Right Lr 3, Right GB 41

4. T.G. Female Age: 29

Chief Complaint: Neck pain on left, radiating into shoulder blades. Low back pain on right side

Treatment: Du 17, BL 9, SJ 5

5. G.R. Female Age: 67

Chief complaint: right sciatica pain

Treatment: Du 17, HJL5, GB 25

6. T.L. Female Age: 35

Chief complaint: left inner-knee pain, left sciatic pain

Treatment: Du 17, left HJL5, left Lr 3, left Kd 6

7. P.L. Female Age: 49

Chief Complaint: Left-sided TMJ

Treatment: BL 2, Tai Yang, Sp 4, SJ 5, GB 26, ST 43

8. G.K. Male Age: 68

Chief Complaint: Neck, Low back, IT band pain

Treatment: Du 17, SJ 5, GB 26, Kd 6, BL 62

DVD DISC 2:

9. D.D. Female Age: 45

Chief Complaint: low back pain and left shoulder pain.

Treatment: Du 17, right BL 9, left GB 12, left SI 3

10. G.L. Female Age: 48

Chief Complain: acute low back pain

Treatment: Du 17, BL 9, BL 62, GB 25

11. A.F. Female Age: 28

Chief Complain: Low back pain on right side, and temporal headache and jaw pain

Treatment: Du 17, Du 14, SJ 5

12. M.G. Female Age: 59

Chief Complaint: shoulder/arm pain, numbness in wrist at LI 5 area

Treatment: BL 2, Tai Yang, Lr 3, LI 4

13. P.S. Female Age: 63

Chief Complain: knee pain, bilateral

Treatment: BL 2, left Sp 4, right ST 43

14. E.M. Female Age: 54

Chief Complaint: Knee pain post-surgery

Treatment: BL 9, HJL5, Sp 4, BL 2, ST 43

14a. E.M. Female Age: 54

Chief Complaint: Knee pain post-surgery, follow-up one week later

Treatment: BL 9, HJL5, ST 43

14b. E.M. Female Age: 54

Chief Complaint: Knee pain post-surgery, 2nd follow-up

Treatment: Du 17, BL 9, HJL5, outer ST 43

Sample Case Study:

1. A.F. Female Age: 28

Chief Complaint: Migraine

Treatment: Yin Tang, outer ST 43, SJ 5, GB 26

Patient complains of headache at left temple, behind eye, and along eyebrow line, which started yesterday. She also says she feels very hot.

She reports that she is in the middle of her menstrual cycle, and also reports that she felt a bit nauseous the previous evening, and had trouble sleeping, making her feel irritable today.

Careful abdominal palpation reveals pain at bilateral ST 25 area, Ren 3, Ren 12, left Kd 16, and Liver area under ribcage.

Neck palpation shows Left Trapezius #1, 2 and 4 as well as SCM #2 and 3 to be tender. The left temple is also palpated and tenderness found at Tai Yang, ST 2, Yu Yao, and BL 2.

After palpation, the VEM test is performed. This is a good example of showing how I test the patient first to see if the VEM test will be valid. This is done by checking her with the palm up and down on her forehead.

Because she felt hot and is in the middle of her cycle, I considered it to potentially be a hormonal condition. My first thought was a more traditional formula Chai Hu Shu Gan Wan, but I needed to do the VEM test to be sure. I first checked the Women's Balance formula at the Thymus point, and find it to be open, which is a good sign, so I continue with the other points at the Stomach and Small Intestine and find them to be closed, which is also a positive sign. For now, this seems to be a good choice for her, but I decide to try another formula for her, which is Kan's Bupleurum Soothing Liver Formula. I find it to close the Thymus point, which is an immediate sign that the formula is not appropriate for her. I tested Women's Balance formula again, just to be sure, and it seems to be a very good choice. I next tried Headache Cure formula to compare it with Women's Balance, and it seemed that Women's Balance ended up being the strongest choice. 3 pills TID was her prescription.

Acupuncture treatment begins with the Yin Tang point, because Ren 12, Ren 3 and Kd 16 were found to be tender upon palpation. The right ST 25 and left ST 27 were left over after the first needle. Because she was tender at BL 2 and Yu Yao on the left, I couldn't use the essential points to release her abdomen. I chose outer ST 43 based on palpation between that and ST 43. I chose this point because she really didn't show any Spleen symptoms. This seemed to relieve the tenderness along the Trapezius as well as BL 2, Yu Yao, Tai Yang and ST 2. SCM #2 was still tender, so I chose left SJ 5 at a tender location for the next treatment point. This relieved the remaining tenderness at the left SCM #2. At this point she reported that her migraine had improved but still painful behind the eye, especially when looking to the side. The next point I chose was GB 26 for the pain behind the eye. I chose this point from clinical experience, as it seems to work better for me than GB 41 for pain behind the eye.

Needles were left for 20 minutes.

After the treatment, she was asked to sit up and check to see if any pain remained. Mostly her headache was gone, but still there was some pain left over at BL 1 area. BL 62 was needled at the most tender spot while she was sitting in order to reduce the remaining pain at BL 1.