

1. GENERAL

BUILD QI-YANG All with loose moxa on the needle except Ren 17

BL-43

DU- 4, 6, 12, 14

Ren- 4, 6, 8 [Sea Salt, Ginger, Garlic], 17 w/direct moxa [not tight][No Heart Arrythmia]

Spleen- 3, 6, 12,

St- 36, 30

LI- 10

TB-3 [especially Spleen]

BUILD BLOOD

Chong Mai

Sp 3

SP-6 [Three Yin Crossing]

Sp 10

SP- 12

Liv- 3

Liv 8- [Curved Spring]

Liv 10

UB-11

UB- 17

UB- 18

St- 37,[] 39 []

Sea of blood

Four Flowers

UB 17-19 w/ Moxa

BUILD YIN

Lu 9; Sp 3; St 36; SP 12

ST- 33 [also eliminates excess damp in lower body]

MOVE QI

Move Qi Down

Ren Mai

LI- 4

LI- 18

ST-7: brings Qi and Blood downward [thereby calming the mind]

SJ: Ren 17, 12, 10, 7, 5

ST-7: brings Qi and Blood downward [thereby calming the mind]

GB- 3: Brings Qi and Blood upward

BI16- Bring Essence to head

Build Yang [Move Energy Out]

St 12; St 36; GV 14; Yin Wei

2.SPECIFIC [Hammer's Methodology for build ian acu;uncture formula-
use only few points at a time depending on the individual]

A. Spleen Qi Deficiency

Emperor

BI 20- Moxa; GV6- Moxa

CV-12- Mu Point of Stomach

Liv 13- Mu Point of Spleen

CV-17- Sea of Energy [1-3 small Moxa]

First Minister

St 30, St 36 Moxa; Sp 12 Moxa

TB-3- master Point of Internal duct

Sp-3, 6 Moxa

Second Minister

St 7: Lower Gate- brings Qi and blood Down

BI 23 Moxa [Support Spleen]

GV- 20 Moxa [Uplifting aspect of GV channel]

LI- 11 Heat re: diarrhea

Assistant

CV or Chong Mai; CV 4 [Moxa]

Spleen 8- Accumulation Point

Celestial Secrets

Doaist and exoteric point tapping into inner
most thoughts of the body, meditation point
Used in helping predict the future

St- 34- Accumulation Point

SP-21- move blood through all the channels

B. Liver Qi Deficiency

Emperor

Bl- 18, Bl 47 [Never Moxa])

St -36 [moxa]; LI 10 [moxa]

Sp-6 [moxa]

1st Minister

GV- 6 [moxa]

LR- 13, 14- Mu points tonify

CV- 4, 6, 8, 12- Moxa

2nd Minister

Fire Points: LR-2; Ki- 2

Four Needle Technique

Liv- 8 [moxa]; KI- 10 [moxa]

Lu-8; Liv-5 Sedate

GB- 37- Liver blood

Assistant

Chong Mai;

BL- 11, 17; St- 37, 39- Seas of blood

GB- 39 [Marrow- Blood]

C. Liver Separation of Yin & Yang [Liver Blood deficiency]

Seas of blood: Chung Mai+ Bl11, 17; St 30, 37, 39; GB-39;

D. Lung Qi deficiency

Emperor

*Lu 7: Letting Go of grief and sadness; survival ; Yin

*Lu10: Clears Lung heat [pollution (smoke)]

*BI 13: Moxa

*BI 42: Po [Corporeal soul]

*Lu 5: Clears Lung Heat; descends Lung Qi

1st Minister

*Lu 8: Clear Damp

*Lu 6: clears Lung Heat

*GV- 4, 12- w/ moxa

*Lu 3: WOS –Sadness; depression; forgiveness

2nd Minister

*Lu 9: tonify Lung Qi and Yin
regulates changes in life and ability to change

*LI 11: Remove heat

*Lu 1, 2- clear Damp; Moxa

Assistant

Yin Wei: Protects Yin

E. Heart Yin. Blood, Phlegm, Qi Deficiency- Shock

Emperor

Blood deficiency: Ht- 5-7

[5=Mind & Heart]

[7= Spirit to Heart –Spirit Gate]

Yin: deficiency: HT- 3 [Water Point]

Connect to Spirit HT- 1, 7

First Minister

Qi deficiency: HT- 5, 8; BL- 15, 42 Moxa]

Phlegm: P- 5; ST- 40

Second Minister

Kidney-Heart Disharmony: Ki 22; P-2; KI- 16

KI- 21: Deep Fear

KI- 25

- Identity and sense of purpose is emergent but it hasn't crystallized for them yet
- Identity – to get through a difficult time bring Spirit up

- Give spirit strength.

Assistant

Heart & Liver Disharmony: GB-LIV Divergent-
Stuck in life
Yin Wei
Chong Mai w/ Kidney 4,

F. Heart-Lung Deficiency

Emperor

BL- 13, 42, 43, 44 moxa
Ht 5-7
CV- 14 [1-2 direct moxa], 14, CV-4 [moxa]

1st Minister

Heart- BI-20-23; Sp- 6 [moxa]
LU 1, 2- Moxa
GV- 4, 12- w/ moxa

2nd Minister

Rhythm- P- 4;
Phlegm Misting Orifices:
P- 5, 6; Ht- 5; CV-12, 22; ST- 8, 25,40; GB-
21[Carry Weight of World], TB-3
Fire Points of Ht-8; P-8; Ki-2- Even stimulation

Assistant

Yin Wei Mai; Chong Mai
St- 36; LI- 10 [moxa indirect]
Lu- 9 [Influential (Meeting) Point of Vessels]

G. Kidney Qi-Yang

Emperor

Ki 23; CV-4, 6- Moxa
Ki-3 To ground
Mingmen [GV-4] - Moxa

1st Minister

GV 14- Moxa [Meeting Point of yang meridians]
Ki 7- Moxa [Yang Point of Kidney Channel]

2nd Minister

Bl 13- Moxa [Shu Point of Lungs]

Cv 4, 6 Moxa

CV8 Sea Salt or Ginger-Moxa

Assistant

Chong Mai - Ancestral Energy

Du Mai – NS- Jing

GB- 39- Influential Point of Marrow [Jing]

H. Sea of Energy

CV-17, the Sea of Energy, in combination with BL-10 and ST-9 [Windows of the Sky]

I. Four Seas

DU 16, 20,

UB 10