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Needleless Acupuncture Training Manual

by

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NOTICE

This manual was developed to assist individuals in learning some basic Needleless Acupuncture techniques, and to obtain a general understanding of some of the principals of Traditional Chinese Medicine. This manual is not a definitive treatise on either of these subjects.

This manual should be placed in a three-ring binder for ease of use. Updates may be produced, as new information becomes available.

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Overview of Course

Overview of Course

There is an old Chinese proverb, “Prevent illness before it comes; treat disease in the early time.” This proverb serves to focus a person’s attention on the importance of preventive medicine, disease avoidance and healthy lifestyle choices. Actions taken now for a small problem often prevent the emergence a much larger problem in the future. There are many reasons people avoid seeking medical help in a timely manner. Some people don’t see a doctor because they say that they are too busy with their jobs. Others avoid a medical consultation because it’s not convenient due to traffic congestion or driving distances. Sometimes, people recover on their own without seeking a doctor’s help; unfortunately, this is often not the case. All too often self-care translates into a worsening of the medical problem. It’s best to take care of small problems as soon as possible, and prevent the emergence of significant medical problems by consulting a qualified physician early in a disease cycle.

During the past few years, the prevalence of new and serious infectious diseases that are difficult to treat has continued to rise. Infectious agents that cause diseases such as AIDS, gonorrhea and tuberculosis have become increasingly resistant to today’s antimicrobics. These two facts describe a situation where it is in every person’s best interest to avoid invasive medical procedures when possible. In addition, many people are nervous about receiving injections or getting traditional acupuncture treatments because of the use of needles, and an increasing number of people prefer to treat themselves at home, only consulting a physician when their self-care efforts have failed to produce the desired outcome(s). Needleless Acupuncture was created in response to these challenges in today’s medical environment. Used correctly, Needleless Acupuncture not only yields an effective medical result, but also reduces the risks associated with invasive medical treatments, overcomes emotional obstacles that prevent people from obtaining the help required to treat specific medical problems and minimizes difficulties associated with the elimination of biohazardous waste materials.

Each Needleless Acupuncture unit consists of several parts: a rubber bulb, an air tube, a cup, a magnet, a special anodized silver tip and a color scheme based on magnet polarity. Each Needleless Acupuncture unit works on acupoints in the meridian system yet does not break the skin. As a result, the risks associated with infection are minimized. A Needleless Acupuncture unit serves three functions: an acupuncture needle, a magnet and a cup, and the treatment outcome is every bit as effective as the traditional acupuncture approach. In fact, research conducted at some of the leading Traditional Chinese Medical Schools in China suggest that Needleless Acupuncture is more effective than the traditional method for certain clinical problems. More importantly, Needleless Acupuncture is more comfortable for the patient. It is easy to learn and easy to use, and can treat an array of health-related problems; only a few health-related problems fail to respond to Needleless Acupuncture treatments. Needleless Acupuncture can be used by physicians, but it is more suited for self-care at home. Used appropriately, it is a true innovation in home medical treatment equipment.

Seminar Leaders' Biographies and Statements

Seminar Leaders Biographies and Statements

Professor Li Hua, a Traditional Chinese Medical Doctor (TCMD), was educated in mainland China and worked in one of China's largest hospitals for more than ten years. Professor Li teaches the standard algorithm used in Traditional Chinese Medical theory which includes (i) observing a person's "whole body; (ii) checking the tongue; (iii) checking the pulse; and (iv) listening to a person's issues and asking questions that elicit meaningful information about a person's health history. She helps physicians understand how to use the information obtained from this structured four phase system so that they can develop expanded approaches to the diagnosis and treatment of their patients' health-related issues. In addition, Professor Li teaches people how to eat healthy, exercise appropriately and think in a positive manner, all of which assist in the prevention of disease.

Susan Kolb, M.D., F.A.C.S. is a board certified plastic surgeon and healer whose practice is located in Atlanta. Dr. Kolb, the Founder of Millennium Healthcare, a holistic medicine business, is a recognized authority on energy healing and therapeutic touch. She incorporates many of the teachings of the ancient healers into her modern surgery practice and uses Traditional Chinese Medicine methods to the benefit of her patients.

Along with the clinical uses of spiritual and energy medicine in her practice, Dr. Kolb hosts weekly radio show on holistic medicine. Dr. Kolb is a speaker on the topic of natural medicine, and is the Founder of the Atlanta Noetic Science Community Group.

Both Professor Li and Dr. Kolb advocate the integration of body, mind and spirit. Only by achieving balance among these three components can people truly achieve health, long life and happiness.

The Principals of Traditional Chinese Medical Practice

The Principals of Traditional Chinese Medical Practice

I. A Brief Introduction to Traditional Chinese Medicine

Traditional Chinese Medicine contends that human beings are inter-related subgroups of a larger cosmic order. In other words the actions and/or presence of humans affect the cosmic order, as the cosmic order affects the ability of humankind to be successful and survive. The design of this grand cosmic order is believed to be held together by various energy forces which, given any specific situation, can exact either a positive or negative effect on an individual or his/her surroundings. The thinking that underlies these concepts is not structured. Rather, it is designed to be an interwoven skein that shifts as changes occur within any given individual or his/her surroundings; it is a dynamic system. The concepts are not ordered in a rigid or absolute manner as is typical of Western Medicine theory. As a result, many Westerners find Traditional Chinese Medicine concepts elusive and difficult to comprehend.

The concepts which serve as the basis for Traditional Chinese Medicine were derived from the empirical observation of nature over several millennia and Taoist philosophy; they continue to be used by Traditional Chinese Medical Doctors today to describe various medical problems. Essentially, the origins of Traditional Chinese Medicine represent the collective experiences of a people trying to explain their relationships with nature. Sometimes the experiences with nature were pleasant; other times they were not.

Early in the development of Traditional Chinese Medicine theory, the Chinese people discovered that certain plants and herbs could help people maintain and improve their well being. They also learned that the human body had a predictable meridian system with acupoints (an energy network) which, if stimulated correctly, led to improved states of well being and overall health. The goal of Traditional Chinese Medicine is to balance the energies within a person as well as to maintain an optimum energy exchange with nature so that optimum health and long life is achieved.

Traditional Chinese Medicine, as currently practiced, is directed by the four **main theories** of (i) Chi and the Blood, (ii) Yin and Yang, (iii) the Five Elements and (iv) the Meridians. These four main theories are essential to not only effective and correct diagnosis but also to treatment. Diagnosis is extremely complex and requires that the Traditional Chinese Medical Doctor identify probable imbalances and the inter-relationships that exist within the context of the four main theories in order to implement an appropriate treatment. The objective is to identify the “root” cause of a particular health problem as opposed to merely treating a symptom. Traditional Chinese Medicine is designed to treat the body as a whole while taking into account individual differences such as age, sex. In addition, the Traditional Chinese Medicine Doctor always considers in his/her patient evaluation the impact of the time of year, time of the day, a person’s regular diet and exercise routines, the nature of an individual’s thinking processes (positive or negative) and other factors not commonly evaluated by Western physicians. The end result of this Traditional Chinese Medical System is unique. Patients are given individualized prescriptive treatments by the Traditional Chinese Medical Doctor. Unlike Western Medicine, there is no “one right way” to help any given patient or treat a specific disorder.

II. Chi(Qi) and the Blood

Chi (Qi) is the essential life force or vital energy. It is that force which makes a person animate (alive). A person with no Chi (Qi) is dead. Chi (Qi) is invisible, odorless, formless and tasteless, yet it permeates the entire cosmos. People bring Chi (Qi) into their bodies from the food they eat and drink, the air, their parents upon birth, and they convert the Chi (Qi) brought into their bodies into their own human Chi (Qi). Qi is transferable and transmutable. When Qi from the air or from food and drink meets in a person's bloodstream, it transmutes to form human Qi which then circulates throughout the body as vital energy. Qi is the basis of a person's immune system. If Qi is high, immunity is good; if Qi is low, immunity is dysfunctional. People with low Qi typically lack energy and are often unable to generate an effective immune response against a specific bodily insult. As a result, they exhaust their body's *Qi reserve* resulting in death, an unfortunate dynamic seen with AIDS patients. In addition to serving as the driving force behind the body's immune system, Qi is the power of blood circulation. For example, people who are diabetics often experience diminished circulation in their lower extremities. This is because they have low Qi, most probably the result of inadequate assimilation of Qi derived from food and drink. As a result of having low Qi, the blood lacks the power to adequately circulate through the lower extremities which may result in the emergence of gangrene.

There are many kinds of Qi, such as "hot Qi" and "cold Qi", "dry Qi" and "moist Qi", "Yin Qi" and "Yang Qi" and many others. Regardless of the kind of Qi, a principal goal of all Traditional Chinese Medical Doctors is to prolong life by increasing the quantity and improving the quality and balance of human Qi, thus increasing the body's immunity and repairing damage done to the body's vital Qi as a direct result of natural aging, weakness and/or disease.

Needless Acupuncture is a tool that is used to increase Qi and stimulate circulation. Other techniques that are effective in increasing human Qi include Chinese herbal medicine, cupping, Tui Na, moxibustion, dietary and exercise prescriptions, and many others.

III. Yin and Yang

Yin and Yang are concepts essential to understanding the philosophy that underscores Traditional Chinese Medicine. Essentially, Yin and Yang are two *opposite things* which *co-exist*, and are *equally important*. Yin and Yang are mutually dependent forces. Yin is typically viewed as a *negative, passive* force; Yang is a *positive, active* force. Yin is *female* in nature while Yang is *male* in nature. Yin is often represented by the *water* symbol while Yang is represented as a *fire* symbol. One cannot exist without the other. Ideally, Yin and Yang are present in a balanced state. Examples of the Yin and Yang concept include white and black, light and dark, up and down, day and night, sun and moon, man and woman and others.

A key concept in Traditional Chinese Medicine is that of "internal (Yin) and external (Yang)". As mentioned previously, it is important to have balance between these forces. Let us say that you wish to embark on a physical exercise program to strengthen your muscles. To improve Yang (external), you might lift weights, run, and swim or do other Yang type exercises. However, it is essential to maintain balance between Yin and Yang. Therefore, you should also do Yin type exercises that strengthen the internal forces such as meditation, Qi Gong, yoga and other appropriate internally focused activities.

The key concept to remember is that of maintaining balance. Yin and Yang represent a symbolic way of describing opposing forces that are at work in everything from the cosmos to the smallest cell. It is not

desirable to have an excess of Yin over Yang or of Yang over Yin. The concept of Yin and Yang is that of “**relative balance**.” As mentioned previously, Traditional Chinese Medicine does not operate from a perspective of absolutes. What may be appropriate today is inappropriate tomorrow. Medicines prescribed for a certain problem today may not be what is prescribed next week for the same problem.

Needleless Acupuncture was developed using the concepts of Yin and Yang. There are two type of Needleless Acupuncture units, *red* and *blue*. When the Penetration Treatment Method (**Method IV**) is used, the *blue unit* is **nPole** and is used on the internal aspect of the body (Yin); the *red unit* is **sPole** and is used on the external aspect of the body (Yang).

IV. The Five Elements

The ancient Chinese attempted to describe their relationship with the natural world through the use of five elements, *Wood, Fire, Earth, Metal and Water* (see **Diagram I**). Each of these elements works independently within the *Circle of Life*. Each has a generative (positive) and subjugative (negative) influence on one other force, and in turn is generated or subjugated by another force. For example: in the generative (positive) cycle, *Wood* burns to generate *Fire* which produces ash which generates *Earth*; *Earth* generates *Metal* which can be mined from the ground; when heated, *Metal* becomes molten like *Water*; and *Water* promotes the growth of plants, thereby generating *Wood*. In the subjugative (negative) cycle, *Wood* (plants) breaks up the soil (*Earth*) and depletes it of its nutrients. *Earth* subjugates *Water* by containing it in one place and restricting its movement. *Water* subjugates *Fire* by extinguishing it. *Fire* burns and melts *Metal*, and *Metal* subjugates *Wood* by cutting it (see **Diagram II**).

It must be remembered that these relationships are symbolic depictions of mankind’s relationships with his/her surroundings. Nevertheless, this symbolic design can be useful in explaining how the human body’s vital organs interact and influence each other (see **Table I**).

V. Meridians and Acupoints

1. Meridians

Meridians are comprehensively termed *Jingluo* in Traditional Chinese Medicine. They are pathways through which *Qi* moves throughout the body. Meridians are also called channels. They are the main trunks that run longitudinally and interiorly-exteriorly within the body. Meridians are pathways that connect the whole body together. They connect vital internal organs with the skin. The meridians provide, like the United States Interstate Highway System, a complex network of regulatory pathways (roads) which allows energy to flow through and assist in strengthening the *Qi*, balancing the Yin and Yang, and keeping the functions and activities of all parts of the body in harmony and relative balance. The *Qi* and the blood provide a material base for the vital activities of the body. It is through the meridians that the *Qi* and the blood are transported to all parts of the body to warm and nourish the organs and tissues, thus maintaining the normal physiological functions of the organism.



Recent research suggests that the meridians, in addition to providing pathways for the movement of Qi and blood, also provide specific channels for the passage of electromagnetic wave forms. This is the reason that many doctors attempt to regulate abnormal electrical activities of the meridian(s) and their collaterals by applying a strong magnetic device to a specific acupoint of a given channel. This treatment approach is often referred to as “magnetic therapy”, and is an integral component of the Needleless Acupuncture system.

For purposes of this training program, the Meridian System consists primarily of twelve main meridians plus the Ren and Du Meridians. The relationships among these meridians is presented in **Diagram III**.

As mentioned previously, the meridians, as an interconnected network, regulate the cyclical flow of Qi and blood throughout the body. The Twelve Meridians are the major trunks of the system. Each of the Twelve Meridians is named after the organ to which it pertains and also in accordance with the theory of Yin and Yang. The twelve main meridians link one another by their branches, creating a complex network of pathways through which Qi, blood and electromagnetic energy passes and interacts internally as well as with the surrounding environment.

The Ren and Du Meridians are special pathways. The Ren Meridian starts from the inside of the lower abdomen and emerges from the head just below the orbital region of the face. This meridian essentially divides the anterior aspect of the body in half. The Ren Meridian is used to treat local diseases of the abdomen, chest, neck, head and face, and diseases of corresponding internal organs. Stimulating this meridian has also been shown to effective in the treatment of PMS. In addition, a few points on this meridian can be stimulated in ways that produce increased energy, stronger immunity and improved well being.

The Du Meridian arises from the lower abdomen and emerges from the perineum. It then proceeds vertically and posteriorly dividing the posterior aspect of the body in half, i.e. it proceeds vertically up the spinal column. It goes over the top of the head and terminates at the nasal column. The Ren Meridian is used to treat mental disease, problems associated with the lumbosacral region, low back, head, neck, febrile diseases and diseases of corresponding internal organs.

2. *Acupoints*

Acupoints are the sites through which the Qi of the organs and meridians are transported to the body surface. Acupoints fall roughly into three categories: (i) acupoints of the fourteen meridians, i.e. the twelve main meridians plus the Ren and Du Meridians; (ii) extraordinary points and (iii) Ashi points.

Acupoints of the fourteen meridians, also known as the regular or main points, are distributed along the twelve main meridians and the Du and Ren Meridians. As the major part of acupoints they have their regular locations, regular names and pertaining meridians.

Extraordinary points are points with regular names and locations but are not entered in the fourteen main meridians. They are also called “extra points” for short. These points are especially effective in the treatment of certain diseases.

Ashi points are also called “tender spots.” These points have no specific names and no regular locations. Tender spots and other sensitive spots are places for needling, Needleless Acupuncture and moxibustion.

Local and adjacent therapeutic properties. All the points in the body share one common feature in

terms of their therapeutic properties. Each point located on a particular site is able to treat disorders of the immediate area and of nearby tissues and organs.

Remote therapeutic properties. This is the basic regularity of the therapeutic properties of the of the points of the fourteen meridians. The points of the fourteen meridians, especially those of the twelve main meridians located below the elbow and knee joints are effective not only for local disorders but also for disorders of the tissues and organs so far as the course of their pertaining channels can reach.

Special therapeutic properties. Clinical practice has shown that traditional needling or using Needleless Acupuncture on certain points may effectively treat two problems. For example, stimulating acupoint *Tianshu* (ST 25) relieves both diarrhea and constipation. In addition, the properties of certain points display relative specificity. For example, acupoint *Dazhui* (Du 14) has an antipyretic effect, and *Zhi Yin* (BL 67) helps correct the malposition of a fetus.

3. *Locating Acupoints*

There are several highly technical methods for locating acupoints. However, for purposes of this course, we will instruct you in a practical and proven approach for locating certain acupoints accurately and consistently. We call this approach “**Your Body Ruler.**” Please refer to **Table II**. It is blank so you may record notes that make sense to you as we proceed through the course.

Using “**Your Body Ruler**” requires that the length and width of a person’s finger(s) are taken as a standard for point location. The following three techniques will be used throughout this Needleless Acupuncture course:

- (1) **Middle finger measurement.** When a person’s middle finger is doubled into the palm, the distance between the two medial ends of the creases of the interphalangeal joints is taken as one (1) *cun*. This method is employed for measuring the vertical distance to locate limb points, or for measuring the horizontal distance to locate points on the back.
- (2) **Four finger measurement.** The width of the four fingers (index, middle, ring and little) brought close together side by side at the level of the dorsal crease on the middle finger is taken as three (3) *cun*.
- (3) **Thumb measurement.** The width of the interphalangeal joint of the person’s thumb is taken as one (1) *cun*. This method is also employed for measuring the vertical distance to locate the points on the limbs.

Introduction to Needleless Acupuncture

Introduction to Needleless Acupuncture

Needleless Acupuncture is a method anyone can use effectively once they have mastered the ways to use its various methods. In other words, Needleless Acupuncture is a tool that can be used not only by trained medical professionals, but also the lay public. Needleless Acupuncture incorporates the concepts of traditional acupuncture, acupressure, magnet therapy and herbal osmosis. Also of importance is the fact that Needleless Acupuncture can improve health without the risks associated with infection brought about by invasive medical treatments, i.e. penetrating the skin with a needle. Moreover, many Needleless Acupuncture users report that the procedure is more comfortable and produces less anxiety than that associated with the traditional method. Finally, Needleless Acupuncture generates no biohazardous waste disposal problems.

Each Needleless Acupuncture unit has a finely honed and pointed magnet of a specified polarity (north or south) that is coated with anodized silver. Each Needleless Acupuncture magnet has a strength that is approximately equal to 250 Mt. This means that each magnet generates a magnetic line of force that can penetrate the body up to a depth of six (6) to nine (9) centimeters, thus influencing the body's acupoints and its natural flow of energy. In other words, the anodized silver magnet helps detoxify the body, diminish inflammation, activate blood circulation and the flow of Qi, balance Yin and Yang and boost the body's immunity. In essence, the specialized magnet in each Needleless Acupuncture unit produces a magnetic force that functions in a manner analogous to a traditional acupuncture needle *without* piercing the skin.

Needleless Acupuncture can stimulate the body's polarity, its bioelectrical system and the meridian transmission signal. Think of a meridian as if it were an electric circuit that consists of five segments linked together which, when energized, rings a bell. If one segment in this five part series is not working correctly, the bell will not ring. Traditional Chinese Medical Doctors refer to this blockage as "stagnation." It means that the flow of the body's Qi (vital energy) is blocked. Such stagnation may result in pain. Needleless Acupuncture, appropriately administered, can clear this blockage, eliminate stagnation, activate blood circulation, and relieve the pain.

In addition to clearing blockages, Needleless Acupuncture can also stimulate the flow rate of the body's Qi (vital energy). This means that the Qi becomes stronger, more powerful which means that the body is more able to resist disease and respond effectively to noxious external stimuli. In addition, Needleless Acupuncture can affect the nervous system as a "double regulator." This concept refers to the duality associated with Traditional Chinese Medical theory. In other words, Needleless Acupuncture can be used to lower a person's blood pressure when it's too high; similarly Needleless Acupuncture can be used to increase a person's blood pressure when it's too low.

In summary, Needleless Acupuncture is a tool that can be used to assist the body in meeting its normal physiological requirements by improving the body's circulation, tissue oxygenation, metabolic rate and immune system.

When and How to Use Needleless Acupuncture

When and How to Use Needleless Acupuncture

Needleless Acupuncture has useful applications in a wide variety of health-related matters that include muscle and nerve problems (muscle pain, neuralgia, neuritis, sprains, headaches, insomnia, chronic fatigue, fibromyalgia, etc.), lack of appetite, heart-related problems, digestion problems, women's health issues (menopause, PMS, etc.), ENT problems, children's problems (bed wetting, attention deficit disorder, poor posture, etc.) and poor nutrition. In fact, Needleless Acupuncture can be used to treat almost every problem that responds favorably to traditional acupuncture.

Any given acupoint is typically treated between ten (10) and twenty (20) minutes; however, it is acceptable and common practice to treat for extended periods of time. Once the appropriate acupoints have been determined and identified, the Needleless Acupuncture unit can be applied over the selected acupoint in a very "soft" manner. The word "soft" refers to the careful and standardized application of the Needleless Acupuncture unit done in a way that obtains optimum contact with the skin without piercing it. In some instances, it is necessary to coat the acupoint treatment area with a herbal cream or an oil so that a strong union is formed between the Needleless Acupuncture unit and the person's skin. This is particularly important with males as they usually have more external body hair than females.

If you are treating an acupoint on the scalp, you merely need to position the Needleless Acupuncture unit in the proper place and secure it with your hand in order to achieve a benefit. When treating scalp acupoints, it is not necessary to use either herbal cream or oil.

If you are treating facial acupoints, it is advisable to treat them serially. By this we mean that the user should treat the appropriate acupoint(s) with the Needleless Acupuncture unit for one minute and then remove it. The user should then rest for one minute. This process of treatment and resting should be repeated several times. We suggest that a minimum of two repetitions be used for the first treatment session. As the user becomes more acclimated to the appropriate use and response(s) associated with the use of Needleless Acupuncture, the number of treatments can be increased, keeping each treatment session at sixty seconds.

Needleless Acupuncture treatments are known to stimulate blood circulation. Therefore, prior to beginning a Needleless Acupuncture treatment, the user is advised to drink at least twelve ounces of lukewarm water in order to decrease blood viscosity, prevent blood stagnation and obtain the "optimum" result(s).

During a Needleless Acupuncture treatment, you should make every effort to relax your whole body. This can be accomplished simply by deep breathing from the diaphragm. We recommend that you inhale through your nostrils and exhale through your mouth.

After each treatment session with Needleless Acupuncture, the user should clean each Needleless Acupuncture unit with a cotton ball soaked with 70% alcohol. This simple cleaning process maintains the equipment in a sanitary state and assists in assuring that the product will work effectively for a long period of time.

Precautions in the Use of Needleless Acupuncture

Precautions in the Use of Needleless Acupuncture

1. As with traditional acupuncture, there will be a few people (approximately 1/10,000) who feel ill during the treatment. If you experience heart palpitations, sweating, fainting or other discomfort during a Needleless Acupuncture treatment, you should **DISCONTINUE THE TREATMENT IMMEDIATELY**. The person who experiences any of these adverse reactions should stop the treatment, lie on a bed and drink some non-carbonated sugar water. If the reaction persists, use your thumb to press on the Du 26 (Ren Zhong) acupoint or the PC 6 (Nei Guan) acupoint. The uncomfortable feelings should disappear shortly thereafter.
2. If you are overworked, overly tired or hungry, please avoid using Needleless Acupuncture. If you are hungry and you eat, please wait at least thirty (30) minutes *after* eating prior to performing Needleless Acupuncture. If you are either overtired or overworked, please rest in a recumbent position for at least thirty (30) minutes *before* performing Needleless Acupuncture.
3. If you are **pregnant** or **menstruating**, consult a physician **before** performing Needleless Acupuncture. Performing Needleless Acupuncture **or** traditional acupuncture inappropriately during either pregnancy or menstruation can be **dangerous to your health**.
4. Individuals with a cardiac pacemaker should avoid using Needleless Acupuncture in the chest area of the body.
5. Individuals who have hemophilia or thrombocytopenia should perform Needleless Acupuncture **only** on the advice of a physician. Consult your physician before performing Needleless Acupuncture if you suffer either of these afflictions.
6. Do **not** use Needleless Acupuncture if you have evidence of skin swelling and redness, broken skin and skin ulcers.
7. Do **not** use Needleless Acupuncture for treating coronary heart disease, hypertension, diabetes or cerebrovascular disease **unless** its use is **supervised directly** by a **physician**.
8. The Needleless Acupuncture units should be stored in a cool and dry place in order to preserve the strength and integrity of the magnets. In addition, the Needleless Acupuncture units should not be stored in the proximity (3 feet) of a television or radio as the wave frequencies emanating from these electronic devices interfere with the integrity of the magnet.

The Seven Methods in the Use of Needleless Acupuncture

The Seven Methods in the Use of Needleless Acupuncture

Method I. The Single Pole Method

In each Needleless Acupuncture Kit, there are two types of units, a BLUE unit and a RED unit. The BLUE unit represents the NORTH POLE (nPole); the RED unit represents the SOUTH POLE (sPole). You may use Needleless Acupuncture units of a **single color** to treat a wide array of problems. When you do this, we call the technique the **Single Pole Method**.

Method II. The Pressure Method

This method is usually used to treat acupoints that do not permit the Needleless Acupuncture unit's suction cup to maintain sustained contact with the body. This method is typically used on areas of the body such as the head, toes and fingers. Any acupoint treated by this method is pressed firmly with an appropriate Needleless Acupuncture unit for at least thirty-six (36) repetitions. Each repetition is performed for a minimum contact time per acupoint of fifteen (15) seconds.

Method III. The Double Pole Method

This method is used to form a closed magnetic line by creating a specific type of magnetic field. It involves the use of both nPole and sPole Needleless Acupuncture units. Needleless Acupuncture units (nPole and sPole) are placed on known acupoints or on certain body areas in patterns designed to create specific types of magnetic fields. For example: Acupoint RN 12(Zhong Wan) is identified. A sPole Needleless Acupuncture unit is placed directly on RN 12(Zhong Wan) acupoint. This sPole Needleless Acupuncture unit is surrounded by three nPole Needleless Acupuncture units as depicted in **Table III, Pattern 9**. The most common placement patterns used to create Double Pole effects are depicted in **Table III**.

Method IV. The Penetration Method

This method involves the placement of two (one nPole and one sPole) Needleless Acupuncture units on either side of a specific acupoint. Usually, the nPole is placed on the Yin aspect of the body; the sPole is placed on the Yang aspect of the body. This method increases the strength of the local magnetic field, decreases blood stagnation and provides maximum stimulation of the treated acupoint. In essence, this method works like the long needle techniques used by many highly skilled Traditional Chinese Medical Doctors in Mainland China.



Method V.

The Rotation Method

This method is used to increase acupoint stimulation by rotating the Needleless Acupuncture unit after it has been placed securely over a specified acupoint. This method is analogous to rotating a traditional acupuncture needle. Essentially, the user grasps the bulb of the Needleless Acupuncture unit between his/her thumb, index and middle fingers. The user then pulls the unit up slightly from the surface of the skin being careful not to break the seal that was formed between the skin and the Needleless Acupuncture unit. Next, the Needleless Acupuncture unit is rotated a quarter turn clockwise followed by a quarter turn counter-clockwise. This process is repeated between three (3) and five (5) times.

Method VI.

The Migration Method

This method is used to provide relief from localized pain and bruising associated with minor trauma. Done effectively, this method helps to unblock clogged meridians, improving the flow of Qi. Prior to placing the Needleless Acupuncture unit in contact with a specific acupoint, you rub a natural oil on the surface of the skin directly over the acupoint. Next, the user grasps the Needleless Acupuncture unit, squeezes the bulb ever so slightly, and places the unit directly over the selected acupoint. Care must taken to insure that the bond created between the skin and the Needleless Acupuncture unit is minimum. The user then moves the Needleless Acupuncture unit over the skin **slowly**. Typical movement patterns include circles, spirals and linear pathways.

Method VII.

The Soft Method

This method is used to treat sensitive areas of the body such as the face, and children. Done effectively, this method minimizes skin marks post treatment. To use this method, the user grasps the Needleless Acupuncture unit, squeezes the bulb ever so slightly, and places the unit directly over the selected acupoint. Care must taken to insure that the bond created between the skin and the Needleless Acupuncture unit is minimum.

To summarize, the most commonly used Needleless Acupuncture techniques are Methods I through IV. Any of the methods can be done alone or used in combination in order to achieve desired results.



Treating Common Problems

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Low Back Pain

1. **Acupoint Name(s) and Location(s):** ShenShu (BL 23), WeiZhong (BL 40), YaoYangGuan (Du 3), YangLao (SI 6), Ashi Points (Tender Points)
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Technique Description:** (1) Individual receiving treatment should lay face down on a table and expose the low back, lower legs and wrists; (2) Use herbal ointment *only* if the disorder is acute, i.e. recent; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on acupoints BL 23, Du 3 and BL 40; (5) Use **Method II** on SI 6; (6) Locate Ashi Points on low back and legs. Rely on the individual receiving treatment to tell you where (s)he hurts.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint twice a day for at least fifteen (15) minutes. Continue this process for ten (10) days. If the problem still persists following the first ten (10) day treatment period, stop all NAc treatments for one (1) day. After one (1) day of receiving no treatments, repeat the ten (10) day treatment plan. If, after the second ten (10) day treatment period, the problem still persists, consult a physician.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Migraine Headache

1. **Acupoint Name(s) and Location(s):** BaiHui (Du 20), TouWei (ST 8), XinShe (E - N), LieQue (LU 7), ZhongWan (Ren 12), DiJi (SP 6), ZuSanLi (ST 36), YangLingQuan (GB 34), TaiCong (LR 3), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Technique Description:** (1) Individual receiving treatment should remove her shoes and socks, and lay on a table on her back; (2) It is not necessary to use herbal ointment; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on acupoints SP 6, ST 36, GB 34 and Ren 12; (5) Use **Method II** on Du 20, ST 8, E - N, LU 7 and LR 3; (6) Locate Ashi Points on head and face. Rely on the individual receiving treatment to tell you where (s)he hurts. Use **Method I** or **Method II** as appropriate.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least twenty (20) minutes. If pain relief is minimum after the initial treatment, repeat it within two (2) hours. If, after the second treatment session, the problem still persists, consult a physician.

Following a treatment session, the individual should rest in a darkened room for at least thirty (30) minutes. To prevent the recurrence of this migraine headache episode, the individual should conduct an additional four treatment sessions over the next two day period. The best time of day to conduct these four follow-up treatments is between 9:00am and Noon.

Note: The occurrence of migraine headaches can often be prevented using NAc. This can be accomplished by conducting a ten (10) day course of treatment (2X per day) followed by three (3) days of no treatment. This cycle is repeated three (3) to six (6) times.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Headache, Common

1. **Acupoint Name(s) and Location(s):** YinTang (E -H 3), HeGu (LI 4), YongQuan (KI 1), SanYinJiao (SP 6), TaiCong (LR 3), TaiYang (E - H 5), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Technique Description:** (1) Individual receiving treatment should lie on a table on his back; (2) It is not necessary to use herbal ointment; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on acupoints LI 4, SP 6 and LR 3; (5) Use **Method II** on KI 1; (6) Use **Method VII** on E - H 3 and E - H 5; (7) Locate Ashi Points on head and face. Rely on the individual receiving treatment to tell you where he hurts. Use **Method II** as appropriate.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least twenty (20) minutes, twice a day for ten (10) days. Typically, complete pain relief is achieved within one (1) to two (2) days. The remaining sixteen (16) to eighteen (18) treatments are recommended in order to minimize the likelihood of a recurrence.

Note: Following a treatment session, the individual should rest in a darkened room for at least thirty (30) minutes.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Neck Pain

1. **Acupoint Name(s) and Location(s):** WanGu (GB 12), XinShe (E - N), DaZhui (Du 14), Quchi (LI 11), HeGu (LI 4), JiaJi, Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) It will not be necessary to use herbal ointment; (3) Locate acupoints referenced in 1; (4) Use **Method I** on acupoints E - N, Du 14, LI 4 and LI 11; (5) Use **Method II** on GB 12; (6) Use **Method III, Patterns 1, 2 or 3** on JiaJi; (7) Locate Ashi Points on neck. Rely on the individual receiving treatment to tell you where he hurts. Use **Method II** as appropriate; (8) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over acupoints Du 14, GB 12 and E- N for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, partial pain relief is achieved within one (1) to two (2) treatment sessions; the pain relief is evident. To minimize the likelihood of a recurrence, a total of twenty treatment sessions should be performed over a ten (10) day period.

Note: A single Needleless Acupuncture Kit does not contain enough units to treat JiaJi at one time as seventeen NAc units are required. Treatment is typically managed sequentially with no problems.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Shoulder Pain

1. **Acupoint Name(s) and Location(s):** JianJing (GB 21), XinShe (E - N), JianYu (LI 15), Quchi (LI 11), HeGu (LI 4), WaiGuan (SJ 5), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) It will not be necessary to use herbal ointment; *to help maintain adherence of the NAc unit, you may want to rub some body oil over acupoints E - N and LI 15 before positioning it;* (3) Locate acupoints referenced in **1**; (4) Use **Method I** on acupoints GB 21, E - N, LI 4, LI 11, LI 15 and SJ 5; (5) Locate Ashi Points on shoulder area. Rely on the individual receiving treatment to tell you where (s)he hurts. Use **Method I** as appropriate; (6) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over each acupoint for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, partial or complete pain relief is achieved within one (1) to two (2) treatment sessions. To minimize the likelihood of a recurrence, a total of twenty treatment sessions should be performed over a ten (10) day period.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Elbow Pain, Including Epicondylitis

1. **Acupoint Name(s) and Location(s):** TianGing (SJ 10), QuChi (LI 11), ShouSanLi (LI 10), ZhongZhu (SJ 3), ShaoHai (HT 3), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) It will not be necessary to use herbal ointment; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on acupoints SJ 10, LI 11, LI 10, SJ 3 and HP 3; (5) Locate Ashi Points on and around elbow area. Rely on the individual receiving treatment to tell you where (s)he hurts. Use **Method I** as appropriate; (6) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over each acupoint around the elbow for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, partial or complete pain relief is achieved within one (1) to two (2) treatment sessions.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Leg Pain

1. **Acupoint Name(s) and Location(s):** ShenShu (BL 23), QihaiShu (BL 24), Ciliao (BL 32), ZhiBian (BL 54), YaoQi (Extra Point), JiaJi, YangLingQuan (GB 34), KunLun (BL 60), WeiZhong (BL 40), HuanTiao (GB 30), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay face down on a table; (2) It will not be necessary to use herbal ointment; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on all acupoints *except* BL 60. Use **Method II** on acupoint BL 60; (5) Locate Ashi Points on leg and knee area. Rely on individual receiving treatment to tell you where (s)he hurts. Use **Method I** or **Method II** as appropriate; (6) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over each acupoint for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, partial or complete pain relief is achieved following one (1) treatment session. To minimize the likelihood of a recurrence, a total of twenty treatment sessions should be performed over a ten (10) day period.

Note: Following a treatment session, the individual should lay down for at least thirty (30) minutes. This brief rest period helps prevent the recurrence of meridian blockage.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem: Wrist Pain, Including Carpal Tunnel Syndrome

1. **Acupoint Name(s) and Location(s):** QuZe (PC 3), NeiGuan (PC 6), DaLing (PC 7), TaiYuan (LU 9), ShenMen (HT 7), QuChi (LI 11), ShouSanLi (LI 10), WaiGuan (SJ 5), YangLao (SI 6), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) Herbal ointment may be used if desired; (3) Locate acupoints referenced in **1**. Rub herbal ointment over acupoints if desired; (4) Use **Method I** on PC 3, PC 6, LI 11, LI 10 and SJ 5. Use **Method II** on LU 9, PC 7, HT 7 and SI 6; (5) Locate Ashi Points on wrist or arms. Rely on individual receiving treatment to tell you where (s)he hurts; (6) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over each acupoint for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, partial or complete pain relief is achieved following one (1) treatment session. To minimize the likelihood of a recurrence, a total of twenty treatment sessions should be performed over a ten (10) day period.

Note: Following a treatment session, the individual should not use the lower arm and hand for at least thirty (30) minutes.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Arthritis

1. **Acupoint Name(s) and Location(s):** JianYu (LI 15), QuChi (LI 11), ShouSanLi (LI 10), WaiGuan (SJ 5), BaXie (Extra Point), LiangQu (ST 34), DuBi (ST 35), TiaoKou (ST 38), QiYan (Extra Point), YangLingQu (GB 34), WeiZhong (BL 39), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) Herbal ointment may be used if desired; (3) Locate acupoints referenced in **1**. Rub herbal ointment over acupoints if desired; (4) Use **Method I** on LI 15, LI 11, LI 10, SJ 5, ST 34, St 38, GB 34 and BL 39. Use **Method II** on both Extra Points and ST 35; (5) Locate Ashi Points on wrist, shoulder, elbow and knee areas. Rely on individual receiving treatment to tell you where (s)he hurts; (6) For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over each acupoint for ten (10) minutes following each treatment.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days. Typically, significant pain relief can be achieved following one (1) or two (2) treatment sessions.

Note: Individuals with arthritis should consider taking a hot bath prior to going to bed on regular basis.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Insomnia

1. **Acupoint Name(s) and Location(s):** YinTang (E - H 3), WanGu (GB 12), ShenMen (HT 7), ZuSanLi (ST 36), SanYinJiao (SP 6), XingJian (LR 2)
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay on a table face up; (2) Herbal ointment will not be necessary; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on ST 36, SP 6. Use **Method II** on GB 12, HT 7, LR 2. Use **Method VII** on E - H 3.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days.

Note: Following each treatment session, the individual should rest in a darkened room for at least thirty (30) minutes.

Individuals with insomnia should consider eating a small meal at supper time, and taking a hot bath prior to going to bed on regular basis.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Irregular Heartbeat Syndrome

1. **Acupoint Name(s) and Location(s):** NeiGuan (PC 6), WaiGuan (SJ 5), ZuSanLi (ST 36), SanYinJiao (SP 6), TaiXi (KI 13)
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay on a table face up; (2) Herbal ointment will not be necessary; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on ST 36, SP 6. Use **Method II** on KI 13. Use **Method IV** on PC 6 and SJ 5.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least twenty (20) minutes, twice a day for up to ten (10) days.

Note: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Hypertension

1. **Acupoint Name(s) and Location(s):** NeiGuan (PC 6), WaiGuan (SJ 5), QuChi (LI 11), SanYinJiao (SP 6), TaiXi (KI 13), KunLun (BL 60), XingJian (LR 2)
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lie on a table face up; (2) Herbal ointment will not be necessary; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on LI 11, SP 6. Use **Method II** on LR 2. Use **Method IV** on BL 60, KI 13, PC 6, and SJ 5.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least twenty (20) minutes, twice a day for up to ten (10) days.

Note: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes.

The NAc treatment should be used in conjunction with appropriate Chinese herbs.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Acute and Chronic Sinus

1. **Acupoint Name(s) and Location(s):** TaiYang (E), YinTang (E), HeGu (LI 4), YingXiang (LI 20), NeiGuan (PC 6), WaiGuan (SJ 5), Ashi Points
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should sit on a chair with arms extended onto a table; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on LI 4. Use **Method IV** on PC 6, SJ 5. Use **Method VII** on E Point, LI 20 and Ashi Points.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least twenty (20) minutes, twice a day for up to ten (10) days. Typically, some relief can be achieved following one (1) or two (2) treatment sessions.

Note: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes.

The NAc treatment should be used in conjunction with appropriate Chinese herbs.

Do not blow your nose forcefully at any time.

Avoid eating hot, spicy foods.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Menopause

1. **Acupoint Name(s) and Location(s):** YaoShu (Du 2), BaZhui (Du 14), GuanYuan (Ren 4), ShenShu (BL 23), SanYin
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay on a table face up or face down depending on the point(s) being treated; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1.**; (4) Use **Method I** on all acupoints referenced in **2.**

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days.

Note: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes. Typically women who include NAc as part of their treatment for menopause indicate that they have more energy, reduced anxiety and feel more relaxed. Remember, menopause is part of the natural aging process.

The NAc treatment should be used in conjunction with appropriate Chinese herbs since menopause is such a complex syndrome. If combination treatment is used, better results are obtained.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Irregular Menstruation

1. **Acupoint Name(s) and Location(s):** GuanYuan (Ren 4), QiHai (Ren 6), JianShi (PC 5), ShenShu (BL 23), QiMen (LR 14)
2. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay on a table face up or face down depending on the point(s) being treated; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1.**; (4) Use **Method I** on all acupoints referenced in **2.**

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days.

Note: Following each treatment session, the woman should rest in a recumbent position for at least thirty (30) minutes. Typically women who include NAc as part of their treatment for irregular menstruation indicate that their periods become more regular over a two (2) to six (6) month period.

The NAc treatment should be used in conjunction with appropriate Chinese herbs. If combination treatment is used, better results are obtained faster.

Avoid eating spicy foods and cold food and/or drinks.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Menstrual Pain

2. **Acupoint Name(s) and Location(s):** ZhongJi (Ren 3), GuanYuan (Ren 4), San YinJiao (SP 6), SueHai (SP10), DiJi (SP 8)
3. **Learning Objectives:** (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
4. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
5. **Method Description:** (1) Individual receiving treatment should lay on a table face up; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on all acupoints referenced in **2**.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days.

Note: Traditional Chinese Medical Doctors recommend that NAc treatments be started approximately one week before menstruation begins so that menstrual pain can be avoided or minimized significantly.

Following each treatment session, the woman should rest in a recumbent position for at least thirty (30) minutes. For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over the lower abdomen (the area around Ren 3 and Ren 4) following each treatment. Typically, women who include NAc as part of their treatment for menstrual pain indicate that the pain and/or discomfort is diminished significantly following treatment.

The NAc treatment should be used in conjunction with appropriate Chinese herbs. If combination treatment is used, better results are obtained faster.

Avoid eating spicy foods and cold food and/or drinks.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Increase Sex Drive (Vitality)

1. Acupoint Name(s) and Location(s):

Female: ZhongJi (Ren 3), ZiGong (E), GuanYuan (Ren 4), SanYinJiao (SP 6), ShenShu (BL 23), HuiYin (Ren 1)

Male: GuanYuan (Ren 4), QuGu (Ren 2), YaoYangGuan (Du 3), ShenShu (BL 23), ZuSanLi (ST 36), HuiYin (Ren 1)

2. Learning Objectives: (1) Identify appropriate disorder; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.

3. Equipment/Supplies: NAc Unit(s), alcohol prep, herbal ointment

4. Method Description: (1) Individual receiving treatment should lay on a table face up or face down depending on the point(s) being treated; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on all points **except** Ren 2 and Ren 1. Use **Method II** on Ren 1 and Ren 2.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint **except** for Ren 1 for at least fifteen (15) minutes, twice a day for up to ten (10) days. Ren 1 should be treated for a period of time not to exceed five (5) minutes per session.

Note: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes. For maximum benefit, Traditional Chinese Medical Doctors recommend that a warm, moist towel or pad be placed over the lower abdomen and back following each treatment.

The NAc treatment should be used in conjunction with appropriate Chinese herbs. If combination treatment is used, better results are obtained faster.

Avoid drinking alcoholic beverages and smoking. Avoid eating cold food and drinks.

This process takes time and an understanding partner. Be patient.

Needleless Acupuncture Treatment Worksheet

Disorder/Problem:

Improve General Health - Live Longer

1. **Acupoint Name(s) and Location(s):** ZuSanLi (ST 36), ShouSanLi (LI 10), NeiGuan (PC 6), GuanYuan (Ren 4), YongQuan (KI 1)
2. **Learning Objectives:** (1) Specify appropriate goal; (2) Determine appropriate acupoint(s); (3) Locate appropriate acupoint(s); (4) Correctly apply NAc unit(s) using at least one method; (5) Monitor treatment progress; (6) Stop treatment after an appropriate time period; (7) Identify circumstances where NAc is inappropriate.
3. **Equipment/Supplies:** NAc Unit(s), alcohol prep, herbal ointment
4. **Method Description:** (1) Individual receiving treatment should lay on a table face up; (2) Herbal ointment will not be needed; (3) Locate acupoints referenced in **1**; (4) Use **Method I** on all points **except** KI 1. Use **Method II** on KI 1.

Before starting each treatment session, drink **at least** eight (8) ounces of tepid water. Treat each acupoint for at least fifteen (15) minutes, twice a day for up to ten (10) days.

NOTE: Following each treatment session, the individual should rest in a recumbent position for at least thirty (30) minutes.

The NAc treatment should be used in conjunction with appropriate Chinese herbs. If combination treatment is used, better results are obtained faster.

Avoid drinking alcoholic beverages and smoking. Eat a well balanced diet. Moderate exercise and positive thinking are critical to the success of this protocol. Maintain a daily routine, and stick with it.

Table I

Table of Organs and Their Relationships

		Heart	Liver	Spleen	Lung	Kidney
1	Element	Fire	Wood	Earth	Metal	Water
2	Planet	Mars	Jupiter	Saturn	Venus	Mercury
3	Color	Red	Green	Yellow	White	Black
4	Taste	Bitter	Sour	Sweet	Pungent	Salt
5	Climate	Hot	Windy	Moist	Dry	Cold
6	Season	Summer	Spring	Late Summer	Autumn	Winter
7	Direction	South	East	Center	West	North
8	Odor	Scorched	Rancid	Fragrant	Goatish	Putrid
9	Emotion	Joy	Anger	Over thinking	Sad	Fear
10	Animal	Horse	Chicken	Cow	Dog	Pig
11	Fruit	Apricots	Plum	Date	Pear	Walnut
12	Sound	Laugh	Shout	Sing	Weep	Groan
13	Grain	Sweet Rice	Wheat	Millet	Rice	Pea
14	Bowels	Sm. Int.	Gall Bladder	Stomach	Lg. Int.	Bladder
15	Sense Organs	Tongue	Eye	Mouth	Nose	Ear
16	Tissues	Vessel	Tendon	Muscle	Skin/Hair	Bone

TABLE III

Chart for Double Method

Pattern 1 • ○	Pattern 2 ○ •	Pattern 3 • ○ •
Pattern 4 •○•	Pattern 5 • •○•	Pattern 6 •○• •
Pattern 7 • •○• •	Pattern 8 ○•○•	Pattern 9 • •○ •

KEY:

- A BLUE Needleless Acupuncture Magnet, nPole, Yang
- A RED Needleless Acupuncture Magnet, sPole, Yin

TABLE IV

Meridian Abbreviations

Meridian Name	Abbreviation
Lung Meridian	LU
Pericardial Meridian	PC
Heart Meridian	HT
Large Intestine Meridian	LI
Triple Warmer Meridian	SJ
Small Intestine Meridian	SI
Stomach Meridian	ST
Spleen Meridian	SP
Bladder Meridian	BL
Kidney Meridian	KI
Gall Bladder Meridian	GB
Liver Meridian	LI
Du Meridian	Du
Ren Meridian	Ren
Extra Points	E