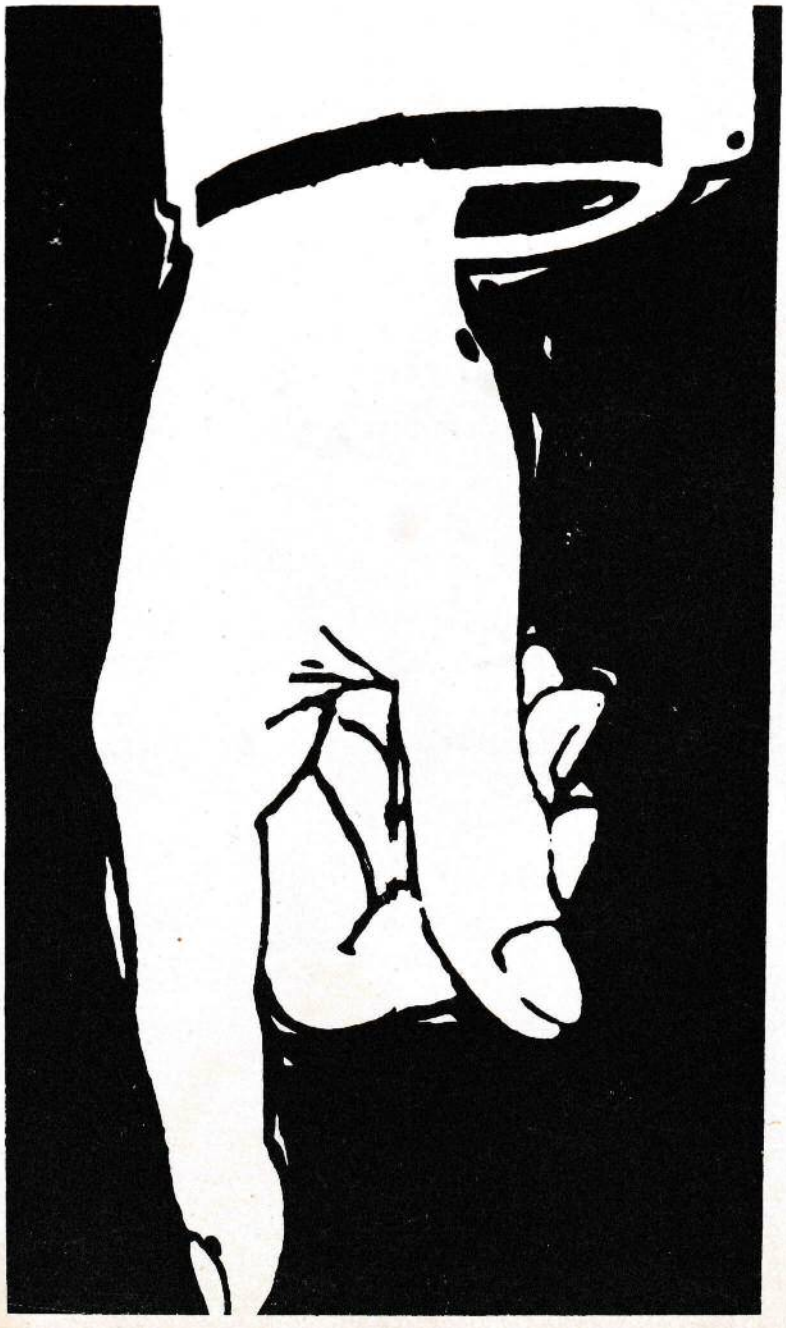
RALPH ALAN DALE, EdD, PhD, CA

ACUPUNCTURE WITH YOUR FINGERS:

AN 18-POINT SYSTEM FOR SELF-HEALING





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Dr. Dale has trained hundreds of health care professionals in seminars around the world. His teaching and writing have had a profound effect on the practice of acupuncture, and on the current transformations in the premises and practices of health care.

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ACUPUNCTURE WITH YOUR FINGERS:



Acupuncture is a complex method of balancing the bioelectrical energies of the body. But as with everything that is complex, it is also simple. There are a few basic principles, points, and effective techniques that can be learned easily.

Here are 18 cardinal healing points of acupuncture. Together they form a complete system that enables you to treat any part of the body and any ailment with simple finger pressure. The points are easily located by using *Fig. 1*, which describes their locations and illustrates their anatomical positions. This chart also identifies which part or system of the body is treated with each point.

The measurement of anatomical distances referred to in *Fig. 1* is a ***relative body unit.*** One ***relative body unit*** is the thumb width of the person being treated. Three thumb widths is the same as four fingers placed together (excluding the thumb). One-and-a-half units may therefore be measured by two adjacent finger widths (excluding the thumb). For example, *Fig. 1* gives the location of C 6 as "1½ directly below the navel." This means the distance of two adjacent fingers of the person being treated.(see *Fig. 2*).

Fig. 3 graphically delineates the regions of the body that are related to each of the healing points. For example, observe that *Li 4* is related to the *face*, *P 6* to the *chest*, and *UB 54* to the *low back*. *Fig. 4* identifies the 14 main channels of energy, their abbreviations (for example, *Li 4* refers to the fourth point on the *Large Intestine* channel), and their times of maximal output.

Fig. 5 identifies the healing point for each of six systems of the body. For example, the cardinal point to treat any *muscle ailment* such as muscle spasm is *GB 34*, and the cardinal point to treat any ailment of the *bones*, such as a fracture, is *UB 11*.

Fig. 6 differentiates the pressure techniques for *increasing energy* from those used in *decreasing energy or pain.*

There are two indexes. *Index I* provides an alphabetical listing of all the parts of the body and tells you which healing points can be used to treat each part. If, for example, you have a wrist pain, you will see that the index says to stimulate T 5. If you do not remember where T 5 is, turn to *Fig. 1* to remind yourself. *Index II* is an alphabetical listing of ailments and their appropriate healing points. So, for example, if you have a cramp in your foot, you will find that the index tells you that *Lv 3* is the point to use. If you do not remember where *Lv 3* is, turn to *Fig. 1* to remind yourself.

The two indexes sometimes list more than one point for a part of the body or for an ailment. For pain syndromes, it is best to try the first point given. If the pain is completely relieved, do not go on to the second. If there is some pain remaining, stimulate the second point, and if need be the third, and so forth.

In ailments that do not provide an immediate feed-back of the effectiveness of the treatment, you may use all the points suggested.

When only one point is given, you might begin with the point on the same side as the afflicted organ. If complete relief is not achieved, stimulate the opposite side too.

This simple 18-point vocabulary is

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DAN SHOUSE

AN 18-POINT SYSTEM FOR SELF-HEALING

so basic and effective that every person from age six up can learn it and use it as a first-aid system. We teach our patients to stimulate these points with finger pressure for maintaining health, for pain relief and for therapy (see footnote[1]). These 18 points together form a complete healing system to treat any ailment and any part of the body. For example, by applying pressure to *Li 4*, the point between the thumb and the forefinger, a headache can be relieved in a matter of seconds. In fact, this 18-point system is the simplest, safest, quickest, and most effective way to treat a simple headache. Most people use aspirin, which is less effective and can upset the stomach. With prolonged use, aspirin can lead to ulcers. Why, then, do most people use aspirin rather than acupuncture?

WHY ACUPUNCTURE IS NOT YET FULLY UTILIZED

(1) We are just now beginning to rediscover acupuncture. Until recently, it has been practiced only by traditional folk healers in China who guarded their secrets, passing them down from generation to generation. With the establishment of the People's Republic of China in 1949, acupuncture was brought into the scientific light of day. Much has been learned in the past thirty years about translating this folk practice into scientific terms, and many new principles and applications have been discovered.

Today, acupuncture is one of the main forms of treating illness in China. All Chinese physicians learn acupuncture in their medical schools. It is also used, together with herbal medicine, community health education and Western first-aid, by part-time para-professionals called barefoot doctors. These people serve as China's first line of health maintenance and medical defense. Even children use acupuncture in China. For example, they practice four eye exercises twice daily by using finger pressure to stimulate acupuncture points. These points are effective in the prevention as well as the treatment of eye ailments[2] .

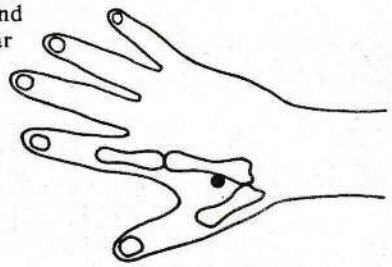
This universal acceptance and use of acupuncture in China has not yet spread to the rest of the world. In the United States, as in other countries, acupuncture at the present time is known and used by only a small, though growing, number of professionals and lay persons.

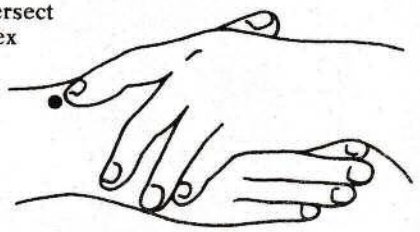
(2) In addition, orthodox medicine, as all professions, tends to be conservative and to resist anything new. The history of medicine is replete with such resistance, even in the face of abundant scientific evidence. Dr. William Harvey, who discovered the circulation of blood, Dr. William Roentgen, who discovered X-rays, Dr. William Jenner, who developed a smallpox vaccine, and Dr. Ignaz Semmelweis, who required his maternity staff to wash their hands before delivering babies — all suffered ridicule and disgrace from the medical establishments of their times.

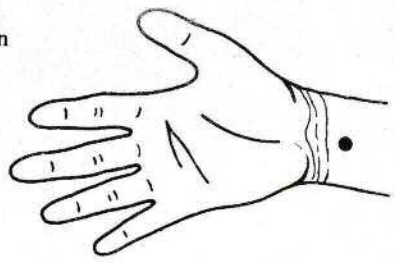
In 1535 the explorer Jacques Cartier and his ships were caught in a severe winter off the St. Lawrence River. Many died of scurvy until an Indian showed them that it was easily cured by eating white pine tree bark and needles, which are rich in vitamin C. The European medical authorities laughed at such "witch doctor cures of ignorant savages"[3] . It took more than 250 years and one million more deaths before the medical establish-

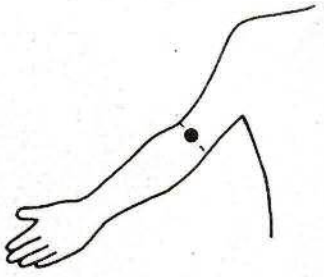
FIGURE 1

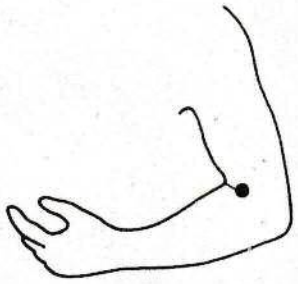
POINTS	TO TREAT	DESCRIPTION
		ON UPPER LIMBS
1. Li 4	Face, Head (*Eyes, Ears, Nose, Mouth, Teeth, Sinuses, etc.*)	On back of hand in angle between the thumb and index finger metacarpal bones. Top of muscular hill formed when thumb and forefinger are placed together.
2. L 7	Neck	On radial (thumb) edge of the wrist, 1½ toward elbow from wrist crease nearest hand. Intersect forefinger-thumb webs as in drawing. Index finger of upper hand rests on L 7 (do not stretch or curl finger).*
3. P 6	Chest (*Heart, Lungs, Ribs, etc.*)	Palm facing you, 2 toward elbow from wrist crease nearest hand, center (medial) position between two tendons.*
4. L 5	Respiratory System	Hand facing you, at the bend of the elbow just to the thumb (radial) side of the main tendon.
5. Li 11	Arm and Skin	Facing back of hand upward, at end of visible elbow crease.







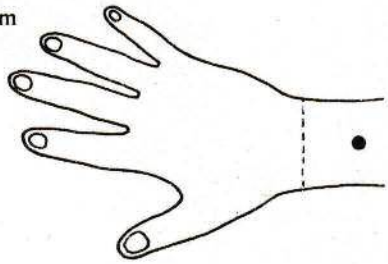


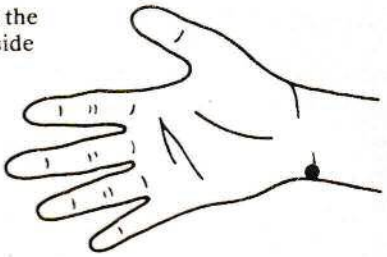


All measurements are in relative body units. Each unit is equal to the thumb width of the person** receiving **treatment.** **See figure 2 on page 28.

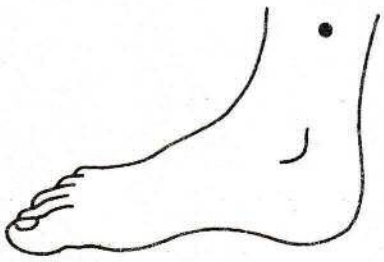
FIGURE 1

POINTS	TO TREAT	DESCRIPTION
		ON UPPER LIMBS (cont'd.)
6. T 5	Hand and Ear	Back of hand facing you, 2 toward elbow from wrist line nearest hand, center (medial) position. (Opposite P 6).*
7. H 7	Emergency Point for Anxiety with Heart Palpitations	Palm facing you, on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger.
		ON LOWER LIMBS
8. S 36	Upper Abdomen and Energizing point	3 below lower edge of knee cap and outside mid-line.*
9. SP 6	Lower Abdomen (Large Intestine, Urinary Bladder and Sex Organs)	3 toward knee from protrusion of inner ankle bone, just behind tibia bone.*
10. UB 54	Lower Back and Leg	Middle of crease behind knee (popliteal fossa).







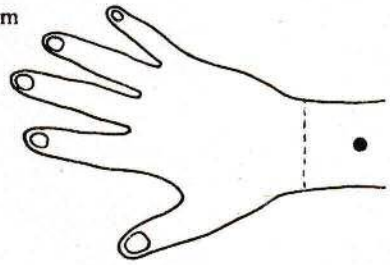


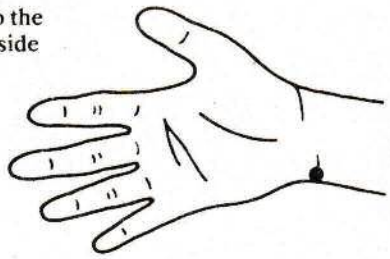


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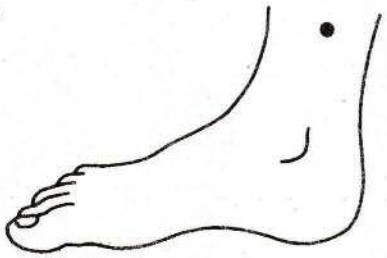
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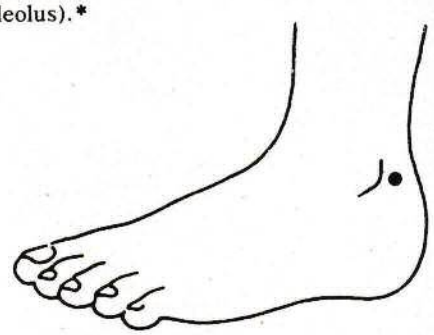


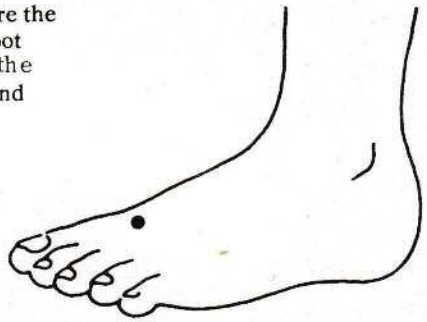


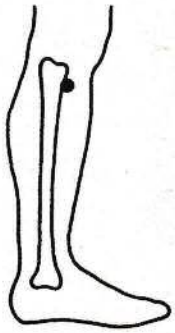
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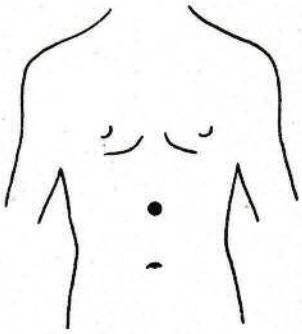
FIGURE 1

POINTS	TO TREAT	DESCRIPTION
11. UB 60	Upper Back, Leg and Foot	½ behind outside ankle bone (lateral malleolus).*
12. Lv 3	Nervous System (*including Brain and Psychic Disorders*); Breast	In depression just in front of the point where the first and second metacarpal bones of the foot come together. Or about 1½ away from the joining edge of the web between the first and second toes.*
13. GB 34	Muscles; leg and knee	1½ behind and 1 up from S 36 in a horseshoe-like hollow.*
		ON THE ABDOMEN
14. C 12	Upper Abdomen	Midway between the navel and lowest part of the breast bone (sternum)





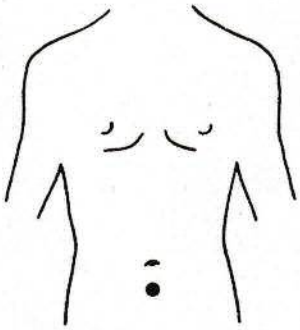




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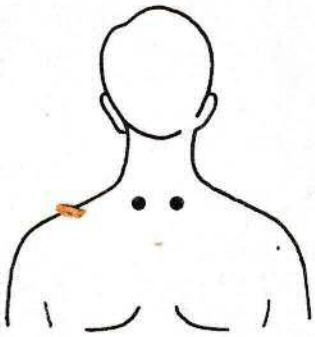
FIGURE 1

POINTS	TO TREAT	DESCRIPTION
15. C 6	Lower Abdomen (*Sex Organs, Urinary Bladder, Intestines*); Sexual Energizing Point	1½ directly below the navel *

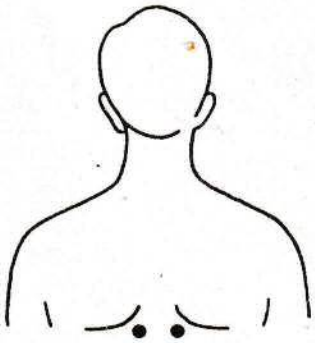


ON THE BACK

16. UB 11	Bones; Neck, Shoulder, Back	On the shoulder level (lateral from interspace between 1st and 2nd thoracic bones) 1½ on each side of spine.*

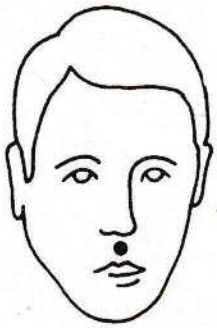


17. UB 17	Blood, Skin and Heart	On the level of the lower edge of the shoulder blade (scapula) 1½ on each side of spine.*



ON THE HEAD

18. G 26	Emergency Point for Fainting, Unconsciousness, Lower Back	Just above center of upper lip.



All measurements are in **relative body units. Each unit is equal to the thumb width of the person* receiving *treatment. See figure 2 on page 28.*

ment accepted vitamin C as a cure for scurvy.

Current medical cultural lag results in opposition to acupuncture, along with homeopathy, naturopathy, herbal medicine, and nutritional approaches to cancer and other diseases.

(3) Acupuncture is, in some ways, contradictory to drug therapy, Western medicine's main approach to disease. Many medications tend to substitute for similar substances that the body naturally produces, turning off the body's own production of that substance. Acupuncture, on the contrary, induces the body to produce these natural substances. For example, the administration of cortisone injections will signal the body that cortisone is present in sufficient amounts and will therefore trigger the close-down of the body's cortisone factory. Acupuncture, on the other hand, can trigger increased cortisone production by the body. Consequently, if drug therapy and acupuncture are used together, one is turning off production, the other turning on production. This contradiction will negate the more subtle treatment: acupuncture. In many cases, then, a choice needs to be made between medications and acupuncture. In general, neither patients nor doctors appear to be ready at the present time to give up their reliance on drugs. Thus, acupuncture finishes the race as a poor second.

(4) Acupuncture is in many instances safer and more effective than drug therapy. That would be all right were it not for the fact that acupuncture is also so much more economical. When acupuncture takes its rightful place as therapy in our country, the drug corporations will lose billions of dollars each year. That is not all right in a society in which profits take precedence over human needs. The same lopsided value system results in the pollution of our food, our air, our water, and our relations with each other.

WHAT IS ACUPUNCTURE AND HOW CAN YOU USE IT?

Acupuncture is a form of therapy and of health maintenance first developed by the Chinese about 5,000 years ago. Special points on the skin are stimulated in order to affect an energy balance in the body[4]. These points are located on bioelectrical channels of energy that the Chinese used to call *meridians*. The energy circulates through all the organs and parts of the body through fourteen main channels. Twelve are bilateral (having a branch on each side of the body), and two are central: one in the front and one in the back. The two central channels are coordinators of the twelve bilateral channels.

There is a continuous circulation of energy from one channel to the other in a particular pattern which was well defined by the ancient Chinese. The energy flows in a four-part pattern: a) from the chest to the hand, b) from the hand to the head, c) from the head to the foot, and d) from the foot back again to the chest, as indicated in *Fig. 4.* This four-part rhythm is repeated three times to complete the energy circulation among all channels.

Although energy flows continuously in all channels, each one has a two-hour period when it is most active. Every twenty-four hours, then, there is a complete cycling of energy among all twelve bilateral channels expressing one of the body's many circadian (relating to the 24-hour cyclical rotation of the Earth on its axis) rhythms. Jet lag is an example of a disturbance in this circadian rhythm when the body is unable to adjust quickly enough to a sudden catapulting into a different time zone.

Each of the main bilateral channels is named after a major organ such as the *Lung* or the *Large Intestine*, except for two: the *Pericardium*, also called *Circulation-Sex*, which relates to the *circulation of blood*, and the *Triple Warmer*, or *Tri-Burner*, which relates to the *endocrine system*.

Each channel has a section that courses deep into the body, passing through the various organs. Another section of the channel surfaces near the skin. It is along this latter section that the acupuncture points are located.

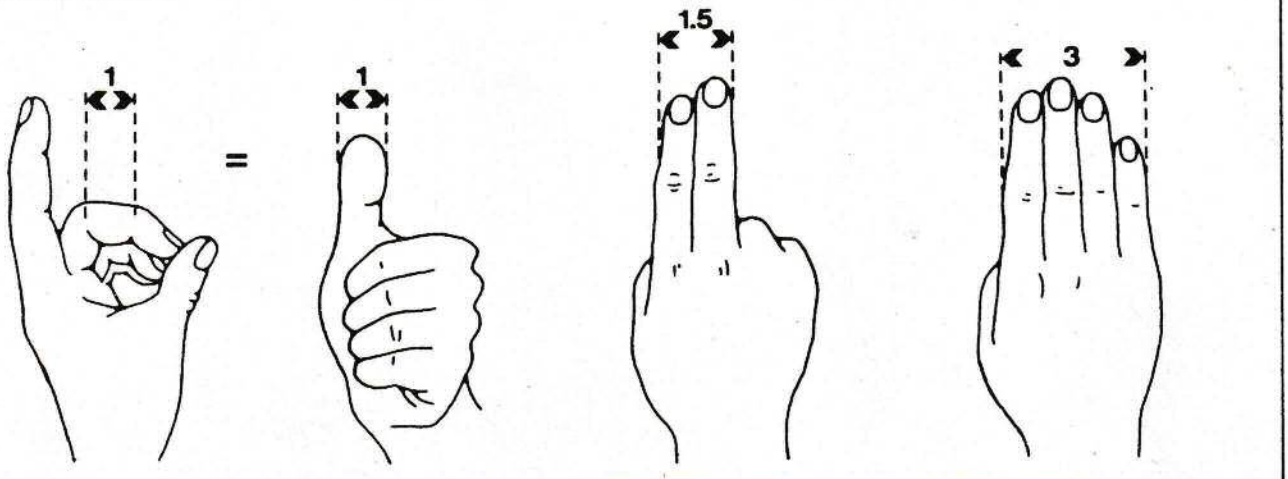
For example, note the pathway of the *Lung* channel in *Fig. 7.* The darker broken line indicates the section of the channel with points. As shown on the chart, there are a total of 11 points on the *Lung* channel. Point 5 is the only one we utilize in our 18-point system.

The short dotted lines indicate the branch of the channel that travels deep into the body, in this case, passing through the transverse colon (large intestine), stomach, and larynx as well as the lung.

Energy may be blocked along any of

FIGURE 2

RELATIVE BODY UNITS



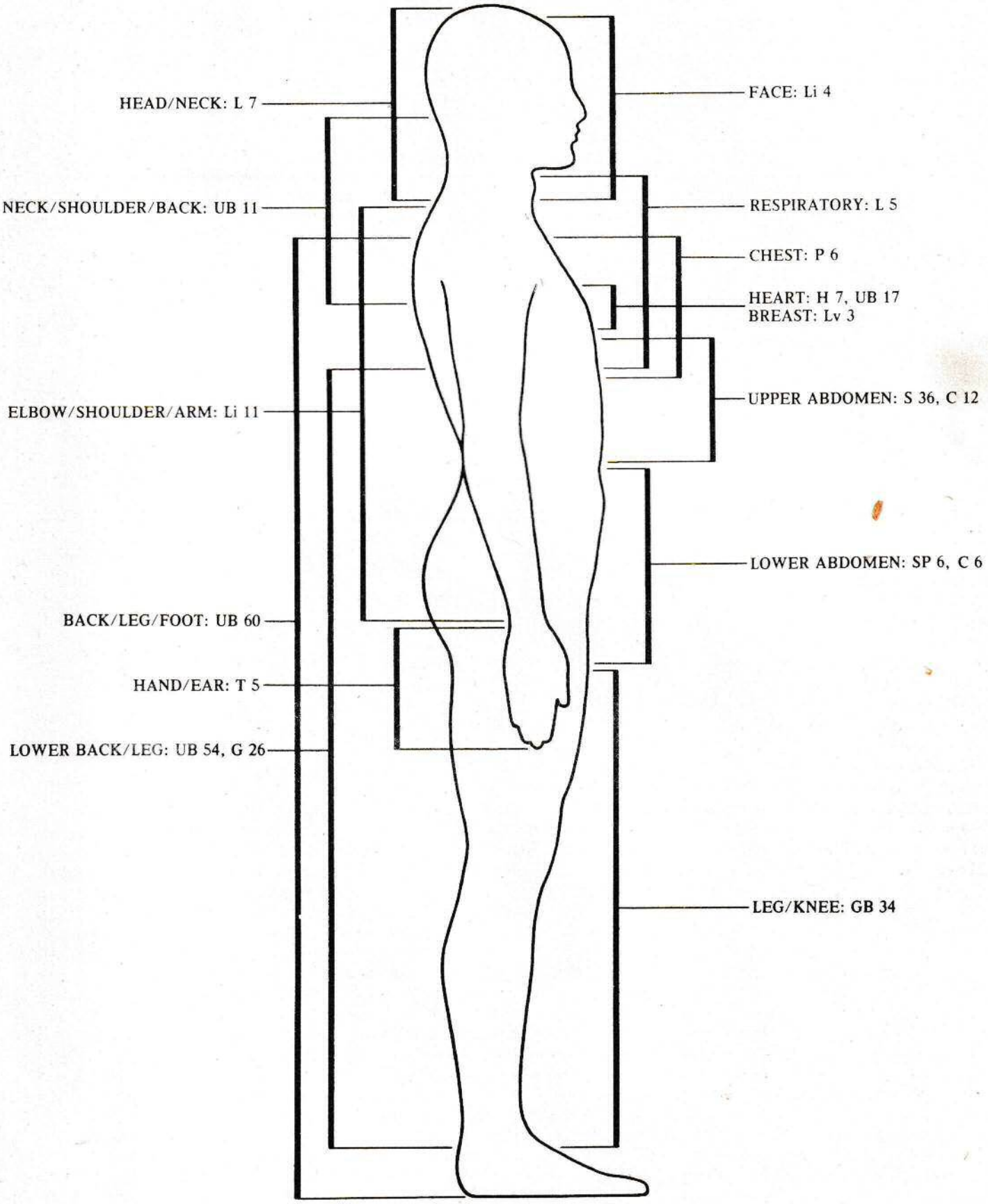


FIGURE 3 **A GRAPHIC DELINEATION OF EACH REGION OF THE BODY AND ITS CARDINAL HEALING POINT**

FIGURE 4

CHANNEL NAME	ABBREVIATION	ROUTE	TIME OF MAXIMAL FUNCTION
Lung	L	From the chest to the hand (thumb)	3 - 5 A.M.
Large intestine	Li	From the hand (index finger) to the head	5 - 7 A.M.
Stomach	S	From the head to the foot (2nd toe)	7 - 9 A.M.
Spleen/Pancreas	SP	From the foot (1st toe) to the chest	9 - 11 A.M.
Heart	H	From the chest to the hand (5th finger)	11 - 1 P.M.
Small intestine	Si	From the hand (5th finger) to the head	1 - 3 P.M.
Urinary Bladder	UB	From the head to the foot (5th toe)	3 - 5 P.M.
Kidney	K	From the foot (undersurface) to the chest	5 - 7 P.M.
Pericardium (Circulation/Sex)	P	From the chest to the hand (3rd finger)	7 - 9 P.M.
Triple warmer (Endocrine)	T	From the hand (4th finger) to the head	9 - 11 P.M.
Gall bladder	GB	From the head to the foot (4th toe)	11 - 1 A.M.
Liver	Lv	From the foot (1st toe) to the chest	1 - 3 A.M.
Controlling	C	From the sexual organs up through the abdomen to the head	
Governing	G	From the base of the spine up the back to the head	

the pathways, resulting in a condition of excess in some channels and deficiency in others. Such imbalances, when sustained over any period of time, lead to organ diseases. Acupuncture normalizes the body by triggering shifts from channels of excess to channels of deficiency.

These imbalances are detected in traditional acupuncture through pulse diagnosis, which consists of contacting the radial artery of the patient just above the wrist at three different points. The surface pulse as well as the deep pulse is felt on each hand at each of the three positions, providing a total of twelve different readings, each corresponding to one of the twelve main bilateral channels.

Modern acupuncture methods of diagnosing imbalances are more objective. These methods include electro-measurements of certain test points, heat sensitivity tests, and muscle tests.

Imbalances are normalized by stimulating the appropriate points. All acupuncture points have a low electrical impedence (resistance) and can be located through the use of a galvanometer which measures minute differences in skin resistances. Points of high electrical resistance do not permit entry of the stimulus, but points of low electrical resistance (the acupuncture points) do. Stimulation of the appropriate point for a particular imbalance can trigger an energy shift which normalizes the outputs in all channels.

Acupuncture not only induces energy shifts, but also triggers neurological, vascular, chemical, muscular and other kinds of changes in the body [5]. *This 18-point healing system does not require any of the above diagnostic techniques. You select the points only in accordance with your symptoms. Because these points are so intimately connected with parts of the body and are such reactive points, selecting and stimulating them only in accordance with your symptoms can have the normalizing effects discussed above. Naturally such treatment is more superficial than a diagnosis and treatment by a master acupuncturist. Nevertheless, in simple ailments and in health maintenance the 18-point system can be very effective.*

When serious disease is present, it is suggested that professional acupuncture and other appropriate therapies be sought. It must be emphasized that there is no implication here that acupuncture, let alone this 18-point system, should replace all other forms of therapy. It should be especially noted that in some of the serious ailments listed in Index II, the stimulation of the acupuncture points is intended only as an adjunct to other appropriate therapies.

METHODS OF STIMULATION

The term "acupuncture" is misleading; "acu" is Latin for "needle." Acupuncture, therefore, implies a system limited to "needle puncuture." However, traditional acupuncture utilizes not only needle but pressure and heat as well. In fact, the Chinese term for acupuncture, *zhen-Jui*, and the Japanese term, *Hari-kyu*, literally mean "needle-heat." Other methods of stimulating acupuncture points in present use are electrical stimulation and ultra-sound; most recently, the use of the laser beam is being explored.

For the non-professional, the easiest and most available method for stimulating the acupuncture point is through finger pressure. You probably would be surprised to learn that the method of stimulation that elicits most discomfort is not needle but finger pressure.

When a skilled acupuncturist inserts a needle the patient usually does not feel anything except, at most, a subtle sensation. The needle is then gently rotated to trigger the energy change. This is usually felt as a slight electrical, heat, or sticking sensation. The needle is not felt while it remains in the skin.

HOW TO FIND THE POINTS

Acupuncture points are sensitive to pressure because these points form a kind of two-way alarm system. When a part of the body hurts — the *head*, for example — its corresponding cardinal point (in this case *Li 4*, between the thumb and forefinger) will be very sensitive to the touch because the reflex has been alarmed. Conversely, stimulating that point sends a message to the base of the brain which initiates the appropriate healing action.

One way that an acupuncturist knows where to place the needle is by pressing a point that he believes is one to be in need of treatment and finding out whether it is sensitive. The most effective healing points are far removed from the organ in distress and are very sensitive to pressure.

First select the healing point that corresponds with your symptoms. Then look up the location of the point and search for the tenderness in that area. When you contact the tender spot, you know you have located it. Then, to treat, administer pressure, eliciting a little pain at this point.

USING AN INSTRUMENTS

An instrument such as the *Stressaway* or the *Stressease* (See back inside cover) may be used instead of your fingers.

One method is to roll the instrument alongside the spine. Such a massage is effective for helping maintain health since the rollers will contact reflexes to all your main internal organs and energy circuits.

FIGURE 5

6 SYSTEMS OF THE BODY AND THEIR HEALING POINTS	
Bones	UB 11
Blood	UB 17
Energy	S 36, C 6
Muscles	GB 34
Nervous System (*including brain*)	Lv 3
Skin	Li 11, UB 17, S 36
3 EMERGENCY POINTS	
Fainting	G 26
Anxiety with Palpitations	H 7
Hysteria	P 6

These instruments are also valuable for those who have insufficient strength to apply appropriate pressure to the acupuncture points.

REGULATING THE PRESSURE

The amount of pressure used depends on the musculature of the person being treated and upon that person's sensitivity. Someone who is lightweight and delicate should receive much less pressure than a heavy, muscular person. An ailing person whose reflexes are very sensitive and painful should receive much less pressure than a more healthy person whose reflexes are not so sensitive.

If you are applying the pressure to someone else, watch that person's facial expressions for clues about the level of discomfort. However, some people react stoically to pain and try not to show it. Therefore, always begin by asking the person you are treating to tell you when there is discomfort.

Hold the appropriate amount of pressure until the receiver says that the pain has decreased or disappeared at the healing point you are pressing. That is a signal that the treatment is over. The pressure should usually not be held for more than half a minute.

Usually, if pain is being treated, the pain in the affected part of the body will also have dissipated or diminished when the pain at the healing point has subsided.

The amount and quality of stimulation that is used also depends upon whether energy needs to be increased or decreased. When pain is being treated, a *sedating* effect is required. When there is low energy or decreased function of an organ, then *tonifying* (increasing energy) is called for. Sedating an excess condition requires more stimulation than tonifying a deficient condition. There are three variables in regard to tonification and sedation techniques: length of treatment, character of pressure, and breathing. (See Fig.6)

The *length of treatment* for sedation needs to be longer than for tonification. The *character of pressure* for sedation needs to be firmer, more rapid, and more vigorous than for tonification. Lastly, *breathing* for sedation should be long on the breath out while for tonification the long breath should be on the breath in.

There are three reasons to do the breathing: (1) deep breathing will permit a deeper pressure without as much pain. (2) The body is energized in breathing. Yoga recognizes this energizing character of the breath with the concept of *pranayama*, the taking in of *vital energy* through the breath. This energy is more than the mere oxygen intake that Western science observes in the breathing process[6] Pranayama has an ultimate relationship with the energy that acupuncture normalizes. Appropriate deep breathing will increase the effectiveness of acupuncture. (3) When one person is treating another, the one being treated should not lapse into a passive frame of mind, but should rather be mentally and emotionally involved in the pro-

FIGURE 6

DIFFERENTIATING PRESSURE TECHNIQUES FOR TONIFICATION AND SEDATION

	TONIFICATION (Increasing Energy)	SEDATION (Decreasing energy or pain)
LENGTH OF TREATMENT	2 seconds to 10 seconds. Stop when you feel increased tension in the tissues or when pain subsides.	10 seconds to half a minute. Stop when you feel relaxation in the tissues or when pain subsides.
CHARACTER OF PRESSURE	Light, slow. Pressure is gradually increased and on completion of stimulation, gradually decreased.	Firm, rapid. Pressure is applied more suddenly and vigorously. Pecking or hammer technique possible.
BREATHING	While treating, both massager and massagee exhale a short breath and inhale a long breath.	While treating, both messager and massagee exhale a long breath and inhale a short breath.

cess. Breathing is one way of inviting the active participation of the person being treated. This expression of commitment to heal oneself can become translated into the subtle triggering of the autonomic nervous system to engage the healing mechanisms of the body. It is, after all, the autonomic nervous system and not the finger pressure which ultimately does the work.

EXPANDING YOUR KNOWLEDGE, VOCABULARY, AND TECHNIQUES

After you have learned these 18 points and have applied them in many situations over a period of time, you may want to expand your vocabulary. Although this 18-point system treats all parts of the body and all ailments, an expanded vocabulary of alternative or additional correlative points can provide a greater flexibility and effectiveness.

There are three directions that you may wish to take to expand your knowledge, vocabulary, and techniques: reading further on the theory and principles of acupuncture; expanding the number of points in your vocabulary; and studying and applying other acupuncture systems, namely the micro-systems[7]. The easiest micro-acupuncture system for the non-professional to learn is *foot reflexology*, or what I call *podatherapy*[8]. Suggestions on further study in these three areas are in the bibliography.

CONCLUSION

This basic vocabulary of cardinal healing points can be used by people of all ages, and hopefully it will find its way into elementary and secondary schools, colleges, community centers, and senior citizens' groups.

Certainly, it is time for us all to begin to learn about our own bodies and to take some responsibility for healing ourselves. It is time to question most of the medications that are so liberally used today — both the over-the-counter and prescription varieties. They tend to mask symptoms and to create their own problems — often worse than the conditions they treat.

The acupoints just presented are 18 simple and effective alternatives. Enjoy them and use them together with good nutrition, exercise, positive thinking, productive work, emotional integration, and social commitment to improve the quality of life.

Dr. Dale is an acupuncture and nutritional therapist, researcher, and teacher. He is Director of the Acupuncture Education Center for Therapy and Education in Miami, Florida, and a frequent contributor to the American Journal of Acupuncture, *and to* Alternatives. *He is the author of many books and articles. His publications on the micro-acupuncture systems have been recognized by scientists in every country as a major contribution to modern acupuncture. This article is also available in book form. For information, write to: The Acupuncture Education Center, PO Box 6622, Surfside, FL 33154.*

FOOTNOTES

1. Two further uses, employed primarily by physicians, are diagnosis and anaesthesia.

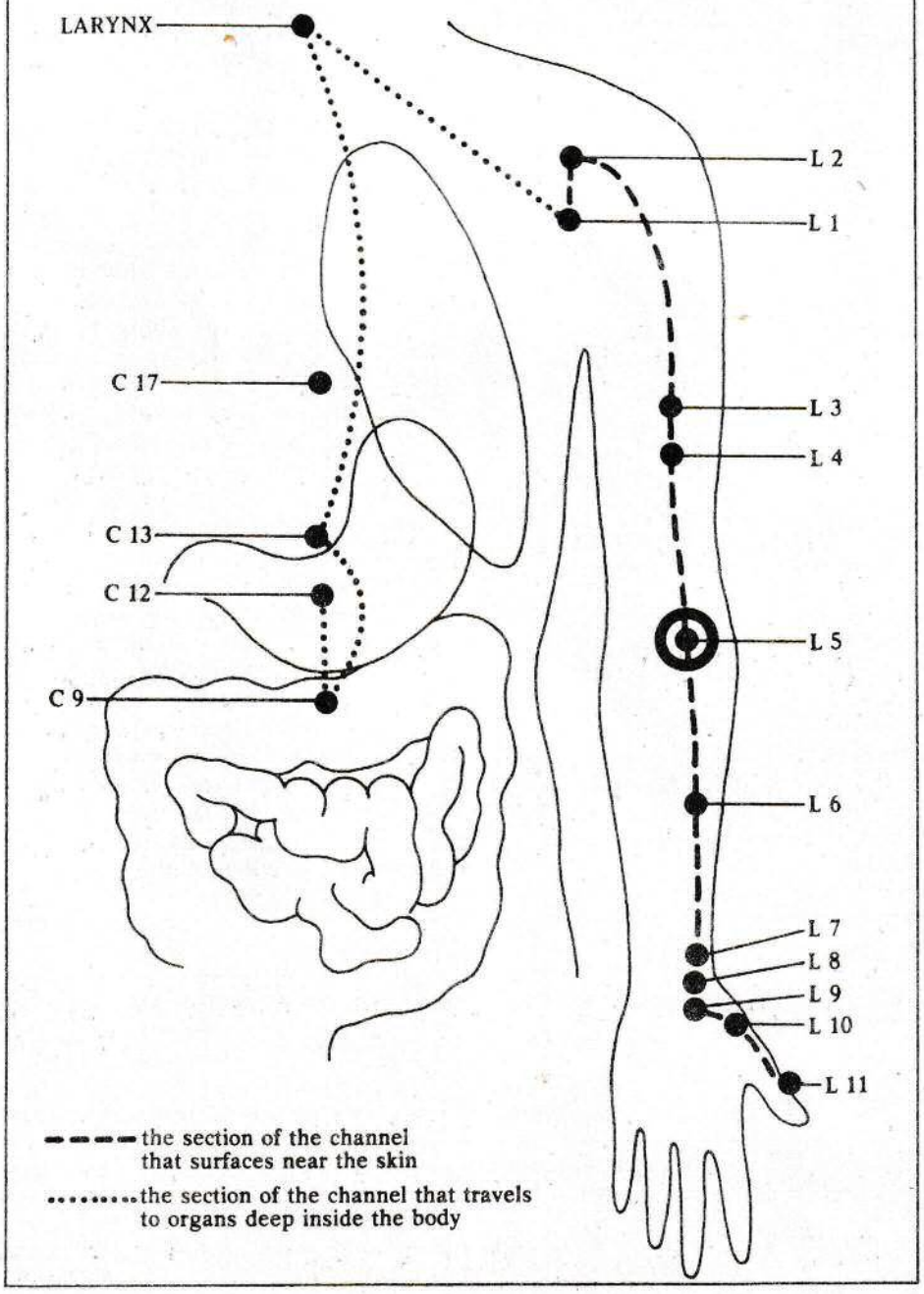
2. See Ralph Alan Dale, "Acupuncture as Preventive Self-Treatment for the Eyes," *Alternatives*, Vol. 1, Special Issue, page 43.

3. See Virgil J. Vogel, *American Indian Medicine*, University of Oklahoma Press, 1970. Also see Wayne Martin, *Medical Heroes and Heretics*, Old Greenwich, Conn.: The Devin-Adair Company, 1977.

4. For a more detailed discussion of the physiology of acupuncture, and a summary

FIGURE 7

THE LUNG CHANNEL WITH ITS 11 POINTS



of some of the important recent research, see Ralph Alan Dale, "Acupuncture in Physical Therapy," *American Journal of Acupuncture*, Vol. 6, No. 1, January 1978, 63-72.

5. These changes have been documented in research carried on in China, the U.S., and in most countries. For references, see footnote 4.

6. See Hiroshi Motoyama, *Chakra, Nadi of Yoga, and Meridians, Point of Acupuncture.* Tokyo: The Institute of Religious Psychology, 1972.

7. See Ralph Alan Dale, "The Micro-Acupuncture Systems," *American Journal of Acupuncture*, Part I: Vol. 4, No. 1, March 1976, Part II, Vol. 4, No. 3, July 1976. Republished by Dialectic Press, Box 6622, Miami, Florida 33154.

8. See Ralph Alan Dale, "Podatherapy: A Micro-Acupuncture System," *American Journal of Acupuncture*, Vol. 5, No. 3, July 1977.

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INDEX I THE HEALING POINTS FOR EACH PART OF THE BODY

PART OF BODY	POINT
Abdomen	
Upper	S 36, C 12
Lower	Sp 6, C 6
Ankle	UB 60
Anus	Li 4, Sp 6
Arms	Li 11, Li 4, L 5
Back	
Upper	UB 60
Lower	UB 54, G 26
Bladder (*Urinary*)	Sp 6, C 6
Blood	UB 17
Bones	UB 11
Bowels	Sp 6
Brain	Li 4, Lv 3
Breasts	P 6, Lv 3
Buttocks	UB 54
Cheeks	Li 4
Chest	P 6, L 7
Coccyx	UB 54
Colon	Li 4, SP 6, C 6
Ear	T 5, Li 4
Elbows	Li 11
Esophagus	Li 4, P 6, UB 17
Eyes	Li 4
Face	Li 4
Fallopian Tubes	C 6, Sp 6
Fingers	Li 4, T 5
Feet	UB 60
Forehead	Li 4
Gall Bladder	S 36, C 12
Genito-Urinary System	Sp 6, C 6
Gums	Li 4
Hair	UB 54
Hands	T 5, Li 4, P 6
Head	Li 4
Heart	H 7, P 6
Hips	UB 60, UB 54
Intestines	Li 4, Sp 6, S 36
Jaw	Li 4
Kidneys	Sp 6, S 36
Knees	UB 54, UB 60, GB 34
Leg	UB 54, UB 60, Sp 6
Limbs (*pain or weakness*)	S 36
Liver	C 12, S 36
Lumbar	UB 54, G 26
Lung	P 6, L 5, L 7, UB 11, S 36
Mouth	Li 4
Muscles	GB 34
Neck	L 7
Nervous System	Lv 3
Nose	Li 4
Ovaries	Sp 6, C 6
Pancreas	P 6, S 36, C 12
Pelvis	SP 6
Penis	SP 6, C 6
Pharynx (*throat*)	Li 4, L 5, P 6
Pubis	C 6, SP 6
Rectum	Li 4, Sp 6
Respiratory System	L 5, P 6
Sexual Organs	C 6, Sp 6
Shoulders	Li 4, Li 11
Skin	Li 11, UB 17
Spine	
Cervical (Neck)	L 7
Thoracic (Upper back)	UB 60
Lumbar & Sacral (Lower)	UB 54
Spleen	C 12, S 36
Stomach	S 36, C 12, P 6
Teeth	Li 4
Testicles	C 6, Sp 6
Thigh	UB 54
Throat	Li 4, L 5
Toes	UB 60
Tongue	Li 4
Tonsils	P 6, Li 4, Li 11
Trachea (*wind pipe*)	Li 4, L 7
Ureter	SP 6, C 6
Urethra	Sp 6, C 6
Uterus	Sp 6, C 6
Vagina	Sp 6, C 6
Wrist	T 5

INDEX II THE HEALING POINTS FOR EACH AILMENT

AILMENT	HEALING POINTS
Abdominal pain	SP 6, C 6, Li 4, Li 11
Acne	UB 17, Li 11
Addictions (*To decrease desire and support nervous system*)	
Food	C 12, S 36
Tobacco	L 7
Alcohol	Lv 3
Drugs	Lv 3
Allergies	UB 17, Li 4, Li 11, S 36, SP 6
Amnesia	L 7
Anxiety	H 7, S 36
Appetite (*Deficient or Excessive*)	H 7, S 36
Arteriosclerosis	UB 17, S 36, Li 4, Li 11, SP 6, H 7
Arthritis (*See part of body affected*)	UB 11, Li 4, S 36, SP 6
Asthma	L 5, L 7, P 6
Back pain	
Low back (Lumbar and sacrum)	UB 54
High back (Thoracic and neck)	UB 60
Bleeding and Blood diseases	UB 17, S 36, T 5
Breathing difficulty (*dyspnea*)	P 6, S 36, UB 17
Bronchitis	P 6, L 5, S 36, UB 11, H 7
Bursitis	
Shoulder	Li 11
Knee	UB 60
Childbirth (*DO NOT STIMULATE POINTS DURING PREGNANCY*)	SP 6
Cholera	Li 4, C 12, S 36, L 5, UB 54
Coccyx	UB 54
Common Cold	Li 4, S 36, L 7
Colitis	SP 6, C 6, S 36
Collapse	G 26, P 6, H 7, S 36, C 6
Concussion	Li 4, L 7
Conjunctivitis	Li 4
Constipation	S 36, SP 6, C 12, C 6, Li 4, Li 11
Convulsions	Li 4, Li 11, H 7, UB 54, L 5
Cough	L 5, L 7, P 6, Li 4, C 6
Cramp	
Foot	Lv 3
Calf	UB 54, SP 6
Menstrual	SP 6, C 6
Writer's cramp	Li 4, T 5, Li 11, L 7
Cystitis	C 6, SP 6
Deafness	Li 4, T 5
Deficiency of energy	S 36
Depression	Lv 3, P 6, S 36
Diabetes	SP 6, S 36, P 6, C 6, UB 17
Diarrhea	SP 6, S 36, P 6, Li 4, C 12
Digestive disturbances	SP 6, S 36, P 6, Li 4, C 12
Dizziness	T 5, C 12, S 36, Li 4
Dreaming (*Excessive nightmares*)	Li 4, C 12, H 7, S 36
Drowning	G 26, Li 4, S 36
Dysentery	Li 4, SP 6, C 12, S 36
Dysmenorrhea (*Difficult or painful menstruation*)	C 6, SP 6, S 36
Dysuria (*Painful Urination*)	C 6, SP 6
Ear infections (*Otitis*)	Li 4, T 5
Eczema	Li 11, S 36, SP 6, UB 17
Edema	L 5
Elbow pain	Li 11
Emotional disorders	H 7, SP 6, Lv 3, P 6, Li 4, S 36, C 6
Energy deficiency	S 36, C 6
Enterocolitis (*Inflammation of intestines*)	SP 6, S 36, C 6
Epilepsy	Li 4, S 36, P 6, G 26
Exhaustion	
Mental	Li 4, S 36, Li 11
Physical	S 36, C 6
Facial nerve paralysis	Li 4, S 36
Fainting (*Syncope*)	G 26, S 36, Li 4, UB 17, Lv 3
Fever	H 7, L 5, Li 4
Flatulence	Li 4, Sp 6
Fractures	UB 11
Frequent urination	SP 6, C 6
Frights	H 7, P 6, Lv 3
Frigidity	C 6, S 36
Gastritis	C 12, S 36
Gas (*Stomach or Colon*)	C 12, S 36, Li 4, SP 6
Gastritis (*Inflammation of stomach*)	C 12, S 36
German measles (*Rubella*)	Li 4
Glaucoma	Li 4
Goiters	Li 11
Gynecological disorders	SP 6, C 6
Hangover	S 36, C 12
Hardening of Arteries	UB 17, S 36, Li 4, Li 11, SP 6
Headache	Li 4, Lv 3, UB 60
Heart ailments	P 6, H 7
Hemorrhage	UB 17, S 36, T 5
Hemorrhoids (*Piles*)	SP 6, UB 60, C 6
Hepatitis	Lv 3, UB 17, C 12, S 36
Hiccough	UB 17, P 6, C 12
Hives	Li 11, UB 17, S 36, SP 6
Hypertension (*High blood pressure*)	Lv 3, C 12, Li 11, S 36, UB 54
Hypoglycemia	SP 6, C 12, S 36, UB 17
Hyperthyroid	UB 11
Hypotension(*Low blood pressure*)	Lv 3, S 36, C 6, UB 17, H 7
Hysteria	P 6, G 26, H 7, Li 4, Sp 6

INDEX II THE HEALING POINTS FOR EACH AILMENT (Continued)

AILMENT	HEALING POINTS
Impotence	C6, Li4, SP6
Incontinence	L 5, SP 6
Indigestion	C 12, S 36, SP 6, Li 4
Infection	S 36, SP 6, Li 4, UB 17
Influenza	Li 4, S 36, L 7, L 5
Insomnia	SP 6, P 6, C 6, Lv 3, H 7, S 36
Intercostal neuralgia	P 6
Intestinal disorders	SP 6, C 6
Jaundice	Lv 3, S 36, C 12, UB 17
Joint pain	UB 11
Kidney disorders	SP 6, S 36
Knee joint pain	UB60, GB 34, UB 11, S 36
Laryngitis	L 5, L 7
Lingual paralysis	H 7, Li 4
Lumbago	UB 54, G 26, UB 60
Mastitis (*Inflammation of breast*)	Lv 3, P 6
Meniere's syndrome	Li 4, S 36, T 5
Menstruation	
Excessive (Menorrhagia)	SP 6, C 6, Lv 3, Li 4
Insufficient (Amenorrhea)	SP 6, C 6, Lv 3, Li 4, S 36, UB 60
Painful (Menorrhea)	SP 6, C 6, Lv 3, Li 4
Menopause	C 6, Li 4, Sp 6, S 36
Mental Illness	C 12, H 7, S 36, SP 6, Li 4
Metritis (*Inflammation of the uterus*)	SP 6, C 6
Migraine headache	Li 4, C 12, SP 6, S 36, C 6
Motion sickness	Li 4, T 5, C 12, S 36, SP 6, P 6, L 5, H 7
Muscle spasm	GB 34
Nausea	C 12, P 6, H 7, L 5, S 36
Neck pain	L 7, UB 60, UB 11
Nephritis	S 36, SP 6
Nervous anxiety with palpitations	H 7, Lv 3, S 36
Nervousness	Lv 3, S 36
Neuralgia	
Back (Lower)	UB 54, UB 11, UB 60
(Upper)	UB 60, UB 11
Face	Li 4, S 36
Intercostal	P 6, H 7, Lv 3
Joint	UB 11
Limb (Lower)	GB 34, UB 60, UB 11
(Upper)	Li 11, Li 4, T 5, P 6, L 7, UB 11
Neck and back of head	L 7, Li 11, UB 60, Lv 3
Neurasthenia (*Nerve-exhaustion*)	Lv 3, Li 4, S 36, C 6
Nightmares	Li 4, C 12, H 7, S 36
Nocturia (*Frequency of urination at night*)	SP 6, C 6
Nosebleed	Li 4
Overeating	C 12, S 36
Palpitations and frights	H 7, P 6
Paralysis	GB 34, SP 6, T 5, Li 4, S 36, UB 54
(*See appropriate part of body in Index I*)	

AILMENT	HEALING POINTS
Phlebitis (*Inflammation of a vein*)	UB 17
Pleurisy	L 5, L 7, S 36, P 6, UB 11
Pneumonia	UB 11, P 6, L 5, S 36
Premature ejaculation	SP 6, C 6
Prostatitis	SP 6, C 6
Puritis vulvae (*Itching of vulva*)	C 6, SP 6
Renal (*Kidney*) disorders	SP 6, S 36
Rhinitis (*Inflammation of the nasal mucous membrane*)	Li 4
Rickets	C 6
Sea sickness	Li 4, T 5, C 12, S 36, SP 6, P 6, L 5, H 7
Sciatica	GB 34, UB 54, UB 60, Sp 6
Sexual disorders	SP 6, C 6
Shingles (*Herpes Zoster*)	Lv 3, S 36
Shock	
Anxiety	H 7
Fainting	G 26
Shoulder Pain	Li 11, UB 11
Skin Ailments	Li 11, UB 17, UB 54
Sinusitis	Li 4, L 7
Smoking (TO DECREASE DESIRE & SUPPORT NERVOUS SYSYEM)	L 7, Lv3
Sneezing	L 5
Stomach pain	C 12, S 36, P 6
Stroke (*Apoplexy*)	Li 4, UB 17, S 36
Stye	Li 4
Sweats (*Night*)	P 6
Tachycardia (*Excessively rapid heartbeat*)	P 6, H 7
Tennis Elbow	Li 11
Tic	L 5, Lv 3, GB 34
Tinnitus (*Ringing in the ear*)	Li 4, T 5
Tonsillitis	P 6, Li 4, S 36
Toothache	Li 4
Torticollis (*Stiff Neck*)	L 7, UB 60, T 5
Trigeminal (*facial*) neuralgia	Li 4, L 7
Ulcers	
Intestinal	Li 4, C 6, SP6
Stomach & Duodenal	C 12, S 36, P6
Unconsciousness	G 26, S 36, C 12
Urinary disorder	SP 6, C 6
Urticaria (*Hives*)	Li 11, UB 17, S 36, Sp 6
Vaginitis	SP 6, C 6
Varicose Veins	UB 17
Vertigo	Li 4, T 5, S 36
Vomiting	C 12, S 36, Li 4, SP 6 P 6, UB 17
Whiplash (*Neck injury*)	L 7, Li 11, UB 60, UB 11
Wrist Pain	T 5, Li 4, Li 11

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