



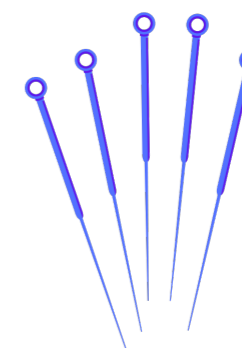
**Chinese
Medicine
Rocks!**

**450+
pages
PDF**

Chinese Medicine Treatments *Made Easy*



**An illustrated guide for treatments
of common symptoms & disorders**



**Acupuncture
Protocols**



**Herbal
Formulas**



TCM Tools

Clara's personal intro

Chinese Medicine ROCKS!
Chinese Medicine ROCKS!
Need I say more? 🥰



When I started my online platform **AcuPro Academy** in May 2014, my intention was to help my students by creating resources they could use to compliment my in-class teaching. I had no idea it would take off and go on to reach **TCM Rock Stars all over the world.** 🥰

Today my aim is to make **Chinese medicine easy to grasp and fun to learn for EVERYONE.** I offer online continuing education courses on my website for practitioners. I also create fun graphics and videos available through social media, and I keep growing my website's **TCM resource page** regularly with case studies and treatment protocols.

I created **TCM Treatments Made Easy** by popular demand. With this third book, I wanted to make sure you would have **a guide** to treat your patients and get a successful outcome! I have put my passion for Chinese medicine and its intricate methods into creating this digital PDF. I am excited for you to read and **benefit from its content.** ❤️

- The **PDF allows you to search** by disorders, symptoms and much more!
- You have **access to many short video** links throughout the PDF.
- I also have included **case studies along with my clinical experience.**



TCM Treatments Made Easy has been a labour of love, but wouldn't exist without you! You made this book possible. You have been **my source of inspiration and my virtual companion** for years. You have allowed me to pursue my love for teaching TCM. I am so grateful to you. 💜

Organizing this book was not a simple task, because these TCM treatments address common symptoms (such as nausea, headaches, etc), but also disorders (such as arthritis, dysmenorrhea...). I ended up **mostly categorizing each chapter into a western pathological system** (such as gynecology, digestive issues, etc). Please refer to the Table of Contents to find symptoms or disorders.

Many practitioners and students constantly ask me how I treat certain disorders/symptoms, and I always answer the same way: it depends on your TCM diagnosis for each patient! With this book I wanted to give you a “made easy” **guide to treat the most common disorders/symptoms**. But I also want to remind you to **always follow each patient's diagnosis**, and then use my tables of treatments for each pattern as an aid.

For each disorder/symptom, I have included the most common patterns with their **basic acupuncture points and basic Chinese herbal formulas**, as well as other treatment options such as **ear points, cupping, moxa and diet recommendations**.

Keep making an impact by changing lives, one patient at a time.

YOU are a healer, a guide, a teacher, and above all a **TCM rock star!** ✨



Clara
TCM Geek

AcuPro Academy Useful Links:

- **TCM Resources**
- **TCM Online Courses**
- **TCM Treatments Video Links**

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- Pregnancy: Morning Sickness
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Women's Disorders (cont'd)

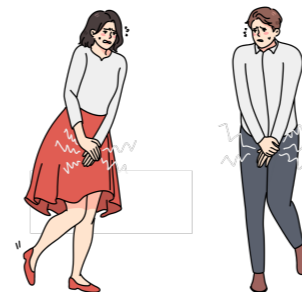
- Postpartum Persistent Lochia
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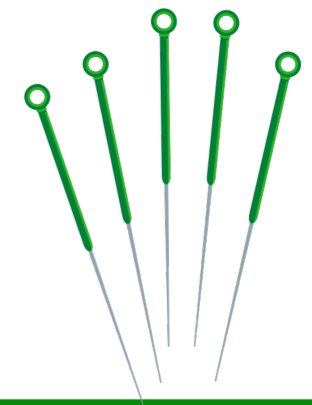
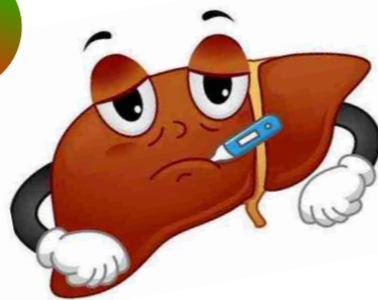


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Basic TCM LIVER Patterns Treatments

1

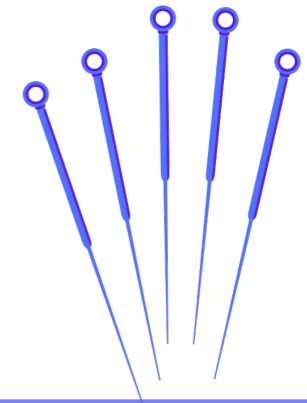
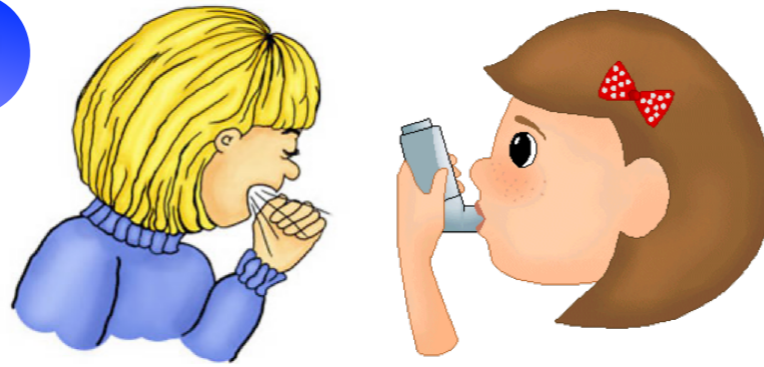


Patterns	Symptoms	Herbal Formula	Acupuncture
Liver Qi Stagnation	Rib pain, sighing, mood swings, nausea, sour taste, acid reflux, belching, feeling of a lump in throat, PMS (breast distention, cravings, irritable). P: wiry T: normal	<i>Chai Hu Shu Gan San</i>	<i>LV 3, GB 34, PC 6, LV 14, REN 17</i>
Liver Yang rising	Temple headaches, angry, dizziness, tinnitus, dry mouth & eyes, insomnia, red face. P: wiry-rapid, T: red sides	<i>Jia Wei Xiao Yao San</i>	<i>LV 2, LV 3, GB 34, LI 4</i>
Liver Fire	Temple headaches, very angry, red face & eyes, bitter taste, thirst, constipation, dark urine, dizziness, tinnitus, nosebleeds. P: wiry-rapid, T: red sides & a yellow coat	<i>Long Dan Xie Gan Tang</i>	<i>LV 3, LV 2, GB 34, GB 43, KD 1, ST 44</i>
Damp Heat in Liver	Fever, scanty dark urine, yellow face & sclera, jaundice, nausea, vomiting, bloating, itchy & yellow discharge from vagina, swollen & red scrotum. P: slippery-wiry-rapid, T: red with a greasy yellow coat	<i>Da Chai Hu Tang</i>	<i>LI 11, LV 3, LV 5, GB 34, SP 9, LV 14</i>

SAMPLE ONLY

Basic TCM LUNG Patterns Treatments

2



Patterns	Symptoms	Herbal Formula	Acupuncture
Phlegm Cold in Lung	Coughing with lots of white watery phlegm (aggravated by exposure to cold), dizziness, feeling fullness & cold in the chest, cold hands. P: slippery slow, T: swollen & a greasy white coat	<i>She Gan Ma Huang Tang</i>	<i>LU 5, LU 7, REN 17, BL 13, LU 1, ST 40 & Moxa</i>
Phlegm Heat in Lung	Barking cough with profuse, yellow-green & thick smelly mucus: short of breath, asthma & stuffiness in chest area. P: slippery rapid and full T: red with yellow & greasy coat	<i>Qing Qi Hua Tan Tang</i>	<i>LU 5, LU 7, LU 10, LU 11, LU 1, BL 13, ST 40, REN 17</i>
Phlegm Fluid in Lung	Coughing, splashing sound in chest area, short of breath, vomiting, white-watery-frothy sputum, chilliness. P: weak, slippery & floating. T: greasy white coat	<i>San Zi Yang Qin Tang</i>	<i>LU 5, LU 9, REN 17, BL 13, ST 40, SP 9, ST 36, LU 1</i>
Lung Dryness	Dry cough, dry skin, dry throat & mouth, thirst. P: thin body, T: dry and cracked	<i>Mai Men Dong Tang</i>	<i>No AcuPoints. Eat high water content foods</i>

SAMPLE ONLY

Warm Diseases - The 4 Levels



Wen Bin in Chinese

- **Definition:** diseases that are due to Wind-Heat invasion affecting the 4 Levels.

The 4 Levels (in order from most surface to deepest) are:

Wei level (superficial, skin & muscles), **Qi level** (LU, ST, LI), **Ying level** (Nutritive Qi) & **Blood level** (HT, PC). With each level the pathogens penetrate the worse the disease gets.

- **Western common disorders:** pandemic (Avian flu, H1N1, Covid-19), epidemic febrile diseases, pneumonia, bronchitis, dysentery, and meningitis.

- **Treatment options:** bleeding ear apex, cupping DU 14.





Warm Diseases



Patterns	Symptoms	Herbal Formula	Acupuncture
Wei Level	Acute fever & very mild chills, sore throat, frontal headache, mild sweats, thick yellow nasal mucus. T: yellow coat, P: floating-rapid	Yin Qiao San (if severe sore throat add Ban Lan Gen)	DU 14, BL 12, BL 13, LI 11, LI 4, SI 5, LU 5, LU 7
Qi Level affecting Lung	Cough with sticky yellow-green mucus, fever, dry mouth, sweating. T: red tip with a yellow coat, P: rapid	Ma Xing Shi Gan Tang	LU 5, LU 6, PL 13, DU 14, LU 7
Qi Level affecting ST & LI	High fever with profuse sweats, constipation, irritability, bleeding gums. T: red with a dry yellow coat, P: rapid-big	Bai Hu Tang Da Cheng Qi Tang	LI 11, LI 4, ST 37, ST 44, ST 25
Ying Level	High fever which is worse at night, irritable, restless, insomnia, delirium, skin rashes. T: red dry, P: thin-rapid	Qing Yin Tang	PC 3, PC 9, LI 11, DU 26, PC 7, HT 7
Blood Level	High fever with rashes all over the body, nosebleeds, convulsions, delirium. T: crimson, P: thin-rapid-weak	Xi Jiao Di Huang Tang	PC 3, BL 40, DU 26, LI 11, bleed Shi Xuan

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ASTHMA





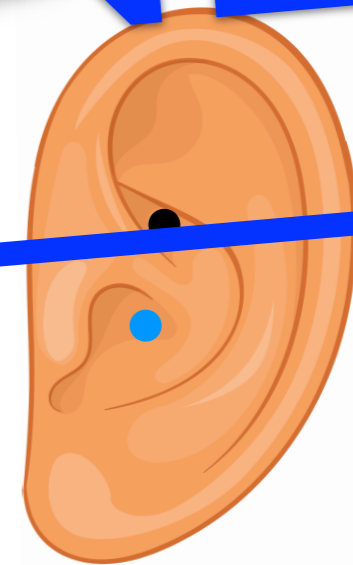
Xiao Chuan in Chinese

- **Definition:** breathlessness, congestion and/or constriction in the chest area (with inspiration difficulty). It may be acute or chronic, and often occurs in the background of other chronic disorders.

- **Characteristics:** episodic obstructive lung disorder with narrowing of the large & small airways due to spasm of the smooth muscles of the bronchi. Also leads to mucus production.

- **Symptoms:** wheezing; dyspnea; tight chest; after attacks the patient may cough profuse phlegm

- **Treatment options:** diet is very important (no cheese , ice cream , sugars or high saturated fatty foods). Ear (LU, KD).



LU

KD



Asthma - Excess



Patterns	Symptoms	Herbal Formula	Acupuncture
Wind Cold invade Lung	Acute & initial stage of asthma, panting with rales sounds occurring when exposed to cold, cannot breath if laying flat, chest oppressed, white-clear foamy phlegm, cold upper back, blueish face, aversion to cold, no thirst, sneezing, headaches. T: white tongue coat, P: floating-tight	Ma Huang Tang	DU 14, BL 13, LU 7, REN 22, Ding Chuan, LI 20, ST 40, REN 12, ST 36, LU 5
Wind Heat invade Lung	Acute episodes of sneezing & panting, itchy throat, flaring nostrils, coughing thick yellow phlegm (difficult to expectorate), sweating, fever, thirst, chest oppression. T: thin-yellow coat, P: floating-rapid	Ma Xing Shi Gan Tang	DU 14, LI 4, BL 13, LU 5, REN 22, Ding Chuan, REN 17, ST 40, LU 10, ST 36
Exterior Cold & Interior LU Heat	Acute episodes of wheezing & panting, chest oppression, fever, aversion to cold, body aches, thirst, profuse phlegm. T: white-yellow coat, P: rapid-tight	Ding Chuan Tang	DU 14, BL 13, ST 44, LI 4, REN 22, SJ 5, Ding Chuan
Phlegm in the Lung	Wheezing & panting, gurgling phlegm sounds, thick white phlegm that's hard to expectorate, suffocating feeling, nausea. T: greasy-white coat, P: slippery	Er Chen Tang & San Zi Yang Xin Tang	DU 14, BL 13, ST 36, ST 40, REN 22, PC 6, Ding Chuan
Phlegm Heat	Hoarse panting with loud rales in throat (when exposed to heat), cough thick-sticky-yellow phlegm, flaring nostrils, fever, dry throat, thirst, red face, dark urine, constipation. T: red with a greasy-yellow coat, P: slippery rapid	San Bai Pi Tang	DU 14, BL 13, ST 44, ST 36, ST 40, LU 10, REN 22, Ding Chuan

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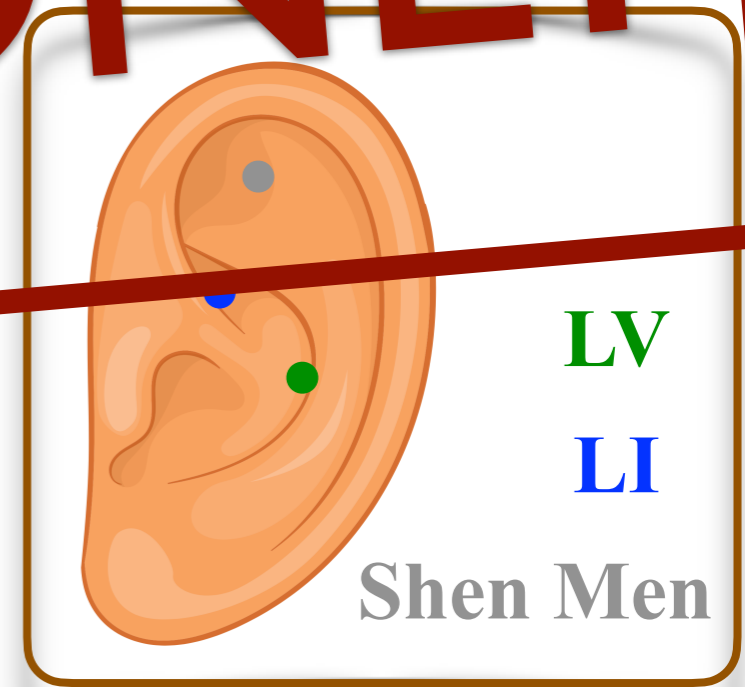
Constipation



Bian Bi in Chinese

- **Definition:** difficulty passing stools, and/or prolonged intervals between bowel movements. Daily bowel movement is essential for health.
- **Causes:** emotions, stress, diet, drugs, illness, lack of exercise.
- **Western common disorders:** constipation may be a symptom of the following diseases: depression, anxiety, anorexia, diverticulosis, hypothyroidism, colon cancer, IBS & more
- **Treatment options:** ear (LI, LV, Shen Men), diet (fibre, hydration, lubrication), lifestyle (exercising), and abdominal massage.

SAMPLE ONLY





Constipation ¹



Patterns	Symptoms	Herbal Formula	Acupuncture
Large Intestine Heat	Chronic constipation with hard dry stools, red face, bad breath, scanty dark urine, thirsty, irritable. T: red with a yellow coat, P: slippery-rapid	Ma Zi Ren Wan	SJ 5, ST 25, SP 15, ST 44, LI 11, LI 4, ST 37, ST 36
Yang Ming Syndrome	Constipation with smelly dry stools, bloated, sweating, thirsty. T: red with a dry yellow coat, P: big-rapid	Da Cheng Qi Tang	ST 25, LI 11, ST 44, SJ 5, ST 37
Food Stagnation	Constipation alternating with smelly diarrhea, nausea, gas, belching, acid reflux. T: thick greasy coat, P: slippery	Jia He Wan	ST 25, SJ 5, ST 37, GB 34, REN 12
Liver Qi Stagnation	Constipation with feeling of incompleteness after a bowel movement (worse when stressed or at PMS time), lots of gas, bloating (better after bowel movement), irritable, depressed, belching, sighing, frequent rib pain, PMS symptoms. P: wiry	Shu Gan Wan or Chen Xiang Hua Qi Wan	ST 25, SJ 5, ST 37, GB 34, LV 3, LI 4, LV 14
Phlegm	Chronic constipation, mind is more clear after bowel movement (which has mucus in stools), poor concentration, heavy limbs, foggy head, greasy scalp & skin, fatigue, sleepy, dizziness, sinusitis. T: thick greasy coat, P: slippery	Er Chen Wan or Tan Bi Tang	ST 25, SJ 5, ST 37, ST 40, GB 34, REN 12, LV 3, ST 36, PC 6

SAMPLE ONLY



Constipation

2



Patterns	Symptoms	Herbal Formula	Acupuncture
Blood Deficiency	Constipation with dry pebble stools, dry skin & hair, pale nails/face/lips, poor memory, insomnia, dizziness, anxiety, numb limbs. T: pale, P: thin-choppy	Run Chang Wan	REN 12, ST 36, ST 37, SP 6, ST 25, REN 6
Qi Deficiency	Constipation with difficulty passing stools, fatigue after bowel movement, short of breath, day sweating, weak voice, pale face. T: pale with sunken marks, P: weak	Huang Qi Tang	ST 25, REN 12, SP 15, SP 6, ST 36, REN 6
Yin Deficiency	Constipation with dry, small, peep-like stools; dry mouth; hot center chest; night sweats; dizziness; red cheeks; insomnia. T: red with cracked & scanty coat, P: thin-rapid	Zheng Ye Tang	ST 25, ST 36, SP 6, KD 6, KD 3, BL 18, BL 23
Yang Deficiency & Internal Cold	Constipation with difficulty passing stools, bowel movement is loose, exhausted after bowel movement, cold body & feet, edema, abdominal pain (better with warmth), lower back pain, clear long stream urine. T: pale swollen with a wet coat, P: deep-slow	Ji Chuan Jian	ST 25, ST 36, SP 15, REN 4 (moxa), BL 23, BL 25, BL 20, SP 6

SAMPLE ONLY



Neurological Disorders - Symptoms



This chapter includes disorders/symptoms affecting the **central nervous system**. However, some are also **sometimes qualified as autoimmune** (like chronic fatigue syndrome).

It's important to always **look at the root cause** - which often can be emotional trauma, weak Essence or long standing stress - and address it.

Most of these symptoms/disorders are **not easy to fix** and can take a while before we see any improvement. However, patients should see some changes (even small ones) within 2 to 3 sessions of acupuncture, and even faster when combined with lifestyle changes and herbal formulas.

**Tinnitus Case
Study Video Link**

**Chronic Fatigue
Video Link**



Tinnitus



Er Ming in Chinese

- **Definition:** ear ringing, referring to any buzzing sound in one or both ears. **Causes:** Kidney Essence declining, pathogens, and emotions.

- **Western common disorders:** wax buildup, acute otitis perforated drum, Meniere's disease, tumours, drug use (cannabis, alcohol, tobacco, quinine, etc), high blood pressure, anemia, altitude sickness 🤢, aneurysm



- **Treatment options:** ear (LV, GB, Ear, Inner Ear).



Tinnitus 1



Patterns	Symptoms	Herbal Formula	Acupuncture
Liver Qi Stagnation	Mild tinnitus that comes & goes and is worse with emotional stress; is better with rest; anxious; headaches; teeth grinding; mild dizziness, IBS, moody, depressed; PMS. P: wiry	Xiao Yao San	SJ 21, GB 2, SJ 17, EV 5, LI 4, GB 20, Yin Tang
Liver Fire	Sudden tinnitus (high pitch & short in duration), related to anger or alcohol, ear pain, red face & eyes, insomnia, rib pain, constipation, bitter taste, temporal headaches. T: red with redder sides & a yellow coat, P: wiry-rapid	Long Dan Xie Gan Tang	SJ 21, GB 2, SJ 17, EV 2, GB 34, GB 20, SP 40, ID 1, Yin Tang
Phlegm Fire	Tinnitus with cicadas sound, ear pressure, heavy head, bitter taste, nausea, poor appetite, coughing yellow phlegm, insomnia with dreams. T: red with a greasy-yellow coat, P: slippery-rapid	Qing Qi Hua Tan Tang	SJ 21, GB 2, SJ 17, ST 10, GB 20, LI 4, PC 6, ST 44
Blood Stasis	Persistent tinnitus, dark ear discharge mixed with wax, spider veins on neck & face, chronic headaches, dark circle under eyes, dizziness. T: purple with purple dots, P: choppy	Tong Qiao Huo Xue Tang	SJ 21, GB 2, SJ 17, SP 10, BL 17, GB 20, GB 34, SP 6

SAMPLE ONLY



Tinnitus

2



Patterns	Symptoms	Herbal Formula	Acupuncture
Liver & Kidney Yin Def.	Gradual & progressive tinnitus (low pitch) which is worse at night, when fatigued, or after ejaculation; dizzy; poor memory; lower back pain. T: red with a scanty coat, P: thin-rapid	Er Long Zuo Ci Wan	SI 19, KD 3, KD 7, KD 6, BL 23, BL 18, SP 6
Kidney Yang Deficiency	Gradual & progressive tinnitus (low pitch), impotence, loss of libido, cold limbs & body, frequent urination, diarrhea. T: pale swollen & wet coat, P: deep-weak-slow	Jin Gu Zhi Wan	SI 19, ST 36, P 6, BL 23, BL 62, + Moxa REN 4 & DU 4
Spleen Qi Deficiency & Damp	Tinnitus (low pitch, like ocean waves) that's worse with fatigue or upon waking up; bloated; poor appetite; diarrhea; heavy legs. T: pale with teeth marks & a greasy coat, P: slippery-weak	Bu Zhong Yi Qi Tang	SJ 21, SJ 17, SI 19, ST 36, SP 6, SP 9, GB 20, REN 12
Qi & Blood Deficiency	Chronic tinnitus that comes & goes (worse with fatigue), dry hair & skin, dizziness, insomnia, fatigue, pale face/lips, blurred vision. T: pale, P: thready-choppy	Shi Quan Da Bu Tang	SJ 21, SJ 17, SI 19, ST 36, SP 6, REN 6, BL 17

SAMPLE ONLY



Pain

Disorders - Symptoms



This chapter is probably going to be your favourite, because in general, we see a **lot of patients with pain issues**.

This is when you can use all the TCM tools to help each patient with pain (acute or chronic). I often do Tui Na, electro stimulation, moxa and/or cupping alongside my needling.

When it comes to **acute pain** disorders/symptoms, it's recommended to treat as soon as possible (the same day would be fantastic!).

The longer we wait, the slower the response.



[Acute Pain
Video Link](#)



Lower Back Pain

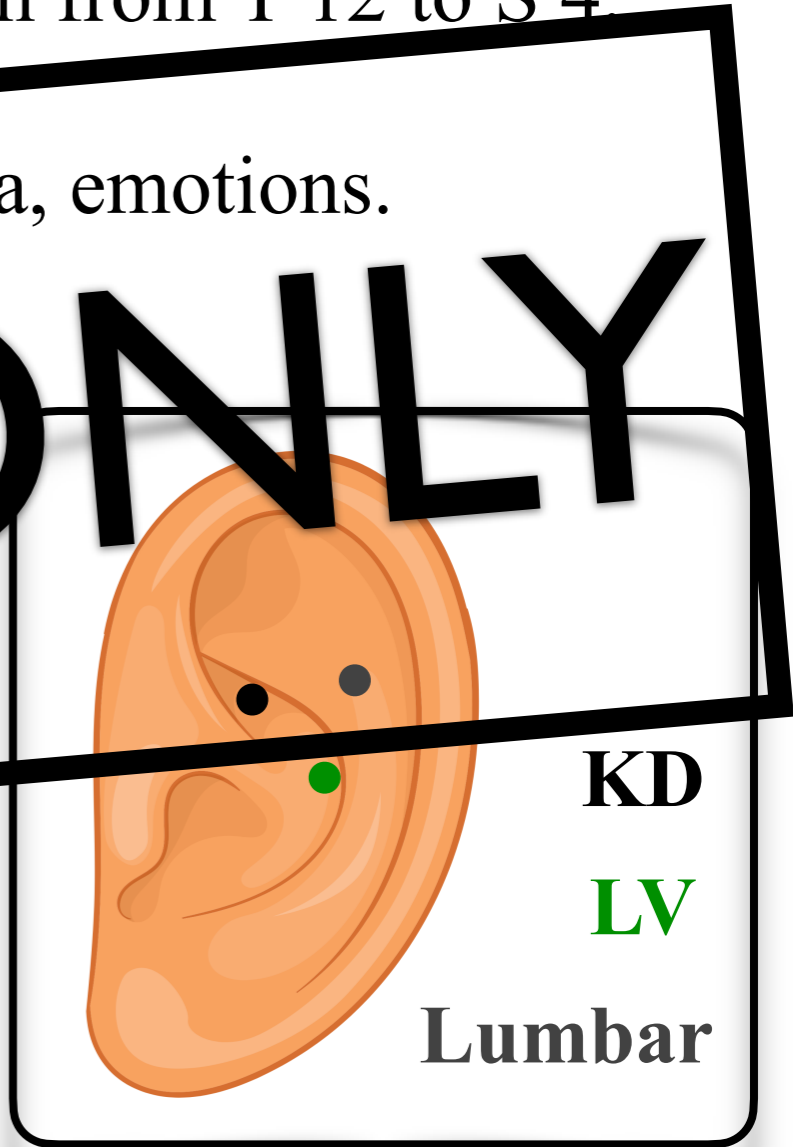


Yao Tong in Chinese

- **Definition:** lower back pain encompassing pain from T 12 to S 4
- **Causes:** pathogens, weak TCM Kidney, trauma, emotions.

- **Western common disorders:** kidney stones, pelvic inflammation, sciatica, fibromyalgia, disc herniation, osteoarthritis, gynaecological problems, kidney infection, rheumatoid arthritis...

- **Treatment options:** cupping, ear (KD, LV, Lumbar), and/or electro acupuncture on the area affected.





Lower Back Pain 1



Patterns	Symptoms	Herbal Formula	Acupuncture
Damp Cold	Acute lower back pain (feels cold), achy & heavy; severe pain radiating down the leg (worse on cold rainy days, improved with rest). T: greasy white coat, P: slow-slippery	Du Huo Ji Shang Tang	Yao Tong, BL 40, BL 22, GB 34, BL 60 + moxa DU 4
Damp Heat	Acute lower back pain; hot & swollen (pain worse during hot & humid weather, and is not improved by rest); irritable; thirst; dark scanty urine. T: greasy-yellow coat, P: soft-rapid	Jia Wei Er Miao San	Yao Tong, BL 40, BL 22, GB 34, BL 60, DU 14
Wind Damp	Acute lower back pain; achy & heavy & stiff; heavy body; headaches; mild fever & chills. T: greasy coat, P: floating	Qiang Huo Sheng Qi Tang	LI 4, LU 6, ST 36, GB 20, Yao Tong

SAMPLE ONLY



Lower Back Pain 2



Patterns	Symptoms	Herbal Formula	Acupuncture
Blood Stasis	Sharp, piercing, fixed lower back pain (worse with pressure); difficult & painful to move (worse during evenings); not affected by weather. T: purple, P: choppy	Huo Luo Xia Ling Dan	SP 10, BL 17, SP 6, LI 4, LV 3, GB 34, BL 40, Yao Tong
LV Qi Stagnation	Lower back pain radiates to rib area (worse with emotional stress); distending, moving pain; headache; hoody. P: wiry	Tian Tai Wu Luo San	LV 3, LI 4, GB 34, BL 14, Yao Tong
SP Qi Deficiency & Damp	Chronic heavy & achy lower back with poor muscle tone; overweight; poor posture; heavy limbs; loose stools; fatigue. T: pale with a greasy coat, P: weak-slippery	Bu Zhong Yi Qi Tang	ST 36, SP 6, SP 9, BL 20, BL 40, GB 34, Yao Tong
KD Qi towards KD Yang Deficiency	Chronic lower back pain that is dull & constant (better with massage & warmth, but worse during cold days, exertion or sexual activity); weak knees; poor digestion. T: pale, P: weak	Jin Gui Shen Qi Wan	Yao Tong, BL 40, BL 23, BL 20, DU 4, GB 34, KD 6

SAMPLE ONLY



Mental Disorders



According to TCM classics, **emotions are responsible for 70% of chronic disorders** (including physical issues). Emotional trauma and long standing emotional stress may lead to a mental disorder.

Many patients may come to see an acupuncturist for fertility support, but they also suffer from years of anxiety. It is very important to **address the emotional aspect, in order to have any success** with the physical problem.

In TCM, invisible **Phlegm affects the brain** and can create mental health issues. In my practice I **always needle ST 40** (the best AcuPoint for any kind of Phlegm) on patients who have any mental health disorder.

**My Free
Mental Health
Course Link**



Restlessness

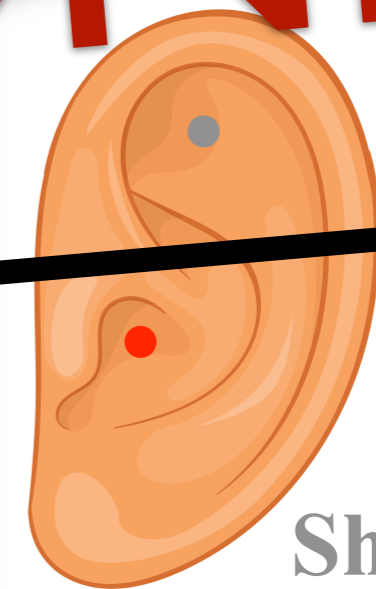
Bu An Jing in Chinese



- **Definition:** restless mind or body, annoyed, cannot sit still, and cannot relax.

- **Causes:** alcohol, caffeine, drugs, acute or chronic illness, acute high fever, and stress.

- **Treatment options:** ear (HT, bleed ear apex if excess Heat, Shen Men). Also yoga , meditation & Qi Gong.



HT

Shen Men



Restlessness

1



Patterns	Symptoms	Herbal Formula	Acupuncture
External Cold & internal Heat	Restless body, cannot sit still, agitated mind, body aches, fever, chills, no sweating, headaches, slight thirst. T: thin with a white coat, P: floating-rapid	Da Qing Long Tang + Dan Dou Chi	LI 4, LI 11, BL 13, DU 14, HT 8
Yang Ming Heat	Very agitated mind & restless body, high fever, sweating, coarse breathing, thirsty, constipation, abdominal pain, delirium. T: red with a yellow coat, P: big-rapid	Bai Hu Tang + Dan Dou Chi, Zhi Zi & Da Huang	LI 4, LI 11, SJ 5, ST 37, ST 44, ST 36
Shao Yang Fire	Agitated mind, restless body, alternating chills & fever, rib pain, bitter taste, dark urine. T: red sides with a yellow-white coat, P: wiry-rapid	Xiao Chai Hu Tang + Long Gu, Mu Li	DU 14, GB 41, GB 43, PC 5, HT 7, LV 14

SAMPLE ONLY



Restlessness 2



Patterns	Symptoms	Herbal Formula	Acupuncture
Blood Heat	Agitated mind, insomnia, fever (worse at night), manic if severe, skin eruptions, bleeding (nose, urine or stools). T: crimson, P: thin-rapid	Qing Xin Tang + Huang Lian	KD 1, LI 11, HT 8, PC 8, LI 4
Phlegm Fire	Agitated mind, heat in chest area, spitting sticky phlegm, scratchy throat, heavy headache, vertigo, bloating, nausea, scanty urine. T: red with a greasy yellow coat, P: slippery-rapid	Huang Lian Wen Dan Tang	ST 44, HT 8, LI 11, DU 14, ST 40, SP 9, REN 12
LV Qi Stagnation turns to LV Yang rising	Constant irritability, bitter taste, rib pain, irregular menses & PMS, temporal headaches. T: red with a yellow coat, P: wiry-rapid	Dan Zhi Xiao Yao San	LV 3, LI 4, LV 2, ST 36, LV 14, GB 20

SAMPLE ONLY



Restlessness

3



Patterns	Symptoms	Herbal Formula	Acupuncture
HT Fire	Agitated mind & restless body; palpitations; insomnia; urgent, painful, dark urine; mouth sores. T: red with a redder tip, P: full-rapid	Dao Chi San + Huang Lian & Hu Po	PC 8, HT 8, ST 39, REN 3, REN 5
KID & HT Yin Deficiency	Agitated mind & restless body, insomnia, palpitations, dreams a lot, lower back pain, 5-centre heat, red cheeks, dry mouth, tinnitus. T: red & a scanty coat, P: thin-rapid	Huang Lian E Jiao Tang	HT 6, KD 7, KD 3, KD 2, SP 6, BL 23, BL 15
Blood Stasis & Heat	Agitated mind, purple lips/nails, chest & abdominal pain (feels worse at night), feels hot in chest, varicose veins. T: purple with yellow coat, P: choppy-rapid	Si Wu Tang + Huang Qin & Huang Lian	SP 10, BL 17, HT 7, PC 6, REN 17

SAMPLE ONLY



Women's Disorders



This is the biggest chapter in this book, as I have included the most common disorders/symptoms affecting the **woman's reproductive system**, including menses issues, premenstrual syndrome, pregnancy and menopause.

According to TCM foundation, **women are more Yin** and men are more Yang. Women are affected more by TCM Blood patterns, therefore we **use points from the Spleen, Liver, Heart and Kidney meridians** a lot more. Because the 8 Extraordinary Vessels circulate Essence, we often use their points as well to balance reproductive hormones.

If you're stuck and can't figure out the TCM diagnosis for a female patient, here's a **basic acupuncture point combination** that will lead to great results:

LU 7 (R), KD 6 (L), PC 6 (L), SP 4 (R)



**My Free
Gynecology
Course Link**



Early Period 1



Patterns	Symptoms	Herbal Formula	Acupuncture
SP Qi Deficiency	Pale & diluted blood, short of breath, loose stools, fatigue, bloated after meals, poor appetite. T: pale, P: weak	Gui Pi Tang (if anxiety) or Bu Zhong Yi Qi Tang (if very fatigued)	ST 36, ST 40, DU 20, REN 12, REN 4, REN 6, BL 20
KD Qi Deficiency	Pale diluted & very watery blood; lower back ache; dizziness; frequent urination. T: pale-swollen, P: deep-weak	Gui Shen Wan or An Tai Wan (if Cold signs)	LU 7, KD 6, KD 3, KD 7, BL 23, BL 20, ST 36, DU 20, REN 4, REN 6
LV & KD Yin Deficiency	Scanty period, deep red & thick blood, dizziness, red cheeks, tinnitus, 5 centre heat, night sweats. T: red with a scanty coat, P: thin-rapid	Liang Di Tang	LU 7, KD 6, KD 3, KD 2, REN 4, SP 6, LV 8

SAMPLE ONLY



Early Period 2



Patterns	Symptoms	Herbal Formula	Acupuncture
Heat in Blood	Heavy period with bright, red blood; anxiety, irritable; red face; thirsty; dark urine. T: red with a yellow coat, P: wiry-rapid	Qing Jing San or Long Dan Xie Gan Tang (if Damp signs)	LI 11, SP 10, BL 17, SP 8, LV 2, KD 2, SP 6, REN 4
LV Qi Stagnation & Heat	Heavy period with dark, small clots; abdominal pain; breast distention; irritable; bitter taste; dry throat. T: red with redder sides, P: wiry-rapid	Dan Zhi Xiao Yao San	LV 2, LV 3, LV 14, LI 11, SP 10, SP 8, SP 6, REN 4
Blood Stasis	Scanty or spotting period, dark clots with cramping pain when passing the clots. T: purple, P: choppy	Tao Hong Si Wu Tang	SP 10, SP 6, LV 3, SP 8, REN 4

SAMPLE ONLY



Acne



- **Definition:** chronic skin condition affecting mostly teenagers, although it affects people of all ages. Includes pimples, blackheads & whiteheads forming around hair follicles, which may contain pus and be painful. Located mostly on the face, upper back or chest. Depending on its severity, acne can cause emotional distress and scar the skin.

- **TCM causes:** diet, stress, drugs, medication side effects, hormonal changes (pregnancy, menses, etc).

- **Treatment options:** Jin Huang Cao paste (apply to skin and let it dry out overnight). Addressing diet is key: avoid all processed foods 🍔, sugar 🍬 and alcohol 🍸.



Acne

1



Patterns	Symptoms	Herbal Formula	Acupuncture
LU Heat	Hot & painful, red pimples, red face, environmental allergies, coughs easily. T: red with a yellow coat, P: full-rapid	Pi Pa Qing Fei Yin + Pu Gong Yin	LU 5, LI 11, LU 7, LI 15, ST 44
SP Qi Deficiency + Phlegm & Damp	Pale pink eruptions, deep nodules with oozing fluxes (thick or watery) painful & will leave a scar if picked at, loose stools, fatigue, bloated, heavy head. T: pale with a greasy coat, P: slippery	Sheng Ling Bai Zhu San + Hai Zao Yu Hu Tang	SP 6, SP 9, ST 40, LI 4, ST 36, LV 3, REN 9
ST Heat & LI Damp Heat	Very red, painful & swollen pimples with pus; oily skin; constipation; dark urine; acid reflux; heart burn. T: red with a greasy yellow coat, P: slippery-rapid	Yin Chen hao Tang	ST 36, ST 37, LI 11, LI 15, LI 4, ST 25, SP 9

SAMPLE ONLY

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