

## “GOOD POINT, SORE POINT”

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Good Point: S.J. 2, Yemen

What do you like about this point?

This is a Ying Spring point which clears heat in the body, and therefore, it is typically used for local pain, heat and swelling of the back of the hand, with contraction of the five fingers (DePuytren’s Contracture).

The San Jiao channel ascends and enters the ear and the outer canthus of the eye, and typically points on the channel are used to treat tinnitus, deafness, earache and dry eyes. Because this channel ascends to the head and face, and clears heat, SJ 2, Yemen, works remarkably well in addressing Shen disturbances, palpitations and emotional imbalances.

When do you typically make use of it?

This is also the Water point of the Fire channel and it is extremely effective in bringing fluids to the face and head, which cools and moistens this area of the body. I choose this point when treating patients who have red faces and eyes, are agitated and dry, nervous, with palpitations, fright, or mania, and who have problems breathing freely. The San Jiao exterior/interior relationship with the Pericardium, which wraps around and protects the Heart, contributes to psychospiritual imbalances. Yemen treats a patient who is unable to “go with the flow” and lacks fluidity in their life.

What techniques do you use to treat this point?

I often needle this point with the Yuan Source point of the Pericardium meridian, PC 7, Daling, which also addresses Shen disturbances. Daling is one of Sun Si Miao’s 13 Ghost Points, and it addresses heat that rises to disturb the spirit, and is effective in treating patients with epilepsy, agitation, insomnia, and more serious emotional imbalances.

This is a powerful combination; SJ 2, Yemen, cools and moisturizes the head, face and senses, and PC 7, Daling, clears heat from the Heart and calms Shen.

Would you combine this point with other treatment options?

Japanese magnets can be used on PC 7, Daling, to ensure that the meridian nerve is not damaged by improper needling of the point. You can also use sound medicine, resonating tuning forks on both Yemen and Daling simultaneously. Shen-disturbed patients tend to be hypervigilant, and other treatment modalities are essential, especially in the sensitive area of the wrist and hand.

Is there a special memory/story/effect that you relate to this point?

When I was teaching a seminar in San Francisco, CA, many years ago, I demonstrated on a woman who had red eyes, dry, cracked skin that looked like the desert floor, digestive

disturbances, and noticeable agitation, a history of insomnia, anxiety and emotional imbalance.

I integrated S.J. 2, Yemen, combined with PC 7, Daling, along with other constitutional and facial points, into my demonstration treatment. The patient slept for 1 hour after the conclusion of the demonstration, while the students were working on other patients around her ... when she awakened, her eyes were not red, her face appeared moist, she no longer had any digestive complaints or flatulence, and she felt calm and relaxed.

Sore Point: Lu 8, Jingqu

What kind of problems do you have with this point?

Lu 8, Jingqu, located 1 cun proximal to Lu 9, Taiyuan, is normally located by palpation in Japanese acupuncture. The skin is pinched in the area of the point, until the skin is too thick and cannot be grasped. This action can be painful for the patient, and I am often concerned that the patient will not then be receptive to the needling, if they are uncomfortable.

What do you expect from this point?

Lu 8, Jingqu, is a horary point, and Master point of the Lung. It is a Jing River point, which addresses cough, asthma, and fullness of the chest, among other symptoms. According to Japanese acupuncture, it also stimulates circulation of Qi and blood, and transports oxygen throughout the body on a cellular level. It can be used after surgery, in treating post-operative scars and neuropathies. I have seen good results with excess Lung conditions, but I have yet to witness its effective in treating post-operative scars and neuropathies. However, the capacity to break up adhesions associated with scars with local needling is well documented.

Are you sure that you treated it the right way?

I am not sure. Perhaps I need to needle this point differently, or use moxa, magnets, laser or another modality.

What would you need so that it became a good point for you?

I would like feedback from other practitioners as to how they treat this point and what results they have achieved. Lu 8 is not needled with as much frequency in modern clinical situations as other Lung points; while I sense that it has value for oxygenating the tissues on a cellular level, and for treating post-operative scars and neuropathies, I haven't seen those results myself.

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