



ACUPUNCTURE MASTERCLASS - FREE OFFER

THE TOP 10 ACUPUNCTURE POINTS

Every Acupuncture Provider Needs to Know!

Acupuncture  Masterclass
.com

BE A BETTER ACUPUNCTURIST

ACUPUNCTURE MASTERCLASS UPDATES

ACUPUNCTURE POINT SELECTION MASTERY - ONLINE COURSE!

The Acupuncture Point Selection Mastery Course is finally here!

In this course, you will learn a simple **5 Step** process which takes all the guess work out of the Acupuncture point selection process. Pick more clinically relevant points faster and easier, get better clinical outcomes and be a better Acupuncturist!

HOW CAN I SIGN UP FOR THE COURSE?

If you want to take the Acupuncture Point Selection Mastery course, just visit www.AcupunctureMasterclass.com and look for the Online Course link! You will be taken directly to the course website where you can check out the FREE preview!

WHY ONLY 10 POINTS?

The top 10 points in this handout are from the popular Acupuncture Masterclass workshop - **The Top 40 Points**. A workshop where students learn the location, the actions and the common clinical pairings of the 40 most used points in Acupuncture!

This workshop is now being made into an online course! If you would like to be first on the list for **The Top 40 Points** course, be sure to stay tuned to future emails.

Enjoy the content below and thanks again for subscribing to Acupuncture Masterclass.

THE TOP 10 POINTS

LI4: HEAD, FACE, MOUTH POINT, STOPS PAIN (*PREG)

Location Tips: Split 2nd metacarpal in half, LI4 is just on the radial side of the midpoint of the 2nd metacarpal, just off the bone.

Common Mistakes: Don't be too close to the 1st metacarpal/thumb or too close to the web margin of the 1st and 2nd metacarpal (too radial).

Actions: Any issue on head, face, mouth, teeth, jaw
Good for most types of pain (releases endorphins)

Combo Points:

w LU7, TW5 - releases exterior (colds/flu etc.)
w LV3 - moves LV Qi stagnation

HE7: INSOMNIA, SLEEP, PALPITATIONS

Location Tips: At the most distal and dominant wrist crease on the radial side of the pisiform bone just radial to the flexor carpi ulnaris.

Common Mistakes: Incorrect choice of wrist crease or being on the ulnar side of flexor carpi ulnaris.

Actions: Calms mind, nourishes Heart Yin and Blood.

Combo Points:

w UB14 - Heart pain
w KD6 - Nourish Heart Yin
w ST36, CV4 - Nourish Heart Blood
w YinTang - Calm mind

PC6: NAUSEA, REBELLIOUS QI, MORNING SICKNESS

Location Tips: Located 2 cun from the dominant, distal wrist crease in between palmaris longus and flexor carpi radialis.

Common Mistakes: Failure to measure out the cun measurements from P3-P7 correctly.

Actions: Nausea/vomiting, treats chest pain, calms mind

Combo Points:

Available to Top 40 participants only!

LI11: UNIVERSAL HEAT CLEARING POINT, SKIN ISSUES

Location Tips: At the lateral end of the cubital crease when the arm is in full flexion. Or, between LU5 and the lateral epicondyle.

Common Mistakes: Often incorrectly located between the lateral epicondyle and the lateral end of the cubital crease when in full flexion.

Actions: Clears heat, treats local pain (lat epicondylitis), stops itching/rashes.

Combo Points:

Available to Top 40 participants only!

THE TOP 10 POINTS

LV3: MOVES LIVER QI STAGNATION, BENEFITS LIVER

Location Tips: In the depression between the 1st and 2nd metatarsal bones.

Common Mistakes: Commonly found too distal or too proximal in the space. Look for the deepest “pool” and that is LV3.

Actions: Moves Liver Qi, Tonifies Liver Blood and Yin, Subdues Liver Yang, regulates menstruation, affects the genital region.

Combo Points:

Available to Top 40 participants only!

KD3: TONIFIES KIDNEYS, LOW BACK PAIN

Location Tips: Located midway between the tip of the medial malleolus and the posterior border of the Achilles tendon.

Common Mistakes: Be sure to have the foot in a neutral position so it is relaxed and not in an extended position.

Actions: Nourish KD Yin and Yang, Strengthens lower back, helps with cough, treats ear disorders.

Combo Points:

Available to Top 40 participants only!

SP6: NOURISHES ALL YIN, DYSMENORRHEA POINT (*PREG)

Location Tips: SP9 to the tip of the medial malleolus is 13 cun. Divide in half and in half again to be just above SP6 - 3 cun above the tip of the malleolus.

Common Mistakes: Commonly located too close to the bone and too superior. Point is comfortably behind the tibia.

Actions: Nourishes Yin for SP/LV/KD, tonifies Qi and Blood, moves Blood and Qi.

Combo Points:

Available to Top 40 participants only!

ST36: "ALL DISEASES CAN BE TREATED" - QIN CHENG-ZU (~1000CE)

Location Tips: 3 cun below ST35, one finger breadth from the crest of the tibia.

Common Mistakes: Commonly found too far lateral to the crest of tibia. Locate ST35 and ST41 and stay close to the line that those two points create.

Actions: Nourishes SP and ST, helps with any abdominal or digestive issue, any damp issue, ANY deficiency.

Combo Points:

Available to Top 40 participants only!

THE TOP 10 POINTS

CV4: TONIFIES QI, BLOOD, YIN AND YANG

Location Tips: Be sure to find the top of pubic symphysis and the middle of the umbilicus and locate CV4 2 cun above the pubis symphysis.

Common Mistakes: Commonly located too superior. CV4 is located fairly low on the abdomen, don't let the clothing keep you from being in the correct location.

Actions: Nourishes any deficiency, regulates menstruation.

Combo Points:

Available to Top 40 attendees only!

CV12: REGULATES THE MIDDLE, TONIFIES SP & ST

Location Tips: Be sure to locate the sternocostal angle above the typhoid and measure 8cun to the middle of the umbilicus. CV12 is the midpoint of this distance.

Common Mistakes: Incorrect identification of the sternocostal angle results in a CV12 which is too superior or too inferior.

Actions: All issues of ST and SP revolving around the epigastrium, reduces rebellious ST qi, tonifies SP.

Combo Points:

Available to Top 40 attendees only!

TAKE THE NEXT STEP TO **ACUPUNCTURE POINT SELECTION MASTERY!**

ONCE YOU COMPLETE THIS COURSE, YOU WILL BE ABLE TO:

- CHOOSE CLINICALLY RELEVANT POINTS **FASTER AND EASIER** THAN YOU EVER THOUGHT POSSIBLE
- ENJOY A **MORE EFFICIENT** ACUPUNCTURE PRACTICE
- CHOOSE POINTS FOR CASE STUDIES **BETTER THAN YOUR PEERS**
- ENJOY YOUR **DREAM PRACTICE** WITH MORE CONFIDENCE!

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