

Today we're going to talk about all the collaterals and the connecting points that the collateral use.

They all correspond to the main meridian. But often it's called the 15 collateral. What's very interesting is in a lot of books, We're going to see 16 collaterals, but some books will say there are 15 collaterals.

So what I love about Chinese medicine is that there's different school of thoughts for many part of TCM. And if you remember, warm disease versus cold disease, like the Shanghan Lun. Versus the Wen Bing Xue, my Chinese pronunciation, don't quote me on that, but the six stage versus the four levels, right?

Some school of thoughts that all disease come from cold invasion and some thought all disease comes from heat invasion. So 16 or 15, I'm going to talk about all 16, and then if you've been taught 15 a lot of school of thought will say there's 16 and not 15.

Their function is to reinforce the internal and external related meridian.

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I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks!

So first of all, they reinforce the yin yang connection meridian. Meaning the large intestine will reinforce the lung, and the lung will reinforce the large intestine.

So that's their first function. The collaterals, Carry yin qi. So yin as in nutritive qi. They carry nutritive qi. Because they are trying to buffer the space between the external part, which is the muscular and dermatome layer and the internal part with all the deeper meridian layers.

That's their function to really connect the external with the internal. they help expel pathogens from the internal, pushing it out to the external. And then emotionally, they help expel repressed, long standing emotions that we haven't dealt with, that we carry and we're not able to expel.

So a lot of time when you use some of the LUO collateral or LUO connecting point, you're going to trigger sometimes for people to cry or let those emotions out. So they are very

good at expelling because they're balancing the internal versus the external. Does that make sense? Hopefully. So that's the function of the 15 or 16, depending on which book you read, collateral.

And the LUO connecting points is where the point that is connected from the main meridians to The opposite, while the lung collateral is very short. It starts at lung 7, and it finishes at the index.

That's very short. So, most LUO points are going to be either at the ankle area, or the hand wrist area. But they connect and really reinforce the yin yang, externally, internally related meridian.

The LUO point is where the collateral starts, okay? So Lung 7 is a LUO connecting point, it's a LUO point. The Lung collateral starts at Lung 7, okay?

So it means that the LUO point is where the collateral starts.

And actually, what's really funny about Lung 7 is that Lung 7 is a point that's actually located when you think about it on the large intestine meridian. How about that? So it is the LUO point. It connects the Lung to the large intestine and it is actually located on the large intestine meridian, not on the lung meridian, right?

Like Lung 9, Lung 8, but then 7 is out of the way. It's more closer or in line with large intestine 5. Interesting, right?

So, lung 7 is the LUO point that connects to the large intestine, right? And large intestine 6 is the LUO point that connects to the lung. So, pairing them, as you can see, they're both on the wrist. Now, when you needle those, you don't have to needle both bilaterally on both sides.

You can do lung 7 on one side, large intestine 6 on the opposite side. That way, you don't have to. Overdo with too many needles. Works really well when you pair points that can really complement each other. Okay? So, Large Intestine 6 and Lung 7. Why would we combine them, right? Both of them are great for expelling pathogens.

So, If someone has an allergic reaction to whatever, the environment, food, , and they start to have a lot of swelling, and sometimes the swelling can be obviously, an emergency, and we have to go to hospital because we can't breathe.

the throat is shutting down. That's a different story. Emergency is number one, right? But if someone is starting to have a bit of an allergic reaction and they starting, their face starts to swell. I had a patient one time, her ear was swelling, maybe your wrist, your hand, your fingers starts to swell when you have an allergic reaction, but you're not hospital bound, right?

This is not an emergency. Large intestine 6 will Decrease the water or the swelling, the excess dampness that's accumulating. And Lung 7 will expel the pathogen. So between the two of them, they work really well for acute allergic reaction that creates swelling that affects the skin. Because that's their relationship, right?

It's on the skin. It's the external level.

So that's easy, pretty simple for those. So let's look at the next two, which I absolutely love, which is spleen 4 and stomach 40. So, those two points together, Spleen 4 and Stomach 40, are going to complement each other very well. two ways. So, spleen 4, luo, or connecting point, and stomach 40 first in balancing the digestive system, specifically when there is blood sugar imbalances.

So, for people that have tendency to, you have diabetes type 2. Of course, it's super important, to address the eating and change the eating habit and try to heal the gut.

But in the meantime, it's really good. I use that combination a lot during pregnancy to keep the levels of the blood sugar really good, specifically for women that have had history of gestational diabetes in previous pregnancy. It works super well. The second purpose that we can use those two is to calm the mind.

Remember we talked about the collateral are great to expel pathogens, but also to release emotions, right? So stomach 40 and spleen 4. Stomach 40 is one of the best points for anxiety. And spleen 4 is related to the chong vessel, which is the sea of blood vessel, right? Because it is a chong confluent point So it's really good when someone feels really overwhelmed and is getting anxious.

So Stomach 40 with Spleen 4 together is great for people that have been anxious for a long time, for many years. they'll say, Oh, I've had anxiety all my life. I get tools to manage it the best I can, but I have anxiety since I cannot remember, since being a child, right? So that's what we want to use them.

Someone has had anxiety for a long time, those two pairs, very good in releasing the emotional aspect that is connected to the anxiety. Does that make sense? So it's pretty

simple, right? But it's very powerful in clinical practice. I see that all the time. Let's look at the next pair.

So this is an interesting pair. Heart 5 and Small Intestine. 7 What I think is interesting is sometimes it's hard to connect the two, the heart and the small intestine. Their connection is a little bit tougher to understand, right?

Because the heart is all about the mind and the emotions. While, the small intestine is more about separating the clear from the turbid. It's in charge of fluid and separating the fluid and sending the turbid to the bladder and reutilizing the clear. So where's the connection there? Well, the connection is twofold.

It's emotional with the physical and it is separating. The good from the bad or the right from the wrong, right? Emotionally, when we can't see right from wrong because we're clouded, we're turbid mind, right? Separating the clear mind from the turbid mind and we don't see the right from wrong. Those two points are great to balance that.

So, heart 5 and small intestine. Are going to be useful one for physical and mental. Remember that's the connection. Cystitis, right, interstitial cystitis, which is an inflammation of the urethra, which often is misdiagnosed with bladder infection or UTIs, and eventually after a few times they realize, oh, it was not UTIs, it's cystitis, which sucks because then the person has taken a lot of antibiotics and depleted their immune system.

So that kind of is not fun. Having said that. If it is cystitis, those two points together, small intestine 7 and heart 5, work really well for cystitis. Because women that have had chronic cystitis, Yes, diet is super important but the number one is those people have had long standing emotion issues, anxiety, and insomnia.

Most cystitis patients have had anxiety and insomnia, which relates to the heart, right? Heart 5 is used for stuttering and stress speech issue. This is for people that can't voice what they want to say. They've stuck their emotions down and they're not voicing their emotions, right? And so that's a really good point to release those emotions that have been stuck for a while and address the small intestine seven for the issue that is the excess heat that is creating, showing in cystitis.

Does that make sense? So those two points are great when there is physical aspect, that is chronic inflammation, but that is coming from an emotional, long standing emotional issue.

By the way, if you have patients with cystitis, it's really important that they, avoid food high in oxalate, okay? Food that are high in oxalate, like spinach, like potatoes are going to make it

worse. Even though spinach is good for you, it's probably not going to work very well for people that have cystitis.

Okay, so now we'll get to Kidney 4 being the LUO connecting point and Bladder 58.

Kidney 4 and Bladder 58, so of course the kidney and the bladder have a relationship where they reinforce each other specifically when it comes to LUO. to eliminate water and, you know, the diuretic effect of water.

Kidney four and bladder 58 are going to be very useful when there is kidney stone pain. It is not going to help in, you know, getting rid of the kidney stones. You still have to pass those, but kidney four and bladder 58 together, when there's a lot of pain in the kidneys that radiates. due to kidney stones Those are great way to put them together for that perspective.

That's the physical aspect. When it comes to the emotional aspect which is really interesting is looking at phobias. You know, the kidney and bladder are related to fear in Chinese medicine. And kidney four is a really good point for phobia. So you may have a phobia of spiders, but there's not many spiders around you.

Okay, no big deal. But what about if you have agoraphobia? You don't like to be around people. Or you have phobia of small space and you can't take an elevator. Or you have germ phobia.

When there are phobias, kidney four and bladder 58 are great to connect because phobias usually are longstanding. They've been there for a long time. So to release that phobia, this is a really good combination.

Pericardium 6 and Sanjiao5! 5, you've got to love Sanjiao 5 and PC6, okay. So here's the connection between the two, which I absolutely love. The connection between the two is... First of all, they're right opposite. They're the only LUO connecting point that are actually, you could put a needle through and come out, right?

PC6, whoop, come out to Sanjiao come out to PC6. I wouldn't do that, but what I'm saying is that they are exactly opposite. So they're very much yin and yang opposite. They have a relationship. One's in the back. One's in the front, okay? PC6 is a commander point of the chest.

Sanjiao 5 is going to follow the Sanjiao meridian when it goes to the shoulder and to the back and up, and then it goes up to the head. What's interesting about Sanjiao 5 and PC6 is

the middle of the chest. Front, PC6. Back, Sanjiao 5. This is a really good combination when people have a lot of tension and tightness, either or, together.

So, in the chest and in the middle of the scapula, at T5 area, right, between the two scapula. At T5, T6, T4, all that area of the chest in the back. This is the best combination when people that have a lot of anxiety, insomnia, and they're really tired and they're like, Oh, I have this pain between my shoulder blade, it's just driving me nuts.

That is Sanjiao 5. That's going to release that with PC6 because it comes from anxiety. So when there's anxiety and insomnia with a lot of tension in the chest or between the shoulder blade, that T5 area, this is the best combination. Again, it's physical and emotional and you release both of those.

Okay, let's look at liver 5. I love liver 5. Not as a LUO connecting point per se, but I love liver 5 when there is bladder infection after intercourse that often occurs with a lot of patients or external genitalia outbreaks. It works so well. You know what liver 5 is to me? It's dandelion.

Dandelion tea, or dandelion root, which is herbs, right? Pu gong yin in Chinese. Dandelion is really great for the same purpose. So I always like to look at herbs. And acupuncture points and their similarity. So for me in my head, liver 5 is the connection to dandelion. That's their connection. So that's how I see it. Liver 5 and gallbladder 37. Liver five is more for external genitalia issue. And you know why? Because the collateral liver 5 starts where the collateral of the liver starts, right? It starts at liver 5, where does it go? It goes up and wraps around the external genitalia.

That's why it's really good for any issue in that area. Isn't that interesting, right? So when you look at the collateral pathway, it will really tell you what's going on and how to utilize it. So... When it comes to gallbladder 37 and Liver 5 know, , liver and gallbladder are really good to move qi, because that's their connection.

They try to relax us, put us in a state of relaxation, so we can go, I feel good, not like, Urgh, I'm so tense, right? So we want to make sure that we are relaxed. So those two points are great when there is a lot of tension in the breast area. Specifically, so breast tenderness for women at P m s or if there is a lot of fibrocystic breast.

If there's a lot of fibrocystic breast, those two together work quite well, specifically when people are stressed and the breast tenderness is increased. At p M s when there's a lot of stress or the fibrocystic breast, the cyst in the breast are getting increased. with the amount of stress. This is a very good combination for that.

So we have REN15 and DU1, right? I have done DU1 on many patients. It works really well specifically for hemorrhoids. REN15 using REN 15 and DU 1, which are opposite yin yang meridian, right, are going to be really good prevention of Epileptic attack.

So DU 1 and REN 15 are great for epilepsy patients To try to prevent attacks. So to really balance the whole spine because remember this is essence, right? REN and DU are connected to essence.

So what we want to do is do those two points try to balance the spine, the brain, the whole essence perspective when it comes to epileptic attack. So it's a preventative measure, which works quite well.

So, it's really cool to see, because I don't have a lot of experience with it, personally, in my practice, but I know someone who does.

The next two are all about the spleen and stomach. The MAJOR LUO connecting point of the spleen and the MAJOR LUO connecting point of the stomach. So, they have regular LUO connecting point. Plus two major ones, the spleen and stomach, because spleen and stomach are the earth element and they are at the center of everything.

They are actually at the center of our being when you think about it, between our head and our toes. Our digestive system is at the center of our health and it is at the center of our body. The gut brain connection is not a myth. We are connected through our gut to our brain, our thinking, our thought.

It's really important to eat a really good diet for the body to be full of energy. Okay, so we said we have 15 or 16. All books are going to talk about the major LUO of the spleen. But some books may also talk about the major LUO point of the stomach.

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So let's finish off with the two major Luo. Collateral points. So the first one is spleen 21. So spleen 21, remember when we talked about the layers, so I'm gonna go back to the layers and then we'll go back to spleen 21.

When we talked about the layers, we said that the collateral were here, right, we go from the deep to the surface, to the skin, and the next region is the 12 muscular regions. So the spleen 21 is actually, and you know where it's located, right? It's on the 6th or 7th intercostal space in the midline on the lateral side, depending which one is more tender.

So spleen 21 is the connection of all the collateral, or the inside, because remember collateral connect the external and internal, to the next layer, the surface layer, which is the muscular region. And the reason I'm repeating this is because spleen 21 is the best point when there is muscular, chronic muscular pain, like fibromyalgia.

This is why when there is fibromyalgia. You can do trigger points and put points or acupressure or acupuncture points in all the area where the pain is. But you have to do Spleen 21 because it acts like a spiderweb of all the muscular region. It wraps around all the muscular region and affects all the muscular region.

So if there is... Really chronic muscle aches and pain, you have to do spleen 21. It wouldn't work if it was acute, but it's very good for chronic. So even people that have arthritis, you know, it's in the joints, but it affects the muscle around the arthritis. You want to put spleen 21 as well. So that's a really, really good point to add to the protocol when it comes to fibromyalgia.

I love spleen 21 for that perspective. And then there is the 16th one, so, the major LUO connecting point of the stomach. REN17 and Stomach18. This collateral again is very short. All collaterals are very short. So this collateral goes and starts at REN17 and finishes at Stomach18.

It's a very short collateral. It's right on the chest area, right? This collateral starts at REN17 and Stomach18. So it's really connecting The heart and the lung. The heart and the lung, right? The gathering qi, or the zong qi. Z O N G Zong qi is where our heart and lung qi is allowing us to breathe deeply and exhale, right?

When we take a big, deep breath and we exhale, c o two. A lot of things happen. The heart is involved, right, with all the capillaries, the oxygen goes through the blood and the veins, and then we exhale CO2. It's all intricate together, and we don't even think. We take a big deep breath, we exhale, and it's like magic.

But it involves two upper jiao organs that are fantastic in allowing us to breathe better, to feel relaxed in the chest. So, when do we use the stomach major luo collateral, which again is not just one point, it's two points on this one, it's very different. It's REN 17 towards stomach 18. So what we want to do is we want to do both points, needle both, the first one and the last one, when there is a lot of shortness of breath with palpitation and chest pain, right?

So for people that have lung and heart issue. It works really well to open the chest and allow both to connect. Does that make sense? So that's what we will use those two for. So we went through all the luo connecting points. I went pretty fast but I wanted to really look at the way We use them in clinical practice because I love the LUO connecting point in the collateral.

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