

I love to combine kidney 5 and spleen 8 for menstruation cramps. It works like a charm during the menstruation cycle when the pain is there, but also for preventative measures. Today I'm going to talk about the xi-cleft point. All 16 of them and how we can use each and every one of them in clinical practice to really enhance our treatment and the outcome of what we're trying to do with each of our patients.

Does that sound good? All right, let's do this!

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn. Hi, I'm your host Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

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

Have you ever been called special?

My mom when I was growing up was saying to me all the time. Oh my gosh, you're so special I don't know if it was good or bad. But in general I feel like in clinical practice we use a lot of these special points. Like the Back-Shu Front-Mu the xi-cleft points the Luo, the Yuan source qi, the influential points, right?

Those are the points we gravitate towards more because their function is so powerful. Now, it doesn't mean that we don't use the other point, but I feel like in practice we're going to use spleen six, for example, because it is a special point. Three meridian crosses spleen six, right? And it's the commander point of the hip.

We're going to use that more than spleen seven, for example, which is much more for pain locally. Makes sense, right? So I love the special points because we are all special. After all, we are all TCM rock stars.

By the way, if you haven't seen my video on the LUO connecting point or the ghost points, I'll have the link for you in the show notes because those are very, very popular. And again, the ghost points and the Luo connecting point, we use them so much in practice. All right. So now let's start with those xi-cleft points.

16 of them. 12 from the main meridians and 4 from the 8 Extra vessels. However, the only vessels that have xi-cleft points are the yin and yang wei and the yin and yang chao. So the

du, the ren, the chong, and the mai do not have xi-cleft points. Fascinating! Now what are the functions as a whole of the xi-cleft points?

1 they accumulate where qi gathers deeply within the meridians. 2 they're primarily used to address pain issue, acute pain, and blood disorders. And we're going to see some of them do both, which is fantastic.

3 they're very effective in removing obstruction within the meridians of the channels. 4 they calm the mind. Oh, don't we love this.

They're all located below the elbow and below the knee, except stomach 34, which is above the knee. But they're all on the limbs and the lower part mostly. The 8 yin xi-cleft points, which are located on Yin meridians, address blood issue, while the Yang or the 8 Yang xi-cleft points address acute pain.

Now we're going to look at each of those 16 xi-cleft points and how we utilize them in clinical practice. And then I will share how we can combine the xi-cleft point with the eight influential points to really strengthen both entities.

Ooh, this is a good one. You are going to love it.

One of the things that is great about the xi-cleft point as well is they can be utilized to palpate the body and look for tender areas. If for example, stomach 34, which is the xi-cleft point of the stomach and addresses stomach pain because it's a young chieftain point, if it's tender, if you're palpating and stomach 34 is tender, that means that there is stomach issue.

There is some kind of stagnation and most of the time, okay. The person will have some kind of stomach pain, maybe after meals, maybe they have ulcers, but stomach pain will show up. So they're really good in helping us reinforce our TCM diagnosis and give us more clues.

Fantastic, right? Isn't that amazing? Acupuncture rocks! I've said it and I'll say it again.

Have you gotten your copy of my AccuPoint Made Easy book yet? If you're a virtual person, you're going to love it. I have put my passion for acupuncture into creating a fun, illustrated guide of all acupuncture points with their function, location, depth, and angle of insertion, including special points categories, extra points, cupping, moxa, and all my years of clinical pearls.

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So you can download the sample of all the hard points to see if the format of the book is what you truly were looking for. Listen to what people who invested in Acupuncture Point Made Easy have to say. I adore the book. It has answered so many questions on my mind and is logically and clearly laid out.

It was a great investment. That made my day. Absolutely love this. Thank you for thinking outside the box. I have ADD and I'm easily distracted. You made it easy to retain this required information for acupuncture students in different ways for better understanding and memory. You rock. That also made my day because that's the whole point of having creating a book and being on social media and helping support everyone, students and practitioners, because I feel like a lot of us felt lonely when we were On our own.

So the internet has provided such a great resource for all of us. Check out the links in the show notes below, or go to my website [acuproacademy.com](http://acuproacademy.com) and click the shop tab on the menu bar to invest in your copy today.

so Now let's start by looking at each and every one of those points. I am going to start with Stomach 34 because we just talked about it. Remember I said that all yang meridian xi-cleft would address mostly pain, and all yin address issue of blood. However, a lot of them will do both blood and pain.

Ooh, this is interesting, right? So, when it comes to Stomach 34, It is really one of the best points to use for acute stomach pain. And because I talked about how the influential point can be combined with xi-cleft point to reinforce their function their effectiveness, Let's talk about ST 34 being combined with REN 12 the influential point of all fu organs.

Plus, it's a front mu point of stomach, so of course you have to put them together. If there is acute stomach pain, we put Stomach 34. REN12. This is perfect. Now REN12 is more local while ST 34 is more. And of course, you want to do a TCM diagnosis, follow the diagnosis while you select your point, but no matter what, you would have to put ST 34 and REN12.

Great combo! Now let's look at the next one. As you can see, all the pink ones are yang and all the blue are yin. So that way it's easy to differentiate, right? Let's look at large intestine 7. So large intestine 7 is great for toothache, sore throat, And abdominal pain, because of course it's related to the large intestine.

It's mostly for acute pain. Acute sore throat, acute abdominal pain, specifically lower abdominal pain. And it can be used also for Toothache because the large intestine meridian enters the jaw and obviously that's the relationship to the teeth if there was acute sore throat, I would use large intestine 7 combined with lung 10 because it's the best point for sore throat.

And of course, large intestine 4 because it helps expel pathogen. This is how easy we can treat someone when we don't have all the information or we're not sure about our diagnosis. Of course, having your diagnosis will make a better outcome for you. Always. The next one would be Small Intestine 6. Small Intestine 6 is great when there is pain in the arms, or of course locally, but it can be used as well for tinnitus that is kind of painful, like the painful tinnitus that really hurts our ears so bad that it's just bothering us a lot.

So you can use Small Intestine 6 for that. For that purpose, and of course you can reinforce it with other points locally and distal to help the tinnitus when it's really acute. I'm not talking about long term, low pitch tinnitus. I'm talking about acute, high pitch, that's almost painful tinnitus. It could be that there's an ear infection and that's why there is that tinnitus.

The next one after that, is still obviously a yang point, is San Jiao 7. So, San Jiao 7 is really good because the san jiao meridian obviously goes around the ear. So, specifically when there is ear pain. So, that again could be from an acute ear infection, a titus, something that is obviously creating the pain.

So, combining Sanjiao 7 with Small Intestine 6, when there is acute ear pain plus tinnitus, would be such a great outcome. And then on top of it, you could add up Large Intestine 4 because it's the commander point of the face and so it also helps when there's any pain anywhere in the body. Perfect! The next one we're going to look at is bladder 63.

Now bladder 63 is good when there is painful urination. Usually it's going to be used when there is a bladder infection or cystitis. So something that's going to create a lot of burning, painful sensation while the person is urinating. Now of course you want to make a TCM diagnosis, want to complement this point with other points, but this has to be part of the protocol when there's painful urination because it's a she clef point, very powerful for that.

Gallbladder 36 is the xi-cleft point of the gallbladder and it's used for local acute leg pain. And I'm talking about the lower leg. Remember how we said that the xi-cleft point also calmed the mind?

Well, this is when there is acute manic and emotional behavior. That's like an outburst of mania, an emotional outburst. That is a really good point to calm the mind because it is really affecting, especially with the gallbladder, which reaches the head. It really helps calm that energy that went up and all this excess emotional outbursts that is affecting the person to bring it back down.

Of course, we can use liver 2 and kidney 1 to bring the energy down and other points. But gallbladder 36 is great for that acute pain, but also for that acute manic behavior. Yes? Okay.

Bladder 59 is a she clef point, but not of the 12 regular meridian. BL 59 is the Xi-Cleft point of the Yang qiao vessel.

As such, it is a very good point for acute low back pain. So anything happening in the lumbar region, you want to do bladder 59. Now you could add up other points like bladder 40, which is the commander point of the lower back. Of course I would do that, but bladder 59, really good for acute lumbar pain.

It can also be used for acute headaches that have a heavy sensation in the head.

Gallbladder 35 is the other she cleft point that is not on the 12 main meridian that is a yang xi-cleft point. GB 35 is the Xi-Cleft point of the yang wei vessel. And as such, it can be used for chest pain, which is very distal, right? Or numbness and painful in the lower limbs. So obviously more local.

In this chest pain function of acute chest pain, I would combine it with REN17, the influential point of Qi and the pericardium, which would be perfect, right? Combining the special points like the influential point with the Qi cleft points, always, always strengthen their ability to help balance and look for harmony within the body.

Okay, we've done all the yang xi-cleft points. Let's look at the yin ones. The first two points are the one that I mentioned at the beginning, which is kidney 5 and spleen 8. Those two xi-cleft points address acute pain of menstruation.

So dysmenorrhea menstruation cramps, they can be used prior to as preventative and specifically during the cramping to lessen the pain. They work really well. Now on top of it, both of them are related to blood because this is uterus pain. So spleen eight and kidney five are related to blood because remember we said the yin xi cleft points relate to blood.

They regulate blood. So this is perfect because it's pain and blood together Combined so I always do those two points on women with dysmenorrhea The next one is lung six. Lung six six again is related to blood because it's a xi-cleft point that is yin and this is one of the best point when there is coughing blood.

So obviously if someone has coughing blood, we are going to go to hospital. Having said that, The function of lung six is for coughing blood. lung five is the best point for any kind of cough. So combined together, we're kind of calming that cough while we're waiting for treatment.

Does that make sense? Okay. The next one I love to use, which is liver six. Now, liver six is the xi cleft point of the liver. And again, it relates to blood.

And because of that, it is used for abnormal uterine bleeding. I have a lot of patients that come in and they have a normal period, but in between period, they're spotting, and I've had patients that spot the whole way through until the next period.

This is the perfect point for it. Okay. Obviously we want to investigate and figure out why this is happening, but If there is a lot of irregular abnormal uterine bleeding, liver 6 has to be there. If you want to stop the bleeding because it's super heavy, I would add up spleen 1.

Spleen 1 is one of the best point as a general point, again it's a special point, to stop heavy uterine bleeding. Great combo. The next one is pericardium 4. Now pericardium four is underutilized in clinical practice, I feel anyway, and it is the best point for chest pain due to cardiovascular issue.

So for people that have a lot of palpitation and chest pain, of course, again, we want to investigate, but in the meantime, this is a great point. So putting pericardium 4 with Heart 6 fantastic for chest pain and chest pain due to cardiovascular issue, right?

Obviously we want to investigate, but this is really good when there's lots of palpitation, chest pain, difficulty in breathing. It could be due to anxiety. or not, right? But it's a great point to have specifically combined again with REN17, the influential point of the pericardium and qi, because it'll relax the chest.

Makes sense, right? The next one is pericardium 4. Now, pericardium 4 is great when there is chest pain as well, kind of like heart 6, so you could put them together, but it's best thing, again, they related to blood, right? Yes, heart 6 was for chest pain, but chest pain of the heart, the cardiovascular system, which of course, it's blood circulation, it regulates blood, it has to do with blood.

Pericardium 4, on the other hand, is also used for chest pain that is related to cardiovascular issue, but mostly used for vomiting blood. So, because remember the pericardium and the stomach have this great relationship. This is why pericardium 6 is great to break stomach chi down when we have nausea, vomiting, right?

So pericardium 4 is used often for vomiting blood. Again, if there's vomiting blood, we really want to investigate, right? But to kind of calm the vomiting with pericardium 6 and pericardium 4 together, perfect combo to calm everything until we can get some more help.

Make sense?

The last two points are yin xi-cleft points of the eight vessels.

Kidney 8 is the Xi-Cleft point of the Yin Qiao Vessel. And this is a rare male point. We have so many points for female, this is a male point. Kidney 8 is used when there is a lot of pain in the testicles or the testes.

If the testes are really painful, it could be due to varicoceles, an infection, acute, chronic, whatever the problem is, this will bring the pain down. Obviously, we want to continue to look further and figure out what's going on, but at least we have a point that can help bring that pain down, specifically combined with kidney 10 and large intestine 4.

Great combo

kidney 9 is a Xi-Cleft point of the yin wei vessel and kidney 9 in general is called the beautiful baby point and I use it a lot during pregnancy to keep a healthy pregnancy, it's also a point that really calms the mind And as a Xi-Cleft point, it is really good for acute bursting of violent speech. For patients that get manic really easily, specifically because it's a kidney point. So it related to essence for patients with dementia or Alzheimer's that start to get violent.

This is a really good point for that to bring it down. Because remember. All Yin Xi-Cleft points are related to blood, right? It regulates blood. What is the connection there? The connection is everything that's happening in the mind, in the brain, in TCM, is related to blood because blood is the material, basis of the mind.

So anything happening from anxiety to depression, to dementia, to Alzheimer, to manic behavior, always is connected to blood. This is where the connection of Kidney 9, as a

xi-cleft point, which is a Yin xi-cleft point, which relates to blood, relates to mental disorders. That's why xi-cleft points can calm the mind.

Fantastic. Don't you love it? Yes.

So at the beginning, I talked about combining the xi-cleft point with the influential points. Influential point of Chi is REN 17. You combine this with anything that's happening in the chest, like heart six for chest pain. Perfect, right? If you combine REN12, the influential point of the fu organs, with Stomach 34 to lessen the acute stomach pain, perfect combo, right?

So really try to use all those special points and combine them. The effect will be so powerful. I love to see this in clinical practice. In general, the special points are the one that we use the most in clinical practice, and we should, even though we want to follow our diagnosis, if someone has insomnia and your diagnosis is due to heart and spleen blood deficiency, you want to nourish blood.

But if I'm going to nourish blood, I'm going to use a special point like liver 8. Why? Because liver 8 is a he-sea point. And stomach 36, because stomach 36 is a commander point. And spleen 6, because spleen 6 again is a commander point and it's special because it has three yin meridian crossing through it.

The special points are are fabulous. They totally rock. By the way, if you haven't joined my email newsletter yet, what are you waiting for? I share tips and tricks that I don't share anywhere else and you get exclusive announcement in time so you don't miss out on anything.

The link is in the show notes. make sure to sign up for it because you won't regret it. It's completely free and you get so much more out of it. Be special, use all the special points in clinical practice. The xi-cleft points totally rock.

And until next time, keep rocking it using TCM because after all, acupuncture rocks.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review. And if you want more. Go to my website, [acuproacademy.com](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.



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