

Did you know that over 1.3 billion people worldwide have high blood pressure? That's billion with a B, and less than 20% of them have it under control.

It's one of the biggest silent health threat. And globally hypertension contributes to about 10 million death every single year. This is why it's called The Silent Killer. And in Chinese medicine we know it's not all about numbers.

When it comes to hypertension and any disorders for that matter, we need to look deeper and found all the clues for preventative health.

Today I'm gonna walk you through the most common TCM patterns when it comes to high blood pressure, and I'll share the acupuncture points, the herbal formula for each pattern.

Plus, I've got a case study of a patient who came in with founding headaches and high blood pressure, and how TCM helped him naturally. I know cases are very useful because it shows us how we go about the diagnosis and the treatment plan, so you are gonna benefit from that one.

Whether you are a student or a practitioner, or you're just curious on how Chinese medicine approaches high blood pressure, you are in the right place. Let's go.

Welcome to acupro, A show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and 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.

Before I start talking about high blood pressure, I wanted to share something with you because I spend hours and hours creating content, and when I receive messages like the one I'm gonna read to you, it makes my day and it makes me realize that so many people benefit from it. So when I feel down or I feel blue sometimes, or I feel like, should I even continue?

Do people. Really enjoy what I'm doing. The podcast videos, the content I share every day on social media, my newsletter, everything that I create, and when I receive those messages, I know the content and the hours I take to create all this. Has an impact.

This beautiful person said, Clara, your page is a masterclass in making ancient wisdom, feel practical and alive, you break things down with clarity and bring so much heart into your teaching.

There's real power in how you educate while keeping it light and engaging. I appreciate the value you're bringing to both practitioners and curious minds. That made my day. Thank you so much for all the messages I receive. I get dms, emails, and comments with beautiful messages like this one. It really makes my day and I'm so grateful. Thank you.

All right, let's start with the basics. What is actually high blood pressure?

Blood pressure is the force of your blood pushing against the wall of your arteries, as your heart pumps it around your body. It's measured using two numbers, the top one, which is systolic pressure. That's when your heart is contracting, and the bottom one, which is the diastolic pressure, that's when your heart relaxes between beats.

Normal blood pressure is considered to be one 120 over 80.

But when it goes over to 130, 140 over 90, let's say we call it hypertension, and that's when the risk goes up. So what causes it from a Western perspective? High blood pressure can be due to stress, poor diet, specifically too much salt, lack of exercise, smoking, alcohol, obesity, or even other conditions like diabetes or kidney diseases.

To manage it. Western Medicine focuses on lowering the numbers using lifestyle changes like reducing salt, quitting smoking, losing weight, and getting more exercise.

But if it's not enough, then they'll often prescribe medication like diuretics, beta blockers, ACE inhibitors, or calcium channel blockers to keep the pressure under control. Now that we know what it is, let's look at how Chinese medicine view high blood pressure, the most common pattern, how to treat them, and then we'll look at the case study from my own clinic

and stay till the end because I'm also gonna share the best supplement when it comes to preventing high blood pressure. Specifically if it's being genetic and people have it in their family, they wanna make sure they do everything in their power to prevent it.

Let's start with the first pattern, which is probably the most common one, which is liver. Yang rising. Symptoms are going to be chronic, temporal headaches, dizziness, tinnitus, that is going to be high pitched, and it's not always there.

It comes and goes, but it's very high pitch. Red eyes, red face, probably irritable or anger burst, blurred vision, sometimes insomnia. Specifically waking up between one and 3:00 AM. But with the ability to fall back asleep, the person is stressed.

The tongue has red sides, and the pulse is wiry. Now, it can be rapid if the liver yang is rising. Remember that liver yang rising comes from liver yang stagnation. So often the pulse could be wiry, not necessarily always rapid. If the person is backed down to the liver yang stagnation level, and then the liver yang rises like a volcano, so it's like a burst effect, but sometimes it doesn't stay up there.

It usually comes back down and then maybe at the end of the day with more stress, the person has those bursts. So Liver, yang Rising doesn't. Always stay up. It comes down. But when it stays up, that's when the blood pressure can rise and rise and rise. And now we have a problem. Right? So that's how we look at it from that TCM perspective when it comes to basic treatment.

For that, we wanna bring the liver yang down or subdue the liver yang. We wanna nourish liver and kidney yin. The reason we wanna do this is. Because often when there's liver yang rising, it affects the yin of the liver and the kidney. So with basic points, we are gonna bring the liver yang down with liver two, we are going to use liver three enlarge intestine four to move liver qi and blood because qi moves blood.

So we wanna do preventative health here, right? We wanna open the gate, get better circulation. So hopefully we don't have any issue with the blood pressure. Gallbladder 20 is also a great point for. High blood pressure spleen six is gonna be used because it is the crossing point of spleen, liver, and kidney, which when there is high blood pressure, those entities can be affected.

All of them. Usually specifically if the person is overweight or there is any issue with the digestive system or lots of plaque in the arteries and anything like phlegm. Right. Makes sense. And then we can do, Du 20, Du 20 is great to bring the blood pressure down. So is kidney one. So you could do both.

You could do one. It's up to you. We can do either of those two. Now, a formula for liver yang rising when it comes to high blood pressure and dizziness is Tian Ma Gou Teng Yin. Again, if you don't do formulas, that's not gonna speak to you. But Tian Ma Gou Teng Yin is.

Such a great formula and it can be taken for a longer period of time. Now, obviously if you don't do formula, I would not recommend anything because you have to be very knowledgeable when it comes to Chinese herbs before you can actually recommend those.

The next pattern is liver fire. The main symptoms obviously with high blood pressure, it's going to be intense, bounding temporal headaches, so now it's worse than the pattern before the liver fire creates worse symptoms.

The tinnitus is high pitch, but it's probably gonna last longer. It's still not constant, but it will last longer. The person's gonna have it. Anger. It's past irritability now it's anger bursts at the common all the time. Red eyes, bitter taste in the mouth, a dry mouth because fire always dries fluid.

We're gonna have insomnia where the person is probably waking up between one and three and they're not able to fall back asleep compared to liver yang where they were able to fall back asleep because there's fire. It's gonna dry the bowel movement, so there's gonna be constipation, dark, murky urine.

Again, due to the fire, the tongue is gonna be red with redder sides and a yellow coat, and we're gonna have a wiry rapid pulse. Now the rapid is constantly there. It's not like a liver yang rising where the rapid of the pulse could be there if the Yang was up.

But if it's not up, then we only have a wiry pulse. Again, liver fire comes from liver qi stagnation leads to the liver yang rising. And then leads to liver fire. If you haven't watched my video on liver qi stagnation, its causes its consequences and its treatment. I'll have the link for you below because it explain how to differentiate and where does liver fire come from and what liver qi stagnation leads to all the patterns, right?

It's a really popular video because it'll shed the light on the whole liver qi stagnation, which everybody has. And if we can prevent it from getting worse, then kudos to us. Right.

the treatment is we're gonna clear liver fire and we're gonna calm the mind. Obviously bring that fire down.

The first thing we wanna do is liver two to bring the heat down from the liver. Gallbladder 43 is great to bring liver fire. Fire down and then large intestine 11 clears fire in general. Plus, it's a great point to bring blood pressure down, so that works really well. We're gonna do heart seven to calm the mind, the irritability, the insomnia.

We're gonna do Ty yang for the temporal headache and again, Du 20 to bring the blood pressure down. And kidney one. So you can do again either or both of them. The formula for liver fire is called Long Dan Xie Gan Tang and long Dan Xie Gan Tang should not be taken for a long time because it's very cold, so it can really deplete the spleen and create some issue.

So this is a temporary formula that I would not take for a long time. Again, if you don't do formula, you don't have to worry about this. I have used acupuncture only for many years for many patients when it comes to high blood pressure and it works really well.

So I wouldn't worry too much about the herbs, I wanted to mention it because some people have training in Chinese herbal formulas.

If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book by Popular Demand. I have created a guide for TCM treatments for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

It is the. Game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device and it comes with many video links to compliment it. If you are like me and you'd rather have a hard copy version, the publisher ships it all over the world. But before you invest in my Chinese medicine, treatments made easy, I wanna make sure it's everything you were looking for so you can download a sample of it.

Listen to what people who invest in this book had to say, thank you, Clara. This is exactly what I needed. I love how you organized this book. It's truly helping me in my first year in practice. Yay. So excited. Bought it immediately. It will be a great resource for studying for boards. That's awesome. Oh my God.

I immediately purchased this, and it is such a bargain price that I almost feel ashamed for paying what I believe is worth of much, much more. Even as an experienced practitioner for over 10 years, I like your stuff just as much in benefit from it. Yay. All this is just so rewarding for me, so I hope you get your copy.

If you don't have one, the link is in the show notes below, or you can go to my website [accuro academy.com](http://accuroacademy.com) and click the shop tab on the menu bar. You won't regret it. I put so much heart and soul in it. I hope you enjoy it and benefit from it, and in turn, your patients do as well.

Okay. Let's look at the next pattern.

like I said earlier, when there is liver yang rising, there's often a kidney and liver yin deficiency that's underneath it.

So this pattern is kidney and liver yin deficiency, but it probably will have some liver yang rising within it. The symptoms are gonna be, again, dizziness, tinnitus. Now the tinnitus could be high pitch. Or low pitch, depending if the kidney is more affected, then it would be more low pitch and constant, right?

We're gonna have blurred vision, which is more the liver insomnia with waking up around 2:00 AM and after that the person falls back asleep. But they're tossing and turning, meaning that they don't feel like it's a deep sleep. It's a toss and turn for the rest of

. When there is yin deficiency, it drives fluid. So there's gonna be dry eyes, red cheeks, five center heat, which is basically hot palm, hot soul, and hot area in the chest.

Now I also wanna pre-phase this by saying not everybody's gonna have all those symptoms, right? But if you see quite a few, then you know, now we have a yin deficiency affecting liver. And kidney. We're also gonna have low back ache. That's a kidney deficiency issue. Specifically the ache is gonna feel more like stiffness, poor memory.

And for men, we're gonna have seminal emission. Now the tongue's gonna be red cracked with no coat. That's a typical yin deficiency tongue. And the pulse is gonna be thin and rapid, because there is this underlying liver stagnation leading to liver, yang rising, the pulse is also gonna be wiry.

Now for treatment, when it comes to kidney and liver deficiency, we're gonna nourish the liver and kidney and we're gonna bring the yang down, anchor that yang that's rising.

Like I said, it's always going to be underneath it. For points, we are again going to do points like kidney one. We could Du 20 again. Those are going to come back because they're great to bring the blood pressure down. Now for the yin, we wanna do kidney six, spleen six. It's really good for that. And then for the blood pressure, we can use gallbladder 38, which is great to bring the yang down Kidney two, which is one of the best point to help when there is kidney yin. With that excess yang so that works really well. We can put liver eight, which is good for the liver to nourish the liver and we can add up heart seven to calm the mind and for the insomnia, obviously. Now, kidney one also is gonna help the insomnia, so you don't have to do all those points.

This is just a basic and you can decide which one are best for each patient. Remember, your intention behind your treatment is more important than your point selection. Yes. Okay. Can you hear the birds outside? I dunno if you do, but I can hear them.

They're so fantastic. The formula for kidney and liver yin deficiency in this instance would be Zhi Bai Di Huang Wan. It's a modification of the Liu Wei Di Huang Wan. Zhi Bai Di Huang Wan will clear the heat a little bit more than the basic formula for yin deficiency.

The next common pattern is phlegm. By the way, everything I'm sharing today comes from my third book or my blue book. The Chinese Medicine Treatment Made Easy. It covers over 160 syndromes with treatment, ear acupuncture, like the one we discussed today for high blood pressure. It comes in PDF version or in a hard copy that ships all over the world.

Many practitioners have said to me, this is their guide in clinic and they refer to it every single day.

The next common pattern is phlegm. Now phlegm symptoms can have dizziness as well. So dizziness is really closely related to high blood pressure. So that can give us some clues, right? They're gonna have heavy limbs, probably nausea or bloating, fatigue, brain fog, phlegm can affect the physical and the mental health. Now most of the time the person's gonna have a sluggish metabolism and or be overweight. They can be plaque in the artery for those people as well.

Sticky bowel movement, which often comes with constipation. So phlegm has tendency to have constipation with sticky stools, and then dampness has loose stools.

That's how we differentiate them. However, sometimes we can't, sometimes, if I'm not sure, I use points to clear dampness and phlegm at the same time. You can't go wrong doing it this way because the tongue is gonna look the same with phlegm and damp.

So we're gonna have thick, greasy coat and the pulse is gonna be slippery. Or even wiry slippery because again, liver qi stagnation can lead to not moving fluid properly and can lead to phlegm and dampness. See, liver qi stagnation can be the start of everything when it comes to high blood pressure, which often stress makes it worse.

Treatment. We're gonna transform the phlegm, strengthen the spleen, because the spleen is in charge mainly of the water metabolism, specifically in the middle jiao. And because the person has a sluggish metabolism or is overweight, or has bloating and nausea, then we wanna really address the digestive system, which makes sense, right?

So for points, spleen six and stomach 36. Both are gonna strengthen spleen and the digestive system, and of course, the best point for phlegm. Stomach 40. My favorite point of all the points, spleen nine, one of the best point to clear dampness overall in the body.

. It's a he-sea point. So it's really powerful for clearing dampness specifically. When it affects the digestive system, we could do ren 12 because that also is going to help the stomach and the digestive system as well. And then pericardium five is a great point when there's phlegm affecting the mind, like the brain fog, right?

And someone that just feel dizzy. That is a really good point for that. . . The formula would be . Ban Xia Bai Zhu Tian Ma Tang It's a really good formula for phlegm when it's creating dizziness and everything rises up specifically when it comes to high blood pressure.

The last most common pattern when it comes to high blood pressure is blood stasis. Remember, with blood stasis, it's all about purple and pain, p and p purple and pain. So we are gonna have high blood pressure. I. With fixed stabbing headaches, like a migraine on one side, right? It's just not gonna move. Fix means it's on one side,

we're gonna have purple lips. Purple nails. , Possible chest pain or palpitations. That is also when the arteries are starting to be blocked as well. Varicose vein irritability. So you could see the circulation of blood is affected, the tongue is purple. The pulse again is wiry choppy. So choppy is affecting the blood.

And why are we, again, because this comes from liver, blood stasis, but now it's affecting heart. So now we have a heart and liver, blood stagnation. So obviously for treatment we wanna open the channels, move blood, really increase circulation. So the best points for that are gonna be spleen 10. Bladder 17.

Really good to move blood. And then we're gonna open the gate with liver three and large intestine four. Of course we're gonna do ren 17 for the possible chest pain and the palpitations 'cause it's a local point. We also gonna do heart six because it is the best point when there is chest pain.

It is the xi-cleft point of the heart. So it's really good for that. So we can add that up. And the common formula for this would be FU Juong. We have a lot of formula that moves blood. This one is a basic blood stasis formula.

So there are more pattern, but those are the most common, so I wanted to make sure you have those. Then we can also use my favorite microsystem, which is. auricular or ear acupuncture.

When it comes to high blood pressure, the four main points we wanna do when it comes to auricular acupuncture is Shen Men of course, sympathetic heart and liver.



Because liver moves, qi heart moves blood, heart is in charge of blood circulation. Shen men is gonna calm the mind, and sympathetic allows the body to relax so there's better flow. Makes sense. Now, this is four points. So what I do when I needle the ear is I put. Two points on one side, let's say heart and liver, and then Shen men and sympathetic on the other side.

I don't double it up because I'm always from the school of thought The least amount of needle, the better the treatment.

Yes. Okay. That's how I like to do it.

have you signed up to my free weekly newsletter where I share exclusive content I don't share anywhere else? If you haven't yet, it's completely free. The link is below for you.

So now let's look at a little case study. This is a male that is 44 years old, and he was just recently diagnosed with high blood pressure. He was 152 over 88. The chief complaint is diagnosed with hypertension, of course, temporal headache, stabbing, pounding, intense.

That actually leads to vomiting, so that's how bad they are. He has high-pitched tinnitus that comes and goes. Dizziness at the end of the day after eight hours on the screen. See, we said dizziness is often related to high blood pressure, right? When it comes to sleep, he wakes up at 3:00 AM every night and he cannot fall back asleep.

He's very irritable, impatient with his family. He yells at his kids all the time, and he doesn't like himself because of this, which I totally understand. Nobody likes to yell at their kids all the time, but he says I can't control it. His pulse is wiry rapid, specifically on the left middle position, which is the liver position, and the tongue is red with purple sides.

So when it comes to those symptoms, we can see that, first of all, we have liver stagnation that turns into liver, yang rising liver fire kind of thing. He has that emotional frustration, the stress that triggers the anger, the burst of anger at his family. Now, he wakes up at 3:00 AM He has tinnitus, dizziness, chronic stress, that's all affecting the liver.

We see this is a perfect liver picture. The headaches are pounding which means that they are very intense and it makes him vomit. So that is stabbing. That's liver, blood stasis. So you can see there's a. Really liver picture here with liver stagnation that leads to liver yang rising and we have liver blood stasis.

Plus the pulse is obviously, wiry rapid, which gives us clues that it is liver yang rising, probably going towards liver fire as well. And that's creating that high blood pressure. Right? Makes sense. We wanna bring the liver yang down.

We wanna calm the mind and we wanna move liver chi and de-stress the person. Right. That makes sense.

So the best treatment for this person would be to bring the liver yang down with liver. Two to move liver qi with liver three and large intestine four. 'cause it's gonna move blood because we know now there is pounding headaches. So LI four is one of the best point for headache. It's one of the best points when it comes to moving blood.

So that is really going to bring that circulation, right? That's really important. We're gonna bring the blood pressure down. We could do gallbladder 20, we could do kidney one because that'll help with the insomnia as well. We can do du 20 so again, you can choose between the two or you can do both.

It's easier to needle du 20 for most patients. We know that because. The sole of the foot is really, , tender for most people because there are lots of nerve ending below the foot. So I would choose to do, probably du 20 over kidney one, but I like to ground. So if you do tuning forks, be great to do kidney one or you can acupuncture kidney one.

When the person is laying there with the needles to ground them, I think that would work really well as well. And then we can do large intestine 11 to bring the blood pressure down and clear that excess heat as well, which makes sense, right?

Heart seven, to calm the mind to help with the insomnia would be a good point now when it comes to. The outcome for this patient, I saw him for five or six weeks, and the sleep completely improved. The headaches were gone. The blood pressure lowered completely naturally without him having to take medication, which was awesome.

It was monitoring, obviously, every week, and he felt calmer, less angry, so he was so happy that he decided to continue to calm. Once a month to keep everything stable. And I saw him for years and years and years and his blood pressure never went back. Because I always took his blood pressure when he came to see me.

Now, what was interesting is every time he came, we took the blood pressure before and after and eventually, because it was good before and after, it never was up.

We stopped doing it, but he was so happy because he could see the numbers going down after the treatment. That my friend is a fantastic outcome. We love it because after all Chinese medicine rocks.

Now when we first started, I talk about preventative health and what we can do to help patients that have high blood pressure.

Of course, lifestyle is very important first reducing sodium or table salt. That is key. Losing weight if there's an excess weight. Having a diet that is more nourishing to the body with healthy food, healthy fat, like avocado, salmon, right?

Omega-3 fatty acids are very good, so we wanna add up seeds and nuts and avoid all the greasy fried food. We wanna avoid alcohol. As well. Now when it comes to sleep, we wanna try to have a good sleep hygiene and go to bed every night before 11:00 PM We also wanna recommend the patient to exercise and to found ways to release the stress or reduce the stress, . And then there are great supplements to really support the heart health.

The first one would be magnesium because it helps relax the blood vessels. There are many kinds of magnesium, myeloid, glycinate, citrate, and they all do different things.

If you're not familiar with vitamins and minerals, how you can recommend them or help your patient understand which one is best for them. I have a course, the link is below that is taught by a naturopathic doctor friend of mine. I took the course. It's fantastic. It's all on vitamins and minerals, so we.

In our clinic can help our patients and educate our patients when they're gonna Google. Let's face it, they all Google and they found information and they're taking the wrong supplements. So when it comes to high blood pressure, magnesium glycinate is the best option. The next supplement would be co-enzyme Q 10, or often referred to as CoQ10, which supports heart function and energy. That has really good supplements, quite expensive, but it's been studied to really support heart health.

So that's something that should be there. Omega-3 fatty acid, like I said, that often comes from salmon and other food, but also taking a supplement, reduce inflammation and supports blood flow. So those are really good. And for some people specifically in the family, if the arteries have tendency to be blocked easily, garlic extract, garlic is a natural blood thinner.

It can help lower the blood pressure naturally. Obviously it's really important to monitor. The blood pressure and if people have to be on medication, then that's their option. , What we wanna offer is a natural option to see if that could help them. And I've seen it over the years.

Acupuncture is amazing when it comes to blood pressure,

, I really appreciate you. Thank you for listening to me every week on this podcast. I'm so thankful for your time. Make sure to subscribe

have a fantastic rest of your day and no matter what, keep rocking it using TCM.

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, live 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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