

Do you feel like there's so many acupuncture points and they all have similar functions? Today we're going to look at the lung channel and it's 11 acupuncture points, how to locate them, how to differentiate their function, and really everything that we need to know about this channel and it's acupuncture point, but I make it easy to grasp and fun to learn, for you to retain and to use in a clinical practice.

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.

The lung is a hand channel. because it finishes at the hand. Any channel that finishes or starts at the hand is a hand channel.

And it is of course a yin organ system and channel slash meridian. I use back and forth channel and meridian. Don't shoot the messenger. That's the French in me. It's a yin channel. So yin. Because it is a yin organ system, the lung and it is tai often translated as greater, greater yin meridian. activated. Three and 5:00 AM Those two hours kind of give us clues in our diagnosis. If someone wakes up at 4:00 AM every night and can I go back to sleep? Maybe there is some issue with the lung. System in TCM perspective. Now we're gonna look at the pathway of the lung meridian. Every meridian slash channel has an internal branch and an external branch.

So the internal branch is the one that connects to all the organs that it is going to be connected to and address issues. And then the external branch is where all the acupuncture points are gonna be located. So the acupuncture points, when you need all the point, it activates and connects to the internal branch to help the self-healing process because acupuncture is all about self-healing.

So what I love about the lung channel is that it starts in the middle jiao. The middle jiao is spleen and stomach. And so the middle jiao means the digestive system. And in the five element theory earth, which is skin and stomach generates the baby, which is the lung and large intestinal metal. So Earth generates metal, which means earth is the mother of metal, which means the digestive system is the mother of the lung and large intestine or the immune system.

So in order to have a great immune system, we need a good digestive system. So that's their connection. That's why the lung meridian actually starts. In the middle jiao, it's that connection, right? And then it'll go down to meet the large intestine. Its yin yang related organ system and channel, and then it'll go back up through the lung.

Of course, all channels are bilateral, so I'm going in the middle, but technically it's on both side because both channels are bilateral. It'll ascend to the throat. It to address issues of sore throat. We'll see how many points do that, right? So it goes to your throat where the voice is also activated, which the lung relates to the voice as well, right?

And then they will go back down to the chest where it is going. Exit at the external branch at lung one. And so lung one is going to be located on the chest, and that's the first point. lung two will be directly above right? So it's gonna go down anterior aspect of the arm and going down.

So we're gonna have three and four on the upper arm. I'll look at in detail locations after I'm just going through the pathway of the move. And then it'll get to the elbow, which is lung five on the forearm we have lung six, lung seven will be closer to the wrist, and then we have eight and nine both at the wrist area.

10 on the palm,, and 11 at the end of the thumb. Obviously it is bilateral. So we have 11 points there. And then we think, okay, the meridian pathway is over.

No, there's always branches. I always tell my students Got no more stuff, more branches, more things to remember. So the lung channel has a branch, and the branch starts at lung seven. So lung seven just on the wrist area. Will look at location in a minute. We'll start at lung seven, and we'll go and finish at the index where it'll meet.

its yin yang related Meridian, the large intestine. So the branch starts at lung seven, and when we get to lung seven, we'll understand why it's starting at lung seven and goes along the dorsum aspect of the hand, the finger and finishes at the index finger where it meets. Large intestine one. Where it meets this large intestine channel or the large intestine channel starts.

So let's recap that quickly. Starts in the middle. jiao was down to the large intestine, up through the lung to the throat. Comes out at along. One on the chest lung one and two are both on the chest. We have three and four on the bicep area, five at the elbow, six on the forearm, 7, 8, 9, around the wrist area.

On the palm and 11 on the thumb at the end, and then there's that branch from lung seven that finishes up the large intestine one, which is at the tip of the index, and that's the pathway of the lung. The lung channel has 11 points, and I wanted to give you a quick overview of all the special points from the front mu to the Jing well.

Although there's only 11 points on the channel, many special points, so we're gonna go through all of them. Let's do this.

First, we're gonna look at the location of lung one and lung two. So if you extend your arm forward, you're gonna see the delta pectoral triangle, that's that little triangle here, that little dip, right?

The clavicle is above, and you have your delta pectoral triangle, and you can see the bundle here, like the ligament bundle. So lung two is in the delta pectoral triangle right here in this dip, and lung one is going to be directly below. The description is one cun, directly below lung two, but really it is directly below the bundle of the ligaments.

So that's lung one here, lung two in the dip? Yes. Okay. Let's look at the function. So lung one and lung two have the same function, but lung one is a special point. It's the front mu point of the lung. What does that mean? It means that it is the best point for any lung disorders, any issue to the lung organ disorders, so asthma, COPD, chronic bronchitis, anything breathing issues that is affecting the lung we wanna use lung one.

Best point for that. Lung three and four are both located on the lateral side of the bicep. Remember that from the elbow crease to the anterior axillary fold is nine cun, right? Nine cun on the body measurement. Lung three is located three cun below the anterior axillary fold, which means one third of the way on that distance right and lung four is located one cun below lung three or four cun below the anterior axillary fold.

And it is going to be both of them on the lateral edge of your bicep. So when you have your bicep here, it is going to be on the lateral edge, so it's still anterior. But it is on the edge on the lateral side or the radial side of the bicep. Lung three and lung four, mostly used locally for any issue locally, but I wanna remind you that all points can be used locally for any musculoskeletal related issues, but that's what lung four and lung three are, used.

Four. Pretty simple, easy. Done. So let's look at the location of lung five to lung 11. Lung five is located at the elbow crease on the radial side of the biceps brachii tendon. Then if we look at lung nine, lung nine is located the wrist crease on the radial artery. So be careful.

There's a big caution of the radial artery. The distance between lung five and lung nine is Body measurement and we're gonna use that 12 cun to locate lung six. So lung six is located five cun below lung five on the line between five and nine, five cun below, lung five on the line between five and nine.

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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 and click the shop tab on the menu bar to invest in your copy today.

Next, we can look at lung eight. lung eight is one cun above lung nine, and you can use your own thumb for your own measurement, not for your patient's measurement to kind of help you locate the one cun measurement. Okay, now. lung seven is not on the line of the lung meridian. It's actually more on the large intestine meridian.

It's off the line and it's on the styloid process of the radius, but just above it right on the edge. So lung seven is one and a half cun above lung nine, which can be used to fingers to locate one and a half, cun above lung nine, but obviously by the SLO it process. Then lung

10 is located halfway of the first metacarpal bone on the palm, but closer to the edge of the bone on the palm, and that would be lung.

10 and lung. 11 is at the base of the corner of the nail on the thumb, and those are all the location of the points from lung five to lung 11. lung five is the he-sea point of the lung, so it's a special point. And he-sea Point are located at the elbow or at the knee, and they're very, very strong in their function because they have a lot of chi and a lot of blood.

So lung five being the he-sea point of the lung is the best point for any kind of cough, acute or chronic. Best point for cough. That's what we wanna remember. lung six is also a special point. It's the xi cleft point of the lung and the xi-cleft point specifically of the yin channels have function that relates to blood.

So. Of the lung, lung six is the best point for coughing blood. Lung five the best point for cough and lung six best fo point for coughing blood. So putting them together because they both clear. Heat is a powerful tool when there is coughing blood. lung seven, boy, I love lung seven. It is a special point three times over.

So it's a powerful point. First and foremost, lung seven's function is to strengthen the wei qi, the defensive qi or the immune system. And by the way, I have a little quick tip of the day for you on.

Lung seven, stomach 36, and bladder 13, which is the back-shu point of the lung, are great points to strengthen the immune system and boost our wei qi, our defensive qi. Now let's get back to lung seven being a special point. It's a LUO connecting point, which means it connects the lung.

To its related meridian, the large intestine. And we saw that when we looked at the lung channel pathway. Remember there was a branch starting from lung seven, finishing a the index finger connecting to the large intestine. Lung seven is actually along the large intestine meridian pathway.

It's not necessarily on the lung meridian. It kind of. Off the anterior part of the arm because it's such a good connection from the lung to the large intestine. So it's a really good point to connect the two, which means you can use it for boosting immune system, but also for skin issues as well. That's a relationship of the lung and large intestine.

In the five element, it's also the commander point of the head and neck. So anything happening on the head and neck, you have to use lung seven. What can happen to the head and neck? Well, tension headache. Occipital headache, a migraine on one side of the head.

Anything that is going to be a headache, I would put large intestine four 'cause it's the best point for pain and headache and lung seven specifically when it happens on the head somewhere, because sometimes the headache can be frontal or orbital lung.

Seven won't be useful for that large intestine. Four would, but not lung seven, but anywhere else on the head and specifically also the neck of those whiplash or any neck issue. You wanna put lung seven as part of your distal point to help. Address the issue in the area. The third special point is that lung seven is the ren confluent point.

So the Ren meridian, or the conception vessel is really related to essence kidney and reproductive system. So lung seven being the confluent point of the Ren vessel makes it really powerful to balance hormones, specifically when it's combined with kidney six being the confluent point of the yin qiao meridian.

So kidney six and lung seven together, one at the ankle, one at the wrist combined together a really good, I use that in my practice a lot. For balancing hormone, reproductive hormone, specifically lung eight is what I call a complimentary point. I would not use it by itself, but is complimentary to your treatment.

So for example, if you're trying to clear heat specifically due to sore throat or asthma or skin rashes or cough, you could add up lung aid to compliment. It's the Jing river point. So it is a special point. It's a jing river point of the lung meridian, but it's a complimentary point to clear heat. So if you had someone with asthma, for example, due to excess heat, you would use lung one, the front mu point, and then you could use lung eight.

I probably would use lung seven as well because it does strengthen lung qi as well. And asthmatic patients usually have qi deficiency. Sometimes we forget about lung nine. For some reason it's under, but it's also a special point. Three times over, kind of like lung seven, right? First of all, it is the yuan source point of the lung, which means any deep seeded breathing issue for many years, such as asthma since childhood, you have to put lung nine because it is really going to be useful for deep seeded issues.

That's the yuan source, the source qi, right? If there is difficulty in breathing from a lon The second thing is that it is also in charge of zong qi. So zong qi is the chest qi is gathering chi. It's the qi that encompasses the heart and the lung, and their relationship as a whole of breathing in oxygen and ex exelling.

CO2. Having said that, it is also the influential point of the pulse and the blood vessels, so it's located at the radial artery, right? We have to watch and caution when you need a left

point because it's right at the radial artery on the wrist. Increase. So what we wanna do when we address or use this point is the relationship of lung and heart.

So any issue with palpitations or emphysema due to smoking, or people that have cardiovascular disorders and lung disorders together, that is the best point because it really strengthened the relationship, the lung and heart, and on top of it, because there's a shu stream point of the lung, it's strengthening the voice.

So for people that have a weak voice or if they talk a lot like teachers, people that talk for many hours and their voice is starting to be really depleting them, this is a really good point to help strengthen the voice as well. So lung nine is a powerful point.

Lung 10 is my favorite point for sore throat. So this is one of the best point for sore throat.

It is a yin spring point. So again, it's part of the five shu transporting point. And by the way, if you wanna know more about the five shu transporting point, check out the link in the show notes and you found out how to understand the jing well, the yin spring, the Jing. river and a he-sea in the shu stream.

The lung 10 point is the best point for sore throat. Any kind of sore throat doesn't matter. You have to put this point. It is the best point, and that's all I have to say about that. The last point, but not least of the lung meridian lung 11, it's a jing well point, which means it's at the end of the toes or the fingers, and it is prick to bleed, meaning we usually don't needle that point.

We prick to bleed with a lancet needle. The idea is predictably jing well point is to relieve the pressure. So most jing points are all gonna be used for high fever, for manic disorders, right? Or fainting. That's what they all use for. But lung 11 is also a ghost point. I love ghost points. They're so useful in clinical practice.

And this specific ghost point is for breakup of a partnership that ends really sour and where the person is really angry about it. So it could be a nasty divorce where people are so upset or a breakup of a business partnership where the person is really angry and upset. This is a really good point to calm down that anger that is feeling like someone toward you apart.

So that's what. This Ghost Point is all about.

Quick review of all the lung point lung one front-mu point of the lung for any lung organ disorder. lung two does the same thing as lung one. lung one is stronger. Three and four are

going to be musculoskeletal related, so local point, mostly lung five. Best point for cough lung six.

Best point for coughing. Blood lung. Seven. So many things to say, but strengthen your qi. Your defensive qi great to combine with kidney six to balance reproductive hormone, and it is also the commander point of the head and neck. So any neck or head issue we wanna put lung seven, lung eight. Very easy.

Complimentary. Point that clears heat for sore throat and asthma and any issue of the lung that has excess heat as a complimentary point. lung nine is again, a big point because it's the influential point of the pulse and the blood vessels. It's also the yuan source point. The lung. So any deep seeded lung issues, like someone has had asthma since childhood, but also it is going to be in charge of the zong qi, the gathering qi, which means it is going to be great to have as a solidification between the lung and heart, so helping the heart function and the blood circulation, but also the lung function and their functions together as a whole in the upper j 10 best point for sore throat and lung 11 is a jing well point as regular jing well point fever. Fainting manic behavior, but also it is a ghost point. So it is great for partnership breakup that results in anger, and that's how we make all the lung points into a quick review.

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