

We're gonna look at the large intestine channel the meridian pathway, and we're gonna look at each of its 20 points, location, how to locate them properly, easily as well, and function, making it easy to grasp and fun to learn. So without further ado, let's get going.

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.

so we are going to start by looking at the large Intestine channel pathway. Before we do this, we have to remember that the large intestine is a yang channel, right? And it's a yang ming channel. So Ming being brightest, it's the brightest yang because it comes from the Ming Dynasty. So it's the yang Ming Channel, which the other one, which is a foot yang Ming channel, is the stomach.

This is a hand yang Ming channel because it starts at the hand. Anything that starts or finishes at the hand is a hand meridian. Everything that starts and finish at the foot is a foot meridian. So this is a Hand Yang Ming meridian. It is most active between five and 7:00 AM in the morning, five and 7:00 AM this is probably the best time to evacuate, to have a bowel movement to let go of the stool and.

Everything that needs to be evacuated in the morning. So that's the best time to have a bowel movement when we wake up before we have breakfast and start the beginning of digestion, which is the opposite end at the stomach, the large intestine meridian pathway starts at the index finger, because that's where the long channel finished.

So we started the index finger and we're gonna go along the back of the hand or the dorsum part of the hand all the way. Posterior part of the forearm to the elbow. The upper arm to the shoulder. Okay, so that's one to 15. We're gonna have one, 2, 3, 4, 5, 6, 7, 8, 9, 10 on the forearm, 11 at the elbow. And then all along the arm we'll have 12 to 15.

Then we're gonna go in the back. So we're gonna go to the back to large intestine 16, which is where the scapular spine and the clavicle. At the Acromium, and this is gonna be large intestine 16, which is the only point of the large intestine that's in the back of the body. It's gonna go to C seven.

So it's going back to C seven, where Du 14 is. Du 14 is really powerful because all six yang channel will meet at 14 or meet at c7. So it's really an important. Now it's gonna come back to the front and it's gonna enter the body through the supraclavicular fossa. So right behind the clavicle. Now it becomes internal.

That was all external. Now it becomes internal and it's gonna connect to the lung organ and the large intestine organ. It's on pertaining organ, right? That's the main meridian. First branch and only branch of the large intestine is gonna start at the supraclavicular fossa, and it's going to ascend along the neck. To connect with two of the points on the SCM or sternocleidomastoid, which is large intestine 17 and 18, then is gonna enter the jaw, the lower jaw, and cross the lips to end up in the opposite side of the ala nasi, which is where large intestine 20 is.

19 is above the lip. So this is the only meridian that crosses the body. Comes from one side, finishes on the other side, both side will cross. That's the only meridian that crosses the body, so that makes it a very powerful meridian, and that's the pathway of the large intestine Meridian. Let's look at the location of Li 1 to Li 5.

One is located at the base of the corner of the nail, just 0.1 cun from the radial side of the base of the nail. Li 2 is located distal to the second metacarpophalangeal joint while Li three is proximal to the second metacarpal bone head, LI four is halfway between the second metacarpal bone. Between the first and second metacarpal bone closer to the second one.

Say that again, three times. Li five is on the anatomical snuff box. When you hyperextend your thumb. Now that we've looked at the locations of large intestine, one to five, let's start looking at the function of those five points. Li 1 is a jing well point. So as a jing well point, it's used mostly as all jing.

Well points are used for fainting, coma, high fever, manic behavior. Not a lot to say about Li two and three pretty much have the same function. They are going to be used mostly for toothache of the lower jaw, as we saw in the pathway of the meridian, since it goes right through the lower jaw. So if there's toothaches to help decrease the inflammation, those two points, clear heat specifically for two fake or.

Nose beads due to excess heat. They are both a special shoe transporting point, the yin spring and the shu stream, so that makes them obviously a little bit more special in that perspective. Now if you wanna know more how the shu transporting point the five shu transport point work, watch the video it's quite useful to help in that matter.

Let's keep going. Okay. The big kahuna, the big point of the large intestine, LI four. That's probably one of the most used point in clinical practice with stomach 36 and liver three So LI four, the first thing we have to say it is. Contraindicated during pregnancy. So let's get rid of the, no-no, do not use it during pregnancy unless it's at the end of pregnancy and you are trying to help the patient with labor, labor pain, and also with induction when that is deemed necessary.

So having said that, Li four is a fantastic point. First of all. Foremost, it is the commander point of the face, so anything happening on the face, you can use LI four and it could be anything from acne for drop pain for nose or nasal stuffy nose or nasal issue, like nosebleed. It could be anything around the eyes, so things like dizziness, itchy eyes.

Twitch of the eyelid, anything happening on the face. So if you have any , TMJ or trigeminal neuralgia, anything on the face, Li four has to be your guiding point. It has to be part of your protocol also, because it is also on the face, any headaches, it is going to be very useful, specifically frontal , headaches, or orbital.

The second thing that Ally four is best for is pain anywhere in the body. Kind of pain anywhere in the body, meaning. It is the best point to move blood and this is why it's counter-indicated during pregnancy because it's the best point to move blood, which makes it the best point for any pain anywhere in the body, acute or chronic.

'cause it moves blood to relieve pain. So that is such a powerful, useful point. Before I continue, 'cause there's so much to say about Ally four, let's look at the tip of the day.

LI 4 is a great point for the post drinking headache combined with gallbladder 8 Gallbladder 8 is great for hangover because it reduces the foggy head. And of course, you know, dizziness, stomach 40 is a great point for dizziness and calming.

Also the stomach, because it's a LUO connecting point of the stomach to the spleen.

Now let's continue with Li four function. Li four is obviously connected to the lung, so it is a great point to expel pathogen when there is pathogen invasion, like when heat, when cold, and any kind of bacteria in viruses.

You wanna use Li four specifically in conjunction with lung seven and stomach 36 to boost the immune system and the wei qi the defense of qi, as well as obviously expelling the pathogen. The next point that I wanna really talk about is li four is the yuan source point of. The large intestine yuan source means it's the source like yuan qi, the source qi.

So this is a really good point for any kind of deep seated large intestine issues. Someone has had chronic constipations for years or chronic IBS. So any large intestine, colon issue, you have to put ally four because it is going to be the best point specifically for chronic longtime issues. And that was all about ally four.

LI five is a great point to clear heat specifically for external pathogen invasion. So when there is invasion of wind, heat for sore throat or ear pain or near infection or tooth ache specifically the lower jaw or headache due to external pathogen invasion, that is the point we wanna put. So you can put LI five with LI four.

Course because Ally four, expels the pathogen, LI five, clears the heat. It's also used sometimes for manic depressive people, specifically in the manic stage when there is that excess heat, that, hyper ness of the manic stage of someone that has, either bipolar or manic depression.

Now let's look at the points located between LI five and LI

11. LI 11 is located at the lateral end of the crease of the elbow. All points are gonna be located between five and 11. LI six is three cun directly above five on the line between Li five and LI 11 seven is located five cun above five. Still on the line between five and 11. Eight is located 4 cun below 11 on the line between 11 and five.

Nine is located three cun below 11 and 10 is located too cun, below 11, still on that line. So having your elbow bent helps a lot. Make sure to remember that when you locate those points on the forearm. And that's that. Now that we've looked at the location of Li six all the way till Li 11, let's look at the function of those points.

Li six is the lu connecting point from the large intestine to the lung. That means that it is a really good point when there is. Allergic reactions or an acute allergic reaction, which creates swelling, specifically swelling of the face, or swelling of the throat or the upper body. This is really a good point because it is going to reduce the swelling.

Now, if someone has an allergic reaction and swelling is the symptoms that come up with it. LI six connects the large intestine to the lung. The lung is in charge of the wei qi, the defensive right? I would put Li six, but also spleen nine. Best point to clear dampness, right. And LI four. Because LI four will also expel the external pathogen, which created the allergic reaction in the first place.

Stomach 36 and LI seven is easy. It is a xi-cleft point of the large intestine. All xi-cleft points of the yang channels always help with pain. So this one is really good to add when there is large intestine pain or lower abdominal pain in the colon, any. It doesn't matter.

This is going to reduce the pain. Of course, we always wanna do a TCL diagnosis, figure out why the pain is there, but this is going to be a great point to use in conjunction with LI four again, because that's the best point for any pain anywhere in the body. LI seven will be great for large intestine pain.

I've grouped the next three points together because they basically have the same function, which is really local pain. So for anybody that has extensor or carpal tunnel syndrome, that really creates a lot of pain on the extensors. Those are great points. So, eight, nine, and 10 are fabulous for local pain, easy.

Straight to the point. Done.

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Teach my first year student at the. First time they needle, I give them LI 11 as their first point to needle because it's easy to locate as you could see, and it's also an easy point to needle. I love LI 11 because it is a he-sea point. It is at the elbow, so. Hui point, or either at the elbow or at the knee.

This is the last of the five shu transporting point. And so the hui point of the large intestine clears heat. Not only that, but it is the best point to clear heat in the body. Doesn't matter if it's external or internal acute or chronic. It could be an infection, it could be inflammation, it could be high fever, sore throat, hives , bowel issues.

Smelly stools, diarrhea, it doesn't matter any heat in the body. You wanna use LI 11 to relieve the heat on top of it. This point is a ghost point. And at the point it is here to calm the mind specifically for people that feel outta control and get very angry and agitated when they're outta control. And that results in bowel issue. Like people that have IBS or diarrhea due to feeling really upset, feeling really angry, and they're feeling outta control and it creates bowel issue.

Best point for that. Let's look at the location of LI 12 all the way to 15. All on the arm LI 11 we know is at the lateral end of the cu I 15 is going be located high on the shoulder. Interior and inferior to the acromium.

So it's just interior and inferior to it. And the two points 14 and 13 are gonna be located between I 15 and I 11 I 14 is right where the insertion of the deltoid is, and it is seven cun above 11 on the line between 11 and 15 while 13 is located 3 cun directly, 11 on the line still of 15.

Now that we've looked at the locations of those points, they're pretty simple in the function. LI 12, all the way to 15 are all going to be local pain and local issues. So they treat any issues affecting the shoulder, the arm , the elbow, and specifically pain that travels down the arm that is affecting all those areas.

One tip I would give you is if someone has. Frozen shoulders or any kind of rotator cuff injury or shoulder injury. One of the best protocol that I use in clinical practice is I do cupping. I do use very mild electro acupuncture, and the points I use are San jiao 14, which is the opposite, side of 15.

Jianqian. Yes, that's an extra point that is located between the anterior auxiliary fold and LI 15, so halfway between the anterior auxiliary fold and large intestine 15 is Jianqian. That's a great extra point to add On top of it. I'll usually obviously add. LI 4 because it's for any kind of pain anywhere in the body.

So that is a great combo. Again, LI four, LI 14, LI 15, Sanjiao 14 and Jianqian Those are great combo for shoulder pain. Large intestine 16 is located between the lateral end of the scapular spine and the lateral end of the acromial head, so it's more in the back. That's the only point that's actually located in the back.

Nothing much to say about LI 16, except that it's a great local point, so that's what we use it for. You just have to be careful when you needle it and stay shallow. That's all I would've to say. LI 17 and 18 are located on the side of the neck by the SCM or the sternocleidomastoid . Is at the laryngeal prominence of the Adams apple between the two head of the SCM.

While LI 17 is cun soon below LI 18 on the posterior of the LI 17 and LI 18's location is not quite as easy. Also, patients might feel a little bit more intimated or practitioners have a hard time to figure out if they feel confident in needling anything along the SCM, the sternocleidomastoid, but they are very useful and if you stay shallow in your kneeling, no.

Problem. Okay. They're very good point for cough, asthma, sore throat, anything happening with thyroid issue as well. They can also help lower blood pressure. I would say that stomach nine is a better point for that, which is in the, to your SCM at the same level of LI 18. But there are other points that do all this.

So if you feel like you're not confident in needling those points or the area that feels unsafe to you. It is completely safe. Yes, the jugular is there, but there are other points. So that's my little tip on that. Last but not least, LI 19 and 20 LI 19 is located at the level of Du 26, which is right above the lip and below the nostrils, directly below the entrance of the nostril while LI 20 is at the corner of the ala nasi by the side of the nostril.

Pretty simple and easy. Last but not least, LI 19 and 20 have the same functions. So in clinical practice we use LI 20 much more often. I think it's just because it's easier and it's less sensitive than above the lip. But also the function of LI 20 is very strong. It's name and Chinese means beautiful fragrance 'cause it opens the nose, right?

So. They work really, really well. But LI 20 works so well. I usually needle it upward towards the bridge, the top of the nose, so it kind of looks like you have little horns coming out, right? And so those points are fantastic, those two LI 20 on both sides. to open the nose if

someone has acute or chronic stuffy nose, of course you still wanna do a diagnosis in TCM, right?

And figure out the root cause so you can get to the root problem. And obviously the person does not have chronic issue for. You know, ever. But in the meantime, it really is good for allergies to open the nose for nosebleed for people that lost a sense of smell.

So that is a really great point to try to stimulate the nasal passage. Specifically combined with lung seven because it's a great point to go to the head and LI four to go to the face. So those three points would be a good combination.

Now let's put it all together easily from the first one to the last one. Ready? LI one Jing well point. Fainting high fever, normal jing well point. two and three are four nosebleeds and two fake of the lower jaw. LI four, as we know, has many function headaches, any pain anywhere in the body. It's also for large intestine issues, clear external pathogens, and it is counter-indicated during pregnancy because it is the best point to move blood.

LI five clears heat for external pathogen invasion. LI six is the LUO connecting. Point to the lung. So great for allergic reaction that makes the person swell. LI seven is a CCL point. Best point to add when there is low large intestine or lower abdominal. Pain due to colon issues. Large intestine 8, 9, 10, all local for pain in the area.

11. Best point to clear heat anywhere in the body. And it is also a ghost point for people that feel outta control and that. Create some bowel issues. 12, 13, 14, 15, 16 are local msk, musculoskeletal point 17 and 18 on the neck for lowering blood pressure or any sore throat, thyroid issue, asthma breathing issue, and in 19 and 20 to open the nose.

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