

It is finally time for the biggest, longest, baddest meridian of them all. The bladder and it's 67 points.

The bladder meridian and its 67 acupuncture points was so key in clinical practice. We are going to look at point functions, locations, my clinical pearls, and of course point combination and so much more.

I'm also going to look at the meridian pathway so we understand why this meridian is so powerful.

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 before we start looking at all the bladder acupuncture points and the meridian itself, we want to remind ourselves of the function of the bladder system in Chinese medicine because it is the perfect companion to the kidney organ system in TCM.

So let's look at it and revise it so we can understand when we start using points, why we're using those points in that perspective. Does that make sense? Let's do this.

The bladder is a perfect partner for the kidney.

It assists the kidney in transforming fluids, right? And then what the bladder does furthermore, it removes urination by qi transformation and excretes the fluid we don't need. Makes sense, right? Now when it comes to the emotional aspect, when there is constant fear or even acute fear, Fear. The bladder and the kidney will both be affected by incontinence.

For example, if we look at kids with bed wetting, often bed wetting is due to a kidney qi deficiency and fear affecting the child. So we want to look for the root cause of the problem, and if there's fear, it could be rational or irrational, we want to look at both the kidney and the bladder. Make sense?

The other emotions that are associated with the bladder in Chinese Medicine are jealousy, Envy and holding a grudge. , now remember in the five element theory, the kidney and the bladder are part of the winter system,

and the winter system of our lives is as we age, as we get older, and in the elderly, there is a lot more issue with bladder, with incontinence, with getting up at night to pee, that's very common, right? Also, we have an issue with UTI that affects all the patients and in turn affects the brain. So there's a connection there that is the bladder meridian with the Du meridian, because the Du meridian goes to the top of the head, the vertex, and is related to the spinal column.

And also the spinal fluid and the brain see the relationship. It's so intricate. I love it. Now when it comes to envy, jealousy and holding a grudge I have a quick story for you because I think it always illustrates the point my mother had a friend for years, they were best friends.

And what they did is they put the roll in each other's hair. So one day my mom asked her friend to come over and say can you put the rolls in my hair so I can have my hair all nice because tomorrow I'm going to the doctor and I need to look pretty for the doctor because that's what French people do.

They want to make sure they're pretty for the doctor even though they're in their 70s, right? Her friend says I'm too tired. I don't feel like coming. No, I'm not coming and my mom's like you're not coming. I went to help you last time. You need to come and do the rolls in my hair and her friend said no, I'm just tired.

I'm not coming. And my mom said, fine, I'll never talk to you again. And she never did. Never talk to a friend she was friends with, for 40 years. She never talked to her again. She held that grudge for so long. I remember one time I was walking in the street with my mom, I was visiting her in France, and I said to her, hey look, it's your friend Marie Lou.

And she goes, no, I'm never talking to her again. And I said to her, why? She was now in her eighties. And she says, I don't remember, but I remember that I'm mad at her. I remember that. So she held the grudge for a long time, and my mom did have incontinence when it came to bladder.

But envy and jealousy. Always looking at what's better. People are better than me. They have more things. Envy and jealousy is not a good thing for the bladder meridian as a whole, so it really affects the body. Interesting, right? I love Chinese medicine, don't you? It's amazing! Okay, let's start looking at the meridian as a whole and its pathway and function in Chinese medicine.

The bladder meridian and its 67 points has a pathway that covers mostly the head and the back, right? Because it's a yang meridian. So the back and the head are very yang part of the body. It is a tai yang meridian. Tai means greater, so greater yang means it's a little bit more surface. Thank you. The small intestine is the hand tai yang and the bladder is the foot tai yang.

So they're really much related and they both go in the upper back and the neck area and the head area. Does that make sense? So the tai yang meridian, the bladder tai yang meridian, is very activated during two hours of the day: 3 to 5 p. m. in the afternoon.

Which makes sense, because this is when most people get dehydrated. This is the time to drink more water. But in general, 3 to 5 is when people say, Oh, I have this fatigue that happens in the middle of the afternoon and it's really hard for me to work. Well, it's probably because you're dehydrated, because the patient will tell me that they had coffee in the morning, and had lunch, and probably didn't have much liquids the whole day.

And this is why we start to feel tired. So 3 to 5 p. m. gives us clues that if the patient is tired, they might be a little dehydrated. So drink up.

Let's look at the pathway of the Bladder Meridian. The small intestine was the previous channel, and it finished at the inner canthus, or at the inner corner of the eye, and this is where Bladder 1 will be. The meridian itself, starts at Bladder 1 canthus, and ascends up to the head, and will go all the way up to the top of the head, to the vertex, where it meets Du meridian.

This is what I was talking about at the beginning, when the Du meridian, the brain association and the bladder are very much related. Does that make sense? Now we have a branch that actually starts at the upper ear or above the ear and goes to connect to the du meridian and the bladder at the top.

So this is the connection also of the temporal area in the bladder, which connects to the gallbladder as well as the San Jiao. See how the bladder you're gonna see connects to all the organs? This is why we have the back-shu points, which connect to all the organs. Yes. Cool. So then the bladder meridian continues down the back of the head, the back of the neck.

All along the side of the spine, right, we know that's the first line, all the way down to the glute, all the way down to bladder 40, behind the knee. Now we have a second branch that

starts just at the lower part of the neck, and that's the parallel branch, the second one that has all the points.

And it will go down along the back. to meet the first one at bladder 40. Now together they're going to continue down and reach bladder 67 at the lateral side of the fifth toe. Easy, right? Now when we had that first branch that came down at the kidney area, it actually had a branch that penetrates in the lumbar area and went to connect to the kidney organ and then to the bladder organ.

Pretty simple. The bladder meridian as a whole treats disorders of pain, digestion, mental health, reproductive health. So many things because again, it connects to all the organs and addresses everything from the head because it's on the head and all the way back down to the toes.

So it's a really powerful meridian. Are you ready to look at the points? Yay! Let's do this. Now before we look at the points, I just wanted to share, I'm very proud, but my first book, Accupoint Made Easy, is now in French! Yay! Les points d'acupuncture simplifiés. So for my audience that speaks French, they are so happy about this now, and I'm so proud that I was able to translate it for people that, you know, for them, English is not easy, and so I'm so proud of it.

Bladder 1, I don't think a lot of people have needled that point because of its location, so I'd rather utilize bladder 2, but it does expel wind heat, specifically for red, swollen, and painful eyes, of course, because where it's located.

It's also used for night blindness, blurred vision, and lacrimation, which means, basically, when there's lots of wind, there is tearing, or a lot of tears coming out of the eyes. But like I said, Bladder 2 for me, safer to use, and I'd rather use that one over Bladder 1.

So, the great part about Bladder 2 is it does the same thing as Bladder 1 for all the eye problems like lacrimation, painful red, swollen eyes, blurred vision, eye twitch. But on top of it, it's a really good point for frontal or orbital headaches, specifically due to external wind pathogen invasion. And it does open the nose, so when there's stuffy nose, due to, again, wind invasion, like a wind cold or wind heat, right? It works really well for that. But, what I love to use Bladder 2 for is hiccups.

Every time my dog gets a hiccup, I acupressure Bladder 2 and it works like the charm. It's fantastic. I've done it on myself. I've done it on my husband. It works so well. So that's something that you can show patients if they have a tendency to have hiccups because it works really quickly and we don't have a lot of points that can do this in the body.

I think that this is pretty much it. So kudos to Bladder 2. It totally rocks.

Both bladder 3 and bladder 4, open the nose for congestion. All those points in that area are doing the same thing. I would use Du 24 and DU 23. Much more often than bladder three and four, but hey, of course, they're used for that as well. They both clear heat for dizziness, headaches, and nosebleeds. Now, this is the dizziness where there's excess heat, like liver yang rising, liver fire.

Not for a dizziness that's due to spin sheet deficiency, for example. Make sense?

Bladder 5 is very similar for blurred vision, for stuffy nose, but on top of it, it does expel wind, specifically when there's epileptic attack. Now when it comes to epilepsy, one point's not going to do it, right? We need a whole protocol and we really need to narrow it down what the TCM diagnosis is for that particular disorder.

But this is a point that we can be adding to our protocol.

Again, bladder 6, very similar, right? So you can see 3, 4, 5, 6, all for dizziness, all for congestion of the nose, all for headaches because, of course, of their location. And blurred vision. So it affects the eyes, the nose, and the head. Basically that whole upper part of the head.

And we continue with bladder seven. Similar nose or nasal congestion, dizziness, headaches. Now the headache, because Bladder 7 is a little bit further up, the headache will be more when it's more of a vertex headache, because Bladder 7 is coming closer to do 20 in its location. So that's the difference there.

Bladder 8, because of its location in the occipital region, it will address issues of the eyes, like dizziness, blurred vision, but it's also going to be used for stuffy nose. So, I usually like to use more frontal points when it's stuffy nose, because the person's going to face up. It's really hard to put a face down.

person on the table face down, but if they are coming for back pain and their nose is stuffy, then you could do bladder 8 to open the nose. It would help because obviously of their position, right?

Now, one of the things we talked about when we talked about the meridian pathway, we said there was a branch from the top of the ear that went to the Du meridian that connects to the

bladder and the Du. So this is a connection to the ear and bladder 8, now it's starting to look at tinnitus and it can help with tinnitus.

However, again, I think that there are other points that are probably better for tinnitus. But this is a point that's used for that as well. And it calms the mind for manic behavior as well. Now a lot of the points in the back of the head do that. We have the Du point, like Du 15, Du 16, they're also very calming.

So what I would suggest is that if someone has a lot of manic behavior, a massage in the occipital region is really good because usually they're very tight and very intense in that area. If you palpate, you'll see.

Again, Bladder 9 and Bladder 10, very much because of their location, great for stuffy nose, dizziness, blurred vision, eye pain, and occipital headache. I use Bladder 10 a lot if there's headache in conjunction with Gallbladder 20, because they're close to each other, when there is occipital headache, and then we can use Distal points like Bladder 60 or Bladder 62, which are great as distal points for neck pain.

On top of it, remember that Lung 7 is the commander point of the head and neck. So when there is occipital or neck pain or tension, Lung 7 has to be there, right? And then Bladder 60, and then you can do local points like Bladder 10 and called Bladder 20. Perfect combo. Now we're getting into the fun points. For me, that is fun. Bladder 11, the influential point of bones, right? We have influential points of qi and blood and bones and the zang and the fu and the sinews and the blood. But the influential point of bones should be there specifically. Look where it's located, right?

This is where a lot of people have osteoarthritis, for example, where the bones are starting to be brittle as they age, right? So this is a really good point to use for brittling bone to help healing when there is post bone aging. broken bone and also as people age as a preventative point. It's really good for arthritis because it also helps with joint, sinews, ligament, tendons.

, because of its location, of course, it's great for upper back pain. That makes sense. But it's also a great point to expel heat, when there is a common cold or asthma.

Or to bring lung heat down when there is cough. However, I would use Bladder 13, the bacterial point of the lung for that, more than Bladder 11. I love Bladder 11 when it comes to the influential point of bones, sinews, ligaments, tendons.

So really, for that kind of purpose, it totally rocks. Bladder 12 is great to expel wind, not wind heat or wind cold specifically, but expel external wind. So common cold, flu, any kind of external pathogen invasion that comes in with wind, cough, fever, it is a great point. For kids, you could actually cup it. You could cup, Du 14, which is great to cup, and you could also cup bladder 12.

That works great for external pathogen invasion that is acute.

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

You can download the digital version on any device, and it comes with many video links to compliment it. Or if you'd prefer the hard copy version like me, you like to look at real books. The publisher ships it all over the world. Before you invest in it, I wanna make sure that it is everything you were looking for in a fun guide for acupuncture points, 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 Acupoint me have to say. I adore the book. It has answered so many questions in my mind and is logically and clearly laid out. It was a great investment that made my day. I absolutely love this. Thank you for thinking outside the box. I have a DD and I'm measly, 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.

We 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.

We made it to the beautiful back shu point. Let's talk about bladder 13, back shu point of the lung, bladder 14 and bladder 15 of the heart. The back shu points are easy, you use them in the back when there are issues affecting the organ that they are related to. So if there is lung issue from asthma, to emphysema, to cough, to anything affecting the lung, bladder 13. If there's a heart issue, which is very interesting, because the heart back shu

point, which is bladder 15, is located at T5. And this is where a lot of people will tell me, Oh, I have a knot between my shoulder blade and my spine. It's driving me crazy.

Often, it's around T5, because that knot is showing that this person is having a lot of anxiety and panicky and worry and overthinking and is tense, and the tension goes around the heart Back-Shu point. You'll see this in practice. It's so cool to see, actually. So those are the first three of the back shu points.

Bladder 16 is not technically a back shu point of an organ, but it's a governing shu point, which is great to use to reinforce the Sanjiao. The yang qi, it's great for chest pain and abdominal pain, specifically upper abdominal pain like the diaphragm area. So it's a great point that I think is underutilized in clinical practice.

Then we have bladder 17, the influential point of blood. You can see bladder already has the influential point of bones with bladder 11, and now it's Bladder 17, the influential point of blood. So bladder 17 is really good to move blood and nourish blood. So if there is blood deficiency or blood stasis, this is a great point to add to your protocol if the person, again, is facing down.

It can clear blood heat or heat in the blood for menstruation issues, like very heavy menstruation due to excess heat, not due to spleen not holding the blood within the blood vessel.

Because blood is the material basis of the mind, when there are manic depressive disorders like bipolar, bladder 17 is really good in balancing everything, specifically combined with kidney 9. Kidney 9 is the best point to balance that manic depressive stage.

It's fantastic. Now, another thing that Bladder 17 does is that it really harmonizes the stomach. So it's great for acid reflux, heartburn, and burping a lot.

Bladder 17 is great to reinforce the back shu point of stomach, which is Bladder 21. Now let's get to the next shu points. Bladder 18 is the liver one. Bladder 19 is the gallbladder one, so those two are gonna be great when there is liver issue or gallbladder issue.

Then we have bladder 20 and bladder 21. Bladder 20 is the spleen, 21 is the stomach. So great for digestive issues for any issue of the spleen and stomach. Super easy, right? Like those points are easy to remember as long as you remember. which organ they are related to. Now in pinyin, in their name in pinyin, for example bladder 20 is called pi shu, pi, pi shu.

Pi means spleen, so when you know that, and then stomach is wei shu, wei is stomach, then it's easier to remember. Bladder 22 is the San jiao Back Shu Point. Bladder 23, I think that's one we use a lot in clinical practice.

It's the Kidney Back Shu Point.

Bladder 24 is the Sea of Qi back shu point. We have one in the front, it's REN6, REN6 is the Sea of Qi in the front, bladder 24 is the one in the back. So it's really good for tonifying Qi and strengthening the lower back. Bladder 25 is the large intestine back shu point.

Bladder 26 really regulates the lower jaw as a whole and strengthens the lower back. Bladder 27 is the small intestine back shu point and bladder 28 is the bladder back shu point. All done! Woo! That was easy, right?

So, of course, all those points can be used for each of the organs they are related to.

Okay. So let's continue with bladder 29. I think this is a local point, so it's easy to talk about it. It's really for lower back pain. That's all I have to say about that.

Bladder 30 is a lower jowl counterpoint. It's great for excessive vaginal discharge, issues with menstruation like endometriosis for example. For example, it's great

for rectum prolapse, constipation, bowel issue, and of course, lower back pain.

So the next four are really related to the reproductive system. Bladder 31 to 34 all on the sacrum area are great to be used for endometriosis. Now when it comes to endometriosis, what I do is I use those points with the plum blossom or seven star needle. This is if you've ever seen it, it looks like a little hammer.

And then what you do is you tap on the area of the four points up and down until we get a bit of redness. But it's a little bit different from gua sha. But it is activating and trying to break the scar tissue that affects women with endometriosis.

So that's what I do in practice as well. Now bladder 31 to 34 is also great when there's any kind of menstruation issue.

Reproductive system issues like fertility and excessive vaginal discharge. Specifically if you do all four points you'll get such a great outcome if you're doing a treatment obviously when the patient is facing down.

Bladder 35 is used for impotence, specifically combined with kidney 10. Those two are great for male erectile dysfunction. It's also used for hemorrhoids, excess vaginal discharge, and constipation, but I like to use it for ED specifically. When it comes for hemorrhoids, Du 1 with bladder 57, better combo with Erbai as well, two extra points.

36 and 37, easy, all musculoskeletal, definitely used locally for pain.

Same thing for bladder 38, really good locally for pain. So that's easy, right? Those points are so easy to remember.

Now, bladder 39 is the san jiao lower he-sea point. As such, it's going to help the san jiao, specifically when there's damp heat affecting the jiao, the lower jiao. Great for deburr, bloating. Urine retention, or getting up at night to pee.

And of course it's great for low back, or cramps in the legs.

I love Bladder 40, the commander point of the lower back. Anything happening on the lower back, we have to use Bladder 40 as a distal point. Yes, you can add Bladder 60, Kidney 3, other points, but you definitely have to have Bladder 40. Now, if there's sciatica, sacroiliac joints issue, lower back, sacrum, lumbar, anything around that area, I do bladder 40.

However, I also like to add up spleen 6 if the pain goes around the pelvis area, right? Make sense? So, if it's affecting the hips or the pelvic area, spleen 6 is the commander point of the hips and pelvic. So, you can put those two together as distal points. It is. fantastic to address issues of that whole girdle.

Now the girdle is connected to the di meridian, D A I, the Dai vessel, right? So we also can add up gallbladder 41, which is the confluent point of the Dai vessel. It works like a charm. See, this is how we come up with treatment plans. Now the second thing that bladder 40 does is clear heat from the blood for rashes, hives, heavy, heavy menstruation due to excess heat in the blood.

And it can be used for acute diarrhea that has excess heat, so really smelly, smelly diarrhea. Now, see, when we work that way, we can combine this with the back shu point of the large intestine, bladder 25, for example, because there is diarrhea. Make sense? This is how we go about it. Pretty cool, no?

We'll now back up at the second parallel line to the first line in the bladder Bladder 41 is really good when it comes to stiff neck, pain in the neck, really local. Yes, we can use it for

cough and asthma as well to reinforce other points in the area like bladder 13, bladder 12, right?

When there is upper respiratory tract issues.

Now, let's look at the second line. From bladder 42 to bladder 52, it is at the same level of the back shu point that we talked about earlier, right? So bladder 42 is at the same back shu point of the long bladder 13. They all are corresponding to the same back shu point that they were aligned with at the same thoracic or lumbar area.

So, what do they do? They reinforce that back shu point. If you have issues with the TCM kidneys in Chinese medicine, we can do bladder 23 and bladder 52. That's reinforcing. Plus, bladder 52, a lot of times, when there's low back pain, it's a perfect point locally as well.

So, this is how we go about it. Reinforce your Protocol, when you're really trying to address organ function issue, use the back shu point and its parallel second line point. Perfect combo.

Now, I didn't talk about bladder 28 and bladder 53, right? Bladder 28 is the back shu point of the bladder. Bladder 53 does not address the issue of the bladder in this case. It is really local, strengthening the lower back and relieving pain. Same thing for bladder 54, very local for sciatica, anything that's happening with the pain in the area.

Now, if there is sciatica, one of the best protocols is gallbladder 30. Bladder 54, and then you can go along the side of the leg with gallbladder 31, gallbladder 34, but you can also go to the back of the hamstring with bladder 36, bladder 37, that whole area. You can do cupping, gua sha.

Sciatica is very, very common, and acupuncture totally rocks when it comes to it.

Bladder 55 and 56 are all local for calf issues and they can address hemorrhoids, but the next one is the best one, so forget about that one.

Bladder 57 is one of the best points for hemorrhoids, specifically combined with Erbai, the two extra points on the wrist, and Du one. That's a great combo. , now if the hemorrhoids are due to prolapse, then we also want to do spleen 6, Ren 6 and Du 20 because that lifts everything up.

And gallbladder 34 to tighten the joints. Perfect. Great combo to have in clinical practice.

Because bladder 58 is the lower connecting point of the bladder, it connects the bladder with the kidney so it strengthens the lower back because when there is lower back pain, there is kidney qi deficiency. That is basic, right? Now on top of it, It clears the whole channel, the tai yang channel for occipital headache, back pain, anything along the channel.

The Luo Connecting Point Bladder 58 is fantastic.

Bladder 59 is the xi-cleft point of the Yang Chao vessel. As the yang chao vessel is really in charge of musculoskeletal issues, then this is a great point when there is lower leg musculoskeletal issues, specifically motor issues, it's a very good point to use.

It can also be used for headaches and back pain because the yang chao meridian goes all along the side all the way up to the neck and the head. So it kind of reinforces that same function in general.

Bladder 60, one of my favorite bladder acupuncture points that is distal, is the Jing river point of the bladder.

And it is contraindicated during pregnancy, unless we need it at the end for labor, when

It's one of the best distal points for occipital and neck pain or headaches. That's what I was talking about earlier with bladder 10, gallbladder 20 as locals, and for distal bladder 60 and lung 7, the commander point of the head and neck. That works so well.

Bladder 61 is easy, local pain in the heel. Done!

Bladder 62 is a great point because it's a ghost point. I love ghost points. If you haven't seen my videos on the ghost point, I'll have the link in the show notes . It is so popular. If you haven't seen it, you're going to love it because it talks about all specific 13 ghost points and how we can use them in clinical practice.

So bladder 62 as a ghost point, it has two functions. One, it's perfect for people that carry the world on their shoulders. Basically people that do too much, take care of everybody else.

It's used for childhood trauma that leads to anxiety as an adult. Now we have a lot of patients that have had childhood trauma and have anxiety their whole life. This is a very good point that may make the patient cry, but really releases that childhood trauma that is deep, deep inside and that sometimes has never been dealt with.

I have used that point specifically for sexual childhood trauma and it has helped so many of my patients to let go and release all this emotion that was stuck or that the patient hadn't dealt with.

So it's also the Yang qiao confluent point. So it's related to anything that has to do with the neck, the head, occipital region, the whole back. So basically we can use it for neck pain, headache, occipital headache, back pain, etc. Because it's a distal point as well.

And it also calms the mind for insomnia.

And manic disorder. So really bring all that energy that's up here down. I love to combine this point, bladder 62, with stomach 44, when there's manic behavior insomnia due to excess heat. Stomach 44, bladder 62, great to bring all that energy down. And if the person is angry as well, add up liver 2, that'll take care of everything.

63 is the xi cleft point of the bladder. Xi cleft points are either for pain or for blood issues. With the yin meridian they're mostly for blood issues, with the yang meridian they're mostly related to pain. So this is good when there is pain in the body on the lower leg.

And lower back. , but it also calms the mind for manic behavior and it can be used as part of a protocol for epilepsy. However, I don't use that point for that much, so I like to use Du point a lot more.

Bladder 64 is the yuan source point of the bladder. Remember, yuan source. Go to the xi, the source of issues that have been there for a long time. So this is a really good point when low back pain, for example, has been there for a long, long time. This person has had a low back ache for years and years and years.

This is a great point to use when there are kidney issues. Like epilepsy, for example, is an essence deficiency. It's a disorder that affects essence and kidney. So this is a good point to add as well because it really goes to the source.

And it can be used for mental confusion. When someone is confused, they don't know what's going on, like dementia, this is a really good point. Again, it goes to the source. And this is a really good point where older people have an infection, let's say a urinary tract infection, and they get confused in their head.

That's very common with infections for older people. This is a great point.

Bladder 65 is the shu stream point of the bladder. So yes, you can use it for mental confusion, specifically if there was maybe a reaction to an insect bite. And there was an allergic reaction, the person's completely confused and it's affecting their brain. This is great to use.

However It's an emergency often, we have to go to hospital, right? If it's an infection that's affecting the brain, I think, uh, we need some help. That is not going to be acupuncture. I love bladder 65 because it does relieve the allergic reaction to a bug bite, and there's not a lot of points that do that.

Actually, that's the only point that does this, so it's kind of like a special point that way. It'll bring the allergy down, specifically if you combine it with bladder 40, which has a great point for hives, right? Or spleen 10, if you're facing up. Now, yes, it can be used for low back pain and stiff neck and headache of the occipital region, but it's not the best point for that, so I'm not going to bother with it.

Bladder 66 is the yin spring point of the bladder as all yin spring points do they clear heat. So it clears heat and wind for nose bleed, for headache, for stiff neck, blurred vision, but it also calms the mind for manic behavior.

So it's really good to bring it down. Anything at the bottom of the foot, usually on the young meridian specifically, will bring the energy down. Right? Makes sense.

Last one, but not least, bladder 67, the jing well point of the bladder. It is contraindicated during pregnancy, but we can use it for moxa for breech baby. Not needling, but moxa. I usually moxa for about 15 minutes. With my moxa stick, back and forth between one side and the other side, meaning right and left foot.

And I'll show patients how to do this if they need to continue to do it at home safely. But usually within one or two treatments, the patient's baby will turn in the right position. Now, this is only done between week 32 to 36 of pregnancy. Not past this, because it could be unsafe and dangerous. So I would not do it past week 36.

Make sense? Okay, the other thing that it does, it helps in labor. So yes, we can needle it at labor time to help with the pain and to facilitate labor. So it's a great point for that.

Yes, you can use it for stuffy nose and eye pain and headaches and all this, but that's not what we'll use it for, so I'm not going to bother with this.

I can't believe it. We did 67 points. I hope that was beneficial. 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, leave a review, and if you want more. Go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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