

Some things are better together, like baguette and cheese, peanut butter and jam, or the front mu and the back shu acupuncture points. This is what I want to talk about today, not the baguette and cheese, although I can talk about that for a long time too. But how we can utilize to our best ability, the front mu and the back shu acupuncture points.

I'm gonna cover the simple difference between the Front-Mu & Back-Shu points. How to use them for chronic versus acute conditions. My favorite point combos that work like magic in clinic.

I'll share mini cases to show you how I use those in clinical practice. And maybe they'll resonate with you and you'll use them as well. Stick to me till the end. Because I'm gonna show you a combo hack that will make your point prescription way more powerful.

And trust me, once you get it, you'll never forget it. 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..

We have 12 main meridians pertaining to 12 organs according to Chinese medicine.

While the back-shu and the front-mu point connect and pertain to each of those organs.

So we have 12 back shu point located in the back and 12 front-mu point located in the front.

the back shu points are on the bladder meridian, one and a half soon lateral to the spine each Zfu organ has one associated backs shu point. SHU means transport.

They transport qi directly to that pertaining organ, and they have strong effect on the organ itself.

The front-mu point obviously are located in the front on the chest and abdomen area, often near the organ they represent except for the san jiao, because this is an organ that encompasses all the other organs, but most of them, it's gonna be near that physical organ.

Mu means to gather or to collect. So they collect QI from the organ.

When it comes to yin and yang. Always remember that we always compare two entities that have something in common. For example, night and day, summer and winter, right? So it's going to be the same with the front-mu and the back-shu.

So I don't wanna confuse you because I'm gonna say things that are probably.

Different and opposite. So you're gonna go, what?

You just said this and now you're saying this, which is the opposite. I don't understand. So remember, it depends what you're comparing it to. Yes. Okay.

So the backs shu point overall are going to be treating a lot more chronic conditions pertaining to the Zang organ, more specifically for deficiency. Does that mean that you cannot use the back-shu point of liver, let's say bladder 18 for excess pattern in the liver?

No, that's not what it means. It is the comparison of the back-shu to the front-mu that makes the back-shu more useful for deficiency in general and specifically for the zang organ.

Now when it comes to the front-mu point, we use them a lot more for the full organ or the young organ and acute condition, does that mean that we can't use liver 13? The front-mu point of the spleen when there is spleen qi deficiency? Absolutely not. I am just comparing again, the back shu versus the front-mu.

Now both entities, the back shu and the front-mu are also

They are used in diagnosis for palpation in order to figure out if some of them are tender.

So if you are palpating in the back specifically, I see this in practice for years. Often people will say, oh, I have a knot between my shoulder blade, and if I palpate often it is bladder 15, the back shu point of the heart, or bladder 14, the back shu point of the pericardium or around those two points.

And often those people have anxiety or insomnia. It's so correlate with the diagnosis, so using the back shu in the front Mu to palate to see what is tender, to figure out what organ is affected is a very powerful tool in TCM diagnosis.

Another one that I think is often very tender on patient is gallbladder 25, which is the front-mu point of the kidney. And when there are issues. With the physical kidney, I'm talking about people with kidney stones or have issues with their kidney in the past or urination, I found often that point is tender.

So remember that specifically the front-mu point, they're located close to their physical organ, so they are going to be very useful for physical organ issue. Not necessary. TCM pattern due to TCM diagnosis. Does that make sense? Let me give you an example.

If someone comes in with asthma, that's a lung disorder in the western sense, so long one will be a very useful point because it is the front-mu point of the lung which pertains to the lung organ, right? I can use lung one and bladder 13 together. Bladder 13 being the back-shu point of the lung to try to tonify lung qi affecting the organ of the lung.

Now let's look at another pattern. Kidney yang deficiency, which technically in TCM has nothing to do with the physical kidneys, right? Often it's low libido, maybe diarrhea, early morning diarrhea, edema of the ankles, feeling cold.

That has not much to do with the kidneys. Maybe the edema of the ankle, but in general, it's very much more TCM. Perspective when it comes to symptoms. So what do we do with this?

We often are going to use more the back-shu point, like bladder 23 of the kidney in order to tonify the TCM kidney. Would we use gallbladder 25?

Probably not, but we would use gallbladder 25 if there was kidney stones pain while the person has to pass the stones. Does that make sense? So you could see gallbladder 25 much more related to the organ and the acute pain. That's what we said when we first started.

So a little bit more complicated, right?

You can make it very simple and say, okay, well this person has liver qi stagnation. I can use bladder 18 and I could use liver 14. Yes, you can, but if it's an organ problem, physical liver, organ problem. I would use liver 14 more if it was more of a liver qi stagnation TCM pattern, which has nothing to do with your physical liver.

I would use mostly bladder 18.

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Now another thing that's said in practice is the front-mu point located below the navel are going to be used more for deficiency to tonify deficiency.

The back shu point above bladder 17 are often going to be used for excess. Is this a rule that is a hundred percent black and white? No, again, TCM is nuances, right?

So it doesn't mean that if someone has lung qi deficiency, we can't use bladder 13. It just means that if someone has lung qi deficiency, but they also have a lot of phlegm that they're coughing or nasal congestion, bladder. 13 is going to be a great point because it has excess and deficiency together. Yes. You are gonna have to take this with a grain of salt and see what resonates with you. A lot of books will say back shu are more for deficiency and chronic disorders.

Front-mu on the opposite side would be more for acute excess disorders. The second one is anything above bladder 17 is going to be used more for excess while below the navel, it's going to be used more for deficiency. Again, this is just different kind of school of thoughts.

Another question I get often is in my treatment book, I give guideline of what points to do for certain disorders and patterns. Let's say we talk about osteoarthritis, the pattern, the symptoms, the formula, and the guiding points protocol.

And people will say to me, well, in these protocol, there's points that are in the back, like back shu points, and there are a point in the front like stomach 36 or front-mu point, how do I go about this?

I'll share what I do. It might not resonate with you, but let me tell you, if a patient comes with back pain, I have two option. Option one, treat the back pain.

Ask them if they're comfortable, face down, and then I will treat the area affected. Yes. Okay. With Distal Point, local point, et cetera. Now if this patient is a pregnant woman in her third trimester, I know she can't lay on her stomach.

She could lay on her side, absolutely. But most of the time the comfortable position is sitting propped up. So for me, I am not going to do any back point. I'm gonna do more of a front treatment. I usually can use, let's say the balance method. Whatever works for you, but we're gonna have to adapt. Some of my patients do not like to face down at all.

Some of my patients love facing down. They do not like face up.

Follow your intuition. That is very key to a great treatment.

And listen to the patient ask question, what resonates with them as well.

It's a partnership. It's not just us doing treatment. Does that make sense?

So when it comes to the front mu and the back shu point? Do I do them both?

Let's say I have patients that come with asthma. Do I do bladder 13? Do I do lung one?

Do I do both? Now, that's another thing a lot of practitioners like to do. 20 minutes on a back treatment, take the needles out, flip the patient, and do 20 minutes front treatment. That is very common, and if that's what you like to do. Awesome. I don't,

I prefer laying there and get in my parasympathetic state, and it takes me a while to come down, depending on the stress I've had. So for me, laying there and not being turned and stirred over, I like that better.

. So because of this, in 90% of my treatments, I will do either a front treatment or back treatment because I like my patients to at least stay 30 minutes with the needles.

That might not work for you, but this is what works for me. So I wanted to share.

Now, let's say you wanna do front and back. So for example, you can combine bladder 18, the back-shu point of liver with liver 14, it's front-mu point. This is really good to harmonize the liver for stress, for stagnation, for emotional issue and digestion issue, as well as liver, organ, liver issues.

now another combination that is interesting is sparing the back shu point with the front-mu. Yin yang. Opposite. Connecting organ. What? Let me give you an example.

Spleen and stomach. Connected. Yin yang. Organ? Yes. Okay. Back shu Point of the spleen. Bladder. 20. front-mu point of the stomach. Ren 12 combining. Those two are great when there's middle jiao issue affecting both the stomach and the spleen. So this is really something I love to do.

Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me if you've been following me for a while. You know, I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor. Drum roll please. Jane app. I'm also a Jane Ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record.

I've ever worked with before, Jane, we were using a clunky system that made everything harder than it needed to be. When we switched the entire clinic, felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner. Running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment. Well, I was asleep. Your patients can book when it works for them and the wait list feature. Fills last minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts. You can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner. You truly are.

There are so many features I could talk about, but we would be here all day if you are looking for a system that brings more ease, more clarity and comment to your practice. I truly. Recommend Jane. You can check it out at jane.app/demo. And because you're part of the Acupro community, you can use my code acupro one mo one month when you sign up to get a one month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Another one that is really good in practice is combining liver and gallbladder. So you could do gallbladder 24, which is the front-mu point of the gallbladder. Combine with bladder 18, which is the back-shu point of liver, when there is disharmony between the two or there's joint issues, stress, shoulder tension, a lot of issue with both gallbladder and liver.

This is a great combo and I've done it a few times when I really wanna address both.

I hope I didn't confuse you too much with all this information.

Here's what I do often in practice.

One week I will do back shu points. So let's say my patient has liver stagnation and heart and spleen, blood deficiency. So I can do bladder, 15 for the heart bladder, 20 for the spleen and bladder, 18 for the liver.

And then I can do distal points to compliment the whole treatment.  And then maybe the week after, I might do liver 13, liver 14, which are front-mu point of the spleen and liver. And then Ren 14, the heart front-mu point, and obviously more distal points to compliment my treatment and to follow my pattern of diagnosis.

And then often I'll ask the patient the week after. Did you feel better and enjoyed the back treatment or the front treatment? And every single time they will pick, it's very rare that someone says, ah, it's the same. They will say, oh my God, I love facing down and I feel so good after. Or, I loved facing up and I felt so great after.

And then you can build on this. Yes. Good.

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In order to practice, I think it's great to look at little mini cases.

Let's start with case number one.

A man comes in with sudden diarrhea after eating some food. His stomach 25, which is a large intestine mu point, is very tender. So you combine stomach 25 with bladder 25, the back-shu point of the large intestine.

That would work really well to clear the diarrhea.

Then you would add spleen 9 because it's the best point when there is excess dampness and if there's diarrhea, there's excess dampness, because this is really acute. You wanna ask if the diarrhea is very smelly, then there's heat. We probably would do large intestine 11, large intestine four to add to the stomach 36, because of course it's a digestive commander point.

And of course you could do the digestive diamond, which with stomach 25 you can add up ren 9 and ren six. And if you just wanted to do a front treatment, then you forget bladder 25.

Second mini case. A woman comes in with chronic bloating, specifically worse after meal, and poor appetite.

So you are going to really harmonize the whole digestive system and this is when you can do the back-shu point of spleen,

bladder 20, and the front-mu point of the stomach, which is ren 12.

That will help the digestive system together. That's what we were talking about before. Then Stomach 36 to harmonize the whole digestion. Right. That makes sense. Bloating after meals, we're probably gonna have to use spleen three because it's the yuan source point of the spleen and really helps in that transforming.

Transporting function, and then we're gonna do obviously SP nine because that's gonna help with the bloating, the water retention. Yes. This is how we select our points.

Now, at the beginning I said I was going to give you a hack that works really well and is effective in practice, and once you know it, you won't forget it.

Remember, always do your TCM diagnosis and follow that diagnosis, but sometimes it's not always easy.

Here's the hack.

For liver qi stagnation and liver blood deficiency. Now this is very common in practice. I see this with a lot of women. Women with amenorrhea, scanty menstruation, women that are very blood deficient.

Pale and poor, pale face, pale lips, pale tongue, pale nails, and then poor is poor sleep, cannot fall asleep, usually due to anxiety or worry.

Overthinking poor energy. So fatigue, right? That is a typical blood deficiency but at the same time. This person's really stressed and they have a lot of liver qi stagnation, a lot of PMS breast tenderness, moody prior to menstruation, shoulder tension headaches that is worse at period time, and you can see that those two are there.

Here's my hack.

If we decide to do a back treatment, we are going to do bladder 17 to tonify the blood bladder.

18 for liver bladder, 20 For spleen, we will do spleen six 'cause we could still do this when the patient face down Spleen four, liver eight. Beautiful combo. Six point. Fantastic hack.

If we're doing a front treatment, we are gonna do liver 14, liver 13, liver and spleen, frontal point, stomach 36, tonify blood, liver eight, spleen six, spleen four. Beautiful. Now you could also add up liver three to relax that liver qi stagnation.

I hope those hack benefit you and turn your patient in practice.

As I said in the beginning, baguette and cheese go really well together. Back you and front-mu are fantastic. Specifically if you palpate them for tenderness to figure out what's going on with the patient when it comes to TCM diagnosis. I hope this benefits you, and in turn, your patients. Keep rocking it using TCM because after all, acupuncture rocks.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more. Go to my website, [acupro academy.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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