

Clara Cohen: I know you use yin tongue in your practice all the time. 'cause I do too. But so many students and new grads overlook the power of the extra points. Maybe because they're not taught in depth in TCM School. That could be the case.

But here's the thing. These extra acupuncture points are not just extra bonus material. They're actually effective game changers in clinical practice.

I've been practicing since 2003 and teaching future practitioners since 2008. I have seen how these extra acupuncture points deliver fast effective results again and again.

So today I am sharing the 15 top most used extra acupuncture points in practice, the location, the function, and some acupuncture combos, utilizing those extra points that you are absolutely gonna love because they are so fantastic and powerful in practice. Are you ready? 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 we start looking at the 15 most used extra acupuncture point in clinical practice, let's talk about how many extra point are there and what are they exactly.

Extra points, also known as extraordinary or empirical points are not located on the regular 12 meridians or on the eight extra vessels.

Obviously all acupuncture points have opinion or Chinese name, but in English to facilitate our learning, we know that they have numbers like large intestine, forest, stomach, 36, lung seven, bladder 40, et cetera.

Well, these extra acupuncture points do not have those same numbers following a meridian. However, they do have the Chinese name. They have corresponding numbers and initial in the World Health Organization, extra point Yang, which one of my patients called the Zen button, which I love, is actually going to be on

the World Health Organization as ex for extra and HN for head and neck number three.

So it's extra HN three. That's literally how it's translated for Ian tongue. I'd rather keep it the pin and Chinese name than remembering head and neck, HN you have the upper lower limb, et cetera. They all have initials and a number to them, but I found that very difficult for me to remember. I'd rather remembered opinion.

So today when I'm gonna look at the 15 most extra point views in practice, it's all gonna be in opinion. no.

These points were discovered over centuries used by practitioners because they consistently produce great clinical results, even though they didn't fit neatly into the merids theory.

How many extra acupuncture points are there? Well, the results can vary depending on the textbook or the tradition. But here's a general breakdown for you.

The World Health Organization recognizes over 90 standard extra acupuncture points.

Peter Deadman's textbook, "A manual of acupuncture" lists about 48, well documented extra points.

Chinese medicine classics and newer clinical sources may include over a hundred extra point, some with regional or experimental use.

However, in real world practice, I would say specifically in the Western world, probably about 20 to 30 extra points are used regularly in practice.

I thought it'd be great to start with the first 15 most used extra acupuncture points in practice. However, there are more, and if you think I miss one that you love to use in practice, please let me know.

as I said, let's start with the most popular, which is Yin Tang. It is located midway between the two medial ends of the two eyebrows. As I said, one of my patients calls it the zen button.

It calms to mind for insomnia, anxiety, and those with too many thoughts. It is the third eye in the chakra system, so it's used a lot in Ayurveda and in the chakra system, right? So in the chakra system, it connects to enlightenment.

This is where you can really get to focus when you meditate, right in that area, because of its location. It also opens the nose for rhinitis, nasal congestion, and nosebleeds. It regulates wind for dizziness and convulsions. Now we're talking about internal wind.

It also reduces high blood pressure and relieves obviously frontal headaches because, again, of its location.

You can combine Yang with so many other points that calm the mind. Obviously always do your diagnosis and follow UTCM pattern for your patients, but for anxiety, for example, Yang ren 17 and pericardium six, fabulous combo. If there's insomnia, we could do Yang heart seven and maybe kidney one, like moxa kidney one.

If there is a lot of overthinking and worrying constantly and we need to calm the mind that way. Yang with spleen five, great combo because spleen five is one of the best point when there is worry, overthinking, creating fatigue, mental and physical fatigue.

So this is a great combo.

If you haven't seen my video on the top acupuncture points to Calm the Mind, I'll have the link for you below. It's one of my most popular one.

Now let's look at Tai Yang. It's one cun posterior to the midpoint between the lateral end of the eyebrow and the outer canvas.

Tai Yang because again, of its location is really, really good to be used for temporal headaches. It regulates wind. For facial paralysis, bell's palsy and trigeminal neuralgia, so it can be part of a protocol for any of those, right? If there is temporal headache, I would add up obviously distal points like large intestine, four, maybe other points that are related to the gallbladder or liver, depending on your diagnosis.

When it comes to facial paralysis or bell's palsy for that matter, I would put a lot more points that are around the mouth, the eye, the cheeks, and the forehead. But obviously ion can be part of it because of its location. And for trigeminal neuralgia, it is a very good point as well to combine with stomach seven.

It also clears heat and brightens the eyes for red, swollen and painful eyes, as well as eye twitch. All the points around the eyes actually have that same function, so it doesn't matter if it's bladder two, stomach one, sanal 23.

All those points are gonna be really useful around the eye to clear heat and brighten the eyes just like tang. But I love to use it specifically for trigeminal neuralgia and temporal headache. Obviously locally.

Ad: 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 on my mind and is logically and clearly laid out. It was a great investment that made my day. 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.

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.

Clara Cohen: The next extra point is not just one, but it's actually four points, sir Han song, which means for mind wisdom or for spirit wisdom, hun is the spirit, the mind, right.

Those four points are on the vertex or the top of the head. Each of them are one soon, posterior, anterior, and lateral on each side of Du 20.

Because it's around Du 20, it does a lot of the similar thing, but they're so powerful. You put those four points and the way I needle them is I needle them all towards Du 20, so kind of like oblique towards do 20, very shallow 0.2-3.

It's just a tap really. If you use a tube, it's very shallow. They calm the mind for insomnia, irritability and poor memory.

there are not many points that can help with poor memory.

Heart seven is one of them, and Si Shen Cong is the other one, so really powerful point for that.

like most points on the head, it regulates internal wind for hemiplegia affecting the limbs, dizziness, vertigo, epilepsy, and vertex headaches.

When it comes to Internal Wind, it can come from liver Yin deficiency liver Yang rising liver fire or body fluid deficiency.

And that will create internal liver wind. So we always have to try to figure out the diagnosis. We can use such and song for any of those issues that I just listed. But at the same time, we wanna follow the diagnosis.

So let's say someone has dizziness due to liver, yang rising, you wanna add up liver two because that's the best point to bring the liver Yang down, right? Or let's say someone has vertigo due to liver fire, then you really wanna bring the fire down using fire clearing point, like stomach 44, also large intestine 11, and of course liver two to bring that heat down.

Makes sense? So we wanna always do a diagnosis, but these four points are fabulous to use in practice to calm the mind, or like I said, for internal wind.

The next extra point is still on the head, and this is An Mian. An Mian means peaceful sleep. Oh, we know now what it does, right? So when you speak Chinese, everything makes much more sense than when you don't. It is located behind the ear, midway between gallbladder 20 and Sanjiao 17.

It comes to mind for insomnia because of course it's called peaceful sleep. It helps with irritability and hysteria. It's a really good point to use for menopause hysteria, actually, because women doing menopause also suffer from insomnia.

So this point is very useful. It is one of the best point for insomnia, specifically of course, if you combine it with heart seven. This one also regulates wind, internal wind for high blood pressure, vertigo and headaches that are temporal and occipital.

I have to say when someone comes specifically for insomnia, Ian is so useful and powerful with heart seven. We have to put those two together.

Now let's look at the next point, which is now below the head on the upper back neck area. It Ding Chuan, means calm, wheezing.

So we're gonna see what it is used for. Again, knowing Chinese is so helpful, the location of din swang is 0.5, soon lateral to do 14 at the lower border of the spins process of the seventh cervical vertebrae because we know D 14 is below the lower border of the spin process of C seven. Of course Ding Chuan stops wheezing for asthma, but also stops chronic cough, so we can use it specifically for children. You can cup it so you don't have to needle the child and cupping Du 14 with Ding Chuan because of course they're right next to each other, is very powerful for children with asthma, wheezing, and chronic cough. Now we can also use it for adults.

Of course, we can needle or cut the adults. When it comes to children, you can needle children, but it depends on how Yang they are. And if they're very, very Yang, then cupping is much easier and creates less drama. We leave pain as well for upper back and neck pain because of its location, but every point we leave pain in the area they're located, so I don't need to go in depth on that one.

The next one is Bi Tong. Bi Tong means painful nose, which makes sense because it's located at the highest point of the nasal labial groove near the nostril. Very, very close to large intestine. 20 just above it.

So what do we use it exactly the same way as large intestine? 20. It is for nasal congestion, sinusitis, rhinitis, anything affecting the nose, A lot of sinus pain. I would put beeton, large intestine 20, probably large intestine four, because it helps with anything happening on the face and it expels pathogens.

So that's a good combination. And if there was a lot of dampness with. Things like sinusitis or a lot of congestion. Then we would also add up spleen nine. This is how we combine everything. Love me, some Bi tong.

Let's go down to the trunk area. One of my favorite extra point that I use a lot because I treat a lot of women and a lot of fertility, is extra point Zi gong. Zi means child or seed, and gong is a palace. So it's the child palace or the seed palace, which means really, it's like the uterus, right?

It is really going to be more of a woman point. It is located three cun lateral to the midline, and four cun below the naval. What does it do? As we said, because of its name, it regulates the uterus for irregular menses abnormal uterine bleeding, dysmenorrhea fertility issues, specifically when there is no ovulation, and it can be part of a protocol for uterus prolapse.

So let's unpack this a little bit. When there's ovulation and we're trying to help the woman ovulate, we have to put Zi gong because it is located literally where the ovaries are. So it really stimulates the area. We wanna do a full diagnosis, with observation.

Is it a blood deficiency? Is it a blood test? Stasis? What is the problem? Right? So obviously we wanna go in depth with our diagnosis, but we have to use Zi gong. When it comes to uterus prolapse, I would combine zi gong with spleen six. Ren six and do 20 to lift. Now with prolapse, if it's stage one or two, acupuncture and herbs are very powerful.

If it's stage three and four, it's a lot more difficult. So we have to have more information in order to see if we can help the patient or not.

I had a patient that came to see me a few years ago that was going through menopause and had uterus prolapse stage two, and I did exactly those points.

Ren six spleen, 6 to 20, and zi gong, I did a full diagnosis. She was kidney and kidney Yang deficient. So I added up kidney three, kidney six being six, you know, did a full treatment.

But I did use those points that are great for prolapse and we did treatment twice a week.

She also took a formula called Bu Zhong Yi Qi Tang, which helps in raise energy, but also is used for prolapse as well.

And those two combine within less than four session. She came back on the fifth session. We did this twice a week. And on the fifth session, she said, I woke up two nights ago because I literally felt my uterus go right back in. Like

she said, it went like this, like it was. Pulled back in. She said it was the weirdest sensation and we did a few more treatment and she had an ultrasound, and lo and behold, uterus was back in place. So acupuncture, rocks all the way, baby. Woo.

AD: 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.

Clara Cohen: Okay, let's look at the back now. One of the point I use a lot in practice is Yao yen and Yan basically is painful back, right? It is located three and a half sun lateral to the lower border of the spinous process of L four.

And because of its location it's one of the best extra point for low back pain or kidney deficiency. And this is TCM kidney deficiency especially combined with bladder 25, bladder 40, bladder 23.

That's a very good combo for low back pain. And Yan is located by the piriformis, which a lot of time when there are back pain, this is the muscle that gets really affected. So very useful in practice.

The next extra point is, again, not one point, but 17 pairs. Whoa. This is Hua Tuo Jia Ji. Hua Tuo Jia Ji are a series of point that are 0.5 cun lateral to the low border of each spinous process of each vertebrae from T one or the first thoracic vertebrae to L five or the fifth lumbar vertebrae.

I love these points. You don't have to do all 17, but if you wanted to use just the upper thoracic ja ji point to treat lung and heart condition or the middle thoracic ja ji points to address digestive system issue,

or you can use the lumbar ji, which are connected to the lower jiao, effectively helping or connecting to the kidney and bladder and san jiao, large intestine, small intestine. But together, like I said, you can use them for spinal pain. They can also be used for shingles along the nerve dermatomes and organ dysfunction related to corresponding spinal segment.

They also relax paraspinal muscles and improve circulation to nerve roots.

These jia ji points originate from the Chinese, Dr. Hua Tuo realized that needling besides each vertebrae, could treat diseases of the related segment we're talking about back pain, right?

A lot of Chinese doctors, including myself, use the Ja ji point for imbalance in the zang organ, spinal issue paralysis or anything happening post-injury to the spinal cord.

They work really, really well in relaxing the muscle. It's specifically reducing or eliminating the pain.

Let's now go to the limb. One of my favorite point is Jian Qian. Jian Qian is located between large intestine 15 and the interior auxiliary fold.

So really halfway between large and 15, and the armpit, that's what we're gonna call it, right?

Jian Qian is one of my favorite point to help with frozen shoulder or any rotator cuff injury.

My favorite combo when it comes to shoulder issues is Jian Qian, large intestine 15 large intestine 14, sanja 14, large intestine 11 and large intestine four.

So this is the whole shoulder, and you could do obviously the best distal point when there's shoulder problem. Stomach 38, that is the best combo. For frozen shoulder, I usually do cupping to start with. Then I will do some Trina and manipulation very gently, of course.

Then I'll do needling after I remove the needles, I will do more tui na to see if the range of motion has increased and doing this twice to three times a week for frozen shoulder that usually takes about a year for people to recover, will take about two months, which I think is unbelievable.

Jian Qian totally rocks. One of my favorite extra point.

The next one is two points. Er Bai arm means two by means white, two white. They are located 4 cun above the wrist crease on the interior forearm on both side of the flexor carpe radiology tendon. Those two points are fantastic. They regulate the large intestine for rectum, prolapse, and hemorrhoids, for rectum prolapse, I would combine RBI with bladder 57, do 20 spleen six ren six fantastic. Now for hemorrhoids, I would definitely combine Er bai with bladder 57 and large intestine four. Now again, you can do a diagnosis for hemorrhoids to figure out your pattern and follow that as well.

But these combo works so, so well in practice. Because of their location, they're very easy to acupressure, and I usually show patient to go home and do this a couple of times a day for about 30 seconds to one minute.

That is going to be very helpful when the hemorrhoids are flaring.

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yet, the link is below for you. It's completely free. You would love it, and if you don't, you can then subscribe.

I'm good with it. I promise you, you won't though.

Now let's go on the lower leg and start with a common one, which Nei Xi Yan & Xi Yan, which is the eye of the knee and stomach 35 is the Xi Yan, which is still the eye of the knee. One is on the lateral side, Yan means lateral and name means inner or medial side. So those are often needled together.

So Yan is on the lower border of the patella in the depression medial to the patella ligament. And stomach 35 is also on the lower border of the patella in the depression lateral to the patella ligament. So we combine them very often, both together. They're call the eyes of the knee and they are used obviously for anterior knee pain. So any kind of knee issue I would combine stomach 35, Ian gallbladder 34 because it's the best point for tendons. Sin news ligament stomach 360 help the healing process.

Plus where it's located, it's fantastic. And if they're swelling, spleen nine because it is the best point to decrease swelling for excess dampness. Woo-hoo. So when you're treating knee pain, this is a really good combo to put together. And the way our needle stomach three, five and Nei Xi Yan is towards the top of the patella and center.

So it's oblique towards the midline or the center of the patella, and upwards

I'm gonna group the next one because their function is very similar. We have Ba Xie Ba Feng. Ba means eight, and we have Ba feng are located between the web of all the fingers, so four on each side.

So eight and Ba Feng are located between the web of each toe.

What do they do? They all are used for pain in the area, for bunion, anything happening around the toes and the metatarsal area

for Ba Xie, anything happening around the fingers those are great point. How do I use those? I often use them when there's arthritis. If there's arthritis all over the hand, for example, using the Ba xie points all in between the web. Very powerful. Specifically if you put some Moxa as well, if the arthritis is a Bi syndrome due to cold or cold, Bi syndrome.

Bi syndrome is a painful joint, and so that's what I would do. I would add moxa, it's the same on the feet. If there's pain, we can use the bath. I have to say I've used Baer much more because I've had a lot of older people with arthritis in the fingers and the hand. Those are fabulous.

Extra point used locally.

These extra points are called Shi Xuan because she means 10 and there are 10 of them. They are at the tip of all our fingers. So the only one that's actually a point is pericardium nine, because pericardium nine is at the tip of the middle finger.

So it is also part of Shi Xuan,

These 10 tip of finger points are usually pricked to bleed, not needled. And they're used to revive consciousness for people that are in a coma for high fever and for convulsions.

So this is something that is used a lot more in China. I think that in North America, because we don't see a lot of those cases in practice, in clinic when people come and see us.

But I wanted to mention them because they're very powerful in China and used a lot. And I think they should be mentioned. Even though in North America, I don't think we use them a lot. I have never used all 10 together.

And if you have, let me know. I would love to hear your experience.

The last extra point I wanted to share with you is not quite used a lot in practice, but it is very, very good and we don't mention it enough in my opinion.

It is Dan Nang Xue. Dan Nang means gallbladder. So this is the gallbladder point. Dan, its location. It's kind of like Spleen 21.

It's not quite sure where it is. You know how Spleen 21 can be on the sixth or seventh intercostal space, depending on which one is more tender.

Well, Dana and Xue or the gallbladder point, extra point is located one or 2 cun below. Gallbladder 34 you'll have to palpate on each patient and figure out which one is more tender and that's where Dan Andwe would be located.

Now this point is really powerful as more of a western gallbladder point. What does that mean? If there's any issue with someone had their gallbladder removed or they have a lot of gallbladder issue and they've had gallbladder attack or anything happening with the bile, this is a fantastic point to use.

In practice, I see a lot of people that have had the gallbladder removed, so I use this point on them all the time because it supports the weak energy of the gallbladder now because they're missing the physical organ, even though the energy of the gallbladder is still there.

In TCM perspective, the organ being gone means that the meridian and the gallbladder energy is weaker. So this is a really good point to support it. Fantastic. Don't you think? I love it then. Totally rocks.

We went through 15 extra acupuncture points. There are many more, but those are the ones that I wanted to mention because they're so powerful and I use them a lot in clinical practice.

Thank you so much for your support. I wanted to say that I'm so grateful I receive daily messages from everyone telling me how my content is so useful and beneficial to them. It makes my day. I wanted to share one today from Facebook.

This person bought one of my book. They said,

Just bought your book. Thank you for making my life and the lives of my patients better.

This is why I continue to spend hours creating content and making sure you have resources to help you and your patient. So acupuncture and TCM can change the world one patient at a time.

As I mentioned earlier, the video I created on the most powerful acupuncture point to Calm the Mind is one of my most popular. Check it out if you haven't seen it yet, the links in the show notes 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, acupro.academy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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