

**Clara Cohen:** Foggy head, heavy limbs, bloating, depression, anxiety, postnasal drip,

greasy hair, greasy scalp, greasy skin, and coughing a lot of phlegm.

These symptoms can come from phlegm. Or And dampness, right? So today I'm gonna share with you my TOP 12 go-to acupuncture points for dampness and or phlegm.

We're gonna look also at points combos that are really useful in practice. But first we're gonna start at looking how do we get dampness, which organ according to TCM or in charge of water metabolism so we can prevent, but we also going to use a lot of those meridians connected to those organs.

In order to address the issue. Does that make sense?

A while back, I created a video on the differences between dampness and phlegm. I'll have the link in the show notes below for you because it goes in detail. 'cause often my students say, well, what's the difference between dampness and phlegm?

So I'm not gonna go over this today. I'm just gonna talk about main symptoms and what are the goal to acupuncture point. Does that make sense? Are you ready? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and phlegm to learn. Hi, I'm your host, Clara Cohen. I support practitioners and students 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

Let's start with a quick TCM Foundation Review when it comes to dampness and phlegm.

The spleen and stomach are the root of dampness because spleen is in charge of transforming and transporting all the liquid.

Stomach is tendency to have a lot more dryness than dampness, but we can have dampness in the stomach with a lot of nausea and vomiting. Clear fluid. For

example, when it comes to spleen, spleen is in charge of transporting, transforming all the fluid, and so often we may have water retention in the digestive system with Borborygmi, which is gurgling sound in the digestive track with bloating, with loose stools

The next one is the lung. The lung is also in charge of water metabolism on the upper jiao while the spleen and stomach are more in the middle jiao.

So the lung itself, basically when there's a lot of dampness, that can also turn into phlegm, right?

So we can have lots of mucus, postnasal drip.

The lung is related to the skin, so maybe greasy skin or oozing if there is a lot of, infection or inflammation. Like acne with a lot of oozing zits?

The lower jiao organ in charge of water metabolism is the kidney. Now the kidney works with the bladder in order to transform the fluid and excrete what we don't need, and the bladder, of course, excreted through urination.

So if the kidney is not able to regulate the water, we're gonna have a lot more issue in the lower body, like edema of the ankle, heavy legs.

We may also have a lot of long stream urination and the person needs to urinate a lot. Those are the three main organ with the upper, middle, and lower jiao. Now let's talk about liver and gallbladder because we're gonna see there are great points to help when it comes to dampness and phlegm.

The liver meridian, specifically the Luo collateral, wraps around the external genitalia. So when there is issues like swelling or herpes outbreak with lots of oozing that is dampness, there's usually associated with heat because there's inflammation or infection that's affecting that area as well. So a woman that has, let's say, a vaginal.

Discharge that is yellow and a lot very abundant. That is excess damp heat in the lower jiao as well, or having a yeast infection that is also often dampness in the lower jiao affecting the liver meridian, not the liver organ.

However, the liver organ in the gallbladder can be affected by damp heat with jaundice yellow skin.

Dizziness as well affecting the head. That's usually more phlegm than dampness affecting the liver and the gallbladder Meridian.

The heart is connected to phlegm because phlegm as we know, can be visible or invisible. Invisible phlegm means it's affecting the mind, the heart is connect to excess phlegm affecting the mind.

Often in books it'll say misting the mind because it's basically creating a fog and we're not able to process and to basically function mentally, so that can come up as anxiety, depression, bipolar, confusion, hallucination, and so much more.

Now, this is something that's been there for a long time. It's not something that happened once. So we have to look at the heart being affected by this invisible phlegm.

And the last one that's connected to fluid is the San Jou. San Jou often translated as a triple warmer, triple burner, triple heater, whatever you wanna call it. I keep it the San Jou. The San Jiao means three js, right? So the upper, middle, and lower J and its main function is to connect to Yuan qi or source qi.

But the second function is to be in charge of water metabolism on all the parts of the body. I like to kind of connect it to the lymphatic system in Western anatomy. Does that make sense?

It's really flushing out all the excess. Toxins and water metabolism function really connects for me to the lymphatic.

The Sanjiao is connected to all dampness in the body. It doesn't matter if it's upper, middle, lower, or anywhere in the limbs, anywhere in the body. So it's really important to kind of remember that when we use Sanja point, we can utilize them specifically when there's excess dampness.

More than excess phlegm. We'll see that when we look at points coming up. That's a little review I wanted to do because it's important so we can connect the points to the function of the organ. Yes. To me, if it makes sense, it's easier to remember what the point does because it's connected to the organ that has a specific function when it comes to excess dampness and excess phlegm.

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I'll teach you my five-step point selection framework so you can confidently build point prescriptions even when your pattern isn't totally clear. I'll show you how to use empirical points strategically, how to combine local and distal points for maximum synergy, plus a case study to show you how to put it all together.

This class is recorded so you can take your time, and you have lifetime access. You'll get one and a half hours of continuing education, seven-day money-back guarantee, so you cannot lose, and I have two bonuses for you, a PDF of all the empirical acupoints and one with the acupoints for common TCM pattern, a little cheat sheet, if you will.

Here's what someone that took this class said, "I've got so much out of your presentation. Thank you for sharing your experience and expertise with us. It was a pleasure." Whether you got the right TCM pattern for your patient or you're still working it out, this class will give you a repeatable structure that actually works.

Click the link in the show notes or go to my website, [acupunctureacademy.com](http://acupunctureacademy.com), and click the Shop tab on the menu bar. I can't wait for you to benefit from this class.

Now let's look at the symptoms of dampness. Mostly we can have heaviness, bloating, excess, mucus, excess fluid in the body, edema, loose stools, or diarrhea.

We can also have mental affected symptoms like dizziness, foggy head, poor focus, poor concentration, having depression, anxiety.

If we look at depression, is it just excess phlegm? No, usually there's other patterns, but phlegm specifically for anxiety and depression is still part of the picture.

Quite often look at the tongue, look at the pulse. If there's a greasy tongue coating or a slippery pulse, look at other symptoms that correlate like nausea can be due to phlegm or dampness. Again, I'm not gonna differentiate both of them but think of, of excess fluid. It could be excess phlegm like coughing, mucus.

As well. We can have ganglion, we can have excess fatty tissue. Someone that's obese has a lot of excess fatty tissue. That NTCM is phlegm.

What are the main common patterns that involve phlegm or dampness? If it's heart phlegm or phlegm misting. The heart mind that is more emotional.

If it's phlegm in the lung that is more physical, and of course it's coughing phlegm.

It's affecting patients with asthma or bronchitis. Could be acute or chronic.

We can have damp heat and or damp cold. I'm gonna look at more chronic issues today versus acute pathogen invasion.

Now, I love cheese. I'm French and I love cheese, and that's a problem for me because my spleen or my digestive system is probably my weakest area because I love certain food that create more dampness on top of it.

I live in Vancouver where it rains a lot and it's very damp, and so in winter it's a lot of damp cold.

In summer, it's less. Damp. So lucky for us, but I don't do well in damp weather. If I go to, let's say, Asia, and it's very damp, let's say in India, when I was in India last time, I love India, but it's really damp and it's very muggy, right?

So that. Really affects me. So dampness and phlegm do affect me a lot, and so some people have tendency to be affected more than others. Another thing that I'd like to say is dampness and phlegm are very sticky, so it takes a while to get rid of them and it's really important. Here we go to address the diet.

Right, that makes sense. The hardest part because dampness and phlegm is not easy to get rid of. If it's acute, it's easier, but when it's chronic, it's not that easy. Acupuncture is a great tool for it, but we have to communicate to our patients that cheese is gonna make it worse. All dairy products are gonna make it worse.

Also, sugar specifically. So people will come to me and say, oh, what about fruit? Well, some fruit are very high in sugar. Let's say like banana is very high in starch, so that's a little bit more damp than let's say blueberries. Blueberries are not damp. So it's choosing the fruit. That doesn't have a really high glycemic index, like mango are very sweet.

So it's probably not the best for the person. 'cause fruits are good for you, right? So it doesn't mean you shouldn't eat it. I'm just telling you that for patients I'll say, you know, sugar in general and dairy product are probably the worst in. Making dampness in phlegm, not able to be eliminated.

So this has to be addressed as well. Now we also have great things we can add, like food that dries dampness in phlegm,

like apple cider vinegar, a tablespoon in a bit of warm water before a meal. Great.

Or having ginger. Ginger is warm, but it dries dampness as well. Lemon dries dampness specifically for the liver because it's a bit more cooling.

So a lot of food we can add to help eliminate dampness.

I love grilled asparagus. This is a really good food to eliminate water or dampness specifically through the Diuretic Way. So we're gonna basically pee it out and if you eat. Asparagus. You know that sometimes the urination smells very differently after you ate asparagus, right?

Not everybody gets that, but a lot of people do. So we can talk about all the diet and all the change in the environment. If someone lives in the basement or in an area that is very damp, then we're gonna have to try to find maybe, something that's going to help dry the dampness in the area where they live, or in the apartment or in the house, right?

A lot of. Places like in Canada, in the middle of Canada, it's very cold in winter and it's very dry.

So a lot of people will have humidifiers in their house to kind of keep the humidity up because it's so dry that every time they touch each other there's like a spark of electricity, right? We've all done that.

So in a place where it's very damp, it would be the opposite. We need something to dry the humidity not create more. Does that make sense? So we have to look at the environment as well.

Now that we reviewed everything, let's look at the best acupuncture points when it comes to phlegm and dampness.

So we'll start with the core dampness points.

The best point of all points for dampness is spleen nine. It has to be part of your protocol. So spleen nine is the hussy point of the spleen, again, connected to spleen, being in charge of transforming and transforming, right? So spleen nine, I pretty much put it for anyone that has dampness.

That could be people with cysts. Cystic acne, but also cysts in the ovaries like PCOS. I always make sure I put spleen nine and stomach 40 when it comes to PCOS, spleen three is the UN source point of the spleen and its main function is to strengthen the transformation transport. Of the spleen function. So spleen three is great to help when specifically the dampness is affecting the digestive system, like with bloating and with loose stools.

And all Shu-Stream points like SP 3, ST 43, LI 3 LU 9, KD 3, PC 7. All the Shu-Stream points will help clear dampness from the channel they are related to.

So if there's dampness in the stomach, ST 43 is a good point to add with SP 9. And with REN 12, because REN 12 is the Front-MU point of the stomach.

See how we go about it.

Okay, so now let's continue with more Damp Point REN nine. Ren nine is the second best after spleen nine to open the waterways. Specifically, again in the digestive system area. So mostly when there's a lot of bloating or bulb me or loose stool, that's happening mostly in the digestive tract.

Now, if you combine it with re 12, then that could help when there is nausea, vomiting, specifically, if we add up pericardium six.

The next one, as we talked about in the beginning, is the sanja is in charge of water metabolism. So the backhoe point of the Sanja. Or the front mo point of the Sanja can truly help.

So bladder 22 is the back actual point of sanjiao and ren five, is the front mu point of the jiao. Those points if you're doing a back treatment or front treatment are gonna be very useful when it comes to water metabolism and a lot of more water than flames, specifically more excess dampness.

Now let's talk about phlegm. My favorite point of all time is stomach 40, the best point for phlegm. I love Stomach 40. Now again, if you're not sure if it's phlegm or dampness or maybe both, uh, showing up in your patient's symptoms.

Just combine spleen nine and stomach 40. I'm the school of thoughts of the least amount of needles the better. So if I do those two together, 'cause they work well together, right? Stomach 40, spleen nine. I will do stomach 40 on one side, spleen nine on the other side. That way I don't double the amount of needles.

Because they are connected?

Now stomach 40 is the best point for phlegm. It doesn't matter if it's physical phlegm like with coughing phlegm, with having excess fatty tissue because actually stomach 40 is one of the best points to reregulate blood sugar. So that's a really good one when it comes to excess fatty tissue due to excess weight.

Right? It's really, really well connected. I think of Stomach 40 as this. Cinnamon of herbs 'cause cinnamon is really good to regulate blood sugar as well. So stomach 40 also helps when it comes to invisible phlegm for anxiety, for depression, for bipolar. I always, always put stomach 40 for anxiety no matter what the diagnosis of the patient is because it's so powerful when it comes to anxiety, and I've seen it in my practice since 2003. It is very powerful.

I think my intention, 'cause I love that point so much, also plays a role because your intention behind your treat.

Always, always plays a role, so make sure you have the right intention behind each needle and for what usage you choose to needle them.

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'm 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 while 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 so 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're looking for a system that brings more ease, more clarity, and calm into your practice, I truly recommend Jane. You can check it out at [jane.app/demo](https://jane.app/demo), and because you're part of the AcuPro community, you can use my code ACUPRO1MO, 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.

The next one is Ren 12. I've talked about it a bit before. Ren 12 is the front mu point of the stomach, and it's really good to harmonize the spleen and stomach to prevent deadness from turning into phlegm.

So if there's a lot of nausea or vomiting, we don't want this to become a chronic issue and affect the patient. Re 12 is a really good point. Specifically, again, if you combine it with pericardium six.

The next one of course is stomach 36. Now, stomach 36 we know is the commander point of the digestive system and the immune system and tonifies chi and blood.

It has so many great functions, but what it does to is eliminate excess pathogens, specifically damp, because Damp does affect the immune system and does affect the digestive system. So stomach 36 is a fantastic point. Do you have to put all those points when you're doing a treatment? No. Choose the point that you think is best for your patient at the time, and depending where the dampness is located.

The next one is long nine. Long nine is a shoe stream point. Like I said earlier, those are great for eliminating dampness, but it's also the un source point of the

lung. So it's really good to clear phlegm from the lung when there's a lot of coughing phlegm or for people that you know need to clear their throat all the time and they need to spit some phlegm that's there all the time, but they're not sick.

Yeah, that's a really good point for it. But talking about diet would also be very powerful because this is coming from a diet that is really going to create more phlegm.

Pericardium five is a fantastic point to transform phlegm in the mind, so this is connected to more the heart phlegm and affecting patients with bipolar, for example.

That is a great point.

And we're gonna go back to Sanja because we talked about Sanja more for dampness, but Sanja can also be useful for phlegm that is physical, not emotional. Sanja 10 is underused in clinical practice.

I don't know why. Maybe because it's around the elbow, but it is a really. Good point. When there is lymph nodes that are enlarged or there are cysts, so for PCOS, , for example, it's a great combo. Send 10 with stomach 40 and spleen nine. Fantastic to really address that cystic issue.

Of course, there are other points that eliminate dampness or phlegm. I can't go over all of them. I'm just sharing. The one that I've seen are very powerful in clinical practice. Now let's look at a few combos, right?

Let's start with damp heat when it comes to damp heat. Gallbladder 34 is going to move chi, but it also clears damp heat in the gallbladder channel. Large intestine. 11 clears heat anywhere in the body, but it also can clear damp heat, specifically affecting the digestive system like diarrhea or smelly diarrhea.

For example, and gallbladder 43 clears damp heat from. The gallbladder channel, let's say if we have ear infection or having issue with dampness affecting the head like a foggy head, which feels really hot, or a migraine that feels hot and feels very heavy, so you don't have to put all three depending on what's happening. Pick between gallbladder 34, large intestine 11 and gallbladder 43.

The next three we should mention, even though I don't put them at the top of my list, they're very specific.

The first one is liver five. Liver five is my favorite point when there is external genitalia issue, like a yeast infection, like herpes outbreak, anything that's happening to the external genitalia because it's the Luo connecting point of the liver and the LU collateral wraps around the external genitalia.

This is the best point. I use it quite often.

Liver eight. We know liver eight nourishes blood, but it also clears damp heat from the lower jiao. That's something sometimes I think we forget because it's such a different function from nourishing blood, but it works well if you combine it with liver five.

Large intestine 20. I wanna mention it because it's the best point to open the nose for stuffy nose, specifically combined with LI four, the commander point of the face. And spleen nine, the best point for dampness. So when someone has postnasal drip or stuffy nose, and they're not necessarily sick, but they always have a stuffy nose.

Definitely split nine. Large intestine. Four and large intestine 20. It will open the nose. It's like magic. I love it.

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Let's finish with a little bit of a bonus combo.

Let's start with SP 9 and REN 9. Perfect when there is Spleen Qi deficiency with dampness.

Now after the spleen qi deficiency with dampness, we're gonna have bloating, loose stools, fatigue, and then we're gonna have craving for sweets and foggy head. So the point combo should be spleen nine for the dampness, reign for the dampness affecting the bloating and the digestive system.

Stomach 36, which eliminates dampness and is the commander point of the digestive system. And I would put either spleen six or spleen three. Spleen three is the best when there is issue with the spleen not being able to transport and transform the liquid. So I probably would choose spleen three, but spleen six is

really good for any digestive system issue. So you're gonna have to choose depending on where your patient is, what their whole picture is. But those are the basic points.

The next combo is stomach 40.

Pericardium five and pericardium six for anxiety. Fantastic. Now you don't have to put them all three. You could do stomach 40 and PC six if there was a lot of digestive system issue with the person and the anxiety. Or you could do pericardium five and stomach 40 if there was a lot of foggy head and bipolar that is with the anxiety.

And the last combo is probably one of the most used in clinical practice, systemic 36 with spleen six. Now, spleen six address any issue of the liver, the spleen, and the kidney. And we know that they all connect to water metabolism, specifically the kidney and the spleen and the liver specifically when it comes to more the liver meridian.

So having spleen six when there's excess dampness. Everywhere with Stomach 36, which also helps eliminate dampness and strengthen the body. Plus LY nine the best point for dampness. You kind of addressing everything at once and then I would put the front moot point of the AI re five. Now if there was a lot of, um, lymphatic issue, edema, swelling everywhere in the body that is.

Chronic not acute. That is a perfect combo. Stomach three, six, spleen. Six. And then we said re five for the ciao. Makes sense. And spleen nine. Perfect combo.

Let me remind you that dampness and phlegm are very sticky. So it takes time. We have to be patient. A lot of time I have students asking me, well, how many session? It all depends on the compliance of the patient to change the diet, to add more food that dries, dampness, and eliminate dampness, and start to have less food that create more, right?

So if we work in conjunction with the patient and we have to look, maybe they're taking medication. That creates dampness. So we always have to look at the entire picture,

but I always say, at least gimme three sessions. And if there's no change in three sessions, this might not be the best for you. But if we're starting to see some change, maybe no more loose stool, maybe no bloating anymore, right?

There's some change happening. Then we're on the right track so we can continue. Does that make sense? So I always kind of try to tell patients that it depends on everybody. For some people after the first session, they'll be 50% better.

Others maybe 10% only. Right? So we can't know how everybody responds, neither.

Lemme know which one you use the most in clinic. I would love for you to share. 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, leave a review, and if you want more, go to my website, [acupoleacademy.com](http://acupoleacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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