

Clara Cohen: Let's look at the gallbladder channel and its 44 acupuncture points. Yes, the third longest meridian on the body. I am going to first look at the gallbladder function according to Chinese medicine, which is the perfect partner to deliver channel and organ. Then we're going to look at the meridian pathway and function and each acupuncture points location Function and of course some of my clinical pearls.

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.

The gallbladder organ, according to Chinese medicine, is the yang organ paired with the yin liver organ. And they are such a good pair together because the gallbladder reinforces the liver function. Liver function is to move qi, and gallbladder can contribute to that. And we'll see some of the points that are really good to move qi, specifically during pregnancy when we have to be more gentle with our treatment.

And of course, keep the patients and the baby safe. The number one function of the gallbladder is to protect the joints, the ligaments, and the tendons, all the sinews.

So if there's any issue with those, we have to look at the gallbladder, not only that, but we probably would use gallbladder point as well in order to treat the patients that have ligament, tendon, or joints issues. The other function of the gallbladder is to store bile, and that makes the gallbladder also an extraordinary organ. So it's part of the yang in the zang-fu organ, but also of the extra organ because it has this function to store bile.

And in Chinese medicine, the bile is a very much golden essence kind of fluid that helps keeps us young. So the question I get a lot from students or even patients is what happened if I had my gallbladder removed? Because this happens all the time. a lot. We see a lot of patients that have their gallbladder removed.

Well, the physical organ is no longer there, but the energetic of the meridian and the organ, the spirit, the emotion is still part of the person. However, that meridian itself or organ would be a bit weaker and we need to support it even more because we're missing the physical part of it. Does that make sense?

So the gallbladder is also related to self esteem, decision making, and courage. So when someone has a hard time making decisions, this is so my husband, we'll go somewhere for dinner and there's like five parking spots, that is not a good thing for my husband because he'll go, Oh, should I park in this one?

No, that one. No, that one. And I'm like, just pick a spot!

So if people have a hard time making decisions on a really small decision, I'm not talking about a life decision, but something like you go out to dinner and then they look at the menu. Oh, should I have the chicken? Should I have the fish? I don't know. And then they keep humming and humming about which ones you have.

That is a weaker gallbladder. Yes? Okay. So the gallbladder is also part of self esteem. So when I have patients that have low self esteem, can't make decisions, I really, truly want to protect and preserve the gallbladder and support the gallbladder to the best of my ability, and we will see there are perfect points to do that.

So the gallbladder is great to reinforce the liver, but because of where it goes, it's Because it goes around the ear, for example, it is a perfect meridian to support the liver when it comes to liver yang rising. And a lot of things that happens in the head, like headaches, temporal headaches, or tinnitus that is high pitch, that is a liver yang rising issue, but there's no liver points on the head.

However, there are gallbladder points that are going to address those issues. Like I said, perfect partner to the liver.

Let's look at the gallbladder channel pathway. Before we do so, I wanna remind us that the gallbladder meridian is a yang meridian. It is a Shao yang meridian. The Shao yang means lesser yang because it's the least yang of all yang meridians.

The first ones are the tai yang than the yang ming, then the Shao yang. Now the Shao yang Meridian, or the Sanjiao and the gallbladder. So they pair very well together when we wanna treat patients, because they're shao yang meridians.

The San jiao is a hand one, and the gallbladder is a foot Shaoyang Meridian. It is at its peak between 11pm and 1am.

Now, a lot of my patients go to bed around midnight, and in Chinese medicine, this is the time where we should be sleeping to recover from the pain. from the day's activities, right? And stress.

So when people go to bed around midnight, it actually depletes the gallbladder. Those patients have difficulty in making decisions or self esteem issues or self doubt. So it correlates so well. And I love that about learning Chinese medicine and understanding how those clues give us Little things that we can look into a little bit deeper to see, okay, this problem with the gallbladder, how do I address that and what does it lead to?

Does that make sense? So that's for the gallbladder channel itself. Now if you look at the pathway, what I think is fantastic about this channel and confusing too because when I was in school, I thought, Oh my God, this is such a hard one to remember. Because it was zigzagging a lot, right? Zigzagging back and forth on the head, zigzagging along the ribs, even all the way down.

It's like, it's not sure if it wants to be in the front or in the back. In the front or in the back. It cannot make its decision, right? Here it goes. It does not know if it wants to be in the front or in the back. So the shaoyang is always in between the yin and the yang. It's kind of revolving door. And often we say the shaoyang channels Or a revolving door between the Yin and the Yang, because the next level after that, when you go deeper within the meridian, is the Tai Yin level, and the Tai Yin is spleen and lung.

So, if you haven't seen my meridian layers video yet, I'll have the link in the show notes so you can check it out, so to understand the levels and the layers of the meridian.

But the gallbladder meridian is a revolving door between the yang and the yin level. So having said that, the zigzagging, let's look at the pathway of this crazy back and forth kind of meridian.

It starts at gallbladder 1, which is on the outer canthus, or next to the lateral side of the eye, and it will go down to the ear.

It will go up to the forehead. And around the ear, back down, back up to the forehead, back down again, here's a decision making thing, and ends up at the supraclavicular fossa, or right where the stomach 12 acupuncture point is

located. All yang meridians do connect at stomach 12. And connect also at Du 14 or C7.

So it's a very yang area. This is why stomach 12 is contraindicated during pregnancy, because it's such a powerful point, because all meridians will enter or exit at stomach 12. All yang meridians will enter or exit at the supraclavicular fossa. Okay, so once it reaches here, there's one branch.

The first branch starts behind the ear and enters the ear, exits, and finishes again at the outer canthus. The second branch is going to start at the outer canthus, or at gallbladder 1, and goes down to meet stomach 5 at the cheek or mandible area, along the neck, and goes to the supraclavicular fossa to meet the first meridian, or the main meridian, they meet there.

Now, that second branch enters the body, continues down to the diaphragm and to the liver and gallbladder organs.

It connects to both of them. Then it will continue to go down in the abdominal region and merges at the inguinal area where it wraps around the external genitalia and meets the external branch, which we're going to talk about next. Does that make sense? So this is the internal part of it and it wraps around the external genitalia.

This is why gallbladder is going to be helpful when we have issue in that area.

Now the straight portion which ended up at the supraclavicular fossa is now going to continue towards the back to gallbladder 21 on the top of the shoulder, and then goes down all along the side of the ribs.

All into that zigzag that we talked about earlier, all the way down to the inguinal area, then goes to the glutes, and down along the lateral side on the IT band, or iliotibial band, on the lateral side of the leg, through the knee, through the lateral side of the lower leg, onto the foot.

And finishes at gallbladder 44 on the fourth toe.

And the last branch starts at gallbladder 41 on the foot, and will finish at liver 1 at the big first toe. That's how the liver and the gallbladder connect. And of course, in the cyclical flow of qi, the next meridian after the gallbladder is the liver. And that's where liver 1 starts, at the big toe.

Make sense? So let's do this really quickly again in one shot. The gallbladder meridian starts at gallbladder 1 at the outer canthus, and will go down to the ear, up to the forehead, back down behind the ear, back to the forehead, Behind the head, all the way down to the supraclavicular fossa. That same branch here is going to continue on the ribs area, zigzagging down, all the way down to the inguinal region, to the glutes, all along the lateral side of the leg, all along the lateral side of the lower leg, and finishes at the fourth toe.

The first branch that starts behind the ear, emerges in front of the ear, goes to the outer canthus. The second branch starts at the outer canthus, goes to meet stomach 5 on the cheek, along the side of the neck to the supraclavicular fossa, enters the body, connects to the liver and gallbladder organs, and then will go down to the abdominal region.

to the external genitalia area, wraps around it, and meets the outside branch at the inguinal region. And the last branch starts from gallbladder 41 at the foot, and will finish at the first big toe to meet the liver.

The function of the gallbladder channel as a whole is obviously to treat anything that's happening along the channel, but also because it goes on the head. Headaches, eye issue, ear issue, neck issue, as well as dizziness and anything that's happening obviously on the face and the eyes. and the ears. It's also going to be helping anything with ligament joints and tendons, just like the organ itself in Chinese medicine, but also anything that has to do with marrow and essence, as well as the reproductive system, specifically because it wraps around the external genitalia, right?

So we could see all the function kind of making sense in the end. Yes? Okay, so now let's look at each point's function and location.

Gallbladder 1 is such a good point to be part of a protocol for Bell's Palsy. I see a lot of patients with Bell's Palsy. It's very common and acupuncture is fantastic when it comes to it because if we can catch it right at the beginning, we can help patients get full. facial activity 100 percent back.

If you haven't seen my Bell's palsy treatment video yet, I'll have it linked in the show notes because it is very useful in clinical practice so I want to make sure you don't miss out on it, right? So Gallbladder 1 is a perfect one to be part of that protocol or any kind of facial paralysis,

for example, after a stroke, this is a really good point as well. So when it comes to that, we can also use it for migraines specifically combined with stomach 8, cause stomach 8 and gallbladder 1 for migraines is a perfect, perfect combo.

Gallbladder 2, Small Intestine 18 and San Jiao 21 are all located in the same area, so they all do the same thing, which is pretty much addressing tinnitus or ear ringing. TMJ, jaw issue, or trigeminal neuralgia. So you can pick which one you think is best suited for the patients depending on what's happening with them.

Are they more gallbladder related? Is the pattern more of a problem with small intestine, gallbladder, or St. Joe? You can pick. You don't have to use all three points. They all do the same thing and that's why I use the same graphic for all three.

Gallbladder 3 for me is very useful for trigeminal neuralgia with stomach 7.

Stomach 7 is below the zygomatic arch, and gallbladder 3 is directly above it, and so two together are really a good combo when it comes to trigeminal neuralgia. And then you can add up stomach 8 to it, stomach 6, and large intestine 4. Perfect combo. Now you can also use gallbladder 3 for facial paralysis like Bell's palsy and post stroke as well as use it for tinnitus.

But if you're going to differentiate, I would use gallbladder 1 more for migraine and Bell's palsy. I would use two more for tinnitus and I would use three more for trigeminal neuralgia with stomach seven. But of course all of them can be used as part of Bell's palsy or post strokes.

See, this is how we differentiate, make sense? Gallbladder 4, 5, 6, 7 7 that are all located along the edge of the temporal area are going to have similar function. They're all going to help with temporal headache, migraine, but also convulsion, tinnitus, and dizziness or vertigo.

As I said, gallbladder 5 and 6 are going to be similar than 4, with convulsion, migraine, tinnitus, dizziness, vertigo. So how do you pick which one? Well, sometimes you need more than one, and sometimes you palpate. Palpate gallbladder 7, and go, Ooh, this one is the most tender one. It's 6. Then use six. Always palpate to see which one is more standard when they're so similar and very close to each other.

Yes? Okay. When it comes to gallbladder 7, it's again similar, but on top of it, we can use it for lock jaw because of where it's located. I would also obviously

combine this with stomach 7, maybe stomach 6, and then gallbladder 3, gallbladder 7, like if there was a lock jaw, we want to use all the points in that area.

Now, when it comes to gallbladder 8, one of the things that I learned in school that a lot of us did is that it is a great point for hangover. So when people have tendency to have too much to drink, the next day they feel like migraine y or headachy and nauseated. This is a good point to have. Obviously, not drinking the night before is the solution.

But, this is a good point to have for a cute hangover for the next morning. It does the same as the other previous point for tinnitus and migraine and temporal headaches. We can use, again, the ones that are more sensitive.

Gallbladder 9, same thing as the ones before with the convulsion, the tinnitus, the temporal headache, the migraine. However, one of the things that Gallbladder 9 also addressed is Phobias. So it really calms people that have phobias like germophobes or anything that really impairs their life. And what's interesting is if you combine gallbladder 9, which is great for phobia, and kidney 4, that is the perfect combo for phobia.

And if you haven't seen my video on the kidney channel and the kidney points, I literally talk about kidney 4 being the best point when it comes to phobia. So, Reinforce it with gallbladder nine, if that is what your treatment is aiming.

Gallbladder 10 and 11. Both, again, have similar function because of where they're located behind the ear. So tinnitus, ear pain, neck pain because of where they're located. Close to the SCM or sternocleidomastoid muscle.

And they can address temporal headaches specifically if it's coming from SCM and there's a lot of tension in that area. And again, you can needle both of them or pick the one that is most tender.

In clinical practice, using gallbladder 12 for neck pain or tinnitus or temporal headache or tension in that area is fantastic. However, One of the things that I love about Gallbladder 12, it's great for insomnia. It is very close to Anmian, which is obviously an extra point that we use that is very specific for insomnia.

But Gallbladder 12 is also really good. So I can also show patients to acupressure this point before they go to bed with this and Heart 7. It's also a very good point to decrease high blood pressure. And Gallbladder 20 also does this, and you can see how close they are to each other. And those points are

really good to bring the blood pressure down, of course, again, you want to address the pattern of the patient that has high blood pressure, but those are great points to use in the clinical practice.

Ad: Have you gotten your copy of my Acupoint Mais book yet? If you're a virtual 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 acupro.academy.com and click the shop tab on the menu bar to invest in your copy today.

Clara Cohen: Gallbladder 13 is not used a lot in clinical practice. Have you used it often? Obviously, when I palpate and it is tender, it's a great point to use. You can use it for Bell's palsy or post stroke because it extinguishes liver wind. So great for if there's headaches or migraine in that area as well, specifically with stomach 8, which is one of the best points when there's migraine combined with lung 7.

Remember, lung 7 is the commander point of the head and neck, so if there is a lot of migraine. Due to neck tension or on the side of the head. This is also a point we want to put with LI4, Large Intestine 4, because that's the headache point. Plus a point like gallbladder 13, if there is a migraine in that area.

It can also be used for vertigo or dizziness. You can also use it for insomnia. where people worry a lot. So because they worry a lot, they cannot fall asleep. You could use gallbladder 13 combined with spleen 5.

Spleen 5 is the best point when we worry or overthink too much. And then you can add up points to decrease the anxiety, like pericardium 6 Ren 17. and Heart 7 to sleep. this is how you can do a quick treatment if you're not sure what your diagnosis is because sometimes it takes time to figure out the diagnosis. And it's okay to pick the right point or select the right point for the patient at this time to start that way and eventually build on it as you get more information or you feel more confident about your diagnosis.

I love gallbladder 14 and I use it all the time because it's on the forehead. It's great if there is obviously headaches that is frontal, which a frontal headache is a yang ming headache, which often is due to stomach issue, but it affects the gallbladder as well. Because of where it's located. Upper sinuses pain or upper sinuses that are affected.

This is a great point to open the sinuses, right? I love to use it for that. And we can use it for Bell's palsy or post stroke because of its location as well.

It's a point we can use for a lot of lachrimation, which means a lot of tearing or tears or water coming out of the eyes. That is something that happens often with the gallbladder meridian and people that have aversion to wind.

Gallbladder 15 can be used for nasal issues like rhinitis, stuffy nose, and you can combine it again with goblet of 14 if there's sinuses issue and large intestine 20 to open the nose.

Gallbladder 16, 17, and 18, again, very similar function. And you can palpate until you find the tender one to use the one that you think is best. Very good for dizziness, vertigo, but also headaches in that area, and stuffy nose.

19 can be used again for vertigo, tinnitus, neck pain, because of course where it's located, occipital headache, and a protocol for epilepsy. Now when it comes to epilepsy, we have a lot of points that are used for that purpose, and we have to think that we are trying to prevent attacks. We're not going to cure epilepsy,

but we're going to prevent the attack and make sure that the body is calm and there's less.

attack happening for this patient. Does that make sense? So, gallbladder 19 can be used as part of a protocol for epilepsy And usually specifically combined with du meridian point, or governing vessel meridian point. I always call it the du meridian, I like to use the Chinese word when it comes to the du mai, or the ren mai, etc.

Right? The eight vessels. I love the eight vessels. Don't you love the eight vessels? Fantastic channels to use in clinical practice. Again, I have a video on those. If you haven't seen it yet, I'll put the link in the show notes so you could check it out as well.

Gallbladder 20 is used a lot in clinical practice. Now, when we use this point, the patient is face down. on the table, right? And I was taught in TCM school that we always needle the head last, no matter if we're supine or prone, right? Face up, face down, lateral, whatever the position, we always finish with the head because the head is so yang, so powerful, and the points on the head are so strong that we don't want to induce too much energy so fast, so quick, because it could give people dizziness or even fainting.

And I've had a lot of students or practitioners saying to me, I don't want to needle gallbladder 20 because I've seen patients fainting due to this point. I think that if we needle the body first and then gallbladder 20, of course, that would mitigate the problem. And I have to say, I've always done it that way in clinical practice and I've never had anybody.

passing out. Now, we also have to remember that some patients that faint easily could be the fact that they haven't eaten in six or seven hours before they come for treatment, and that's a big no no as well, right? So, we have to always make sure we tell patients that they should eat at least a couple of hours before, but not overeat neither.

There's that balance in between the two, right? So, but make sure that you needle the head last, because for me, it has worked very well since 2003 in practice. And I've never had anybody fainting or getting really dizzy when I needle the back of the head or gallbladder 20. Okay. So gallbladder 20 is a very good point when there's cold.

flus because it expel external wind, but also for internal wind. So if there is a lot of tremors and tics and twitches, this is a good point to add to your protocol. It

is used of course for occipital headache because of where it's located, neck pain, but also to reduce or bring down the high blood pressure.

Like we talked about earlier, you can combine points, the gallbladder 20 and gallbladder 12 together, which are very close together, if you think about it, reduce high blood pressure.

We made it to gallbladder 21, a point that we use a lot in clinical practice, a point that people feel really can be challenging because of the needling part of it. I think this is why doing cadaver lab or having really strong palpating ability of the muscle makes you understand where the lung apex is located so there is no There is no risk of pneumothorax if you make sure that you needle the muscle, you needle the traps, and not straight down towards the apex, right?

But if you needle towards the back, in the traps area, it is quite safe. However, because it's a powerful point of where it's located, it is counter indicated during pregnancy, unless it's needed at the end of the pregnancy. to help with labor induction. Now, labor induction is a very specific thing that we may need or not need.

It's not something we want to do with everybody, but if it's needed, Gallbladder 21 is part of the protocol. And I have a whole pregnancy course that explains this in detail safely. So you can check it out if you haven't checked it out. I'll have that link in the show notes as well for you. However, I love to use Gallbladder 21 because it's such a trigger point for me.

It's a really good point to help release all that tension in the shoulders that comes from people sitting at their desk all day long, or the stress that accumulates in the shoulder and upper back, right? This is such a powerful point when it comes to pain, where it's located. It's also a really good point to help when there's lack of breast milk.

So labor induction, lack of breast milk, but not during pregnancy. So this is a woman's point a little bit, but also a muscular skeletal point. Fantastic. You gotta love Gallbladder 21.

Gallbladder 22 and gallbladder 23, very similar function. Now used a lot in clinical practice because of where they're located. It's usually for cough or asthma or pain in the ribs. However, I love to use Spleen 21, which is a little bit lower and it's such a great point for fibromyalgia that I don't use those two points very often unless there's pain right in that area.

Gallbladder 24 is the front mu point of the gallbladder, which makes it so powerful and useful in practice. Now, all front mu points connect to their respective organs, right? So this connects to the gallbladder.

And remember, the gallbladder has decision making issue, or difficulty in self doubt, self esteem, well, gallbladder 24. It's the best point for lack of direction in life. This is such a great, powerful point to help patients when they feel stuck, when they feel like they don't know what is their purpose, what's the direction of their life.

If you haven't seen my video on the five spirits according to Chinese medicine, I talk exactly about this and how Gallbladder 24 is fantastic to help patients when there's lack of direction. Again, I'll have this video in the show notes for you to check out if you haven't seen it yet.

Being the front mu point, it also addresses issue of the gallbladder like vomiting, nausea due to gallbladder issue, gallbladder pain, gallbladder stone that are creating pain is not going to eliminate the stone, but at least it's going to manage the pain until we can figure out what the treatment plan is for that patient.

It can be used also as part of a protocol for hepatitis, because it's the partner of the liver, right? It really helps the liver, or acid reflux. So really a digestive issue that is coming from a physical gallbladder problem. Yes? Awesome!

Gallbladder 25 is also a front mu point, but this time of the kidney. So it is more located almost in the back, right? It's closer towards the kidney organ. And it is the front mu point of the kidney. So we can use it for kidney stone pain. Again, it's only for the pain, but also low back pain and stiffness of the back pain.

Clara Cohen: So remember how we said that the gallbladder is a Shaoyang meridian, and Shao yang meridian, the other one, is Sanjiao. And the Sanjiao has this ability to clear damp and heat. Well, the gallbladder, the other Shaoyang, also has a lot of function, and a lot of points will have function to clear damp and heat, because those two meridians do get affected by dampness and heat. So, gallbladder 26 is a really good point to eliminate damp heat specifically affecting the external genitalia, because we know that the meridian pathway wraps around that area, so we have to address those issues. Make sense? So excess vaginal discharge, specifically, that is a lot of discharge that is yellowish, not white.

White is more damp, cold. Damp heat would be more yellowish, excess vaginal discharge, or a herpes outbreak in male or female.

It can also be used to reinforce the dai mai, or the dai vessel, which is the only one that is horizontal and keeps all the meridian in place and has tendency to really address issue of the pelvic floor. So if there's uterus prolapse or anything affecting the pelvic floor that is heat and damp.

We want to use gallbladder 26.

Gallbladder 27 and 28 are both very close to each other. They can be used for inguinal hernia. Now when I've had patients with inguinal hernia, let's say on the left side, I usually needle those points on the right side. It works really well and that way I don't touch the area that is really painful.

And of course we can use distal point to add up to the protocol. But it works quite well in helping the patients with the pain.

But also if stage 1 of the hernia is there, it could actually help the hernia come back in. Which is fantastic!

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: Now gallbladder 27 and 28, similar to 26, they are part of the dai meridian, the dai mai, and so they do similar things, which is the external genitalia issue with excess damp heat. And we can use those points as well. I think 26 is easier to use because it is an easier point to locate and to needle on patients.

Years ago I got bursitis on my hips, so greater trochanter area, so painful. I had this massive bursitis. I was running a marathon and it just inflamed everything. And so gallbladder of 29 was the local point that helped relieve the pain so quickly. It's great to have distal point with it, but boy, I love that point.

It was painful, but it helped so much. So think of this point as a very local point with pain in the area or IT band stiffness that is pain that radiates maybe from the back and comes to the hip or the side of the greater trochanter.

For older people, this is where they have hip issues or arthritis. That, again, is a fantastic point to use for that.

And when it comes to gallbladder 30, it's the same thing. It's very local. It's musculoskeletal related with sciatica and anything that's affecting the lower part of the body when there is a lot of pain, musculoskeletal and nerve pain as well.

Gallbladder 31, 32 and 33 can all be used locally again, musculoskeletal related, IT band that is painful, pain in the knees, pain in the thigh, very much

local. So I wanted to say that gallbladder 29 30, 31, 32, 33 can all address Bi syndrome. Bi syndrome is really anything that creates pain specifically with pathogens like damp, like heat, like cold.

So arthritis is a kind of Bi syndrome because it gets worse with damp weather or cold or hot depending what kind of arthritis and Bi syndrome that person is experiencing.

Gallbladder 34 is the superman. of all gallbladder points. It is such a fantastic point. I mean, I think I use it on 90 percent of all my patients. First of all, it is the confluent point of all sinews, ligament, tendons, and joints. So if there's anything happening to those entities, we have to use gallbladder 34.

Carpet tunnel syndrome, gallbladder 34. Knee issue, gallbladder 34. Anything that's happening to the joints, ligaments, tendons, we have to use this point. It is fantastic. Second, it is a hossy point, and all hossy points around the knee or the elbow are going to clear pathogens, specifically heat, specifically at the elbow.

And at the knee, damp and heat. So those are really good points we can use. Very powerful. And the third one, gallbladder 34, is a lower he-sea point, which means all lower he-sea points address issue of the yang organ pertaining to the meridian. So gallbladder 34 is the lower he-sea point of the gallbladder. Does that make sense? So it really reinforces the function of the gallbladder on top of it. So that makes it a powerful point. It is great to use when there is any damp heat in the body. So external genitalia damp heat, or bladder infection, urinary tract infection, anything that's affecting a damp heat in the lower jiao, I am going to use Gallbladder 34.

It is so good, so powerful. . And during pregnancy, it's a great point to relax the body, relax the joints, the ligaments, the tendons, and move qi gently. So during pregnancy, I can use gallbladder 34 to help relieve the pain of the hips, the pain that's coming from the heaviness of the baby pressing down, right?

Or anything happening with maybe gallbladder during pregnancy, or pain in the gallbladder. or nausea. It's a great point to add to your protocol for morning sickness. So I love to use that point for pregnancy in general because it is safe and it helps a lot.

It is also, like I said, a point that relaxes, right? So, for shoulder tension, neck pain, for headaches affecting the temporal area. We have to use Gallbladder 34 as part of our protocol. Makes sense, right? Specifically, Gallbladder 21, Gallbladder 34, oh, relax the shoulder, all good.

And the last part is, remember that Gallbladder is about decision making? Well, gallbladder 34 is the best point when there is decision making issue and self esteem decision making issue that is affecting your patients. It really relax them, make them feel unstuck so they can make that decision.

Isn't it like the best point ever? Yeah! Hello! Woo! Gallbladder 34 rocks! Woo!

Gallbladder 35 is a xi-cleft point of the yang wei vessels. When it comes to the xi-cleft point, we have the 12 main meridian xi-cleft points, plus we have the yin wei, yang wei, yin quao, yang quao xi-cleft cleft points.

So they are very specifically used in clinical practice to the yang wei in this instance, which is really good for pain on the leg, on the chest, or all along the yang wei channel. That makes sense? So that's why we use gallbladder 35, to reinforce the pain that's affecting the Yong Wei channel, which is very close to the gallbladder channel, by the way.

So they're very much related. You can use it for anxiety, but it's not the best point, so I wouldn't bother. However! I like to use Stomach 40 with Gallbladder 35 when there are recurring nightmares. One of my teachers had taught me that combination years ago, and it works fantastic when people have a lot of recurring nightmares, specifically if you use Heart 7 and Calming Mind Point for the insomnia, which is affected by the nightmares, of course.

Stomach 40, Gallbladder 35, really good. Great combo, eh? Woo! Gallbladder 36 is also a she clef point, but of its own pertaining organ. pertaining organ the gallbladder. So it's great for gallbladder stone pain or gallbladder pain or rib pain or anything that's affecting the gallbladder organ.

I don't use it that much because I use usually other points for that but as a distal point it's pretty powerful as well.

GB 37 is the luo connecting point from the gallbladder to the liver. So, of course, the liver opens into the eyes. And so, gallbladder 37 is going to address eyes issues like night blindness, blurred vision, red eyes, painful eyes.

It's also good for breast distention, but it's not the best point, so I'm not going to bother. Remember gallbladder 37 more for an eye issue point because it's the luo connecting point and it connects to the liver.

Gallbladder 38 is the Jing river point. So now we're starting to look at the shoe transporting point, right? And I do have a video on the shu transporting point.

People ask me that all the time. It'll be in the link in the show notes , because it's so useful in clinical practice and it's not always easy to understand how to use the five shu transporting point in clinic.

So, gallbladder 38 is the Jing River point of the gallbladder, and as such, it's really, really useful and powerful to regulate the Xiaoyang syndrome. What is Xiaoyang syndrome? Alternating chills and fever. That is the perfect point. So it's used for acute, when there is a lot of alternative chills and fever, right?

That's revolving door between cold and hot, back and forth. That is a fantastic point.

It can be used for leg pain and rib pain and migraine, chest pain, so a lot of pain along the meridian as well, but it's also really good to calm the burst of anger that comes out when liver yang rises, right? So that really is going to calm it down. Liver 2 is the best point to bring liver yang down when there's that burst of anger and rage.

You can add Gallbladder of 38 to reinforce and support your liver 2.

Gallbladder 39, I love to use gallbladder 39 in clinical practice and I think sometimes we forget about it because it's the influential point of the marrow. So, if there's bone issue, point of the bone is bladder 11. I would combine bladder 11 with gallbladder 39 because of course the marrow is within the bone, right?

So this is a really good point when there is issue with bones like osteoporosis, or someone has broken bones and has issues, , that is really a good point to add. And yes it can be used for tendons, joints, ligaments to reinforce gallbladder 34 function as well.

Gb40 is the Yuan source point. Yuan source points really connect to the source, so if there is pain along the meridian that has been there for a long time, maybe on the side, like migraine, or rib pain, or leg pain that has been there for a long time, chronic, you have to put Gb40 because it's really the Yuan source point of the gallbladder.

And because of that, it's very good for alternating chills and fever. Xiaoyang Syndrome, right? Would you use Goblet of 38 versus Goblet of 40 for Xiaoyang Syndrome? I think I would pick GB40 over 38, but if that was your full treatment, then put both. Ha! That's how it works, right?

Depending on what your treatment is about, what's the aim of each treatment. Gallbladder 41 is a shu stream point. Which is great, but what I love to use it in clinical practice is that it is also the confluent point of the dai vessel, or the dai mai and remember we said the dai vessel is the one that is horizontal and is wrapping all the meridians together, keeping them in place, and it's related to the pelvic floor.

I love to combine the two. Shao yang Meridian opposite point, Sanjiao 5, which is the confluent point of the Yangwei vessel, and Gallbladder 41, which is the confluent point of the Dai vessel. together when there is pelvic floor issues, specifically when there's pain. For example, during pregnancy. At the end of pregnancy, to relax the pelvic floor, those two points are safe, and they're great to relax the pelvic floor and help with pain.

San jiao 5, gallbladder 41. Perfect combo. Now those two points can also be used together for damp heat in the lower jiao Urinary tract infection, a bladder infection, a genital infection. outbreak of any kind, like herpes or anything that's happening with the external genitalia that creates damp and heat, those two points together work really, really well because the dai vessel is in charge of eliminating damp and heat in the pelvic floor. Gallbladder of 41 also connects to the eye as a distal point for a lot of tearing or lacrimation, which means a lot of water coming from the eyes and also eye pain.

This point as a distal point, part of the protocol for mastitis works really well, but you need more points that won't be enough if you just use that one.

So, Gallbladder 41, lots of functions! It is a fantastic point! Gallbladder 42 is going to be a distal point when there is migraine or outside of the eye, lateral side pain, breast pain. Or ear ringing I don't think I use that point a lot because there are better points, more powerful points than this one. But if it was tender, then yeah, you can needle it.

Gallbladder 43 is a yin spring point, and yin spring point clear heat. So this is a really good one to clear heat specifically to relieve pain as a distal point away from the head of all the things that can happen. Like vertigo, migraine, tinnitus.

Temporal headache, swelling of the cheeks, breast pain, all along the meridian but mostly on the head because this is a distal point to clear the heat and clear the pain. This is a fantastic point.

Can you believe it? This is the last point, 44 points. Wow! This is a Jing Well point. As Jing Well point, they all do the same thing, which can be used for

fever and fainting, but Gallbladder 44 has other functions that I like to use it for. Number one, it's great for dream disturbed sleep. So when we talked about nightmares earlier, That usually disturbs the sleep, right?

You can have dream disturbed sleeps that are not nightmares, but if there's a nightmare, we said stomach 40, and gallbladder 35 is a great combo, you could also add up gallbladder 44. If the person has a lot of excess heat, that's how the dream disturbed sleep happens. If they're deficient, and they don't have excess heat, I would not use that point. It's also used for heartburn due to overeating. Of course, we're trying not to overeat, but if that's the case, you can use it to clear the heat that creates the heartburn due to overeating, which probably overstrain the gallbladder organ, and that's why we have the heartburn, due to overeating. Wow, I can't believe we did 44 acupuncture points. That was a lot, right? When you look at those points, try to differentiate them. If I think about it, I'm like, okay, Gallbladder 2, great for tinnitus because of its location, right? You can go Gallbladder 8 for hangovers. That is the distinction. Gallbladder 9 is great for fear and phobia.

12 and 20, great to bring the blood pressure down. 21, counter indicated during pregnancy, but great when it comes to musculoskeletal issue. Gallbladder 24, great for lack of direction, is the front mu point of the corbladder. Corbladder 25 is the front mu point of the kidney.

So great for kidney stones and low back pain. See, this is how we try to differentiate them. Gallbladder 26, great because it's on the dai mai area for damp heat in the lower jiao specifically around the external genitalia. Gallbladder 34, the influential point of the joints, ligaments, and tendons.

Gallbladder 35, the xi-cleft point of the Yang Wei channel, right? Remember all those little distinction is so key to understand and how to treat patients in a clinical practice, or if you're a student to pass exam. Gallbladder 40, great for Xiaoyang syndrome, um, Gallbladder 41. Fantastic to combine with Sanja five in order to clear the dampen heat in the pelvic floor area.

So good, right? Gallbladder 43. Great to clear heat, specifically anything happening on the head. And Gallbladder 44 is the Jing well point so we can use it for dream disturbed sleep. Yes. Awesome.

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

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