Clara Cohen: have you ever looked at two acupuncture points and thought, wait a minute, they do exactly the same thing, like kidney three and kidney six both nourish the kidneys. So how do I decide which one to use in.

Today I'm gonna showcase

9 acupuncture points, pairs that have similar functions

and a lot of people struggle to differentiate them.

So let me show you how to tell them apart and how to use them in practice. We're gonna use case studies in order to understand how to differentiate kidney three from kidney six, for example, stomach 40 from SP nine, liver three, and go bladder three, four, and so many more. Are you ready? Oh, let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun 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

Clara Cohen: Let's start with case number 1, choosing between Kidney 3 and Kidney 6.

We have a 52-year-old woman that come to your clinic complaining of insomnia and a very dry throat. At night, she's going through menopause.

She tells you that she wakes up around 2:00 AM feeling hot and thirsty, and sometimes she needs to sip water before falling back asleep because her throat is so dry. She also mentions night sweats and irritability. Her tongue is red. Without a coat and the pulse is thin, slightly rapid. This is a very typical case of menopause.

This is obviously an easy case and I did it on purpose. It's a kidney yin deficiency. Mostly.

You could see that right with the thin rapid pulse, the tongue that has no coat, but it's red the night sweat, the dry throat and dry mouth at night, and the fact that she sips. Water that is a yin deficiency versus a young excess. Usually

people gulp water and they are really hot during the day as well, not just at night.

'cause nighttime is yin time.

now here's the question. How do we select point? Do we take kidney three or kidney six? Because they both nourish kidney y and tophi kidney yang, right?

So often people think they are interchangeable, but they're not. In this case, we are going to choose kidney six. Kidney six is the better point because it strongly nourishes kidney in and it nourishes the fluids. It helps with dry throat and dryness symptoms. And IT benefits sleeps for insomnia. Kidney three would still tonify the kidneys, but Kidney Six specifically addresses the dryness, the insomnia, making it more precise for this patient.

Now, of course you could use both Kidney six, kidney three because she's going through menopause. I would choose kidney six on the left and long seven on the right, which is a confluent point of the ran vessel, right? And so that is going to help balance hormone because of course there is hormonal issue in this case.

We understand that.

So long seven kidney six, great combo to balance the hormone. We're gonna add up spleen six 'cause it's one of the best point 'cause it crosses liver, spleen, and kidney. When the woman is going through menopause, there is a kidney decline. There is also mental health being affected, which liver and spleen are both being affected in this case as well.

And then spleen six also. Balance reproductive hormones. So it's a perfect point to add.

Now you can add other points. I'm not gonna go in detail. I just wanted to see the difference between kidney three and kidney six. Now, if she had a lot of kidney, she deficiency as well, like maybe incontinence, right?

Or maybe she had also edema. Of the lower leg, low libido, we're going towards kidney, young deficiency. Then you could add up kidney three. You could add up re four or do four. You could add up a bit of moa. It would be a different story. But for this specifically, if we had to choose between the two, we would pick kidney six,

kidney three. Main function is to kidney chi and essence.

It is best for chronic kidney deficiency. Kidney six nourishes the fluids it is excellent for dryness, dry throat, insomnia, and it opens the yin ccia vessel, which allows to calm the mind as well. So think of kidney three, strengthen the kidneys, the TCM kidneys overall, while kidney six is better for year deficiency, creating dryness and sleep issues.

Now let's look at liver three and gallbladder 34. They both move Qi. They're great to relax the body due to stress. So let's look at a case and see which one we would choose.

This is a 38-year-old patient that comes in with shoulder and neck tension that worsens when stressed at work. They describe feeling tight through the shoulders, irritable and easily frustrated, especially after long days at the computer. This person is obviously working in an office and sitting down all day at the computer.

When you palpate the shoulder, the muscles and tendons around the shoulder feel very tight. And restricted. This person definitely needs a tweener massage. Your diagnosis is liver, qi stagnation affecting specifically the shoulder area, right?

Now we ask the question, do we choose liver 3 or Gallbladder 34?

Why we choose gallbladder 34 is because in this case, it is the better point because it is the influential point of the tendons. It is excellent for musculoskeletal tension, plus the gallbladder meridian goes through the upper shoulder area. It also helps move and specifically. When it's affecting muscle and tendons, while liver 3 would help of course.

And you can put them both always if you want to reinforce your treatment. But I'm of the school of thought, the least amount of points, the better

Like I said, liver 3 would help more for liver qi stagnation to calm the emotional stress

gB 34 directly treats the tendon and the muscle tension, which is the main complaint.

So for this person we can do local points like gallbladder 21 and anything to kind of release the tension in the upper shoulder. We can also add liver three of course, with gallbladder 34, but if we had to choose right. We could do yin

tongue, we could do anything to calm the mind and address, of course, the shoulder.

But I wanted to show you the difference. Another way is often during pregnancy, I love to use gallbladder 34 because a lot of women start having cheese circulation issue and joints and tendon issues. So if I'm gonna choose between level three and GB 34. I would take GB 34. Now, in some countries, liver three is not recommended during pregnancy.

So here's your option. GB 34, right? In other countries, liver three is just fine. So depending on your regulation.

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

You can download the digital version on any device, and it comes with many video links to complement it. Or if you 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 are looking for in a fun guide for acupuncture points.

So you can download the sample of all the heart points to see if the format of the book is what you truly were looking for. Listen to what people who invested in Acupoint Made Easy have to say. "I adore the book. It has answered so many question 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 ADD and I'm easily 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, acupraoacademy.com, and click the shop tab on the menu bar to invest in your copy today.

Clara Cohen: so a quick recap would have liver three as the primary point for liver cheese stagnation. Of course, specifically if you combine it with large intestine. Four to open the flow, open the gates, move chi, move blood, be fantastic. It is great for emotional stress, irritability.

Obviously in frustration. Gallbladder 34, on the other hand, is more for tendons, musculoskeletal issue that creates liver, ch stagnation, or liver cheese stagnation. Whereas affecting the tendon or creating tension. So really when we look in clinic, we can put them both specifically for this patients because he has both issues.

But if we had to choose, I think 34 would be the better point because he came for that specific chief complaint.

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I usually give PDFs, case studies, quizzes, and give so much information. If you're not on it yet, the link is below for you.

As I said, it's completely free. Don't miss out. Sign up below.

Next pair. I love long seven and large intestine four. They both expel pathogen. They both affect the head, right? So how do we differentiate them? Because often we can put them together again, of course, if that's our full treatment, but sometimes we only need one. Which one would we choose?

Lung seven releases the external pathogens and dify the lung, the weight he, the defensive chi, right? It's also the commander point of the neck and head. So much better for neck stiffness, neck tension, but also migraine or headache affecting the entire head while large intestine four also expel external pathogen but it does not tonify weight chi or defensive chi, right?

However it moves blood, which makes it a very powerful point when there is pain anywhere in the body.

But when we look at the head, large intestine four is the commander point of the face. So it's more when things are happening in the jaw. TMJ. Tightness in the jaw, sinus issue, maybe sinus, upper or lower issue eye disorders, or a headache that is more frontal. Does that make sense? But sometimes we can combine them both, of course, yes.

Okay. So if there were someone that was not sick. Needed the immune system to be boosted. I would use long seven with stomach 36. For example, if someone is coming in and

they're sick or they have stuffy nose and you wanna open the nose and boost the immune system

then maybe you do long seven on one side and large intestine four on the other side to open the nose, open the nasal passage, and of course you would add a large intestine 20 spleen nine to help with the dampness.

The next one is Stomach 25 and Stomach 37. They both address issues affecting the large intestine, like constipation, diarrhea, alternating constipation, and diarrhea. Whatever is happening to the large intestine and the bowel movement, stomach 25 is the front moot point.

While stomach 37 is the lower he-sea point.

How do we differentiate them and how do we use them in practice? Well, stomach 25 being the front root point of the large intestine can be used for excess or deficiency, constipation, diarrhea, any bowel movement issue due to either pattern, excess or deficiency while stomach 37.

Because it's the lower C point of the large intestine, it only clears. Issues due to excess, like damp heat or damp heat in the large intestine, but not if it's due to deficiency. Does that make sense?

During pregnancy, for example, I cannot do stomach 25, right? So I have to use stomach 37.

Often it is due to excess during pregnancy, and then I can add stomach 36. However, if it's due to deficiency, I'm not going to use it because it's not gonna help the patient when someone is not pregnant on a regular basis.

I love to use stomach 25, combine with when six and re nine as the digestive diamond.

But you can also add stomach 37 and stomach 36 if the problem is due to excess, let's say some damp heat in the large intestine creating diarrhea. Yes. Makes sense. Awesome.

The next pair is Stomach 36 and when 12. Both are great for stomach issues.

The key differences is stomach 36, tophi Q and blood. There's not many points in the body that can do this, so this is a very powerful point. As we know, it's strengthened the entire body.

It is the commander point of the digestive system. Overall, the entire digestive system and the defense or the weight, she and the immune system, while when 12 is the front mu point of the stomach, so it regulates the stomach organ.

We would combine them quite often if there is digestive system issue affecting the stomach. But if we just have stomach issue when 12 of course is local stomach 30. Is distal.

If it was a acute stomach pain, stomach 34 would be a great point 'cause it's the chic cleft point of the stomach, which relieve pain.

Plus we could do re 12 because it's the front mo point and it's local. Now sometimes when people are in a lot of pain, they can't have re 12 because they don't wanna be touched there. That's when you can use stomach 34, stomach 36, and of course log intestine four to help relieve the pain.

Yes?

The next pair is really hard to differentiate 'cause they both address excess dampness. That is reine and spleen line. So let's use a little mini case study on this one.

A 45-year-old man comes to the clinic complaining of heavy feeling in his body and swelling in his legs, especially at the end of the day, it's worse.

He also says, I'm really fatigued. I have loose stools, , a sensation of heaviness in all my limbs. Difficulty concentrating at work. His tongue is bare with a thick, greasy coat, and the pulse is slippery and weak.

Your diagnosis here is spleen. She deficiency with excess dampness, so we have excess and deficiency.

We can see the spleen she deficiency because he's fatigue, poor concentration. The pale tongue, we could see the weak pulse, right? That gives us clues, but the dampness are going to show us loose stool. Which also can be from spleen sheet efficiency, but the depthness gonna be heaviness in the limbs.

Heavy body plus the greasy coat and the slippery pulse.

Now, should we use spin nine or ine?

In this case, spleen nine is probably better because it's the Hui point of the spleen. It strongly drains dampness through the spleen function of transporting and transforming. It treats, heaviness, edema, joint swelling, any excess dampness. This is the. Best point, you can use it for any excess dampness anywhere in the body.

The patient's main issue is dampness caused by spleen cheat deficiency. So spleen nine really helps the body transform and drain that excess dampness

when would, when nine be better? If the patient had abdominal bloating or fullness?

If the patient had edema in the abdominal region, difficulty in urinating, then when nine would be a better point because it regulates the water passage and fluid metabolism of the abdomen specifically.

So what do we wanna remember here is that spin nine drain dampness through the entire body while reine is more focused on the area of the belly or the digestive system, basically more on the bloating area.

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 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. 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.

Clara Cohen: We've got two more pair to go. This one is one of my favorite, pericardium six and heart seven.

Now, if you use the Buddhist triangle in clinic, you know we can use them together. Pericardium six, heart seven, and long nine form the Buddhist triangle to help to calm the mind for depression, anxiety, et cetera.

Now we're gonna talk about differentiating or the key differences between. Pericardium six and heart seven. If we need to choose.

They both calm the mind. Of course, pericardium six calms the mind and regulates the chest specifically for anxiety with palpitations or anxiety that creates nausea or vomiting or stomach issues like acid reflux or ulcers, right?

Like basically stress creating anxiety. Which basically affects the stomach area while heart seven of course, is the best point to calm the mind, mostly for insomnia. And emotional disturbances. It also helps with memory issues, so see the difference here. If there's more anxiety, you can use PC six.

Specifically, it's affecting the stomach. If it's more an insomnia problem and mind issues or memory issue, then you would use heart seven.

Bladder 40 and bladder 60, both are distal point affecting the lower back or helping supporting lower back pain.

How do we decide which one?

Bladder 40 is a commander point of the lower back, including sacrum lumbar area, so it's really excellent for acute lumbar or low back pain while bladder 60 clears the entire bladder channel. So it is good for back pain, but back pain all the way from the neck. Down to the sacrum and it can help occipital headaches.

So think of bladder 40 more for lower back focus while bladder 60 would be the entire back and the head or the back of the head occipital headaches. So it covers almost the entire bladder channel. Very different. You could combine them, of course, always.

Last pair, but not least, they clear heat, they clear fire, they get rid of all the excess heat we have large intestine 11 versus stomach 44,

. Large intestine. 11 clears heat due to excess. It could be acute or chronic, like skin condition. It could be a fever, it could be inflammation. Anything that's acute or chronic.

Excess heat. Large intestine 11. Fantastic. While stomach 44. Clears fire.

Fire is always worse than heat. Usually with fire. There might be some bleeding, like bleeding ulcers, nosebleeds, right, or really, really, really heavy menstruation due to excess fire.

So stomach 44, not only it clears fire, but it really affects the stomach meridian more so when there is stomach fire creating acid reflux, burning sensation in the esophagus or bleeding gums, that is going to be a great point.

Again, we can combine them, but often if it's just excess heat, I will use more large intestine 11. While stomach fire is much more stronger, specifically, it can also calm the mind when there's a lot of excess fire affecting the stomach and creating dreams which creates insomnia.

if you have used or learned Chinese herbal medicine, you know that a lot of herbs have similar function and we always look at them. How can we differentiate them?

It's the same for our points. We always wanna pick the best point for each patient.

If you haven't seen my masterclass yet on how to select point, even if you're not a hundred percent sure of your diagnosis, I'll have the link for you in the show notes .

It is one of my most popular masterclass

with the TCM Diagnosed Masterclass. It's only 90 minutes, but it will really help you on how to select point when you're still struggling with TCM diagnosis, which we know is one of the hardest part of TCM.

Check it out. The link is for you in the show notes .

Thank you so much for your continued support. I hope this serves you and intern your patients 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, leave a review, and if you want more, go to my website, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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