Clara Cohen: Distal acupuncture points are some of the most effective tools we have.

I love to use them in clinic, and not just for pain.

Today, I'm breaking down

my top nine distal acupuncture points. so you always know exactly which one to use and when.

Why do distal point work so well?

A meridian is a pathway of qi, right? So when you needle distally to where the pain or the problem is, you influence the whole channel, not just the area.

Distal points are often stronger because you're working where qi is most accessible and least obstructed.

This is channel theory at its core, the same foundation behind balance acupuncture, Master Tung, and classical acupuncture.

. Maybe you have learned the Balance method or Master Tung, maybe you haven't. So today, we're gonna look at those top nine acupuncture points that are distal but so powerful. 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'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 number one, Stomach 36. The stomach channel runs all the way from the face down to the foot, right? It is a really long channel with 45 points. It's actually the second-longest channel in the body after the bladder. . Stomach 36 is the commander point for digestion, so although it's on the knee, it really helps for anything happening in the digestive system, right?

And it is the commander point of the immune system, so we can use it powerfully when there is a cold or a flu or something happening and weakening the immune system. It is one of the most used point in clinic and for good reason. It tonifies qi, and it tonifies blood, and it can really truly enhance the healing process of the body.

Ad: Are you struggling selecting the right acupuncture point for each treatment because you're not really sure of your TCM diagnosis? Let's face it, that's the hardest part of TCM. We know that, right? This is why I created a 90-minute masterclass on how to select acupoints for effective treatments even if you're not 100% sure of your diagnosis.

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, acupointacademy.com, and click the shop tab on the menu bar. I can't wait for you to benefit from this class.

Clara Cohen: Number two is Large Intestine 4. the large intestine channel goes from the index finger all the way to the face.

Large Intestine 4 is the commander point of the face. So as a distal point, it is fantastic to treat anything happening on the face, like toothache, jaw pain, eyes issue, Sinus problem, pain, headaches, specifically headaches that is going to be frontal or orbital behind the eyes, this is the best point.

It's also, of course, a great point for pain in general, so any pain anywhere in the body, we can use it as a distal point, specifically if we combine it with liver 3, because liver 3 moves qi, large intestine 4 moves blood, and in order for blood to move, we need qi to move. Together they are called the four gates, and they're a super powerful combo.

Number three is spleen 6. I love spleen 6. This one point is where three channel meets, right? Spleen, kidney, and liver. So it makes it an incredible, powerful, useful point. It is incredibly useful for gynecology, women's health specifically, digestion, and mental health. Of course, it's important to note that we cannot use spleen 6 during pregnancy.

And spleen six is also the commander point of the hips, so it makes sense because if there's anything happening in the pelvic area, which is gynecological, we wanna use spleen six.

I love spleen 6.

It's one of my favorite point. If you've been around, you know that stomach 40 is my all-time favorite, but I would say after that, it's between gallbladder 34 and spleen 6. Those three points, I could do them on everybody.

Number four is lung 7. Now, one of the thing that lung 7 does, it is the commander point of the neck and head. So as a distal point, if there is migraine , if there's neck pain, if there's anything happening on the head and neck, let's say sternocleidomastoid that is really tight, the scalines are tight, no matter what's happening on the head and neck, we wanna use lung 7.

On top of that, lung seven is the confluent point of the ren vessel, so if there's anything affecting the ren or conception vessel, we can use lung seven, which means that if there's fertility issues or anything happening to the lung, the throat, lung seven is fantastic, and yet it is far away or distal to those areas.

Number five is bladder 40, another commander point, this one of the lower back. So it encompasses any pain or issue happening on the lower back or sacrum area, lumbar sacrum area. So sciatica, lower back pain, , sacroiliac joints issue, we wanna use bladder 40 as a distal point.

The bladder channel is the longest channel in the body, and it runs the entire length of the back, posterior leg, all the way to the foot, right?

Kneeling bladder 40 with spleen six, which is the commander point of the hips if there is a lot of issue in the hip girdle.

Bladder 40 combined with spleen six can really help when there is issues, let's say, with the lower back, sciatica, but it travels to the front, and the psoas is affected.

If that whole hip girdle is affected, musculoskeletal-wise, those two points, distal points together, fantastic.

number six is bladder 60. Of course, also on the bladder channel at the bottom of it, just above the ankle, it is a great distal point for neck pain or occipital headaches.

Actually, combined with lung-seven, you'll get such great results. This one is also contraindicated in pregnancy.

Number seven is pericardium six. I love this point. It opens the yin wei vessel. Specifically, when we pair it with spleen-four, which opens the yin jiao vessel, it is fantastic for nausea, vomiting.

It's also fantastic for anxiety, palpitation, and chest tightness or chest oppression. Again, it is of course on the pericardium channel, and the pericardium is related to the heart, so it's really good for anything happening with the heart.

And yet it is the best distal point for chest anxiety, palpitation, and tightness.

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: Number eight is stomach 38, located on the lower leg, yet one of the best distal point for shoulder issue, shoulder pain, frozen shoulder, rotator cuff injuries. You have to put this point with your local acupuncture point on the shoulder and large intestine-four because it relieves the pain as well,

usually when I needle stomach 38, I do it on the opposite side from where the shoulder pain or issue is. Why? Because the opposite side has stronger qi, stronger blood than the weak side that is blocked.

Does that make sense?

This is one of my favorite points to show students how channel theory works in real life.

And number nine is kidney one, the only point on the sole of the foot, the most grounding point because that's the only one that touch the ground.

It calms the mind; it brings everything that's happening in the head down. It brings liver yang down. So, think about it. When you walk barefoot on the grass, you feel calmer, you feel more grounded. That's what kidney one does. It's great for anxiety, high blood pressure, or feeling really scattered with too many thoughts.

Now, I could go on and on because there are a lot of distal points that we could add up to this list, but I think those nine are so powerful you cannot bypass them in clinic.

Here's a quick tip if you're treating pain.

Always needle the distal points first.

Let the channel open before you add up the local A-Shi points.

And then ask the patient to move or try to move the area that's affected.

Trust the channel always because after all, acupuncture rocks.

As I said when we first started, distal points are one of the most powerful, useful point in clinic.

Learn your channels well, and if you haven't seen my channel theory video yet, I'll have the link below in the show notes for you because it's so important in order for you to get better results.

As always, thank you so much for being here and remember, 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, acuproacademy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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