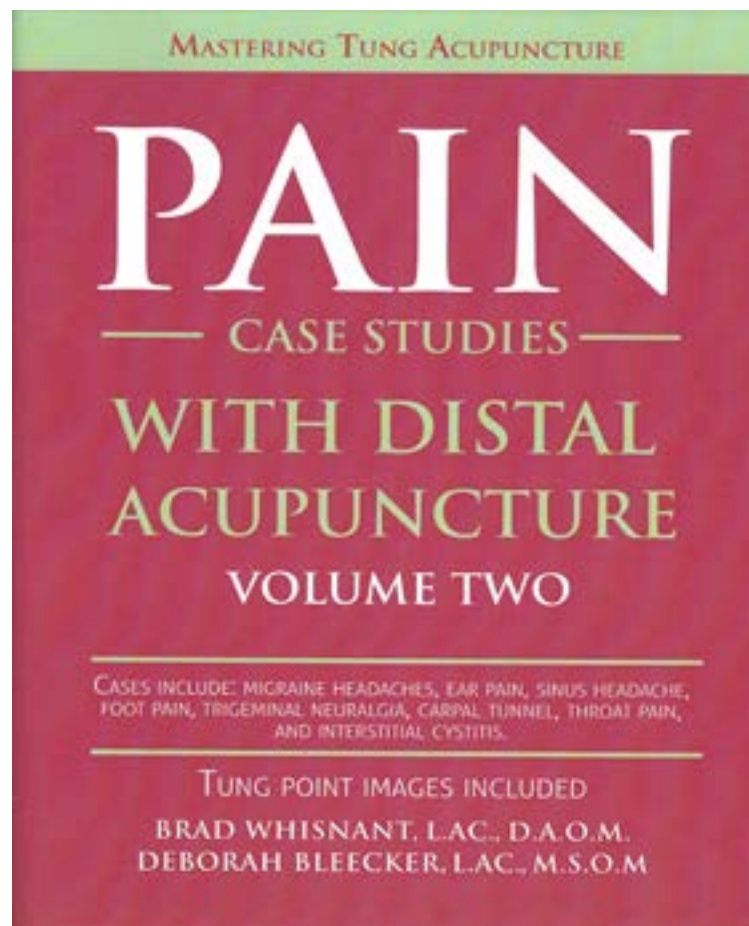




Whisnant, B. / Bleecker, D. Pain Case Studies 2 with Distal Acupuncture



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MASTERING TUNG ACUPUNCTURE

PAIN

— CASE STUDIES —

WITH DISTAL
ACUPUNCTURE

VOLUME TWO

CASES INCLUDE: MIGRAINE HEADACHES, EAR PAIN, SINUS HEADACHE,
FOOT PAIN, TRIGEMINAL NEURALGIA, CARPAL TUNNEL, THROAT PAIN,
AND INTERSTITIAL CYSTITIS.

TUNG POINT IMAGES INCLUDED

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I have no special talent. I am only passionately curious.

Albert Einstein

CHAPTER ONE

BASICS OF MASTER TUNG THEORY

Ashi Locations (Tender Points)

There is no need to locate Ashi points when treating pain or other ailments. You can treat Ashi locations if you like. However, Tung points do not require a point to be tender. In some cases, I find the Tung point and then look for an Ashi point around it, but it is not necessary. The point will still be effective even if you find it and there is *no* Ashi sensation.

Needle Gauge

You can use any size or brand you like. I use 36 gauge needles. I know some acupuncturists who use 28-gauge and or 40-gauge. They all work. You do not need to tonify, sedate, rotate, or flick. There is no needle manipulation in the Tung system. Insert your needles and relax. Make sure your needles are not flopping all over, but you do not need to needle deeply either. The depth of insertion for most needles is .25-.50 cun on the arms. The legs are .5-1.5 cun. The fingers and head are around .1-.3 cun.

Internal Medicine

Although the focus of this book is pain relief, Master Tung points are equally effective for internal disorders. Most Western patients will only seek acupuncture for pain conditions, so if you are successful at treating pain, you will be trusted to treat other health problems.

Treatment Duration

The cycle of Qi is around 28 minutes. MRI studies have shown that the brain will continue to respond for 28.8 minutes. I have my patients sit or recline for 25-30 minutes.

Number of Needles

We should always try to limit the number of needles we use. However, it is important to not just insert a few needles and assume you have done enough. You should continue to address other possible affected channels until you get complete pain relief. The goal is to use as few needles as possible, but as many

as you need to get results. Get feedback from your patients. Ask where the pain is and treat the remainder of the pain.

Patient Response

You should expect 90-100% pain relief while your patient is on the treatment table. In my experience, 85% of patients will get this level of relief. Ten percent have 25-75% pain relief during treatment. Five percent do not get complete relief during treatment.

Some acupuncturists treat patients three times a week. I do not. I see most of my patients once a week and in some cases twice a week. Of the 100 patients I treat per week, only sixteen of them come twice a week.

I always advise my patients to allow three to four treatments before we can determine if acupuncture will help them. This does not always work. Some patients do not return. Some only get one or two treatments. We expect instant pain relief in most cases. We expect lasting relief, but I always recommend three to four visits over a ten-day period to see how patients respond. After the initial series of treatments, we decide what further treatments are necessary.

Opposite Side Treatment

You will treat most points on the non-affected (opposite) side. If you are in doubt, treat the opposite side. Some points could theoretically be treated on the same side.

Having Patients Move during Treatment

Insert the needles and ask the patient to move. See if the pain is still there. Within one to two seconds, you will know if you have gotten it. If they cannot move while on the table or recreate the pain, treat the pain as if it were present during the treatment. After the treatment, your patient can try to recreate the pain.

Summary

One thing I really like about Master Tung acupuncture is that it's straightforward. Insert the needles, breathe and heal. That is it! There are no tricks, no magic, and no guessing. It is just easy, safe, effective, reliable, reproducible, consistent, and amazingly effective acupuncture.

CHAPTER TWO

CASE STUDIES

SHOULDER, ELBOW, AND WRIST PAIN FROM A BOATING ACCIDENT

MAIN COMPLAINT

A 47-year-old woman was on a sailboat and went to tie the boat to the dock. The wind picked up and blew the boat away from the dock. As the line was pulled, it wrapped around her hand and pulled her by her arm. As her arm was pulled, it damaged her wrist, elbow, and shoulder. Her right arm is now a medical mess.

No bones were broken, the x-rays were negative, but she had inflammation and damaged tissue everywhere. She had two cortisone shots over the last six months. She is on multiple pain medications and muscle relaxers. She has received physical therapy three times a week for the last two months. Her arm is visibly red, swollen and hot to the touch. She is wearing her arm in a sling, and her arm is immobile. She is in constant pain. Her range of motion is 70% percent reduced.

MERIDIAN INVOLVED / THEORY

All six meridians in the arm are affected. Her wrist, elbow, and shoulder joint are injured along with all the soft tissue in her upper and lower arms. Her fingers do not hurt, but from the wrist to the elbow, everything is damaged.

PAIN CASE STUDIES WITH DISTAL ACUPUNCTURE

WITH MASTER TUNG ACUPUNCTURE, MOST PATIENTS GET DRAMATIC RELIEF FROM PAIN WITHIN SECONDS. THE MASTER TUNG SYSTEM IS EXTREMELY EFFECTIVE WITH VERY FEW NEEDLES. IT IS RAPIDLY GAINING POPULARITY GLOBALLY, DUE TO ITS EASE OF USE AND EFFICACY.

TUNG ACUPUNCTURE IS A COMPLETE SYSTEM THAT INCLUDES ITS OWN CHANNELS, UNIQUE POINTS, DIAGNOSTIC METHODS AND NEEDLING TECHNIQUES. TUNG ACUPUNCTURE IS BASED ON A FIVE ZANG (SIX FU) CHANNEL SYSTEM THAT IS UNIQUE TO THE TUNG SYSTEM, AND DIFFERENT FROM THE TRADITIONAL 14 CHANNELS OF ACUPUNCTURE.

- PATIENTS GET INSTANT AND LASTING RESULTS
- TREAT THE ROOT AS WELL AS THE BRANCH
- PATIENTS DO NOT NEED TO DISROBE
- TREAT SACRUM, COCCYX, LOWER BACK, NECK, AND HIP PAIN DISTALLY
- LEARN HOW TO TREAT RARE PAIN SYNDROMES
- REAL CASES IN A REAL CLINIC THAT TREATS 110 PATIENTS A WEEK
- LEARN WHICH POINTS ARE THE BEST CHOICE AND WHY
- LEARN BOTH MASTER TUNG AND OTHER DISTAL THEORIES
- BEYOND ROTE ACUPUNCTURE PRESCRIPTIONS, REAL APPLICATION OF MASTER TUNG POINTS
- CASE STUDIES, FOLLOW UPS, QUESTIONS, AND ANSWERS

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