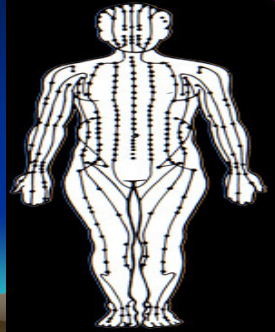


Acupuncture for Pregnancy and Related Conditions

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Presentation Outline

- Definition of Acupuncture
- Case Studies
- Brief introduction of Auriculotherapy and Scalp Acupuncture
- Meridian and point number introduction
- Points and uses for pregnancy related conditions

What is Acupuncture?

- (Latin) *acus* - a needle and *pungere* - to prick
- An ancient healing arts system that involves inserting thin, solid, stainless steel needles into specific points on the body.
- **1991**: the body of a 5,000 year old fossilized man, named Otzi, was found in the Alps between Italy and Austria with 57 acupuncture points tattooed on his body

Acupuncture training and education

- My Acupuncture training and coursework began while I was still a student at NUHS (Chicago, IL).
 - 100 hours completed prior to DC graduation
 - 300+ hours completed from Jan 2008 to present
 - Ohio Chiropractic Acupuncture license # 79
 - National Board Certified in Chiropractic Acupuncture September 2009
 - Achieved Diplomate Status from the Chiropractic Acupuncture Board (DABCA) January 2010

How can Acupuncture help you?

- I have successfully treated cases including:
- Interstitial cystitis (bladder and urinary)
- Menstrual issues and hot flashes
- Pain (fibromyalgia, low back, neck, joint)
- Migraines and other headaches
- Panic attacks, depression, anxiety

Uses for Acupuncture in Adult and Pediatric Populations

- Diarrhea and GI disorders
 - Vomiting
 - Oral Thrush
 - Teething
 - Fever/Flu
 - Cough
 - Pneumonia
 - Asthma
 - Allergies/Hay Fever
 - Tonsillitis (acute and chronic)
 - Colic
 - Ear Infections
 - Eczema
 - Diaper Rash
 - Acne
 - Urinary Tract Infections
 - Enuresis (Bedwetting)
 - ADD/ADHD
- References:
- [Acupuncture in the Treatment of Children \(3rd Edition\)](#)
 - J. Scott and T. Barlow
 - [Pediatric Acupuncture](#)
 - May Loo

Micro-systems Used...

- In Acupuncture there are a variety of micro-systems that can be utilized for treatment, including but not limited to: scalp acupuncture, auriculotherapy (ear), and body acupuncture.
- In their order of use in my practice: #1 body and tied at #2 Scalp/Ear/Battlefield
- Electro-stimulation Acupuncture can be/and is used on a case by case basis

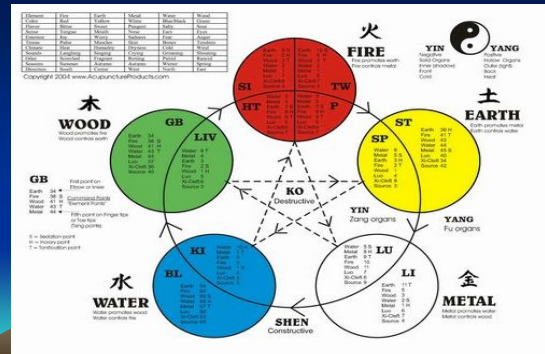
Acupuncture Verbiage

- Qi - Chinese word used to describe energy
- Meridians - channels or highways along which energy flows
- Spleen Qi deficiency - the energy within the Spleen (organ) is less than what it should be
- Diagnostic terms: dampness, phlegm, stagnation, stasis, heat, excess, deficiency, wind, fire, dryness, etc.

The Tools...



Five Element Chart



Meridians and Points

- Lung - 11 points
 - Large Intestine - 20 points
 - Spleen - 21 points
 - Stomach - 45 points
 - Pericardium and Heart - 9 points each
 - Triple Warmer (Heater, Burner) - 23 points
 - Small Intestine - 19 points
 - Liver - 14 points
 - Gall Bladder - 44 points
 - Kidney - 27 points
 - Bladder - 67 points
 - All have bilateral meridian paths
 - 2 Main Extra Meridians:
 - Conception Vessel - 24 points
 - Governing Vessel - 28 points
- ***361 Points total on both sides of the body including CV and GV but not counting Extra Points

Contra-indicated Points

- The following list of points can not be needed during pregnancy: BL-60, BL-67, ST-12, ST-36, SP-6, GB 21, L.I.-4
- Due to the potential action to cause contraction and spontaneous delivery

Pregnancy Related Maladies

PREGNANCY

- bleeding during REN-4
- fetus (fetal qi) rushes up to attack the Heart ST-30, SP-12
- fetus pressing on the bladder, Shiqizhuixia (M-BW-25)
- malposition (breech) of fetus BL-67
- morning sickness KID-21
- nausea and vomiting, Jinjin/Yuye (M-HN-20)
- restless fetus syndrome SP-6
- retention of dead fetus LU-7, L.I.-4, ST-28, SP-6
- obstructed urination due to fetal pressure REN-2, REN-4
- transverse presentation SP-6

Pregnancy Related Applications

- Lactation: (absence, scanty or difficult flow)
Points Used: ST-18, ST-30, SP-12, SP-18, SI-1 (for increasing breast milk production), SI-2, SI-11, KID-21, PC-1, GB-21, LIV-2, LIV-3, LIV-10, REN-17
- Post-partum belching: Qimen LIV-14 and Xiangtu ST-43 (*Supplementing Life*)

Small Intestine-1

- Point Name: Shaoze S.I.-1
- Location: On the dorsal aspect of the little finger, at the junction of lines drawn along the ulnar border of the nail and the base of the nail, approximately 0.1 cun from the corner of the nail.
- Actions: clears heat and benefits the sensory orifices, revives consciousness, promotes lactation and benefits the breasts
- Indications: swelling of the breast, breast abscess, absence of lactation

Study

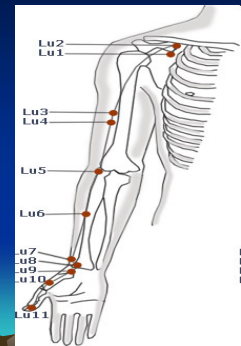
- In a randomized controlled trial completed in the Department of Obstetrics at Vali Asr Research Centre for Reproductive Health, Imam Medical Complex, Tehran, Iran, 144 healthy nulliparous women in active phase were randomized into the study and control group, receiving real and minimal acupuncture, respectively.
- Visual analogue scale was used to assess pain. Objectives were to evaluate acupuncture effect on pain and labor duration and patients' willingness to receive acupuncture for subsequent pregnancies.

Results showed...

- The results showed that visual analogue scale pain score in the study group was lower after two hours. Active phase duration and the oxytocin units administered were lower in the study group. Study group patients had greater willingness to receive acupuncture again. No adverse effects were detected.
- The researchers concluded that acupuncture could reduce pain experience, active phase duration and oxytocin units. Patients were satisfied and no adverse effects were noted.
- Aus/N. Zealand Journal of Obstetrics and Gynecology 2007 Feb;47(1):26-30.

The Lung Meridian

- Sits on the Metal area of the 5 Element chart
- Emotion: Sadness
- Tissue: Skin
- Climate: Dryness
- Sounds: Crying
- Season: Autumn
- Sense: Nose

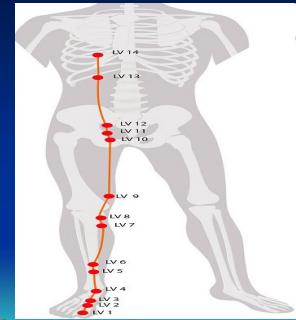


More about the Lung Meridian

- If there is LU Qi def: worry, depression, pale tongue
- LU Qi stagnation: worry, mild irritability, depression, lump in throat stagnation, tongue slightly red on sides and chest area, pulse tight in R front position
- Sadness injures LU; pale complexion, weepy and weak voice
- LU most active from 3 am to 5 am according to horary chart.

Liver Meridian

- Sits on the Wood area of the 5 Element chart
- Emotion: Anger
- Tissue: Tendons
- Climate: Wind
- Sounds: Shouting
- Season: Spring
- Sense: Eyes
- 1-3am



More about the Liver Meridian

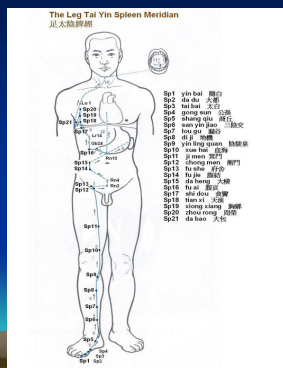
- Stores the blood
- Promotes the free flow of Qi
- Controls the tendons and ligaments
- Opens to the eyes
- Manifest in the nails

Stagnation of Liver Qi

- Symptoms include – mental depression, melancholy, irritability
- Distention of the hypochondrium, chest and abdomen
- Breast distention
- Sighing
- Poor appetite and belching
- Irregular menstruation
- Dysmenorrhea
- Tongue = normal/thin white coat
- Pulse = wiry/string taut

Spleen Meridian

- Sits on the Earth area of the 5 Element chart
- Emotion: Worry
- Tissue: Muscles
- Climate: Humidity
- Sounds: Singing
- Season: Autumn
- Sense: Mouth
- 9-11pm



More about Spleen Meridian

- Controls the blood, muscles and four limbs
- Normal function when qi ascends
- Source of qi and blood to nourish the entire body and the source of the acquired constitution (immunity, etc)
- Opens into the mouth and manifest on the lips

Spleen Qi deficiency

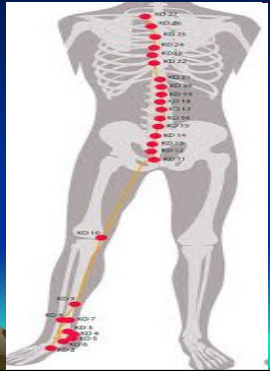
- Symptoms include: poor appetite, sallow/pale complexion, lassitude, slight abdominal distention after eating
- Weakness of the limbs
- Loose stools
- Ptosis of organs and anus
- Tongue = pale with a thin white coat
- Pulse = empty and weak

Dysfunction of Spleen Controlling Blood

- Purpura
- Blood in urine/stools
- Excessive menstrual flow
- Uterine bleeding

Kidney Meridian

- Sits on the Water area of the 5 Element chart
- Emotion: Fear
- Tissue: Bones
- Climate: Cold
- Sounds: Groaning
- Season: Winter
- Sense: Ears
- 5-7pm



Kidney Meridian

- Stores essence, governs birth, growth, reproduction and development
- Produces marrow: fills up the brain and controls the bones
- Controls the reception of Qi
- Opens to EARS
- Manifest in the hair

Deficiency of Kidney Qi

- Symptoms include: soreness and weakness of low back and knees
- Clear and frequent urination
- Dribbling of urine after urination
- Incontinence
- Enuresis
- Nocturnal Emission
- Tiredness
- Feeling of Cold
- Chronic white vaginal discharge/cold leucorrhea
- Tongue = pale with white coat
- Pulse = thready and weak

Case Study #1

- A 42 yr old female presents for care and evaluation of her fibromyalgia symptoms.
- She has a red hot looking tongue and her pulses are generally fast and full. She is over her ideal body weight by 40%. She suffers from knee, hip, ankle and foot (heel) pain. Her menstrual cycle can cause some hormone surges where she feels out of balance. Pain scale for her on average is around 5-6/10 on the Verbal Analog Scale.

#1 continued

- Can Acupuncture help her?
- Actually it did and it has for the past two years. We were making good progress by utilizing points along the body for pain relief, treatment of insomnia, hormone regulation and her pulses and tongue were changing too. But it wasn't until we added in Battlefield Acupuncture protocols within the ears that she really started to get long term pain relief.
- Battlefield Acupuncture's full discussion is beyond the concentration of this lecture but basically it utilizes 5 points in each ear (Cingulate Gyrus, Thalamus, Omega, Point Zero and ShenMen). These needles are very tiny and can be left in place for up to 7-10 days post insertion.

Case #2

- A 50 yr old patient presents for care and evaluation of her neurogenic bladder condition. Due to a surgical mishap over 20 years ago the only way this patient could empty her bladder was by using a catheter device each and every time. After 6 treatments she was beginning to notice that her bladder sensations were becoming more regular, predictable and frequent so that now all she had to do was go to the restroom and 50% of the time a catheter device wasn't needed. She has continued on with monthly maintenance treatments and to this day she is only using the catheter about 40-50% of the time.

Case #3

- A 17 yr old boy presents for the treatment of panic attacks. He is a student and these attacks get so bad at different times of the day that he has to leave class to go outside and "regroup" because he can't calm himself down enough to focus on his work. The panic attacks have also caused a disruption in his sports participation, as he is a member of the varsity soccer team. He can't calm down during the attacks enough to focus on where he needs to be on the field in order to help his team. 9 treatments of Acupuncture were completed in about a 5-6 week time span and his symptoms were markedly improved at that time. He is currently a member of that same varsity soccer team, now he's a senior and already has scored at least one goal this 2011 season.

Case #4

- A 28 year old nurse practitioner reports to the clinic for care and treatment of migraine headaches. She is having a lot of trouble with headaches; as her sleep schedule due to her job is quite irregular.
- She reports that the headaches have been increasing in frequency and severity over the last few weeks and months. After 1 treatment she saw some nice improvements where her headaches were not as severe and or intense that week.
- After the second treatment she reported not having a headache at all during the past week and then after our third and final treatment she was satisfied to report that with no changes in her sleeping patterns, work schedule and lifestyle the headaches had been gone for the past two weeks. At this point I'm set to see her again on an as needed basis.

Pediatrics Illness Patterns

- Accumulation Disorder
- Spleen Qi Deficiency
- Hyperactive Spleen Qi Deficiency
- Hyperactive Kidney Qi Deficiency
- Lingering Pathogenic Factor

Accumulation Disorder

- Food and milk blocks the digestion, disrupting the function of the stomach and spleen
- Contributors:
 - Overfeeding
 - Regularity of Meals (Spleen likes regularity)
 - Type of Foods
 - Weaning too early
 - Stress
 - Immunizations

Accumulation Disorder (cont)

- Extra stress on the Qi, especially the Spleen
- Stagnating food lead to heat
 - Red cheeks
 - Irritability
 - Insomnia
- Fluids stagnate and dry up
 - Green nasal discharge
 - COUGH

Treatment for Accumulation Disorder

- Si feng – needled once ever 4 days alternating hands
- No need to bleed the points
- Other points to use: ST 36, ST 25, CV 6, CV 12, BL 25, TW 6
- PC 6 for vomiting and ST 44 for great heat
- LV 2 if violent/irritable
- 1-3 treatments should be sufficient to clear main symptoms, 6 treatments is quite common

Spleen Qi Deficiency

- Common disorder, lack of energy, floppy limbs and body, poor appetite, loose stools or constipation
- Etiology:
 - Weak constitution or exhaustion
 - Accumulation disorder
 - Illness
 - Immunizations
 - Anesthetics
 - Unsuitable of irregular foods
 - Weak Qi of the Mother

Spleen Qi Deficiency (cont)

- Pale or yellowed face
- Skin tone and limbs flabby, body lacks strength
- Eyes dull, lips pale, lower lip protrudes
- Irregular stools, constipated for days or frequent loose stools
- Slippery, oily stools that usually do not smell bad

Treatment

- Strengthen Spleen, augment Qi and assist in clearing the waste
- SP 6, ST 36 to tonify Qi
- CV 12 to strengthen the spleen
- Results are gradual with Qi becoming stronger
- Encourage rest and decreased stimulation

Hyperactive Spleen Deficiency

- Child appears to be completely deficient with a poor appetite and thin arms and legs; is often ill, but has plenty of energy.
 - Child has learned how to tap into the energy of the parents and other adults in environment
- Pale face, possible nasal discharge
- Small for their age; thin arms and legs

Hyper Spleen Qi Def (cont)

- Appetite small/very picky about foods
- Constipated or loose watery stools
- Alternately bold and coy
- Resists going to sleep until 10 or 11 pm
- Enjoys being the center of attention
- Manipulative and able to find adult's weak spot

Treatment:

- ST 36 and CV 12
- Difficulty to treat because of behavior
- Need parental involvement in the treatment to set limits at home

Hyper Kidney Qi Deficiency

- Face is bright white
- Dark pools around the eyes
- Thin
- Nervous and tearful; hypersensitive
- Insomnia taking an hour or more to go to sleep even when tired
- Terrified of needles or any form of treatment

Hyper Kidney Qi Def (cont)

- CV 12, BL 23
- Other causes of hyperactivity
 - Sugar or artificial sweeteners
 - Artificial coloring; additives; preservatives; HFCS (high fructose corn syrup)
 - Over stimulation
 - Watching TV/video games

Lingering Pathogenic Factors

- 3 patterns
 - Lung and Spleen Qi deficiency
 - Retention of Phlegm
 - Thick Phlegm

Lu and Sp Qi Deficiency

- | | |
|--|---|
| <ul style="list-style-type: none">• Signs and Symptoms• Tiredness/lethargy• No interest in life or food• Runny nose• Weak cough• Child is shy• Loose stool• P= weak | <ul style="list-style-type: none">• Treatment• Tonify Lungs and Spleen• LU 9, 5, ST 36, BL 13• Treatment is once to twice weekly |
|--|---|

Phlegm

- | | |
|--|---|
| <ul style="list-style-type: none">• Signs and Symptoms• Very snotty nose• Cough with gurgling noise• Mouth breathing• Wants things, but is dissatisfied• Wants to eat, but is choosy• Stools may be glistening• Glands enlarged• P = full and slippery | <ul style="list-style-type: none">• Treatment• To clear phlegm• ST 40• LU 7• Treat 1-2 times per week |
|--|---|

Thick Phlegm

- Signs and Symptoms
- Freq use of antibiotics yet underlying disease/pathogenic factor never left completely
- Qi is weak
- Phlegm is less but thicker
- Swollen glands
- Mild symptoms that worsen when tired (sore throat, tickling cough, earache)
- Altered character
- Sudden collapse of energy lasts for a few hours
- Intermittent abdominal pain
- Hot or cold symptoms
- Treatment
- Soften the phlegm
- Bai Lao
- BL 18, BL 20
- Reduce phlegm producing foods
- More rest, spend more time with the child to gain more Qi energy from parents

FOSTER THE SHEN

“If the spirit is clear, all the functions of the other organs will be normal”

Thank you for attending!

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