

Dr Tan's 8+1 Magical Points

Any digestion problems!!!

LI 4 SJ5	Lu 7 Pe 6 He 5	More focused on the digestive track (mouth to anus) than whole meridian (Dr Tan's 4 Magic Meridians).
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Sp 9 Liv 8(T)	St 36 GB 34(T)	Thyroid, morning sickness, pregnant nausea, IBS, Chron's disease, stomach ulcer, hiatus hernia, weight reduction, hangover, etc.
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For Chron's - alternate with Jue Yin - Yang Ming

For Diabetes - Sp / SJ balance + Lime water

Weight control		Chrohn, IBS	
SJ 2,3,10	Pe 9,5	LI 4 or LI 11	Pe 6
Sp 1,2,3,4,5	St 41	Liv 8	St 36,37,38

Water Metabolism. Earth over Water		Digestion problems	
SJ 2,3,10 LI 1,2,4	Pe 9,6,5	SJ 1,4	Pe 6, 9
Sp 1,2,3,4,9 Kid 2	St 41	Sp 1, 4	St 42, 45

Constipation (for severe constipation add St 36,37,38)

Constipation		Constipation		Constipation, Diarrhoea, Sluggish digestion	
SJ 5	Pe 6	SJ 5, 6	Pe 6	LI 11	P 3
Sp 8	St 40 A	Kid 6	St 37	K 10	St 45

Heatus Hernia	
SJ 5	Pe 6
Sp 9	St 36

Skin problems. Psoriasis

Jue Yin - Yang Ming + Tai Yin

LI	Lu Pe	Results from toxins in the body. The same for the skin problems). Needs Detox! For detox - Liv + Lu
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Sp Liv	St	Lung refers to skin; Liv is deeper, blood level. Choose Ashi points from elbow and from knee.
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Skin problems (another pattern)

Tai Yang - Yang Ming + Jue Yin - Shao Yang

LI SJ	Lu Pe	Diet: Mung Beens (soup), Water melon juice, green beens, snake soup.
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Sp Liv	St GB
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Tay Yang - Yang Ming + Heat Pattern

LI 3, 11 SI 8, 3	Lu 5, 9 He 3, 7
Liv 3, 8 Sp 3, 9	GB 34T, 41 St 36, 43

Other Patterns

12 Magical Points (V) for ANY western Heart problems & HBP

LI 3 SJ 3 SI 3	Pc 6 Lu 8 Ht 5
Kid 1 Sp 1 Liv 1	St 36 Gb 34(T) BI 40

Brain disorder, cerebral palsy, post stroke, epilepsy, parkinson

Pe 6 or Pe 9 Lu 7 or Lu 11 He 5 or He 9	LI 3 SJ 3 SI 3
St 36 BI 40 GB 34 T	Liv 1 Sp 1 Points for brain tumor

Rheumatoid Arthritis

LI 4 SJ 3 SI 3	1st joint of fingers, Yin side
Kid 2,4,7 Sp 6 Liv 4	St 36 Gb 34(T) BI 40