8 EXTRAORDINARY MERIDIANS TUTORIAL

This exercise has been designed to assist your learning.

Your participation is optional.

1) Before attending this MP 3 of my 8 Extra's tutorial/workshop - please read through the Survey and answer all questions based on your present knowledge, especially the case histories. This is a survey to establish your based knowledge. The focus is not being tested for your knowledge and abilities.

On completion, please put it somewhere safe, so you can compare later what has changed in your thinking processes, and redo it later.

2) Please read and take notes

Acupuncture – A Comprehensive Text (1981) tr and edited John Connor and Dan Bensky P.67 - 81

You may also wish to consult The Channels of Acupuncture 2006 Giovanni Chapter 39 P.373 ->

- 3) Listen to the MP3 workshop
- 4) Resit the survey, preferably within a day of attending the tutorial.

8 EXTRAS SURVEY

(This is for YOUR information. Adult education is a very different animal to the usual 'chalk and talk' presentations. Why would you NOT try to get the most out of any learning experience? No one is going to mark you, so just see how much change can occur – by taking the test twice – before and after listening in.

Q - What do you understand by the term 8 Extras?	
Q - What is the role of these meridians? (Generalised)?	
Q - What are the specific functions Ren & Chong share?	
Q - What is the source of all extras/meridians?	
Q - What do they circulate?	
Q - What areas of the body does each influence?	
Ren	Du
Chong	Dai

Yin Qiao Yang Qiao

Yin Wei Yang Wei

- Q What meridians does each connect with?
- Q What are the 4 pathways of the Du?
- Q What are the 3 pathways of the Ren?
- Q How do you avoid coupling an Extra meridian unintentionally?
- Q Why would you NOT wish to do so?

Please include in the answer a table showing all Master & Coupling Points.

CASE STUDIES

- (A) A patient presents with full headaches centred around his eyes. The eyes feel full and as though they'll burst- his blood pressure is gradually rising although he's on medication. He is having trouble going to sleep and getting very short tempered at work and home.
- Q Explain in the 8 Extra framework what meridian/s may be out of balance and 2 treatment protocols using 8 Extras that may assist him.
- (B) A patient presents with a low sperm count, supposedly due to a massive testicular infection 10 years ago as a young man. He gets mild lower abdominal pain occasionally, has a sore lumbar spine and is usually very short tempered and red in the face. He desperately wants to father children. He has zero chances of this according to his urologist, as there are no live sperm produced just bits and pieces and lots of pus.
- Q Explain using 8 Extras which meridian/s may be involved and the different methods of utilizing this information in helping him.
- **(C)** A woman presents with palpitations, anxiety and sleeping disturbances. She is not happy with the tranquillisers and sleeping pills the doctor prescribed for her and wants to feel better naturally. She has had a hysterectomy to control the massive blood loss she experienced due to fibroids 3 years ago.

She is 45 years old and although isn't as exhausted as she was before the operation, is not strong emotionally and wonders about her sanity.

- Q Explain using 8 Extras what may be done immediately to assist her.
- Q Explain what has happened using this framework, over the recent past, to lead to the operation and partial recovery.
- Q What other factors may now be impacting on her?
- (D) A woman has small joint aches and pains. Her shoulders are sometimes involved, but mainly her fingers and toes. Her ears need regular syringing as they are filling up with wax. The symptoms are slightly worse since the birth of her second child 6 months ago. She suspects the emotional traumas and emotionally unsupportive husband, and 2 young children and the very broken sleep and breastfeeding she is managing all contribute to this.
- Q What Extra meridian is obviously involved in the first 3 sentences? What other mechanisms may you suspect on reading through the rest of the history?
- Q What treatment protocols based around 8 Extras would you undertake? How does it differ from one where the woman may have no children?