



Yin Qiao

Yang Qiao

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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?*