

once milk let-down occurred, frightening palpitations accompanied it. The symptoms were eased if I was horizontal whilst feeding, as opposed to sitting up. It seemed obvious to me that although the physical blood was replaced, the quality of my blood energy couldn't support my needs, my babies needs, and menstruation collectively.

Another breastfeeding mother had a similar experience, after losing no amount of blood at birth, but continually leaking fluid after a complete loss of amniotic fluid (the waters broke early) 4 days prior to onset of labour. With menstruation, she also experienced night palpitations, great anxiety, and as she is an asthmatic, spectacular attacks necessitating hospital treatment often nightly during her early periods after birth.

### ROLE OF ENERGETIC & PHYSICAL OBSTRUCTIONS, SCARS AND ADHESIONS

Since the advent of more authoritative texts from China, much has been made in the West of Channel and Collateral theory. One area I feel that is practically ignored by people following this theory is the role of accidental and deliberate (surgical) blockage of these pathways and the consequences of such events. One of the liver qi's roles is that of maintaining the free-flowing movement of qi, and by extension all other energetic and physical substances in the body. Obviously, if the liver's sphere of influence is directly blocked by an internal energy disturbance, this role will be impeded. Such energy disturbances include:

1. Lack of qi and blood circulation and production, dependent on the other organ's system's functioning.
2. Constraint of liver qi directly due to emotional factors (inherent liver qi/blood deficiency may predispose the person to such a problem giving a primary and a secondary aspect to this). Similarly, the blockage of the liver qi's free-flowing function may be due to more outside influences.
3. Constraint of liver qi due to actual sexual/physical frustration due to inappropriate or inadequate sexual release (think of the pathways of the different liver meridians).
4. Actual physical blockages from trauma to the pelvic/spinal/abdominal area.
5. Energy blockages set up by years of holding oneself in certain positions, due to life-style or occupational factors (including the wearing of fashionable high-heels, tight corsets, etc.) or from shutting down the area and its associated 'naughty' feelings.
6. Formation of adhesions within and between the pelvic structures due to any of the mentioned factors.
7. All of the above may set up gross physical manifestations which require surgical intervention, leading to actual blockages due to the scar formation, post-operatively on the skin, and internally.

Due to the length of the time the patient has been aware of the problems in the pelvic area and the probably seemingly hopeless nature of her condition which has lead her to an alternative practitioner as a last resort, such problems may be quite stubborn, as they represent a body condition, not a disease as such.

I feel that the usage of 'pure' acupuncture techniques only, to be of little value, in the quick resolution of pelvic blockage.

Perhaps if the patient had consulted an acupuncturist at the beginning of the stuck qi manifestations, needle technique and the astute selection of points would have been sufficient. I doubt our collective abilities to perform at present as master acupuncturists, cum magicians, thus suggest a multi-faceted approach to treatment.

Stuck qi usually leads to stuck blood.

'Stuck blood' as a term can cover any number of physical blockages which in normal functioning would not exist. Fibroids (according to Dr van Buren stuck blood encapsulated in membranes) and endometriosis (according to Dr Van Buren



a spleen blockage caused by earth/metal imbalance, along with excess fire of the kidneys) come instantly to mind.

Manifestations of phlegm-damp, the consequences of infections, the formation of cysts, adhesions and general scarring in the tubal and adjacent areas may be considered as a mixture of stuck qi/blood and phlegm-damp.

The process of ridding the body of these blockages, plus the externally acquired gross surgical scarring is outlined in "Infertility and Pregnancy".

'Bridging' scar tissue - if a scar and its immediate area feels in any way different from the surrounding tissue, this method is strongly recommended. The scar area feels different because it has modified qi and blood circulation, which in turn, particularly if on a meridian, will cause changes in the flow of that meridian causing repercussions above and below the scar. Rather than placing needles at each end of the scar, I tend to adopt a heavy handed approach, depending on the patient's sensibilities and ability to handle such treatment initially. I place needles about 1/3 - 1/2 inch apart all along the scar's periphery.

Once the needles are removed (after maybe 10-15 minutes with occasional stimulation) I try to squeeze blood out from the needle-holes on the theory that where blood flows, qi follows. Light adhesion breaking is then advisable around the area.

Counsel the patient on the use of comfrey ointment on and around the scar, massaged in for 5 minutes, twice daily to continue the energy and physical healing of the scar (regardless of its age).

Dr. van Buren recommends the usage of St 30 bilaterally once a month two years , after any abdominal or thyroid operation.

As St 30 is a major point on Chong Mai, the de-obstructing meridian, I use it whilst the scar needles are inserted, and any other points I feel will help in the moving of qi through the area. This may include points immediately above and below the scar's traverse of a meridian/s.

SP10 - as a major point also of Chong Mai, de-obstructs blood

SP4 - as the MP of Chong Mai, and luo of spleen - useful also in the draining of lymphatic area.

St25 & Cv7 together are supposed to assist in breaking internal abdominal adhesions.

Zhigong & Cv3 to work on the uterus.

TH5 as a special uterus point (Dr. van Buren).

Lu7 as MP of Ren and CP of Yin Qiao Mai - to effect changes in stagnancy of qi and blood in abdomen.

Ki12, 13 local points and stimulate ovaries.

St40 to resolve phlegm and dampness.

Coll, GB 34 to relax abdominal and muscular tension.

GB 26, 27, 41 to work on unblocking of Dai Mai.

GV 1 to deobstruct and relax spinal and lower abdominal areas.

A selection of relevant ear points may also be used - possibly ovary, pituitary, thyroid, endocrine, internal secretion, muscle relaxant, pelvic, Shen Men.

The scar tissue may benefit from light moxa and/or dermal hammering before or after the bridging, or alternatively between specific scar bridging treatments, to aid the softening of adhesive & scar tissue and for encouraging energy flow.

#### POINTS INFLUENCING CHONG MAI

##### Sp4

(Shanghai) - Traditional functions regulates the spleen and stomach and regulates the Chong Mai.  
(traditional indications) - stomach ache, intestines hard