

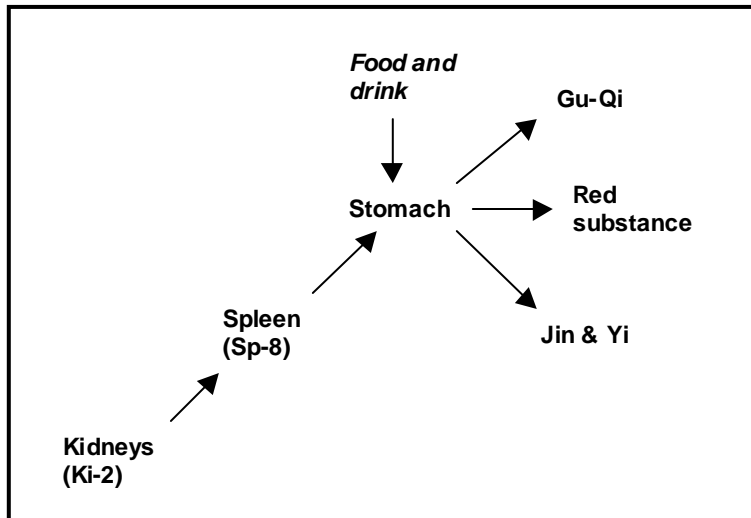
# A Synopsis of The Earth School

## I) History

- 1) The Earth School was developed by Li Dong-Yuan (aka Li Gao) from a tradition in Chinese Medicine called *Bu Tu Pai*, Tonify Earth System
- 2) Li Dong-Yuan started studying medicine to help his very ill mother and a Confucian doctor who helped him in his quest, who was also very sick
- 3) Li Dong-Yuan was taught by Zhang Yuan Su after paying him a lot of money
  - This teacher, although talented, never gained any fame since he did not write down his knowledge
- 4) In his studies, Li Dong-Yuan came to see that all disease is due to pathology of Post-Natal Qi, the source of which is the Spleen and Stomach
- 5) He advocated that what eventually hurts the Stomach is Fire
  - This Fire isn't necessarily from one's diet, but from pensiveness – or rather, *obsession*
  - Constantly throwing fuel (thoughts) on the fire (mind) consumes the Stomach

## II) Pathology

- 1) The Fire which Li Dong-Yuan saw as consuming the Stomach he referred to as Yin-Fire
  - This is Fire that's being suppressed by Yin
- 2) As Fire consumes Spleen-Qi, the body's ability to transform and transport Post-Natal Qi wanes
  - This causes the Stomach to never really “empty”
  - This has to do with a person being always lost in thought – always pensive, obsessing over some aspect of their life
- 3) In the refinement of Post-Natal Qi, the Kidneys help the Spleen propel the products of the Stomach upward
  - They ensure that Gu-Qi goes up to the Lungs, that red substance goes to the Heart, and that Jin goes to the Lungs to moisturize them (see chart on next page)
  - Being heavy, Yi sinks to the Kidneys
- 4) Therefore, using points on the Kidney meridian (especially Ki-2) helps in treating a host of ailments associated with the above process, especially if they're digestive in nature



*How the Kidneys play a role in the production of Post-Natal Qi.*

### III) Treatments

- 1) The **10-Needle Technique** is the skeleton of Earth School Treatments
  - The following “triangles” are needed in order, with the Ren points needed first, then the distal ones
  - The needles are taken out in the reverse order of how they’re put in
  - a) The “First Triangle”
    - Tonify Ren-12, then St-36
    - Both points tonify the Stomach/Spleen function
  - b) The “Second Triangle”
    - Reduce Ren-13, then P-6
    - This “dredges” the Yin-Fire
    - If there are no Shen disturbances, P-6 should be needled evenly
  - c) The “Third Triangle”
    - Tonify Ren-6, then needle evenly St-25 (reduce if there’s constipation)
    - Ren-6 is where the Kidneys support the digestive function
- 2) **The Gu-Qi Treatment** can be used:
  - On chemo patients to help restore the stomach’s mucosal lining
  - For Sinking Spleen-Qi
  - For Post-Natal Qi Deficiency
  - Difficult digestion
  - Whenever you don’t know what else to do
  - a) Moxa Ki-2 (*Ran Gu*, Blazing Valley)
  - b) Needle, tonifying:
    - Sp-8 (*Di Ji*, Earth’s Crux)
    - St-43 (*Xian Gu*, Sunken Valley)
    - LI-4 (*He Gu*, Union Valley)

- Ki-10 (*Yin Gu*, Yin Valley)
- SI-5 (*Yang Gu*, Yang Valley)
- If there's severe diarrhea, Sp-7 (*Lou Gu*, Leaking Valley)