

## Song of 9 Needles to Return the Yang

- Used when there's *extreme* deficiency of Yang
  - Indications:
    - Trouble breathing
    - Incontinance (both ends)
    - Chills
    - Cold limbs
    - Oily sweat
    - Labored breathing
    - SHOCK
- These are all Cold signs

### 1) Loss of Yang Rooted in Kidneys

#### **Ki 1, Ki 3**

- Ki 1 anchors pathological Liver Yang, pulling it down
- Ki 1 anchors pathological Heart Yang that's blazing up (causing anxiety, insomnia, &tc.)
- Ki 1 clears up sore throat
- Ki 1 also deals with Marrow issues
  - Brittle bones
  - Loss of memory
- Ki 3 does the same as Ki 1, but its action is milder

### 2) Loss of Yang from Dampness and/or Cold

#### **Sp 6, St 36, Ren 12**

- Sp 6 is the meeting point of the three Yin Leg meridians
- Sp 6 treats emotional, urinary and gynecological problems
  - When Spleen does not transform food into Gu Qi and ascend it to the Lungs, Dampness accumulates in belly
  - Spleen Deficiency also causes prolapse of organs
- St 36 is one of the 11 Heavenly Star Points
- St 36 can be used to treat all diseases
- St 36 harmonizes Stomach
  - Helps with nausea and vomiting
  - Helps with aches
  - Gets rid of food stagnation
  - Helps with Full Stomach Heat (hungry all the time)
  - Helps with Empty Stomach Heat (patient often feels like they're hungry, but they don't eat)
- St 36 is the Command point of the abdomen
- Ren 12 is the Mu Point of the Stomach

3) **Loss of Yang from Exuberant Heat with Wind**

**Du 15, LI 4**

- Du 15 is used for people who can't talk due to Wind stroke
  
- LI 4 is the Command point of the face and mouth
- LI 4 is a Heavenly Star Point
- LI 4 can be used for:
  - Nose bleeds
  - Tooth aches
  - Facial swelling
  - Expelling Wind

4) **Loss of Yang from Heart**

**P 6**

- P 6 helps with all Heart problems

5) **Loss of Yang due to Bi-Obstruction in the Limbs**

**GB 30**

- Opens all Jing-well points on legs and pushes out pathogens
  - Needle with large 3" needle