

Knowledge & Skills Webinars

How to Treat Headache with Balance Method Acupuncture

Kris Oosting L.Ac. Herbalist

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Course Design and Presentation by Kris Oosting.

COURSE AGENDA

- Balance Method Primer
- Context
- Diagnosis
- Strategy
- Treatment Part 1 and Part 2
- How to Continue

Balance Method Acupuncture

PRIMER

Abbreviations

Easy to understand

- **TCM:** Traditional Chinese Medicine (1950-1960s).
- **CCM:** Classical Chinese Medicine.
- **TBM:** Tan Balance Method.
- **BMA:** Balance Method Acupuncture.
- **AoD:** Area of Discomfort, i.e. where the pain or discomfort is described by the patient.
- **LoD:** Location of Discomfort, described by the practitioner. E.g. around LI-15.
- **AM:** Affected Meridian. Dr. Tan calls this the sick meridian.



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Abbreviations

Easy to understand

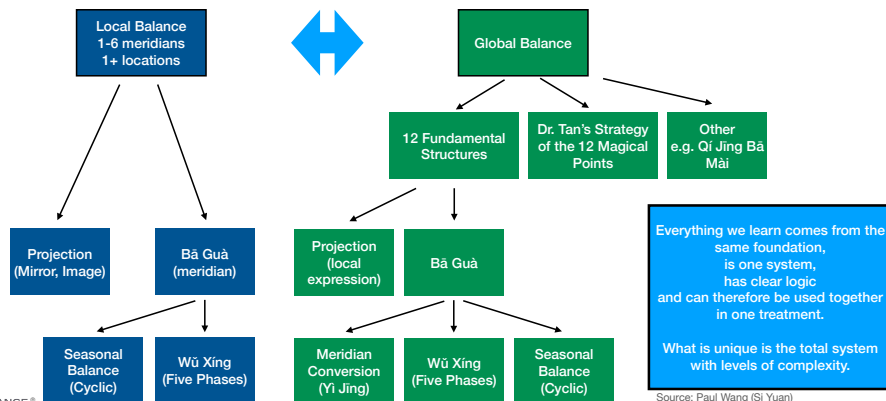
- **GBS:** Global Balance Structure - 4 meridians.
- **PGBS:** Perfect Global Balance Structure - 6 meridians.
- **FA:** Focus Area. Another name for AoD or an area of focus during treatment.
- **FM:** Focus Meridian. A meridian that focuses the action of a GBS structure on a particular area. Often the AoD.
- **FP:** Focus Point. A point on a focus meridian to activate the Qi in the focus area during treatment.

BL = UB
 P = PC
 HE = HT
 LIV = LR
 KID = KI
 REN = CV
 DU = GV



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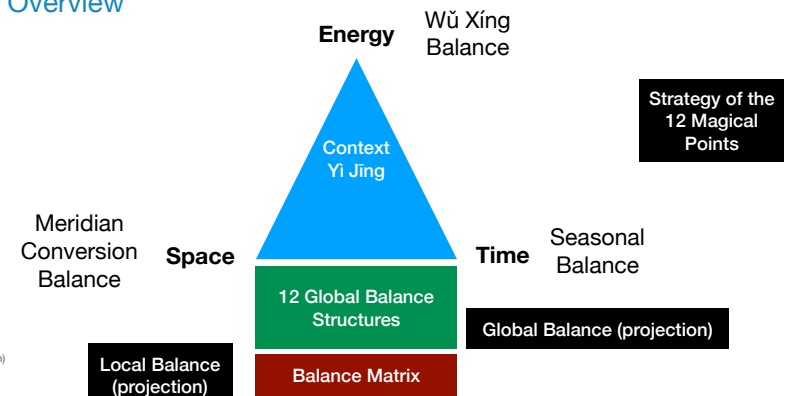
Balance Method Overview



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Balance Method Tools

Another Overview



Source: Paul Wang (Si Yuan)
 Adapted by Kris Oosting



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Image Projection

Mainly Reverse Image

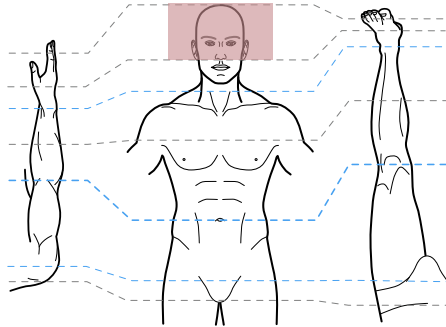
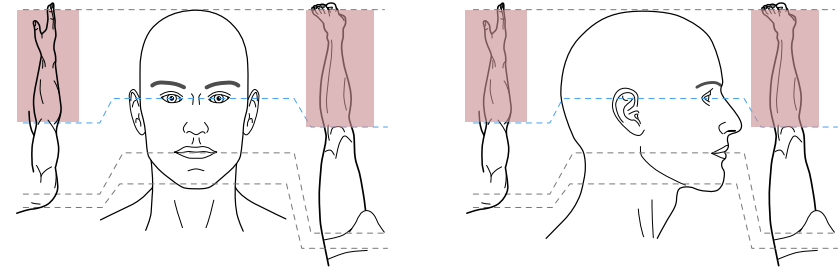


Image Projection

Mainly Reverse Image



Dr. Tan's Balance Matrix

The Balance Network

Affected Meridian

AM	1	2	3	4	5	System
LU	SP	BL	LI	BL	LIV	
LI	ST	LIV	LU	KID	ST	
ST	LI	P	SP	P	LI	
SP	LU	SI	ST	SJ	HE	
HE	KID	GB	SI	GB	SP	
SI	BL	SP	HE	LIV	BL	
BL	SI	LU	KID	LU	SI	
KID	HE	SJ	BL	LI	P	
P	LIV	ST	SJ	ST	KID	
SJ	GB	KID	P	SP	GB	
GB	SJ	HE	LIV	HE	SJ	
LIV	P	LI	GB	SI	LU	

Global Balance

Short Overview

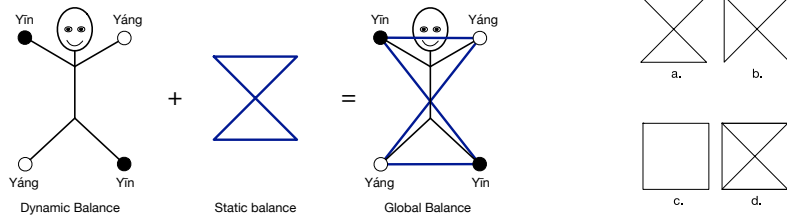
- A **framework** for balance, according to the laws of Yīn-Yáng and metaphysical models.
- All **four limbs** are involved [yes, I know, amputation].
- The location of the points on the meridians determine where the balance is applied, based on **image projection**.
- Consists of **two parts**:
 - Dynamic Balance (Dynamic Balance).
 - Static Balance.

Global Balance

Dynamic and Static

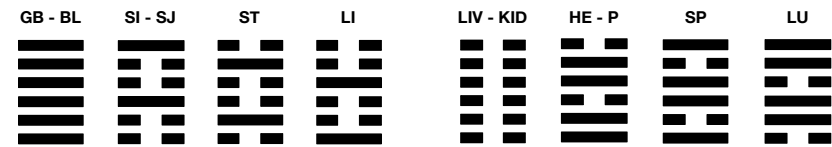
Total 12 Global Balance Structures

Dynamic Balance Structure + Static Balance Structure = Global Balance Structure



Identity Guà of the Meridians

Hexagrams



Meridian Conversion

Short Overview

- Yáng meridians at Yáng guà (trigram) and Yīn meridian at Yīn guà.
- Meridians are not related to qualities of elements such as Wood, Fire, Earth, Metal and Water.
- Meridian Conversion regulates the entire meridian system.
- Concept of image and reverse-image → whole body accessible.
- Distal part of body has higher concentration of nerves → strong signal.
- Five Shū-transporting, Luò-connecting and Yuán-source points are found on the most distal parts of the body: forearms and lower legs → strong Qi flow.

Meridian Conversion

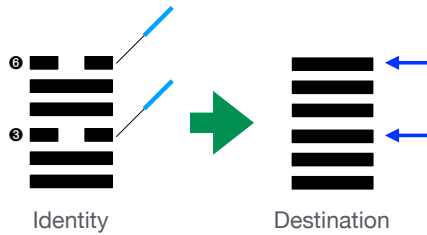
Relation Hexagrams and Points



- Five Shū-transporting, Luò-connecting and Yuán-source points → **6 different points.**
- Hexagram has **6 lines!**
- Relate points to lines (yáo) of the guà (hexagram).
- 1st line = most distal point = jǐng-well point.
- 6th line = hé-sea point.

Relation Hexagrams and Points

Example



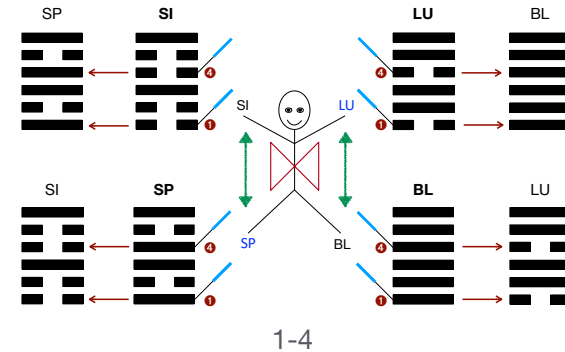
- Identity guà → Destination guà.
- This step is called: **conversion**.
- Happens by: placing needles in certain points (in this case Shū-Stream and Hé-Sea).

Possible combinations:

- 1 - 4: jīng-well and jīng-river/luò-connecting or yuán-source.
- 2 - 5: yíng-spring and luò-connecting/jīng-river.
- 3 - 6: shū-stream and hé-sea.

Meridian Conversion

Tàiyīn-Tàiyáng



Seasons and Cycles

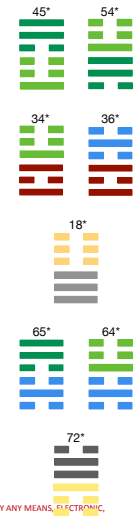
Seasonal Balance

- **When:**
 - The patient is **not synchronized**, or not in harmony, with the seasonal Qi: e.g. seasonal allergies.
 - Problems with **cyclic patterns**: e.g. time related, menstruation and depression.
- **What:**
 - We connect the affected meridian to the energy of a specific season through the **selected hexagram** representing the energy of that season.
 - To **restore** the **natural flow** of Qi of a cyclic pattern.
 - To treat the Yuán of Time (origin).

Seasonal or Cyclic Balance

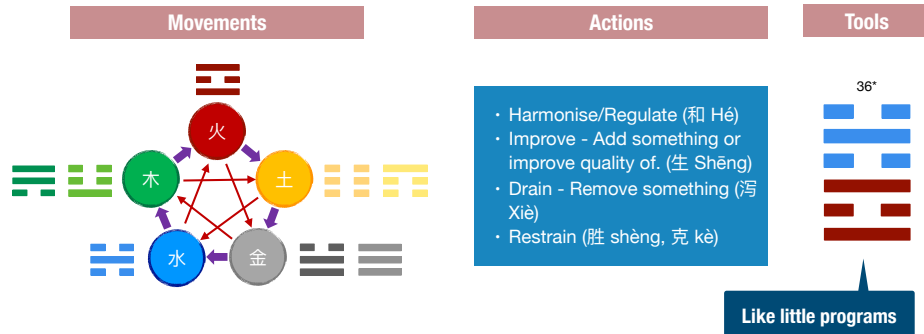
Dr. Tan's Favourite Hexagrams

Time	Dr. Tan's Favo Guàs
Spring related - chūn 春	45*, 54*
Transition	72*
Summer related - xià 夏	34*, 36*
Transition	72*
Autumn related - qiū 秋	18*
Transition	72*
Winter related - dōng 冬	64*, 65*
Transition	72*



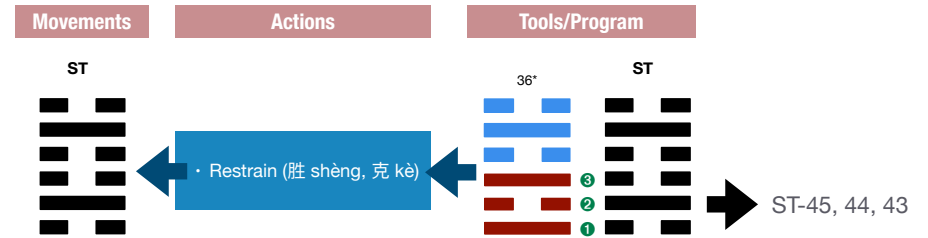
Wǔ Xíng - Five Movements/Phases

Working with Energy



Wǔ Xíng - Five Movements/Phases

Working with Energy



WARNING

DISTURBANCE OF BALANCE

In Meridian Conversion, Seasonal Balance and Wǔ Xíng, no additional points on the chosen meridians.

CONTEXT

Headache

Headache/Migraine Statistics

- Migraines affect **1 in 7 people** globally. (American Migraine Foundation, 2019)
- Headache disorders affect people of all ages, races, social classes, and countries. (World Health Organization, 2016)
- Around **50% of adults** in the world have had a headache in the last year. (World Health Organization, 2016)
- Headaches are among the most prevalent neurological diseases. (World Health Organization, 2016)
- **Every day, more than 4 million adults** experience chronic migraine pain. (Migraine Research Foundation, 2016)

Headache

Headache/Migraine Statistics

- Migraines are one of the **top 10** disabling medical illnesses globally. (American Migraine Foundation, 2019)
- Chronic migraines affect up to **148 million** individuals throughout the world. (American Migraine Foundation, 2019)
- **Women** are **three times more likely** to get migraines than men.
- Headache and migraine can be debilitating, making it difficult to work, enjoy hobbies, or even take care of basic self-care.

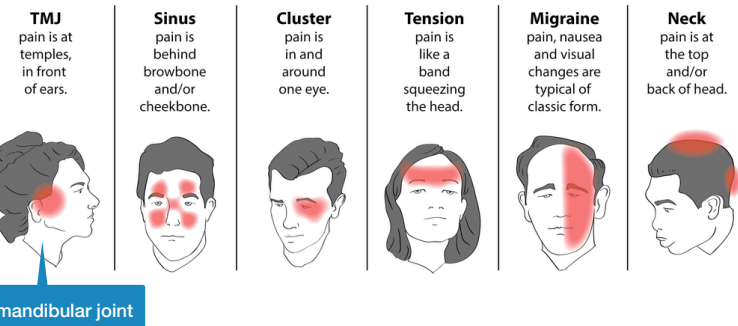
Headache

Did you know?

- Balance Method Acupuncture can provide significant relief in pain, frequency and duration.
- This often occurs during the treatment.
- Can also be used when there is no headache at the time of treatment.
- The treatment is safe.
- The treatment is affordable.
- The treatment is simple.
- There are many happy ex-patients.
- That we see clients on headache medications that give headaches as a side effect.

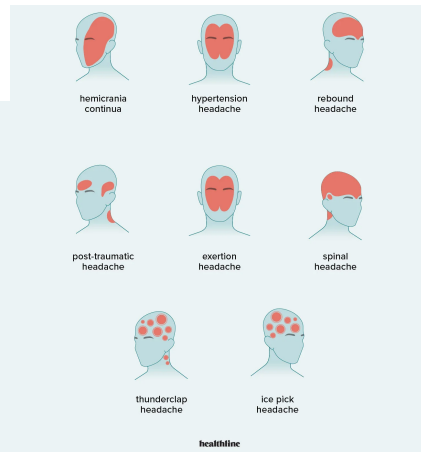
Headache

Location and Name



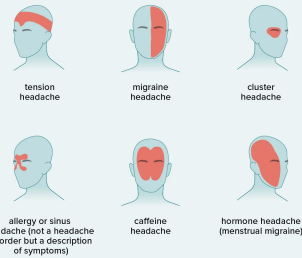
Headache

Location and Name



Types of Headaches

Many headaches have similar sensation distributions and can feel differently to people.



Headache

In Chinese Medical Texts

- Headache, 头痛 *tóu tòng*, is pain in the head.
- When it occurs **occasionally** in response to a postural, physical or emotional state, it is part of life.
- When it is **persistent** and **repetitive**, or when it **affects normal functioning**, a headache suggests chronic imbalance that requires intervention.
- Often the **neck** and **upper back** are also often tight and trigger points may be found.

Etiology Headache

External Pathogens

- Invasion external pathogens → acute and stops on its own.
 - Wind, Damp, Cold and Heat. On its own or in combinations.
- Mostly on *Tàiyáng* → neck and back.
- Disruption in the distribution of Qi and Blood through the superficial tissues → headache.

Etiology Headache

Emotional factors

- Emotions → acute and chronic headaches.
- Unexpressed frustration, anger, worry or other internalized emotions → Liver Qi stagnation → tension headache.
- Chronic Qi stagnation →
 - Blood stasis, Yin Xū with rising Yang and Liver Wind.
 - Weakened Spleen → Qi and Blood Xū, Damp and Phlegm.
 - Chronic muscle tension in the upper back and neck → trigger points.

Etiology Headache

Emotional factors

- Qì Xū often associated with excess like Phlegm-Damp or Qì stagnation.
- Worrying and obsessive thinking → deplete Spleen Qì, or contribute to Liver-Spleen disharmony.
- Grief, prolonged sadness, bereavement → weaken Lungs and deplete Lung Qì.
- Weak Lung Qì → Metal does not control Wood → Liver Qì stagnation and (chaotic) rising Qì.

Etiology Headache

Diet and Medication

- Insufficient food or lack of protein → Qì and Blood Xū.
- Cold raw foods, restrictive or rigid diets → weaken Spleen → Qì and Blood Xū and generation of Damp and Phlegm.
- Too much sweet, oily, rich food and dairy products → Phlegm-Damp.
- Heat eliminating herbs, laxatives, antibiotics → weaken the Spleen, possibly Spleen Yáng Xū, or Damp and Phlegm.
- Painkillers (prolonged use) → may damage Stomach and Liver Yīn.
- Overconsumption of warming foods, such as red wine, chocolate, coffee, shellfish, cheese and certain spices → Heat in Stomach, Liver, Gallbladder.

Etiology Headache

Diet and Medication

- Common is "dehydration." So not drinking enough.
- Start the day with a glass of warm water (with lemon/lime).

Etiology Headache

Overwork

- Too long and too much to the point of exhaustion → depletes Spleen and Kidney Yáng Qì.
- Insufficient sleep → depletes Heart and Kidney Yīn.
- Headaches are "normal" when much mental energy is used while sitting (in stress posture). People who study a lot and for a long time ;-)
- Long/intensive use of eyes combined with long hours of work or at night → depletes Liver Blood.

Etiology Headache

Constitution and Trauma

- Migraine type headache since childhood → possible Kidney Jīng Xū.
- Yīn Xū → ascendant Yáng → Headache.
- Inherited tendency to:
 - Phlegm-Damp.
 - Qì stagnation.
 - Qì and Blood Xū.
- Falling, concussion, surgery → Blood stasis type headache.

Etiology Headache

Biomedical causes

- Tension and stress.
- Infections: sinus, ear, toothache, meningitis.
- Brain hemorrhage, TIA (Transient Ischaemic Attack: something goes wrong for a moment in the blood vessels of the brain).
- Trigeminal neuralgia.
- Alcohol, nicotine, caffeine.
- Antibiotics, high blood pressure medication, corticosteroids, vasodilators.
- Anemia, glaucoma, toxins, hypoglycemia.

Etiology Headache

Trigger Points

- Trigger points in the muscles of the neck and upper back.
- Mechanical and postural stress. (Work posture, sitting position, etc.)
- Trigger Points (TP) can be easily found.
- When Liver patterns and Yīn and Blood Xū → more susceptible to forming TP.
- Latent trigger points can be triggered by overexertion or sudden rotation of the head (Legge, 2011).

Headache Pathology

Excess and Deficiency

- **Excess type:** obstruction of Qì and Blood circulation by a pathogen.
 - Often severe.
 - The nature of the pathogen directly affects the quality of pain.
- **Deficiency type:** too little Qì, Blood, Yīn or Yáng to the head.
 - Often mild to moderate and dull.
- Combined Excess and Deficiency patterns.
 - For example, persistent dull headache of Yīn and Blood Xū, which occasionally yields to the intense and splitting headache of ascendant Yáng.

Headache Treatment

What do we use when? General Rule

- Headaches due to Xū, especially Yīn and Blood Xū, respond best to Chinese herbs.
- Liver patterns respond well to acupuncture.
- Blood stasis can be done with acupuncture depending on the location and extent of the stasis. Goes well with Chinese herbs.
- External pathogens: both acupuncture and Chinese herbs.
- Also consider sleeping position, sitting position, screen use, etc.

DIAGNOSIS

Diagnosis

Subjects

- Intake Questions.
- Points to Measure.
- Key Diagnostic Points.
- Location.
- Pattern relationship.
- BMA Diagnosis.

The Next Step

Determine the Diagnosis

- **Diagnosis:**
 - **WHERE** is the problem? (AoD, LoD)
 - **WHO** is involved? (AM)
- **Strategy:**
 - **WHO** could provide a solution? (BM)
 - **WHERE** could that happen? (BF, BL)

Intake

Collecting information related to the main complaint

- Main complaint: headache
- Since:
- How started:
- Location:
- Type of pain:
- Pain scale:
- Aggravation:
- Amelioration:
- Frequency:
- Duration:
- Sleep:
- Emotional factors:
- Food and medication:
- Work:
- Pulse:
- Tongue:
- Progression:

Diagnosis

Headache example: intake information and diagnosis information

- **CC:** Headache, right side.
- **AoD** = Head right.
- **LoD** = GB-13, GB-5/6 area.
- **AM** = Shàoyáng GB.
- **Since:** 6 months.
- **How started:** after period of hard work.
- **Type of pain:** throbbing.
- **Aggravation:** stress, bending forward, emotions.
- **Relief:** rest.
- **Pain scale:** 7.
- **Frequency:** 1x week (weekend)
- **Duration:** 1 to 2 days.
- **Sleep:** no influence.
- **Emotions:** often irritated. Then headache worse.
- **Medication:** Brand X.
- **Pulse:** xián mài (string)
- **Tongue:** C: light red, S: slightly swollen, red tip, thin veins. C: thin white.

Diagnosis

Headache example: Finding measurement points (metrics)

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Headache Treatment

Measuring points checklist



- **Type of pain:** throbbing → no pain.
- **Aggravation:** stress, bending over, emotions → no more influence.
- **Pain scale:** 7 → 0.
- **Frequency:** 1x week (weekend) → 0 x per week.
- **Duration:** 1 to 2 days → 0.
- **Emotions:** often irritated. Then headache worse → less often/not irritable.
- **Medication:** Brand X → none.

Key diagnostic points

Nature of the headache

- **Pounding, throbbing, splitting** → rising Liver Yáng, Liver Fire, Stomach and Gallbladder disharmony, toxic Heat.
- **Distending** → rising Liver Yáng, Liver Fire, Wind Heat.
- **Focal, stabbing** → Blood stasis.
- **Heavy and dull**, as if wrapped in a wet cloth → Phlegm-Damp.
- **Tight band** around head, head being squeezed in a vise → Liver Qi stagnation.
- **Dull, in background, all-over ache** → Blood Xū, Kidney Xū.

Key diagnostic points

Onset

- When **stressed** → Liver Qi stagnation, rising Yáng.
- **After menstruation** or when breast feeding → Blood deficiency.
- When **hungry** → Spleen Qi deficiency.
- With **eating** → Stomach Heat, Phlegm-Heat, Stomach-Gallbladder disharmony.
- **Waking up** with headache, first thing in the morning → Phlegm-Damp, Qi stagnation, biomechanical stress on neck with trigger point activation due to poor pillow height or sagging mattress.

Key diagnostic points

Onset

- Soon **after getting out of bed** → Liver Qi stagnation, Blood deficiency.
- During **activity**, at **end of day** → Qi and Blood deficiency.
- In **evening**, at **night** → Yin and Blood deficiency, Blood stasis.
- **Weekends, holidays** → Liver Qi stagnation, rising Yáng.
- With **perfume, gasoline, solvents** → Phlegm-Damp.

Key diagnostic points

Aggravation



- Emotionally **upset, anger** → Liver pathology.
- Prolonged **standing** → Blood deficiency, Kidney deficiency.
- Prolonged **sitting** or **lying down** → Phlegm-damp, Qi stagnation, rising Yáng.
- **Alcohol, fatty foods** → Stomach-Gallbladder disharmony, Fire.
- **Weather** changes → Wind-Damp, Phlegm-Damp.
- **Massage** of the **neck** → Blood deficiency, Yin deficiency.

Key diagnostic points

Aggravation



- **Waking up at night** with headache → Blood deficiency, Liver Qi stagnation, rising Yáng (between 01:00-03:00), Stomach-Galbladder disharmony.
- With **strong smells** → Phlegm-Damp.
- Use of the **eyes** → Blood deficiency.
- **During/after sexual activity** → Kidney deficiency.

Key diagnostic points

Amelioration



- **Exercise/activity** → Liver Qi stagnation, Phlegm-Damp.
- **Rest** → Deficiency.
- **Eating** → Spleen Qi deficiency.
- **Cold compresses** → Stomach Heat, Liver Fire, rising Yáng, Wind Heat.
- **After vomiting** → Stomach-Galbladder disharmony, Phlegm-Damp, rising Yáng, Liver Fire, Cold rebelling up the Liver Meridian.

Key diagnostic points

Accompanying Features

- **Nausea, vomiting** → Stomach-Galbladder disharmony, Phlegm-Damp, rising Liver Yáng, Liver Fire, Cold rebelling up the Liver Meridian.
- **Eye distention and pain** → Rising Yáng, Liver Fire.
- **Dizziness, vertigo** → Phlegm-Damp, rising Yáng, Liver Wind.
- **Postural dizziness** → Blood deficiency, Yin deficiency.
- **Cold extremities** → Cold rebelling up the Liver meridian, Liver Qi stagnation.

Diagnosis by Location

Frontal



- **TCM:** Yángmíng type.
- **Location:** Forehead, under the eyes (sinus).
- **AM:** Tàiyáng BL, Shàoyáng GB, under the eyes Yángmíng ST.
- **Pain Type and Pattern:**
 - Dull → Phlegm-Damp, Wind-Damp, Qi deficiency.
 - Tight, constant → Liver Qi stagnation.
 - Splitting, pounding, throbbing → Wind-Heat, toxic Heat, Summerheat, Stomach Heat, Stomach-Galbladder disharmony, Liver Fire.

Diagnosis by Location

Temporal (side)



- **TCM:** Shàoyáng type.
- **Location:** Side of head, temples, behind eyes.
- **AM:** Shàoyáng GB, SJ; Yángmíng ST near GB.
- **Type of Pain and Pattern:**
 - Dull, in the background → Blood deficiency.
 - Tight, constant → Liver Qì stagnation.
 - Splitting, pounding, throbbing → Rising Liver Yáng, Liver Fire, Stomach-Galbladder disharmony.
 - Stabbing, boring in one location → Blood stasis. Often unilateral.

Diagnosis by Location

Occipital



- **TCM:** Tàiyáng type.
- **Location:** Backside of the head.
- **AM:** Tàiyáng BL, Shàoyáng GB, possibly SJ, Dū Mài.
- **Type of Pain and Pattern:**
 - Dull, heavy → Wind-Damp.
 - Dull, empty → Kidney deficiency.
 - Tight, constant → Liver Qì stagnation, Wind-Cold.
 - Splitting, pounding, throbbing → Rising Liver Yáng.

Diagnosis by Location

Vertex



- **TCM:** Juéyīn type.
- **Location:** Top of the head.
- **AM:** Tàiyáng BL, Dū Mài.
- **Type of Pain and Pattern:**
 - Dull → Qì and Blood deficiency, Liver Qì stagnation.
 - Tight, drilling → rising Liver Yáng, Cold in Liver and Stomach.
- Vertex headache is clearly localized and must be distinguished from a headache involving the BL and Dū Mài. (and which radiates to the occiput and neck)

Diagnosis by Location

Whole Head

- **TCM:** Entire head.
- **Location:** Entire head, to eyes and up to hairline. Superficial with sensitive skull, in the head.
- **AM:** Tàiyáng BL, Shàoyáng GB, SJ, Dū Mài, Yángmíng ST.
- **Type of pain and pattern:**
 - Acute → External invasion.
 - Chronic, dull, heavy or "Empty" → Long-term Kidney deficiency or Phlegm-Damp.
 - Splitting → rising Liver Yáng, Liver Fire or toxic Heat.

Diagnosis

The common TCM patterns - Excess

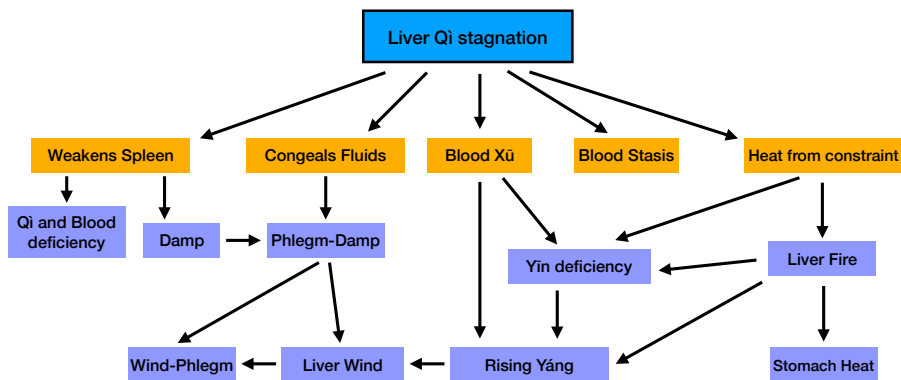
- Rising Liver yáng
- Liver Qi stagnation
- Liver Fire
- Phlegm-Damp
- Blood stagnation/stasis
- Stomach Heat
- Stomach-Galbladder disharmony
- Wind-Damp
- Wind-Heat
- Toxic Heat
- Summer Heat
- Cold rebelling up the Liver channel

Diagnosis

The common TCM patterns - Deficiency

- Qi deficiency
- Blood deficiency
- Yin deficiency
- Kidney deficiency
- Spleen deficiency

Pathological relations of Qi stagnation related to Headache



Source: Maclean, Lyttleton, Bayley, Taylor

Headache

Area of Discomfort and Affected Meridian

	TMJ	Sinus	Cluster	Tension	Migraine	Neck
	pain is at temples, in front of ears.	pain is behind browbone and/or cheekbone.	pain is in and around one eye.	pain is like a band squeezing the head.	pain, nausea and visual changes are typical of classic form.	pain is at the top and/or back of head.
AoD	Side/Temple	Face	Area Eye	Head Front	Face half	Vertex-Neck
AM	GB	GB, BL, ST	GB, SJ	GB, BL [ST]	GB, BL, ST, SJ	BL [GB]

BMA Diagnosis

Find the Affected Meridians

Area of Discomfort	Location of Discomfort	Possible Affected Meridian
Frontal	Under eyes, corner mouth, mandible area.	Yángmíng ST.
	Under Eyes, corner mouth.	Yángmíng LI.
	Above the eyebrows.	Shào yáng GB.
	Corner of the eyebrows.	Shào yáng SJ.
	Front of ear, outer corner eyes.	Tài yáng SI.
Occipital	Above eyebrows, medial end eyebrows.	Tài yáng BL.
	Between eyebrows.	Dū Mài.
	Occiput area.	Tài yáng BL, Shào yáng GB, Dū Mài.

Pro Tip Forehead above the eyes ≠ Yángmíng



Oosting, K. (2020). Balance Method Acupuncture for the Treatment of Pain and Discomfort. page 312.

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BMA Diagnosis

Find the Affected Meridians

Area of Discomfort	Location of Discomfort	Possible Affected Meridian
Temporal	Side of head, above the ears.	Shào yáng GB, Tài yáng SI, Shào yáng SJ (rare).
Vertex	Top of head.	Tài yáng BL, Dū Mài.
Behind the Eyes	Eyes.	Yángmíng ST, Shào yáng GB.
Everywhere	Whole head.	All Yáng meridians.

Pro Tip Vertex ≠ Liver



Oosting, K. (2020). Balance Method Acupuncture for the Treatment of Pain and Discomfort. page 312.

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BMA Diagnosis

Common Affected Meridians

- Tài yáng BL
- Shào yáng GB
- Shào yáng SJ
- Yángmíng ST
- Dū Mài



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Diagnosis Outcome

TCM v.s. Balance Method Acupuncture

TCM Diagnosis
Frontal Headache
identified as
Stomach-Heat

BMA Diagnosis
CC: Frontal Headache
AoD: Front of the head
AM: Shào yáng GB, Tài yáng BL
LoD: BL-2/GB-14 to GB-15

The area is described here, not the TCM Pattern



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STRATEGY

Strategy

Subjects

- Steps
- Common Zàng-Fǔ Patterns
- Determine Structure
- Determine Action
- Determine Projection
- Determine Tool
- Summary

The Next Step

Finding a Strategy

- **Diagnosis:**

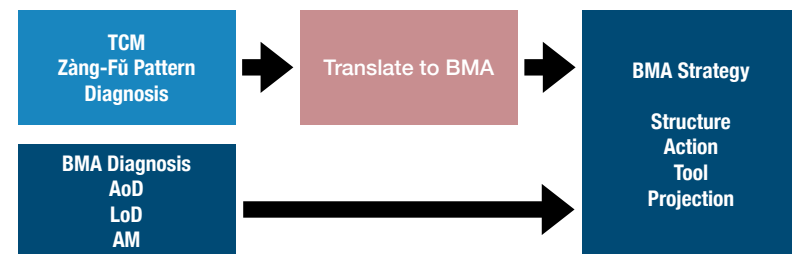
- **WHERE** is the problem? (AoD, LoD)
- **WHO** is involved? (AM)

- **Strategy:**

- **WHO** could provide a solution? (BM)
- **WHERE** could that happen? (Projection)

Diagnosis to Strategy

Finding Our Options to Solve the Problem



TCM Pattern Differentiation

Common Zàng-Fǔ Patterns in Headache - Excess Type

- Rising Liver Yáng
- Liver Qì stagnation
- Liver Fire
- Cold rebelling in Liver meridian
- Phlegm-Damp
- Blood stagnation/stasis
- Stomach-Galbladder disharmony (Wood → Earth)
- Stomach Heat
- Wind-Heat
- Summerheat
- Wind-Damp
- Wind-Cold

TCM Pattern Differentiation

Common Zàng-Fǔ Patterns in Headache - Deficiency Type

- Qì deficiency (Spleen, Lungs)
- Blood deficiency (Liver)
- Liver Yīn deficiency
- Kidney Yīn/Yáng deficiency

Determine Structure

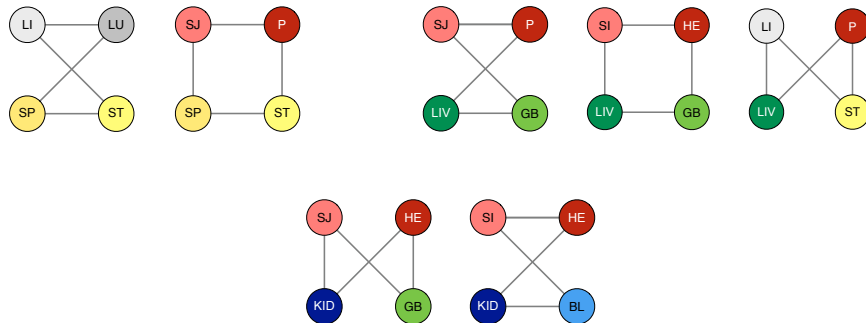
Strategy: Structure

Determine the Structure

- Local Balance for: Tàiyáng BL, Shàoyáng GB, Shàoyáng SJ, Yángmíng ST.
- Liver related: Juéyīn-Shàoyáng. (Qì stagnation, Blood Xū, Yīn Xū, Yáng rising, Wind)
- Stomach related: Tàiyīn-Yángmíng.
- Wood attacks Earth (Stomach): Juéyīn-Yángmíng.
- Heat: LIV-HE-SI-Shàoyáng.
- Tàiyīn Qì Xū: Tàiyīn-Yángmíng.
- Tàiyīn Qì Xū with Dampness: SP-P-SJ-Yángmíng (indirect ≈ KID).
- Shàoyīn Kidney Yīn/Yáng Xū: Shàoyīn-Shàoyáng, Shàoyīn-Tàiyáng.

Strategy: Structure

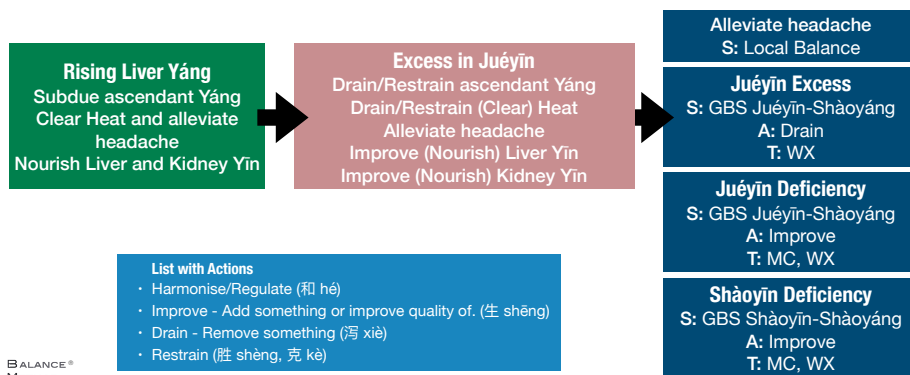
Determine the Structure



Determine Action (Treatment Method)

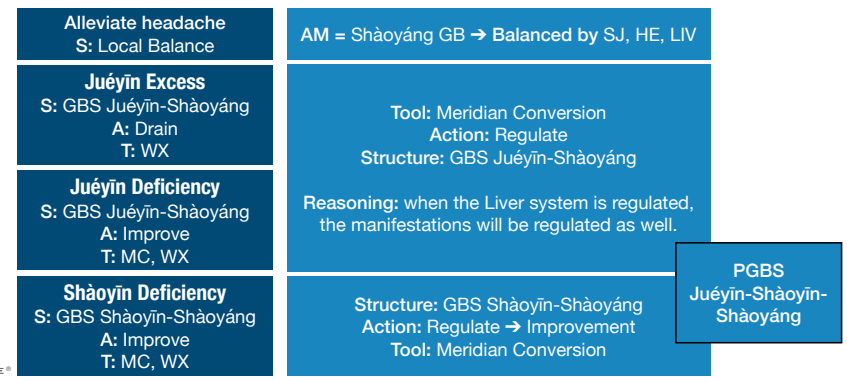
Strategy: Treatment Method

Actions to solve the problem - Example 1



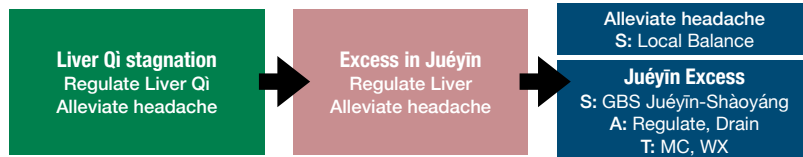
Strategy: Treatment Method

Actions to solve the problem - Example 1



Strategy: Treatment Method

Actions to solve the problem - Example 2



List with Actions

- Harmonise/Regulate (和 hé)
- Improve - Add something or improve quality of. (生 shēng)
- Drain - Remove something (泻 xiè)
- Restrain (胜 shèng, 克 kè)

Strategy: Treatment Method

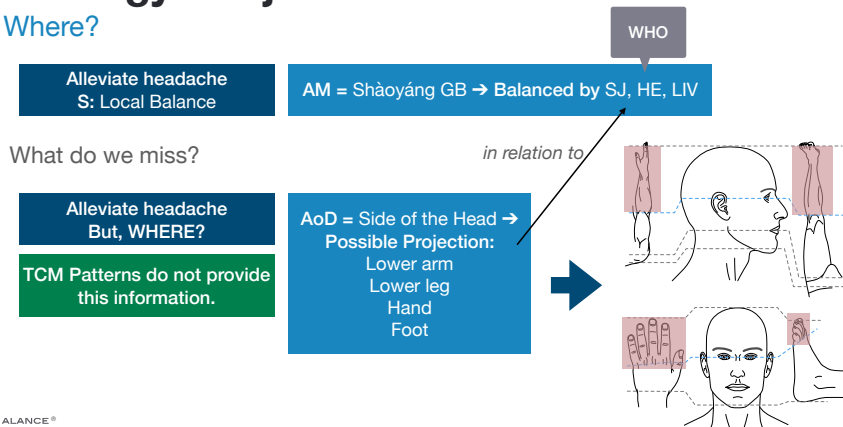
Actions to solve the problem - Example 2

Alleviate headache S: Local Balance	AM = Shàoyáng GB → Balanced by SJ, HE, LIV
Juéyīn Excess S: GBS Juéyīn-Shàoyáng A: Regulate, Drain T: MC, WX	Structure: GBS Juéyīn-Shàoyáng Action: Regulate Tool: Meridian Conversion
	If severe stagnation, then Action: Drain Tool: Wǔ Xíng

Determine Projection

Strategy: Projection

Where?



Determine Tools

Strategy: Tools

What ways of balance can we use for headaches?

- **Location:** image or reverse-image projection with Local Balance.
- **Functional complaint with local expression:** GBS with reverse-image projection.
- **Underlying disharmony:** Meridian Conversion, Wǔ Xíng and Seasonal Balance (as cyclic).

Strategy: Tool

Tool and Problem

- **Treating location:** Local Balance, Global Balance with reverse image projection.
- **Qì related:** Meridian Conversion (MC) and Wǔ Xíng (WX).
- **Blood related:** Meridian Conversion and Wǔ Xíng.
- **Yīn related:** Wǔ Xíng.
- **Seasonal/menstrual related headaches:** Seasonal/Cyclic Balance (SB).
- **During/after chemotherapy:** Meridian Conversion.
- Chinese Herbal Medicine.

Summary

Diagnosis to Strategy

Example

BMA Diagnosis

CC: Frontal Headache

AoD: Front of the head

AM: Shàoyáng GB, Tàiyáng BL

LoD: BL-2/GB-14 to GB-15



BMA Strategy

Balance Meridians: Shàoyáng SJ, Tàiyáng SI, Shàoyīn KID, Juéyīn LIV.

Projection: Reverse-Image Lower arm and Lower leg.

Structure: Juéyīn-Shàoyáng.

Action: Regulate.

Tool: Meridian Conversion or Local Balance.

TREATMENT

Part 1

Treatment

Subjects

- Frontal Headache
- Temporal Headache
- Vertex Headache
- Occipital Headache
- Whole Head Headache
- Behind the Eye

Note: The cases presented are from real clinical examples.

Case 1: Frontal Headache

Diagnosis & Strategy

BMA Diagnosis

CC: Frontal Headache

AoD: Front of the head

AM: Shàoyáng GB, Tàiyáng BL

LoD: BL-2/GB-14 to GB-15



BMA Strategy

Balance Meridians: Shàoyáng SJ, Tàiyáng SI, Shàoyīn KID, Juéyīn LIV, Tàiyīn LU, Shàoyīn HE.

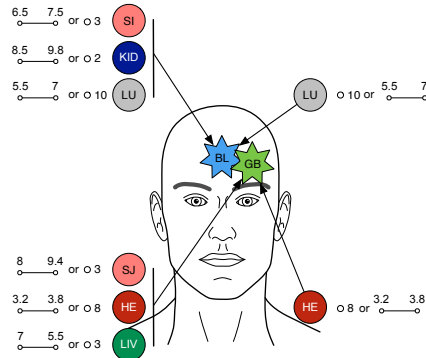
Projection: Reverse-Image Lower arm and Lower leg.

Action: Regulate.

Tool: Local Balance.

Case 1: Frontal Headache

Treatment



Note: Multiple options are shown here.

Pro Tip High needle density may be required.

Case 2: Temporal Headache

Diagnosis & Strategy

BMA Diagnosis

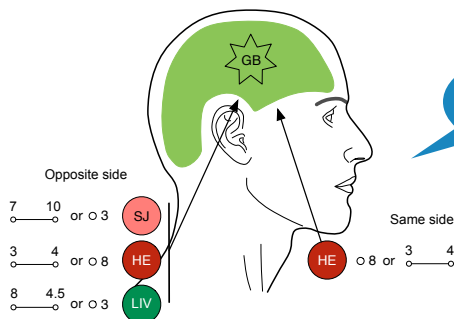
CC: Temporal Headache
 AoD: Side of the head
 AM: Shàoyáng GB
 LoD: Height of GB-9 - GB-17

BMA Strategy

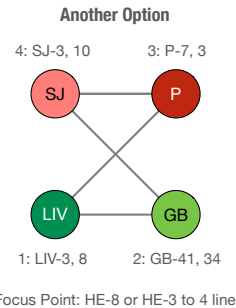
Balance Meridians: Shàoyáng SJ, Juéyīn LIV, Shàoyīn HE.
 Projection: Reverse-Image Lower arm and Lower leg.
 Action: Regulate.
 Tool: Local Balance.

Case 2: Temporal Headache

Treatment



Did you notice the projections in that GBS?



Pro Tip High needle density may be required.

Case 3: Vertex Headache

Diagnosis & Strategy

BMA Diagnosis

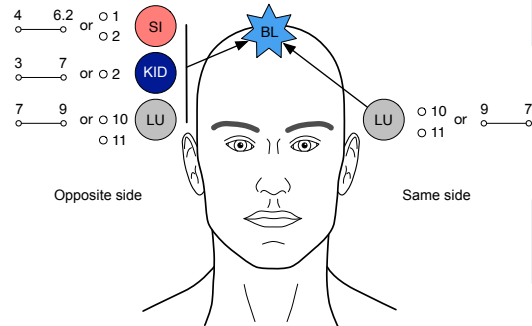
CC: Vertex Headache
 AoD: Top of the head
 AM: Tàiyáng BL
 LoD: Around DU-20 and M-HN-1 Sìshéncōng

BMA Strategy

Balance Meridians: Tàiyáng SI, Shàoyīn KID, Tàiyīn LU.
 Projection: Reverse-Image Lower arm and Lower leg.
 Action: Regulate.
 Tool: Local Balance.

Case 3: Vertex Headache

Treatment



Pro Tip Palpate between the given points.

Pro Tip You can use "KID-1" on the little toe.

Case 4: Occipital Headache

Diagnosis & Strategy

BMA Diagnosis

CC: Occipital Headache

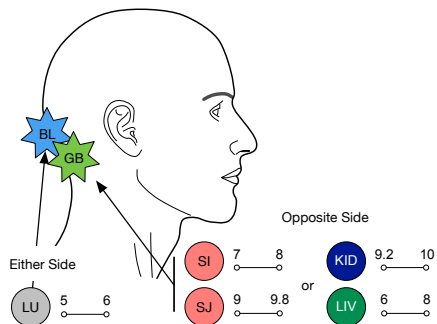
AoD: Back of the head
AM: Tàiyáng BL, Shàoyáng GB
LoD: Height of DU-17 to DU-15

BMA Strategy

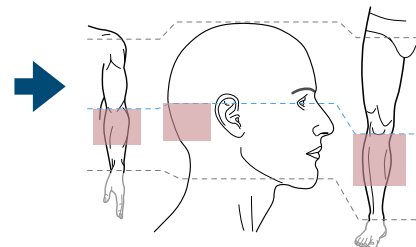
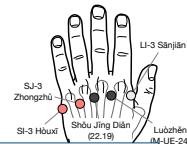
Balance Meridians: Tàiyáng SI, Tàiyīn LU, Shàoyáng SJ, Shàoyīn KID, Juéyīn LIV.
Projection: Image Lower arm and Lower leg.
Action: Regulate.
Tool: Local Balance.

Case 4: Occipital Headache

Treatment



Pro Tip If more towards neck, SJ-3, SI-3, M-UE-24 Luòzhèn, Shǒu Jīng Jiǎn 22.19.



Case 5: Whole Head Headache

Diagnosis & Strategy

BMA Diagnosis

CC: Headache whole head

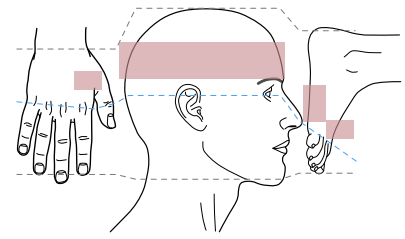
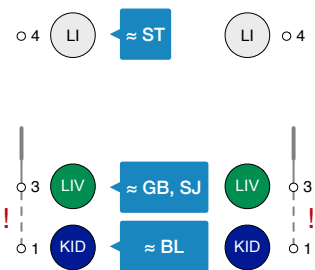
AoD: The head
AM: Tàiyáng BL, Shàoyáng GB and SJ, Yángmíng ST.

BMA Strategy

Balance Meridians: Yángmíng LI, Shàoyīn KID, Juéyīn LIV.
Projection: Foot and hand image.
Action: Regulate.
Tool: Local Balance, Qí Jīng Bā Mài, Global Balance.

Case 5: Whole Head Headache

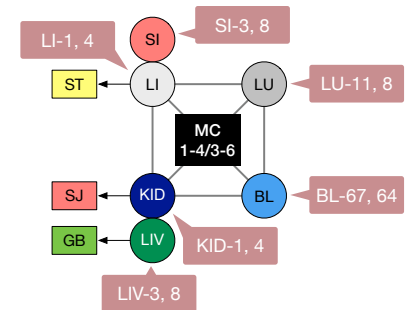
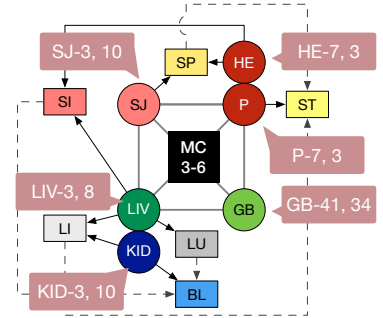
Different Approach - Four Gates +



Pro Tip Keep finger on KID-1 for needle direction

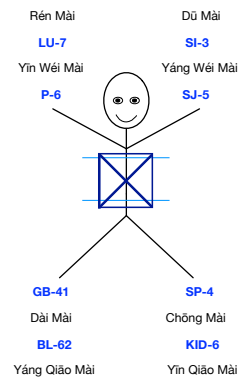
Case 5: Whole Head Headache

Different Approach - Perfect Global Balance Structure 11, 24



Case 5: Whole Head Headache

Different Approach - Qí Jīng Bā Mài



Pro Tip No specific needle sequence.

Case 6: Behind the Eye

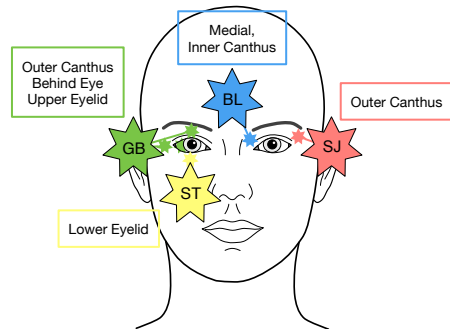
Diagnosis & Strategy

BMA Diagnosis
 CC: Headache behind the eye
 AoD: The eye
 AM: Shàoyáng GB (Tàiyáng BL, Yángmíng ST).

BMA Strategy
 Balance Meridians: Shàoyáng SJ, Yángmíng LI, Tàiyín LU, Shàoyīn KID, Juéyīn LIV, Tàiyīn SP,
 Projection: Elbow and knee image.
 Action: Regulate.
 Tool: Local Balance.

The Eyes

E.g. Migraine, Cluster Headache



Clinical manifestations:

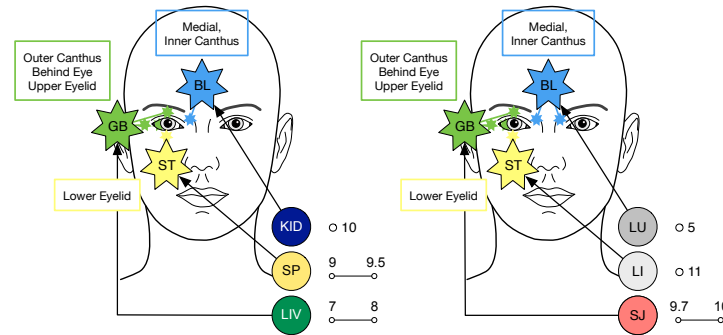
- Pain
- Swelling
- Redness
- Dryness
- Burning sensation
- Itching
- Twitching
- Pressure
- Light sensitivity
- Etc.

Pro Tip Around knee and elbow

Case 6: Behind the Eye

Treatment

Behind the eye or the whole eye:
Zhū Yuǎn – Round Balls (T11.32)



TREATMENT

Part 2

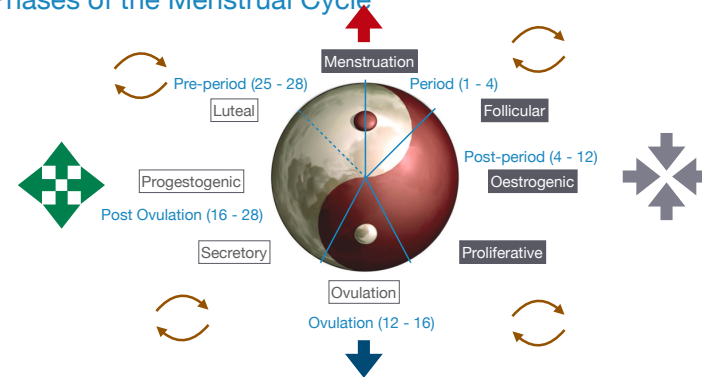
Treatment

Subjects

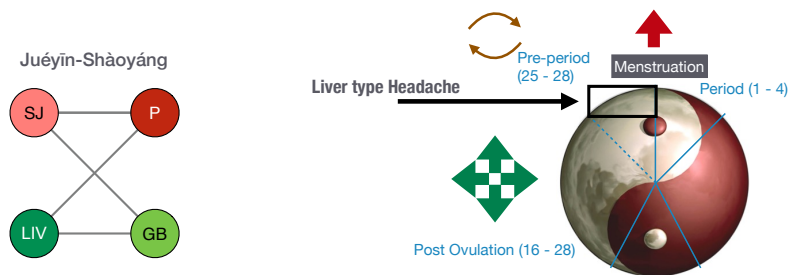
- Cyclic Headaches
- Treating underlying disharmonies

Cyclic Balance

Menstrual Cycle Four Phases of the Menstrual Cycle



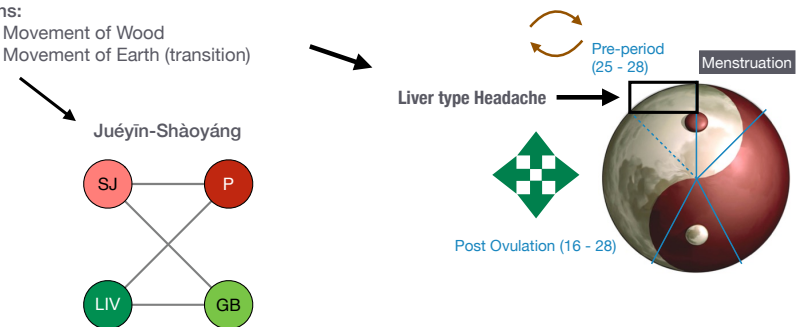
Menstrual Cycle Four Phases of the Menstrual Cycle



Menstrual Cycle Four Phases of the Menstrual Cycle

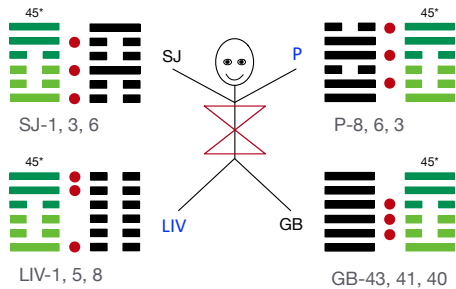
- Two Options:
 1. Balance Movement of Wood
 2. Balance Movement of Earth (transition)

Pro Tip Transition Earth is 1 - 1.5 day. Hard to get. Use 4 main movements.



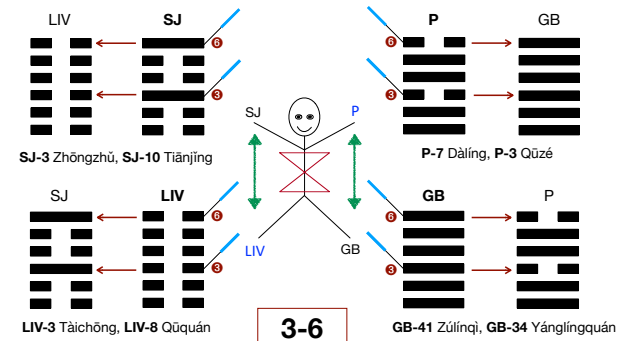
Headache before Menstruation

Cyclic Balance Treatment with hexagram 45*



Headache before Menstruation

Meridian Conversion Treatment - Juéyīn-Shào'yáng

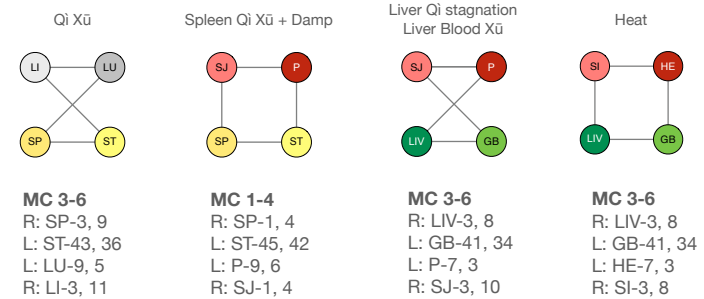


Underlying Disharmonies

Underlying Disharmonies

Meridian Conversion Cheat Sheet

Attention!
In Meridian Conversion no other points can be added on these meridians

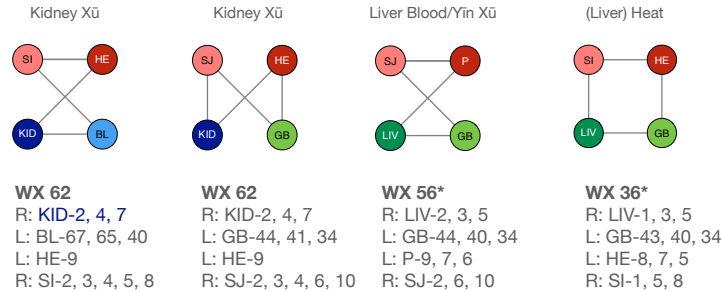


Underlying Disharmonies

Wǔ Xíng - Five Phases Cheat Sheet

Attention!

In Wǔ Xíng no other points can be added on these meridians



HOW TO CONTINUE



Headache

Summary

- Different locations.
- Etiology and Pathology.
- Key Diagnostic Points & Points to Measure.
- Diagnosis by Location.
- Pathological relations of Qi stagnation related to Headache.
- Determine Structure, Action, Projection, and Tool.
- Treatment with Local Balance, Global Balance, Qí Jīng Bā Mài, Perfect Global Balance and Cyclic Balance.
- Treatment of Underlying Disharmonies with Meridian Conversion and Five Phases.

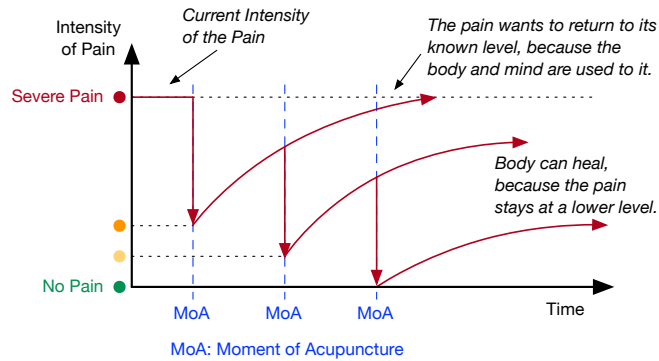
Headache

Pro-Tips

- Needle Density → move more or less Qi.
- Zoom Factor:
 - Arm and leg.
 - Treat by the mm.
- When no headache during treatment → treat as if they have headache.
- Local Balance combined with Meridian Conversion gives good results.
- Treatment Frequency → Depends on severity, etc.

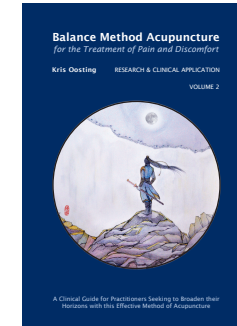
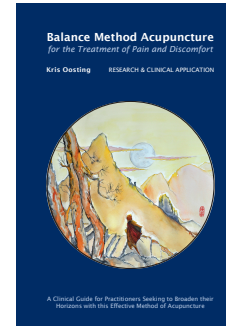
Treatment Frequency

Determine



Source

736 pages and 550 illustrations



krisoosting.com

Remember the source...

Special thanks to

- Dr. Richard Tan for sharing his theory and experiences.
- Without Dr. Tan, this course would not have been here.
- Neither would my ACU Pain Clinic®.
- And neither might your successful practice.
- Thank you **BRADWHISNANT**
SEMINARS

Thank You!

Success with the Treatment of Headache!