



# Acu News

*"Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy." - Deepak Chopra*

## Acupoints for Fall

Because the lungs are one of the organ systems correlated with fall in traditional Chinese medicine, lung acupuncture points can be beneficial at this time of year. In this article we'll look at two common lung acupoints and what they're good for.

### LUNG 7

In classical texts, this point is revered as one of the four most important and useful points on the body. Lung 7 is also called Broken Sequence. This may sound like an unusual name for an acupuncture point, but it is in reference to the pathway of the lung channel where it splits to join the large intestine channel. Traditionally, Qi is transferred from one channel to another at the last point on the channel, but in the case of the lung channel, lung 7, not lung 11, is where the Qi is transferred, hence the break in the sequence.

Lung 7 is the main point for moving and regulating the Qi in the lung meridian. It can be useful for treating coughs, asthma, chest tightness and pain, shortness of breath and wheezing. It can also be used to treat chronic sore throats. This point can also relax the diaphragm and can help with chronic hiccups. For allergy sufferers, this point can be effective in treating common hay fever symptoms.

Lung 7 is also the command point for the head and the back of the neck. That means this point can be used to treat myriad conditions related to the head and neck. Lung 7 can release pain and stiffness in the neck, ease dull headaches, help with anxiety and help someone think more clearly.



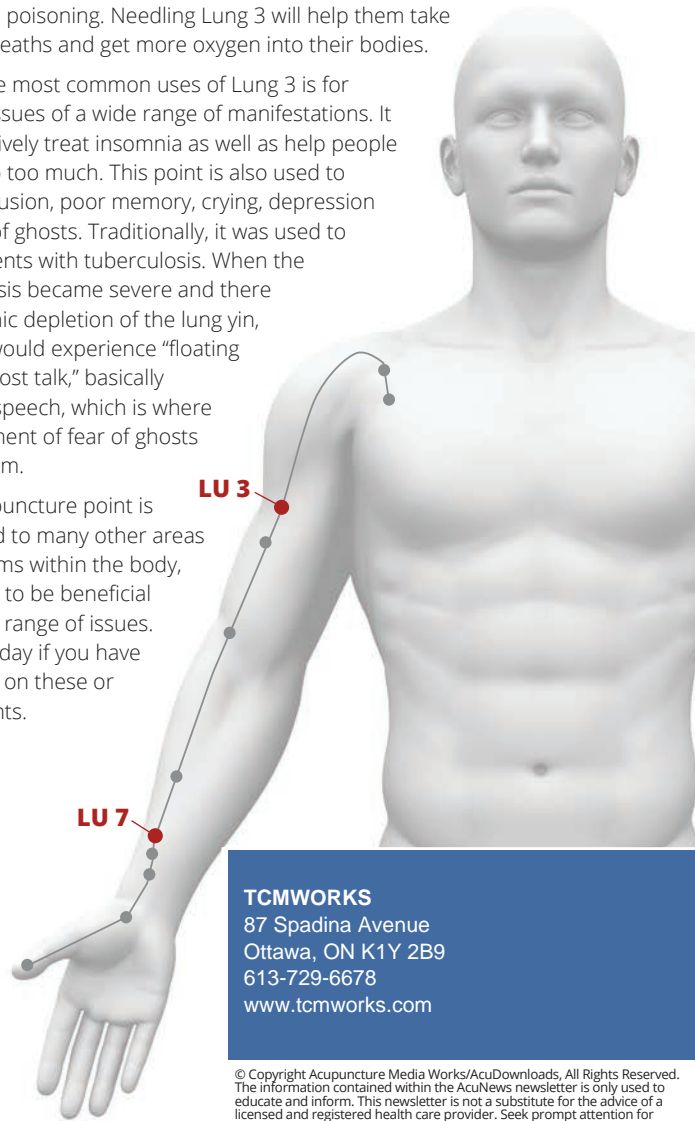
### LUNG 3

Lung 3 is classically named Tian Fu. Tian can be translated to mean celestial or of the heavens. Fu can be translated here to mean storehouse or treasury. The most common translation for Lung 3 is celestial storehouse. The point itself is below the axillary fold on the radial side of the biceps brachii tendon. This is about three inches below the armpit and five inches above the elbow.

Lung 3 is classified as a window of the sky point, and has the function of regulating the flow of Qi between the body and the head. This point can also disperse stuck Qi in the chest for people who experience a shortness of breath, especially due to smoke inhalation or carbon monoxide poisoning. Needling Lung 3 will help them take deeper breaths and get more oxygen into their bodies.

One of the most common uses of Lung 3 is for spiritual issues of a wide range of manifestations. It can effectively treat insomnia as well as help people who sleep too much. This point is also used to treat confusion, poor memory, crying, depression and fear of ghosts. Traditionally, it was used to treat patients with tuberculosis. When the tuberculosis became severe and there was chronic depletion of the lung yin, patients would experience "floating corpse ghost talk," basically delirious speech, which is where the treatment of fear of ghosts comes from.

Each acupuncture point is connected to many other areas and systems within the body, allowing it to be beneficial for a wide range of issues. Ask me today if you have questions on these or other points.



**TCMWORKS**  
87 Spadina Avenue  
Ottawa, ON K1Y 2B9  
613-729-6678  
[www.tcmworks.com](http://www.tcmworks.com)

© Copyright Acupuncture Media Works/AcuDownloads, All Rights Reserved. The information contained within the AcuNews newsletter is only used to educate and inform. This newsletter is not a substitute for the advice of a licensed and registered health care provider. Seek prompt attention for emergencies. Consult a health care provider for specific health concerns, and before starting a diet, cleanse or exercise routine.  
Photo Credits: ©iStock.com/sara\_winter, ©iStock.com/Imgorthand, ©iStock.com/decade3d