

Dr. Tan's Balance Method

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Introduction

- Balance method is a series of acupuncture systems rooted in the concept of healing the body by balancing meridians
- It was developed by Dr. Richard The-Tan
- Based on TCM theory (Meridian theory)
- Neijing----Contralateral Needling (Juci)

Characteristics

1. Easy to do the treatment
2. immediate shift effect in the body
3. mostly used distal points, even no local points for the treatment

Clinical Applications

Many types of pain, such as migraine headache, fibromyalgia, sciatica, arthritis, musculoskeletal pain and phantom-limb pain.

Pain-like sensations such as numbness, tingling, burning, aching, itching and cramping on the affected meridians

Internal diseases such as nausea, asthma, IBS, insomnia, palpitation, sore throat, cough, diarrhea, menorrhagia, P.M.S, Menopause, prostatitis and impotence

Skin diseases: acne, rashes, boils, bumps, pustules, flaking, and swelling

Strategy of Using balance method

- 1. Diagnosis based on meridian(s)

Determination of the sick (affected) meridian is the first step to providing fast relief for the patient's suffering

- 2. The five systems are used to determine which meridian(s) should be needled

The **Mirroring** and **Imaging Formats** assist in point selection along those chosen meridians.

- 3. Needling

Balance Method Treatment Guideline

- 1. Ask questions, listen, observe and palpate
- 2. Determine the sick meridian at the site of the complaint
- 3. Choose the needed meridian(s) to balance the sick meridian(s) based on the Five systems, the 12 points strategy or another advanced system
- 4. Palpate areas that mirror or image the complaint site.
- 5. Selecting points using the Mirroring Format,
- 6. Retain needles 45-90 minutes
- 7. Stimulate the needles at least once during the treatment

Five systems of Balance method

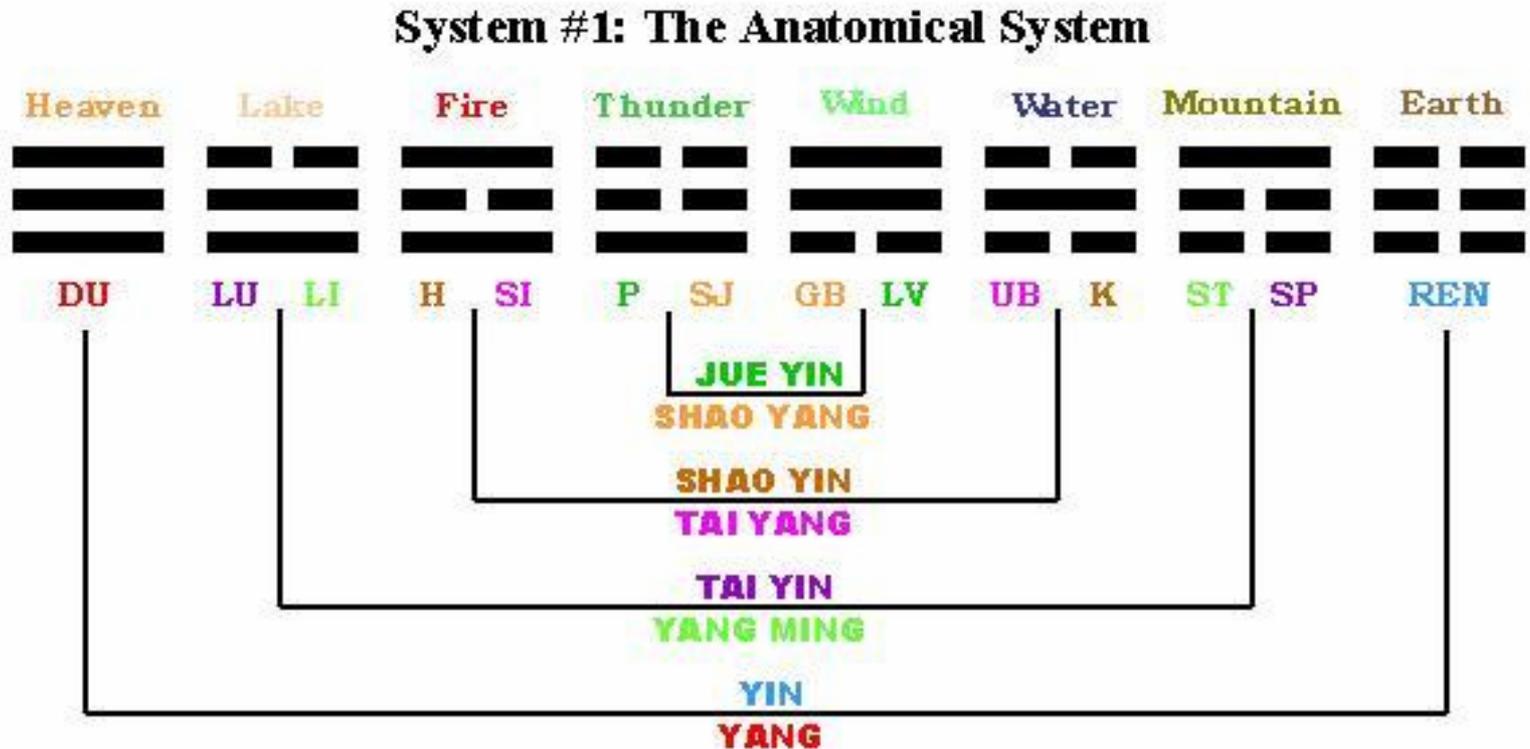
- The Five Systems provide five different approaches to determine which Meridian(s) should be needed

- The five systems achieve a dynamic balance by pairing meridians that are pre-arranged in each particular system

System #1: The Anatomical Image system

Features of System #1, the Chinese Anatomical Image system

- 1) pairs channels with same Chinese meridian name
- 2) Hand channels treat foot channels and vice versa.
- 3) Yin channel treats for yin channel, and yang treats yang
- 4) Treats contra lateral side (opposite side)



(Needle opposite side opposite limb)

System #1, the Chinese Anatomical Image system (Chinese meridian Name-sharing)

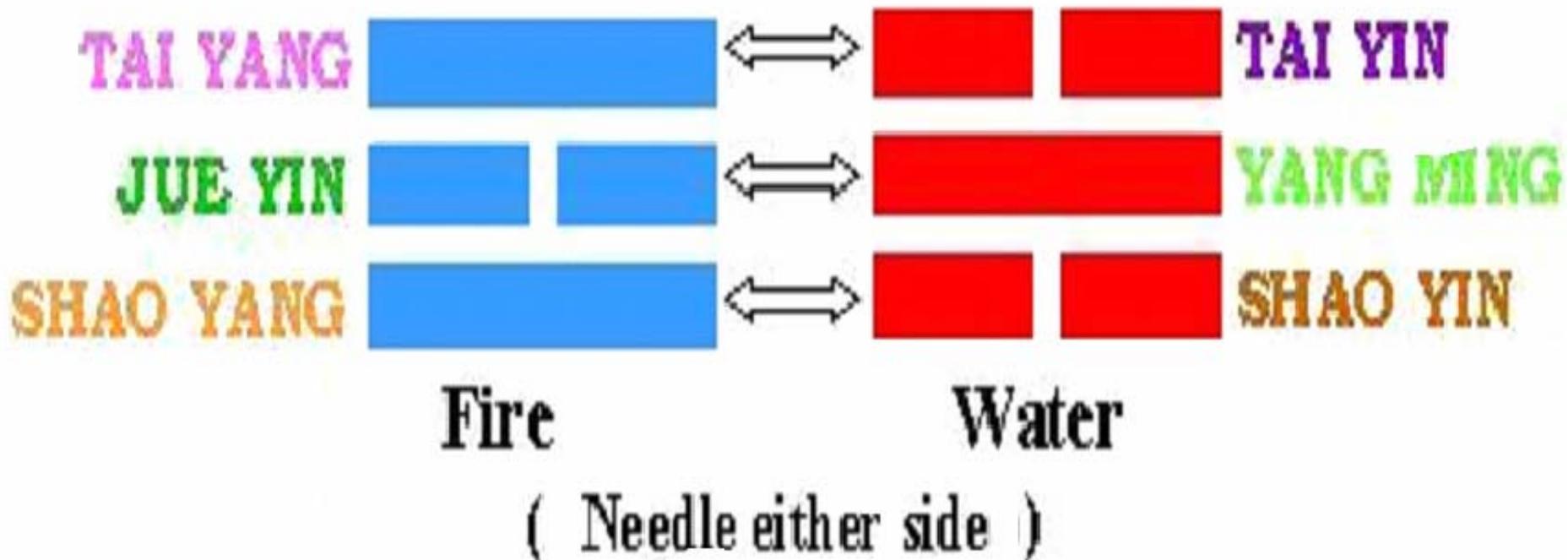
- 1) Diagnose the channel or channels involved and identify by energetic category.(hand or foot, Shaoyang, Taiyang, Shaoyin, etc.).
- 2) Locate the area(s) along the affected channel(s) where the pain or blockages seem to be.
- 3) Choose the appropriate diagonal channel (i.e. L. hand Shaoyang to treat R. foot Shaoyang, etc.)
- 4) Using the "anatomical image" principle, find ahshi points on the diagonal channel that correspond with the area of pain /blockage.

System #2: The "Bie Jing" or Branching Channel system

Features of the Bie Jing system :

- 1) Uses Yang channels to treat Yin channels (and vice-versa).
- 2) Uses Hand channels to treat Foot channels.
- 3) If the condition treated is one-sided, Bie Jing treats the selected point on the side that elicits the most Ahshi sensitivity upon palpation.

System #2: Branching Channel System



System #3: The Interior/Exterior Relationship

Features of the interior-exterior system :

- 1) Treats **opposite** side
- 2) Treats **Yin** channels for **Yang**, Yang channel for Yin:
- 3) Treats the Zang-fu paired channel. (hand for hand, foot for foot)

System #3: Interior/Exterior Relationship



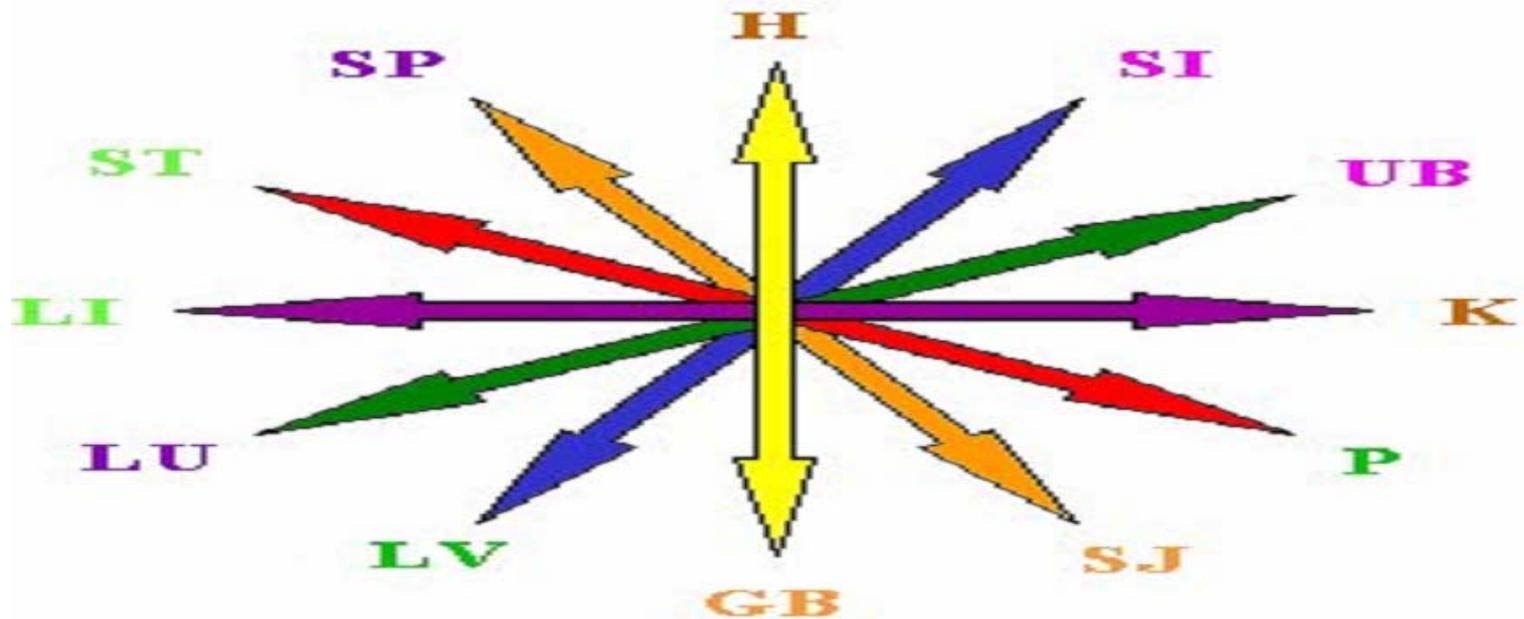
(Needle opposite side same limb)

System #4: The Chinese Clock -- Opposites

Features of the Chinese Clock--Opposite system:

- 1) Is based on the Chinese Clock.
- 2) Treats **Yang** channels for **Yin** channel problems, Yin channels for Yang channel problems.
- 3) Treats hand channels for foot channel problems and vice-versa.
- 4) Depending on palpation and ahshi findings, uses **either opposite or same side** for treatment.

System #4: The Chinese Clock --The Opposite System

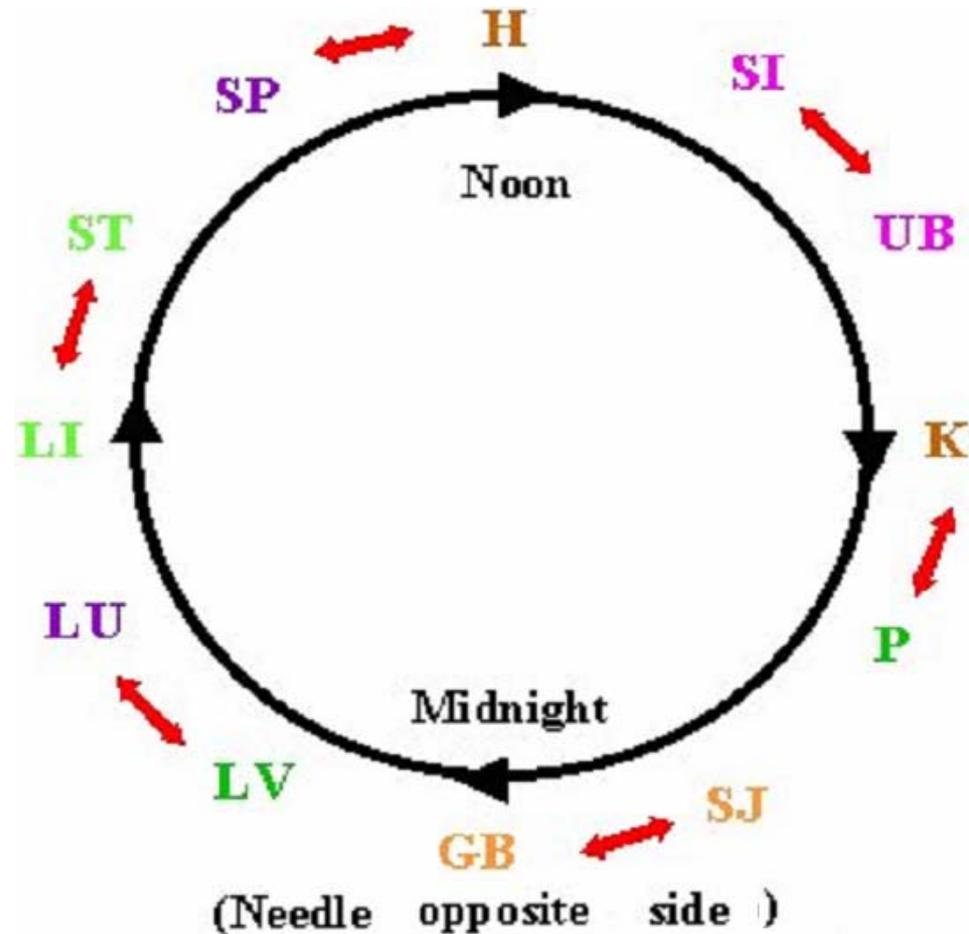


(Needle Either side)

System #5: Chinese Clock -- The Neighbor System

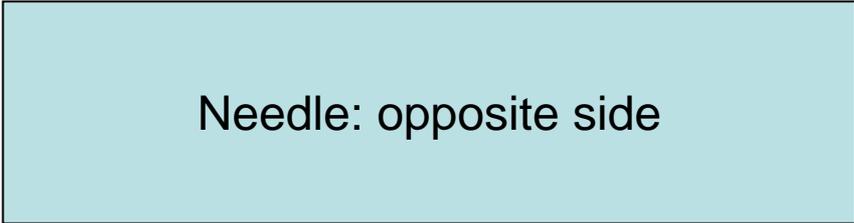
The pairings are always with the neighbor of the same polarity: Yang with Yang, Yin with Yin. Thus, looking at the diagram of the clock above, the pairings are: (starting with the Hand-Taiyang or SI channel),

- (1) Small Intestine (SI), with Urinary Bladder (UB).
- (2) Kidney (K), with Pericardium (P).
- (3) San Jiao (SJ), with Gall Bladder (GB).
- (4) Liver (Lv), with Lung (Lu).
- (5) Large Intestine (LI), with Stomach (St).
- (6) Spleen (Sp), with Heart (H).



Features of The Neighbor Clock System:

- 1) Is based on the Chinese Clock.
- 2) Treats channels of the same polarity (yin for yin, yang for yang).
- 3) Treats the opposite side.
- 4) Treats foot for hand, vice-versa.



Needle: opposite side

Case: patient presents with hepatitis B, has right hypochondriac pain.

Mirroring Format

- First match the sick meridian to an appropriate meridian by application of one the Five System. Then mirror the “sick” area to a corresponding anatomical location on the chosen needed meridian.
- Exact point selection is determined in many cases by checking for “ashi” points in the mirrored area rather than the standard acupuncture points
- In most cases, the Mirroring Format balances the upper limb to the lower limb, or vice versa. System 3 is the only exception that balances upper limb to upper limb and lower limb to lower limb.

Mirroring Format

Finger	Toe
Hand	Foot
Wrist	Ankle
Forearm	Lower leg
Elbow	Knee
Upper arm	Thigh
Shoulder	Hip

Reverse Mirroring Format

Finger	Top of Hip
Hand	Hip
Wrist	Hip joint
Forearm	Thigh
Elbow	Knee
Upper arm	Lower leg
Shoulder	Ankle

Imaging Format

- The imaging Format is a method of point selection which images the sick area of the body onto a different area of the body.
- The corresponding area on the needled meridian often reflects tenderness, weakness or tightness from the affected meridian of the head, trunk or limb.
- The limbs can balance the head, and trunk, vice versa.

Image of LIMBS to head and Trunk

Needled Area	Sick Image	Area Reverse Image
Finger/Toe	Testicles & anus	Top of head
Hand/Foot	Genitals, coccyx, sacrum	Head & base of skull
Wrist/Ankle	Bladder area/lumbo- Sacral area	Neck and neck joint
Forearm/lower leg	Lower abdomen, and lower back	upper abdomen,rib cage Chest, mid-upper back
Elbow/Knee	Umbilicus level/L-2	Umbilicus level/L-2
Upper arm/upper leg	Upper abdomen,rib cage, Chest, mid-upper back	Lower abdomen, and lower back
Shoulder/hip joint	Neck, jaw, base of skull	Genitals, coccyx, sacrum
Top of shoulder/top of hip	Top of head	Testicles & anus