

# 1

*“To live in harmony with yin and yang means life: to act contrary to them means death.”<sup>1</sup>*

*“Aspire to the principle, behave with virtue, abide by benevolence and immerse yourself in the arts.” – Chinese Proverb*

**What is YNSA.** A complete acupuncture microsystem of the scalp utilizing Basic (anatomical) and Ypsilon (channel) points to affect the human body through the bioelectric and biochemical systems, enabling the patient to move toward balance and harmony, which is health.

**History of YNSA.** Discovered by Toshikatsu Yamamoto, M.D., Ph.D., Miyazaki, Japan, in 1973 and currently practiced in Japan, Europe, North America, Brazil, and Australia.

**YNSA success.** Thousands of patients have received pain relief and restored health utilizing YNSA for such infirmities as stroke, herniated discs, chronic fatigue, fibromyalgia, and migraine headaches, to name a few.

## Introduction to Yamamoto New Scalp Acupuncture (YNSA)

While treating patients in his hospital and clinic, Toshikatsu Yamamoto, M.D., Ph.D., of Miyazaki, Japan, discovered and developed a new system of scalp acupuncture, Yamamoto New Scalp Acupuncture (YNSA). He first presented this system of scalp acupuncture at Ryodoraku Congress in Osaka, Japan, in 1973. Dr. Yamamoto then developed the YNSA system of neck and abdominal diagnostic procedures coupled with scalp, chest, and pubis microacupuncture treatment. He did this while caring for patients with acute and chronic neurological pain at Yamamoto Hospital in Nichinan, Japan.

## Overview

YNSA is a microsystem of acupuncture. Dr. Ralph Alan Dale of Miami, Florida, introduced the term *microacupuncture* at the 1974 Third World Symposium on Acupuncture and Chinese Medicine. Dr. Dale defined microacupuncture as the expression of the entire body's *qi* in each major anatomical region.<sup>2</sup> Microacupuncture systems have been identified by Dale on the ear, foot, hand, scalp, face, nose, iris, teeth, tongue, wrist, abdomen, back, and every long bone of the body. Each region is a functional microcosm of the traditional energies of the whole body. Every part of the body contains the representation of an energetic microorganism through microacupoints and microchannels that reiterate the topology of the body.<sup>3</sup>

## The Microsystems

An acupuncture microsystem is defined as a single part of the human body that, when accessed, can directly influence the entire body's *qi*, blood, and moisture—from the organ to the cellular level—resulting in changes of physiology and symptomatology.<sup>4</sup> Every microsystem manifests neurological reflexes connected to parts of the body that are remote from the anatomical location of that particular microsystem. These reflexes can be both diagnostic and therapeutic. They can be activated by acupuncture needles, massage, mox-

ibustion, heat, electrical stimulation, and magnets. Locations of distant tender points are not random but are related to the neurological reflex pattern that is centrally mediated. The microsystem reflex map of the body represents the anatomical arrangement of the whole body. *Somatotope* means representative body area or map. The somatotope of YNSA is oriented in an upright pattern and its representation is ipsilateral, which means same side; that is, if the right shoulder hurts, the YNSA acupoint will be most likely on the right side of the scalp. Furthermore, there are bidirectional connections in the microsystem point when pathology is in a specific organ or body part, which is indicated by changes in the skin conductivity; thus, stimulating that microsystem point can produce changes in the corresponding parts of the body. Cutaneous stimulation triggers nervous system messages to the spinal cord and brain, activating bioenergetic changes, biochemical exchanges, and alterations in the electrical firing of neuronal reflexes.

All microacupuncture systems interact with the macroacupuncture systems; the 12 regular, paired channels, the two single midline channels, and the eight extraordinary vessels. Therefore, the treatment of one system will produce changes in the body's functional patterns as diagnosed by other systems. Treatment of the overall macro-

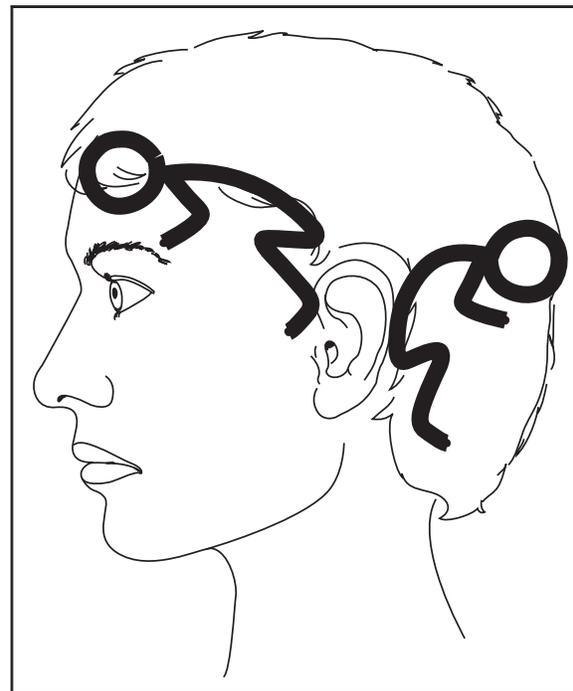


Figure 1-1 Yin/yang somatotope.

**Table 1–1** The 12 Channels.

Organ Point Channel	Standard Abbreviation
Lung	LU
Large intestine	LI
Stomach	ST
Spleen	SP
Heart	HT
Small intestine	SI
Urinary bladder	BL
Kidney	KI
Pericardium	PC
Triple burner	TB
Gall bladder	GB
Liver	LR

system affects the functioning of the microsystems.<sup>3</sup> The bioelectrical and biochemical effects of placing a needle on the scalp will be discussed in Chapter 2. One of the current theories of how this microsystem of acupuncture may work is explained in the Fractal Field Model of the structure of the organism, which will be explained later in Chapter 2.<sup>4</sup> YNSA is a somatotopic representative microsystem. The entire body is anatomically and functionally represented on the scalp in an upright manner (**Fig. 1–1**).

YNSA utilizes two types of needling categories: (1) Basic, which correspond with anatomical locations and (2) Ypsilon, which correspond to the 12 paired acupuncture channels. The Basic points correspond to the axial and appendicular neuromusculoskeletal structures. The Ypsilon points are representative of the 12 channels of body acupuncture. The 12 channels are shown in **Table 1–1**.

To determine the necessity for these Ypsilon points, Dr. Yamamoto developed a specialized palpatory neck diagnostic procedure called YNSA neck diagnosis, which will be discussed in Chapter 5.

To date, YNSA's greatest use is in the treatment of pain and neuromusculoskeletal dysfunction

and disease. Clinically, YNSA is amenable to both hospital and outpatient settings. Starting with the patient's history and presenting complaint(s), adding a standard medical physical examination combined with the YNSA neck diagnosis procedure, a skilled practitioner is provided with all the information needed to render a YNSA diagnosis and deliver a high quality YNSA treatment. Utilizing YNSA neck diagnosis to determine which Basic and Ypsilon points need treatment, one is able to be very specific and effective in achieving a balance of *qi*, blood, and moisture, thereby harmonizing the body's bioelectric system with just a few needles.

Traditional Chinese Medicine (TCM) acupuncture is the body acupuncture system consisting of over 365 acupuncture points (acupoints) strung together in 14 meridians or channels. TCM is the macrosystem of acupuncture. It is classical, channel-based acupuncture, where all acupoints are defined by a channel and correlate with specific acupoint functions, effects, and spirit; some of these functions include entry/exit, *luo* connection, *xi* cleft, and *yuan* source. The YNSA microsystem honors and recognizes the important functions, effects, and spirit of the TCM channels and their points. YNSA Ypsilon points encapsulate all those points' actions within the TCM channel into just one acupoint on the scalp. There are many macroacupuncture or TCM acupoints on the scalp, including the gall bladder (GB), bladder (BL), triple burner (TB), governing vessel (DU), and stomach (ST). With rare exceptions, YNSA points are not the same acupoints at all. This YNSA system is not a macro or body acupuncture system.

YNSA is an acupuncture microsystem that is different, yet similar, in some aspects from the other well-known microsystems: Chinese and French Auricular, Korean Hand, and Chinese Scalp Acupuncture. The Chinese and French Auricular systems are limited to the ear for diagnosis and treatment. The Chinese and French auricular systems are derived from TCM. "The theoretical origins of auricular therapy derive in the first instance from classical descriptions of the pathways of the channels (meridians). Of the twelve primary channels (meridians), the six yang channels skirt portions of the ear either directly or through a branch channel and the six yin channels have no direct connections, but are nevertheless indirectly linked through their inner and

outer relationships with the yang channel.”<sup>5</sup> “More than 200 acupuncture sites were charted on the auricle by Chinese medical workers.”<sup>3</sup> Auricular points are named for their corresponding anatomical part, or effect<sup>3</sup>; these range from purely anatomical to functional to psychological states of being.<sup>2</sup> With the use of a device measuring electrical resistance on the auricle of the ear, research in Europe, America, and Asia has found the auricle to be diagnostic and therapeutic in treating a variety of diseases.<sup>3</sup>

Auricular acupuncture (ear acupuncture) has both functional and anatomical points. It also has acupoints that relate to the progression of illness in the four phases, which, when identified during the corresponding phase of health (or illness), are amenable to effective treatment. Auricular diagnosis often uses an acupoint finder and treatment with electrical stimulation of the point. The late Paul Nogier, M.D., of France, discovered and developed the three somatotopic phases of illness progression in ear acupuncture as described in his 1981 book, *De L'Auriculotherapie a L'Auriculomedicine*, which was translated in 1983 to *From Auriculotherapy to Auriculomedicine*. This work discusses the three phases, which he defines as ectoderm, mesoderm, and endoderm; he later added the fourth phase, neuromusculoskeletal, on the back of the pinna which largely relates to the neuromusculoskeletal system.<sup>6</sup> These four phases are related to, and correspond to, the progression of disease within the human body.

Auricular acupuncture is often done using an electronic detection device that can be both diagnostic and therapeutic. Using Dr. Nogier's phases and an electrical device, one is able to follow the progression of reflective changes in the disease state as it goes from affecting the superficial to internal organ, and from internal organ to deeply affecting the patient's mind and finally the spirit. Like Nogier's auricular acupuncture, YNSA has four phases of treatment.

- Phase 1 Ectoderm treated in Yin of YIN Superficial
- Phase 2 Mesoderm treated in Yang of YIN Organ
- Phase 3 Endoderm treated in Yin of YANG Mind
- Phase 4 Neuromusculoskeletal treated in Yang of YANG Spirit

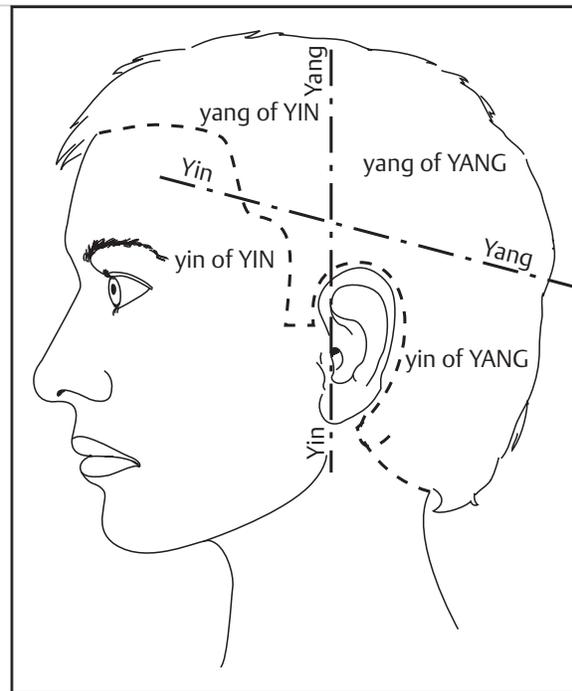


Figure 1-2 Lateral four quadrants.

The phases represent the progression of illness over time and the severity of disease. The French auricular four phases are similar to the four YNSA Ypsilon quadrants (Yin of YIN, Yang of YIN, Yin of YANG, and Yang of YANG), as illustrated in Fig. 1-2.

Korean hand acupuncture is a microsystem of the hand only. “As far back as the interclassical, it is suggested that certain diseases can be treated by stimulating the points on the side of the body opposite that of the disease.”<sup>7</sup> “This principle of contralateral treatment is generally applied to hand acupuncture, the disease affecting the left side of the body is treated by inserting needles into the right hand and vice versa.”<sup>8</sup> These points are named for their anatomical and functional relationships. YNSA is different; it treats points ipsilaterally on the scalp.

Although the traditional Chinese Scalp Acupuncture (CSA) is a microsystem of the scalp like YNSA, it uses a different somatotope than YNSA.<sup>8</sup> CSA has been shown to be particularly effective in treating strokes and cerebral vascular conditions similar to Dr. Yamamoto's reports regarding utilization of YNSA. While there are two scalp microsystems indicated by Dale in 1976, the principle system divides the temporal section of the scalp into three parts. A diagonal line is extended laterally from the top of the head to the area of the temporals above the ear. The lowest portion of

this temporal line relates to the head. The middle area relates to the body, arms, and hands. The uppermost region relates to the legs and feet. This inverted body pattern represented on the scalp activates reflexes in the ipsilateral cerebral cortex to the contralateral side of the body.<sup>9</sup>

Today, there are five main sects of CSA. The first is Jiao's Head Acupuncture, which is based on scalp area zones that correspond to the functional location of the cerebral cortex. It is involved in more than 40, mainly cerebrogenic, diseases.

The second is Fang's Scalp Acupuncture, which is based on superimposing pictures of the spine and the human body in a prone position on the scalp. Its main indication is for cerebrogenic diseases and eye diseases.

The third is Tang's Head Acupuncture, which is based on the location of the function of the cerebral cortex in combination with the TCM theory of *zang fu* organs. The main locations for the acupuncture needles are the forehead and temporal regions of the scalp that are divided into two parts—the front (with the supine human body superimposed) and back (with the prone human body superimposed)—both of which are divided into forehead and face zones. There are zones of upper, middle, and lower *jiao*, etcetera. The main indications are wide and varied in addition to central nervous system diseases.

The fourth is Zhang's Treatment, which is based on the location of the acupuncture points in certain treatment zones. Manipulation of the acupuncture needle in the scalp is primarily the rotational method. The main indications are nervous and mental diseases only.

The fifth and last main sect of CSA is Zhu's Scalp Acupuncture, which is based on theories of *zang fu* organs and channels. The main indication is hemiplegia due to apoplexy. The secondary indication is to treat emergent and severe diseases of various clinical entities. The international standard plan for the acupoints of scalp acupuncture has four regions. The forehead region has four standard lines. The vertex region has five standard lines. The temporal region has two standard lines. Lastly, the occipital region has three standard lines. Zhu's Scalp Acupuncture, in America, is the more popular of the five sects.

CSA is concerned with more directly influencing the brain's motor centers by placing stimulating needles directly over these centers where

there are motor and pre-motor cortexes. Finally, Drs. Dan Bensky and John O'Connor, in *Acupuncture: A Comprehensive Text*, sum up CSA nicely, saying "generally a principle site is selected which corresponds directly to the representative area on the cerebral cortex for a certain disease and a supplementary site may be added which is less directly related."<sup>10</sup>

Auricular and hand acupuncture are like YNSA in that they are true microsystems affecting the patient's entire body with organ, channel, and bodily function points, albeit needing a different body part to have an effect. YNSA is different from all other microsystems in that it has an additional unique palpatory diagnostic system, YNSA Neck Diagnosis, to determine which Ypsilon (channel) point is to be used. Although TCM (Eight Principles/Five Phases) body macroacupuncture systems use acupoints on distinct channel lines that are connected to and go through/around the head, YNSA does not; it has only one point per channel in each of the four quadrants. YNSA has a microsystem of Basic Points related to kinesic body parts or anatomical sites plus the Ypsilon Points, related to the 12 channels: lung (LU), large intestine (LI), stomach (ST), spleen (SP), heart (HT), small intestine (SI), bladder (BL), kidney (KI), pericardium (PC), triple burner (TB), gall bladder (GB), and liver (LR). The Basic points are usually found in the medial aspect of the scalp, whereas the Ypsilon points are found in the lateral temporal area of the scalp.

## YNSA Diagnosis and Treatment

YNSA has two main systems for practical diagnosis and treatment: To diagnose, YNSA utilizes history and palpation. Palpation means YNSA Neck and/or Abdominal Diagnosis Systems and is used as the means to determine which Basic and/or Ypsilon points are tender and thus need acupuncture.

For treatment, YNSA places needles in scalp Basic points, which are anatomically related (**Figs. 1–3 and 1–4**), and/or Ypsilon points, which are channel related and representative of the 12 Primary (*zang fu*) channels (**Fig. 1–5**). Basic points are determined by history, YNSA Neck/Abdominal Diagnosis points, and direct Basic point scalp

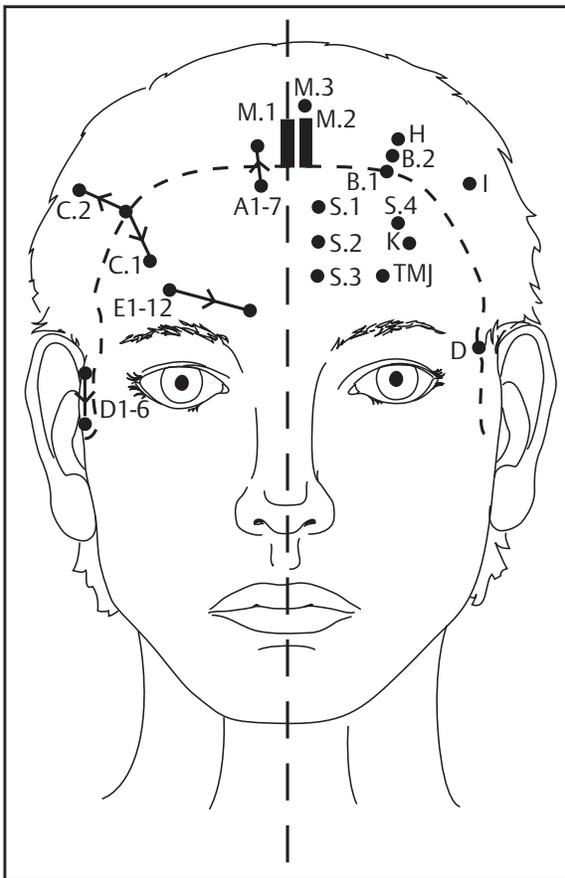


Figure 1-3 Anterior yin Basic points.

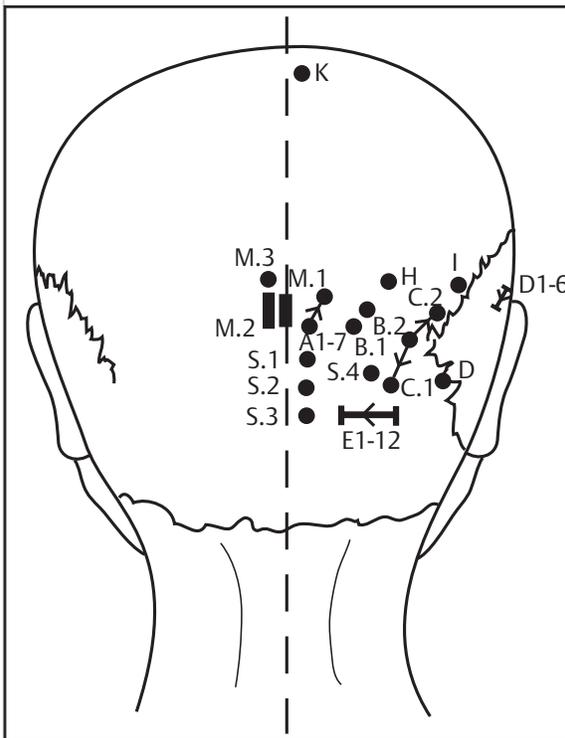


Figure 1-4 Posterior yang Basic points.

Table 1-2 Representative Characteristics of Yin and Yang Principle States.

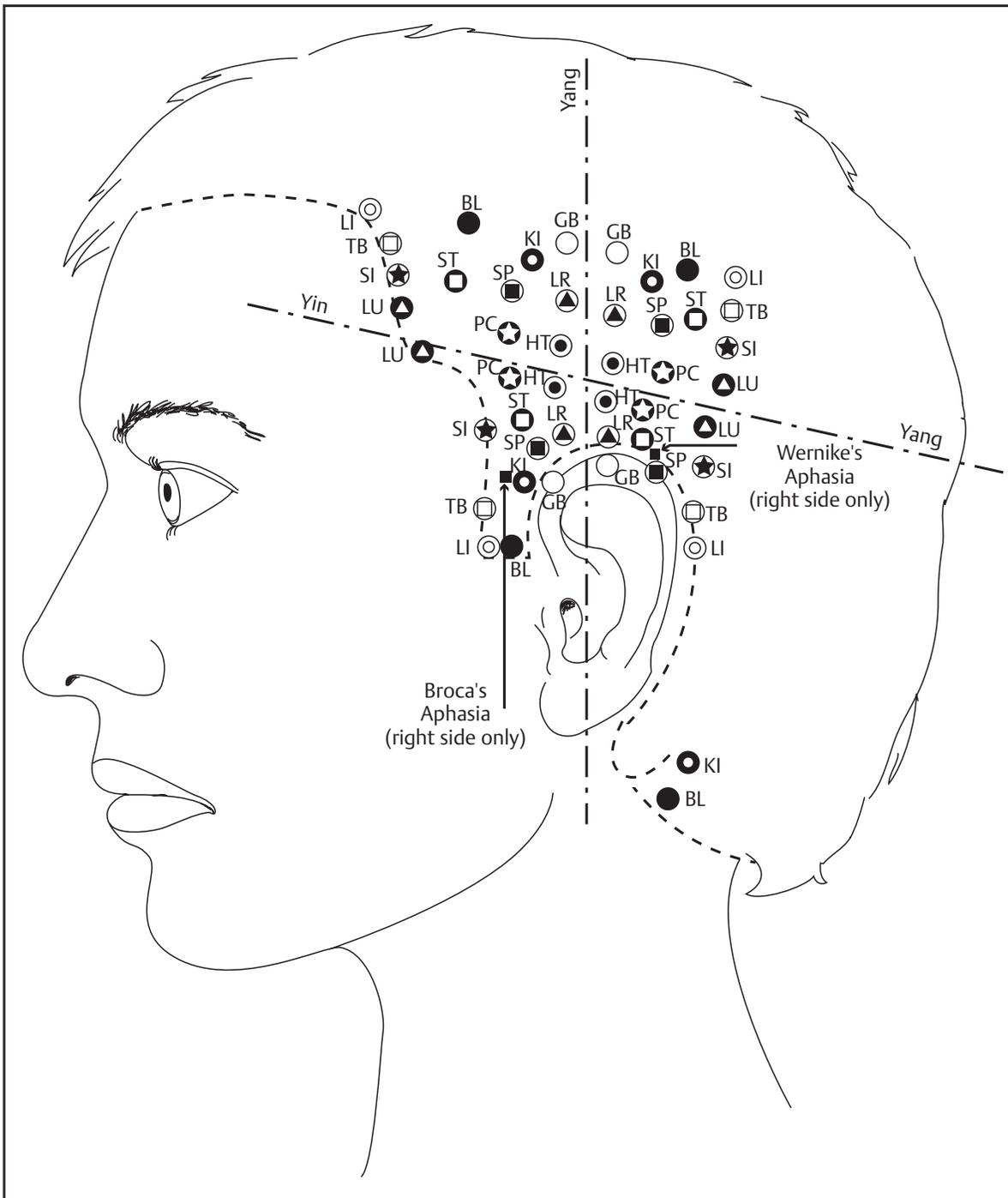
YIN	YANG
Female	Male
Soft	Hard
Lower	Upper
Moist	Dry
Dark	Light
Night	Day
Interior	Exterior
Cold	Hot
Blood	Qi/energy
Retiring	Active

palpation for tenderness with palpable subcutaneous tissue elevations in the scalp. Ypsilon points are primarily diagnosed by using YNSA Neck/Abdominal Diagnosis points followed by Ypsilon point palpation for tenderness and/or subcutaneous tissue elevation in the scalp. The entire length of each channel is encapsulated in the respective Ypsilon point.

These YNSA Ypsilon and Basic points are further divided into two principle states: YIN and YANG. The representative characteristics of each are given in Table 1-2.

YIN, by definition, is the ventral or anterior half of the body and/or lower part of the scalp. YANG, by definition, is the dorsal or posterior half of the body and/or upper part of the scalp. Each of the principle states is further divided into two subdivisions making up one of the four YNSA quadrants. YIN is further subdivided into Yin of YIN (Fig. 1-6) and Yang of YIN (Fig. 1-7). YANG is further subdivided into Yin of YANG (Fig. 1-8) and Yang of YANG (Fig. 1-9).

All Basic points are divided into Yin and Yang, which roughly represent the homunculus as depicted previously in Figure 1-1 and now also in Figure 1-10. The Yin is in the inferior half of the scalp and the Yang is in the superior half of the scalp. Basic points are found in the frontal area and are called Yin, specifically Yin of YIN. Basic points found in the occipital area are called Yang,



**Figure 1-5** Lateral yin/yang Ypsilon points.

specifically Yin of YANG. The head is divided at Du-20 (*bai hui*), the anterior vertex of the scalp is Yang of YIN Basic points and posteriorly to Du-20 (*bai hui*), the vertex of the scalp is Yang of YANG basic point (**Fig. 1-11**).

Ypsilon points also have two principle states: Yin and Yang. Both are present on both the left and the right side of the head. Within the left and

right side of YIN, there is Yin and Yang. Within the left and right side of YANG there is Yin and Yang. The result is four quadrants on the left and four quadrants on the right. These four quadrants of Ypsilon points are Yin of YIN, Yang of YIN, Yin of YANG, and Yang of YANG, either left or right, as seen previously in **Figure 1-2**. The location of the Ypsilon points in the four quadrants correlates

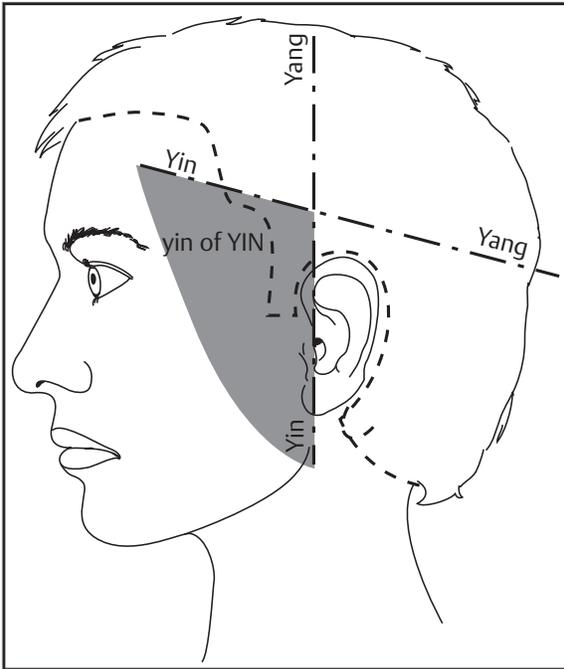


Figure 1-6 Lateral yin of YIN quadrant.

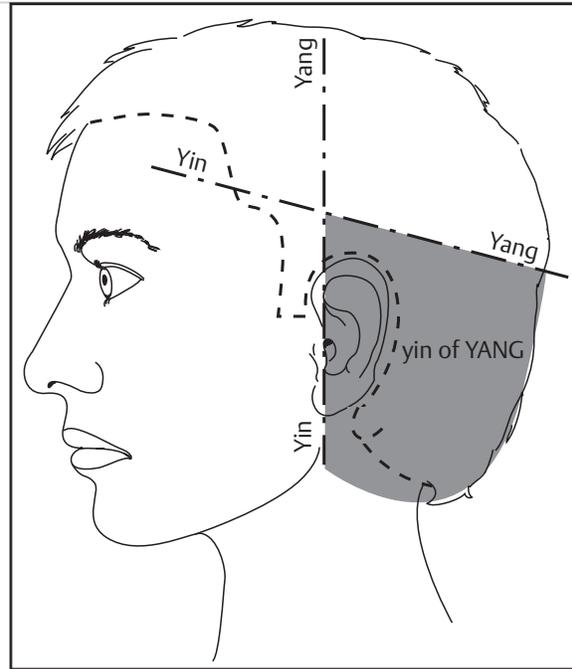


Figure 1-8 Lateral yin of YANG quadrant.

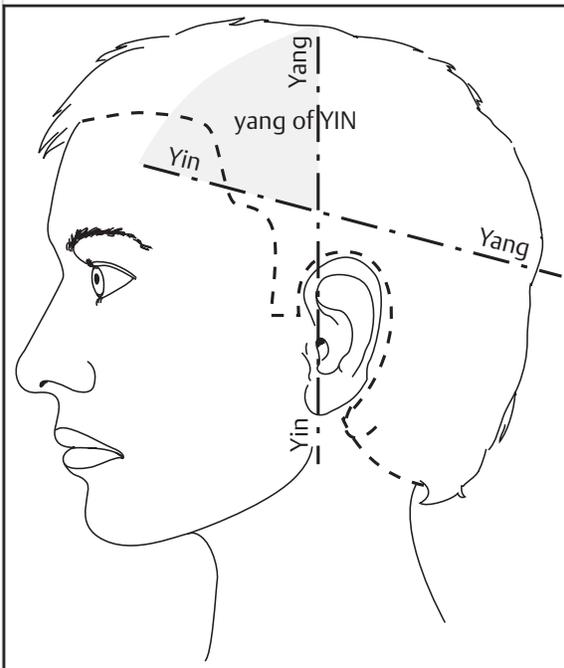


Figure 1-7 Lateral yang of YIN quadrant.

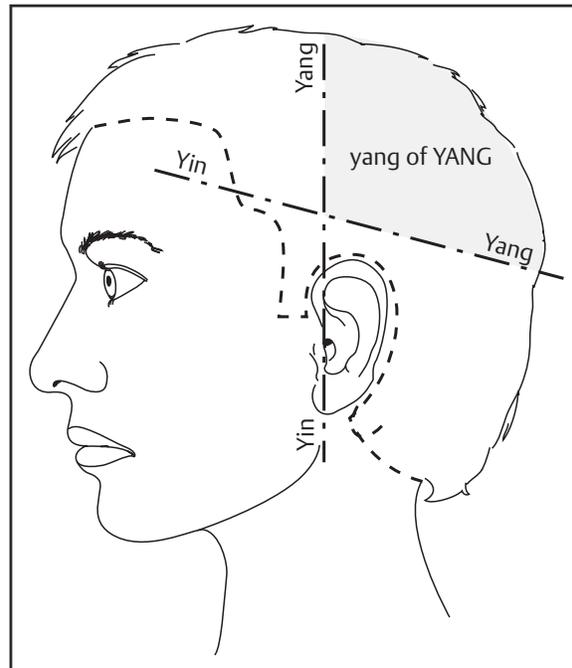


Figure 1-9 ■

with the four phases of health similar to Nogier's four phases in auricular acupuncture.

Two principle categories of YNSA points are:

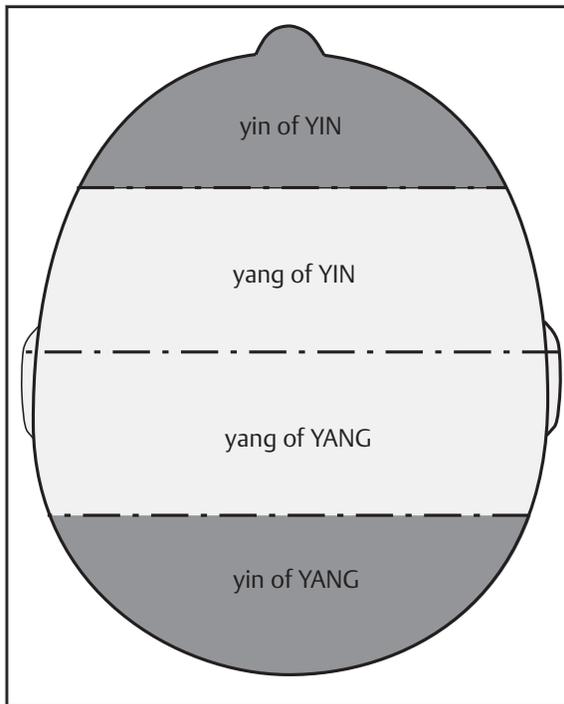
- Basic points
- Ypsilon points

Two Sides of Basic and Ypsilon points:

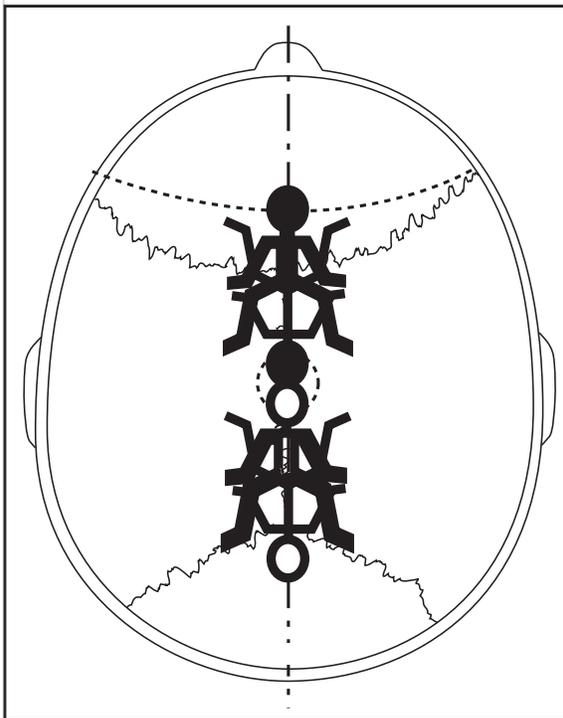
- Left
- Right

Two Principle states of Basic and Ypsilon points:

- Yin
- Yang



**Figure 1-10** Crown somatotope Yin and YANG.



**Figure 1-11** Crown of four quadrants.

Four Quadrants of Basic and Ypsilon points:

- Yin of YIN
- Yang of YIN
- Yin of YANG
- Yang of YANG

In conclusion, YNSA's microsystem of acupuncture was originally developed focusing on the scalp. The Basic points cover regional body parts, including arm, leg, regions of the spine, cerebrum, cerebellum, and specialized points for sciatic, tinnitus, aphasia, and cranial nerves. The Ypsilon points directly relate to the 12 *zang fu* acupuncture channels, see **Table 1-1**, with *Ren*/conception vessel and *Du*/governing vessel not yet separately identified. The YNSA Neck and Abdominal Diagnostic System is used to identify which Ypsilon points require treatment based on palpatory tenderness and quadrant.

## YNSA and Acupuncture Integration

YNSA provides both diagnostic and therapeutic acupuncture microsystems designed for relieving both somatic and visceral problems through the modulation of neurotransmitters, affecting pain, and ultimately by balancing the 12 *zang fu* acupuncture channels effecting pernicious influences, in addition to *qi*, blood, and moisture within the TCM paradigm.<sup>11</sup>

With the addition of Five Element/Five Phases and TCM knowledge, one is able to use the Ypsilon points more efficiently and effectively to harmonize and balance these 12 channels. Successful treatment can be clinically verified through the physiologic feedback loop as demonstrated by lack of tenderness in YNSA neck diagnosis points or normalized TCM (Eight Principle/Five Phase) pulse diagnoses after correct placement of YNSA needles. The pulse diagnostic system immediately indicates a more balanced pulse after proper needle placement. The YNSA Neck Diagnosis procedure improves immediately to no tenderness after correct needle placement. Thus, one is able to treat the patient in a complete, holistic, balanced, and harmonic way using YNSA.

It is the author's opinion that any microsystem cannot provide the same exact effect on the human body, mind, and spirit as the three main macrosystems, TCM, Five Element/Five Phases, and French Energetics. There is no YNSA point to represent the spirit of the acupoint, such as KI-24. There are no YNSA points to represent the function of the entry and exit points. There are no YNSA points that exactly represent triangular

equilibration with progression. And finally, there are no YNSA points that are as effective for removing blocks as Five Phase treatments, such as Internal and External Dragons. After all, YNSA is a microsystem, a shorthand way to get the body's attention to change and become balanced, but it cannot compete with all the nuances of the macroacupuncture system's content of clinical effect, spiritual effect, and a single body acupoint's specific physiological effect. However, the shorthand microacupuncture system provides a quick, powerful effect with a few needles to balance and harmonize the body's system and uniquely affect the central nervous system.

With this elaborate YNSA microacupuncture system, using the knowledge of Five Phase acupuncture and TCM, a practitioner can easily focus the treatment approach to the patient in quite an elegant way, often with only a few well-placed YNSA needles. For example, a patient with asthma might have positive left Yin of YIN KI and LU by YNSA neck diagnosis points. To treat, the practitioner would simply needle these two left Yin of YIN YNSA Ypsilon points, KI and LU. Then, the practitioner would recheck the YNSA neck tenderness and/or Five Phase/TCM pulse diagnosis for verification of a successful treatment. With only two needles, the YNSA practitioner has affected *tai yin* (LU) and *shao yin* (KI), the mother and the son, the original *qi* and the source *qi*.

YNSA is most often used as a stand-alone treatment but may in certain circumstances be used as reinforcement to other moderate to light macroacupuncture treatment approaches. For example, in a case with pelvic pain, one may use YNSA Basic point C-2 for the pelvis and the *dai mo* extraordinary channel for treatment of pelvic pain. Another example, in TCM with the diagnosis of deficient blood causing decreased memory in a 60-year-old, is using YNSA points M-2, HT, KI, and SP to tonify blood, in addition to the TCM macroacupuncture sea of blood points, ST-37, ST-39, and BL-11. YNSA also may be quite effectively used on the same day with other forms of treatment such as injections, medication, psychotherapy, physical therapy, and manipulation, which will be covered more in Chapters 10 and 13.

It is by placing all the needles in the correct Ypsilon quadrant, over the correct representative channels, that one can produce a beautiful, electromagnetic harmonic wave, thereby affecting the brain. This bioelectrical and biomechanical

effect of the needle is transmitted through the fascia and mesodermally derived structures to the rest of the body. The end result is balanced *qi*, blood, and moisture flowing through all channels. This is done through proper placement of needles using the YNSA methodology, which effectively purges pernicious influences and enlivens the eight principles (e.g., strengthen heart, purge phlegm, and tonify moisture, which, in turn, restores joy and fluidity within the patient's physiology and psychology).

## YNSA Utilization

This YNSA system is particularly good at helping treat pain, neurological conditions, and organ dysfunctions. YNSA may be used in a variety of medical, surgical, and pain conditions either as primary treatment or as secondary/complementary treatment. In all surgical and most medical cases, it will be complementary and not the primary treatment because many diseases and medical conditions have very effective Western medical treatment protocols. The best medical care requires a skilled physician to diagnose and treat using these medical and surgical procedures to alleviate disease, pain, and suffering. But with the advent of YNSA, one is able to very effectively and efficiently provide speedy pain relief while effectively balancing out the neurophysiological abnormalities present with just a few needles placed correctly in the scalp. YNSA utilization with thoughtful consideration can be further enhanced by the practitioner's knowledge, skill, and ability in other macroacupuncture systems: TCM, French Energetics, and Five Phase acupuncture.

YNSA may be used as the primary treatment in neurological dysfunctions (i.e., pain, neuralgia, neuropathies, neuritis, and/or somatic dysfunction); however, the best results occur when YNSA is used in conjunction with orthodox medical, osteopathic, and/or chiropractic care. Cases treated with YNSA include post-CVA, paralysis, aphasia, cerebral palsy, sciatica, low back pain, herniated disc pain, spinal radiculopathy, painful spinal stenosis, tinnitus, arthritic pain, fibromyalgia, and medical conditions such as diabetes mellitus, hypothyroidism, menopause, dysmenor-

rhea, and other acute or recurrent painful conditions.

## Summary

YNSA is a complete microsystem of the scalp using Basic (anatomical) and Ypsilon (channel) points to affect the entire person. Toshikatsu Yamamoto, MD, PhD, discovered and developed this system in 1973. Basic and Ypsilon points found in the front of the head are called yin and the back of the head are called yang. Ypsilon points on the lateral side of the head in front of the auricle are called yin, and behind the auricle are called yang. Yin and yang are further divided into Yin of YIN, Yin of YANG, Yang of YIN, and Yang of YANG. YNSA is not like traditional CSA in that YNSA has a different somatotope, whereas CSA primarily uses representative areas on the scalp to stimulate the cerebral cortex for certain diseases. As in the auricular microsystem, YNSA has four phases. These four Ypsilon phases are defined as Yin of YIN, Yin of YANG, Yang of YIN, and Yang of YANG, which correlate with disease progression. YNSA may be used for a wide variety of medical and surgical conditions. It is not a substitute for surgical treatment of many anatomical pathological conditions. It may be used as a primary or secondary treatment for medical conditions. It has its best utilization in musculoskeletal and neurological conditions of pain and/or dysfunction. YNSA may be used in conjunction with other orthodox, standard medical and surgical treatments as a complementary treatment system.

乾 ☰ 乾 Qián

**The Way of Initiating – Heaven Above,  
Heaven Below**

*“The way of the Initiating is change and transformation*

*So that each being obtains its true nature and destiny*

*And the union of great harmony is preserved.*

*This is what is favorable and upright.”<sup>12</sup>*

## References

Additional references are available in **Appendix 3**. Acupoint schema and charts are found in **Appendix 1**.

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