

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

Student Interactive Workbook

SESSION 3:

**Pain relief with the balance
method/distal points**

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Pain relief with the balance method/distal points

Learning Outcomes for the Lesson: Introduction to Dr. Tan Balance Method in Self-Treatment Acupressure

By the end of this 3-hour lesson, students will be able to:

1. **Articulate the foundational principles of the Dr. Tan Balance Method**, including its origins in classical acupuncture theory, the emphasis on distal needling (adapted here to acupressure), and the rationale for avoiding direct treatment of the affected meridian, drawing on concepts of channel interrelationships and holographic mapping in Traditional Chinese Medicine (TCM).
2. **Classify the 12 regular channels** (meridians) according to their yin-yang polarities, hand-foot correspondences, and elemental associations, demonstrating an understanding of how these classifications form the basis for balancing pairs in the Balance Method.
3. **Apply the diagnostic process of the Balance Method** to hypothetical and real-world pain scenarios by accurately identifying the "sick channel" through symptom localization, channel pathway mapping, and differentiation from related channels, ensuring adherence to the principle of rarely or never treating the sick channel directly.
4. **Explain and utilize the 1-2-3 balancing system** of the Dr. Tan Balance Method, specifying the three primary channels that balance each sick channel (e.g., for the Liver channel: System 1 - contralateral mirroring; System 2 - anatomical imaging; System 3 - shared clock opposites), and justify selections based on anatomical, functional, and energetic correspondences.
5. **Demonstrate awareness by self-palpation and partner palpation techniques** to locate Ashi points (tender or sore points) on distal balancing meridians, incorporating sensory feedback, anatomical landmarks, and safety considerations to ensure effective and non-invasive acupressure application.
6. **Develop and implement a systematic charting notation system** for acupressure treatments using the Balance Method, including documentation of the sick channel, selected balancing channels, palpated points, treatment applied and post-treatment observations.
7. **Apply the Balance Method to common pain complaints** such as headache, sciatica back pain. Foot pain and shoulder pain as examples.

References for this lesson

(Deadman, Al-Khafaji, & Baker, 2007; Tan, 2007)

The Balance method sees the body areas as a mirroring each other.

Which areas of the body can be viewed as 'the waist' ?

1. Diagnose the sick channel
2. Work out the treatment strategy for that channel

BALANCING CHANNELS FOLLOW

1. Same Name Channel
2. Branching Channel
3. Interior/Exterior Pair

(System 4 and 5 will not be used in our self-treatment strategy but they are System 4 – Chinese Clock Opposite and System 5 – Chinese Clock Neighbour)

SAME NAME CHANNELS:

Each has a hand and a foot channel.

Tai yang _____(Hand channel) and _____(Foot channel)

Yang ming _____(Hand channel) and _____(Foot channel)

Shao yang _____(Hand channel) and _____(Foot channel)

Tai yin _____(Hand channel) and _____(Foot channel)

Jue yin _____(Hand channel) and _____(Foot channel)

Shao yin _____(Hand channel) and _____(Foot channel)

Du and Ren balance each other

SYSTEM 2: Balancing by Bing-Jie – Branching Channels

Hand Tai Yin – Foot Tai Yang LUNG - BLADDER

Hand Tai Yang – Foot Tai Yin. SMALL INTESTINE - SPLEEN

Hand Shao Yin – Foot Shao Yang HEART – GALL BLADDER

Hand Shao Yang – Foot Shao Yin SAN JIAO – KIDNEY

Hand Jue Yin – Foot Yang Ming PERICARDIUM – STOMACH

Hand Yang Ming – Foot Jue Yin LARGE INTESTINE – LIVER

System 3: INTERIOR /EXTERIOR Pairing :

Tai Yin – Yang Ming

Shao Yin – Tai Yang

Jue Yin – Shao Yang

In this system A foot channel is balanced by another foot channel or a Hand channel is balanced by another hand channel :

Work out the channel pairing for

Example: Tai Yang Bladder – It's a FOOT CHANNEL , so it will be paired with another FOOT channel. Tai Yang relates interior/exterior relates to Shao Yin

The two shao yin channels are Heart and Kidney. The Kidney channel is the foot Shao Yin channel

Tai Yin Spleen ? _____

Shao Yin Heart ? _____

Keep this Cheat Sheet Handy – Print out and keep this handy where you can access it in times of pain.

SICK CH				SICK CH			
SI	BL	Sp	Ht	Lu	Sp	BL	LI
BL	SI	Lu	Kid	Sp	Lu	SI	ST
Pc	Liv	St	SJ	St	LI	Pc	Sp
Liv	Pc	LI	GB	LI	St	Liv	Lu
SJ	GB	Kid	Pc	Ht	Kid	GB	SI
GB	SJ	Ht	Liv	Kid	Ht	SJ	BL

EXAMPLES

PAIN AREA: FOOT - on the area where the person is pressing .



1. What is this channel? - identify the sick channel.

What side of the body is the pain ?

Write the method to balance the pain as shown in the lesson:

Make notes on the examples given in the class here:

SHOULDER PAIN

NECK PAIN

LOWER BACK PAIN

SCIATICA – GROIN PAIN

HEADACHE – GB CHANNEL (TEMPLES)

REFERENCES FOR THIS LESSON:

SICK CH				
S1	BL	SP	HTE	
BL	ST	LU	KID	
PC	LIU	ST	ST	
LIU	PC	LT	GB	
ST	GB	KID	PC	
GB	ST	HTE	LIU	

SICK CH				
LU	SP	BL	LT	
SP	LU	S1	ST	
ST	L1	PC	SP	
L1	ST	LIU	LU	
HTE	KID	GB	ST	
KID	HTE	ST	BL	

REFERENCES FOR THIS LESSON:

Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Tan, R. T. F. (2007). *Acupuncture 1, 2, 3*: R. Tan.