FAST NECK AND BACK PAIN RELIEF WITH ACUPUNCTURE

How to Use the Balance Method and Master Tung Acupuncture for Instant Neck and Upper Back Pain Relief
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This book is only possible because of all the people who helped me and spent time with me.

I am grateful to Dr. Tan. I took many of his classes, and followed him in his clinic. He has been very generous with his time. Without him, distal acupuncture would not be as well known. Because of his tireless efforts over thirty years, we are able to learn this type of acupuncture, for which we are all thankful.

Dr. Wei Chieh Young has been so generous in his teachings. I can honestly say that although I have put this book together, without both of these two masters, I would not have been able to write this book.

It is because of these two individuals that so many of us have success in our clinics and are able to help others. I am grateful that I was lucky enough to spend time with these doctors.
OTHER BOOKS BY BRAD WHISNANT AND DEBORAH BLEECKER

Mastering Tung Acupuncture – Distal Imaging for Fast Pain Relief
Pain Case Studies – A Week in a Tung Clinic
Pain Case Studies – Volume Two
Treat Back Pain Distally
Top Tung Acupuncture Points
CONTENTS

Introduction
1 The Balance Method Basics.......................................................... 15
2 Basics Of Master Tung Acupuncture........................................... 17
3 Master Tung And Balance Method Fusion................................. 19
4 Balance Method On Steroids....................................................... 31
5 Ashi Or Tender Spots................................................................. 35
6 Top Tung Points For Neck Pain.................................................. 39
7 Brief Introduction To Images.......................................................... 53
8 Top Secrets to Treating Neck and Upper Back Pain.................. 57
9 Whiplash And The Million Dollar Neck Treatment.................... 61
10 The Secret To Treating Fibromyalgia Effectively....................... 67
11 Scalene Function And Dysfunction............................................. 73
12 Thoracic Outlet Syndrome.......................................................... 77
13 The Vindication Of Local Acupuncture And Why Muscles Are So Knotty.................................................. 83
14 A Day In The Clinic Treating Neck And Upper Back Issues..... 89

Case Studies

Stiff Neck And Cannot Turn Her Head........................................... 117
Cannot Move His Neck.................................................................. 125
Neck And Ear Pain Treated With The Balance Method And Tung Points.................................................. 134
Upper Back Pain From Stress....................................................... 139
Neck Pain With Stenosis, Degeneration, And Compression..... 143
Car Accident Causes Difficulty Breathing, Migraines, And Neck Pain.................................................. 148
Neck Pain From A Fire Drill............................................................ 153
Neck And Shoulders Are Tight And Causing Headaches........... 158
Upper Back Pain From Gardening................................................ 163
Neck Pain From Fallen Pillow...................................................... 168
Shoulder And Neck Pain From Car Accident............................. 172
INTRODUCTION

The purpose of this book is to help you:

- Treat neck, upper back, and shoulder pain instantly using either the Balance Method, or Master Tung points. Both systems are thoroughly explained so you can master distal treatments.
- Understand how the points work
- Supplement the classes you took on the Balance Method, from Dr. Tan or any teacher

The Tung point images are included in the case studies for easy access and use in the clinic.

This is our second book on treating the back. Our first book dealt with the lower back, and this book is, I think, even more important, as it deals with the upper back. The upper back and neck are very important due to the fact that most patients have neck and shoulder problems. The upper back and neck deserved their own book, because there is no other part of the body that causes so much frustration and confusion to distal Tung and I Ching Balance practitioners, as the upper back and neck do.

Pain is the number one reason people get acupuncture in America. The number one ailment people get acupuncture for is lower back pain. Upper back and neck pain are number two. If you are able to instantly relieve this type of pain, you will have a successful practice.
Pain is the most important ailment to be mastered by an acupuncturist. If you can quickly relieve pain, your patients will trust you to treat their other ailments. Most medical doctor referrals are for pain. It is unfortunate that the Western world is completely unaware of how effective our medicine can be for most ailments.

The immediate results you can get with distal acupuncture for pain relief can be very compelling to patients. It is not necessary to wait until the next day to feel relief. Your patient will have relief in seconds. In addition to this, this avoids local trauma to the tissue that in some cases increases healing time.

For most patients, their insurance only covers acupuncture to treat pain. Western medicine and other modalities are not very effective to actually heal the pain. Acupuncture is able to stimulate the body to heal itself. Other modalities are described as “pain management.” As acupuncturists, we seek the complete and lasting relief of pain.

**Neck and Back Pain Epidemic**

Although patients will seek treatment for a variety of ailments, they usually have neck and upper back pain. I call it the “disease of our time.” This is why mastering the fast and effective treatment of this type of pain is so important. In addition to this, other ailments are often associated with this type of pain, such as headaches and migraines.

This book covers the Balance Method, also known as the I Ching, made popular by Dr. Tan, and Master Tung acupuncture. We have also included the tendinomuscular and Jing Jin relationships that were already a part of the Master Tung system. If you combine the Balance Method with the information we will give you on the Jing Jin and tendinomuscular systems, your results will be dramatically better. Your success will at least double, if not triple, if you combine these theories, as demonstrated in this book.
This system focuses on using the correlation between the muscles and the meridians. This is the distal treatment that improves blood flow, oxygen, nutrients, and anti-inflammatory chemicals that your body needs to heal. Combining these theories is the next logical evolution in understanding the secrets of the Balance (I Ching) Method, and the points of Master Tung.

Although I have taught classes at schools, both domestically and internationally, I am not a teacher of the Tung method, nor am I a teacher of the I Ching, or Balance Method. I am a fellow acupuncturist who treats 100 people a week, on my own, in my clinic in Oregon for the last seven years. My success at my clinic has not been because of financial contracts, anything special about me, or just luck. It is because I use the Master Tung and I Ching Balance system.

I always say that I am just Brad. I have no magic needles, no golden touch, no privileged information or powerful potions. If I can do it, anyone can! We all learn step by step, needle by needle, and patient by patient. All of this information is available to everyone. There are no secrets, I merely share my experience. That is the power of what I share.

It is not possible for a book to contain every single situation you will encounter in clinic with neck and upper back pain. However, this book does have everything you will need to treat 95% or more of all the neck and upper back pain you might see, with a 95% success rate.

**Quick Pain Resolution**

Dr. Tan was always emphatic about resolving pain quickly. He said that if we treated a patient’s spleen deficiency and he is still in pain when he leaves our office, we have failed. We should be able to eliminate 90% of a patient’s pain immediately, at least 80% of the time. In my clinic, my goal is for 90% of my patients to have a 90 to 100% reduction in pain at the time of treatment. This book will give you the tools to achieve that.

There was a time when I struggled with treating upper back and neck pain, which is why I worked so hard to find a consistent and reliable way to get results. It is my hope that with this book, you will never fear treating the upper back and neck again. It is my hope that your patients have a 90% or better reduction of pain immediately at the time of treatment. It is also my hope that this book explains the theory of how to make things work, and why the points are as effective as they are. There is nothing worse than not knowing why your treatment did not work.
I owe everything to Dr. Wei Chieh Young (my Master Tung teacher) and Dr. Richard Tan (my distal I Ching Balance teacher). If there is any credit due, it is to them, not me.

It is unfortunate that Dr. Tan recently passed away. During my four year master program, I spent time following him around the country. I spent several years following Dr. Tan around to every city where he spoke. I would also spend all my vacations, holidays and summers following him in his clinic. It was quite a remarkable time, and he will be truly missed by all of us.

I will leave you with one last thought, which sums up what this book hopes to accomplish. I was just on my way to teaching a seminar in Australia. I was doing a free medical camp in Vietnam. I have been volunteering in Vietnam since 2009. I have travelled to Vietnam over fifteen times and never had a problem until this time.

The police came to where I was staying and accused me of being a spy of some sort. They did not believe that I did Chinese medicine. They questioned me about what I was doing in Vietnam, trying to uncover something that might prove their theory that I was a spy.

To prove I was a real Chinese medical doctor, I had to do acupuncture on one of the policemen. He had fallen off his motorcycle a few months back. He had tried acupuncture before, in addition to other types of therapy, and it had not helped him. He was told he would have to live with his pain, or have surgery. It was a shock to me that I was being asked to help a Vietnamese police captain with his neck pain, to prove I am really an acupuncturist.

In addition, he told me that if I did not produce a “good result,” then he would know I was a spy, and he would send me to jail. I couldn't believe it! I was being asked to perform or go to jail. I was also concerned because I needed to leave in two days to give the three day lecture in Australia. I was not able to do an evaluation of the tongue, pulse, or any palpations. To add insult to injury, medical questions are very hard to translate. It is difficult to diagnose someone when you have to translate from another language. This was a moment of truth.

I had to determine the images, points, and channel to balance or treat. Of all the points in the back of any Tung book that are used for neck and upper back pain,
I had to choose with little input from him. Having results the next day was not an option. It was put up or shut up time.

Fortunately, I did not go to jail. I hypothesized that since he appeared to be over 55, and had had the pain a few months, the pain in his upper back must have been coming from his spine. I figured that C1 to T4 was all probably indicated, and that this was the source of the pain in his upper back. I chose 77.01-2-3-4. His pain was worse on the left side. No one told me this. That was the side he kept touching, so I assumed the left side was worse. I watched him arch his head back, and he winced in pain even more, suggesting it was compression of the upper cervicals. Regardless, the points worked. I didn’t go to jail. The policeman could not believe than a “non Asian” put needles in a place that didn’t hurt, and it fixed his pain. Crisis averted!

This book will give you the tools you need to treat a policeman in Vietnam, or patients any day in your clinic. You will possess the knowledge and strength to know the correct theory and points to use. You will not fear when your back is against the wall, and you need to produce an instant result. No more hoping and praying. I hope you enjoy this book and realize that instant, lasting, consistent, and reproducible neck and upper back pain relief is a daily reality in the clinic, or when you have a need to show fast results.

**Treating GB 21 Distally**

Few areas evoke such trepidation as the area of GB 21, on the shoulders. It is such a common problem in Western culture. You would think it would be the first type of pain we would learn to master.

In my experience, at least 85 percent of my patients suffer from GB 21 area pain. This is not their main complaint, but they almost always have shoulder tightness that needs to be treated. Even patients who have cancer, MS, IBS, asthma, and allergies still grab their upper shoulders and trapezius area, at GB 21. The cause of this is our jobs, working on the computer, traffic, and our lifestyles. Modern living causes pain at GB 21. In addition, most people have poor posture and weak shoulder muscles. If they would lift weights to strengthen their posterior deltoid, it would relieve their GB 21 problems. However, the lack of sufficient exercise is another topic.
**Introduction**

So what is best way to treat this pain distally? Is the pain at GB 21 even on the GB channel? What channels are really affected, is it really the trapezius? I will share my clinical experience on how to effectively treat this problem.

It is a good idea to learn to be proficient at treating GB 21 pain. If you can do that successfully, your practice will always be busy. Back pain, and neck and shoulder pain are the two most common complaints in most acupuncture offices. You could see these problems as the doorway that brings patients to your office. If you are successful at this, it will open a whole world of patients and new conditions to treat.

For most people who are not familiar with Chinese medicine, they only believe you can help them with their pain. They will not believe you can help them with other ailments like high cholesterol, heart disease, asthma, and insomnia, unless you can relieve their pain. It is a shame, but most people do not have any idea what we can do to help them.
Chapter 1

THE BALANCE METHOD BASICS

When most people think of distal acupuncture, the Balance Method is the first thing that comes to mind. This is a good name to use, but a more appropriate name would be “I Ching Acupuncture,” or “Ba Gua Acupuncture.” The I Ching and Ba Gua are the theories we use to “balance.” This is not just an assumption on my part. The theory comes from the Yellow Emperors Classic of Internal Medicine, the Nei Jing. This theory of balance originates in Yin and Yang, the most basic tenets of Chinese medicine.

There are amazing teachers of this theory, but it has its root in the oldest books of Chinese medicine, and the most basic principles of Yin and Yang. Although numerous names have been used to describe it over the years: The Balance Method, I Ching, or Ba Gua Method, whatever name you choose to call it, the theory is at least 5,000 years old.

I personally studied with Dr. Tan, who was responsible for popularizing the method all over the world. Without him, none of us, including myself, would be here using this method. I owe my thanks to him, and also we must give thanks to all of those who came before him. Dr. Chao Chen also deserves our gratitude, it is said that he and his students were instrumental in teaching others. The Balance Method did not start with one person, and it will not end with one person. We must respect and give thanks to all those known and unknown who have allowed people like us to learn this amazing method.

The Balance Method uses 6 systems of balance. These systems of balance are based on the I Ching, Fu Xi Gua, Ba Gua, and the Shen Nong Ba Gua, just to name a few. These 6 systems are used to balance the meridians. You first determine which meridian is diseased or out of balance, you then choose the meridian or meridians that “balance” that sick meridian. You also choose an appropriate image. Dr. Tan and his students who are now carrying out his legacy spend all weekend explaining these concepts. They all do an amazing job of teaching this method.
Three Steps of Balance
In the Balance Method, we typically treat the opposite side, but both sides can be treated. We also usually look for Ashi points on the diseased meridian, which is the one we want to balance.

1. Determine which meridian is affected.
2. Find the meridian that will balance it.
3. Select your points, images, or mirrors.

Types of Balance for step two
1. Same name – Tai Yin balances Tai Yin
2. Branching meridians – Tai Yin balances Tai Yang
3. Interior/Exterior relationship
4. Chinese clock opposites
5. Chinese clock neighbor
6. Same meridian

Point Selection for step three
1. Mirror (limb to limb)
2. Imaging (head and torso to limb or face to limb)
3. Ba Gua Global Balance
4. Five Elements/Seasonal

The concepts listed above have been popularized in the last 20 years, since Dr. Chao Chen taught them, and Dr. Tan popularized them, and 5,000 years before that.

The “Balance System” treats both pain and internal diseases, but it is by far better known for its instant pain relief benefits. That does not mean that the balance method is not amazing for internal conditions, it just means that the ability to relieve pain instantly was the benefit that made it so popular. This system is one of the best systems you can use to ensure you have a successful practice, and that you heal your patients quickly.
Ashi Locations
There is no need to locate Ashi points. You can use Ashi locations if you choose to, but the locations of the Tung points don’t require a point to be Ashi. Sometimes I will locate the Tung point, and then locate the Ashi point around it, but it is not necessary. The point will still be effective even if there is no Ashi sensation. It is a personal choice on how you would like practice in your clinic.

Needle Size
You can use any size or brand you like. I use 32-36 gauge. I know some acupuncturists who use 28 gauge, and some who use 40 gauge. They all work. You do not need to tonify, sedate, rotate, or flick. There is no needle manipulation in the Tung system. Insert your needles and relax. Make sure your needles are not flopping around, but you don’t need to needle deeply either. Most points are inserted .25-.50 cun on the arms, the legs are .5-1.5 cun, the fingers and head are about .1-.3 cun.

Internal Medicine
Although this book is about pain, because most Americans only seek acupuncture for pain relief, Master Tung acupuncture is also very effective for internal problems. Many points also address the root, when they treat the manifestation.

Needle Retention
The cycle of Qi is about 28 minutes. We also know from MRI studies that the brain will respond well for about 28.8 minutes. I have my patients sit or lie down for 25 to 30 minutes.

Number of Needles Used
We should always try to limit our needles. However, do not insert a few needles and leave your patient without determining you have complete pain relief. You should use as few needles as possible, but as many as necessary.

Expectation of Results
You should expect a 90-100% reduction in the pain while your patient is lying on the treatment table. I expect this for at least 85% of my patients. Of the
remaining patients, 5% do not get relief, and 10% have a 25-75% reduction in pain while on the treatment table.

Most of my patients come in once a week. I treat about 100 patients per week. Only 16 of those come twice a week. Not all patients need two treatments a week. There are many factors that determine the frequency of treatments. I try to treat all my patients three to four times before we make a final judgment about whether acupuncture will work for their condition. This does not always work. Some people do not come back, and some people only get one or two treatments. We usually expect instant pain relief. However, I always advise patients to allow three to four visits over a ten-day period to see if it will work for them. We will then decide what further treatment is necessary.

**Opposite Side Treatment**
Most points are treated on the opposite side of the pain. If you are in doubt, treat the opposite side. There are some theories that require a same side insertion.

**Having the Patients Move during Treatment**
Insert the needles and ask the patient to recreate the pain. You will know within 1-2 seconds if they feel better. If they cannot move while on the table, or recreate the pain, just treat it as if it were there, right now. You can have the patient recreate the pain after the treatment.

**Efficacy**
I appreciate the fact that Master Tung acupuncture is straightforward. You insert the needles, breathe, and heal. That is it! There are no tricks, no magic, no guessing, and no hoping that you relieved the pain. You know it immediately. It is easy, safe, reliable, consistent, and effective acupuncture.
This book is a fusion of Master Tung and TCM points. Upper back and neck pain as we see it in the West, are a modern day disease. We sit at computers all day, do not exercise, drive in our cars all day, sit with our phones to our heads, and have stress from many facets of life. The type of pain this causes is not common in other countries.

I have treated thousands of patients in Vietnam, Honduras, and India, and I saw this type of pain only a couple of times. I treated thousands of cases of neck pain, but this was caused by disc compression, arthritis in the cervical and thoracic areas, and bone on bone pain. The common type of pain that is common in the West is tight shoulders, neck, and trapezius muscles. This is primarily seen in first world countries.

The points used in this book are a blend of Tung points, distal theories, and channel balance theories. Dr. Richard Tan and others have taught and inspired me to combine these ideas. I also use the theories of Jing Jin, the Dao of Chinese Medicine, the tendinomuscular channels, and the I Ching. About 90% of my patients have tight neck and shoulders, and they are stressed out.

Dr. Tan said repeatedly in his seminars that the balance method was not good for treating the spine. The strength of the Balance Method is treating the muscles, not the bones. Master Tung acupuncture is unbelievable for treating the spine of the upper back and neck.

The weakness of the Tung system is when the pain is only in the muscles. I think the reason for this is that he did not treat a lot of upper back and neck pain caused by muscle tightness. This is why we have a fusion of the Balance Method and Master Tung points. Each has a strength and a weakness. One is great at muscles, and poor at treating the bones. The other one is great at treating the bones, but poor at treating the muscles. If you combine both systems, you will get the best results.

A brief review of Tung points will show that of the 740 points in the system, there are very few that treat the upper trapezius, rhomboid, scalene, and SCM neck pain. There
are more points that treat neck and spine pain in the bones. As I have observed overseas, most people have neck pain that originates in the spine, not tight muscles. Most of the upper back pain patients I treated had pain in the area of C1-T7 spine that referred into the upper back and neck, from carrying too many bricks on their head, or working long hours doing manual labor in the fields.

**Tung Points for Neck Pain**

Point 11.09 is not a common point taught in the West for pain in the upper neck and shoulder. However, it is a preferred point for trapezius and supraspinatus pain. This point is commonly used and taught for knee pain.

Point 11.11 is for spine pain, not the pain of the muscles in the upper back.

Fan Hou Jue is a great point for upper neck and trapezius pain but again, it is not widely taught at all in the West, and is not found in books to treat trapezius pain. This is popular for shoulder pain.

Point 22.03 is used for “neck pain” not trapezius or upper back pain.
Points 22.01-2 are classically, even in Tung acupuncture, only used for upper neck pain. Again it is said to treat “trapezius pain,” but it does so very rarely and ineffectively, although it is very popular for “trapezius pain.” This was originally used for “fallen pillow syndrome” or a “crook in your neck” that always happens at C2-3-4 not GB 21 or TW 15.

Points 77.01-2-3-4 are used for neck and bone pain. It was not until recently that people would use or teach this for upper trapezius and shoulder pain.

Points 77.05-6-7 were used classically for Qi stagnation, tumors, masses, blockages or spleen issues (the reaction area of the spleen). It is not until recently that they were adopted for “upper neck trapezius” pain. These, in my opinion, are best for scalene type neck pain.

Point 77.26 is actually indicated for upper trapezius and back pain along with rib and diaphragm issues.
Point 77.27 is similar to 77.05-6-7. They are both used for masses, Qi stagnation, blockages, and trauma. However, this is for systemic issues, although it has been adopted for upper neck and back pain.

Point 88.25 is a famous point for systemic pain, but it is used for chronic back and neck pain. This point is not indicated for neck and back pain but “pain of the 4 limbs” via the reaction area.