

Once this was removed, there were no tender spots that could be felt along his *GV*.

## **NEEDLING TO SET UP THE SCENE FOR PROSTATIC DRAINAGE**

### **POSITIONING**

When lying on his back, give the lower back to be supported by having a pillow under the backs of the knees. We are now addressing directly what has happened to his front - tree over groin (lying on cold, wet ground) for at least half an hour. Subsequently no one undoing with the resultant pelvic congestion and actual large masses/lumps.

**Cv 2** was excruciating when pressed.

**Pc 1** a little - not as much as previous sessions.

Pressing **Sp 4**, (MP Chong Mai) very sore points were discovered and needled. This alleviated the **Cv 2** pain somewhat. **GB 41** was not tender. **Ki 8** was on both sides, and was needled. **Sp 8** (accumulation point of Sp) was also very sore and needled (1  $\frac{1}{2}$  inch). **Liver 2** bilaterally and **R Co 11** and **Yin Tang** were also inserted.

**CV 4, 6** moxa on needles. Once these are removed (Sp 4 left in), palpation showed that the pain at **Cv 2** was now much diminished.

Next - removing some of the blockage/congestion at the front of where his pain resides. A tree fell over him at the area of the hip and across to the thigh, so there is still significant trauma stored there, although the past work here has resolved the lumps and swellings that had remained years after the accident.

To assist his lower back, the congestion in the front must also be attended to.

### **UPPER LYMPHATIC DRAINAGE**

I always start with clearing the upper diaphragmatic region first. (Middle heater is where all the moving has to happen through - think the Liver Qi and Spleen for congestion issues). Getting circulation correct 'upstream' is important as the flow one released has to be able to move fully through the body.

With warm hands and not very much oil, using the whole pad of the thumb, and using the upper hand for pressure, start moving down under the rib, slowly and initially superficially, to begin freeing the diaphragm.



From a different angle . . . .



Make sure that the pressure you exert is coming from the other side to your leading (touching person) hand. Always lean into the person also - as this way your hands and fingers will not be compromised.



You can see that working quite deeply is very possible.

**Starting the other side** - beginning with just a preliminary feel about to see what you can do. There may be lumps - just go over them - do not try to make them move through - the body can do that however it wishes - and phlegm resolving herbs may well be appropriate whilst working at this very gross physical level.



## WHY I DO UPPER DRAINAGE

Most have middle heater issues - and even if it is 'just' the matter of sitting hunched over a compute all day/hiding breast behind the caving in of the chest /covering up the sensitive areas through again, hunching over - especially trying to shorten the height one may feel - all of this positional blockage creates real congestion in a body that is designed to be in constant movement.

Regardless of what a person has come into the clinic for, I do this on everyone - and if nothing else can call it preventative medicine - as like cleaning out the corners when vacuuming a house - it is helpful to have everything in the best condition possible.

Usually what people feel is taller when they leave - and the body is no doubt able to then use the entire treatment to greater advantage if it is now working better on all fronts.

## **WHY I DON'T STIMULATE NEEDLES**

The use of massage I find is far preferable to strong needle stimulation - I almost NEVER manipulate a needle - it is put in and just left to do its thing.

Possibly it is all 'sham' as defined in research methodology - I would imagine a lot of us - especially the more senior members of the profession - do NOT use needle stimulation as it is not a practice building venture. When people are upset - as they are to have to visit someone to pay then for helping them get over whatever it is they don't need to feel hurt as well.

## **THE NEED FOR PROSTATE DRAINAGE.**

Most men find flow of urine and sexual capacity reducing with aging.

Many men have been hit in the testicular area - and many have been circumcised. This trauma (usually given without any pain reliever - as babies were seen somehow as not vulnerable/sensitive and would forget it anyway - what about deep betrayal of mother who did not protect when needed?) leaves indelible scarring and hence blockages to flow. There is often significant congestion in the lower abdominal area. Whether this is through not breathing well into the belly all those year, whether or not is due to some hit there - physically or psychically - normal qi and blood flow through the lower heater can be assisted as the yang naturally dwindles as aging increases.