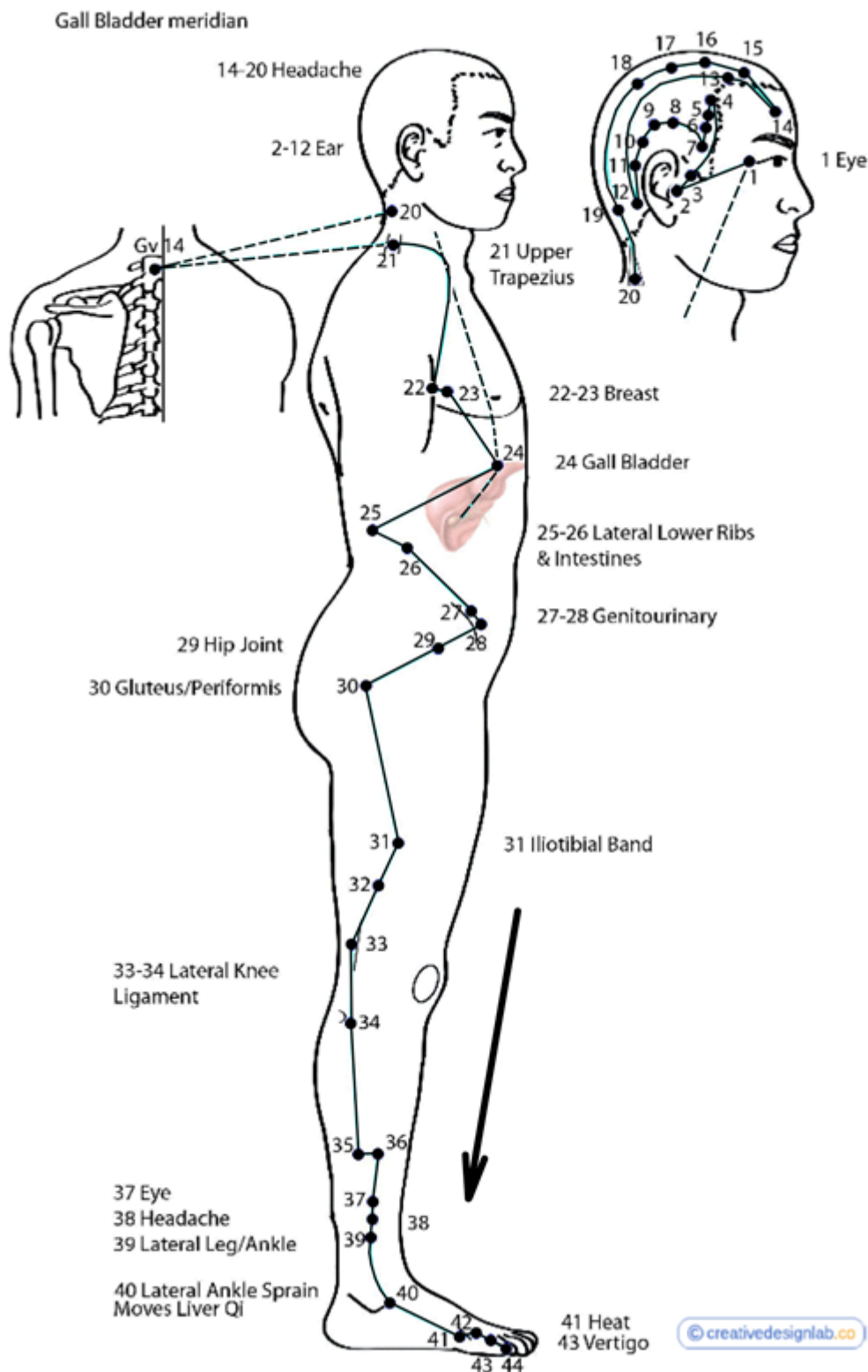


The Gall Bladder Meridian



Gall Bladder Medical Function

The gallbladder is a pear-shaped, hollow structure located under the liver and on the right side of the abdomen. Its primary function is to store and concentrate bile, a yellow-brown digestive enzyme produced by the liver. The gallbladder is part of the biliary tract

Discussion of the Gall Bladder Meridian

The liver and the gall bladder are linked physically and via their meridians. Some of the gall bladder points are used to influence the liver. The gall bladder stores and excretes bile which is produced from the blood of the liver and secreted into the intestines to aid digestion.

The Gall Bladder Meridian Points Used in Clinical Practice

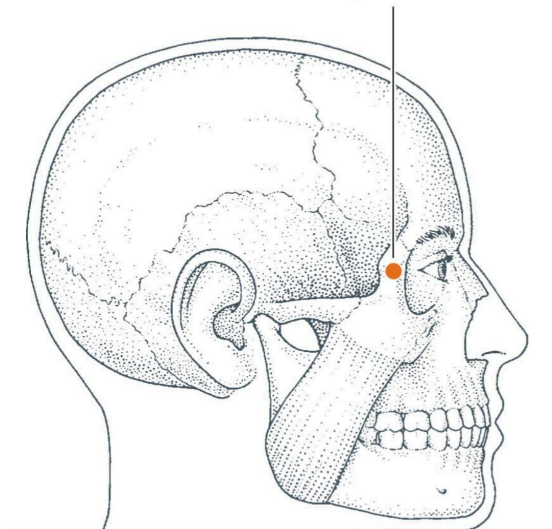
Gall Bladder 1

Pupil Crevice 瞳子膠

Meeting point of the Gall Bladder, Small Intestine and Sanjiao channels.

一
子
膠

Tongziliao GB-1



Chinese Name: Tongziliao (English translation: Pupil Crevice)

Location: On the region of the face, lateral to the outer canthus of the lateral side of the orbit.

Practical Use: Eye swelling and redness Headache

Functions: Dispels Wind, benefits the eyes, clears Heat.

Classification: Crossing point of the Gall Bladder, the Small Intestine, and San Jiao Meridians

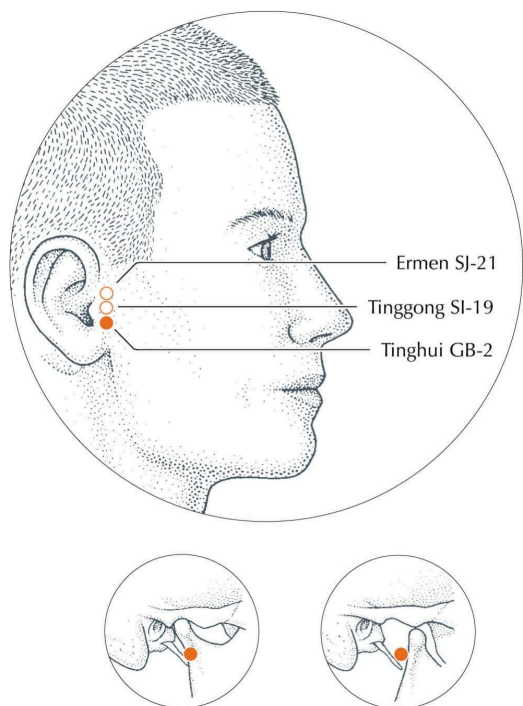
Indications:

- Headache, redness swelling and pain of the eye
- Nebula
- Glaucoma

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 2

Meeting of Hearing 聽會



Chinese Name: Tinghui (English translation: Hearing Convergence)

Location: On the face, anterior to the inter-tragus notch, at the posterior border of the condyloid process of the mandible. When the mouth is open, the point is in the depression.

Practical Use: Tinnitus Toothache Eyes Trigeminal neuralgia and palsy

Functions: Dispels Wind, benefits the eyes, clears Heat, alleviates pain.

Indications:

- Tinnitus, deafness
- Toothache
- Wry mouth

Needling: Perpendicular insertion .5 - 1.0 cun with the mouth open.

How to insert and remove GB 2: We ask the patient to open their mouth wide. We then insert the needle, and they can then close their mouth. To remove the needle, we ask the patient to open their mouth wide. We then remove the needle, and they can then close their mouth.

Practical Use: Used reducing for pain, inflammation, congestion and swelling of the ears. Part of the *Ear Formula* in combination with TW 3, TW17 and TW 21.

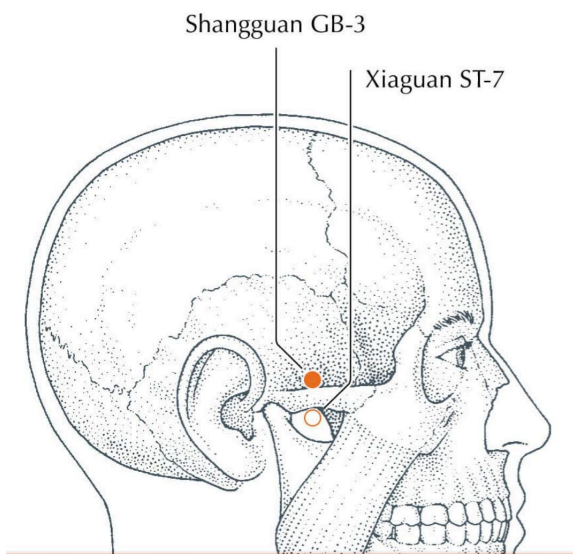
Used reinforcing for loss of hearing.

Gall Bladder 3

GB-3 Shàngguān 上

Above the Joint 上 關

*Meeting point of the Gall Bladder,
Sanjiao and Stomach channels*



Chinese Name: Shangguan (English translation: Upper Gate)

Location: In the front of the ear, directly above ST 7, in the depression on the upper border of the zygomatic arch.

Practical Use: Tinnitus Deafness Eyes Migraine Lockjaw Trigeminal neuralgia and palsy

Functions: Dispels Wind, benefits the eyes, relieves pain.

Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

Indications:

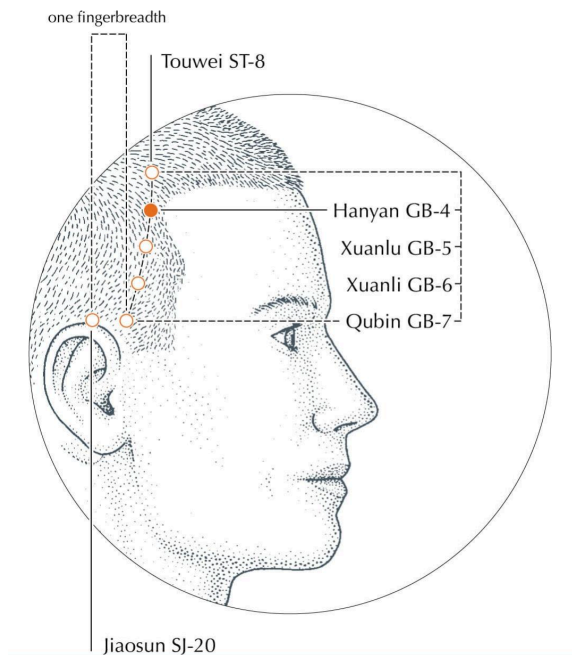
- Migraine
- Tinnitus, deafness
- Wry face
- Toothache, trismus

Needling: Perpendicular insertion .5 - 1.0 cun.

Gall Bladder 4

Jaw Serenity 颌厭 慶

*Meeting point of the Gall
Bladder, Sanjiao and Stomach
channels*



Chinese Name: Hanyan (English translation: Forehead Fullness)

Location: Within the hairline of the temporal region, at the junction of the upper 1/4 and lower 3/4 of the arc connecting ST 8 and GB 7.

Practical Use: Tinnitus Deafness Eyes Toothache Epilepsy

Functions: Dispels Wind, clears Heat, relieves pain.

Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

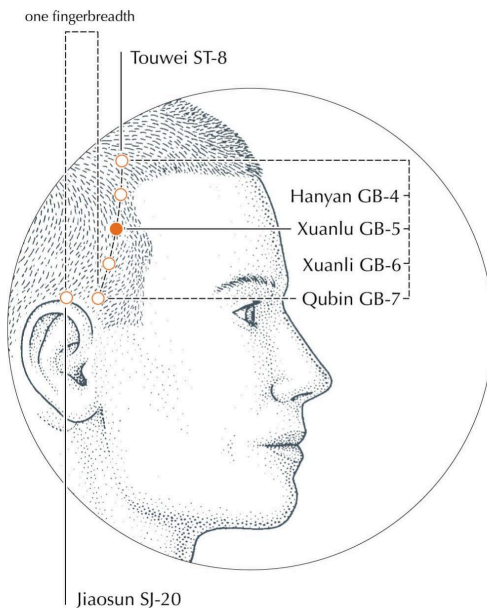
Indications:

- Migraine, dizziness
- Tinnitus
- Toothache
- Epilepsy

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 5

*Meeting point of the Gall Bladder,
Stomach, Sanjiao and Large
Intestine channels*



Gall Bladder 5

Chinese Name: Xuanlu (English translation: Hanging Skull)

Location: Within the hairline of the temporal region, at the midpoint of the arc connecting ST 8 and GB 7.

Practical Use: Migraine Swollen Eyes Toothache

Functions: Dispers Wind, clears Heat, relieves pain.

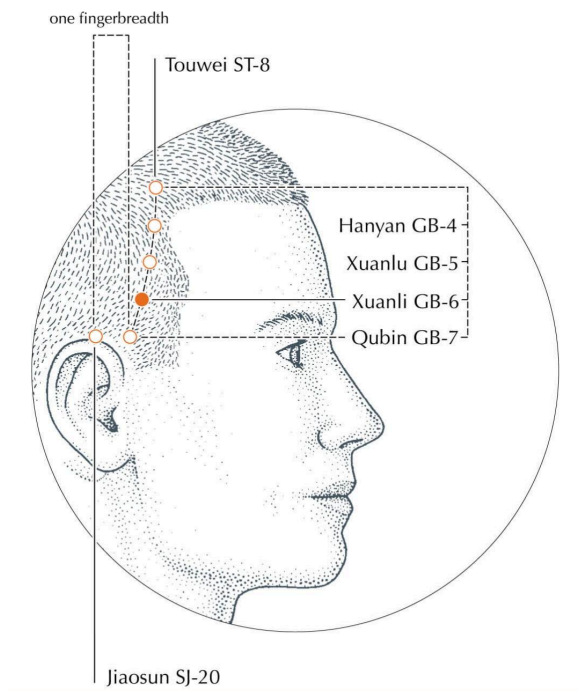
Indications:

- Migraine
- Redness, swelling and pain of the eye
- Toothache

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 6

*Meeting point of the Gall
Bladder, Stomach, Sanjiao and Large
Intestine channels*



Chinese Name: Xuanli (English translation: Suspended Hair)

Location: Within the hairline of the temporal region, at the junction of the upper 3/4 and lower 1/4 of the arc connecting ST 8 and GB 7.

Practical Use: Migraine Swollen Eyes Tinnitus

Functions: Dispers Wind, clears Heat, relieves pain.

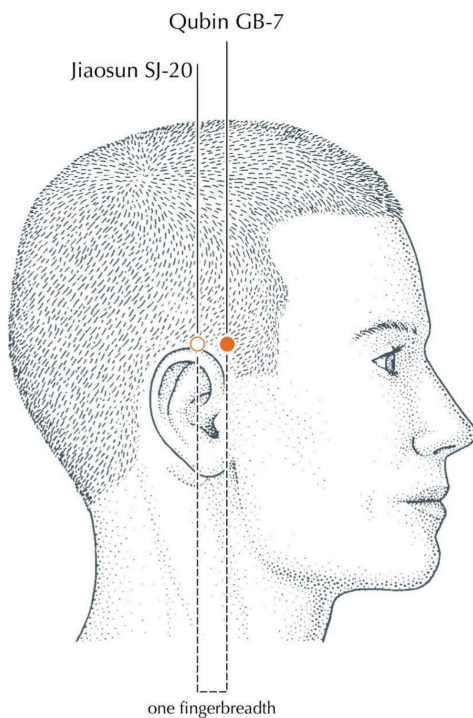
Classification: Crossing point of the Gall Bladder, the Stomach, and San Jiao Meridians

Indications:

- Migraine
- Redness, swelling and pain of the eye
- Tinnitus

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 7



Chinese Name: Qubin (English translation: Temporal Hairline Curve)

Location: Within the hairline of the temporal region, at the junction of the upper 3/4 and lower 1/4 of the arc connecting ST 8 and GB 7.

Practical Use: Migraine Toothache Lockjaw Acute Hearing Loss

Functions: Dispers Wind, clears Heat, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

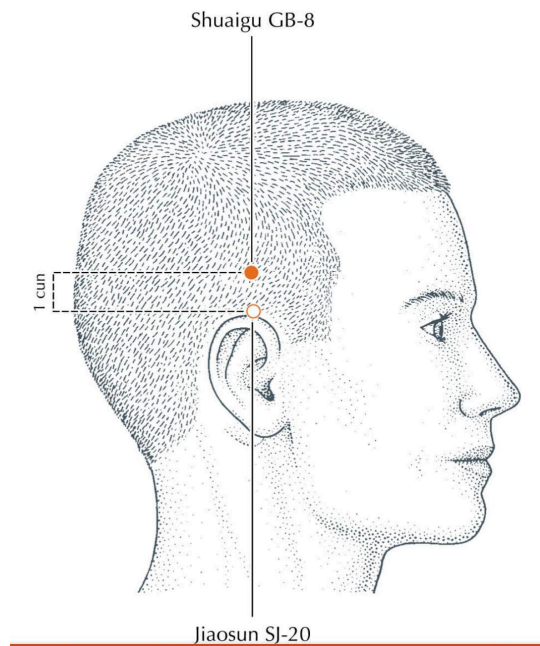
- Headache
- Toothache, trismus, acute aphonia

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 8

Leading Valley 率谷

*Meeting point of the Gall Bladder
and Bladder channels*



Chinese Name: Shuaigu (English translation: Leading Valley)

Location: On the head, directly above the apex of the auricle and SJ 20, 1.5 cun within the hairline.

Practical Use: Migraine Vertigo Vomiting Convulsion

Functions: Disperses Wind, benefits the head, relieves vomiting, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

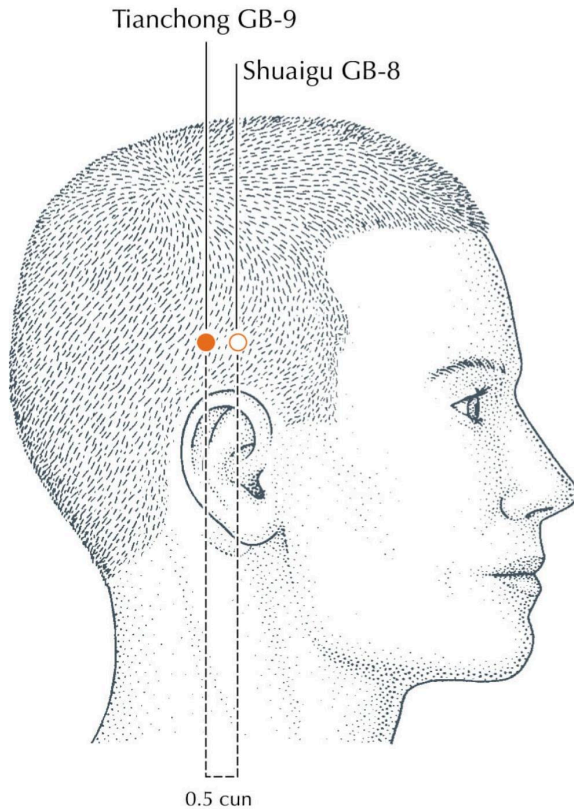
Indications:

- Migraine, vertigo, vomiting
- Infantile convulsion

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 9

Meeting point of the Gall Bladder and Bladder channels



Chinese Name: Tianchong (English translation: Celestial Rushing)

Location: On the head, directly above the posterior border of the auricle, 2 cun within the hairline, .5 cun posterior to GB 8.

Practical Use: Headache Deafness Tinnitus Gum Disease

Functions: Clears Heat, calms the Shen, removes obstructions from meridian.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

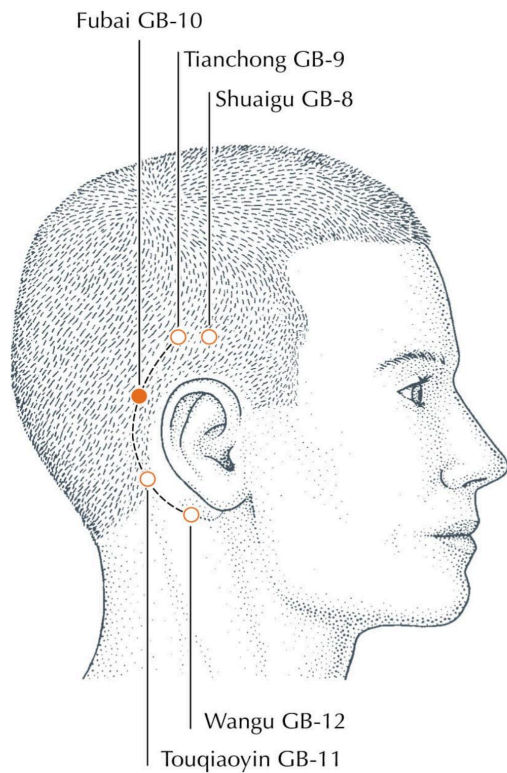
Indications:

- Headache
- Deafness, tinnitus
- Mania
- Swelling and pain of the gums

Functions: Clears Heat, calms the Shen, removes obstructions from meridian.

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 10



Chinese Name: Fubai (English translation: Floating White)

Location: On the head, posterior to the auricle, posterior and superior to the mastoid process, at the junction of the middle 1/3 and upper 1/3 of the arc connecting GB 9 and GB 12.

Practical Use: Headache Deafness Tinnitus Eyes Goitre

Functions: Clears Heat, activates the meridian, relieves pain.

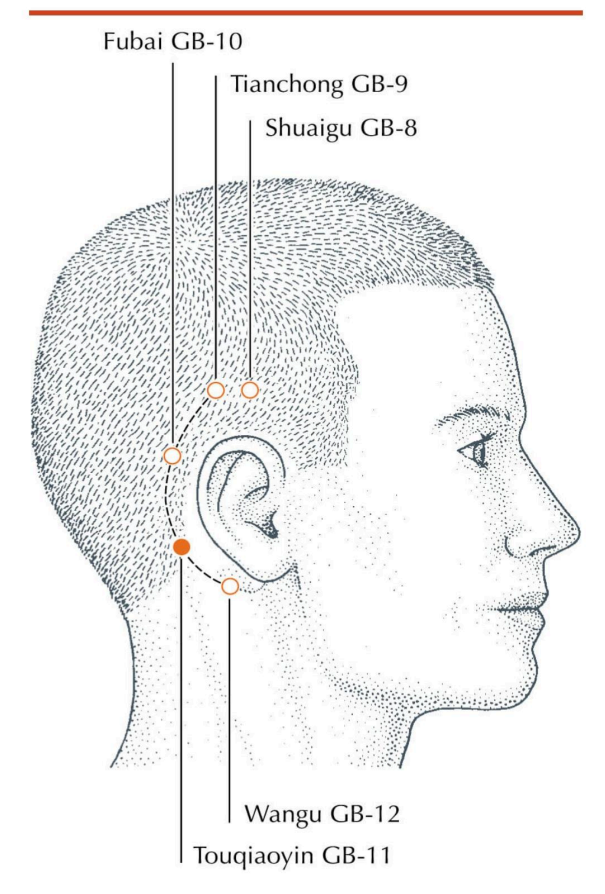
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache
- Deafness, tinnitus
- Eye pain
- Goiter

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 11



Chinese Name: Touqiaoyin (English translation: Head Portal Yin)

Location: On the head, posterior to the auricle, posterior and superior to the mastoid process, at the junction of the middle 1/3 and lower 1/3 of the arc connecting GB 9 and GB 12

Practical Use: Headache Deafness Tinnitus Ear Pain

Functions: Clears the head, activates the meridian, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache
- Tinnitus, deafness, ear pain

Needling: Subcutaneous insertion .5 - .8 cun.

Gall Bladder 12

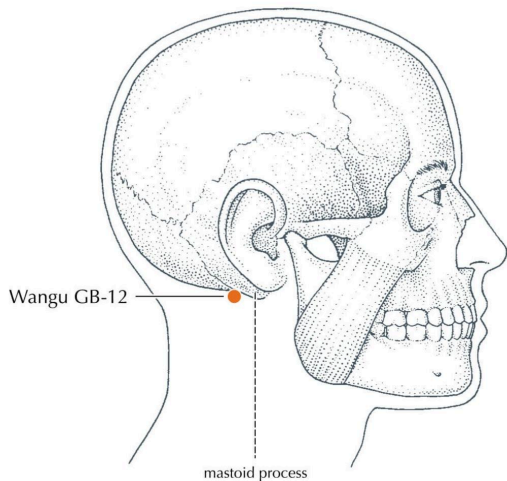
GB-12 Wángǔ

完

Mastoid Process 完骨

骨

Meeting point of the Gall Bladder and Bladder channels



Chinese Name: Wangu (English translation: Mastoid Bone)

Location: On the head, posterior to the auricle, in the depression posterior and inferior to the mastoid process.

Practical Use: Headache Neck Pain Cheek Swelling

Functions: Dispels Wind, benefits the head, calms the Shen, activates the meridian, relieves pain.

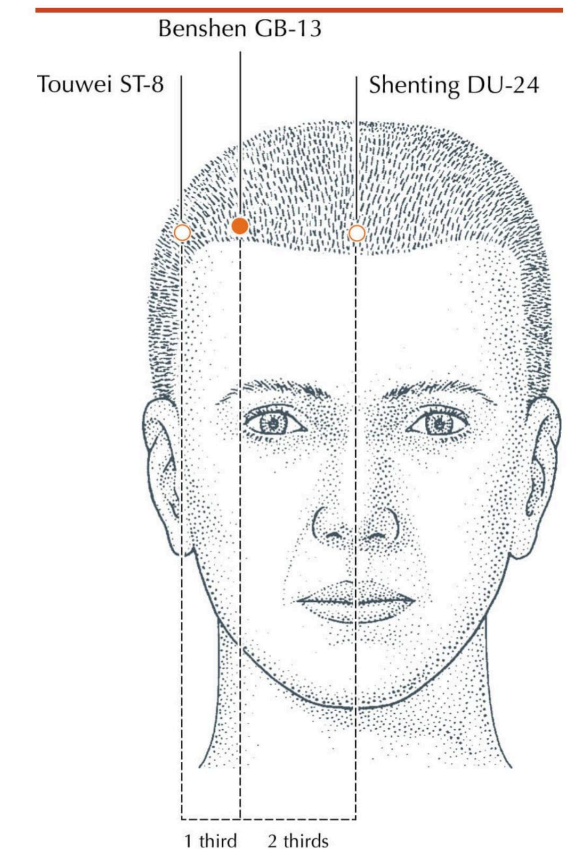
Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Headache, stiffness and pain of the neck
- Toothache, swelling of the cheek

Needling: Oblique insertion .5 - .8 cun.

Gall Bladder 13



Chinese Name: Benshen (English translation: Root Spirit)

Location: On the head, .5 cun within the anterior hairline of the forehead, 3 cun lateral to DU 24, at the junction of the medial 2/3 and the lateral 1/3 of the line connecting DU 24 and ST 8.

Practical Use: Headache Dizziness Convulsions

Functions: Dispels Wind, calms the Shen, resolves phlegm, treats epilepsy.

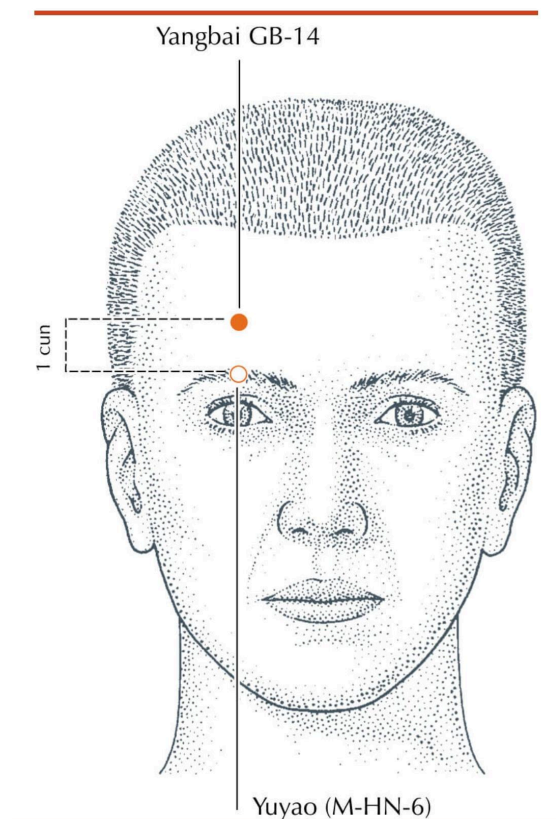
Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Headache, dizziness
- Epilepsy
- Infantile convulsion

Needling: Subcutaneous insertion .5 - .8 cu

Gall Bladder 14



Chinese Name: Yangbai (English translation: Yang White)

Location: On the forehead, directly above the pupil of the eye, 1.0 cun superior to the eyebrow.

Practical Use: Headache Eye Pain and Blurring Palsy Ptosis Wryness & Face Paralysis

Functions: Disperses Wind, benefits the eyes and head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Facial paralysis, ptosis of the lower eyelid, difficulty in closing eyes
- Blurring of vision, eye pain
- Forehead pain, vertigo

Needling: Subcutaneous insertion .3 - .5 cun.

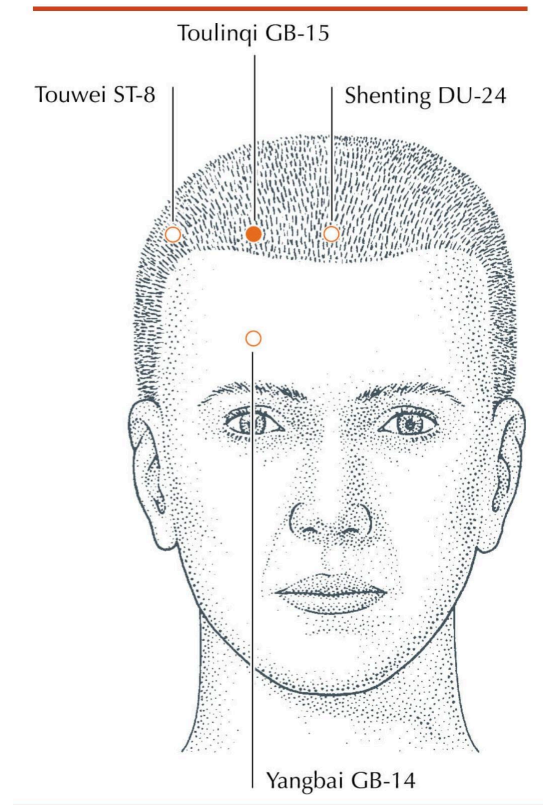
How to insert GB 14: We pinch and lift the skin to be able to insert the needle subcutaneously in the direction of Extra Point HN-6 (Yu Yao).

Practical Use: Used reducing for headache and all eye problems.

This point is part of the *Clear Wind Formula*:

Reduce: BL 10, GB 20, BL 11 CUP, BL 12 CUP, GV 14, GV 16, GB 31 and GB 14

Gall Bladder 15



Chinese Name: Toulingqi (English translation: Head Overlooking Tears)

Location: On the head, directly above the pupil of the eye, .5 cun within the anterior hairline, at the midpoint of the line connecting DU 24 and ST 8.

Practical Use: Headache Nose Tears Relax Convulsions

Functions: Dispels Wind, benefits the eyes, nose and head, calms the Shen, relieves pain.

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridian and the Yang Wei Vessel

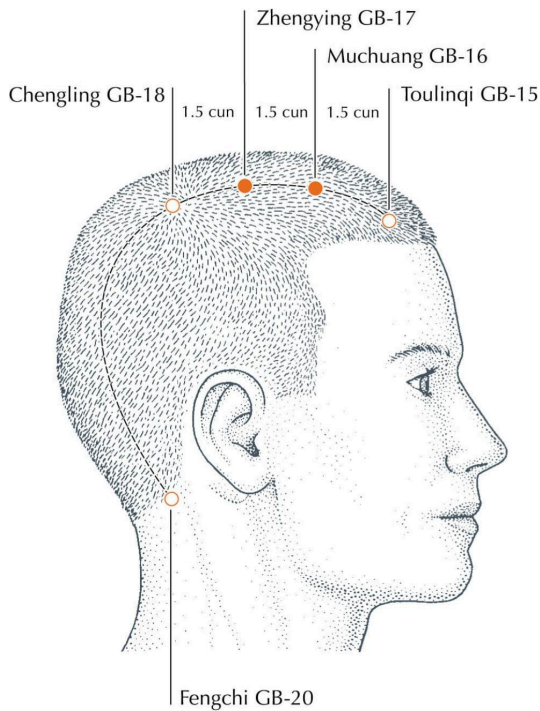
Indications:

- Headache, nasal congestion
- Dizziness, lacrimation
- Infantile convulsion

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 16

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Muchuang (English translation: Eye Window)

Location: On the head, 1.5 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

Practical Use: Headache Eyes Nose Facial Swelling Convulsions

Functions: Dispels Wind, benefits the eyes and head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

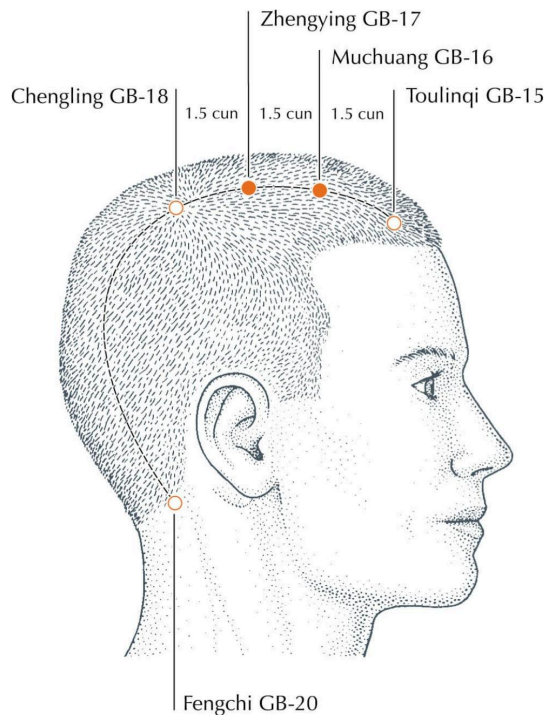
Indications:

- Blurring of vision, glaucoma, redness, swelling and pain of the eye
- Headache, nasal congestion, swelling of facial region
- Epilepsy

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 17

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Zhengying (English translation: Upright Construction)

Location: On the head, 2.25 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

Practical Use: Headache Dizzy Toothache Lips

Functions: Dispels Wind, benefits the head, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

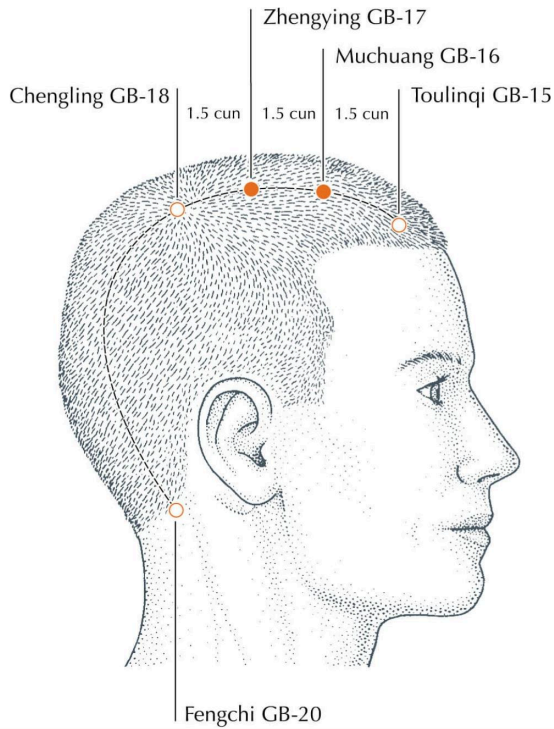
- Headache, dizziness, acute stiffness of the lips
- Toothache

Needling: Subcutaneous insertion .3 - .5 cun

Gall Bladder 18

← GB-17 Zhèngyíng

Meeting point of the Gall Bladder channel with the Yang Linking vessel



Chinese Name: Chengling (English translation: Spirit Receiver)

Location: On the head, 4 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

Practical Use: Headache Dizzy Eyes Nosebleed

Functions: Dispers Wind, benefits the head, clears Heat relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

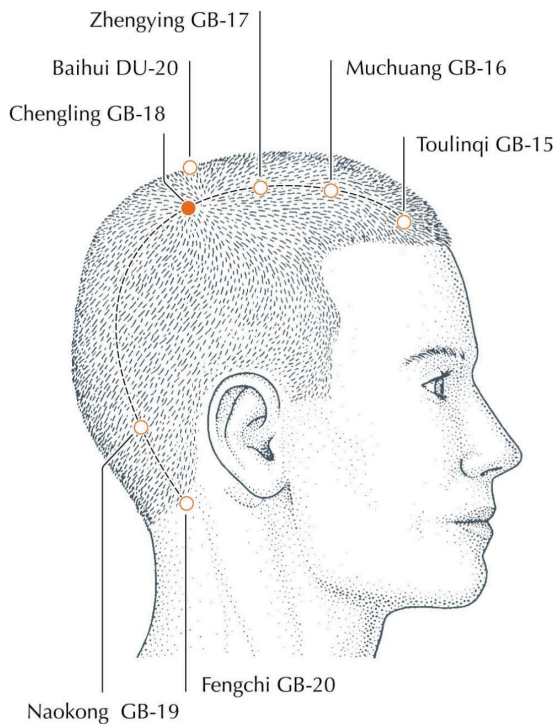
- Headache, dizziness, eye pain
- Nasal congestion, epistaxis

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 18

← GB-18 Chénglíng

*Meeting point of the Gall
Bladder channel with the Yang
Linking vessel*



Chinese Name: Chengling (English translation: Spirit Receiver)

Location: On the head, 4 cun posterior to the anterior hairline, 2.25 cun lateral to the midline of the head.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Headache, dizziness, eye pain
- Nasal congestion, epistaxis

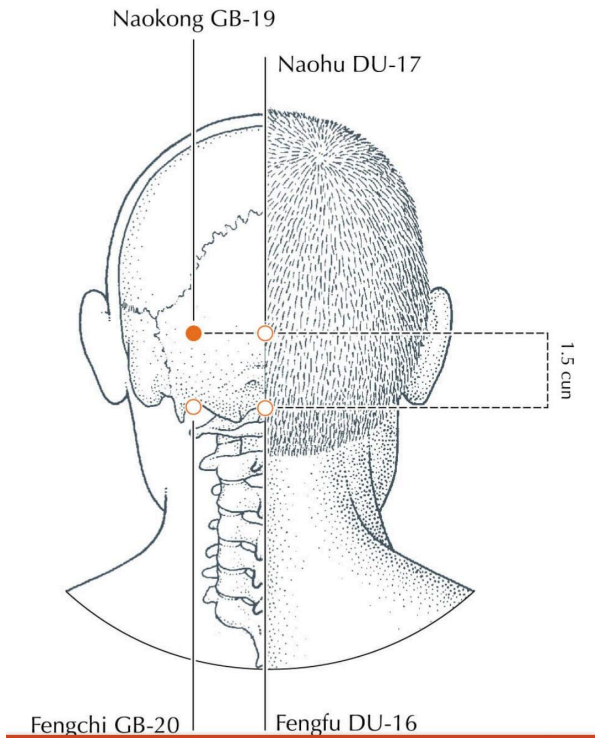
Functions: Dispels Wind, benefits the head, clears Heat relieves pain.

Needling: Subcutaneous insertion .3 - .5 cun.

Gall Bladder 19

← GB-19 Nǎokōng

*Meeting point of the Gall
Bladder channel with the Yang
Linking vessel*



Chinese Name: Naokong (English translation: Brain Hollow)

Location: On the region of the head, on the lateral side of the superior border of the external occipital protuberance, 2.25 cun lateral to the midline of the head.

Practical Use: Headache Dizzy Neck Mania Convulsions Temperature

Functions: Dispels Wind, benefits the head, cools Fire, opens the portals, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Headache, dizziness
- Rigidity and pain of the neck
- Manic psychosis, epilepsy

Needling: Subcutaneous insertion .3 - .5 cun.

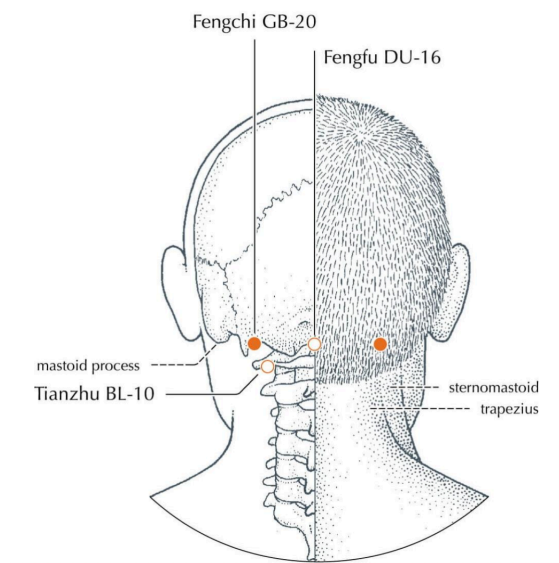
Gall Bladder 20

← GB-20 Fēngchí

Wind Pool 風池



Meeting point of the Gall Bladder and Sanjiao channels with the Yang Motility and Yang Linking vessels



Chinese Name: Fengchi (English translation: Wind Pool)

Location: On the nape, below the occiput, at the level of DU 16, in the depression between the upper portion of m. sternocleidomastoideus and m. trapezius.

Practical Use: Headache Nose Eyes Neck Shoulder Hemiplegia Vertigo

Functions: Dispels exterior and interior Wind, clears the head, benefits the eyes, nose and ears, subdues Liver Yang, activates the meridian, relieves pain


Classification: Crossing point of the Gall Bladder Meridian and the Yang Wei Vessel

Indications:

- Common cold, nasal congestion, headache, redness, swelling and pain of the eye, rhinorrhea, epistaxis
- Rigidity and pain of the neck, limitation of the shoulder

- Dizziness, vertigo, hemiplegia, epilepsy

Notes: GB 20 is an important point to treat any Wind-Cold or Wind Heat pattern.

Needling: Oblique insertion .8 - 1.2 cun: This point is punched towards the opposite eye..  Towards the middle in the deeper layer is the medulla oblongata - the angle and depth of the needle must be strictly controlled.

How to insert GB20: This point is punched towards the opposite eye.

Practical Use: Used reducing to clear the whole head in conjunction with BL 10 for headaches, migraine and wind-cold-damp attack to head.

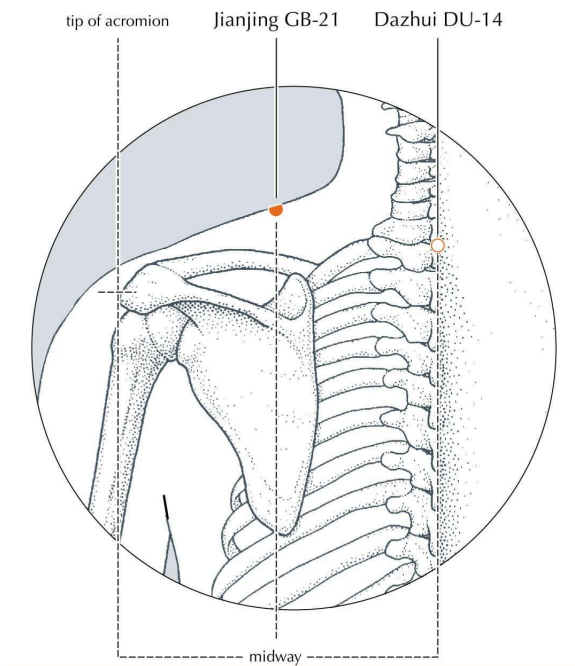
Also used for eye problems.

Local Use: Used reducing for pain, swelling and inflammation in the neck.

Gall Bladder 21

← GB-21 Jiānjǐng

*Meeting point of the Gall
Bladder, Sanjiao and Stomach
channels with the Yang
Linking vessel*



Chinese Name: Jianjing (English translation: Shoulder Well)

Location: On the shoulder, directly above the nipple, at the midpoint of the line connecting DU 14 and the acromion.

Practical Use: Beast Dizzy Neck Shoulder Labour Glands

Functions: Activates the meridian, descends Qi, promotes labour, benefits the breasts, resolves Phlegm

Classification: Crossing point on the Gall Bladder, San Jiao and Stomach Meridians and the Yang Wei Vessel

Indications:

- Mastitis, insufficient lactation
- Dizziness, headache, rigidity and pain of the neck, limitation of the upper extremities
- Difficult labor, scrofula

Needling: Oblique insertion .5 - .8 cun. ⚠ Below this point is the apex of the lung, do not puncture deeply. Needling this point is contraindicated in pregnancy.

Practical Use: Used reducing for creating a downwards movement in the body.

Helps in childbirth to enable a downwards movement during labour.

After childbirth it can be used for retention of the placenta.

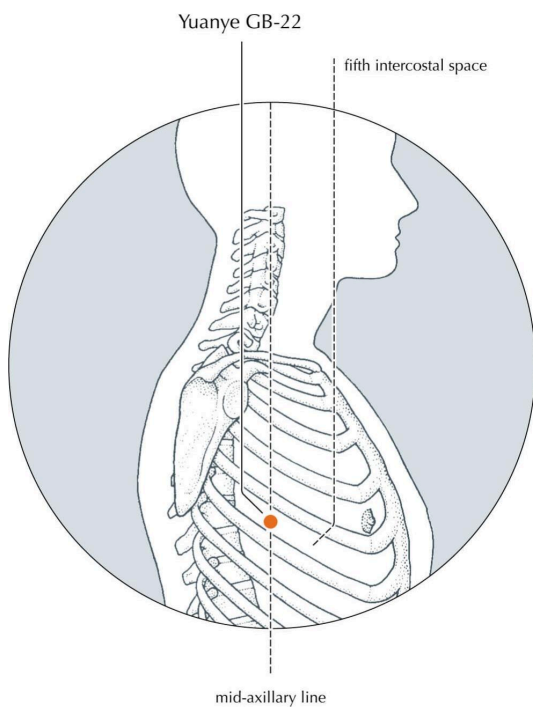
Contraindication: Because of the downwards moving effect, the point should not be used on pregnant women as it could cause a premature birth.

Local Use: Used reducing for pain, local tightness and stiffness, swelling and inflammation of the shoulder area, upper arm and neck.

Gall Bladder 22

← GB-22 Yuānyè

Armpit Abyss 淵腋 腋



Chinese Name: Yuanye (English translation: Armpit Abyss)

Location: On the lateral side of the chest, when the arm is raised, the point is on the mid-axillary line, 3 cun below the axilla, in the 4th intercostal space.

Practical Use: Chest Breast Lumps Intercostal Pain Spasm Respiration

Functions: Opens the chest, relaxes the sinews

Indications:

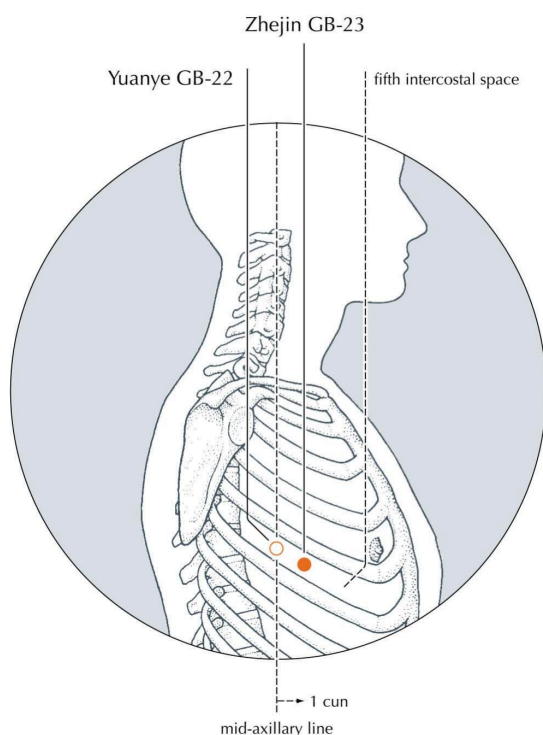
- Chest congestion, pain in the hypochondrium
- Spasm and pain in the upper extremities

Needling: Oblique or subcutaneous insertion towards the breast .5 - .8 cun. ⚠ On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

Gall Bladder 23

← GB-23 Zhéjīn

*Meeting point of the Gall
Bladder and Bladder channels*



Chinese Name: Zhejin (English translation: Sinew Seat)

Location: On the lateral side of the chest, 1 cun anterior to GB 22, at the level of the nipple, in the 4th intercostal space.

Practical Use: Chest Breast Lumps Intercostal Pain Spasm Respiration

Functions: Opens the chest, lowers rebellious Qi.

Indications:

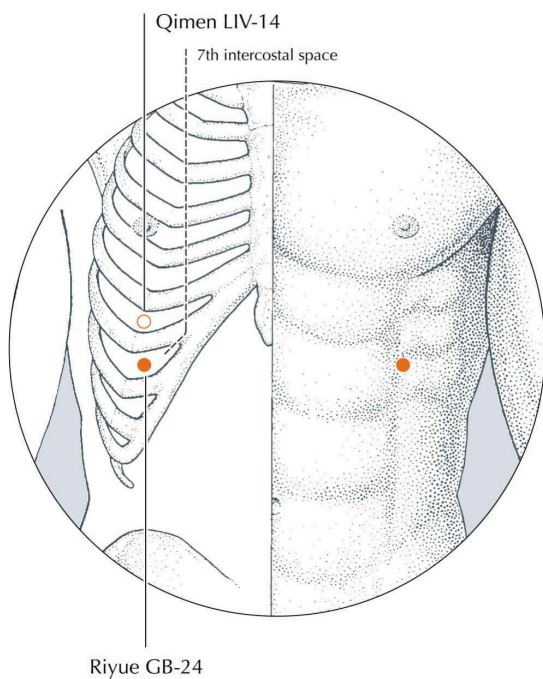
- Chest congestion, pain in the hypochondrium
- Asthma

Needling: Oblique or subcutaneous insertion towards the breast .5 - .8 cun. ⚡ On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

Gall Bladder 24

← GB-24 Rìyuè

*Meeting point of the Gall Bladder and Spleen channels
Front-Mu point of the Gall Bladder*



Chinese Name: Riyue (English translation: Sun and Moon)

Location: On the upper abdomen, directly below the nipple, in the 7th intercostal space, 4 cun lateral to the anterior midline.

Practical Use: Chest Liver Jaundice Intercostal Pain Spasm Vomiting

Functions: Resolves Damp-Heat, regulates Gall Bladder and Liver Qi, lowers rebellious Qi, regulates the Middle Jiao.


Classification: Front-Mu Point of the Gall Bladder Meridian

Crossing Point on the Gall Bladder and Urinary Bladder Meridians

Indications:

- Swelling and pain in the hypochondrium
- Jaundice
- Vomiting, hiccup, acid regurgitation

Notes: **Front-Mu** points can be used to treat diseases of the affected Zang-Fu organ, and those of Yang meridians and collaterals. They treat diseases of Six Fu-organs and diseases of yang meridians. An adverse reaction when a Front-Mu point is pressed can help make a diagnosis. For more complete information on Back-Shu and Front-Mu points, [click here](#).

Needling: Oblique or lateral insertion .5 - .8 cun.  On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

How to insert GB 24: Oblique punch in the gap between the ribs.

Half inch needle only to avoid pneumothorax.

Attention: Front Mu Point of the gall bladder

(Mu means collecting - where the chi of the corresponding internal organ collects)

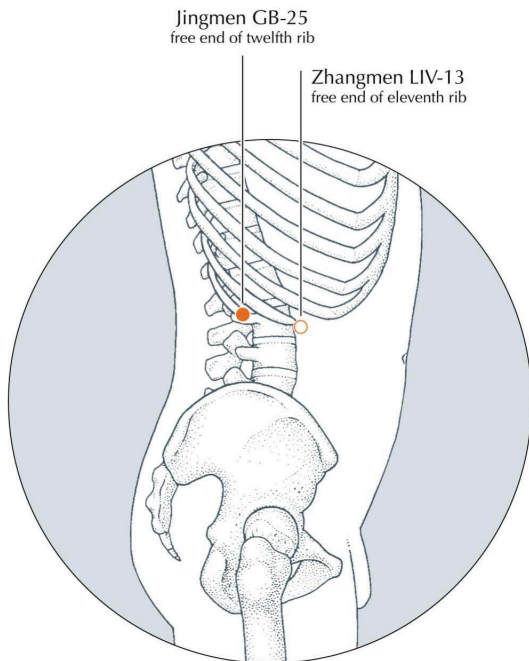
Practical Use: Heals gall bladder and liver conditions relating to the MBC.

Part of the *Abdominal Formula*.

Gall Bladder 25

Capital Gate 京門

Front-Mu point of the Kidneys



Chinese Name: Jingmen (English translation: Capital Gate)

Location: On the lateral side of the abdomen, 1.8 cun posterior to LIV 13, on the lower border of the free end of the 12th floating rib.

Practical Use: Urination Oedema Lumbago Abdominal Pain Diarrhoea

Functions: Opens the water passages, strengthens the low back


Classification: Front-Mu Point of the Kidney Meridian

Indications:

- Dysuria, edema, lumbar pain
- Pain in the hypochondrium, abdominal pain, diarrhoea

Notes: Although a Front-Mu point, GB 25 is used more often as a diagnosis point rather than for treatment.

Front-Mu points can be used to treat diseases of the affected Zang-Fu organ, and those of Yang meridians and collaterals. They treat diseases of Six Fu-organs and diseases of yang meridians. An adverse reaction when a Front-Mu point is pressed can help make a diagnosis. For more complete information on Back-Shu and Front-Mu points, [click here](#).

Needling: Perpendicular insertion .5 - 1.0 cun.  On this meridian, do not puncture deeply all points from GB 22 to GB 25 to avoid injuring important internal organs.

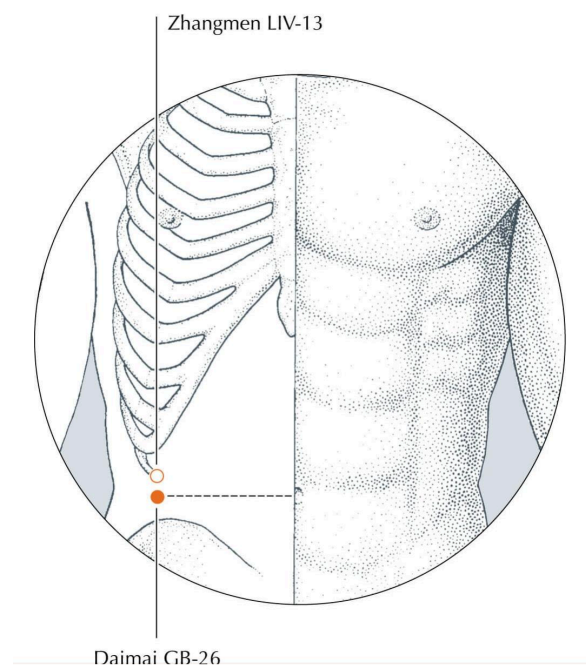
Gall Bladder 26

← GB-26 Dàimài

Girdling vessel 帶脈



Meeting point of the Gall Bladder channel with the Girdling vessel



Chinese Name: Daimai (English translation: Girdle Vessel)

Location: On the lateral side of the abdomen, 1.8 cun below LIV 13, where the vertical line of the free end of the 11th rib and the horizontal line of the umbilicus intersect.

Practical Use: Menstruation Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, resolves Dampness, regulates menstruation, activates the meridian, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

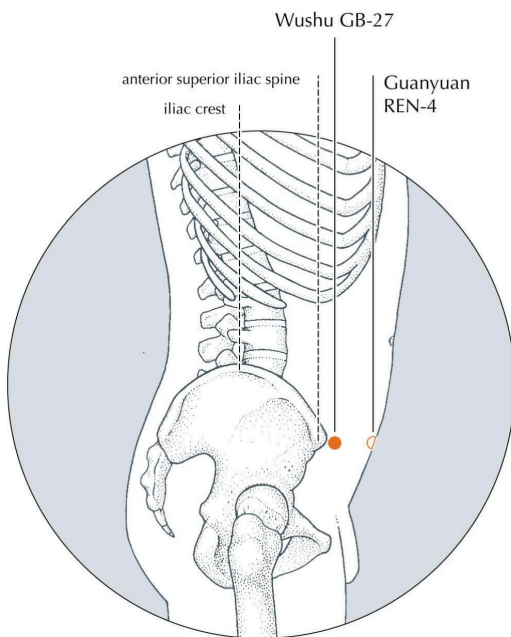
- Morbid leukorrhea, abdominal pain, amenorrhea, irregular menstruation
- Hernia, pain in the lumbar and hypochondrium

Needling: Perpendicular insertion 1.0 - 1.5 cun.

Gall Bladder 27

← GB-27 Wǔshū

Meeting point of the Gall Bladder channel with the Girdling vessel



Chinese Name: Wushu (English translation: Fifth Pivot)

Location: On the lateral side of the abdomen, anterior to the superior iliac spine, 3 cun below the level of the umbilicus.

Practical Use: Constipation Uterine Prolapse Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, regulates the Lower Jiao, resolves Dampness, moves stagnant Qi.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

- Abdominal pain, hernia
- Constipation, prolapse of the uterus, morbid leukorrhea

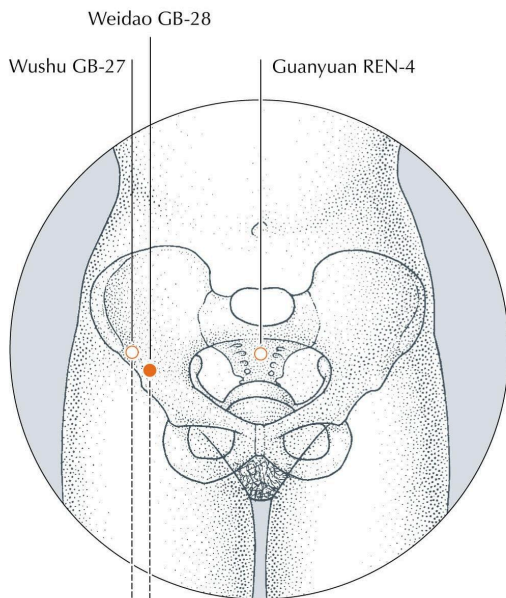
Needling: Oblique insertion towards K12 1.0 - 1.5 cun.

Gall Bladder 28

← GB-28 Wéidào

Linking Path 維道

*Meeting point of the Gall
Bladder channel with the Girdling
vessel*



Chinese Name: Weidao (English translation: Linking Path)

Location: On the lateral side of the abdomen, anterior and inferior to the superior iliac spine, 0.5 cun anterior and inferior to GB 27.

Practical Use: Uterine Prolapse Leukorrhea Hernia Abdominal Pain

Functions: Regulates the Dai Mai Vessel, regulates the Lower Jiao, resolves Dampness, moves stagnant Qi.

Classification: Crossing point of the Gall Bladder Meridian and the Dai Mai Vessel

Indications:

- Abdominal pain, hernia
- Prolapse of the uterus

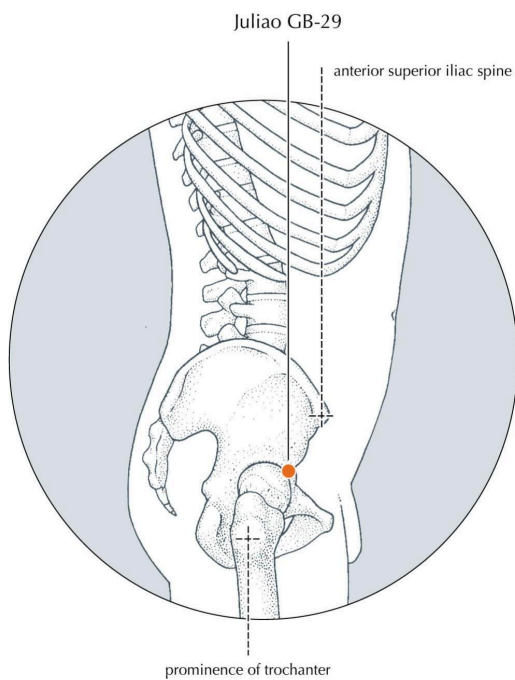
- Morbid leukorrhea

Needling: Oblique insertion towards K12 1.0 - 1.5 cun.

Gall Bladder 29

← GB-29 Jūliáo

Meeting point of the Gall Bladder channel with the Yang Motility vessel



Chinese Name: Juliao (English translation: Squatting Crevice)

Location: On the region of the hip, at the midpoint of the line connecting the anterior iliac spine and the great trochanter of the femur.

Practical Use: Hip Joint Lower Leg and Back Pain Sciatica

Functions: Activates the meridian and removes obstructions, benefits the hips and lower extremities, relieves pain.

Classification: Crossing point of the Gall Bladder Meridian and the Yang Qiao Vessel

Indications:

- Lumbar pain, difficulty in rotation of the body
- Weakness, numbness and pain of the lower extremities

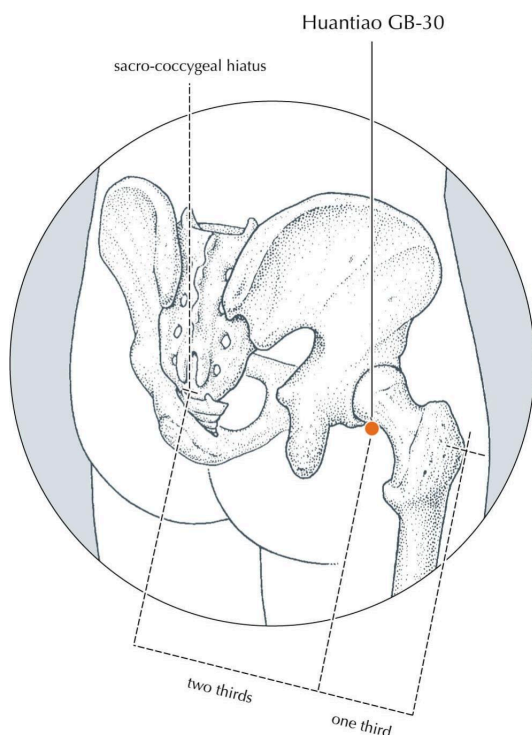
Needling: Perpendicular oblique insertion toward Hip joint 3.0 cun.

Local Use: Used reducing for pain, swelling and inflammation of the hip in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula*.

Gall Bladder 30

← GB-30 Huántiào



Chinese Name: *Huantiao* (English translation: *Jumping Round*)

Location: On the lateral side of the buttocks, when the patient is in the lateral recumbent position and the thigh is flexed, this point is at the junction of the lateral 1/3 and medial 1/3 of the line connecting the greater trochanter and the hiatus of the sacrum.

Practical Use: Sciatica Hip Joint Lower Leg and Back Pain

Functions: Activates the meridian and removes obstructions, benefits the hips and legs, resolves Wind-Damp, relieves pain

Classification: Crossing point of the Gall Bladder and Urinary Bladder Meridians

Indications:

- Weakness, numbness and pain of the lower extremities

- Pain of the lumbar and leg, hemiplegia

Notes: GB 30 is a common and important point in the treatment of sciatica.

Needling: Perpendicular oblique insertion towards ASIS on opposite side 3.0 - 4.0 cun.

Local Use: Used reducing for pain, swelling and inflammation of the hip and buttock in cases of traumatic injury, sports injury or arthritis.

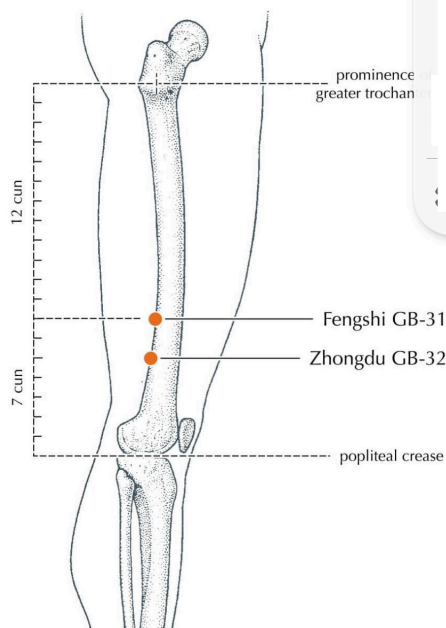
Part of the *Sciatica Formula*.

Gall Bladder 31

← GB-31 Fēngshì

GB-31 Fēngshì

Wind Market 風市



Chinese Name: Fengshi (English translation: Wind Market)

Location: On the midline of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease. When the patient is standing erect with the hands hanging down close to the sides, the point is where the tip of the middle finger touches.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Dispels Wind, activates the meridian, relieves itching, relieves pain.

Indications:

- Weakness, numbness and pain of the lower extremities, beriberi
- General pruritus
- Sudden deafness

Notes: GB 31 is an empirical point to treat itching.

Needling: Perpendicular oblique insertion 1.0 - 2.0 cun.

Practical Use: This point is part of the *Clear Skin Condition Formula* which is used reducing to clear excessive inflammatory skin conditions with itching, such as psoriasis, eczema or urticaria.

The *Clear Skin Condition Formula*:

Reduce SP 10, LE-34 (Bai Chong Wo), LI 11, BL 16, BL 17, GB 31.

This point is also part of the *Clear Wind Formula*:

Reduce: BL 10, GB 20, BL 11 CUP, BL 12 CUP, GV 14, GV 16, GB 31 and GB 14

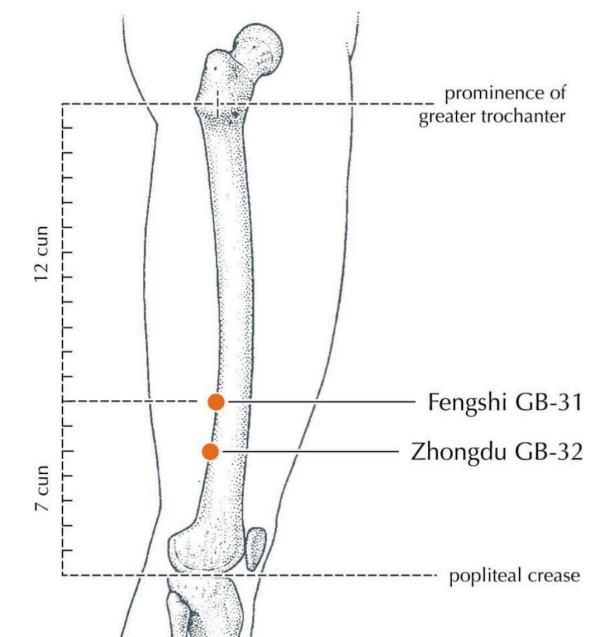
Local Use: Used reducing for pain, swelling and inflammation of the leg in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula*.

Gall Bladder 32

GB-32 Zhōngdú 中瀆

Middle Ditch 中瀆



Chinese Name: Zhongdu (English translation: Central River)

Location: On the lateral aspect of the thigh, 2 cun below GB 31, 5 cun above the transverse popliteal crease, between m. vastus lateralis and m. biceps femoris.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Dispers Wind, resolves Dampness, activates the meridian, relieves pain

Indications:

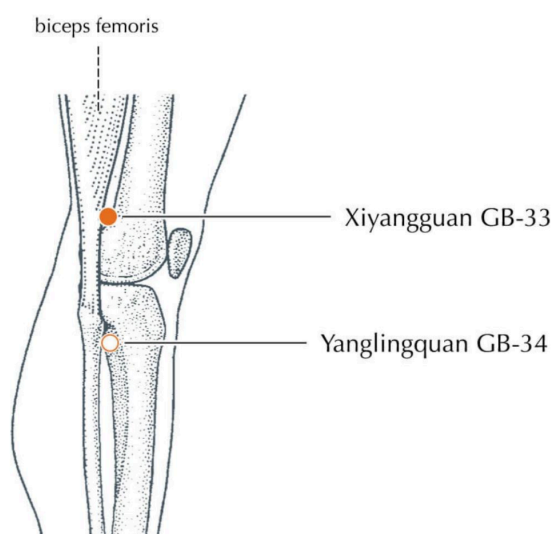
- Weakness, numbness and pain of the lower extremities, hemiplegia

Needling: Perpendicular insertion 1.0 - 2.0 cun.

GB-33 Xīyángguān

Knee Yang Gate 膝陽關
陽關

膝陽關



Chinese Name: Xiyangguan (English translation: Knee Yang Gate)

Location: On the lateral aspect of the thigh, 3 cun above GB 34, in the depression anterior to the lateral epicondyle of the femur.

Practical Use: Hemiplegia Numbness Leg Strength Lower Leg and Back Pain Sciatica IT Band

Functions: Disperses Wind-Dampness, activates the meridian, relieves pain.

Indications:

- Coldness and pain of the knee, spasm of the tendons in the popliteal fossa
- Numbness the lower leg

Needling: Perpendicular insertion 1.0 - 1.5 cun.

Local Use: Used reducing for pain, swelling and inflammation of the leg and knee in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula*.

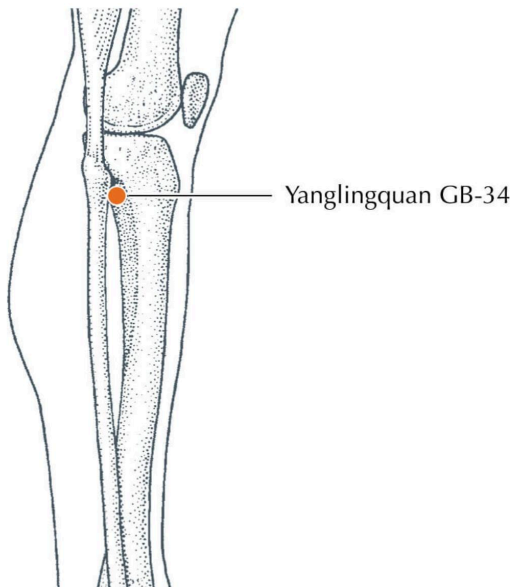
Gall Bladder 34

← GB-34 Yánglíngquán

*He-Sea and Earth point of the Gall
Bladder channel*

Hui-meeting point of Sinews

Ma Dan-yang Heavenly Star point



Chinese Name: Yanglingquan (English translation: Yang Hill Spring)

Location: On the lateral aspect of the lower leg, in the depression anterior and inferior to the head of the fibula.

Practical Use: Hemiplegia Leg Strength Sciatica Vomiting Jaundice Strengthen Sinew Tendon

Functions: Benefits the sinews and joints, activates the meridian, moves Liver Qi, harmonizes the Shaoyang, relieves pain.

Classification: He-Sea point of the Gall Bladder Meridian

Converging point of Sinews

Indications:

- Hemiplegia, pain of the shoulder, weakness, numbness and pain of the lower extremities, swelling and pain of the knee, beriberi
- Pain in the hypochondrium, bitter taste in the mouth, vomiting, jaundice
- Infantile convulsion

Notes: GB 34 is a very good point to move Liver Qi and to treat anything related to the sinews.

He-Sea points are where the qi of the meridian collects and goes deep into the body. He-sea points are known to indicated treat rebellious qi and diarrhea.

Needling: Perpendicular insertion 1.0 - 1.5 cun.

How to insert GB 34: We insert the needle one inch posterior and inferior to the designated location and so the needle tip reaches the point internally.

Local Use: Used reducing for pain, swelling and inflammation of the knee and leg in cases of traumatic injury, sports injury or arthritis.

Part of the *Sciatica Formula* and part of the *Knee Formula*.

Attention: Influential distant point for tendons.

Practical Use: This is the control point of the tendons. Therefore, if a patient has a tendon problem (tight tendons, tendonitis, cramping, contraction, stiffness or spasms of the tendons) anywhere in their body, we use this point reducing.

This point is also used to reduce any pain, swelling and inflammation, congestion or stagnation in the MBC relating to the liver and gall bladder.

Clears liver and gall bladder damp-heat. So, we reduce this point in cases of food poisoning, abdominal bloating, inflammation, abdominal spasm and cramping.

LE-6 (Dan Nang Xue) (Extra Point just below GB 34)

Length: One and a half inch

Depth: One inch

Location: One inch or two inches below GB 34, on the right leg only (because the gall bladder is on the right side of the body).

LE-6 is at the most tender spot.

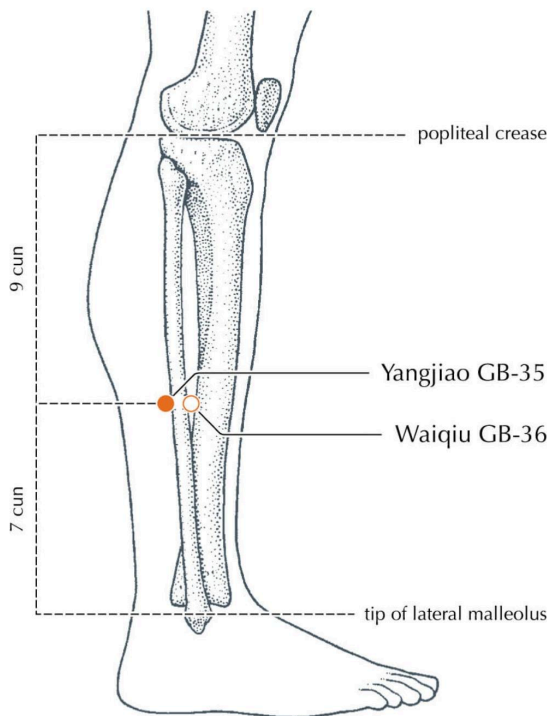
Attention: Influential distant point for gall bladder stones.

Practical Use: This is an extra point used with strong reducing manipulation to break down gall bladder stones (cholelithiasis) and reduce gall bladder inflammation (cholecystitis).

Gall Bladder 35

← GB-35 Yángliāo

Xi-Cleft point of the Yang Linking vessel



Chinese Name: Yangjiao (English translation: Yang Crossing)

Location: On the lateral aspect of the lower leg, 7 cun above the tip of the external malleolus, on the posterior border of the fibula.

Practical Use: Hypochondrium Ache Leg Strength Numbness Vomiting

Functions: Activates the meridian, relaxes the sinews, relieves pain.

Classification: Xi-Cleft point of the Yang Wei Vessel

Indications:

- Distention and fullness of the chest and hypochondrium
- Weakness, numbness and pain of the lower extremities

Notes: A Xi-Cleft point is the site where the Qi of the meridian is deeply converged. Qi and blood are stored deeply at these particular points. If there appear abnormal reactions at X-Cleft points, it shows that the pathogens have entered the deeper parts of Zang-Fu organs. Thus, they are used for acute, painful symptoms, inflammation,

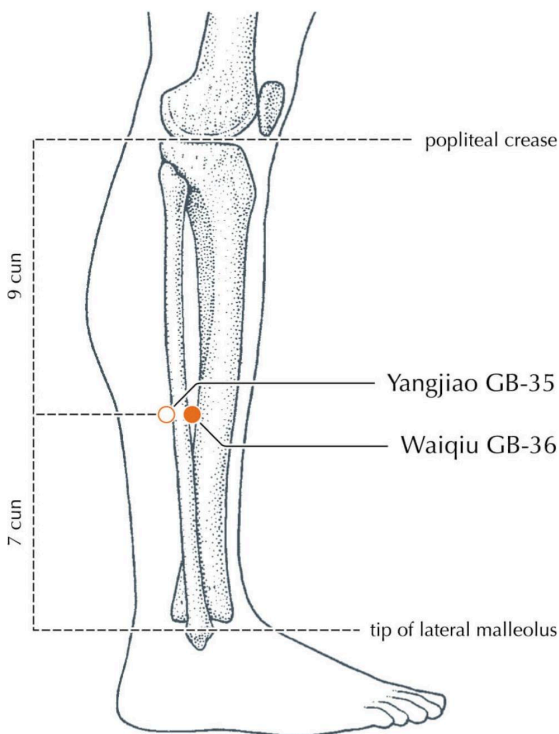
protracted diseases of its pertaining meridian and Zang-Fun organ. Also, Xi-Cleft points of the Yin meridians have hemostatic functions.

Needling: Perpendicular insertion 1.0 - 1.5 cun.

Gall Bladder 36

← GB-36 Wàiqiū

Xi-Cleft point of the Gall Bladder channel



Chinese Name: Waiqiu (English translation: Outer Hill)

Location: On the lateral aspect of the lower leg, 7 cun above the tip of the external malleolus, on the anterior border of the fibula, at the level of GB 35.

Practical Use: Hypochondrium Ache Leg Strength Numbness Pain

Functions: Activates the meridian, relaxes the sinews, relieves pain.

Classification: Xi-Cleft point of the Gall Bladder Meridian

Indications:

- Distention and pain of the chest and hypochondrium, neck pain
- Weakness, numbness and pain of the lower extremities

Notes: A Xi-Cleft point is the site where the Qi of the meridian is deeply converged. Qi and blood are stored deeply at these particular points. If there appear abnormal reactions at X-Cleft points, it shows that the pathogens have entered the deeper parts of Zang-Fu organs. Thus, they are used for acute, painful symptoms, inflammation, protracted diseases of its pertaining meridian and Zang-Fun organ. Also, Xi-Cleft points of the Yin meridians have hemostatic functions.

Needling: Perpendicular insertion 1.0 - 1.5 cun.

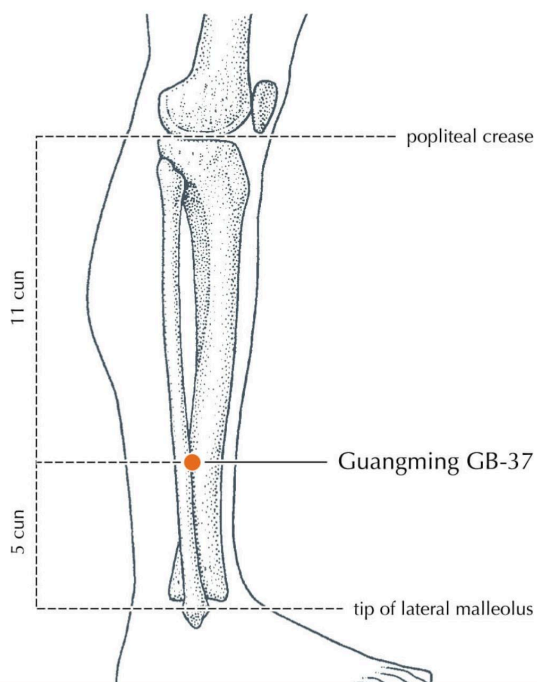
Gall Bladder 37

← GB-37 Guāngmíng

Bright Light 光明



*Luo-Connecting point of the
Gall Bladder channel*



n

Chinese Name: Guangming (English translation: Bright Light)

Location: On the lateral aspect of the lower leg, 5 cun above the tip of the external malleolus, on the anterior border of the fibula.

Practical Use: Eye Blurring Irritation and Pain Leg Strength Numbness Breast Distention

Functions: Benefits the eyes, dispels Wind, activates the meridian, relieves pain.

Classification: Luo-Connecting point of the Gall Bladder Meridian

Indications:

- Eye pain, night blindness, blurring of vision
- Weakness, numbness and pain of the lower extremities
- Distention and pain of the breast

Notes: Luo-Connecting points of one meridian can communicate with two meridians. They treat diseases of the collaterals and can be used to treat chronic diseases, especially chronic diseases of the Zang-Fu organs. Clinically, Luo-Connecting points are often combined with Yuan-Source points in the treatment of diseases.

Needling: Oblique insertion 1.0 - 1.5 cun.

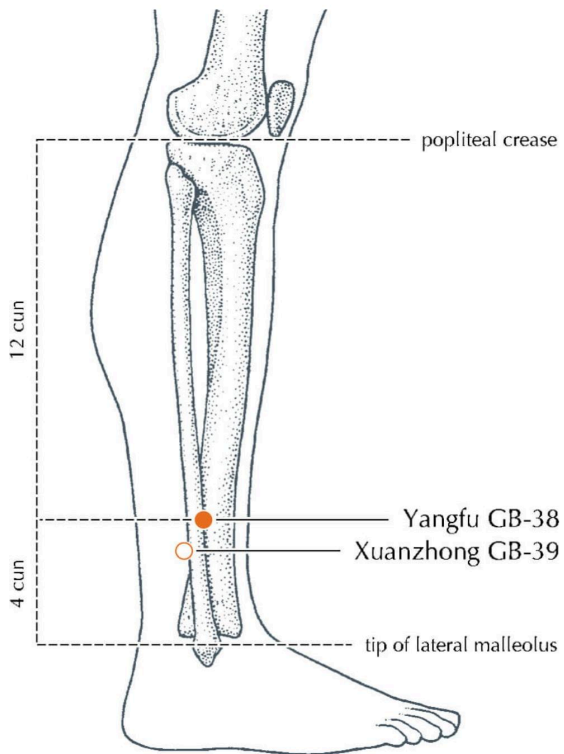
Attention: Influential distant point for **eyes**.

Practical Use: Used reducing for pain, swelling and inflammation of the eyes and for any eye problem. The name of this point translates as 'bright light'. We can clear excessive pathogens (eg. wind, heat) so that the eyes can see clearly and shine brightly again.

Gall Bladder 38

← GB-38 Yángfǔ

Jing-River and Fire point of the Gall Bladder channel



Chinese Name: Yangfu (English translation: Yang Aid)

Location: On the lateral aspect of the lower leg, 4 cun above the tip of the external malleolus, slightly anterior to the anterior border of the fibula.

Practical Use: Migraine Eye Pain Leg Strength Numbness Rib Ache Axillary Glands

Functions: Activates the meridian, harmonizes the Shaoyang, benefits the sinews and bones, clears Heat, relieves pain.

Classification: Jing-River point of the Gall Bladder Meridian

Indications:

- Migraine, pain of the outer canthus
- Swelling and pain in the axillary region
- Distention and pain in the chest and hypochondrium
- Weakness, numbness and pain of the lower extremities

Needling: Oblique insertion 1.0 - 1.5 cun.

Attention: Influential distant point for migraine and headaches.

Practical Use: Used reducing for migraine and headaches.

Gall Bladder 39

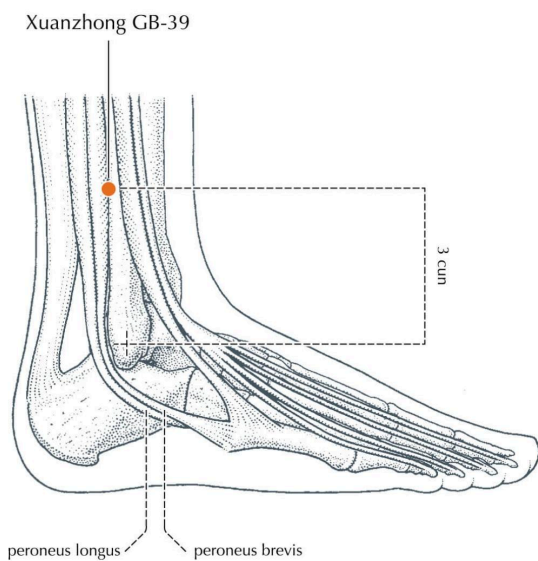
← GB-39 Xuánzhōng

GB-39 Xuánzhōng

Suspended Bell 懸鐘

懸鐘

Hui-Meeting point for Marrow



Chinese Name: Xuanzhong (English translation: Suspended Bell)

Location: On the lateral aspect of the lower leg, 3 cun above the tip of the external malleolus, on the anterior border of the fibula.

Practical Use: Neck Pain Rigidity Leg Strength Numbness Rib Ache Axillary Ribs Oedema

Functions: Strengthens the sinews and bones, nourishes marrow, activates the meridian, dispels Wind-Dampness, relieves neck pain, relieves pain.

Classification: Converging point of Marrow

Indications:

- Hemiplegia, rigidity and pain of the neck
- Pain in the hypochondrium, beriberi
- Weakness, numbness and pain of the lower extremities

Needling: Oblique insertion into space between peroneal nerve and the fibula spine ridge 1.0 - 1.5 cun.

Local Use: Used reducing for pain, swelling and inflammation of the leg as part of the *Sciatica Formula*.

Practical Use: Used reducing for neck pain combined with GB 20, BL 10, SI 3 and BL 62. Also used reducing to support GB 38 for headaches and migraine.

Used reinforcing to strengthen legs in old age weak patients.

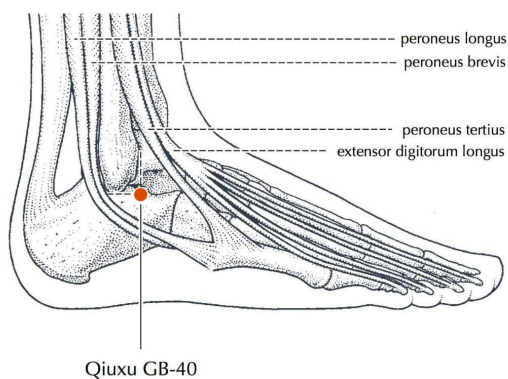
Used reinforcing if the patient has severe deterioration of the composition of the bones in the whole body such as osteoporosis. In this case, we also reinforce BL 11 and the *Kidney Formula*.

Gall Bladder 40

← GB-40 Qiūxū

GB-40 Qiūxū 丘墟
Mound of Ruins 丘墟
墟

Yuan-Source point of the Gall Bladder channel



Chinese Name: Qiuxu (English translation: Hill Ruins)

Location: On the foot, anterior and inferior to the external malleolus, in the depression on the lateral side of the tendon of *m. extensor digitorum longus*.

Practical Use: Ankle Pain Sprain Eases Liver QI and Stasis

Functions: Moves Liver Qi, activates the meridian, benefits the joints, relieves pain.

Classification: Yuan-Source of the Gall Bladder Meridian

Indications:

- Distention and pain in the chest and hypochondrium
- Weakness, numbness and pain of the lower extremities, swelling and pain of the external malleolus
- Malaria

Notes: Clinically, **Yuan-Source** points are of great significance in treating diseases of the internal organs. Yuan-Source points are the sites where the Yuan (Primary) qi of the Zang-Fu organs passes and stays. Puncturing the Yuan-Source points stimulates the vital energy of the regular meridians, regulates the functional activities of the internal organs, reinforces antipathogenic factors and eliminates pathogenic factors. This method of treating diseases deals principally with the root causes. The Yuan (source) point from the affected meridian is often combined with the Luo (Connecting) point of the internally-externally related meridians in use.

Needling: Transverse oblique insertion under extensors digitorum and towards talofibular Joint space.5 - .8 cun.

Location: The Eyes of the Ankle, GB 40 is lateral and SP 5 is medial.

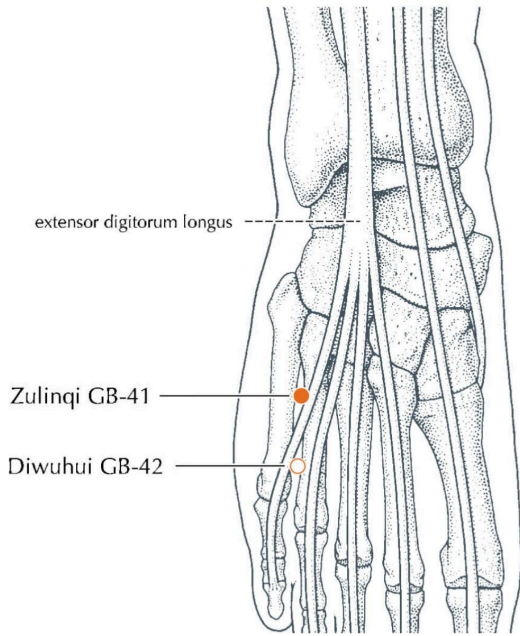
Local Use: Used reducing for pain, swelling and inflammation of the ankle. Part of the *Ankle Formula*.

Practical Use: Used reducing (combined with LIV 3 reducing) to smooth the flow of blood and chi through the liver, gall bladder and whole body. This is used to clear blood stagnation relating to general health and traumatic injuries.
Clears liver and gall bladder damp-heat.

Gall Bladder 41

Shu-Stream and Wood point of the Gall Bladder channel

Confluent point of the Girdling vessel



Chinese Name: Zulingqi (English translation: Foot Falling Tears)

Location: On the lateral side of the dorsum of the foot, proximal to the 4th metatarsophalangeal joint, in the depression lateral to the tendon of m. extensor digiti minimi of the foot.

Practical Use: Fever Temperature Migraine Eye Local Pain/Swelling Sprain Breast and Glands

Functions: Moves Liver Qi, benefits the eyes, regulates the Dai Mai vessel, benefits the breasts, foot pain.

Classification: Shu-Stream point of the Gall Bladder Meridian

Master Point of the Dai Mai Vessel (couple with **SJ 5**)

Indications:

- Migraine, redness and pain of the eye, pain in the hypochondrium, spasm and pain of the foot and toe
- Mastitis, breast distention, irregular menstruation
- Scrofula, malaria

Notes: Shu-Stream points are where the qi starts to pour down the meridian. They are known to alleviate heaviness and pain in the joints. On Yin Meridians, Shu-Stream points are identical to the actions of Yuan-Source points.

Needling: Perpendicular oblique insertion into the small space between the 4th and 5th metatarsal bones lateral to the minimi tendon .5 to 1 cun.

How to insert GB 41: We lift the tendon out of the way and insert the needle under the tendon and over the bone.

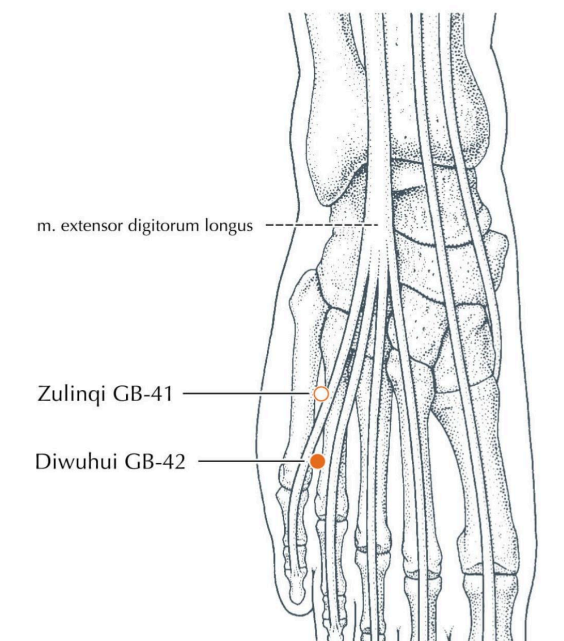
Practical Use: This is one of the Trigram Paired Points. We use GB 41 reducing (combined with TW 5 reducing) to clear heat and temperature from the whole body.

Gall Bladder 42

← GB-42 Dìwǔhùi

Earth Five Meetings
地五會

五
會



Chinese Name: Diwuhui (English translation: Earth Fivefold Convergence)

Location: On the lateral side of the dorsum of the foot, proximal to the 4th metatarsophalangeal joint, between the 4th and 5th metatarsal bones, on the medial side of the tendon of m. extensor digiti minimi of the foot.

Practical Use: Local Pain/Swelling Sprain Breast and Ribs

Functions: Moves Liver Qi, clears Gall Bladder Heat.

Indications:

- Mastitis, breast distention
- Headache, eye pain, tinnitus, deafness
- Pain in the hypochondrium, swelling and pain of the dorsum of foot

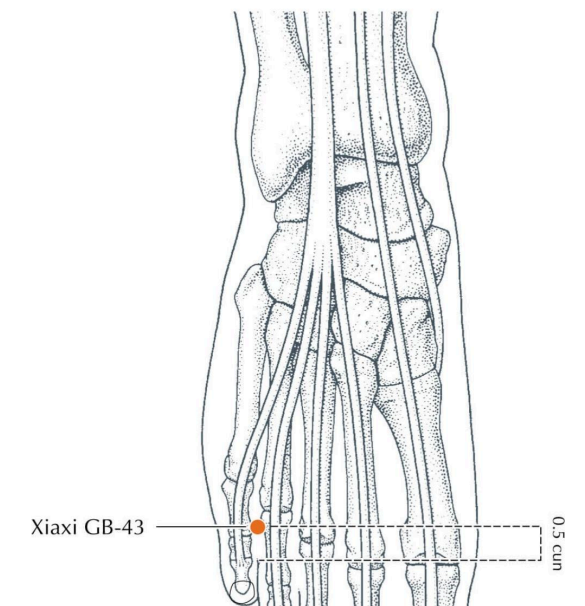
Needling: Perpendicular oblique insertion medial to the minimi tendon .3 - .5 cun.

Gall Bladder 43

← GB-43 Xiáxī

Clamped Stream 俠溪
谿

*Ying-Spring and Water point of the
Gall Bladder channel*



Chinese Name: Xiáxī (English translation: Clamped Stream)

Location: On the lateral side of the dorsum of the foot, proximal to the margin of the web between the 4th and 5th toes, at the junction of the red and white skin.

Practical Use: Fever Temperature Local Pain/Swelling Sprain Breast and Ribs Tinnitus

Functions: Clears Heat, resolves Gall Bladder Damp-Heat, benefits the eyes, ears and head, subdues Liver Yang.

Classification: Ying-Spring point on the Gall Bladder Meridian

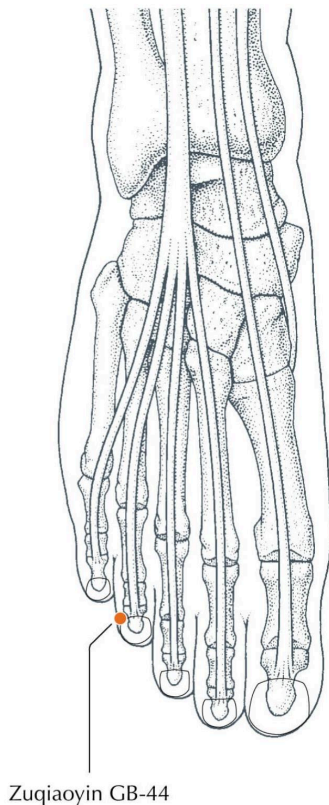
Indications:

- Headache, dizziness, redness, swelling and pain of the eye
- Tinnitus, deafness
- Mastitis, pain in the hypochondrium
- Febrile disease

Notes: **Ying-Spring** points are where the qi dribbles down the meridian. Ying-Spring points are indicated for heat in the body and changes in the complexion. Ying-Spring points are known to clear heat from the meridian.

Needling: Perpendicular oblique insertion .3 - .5 cun.

Gall Bladder 44



Chinese Name: Zuqiaoyin (English translation: Foot Portal Yin)

Location: On the foot, on the lateral side of the end of the 4th toe, .1 cun (finger cun) from the corner of the nail.

Practical Use: Migraine Eyes Deafness Local Pain/Swelling Hemiplegia Heat Tinnitus

Functions: Clears Heat, subdues Liver Yang, calms the Shen, benefits the eyes.

Classification: Jing-Well point on the Gall Bladder Meridian

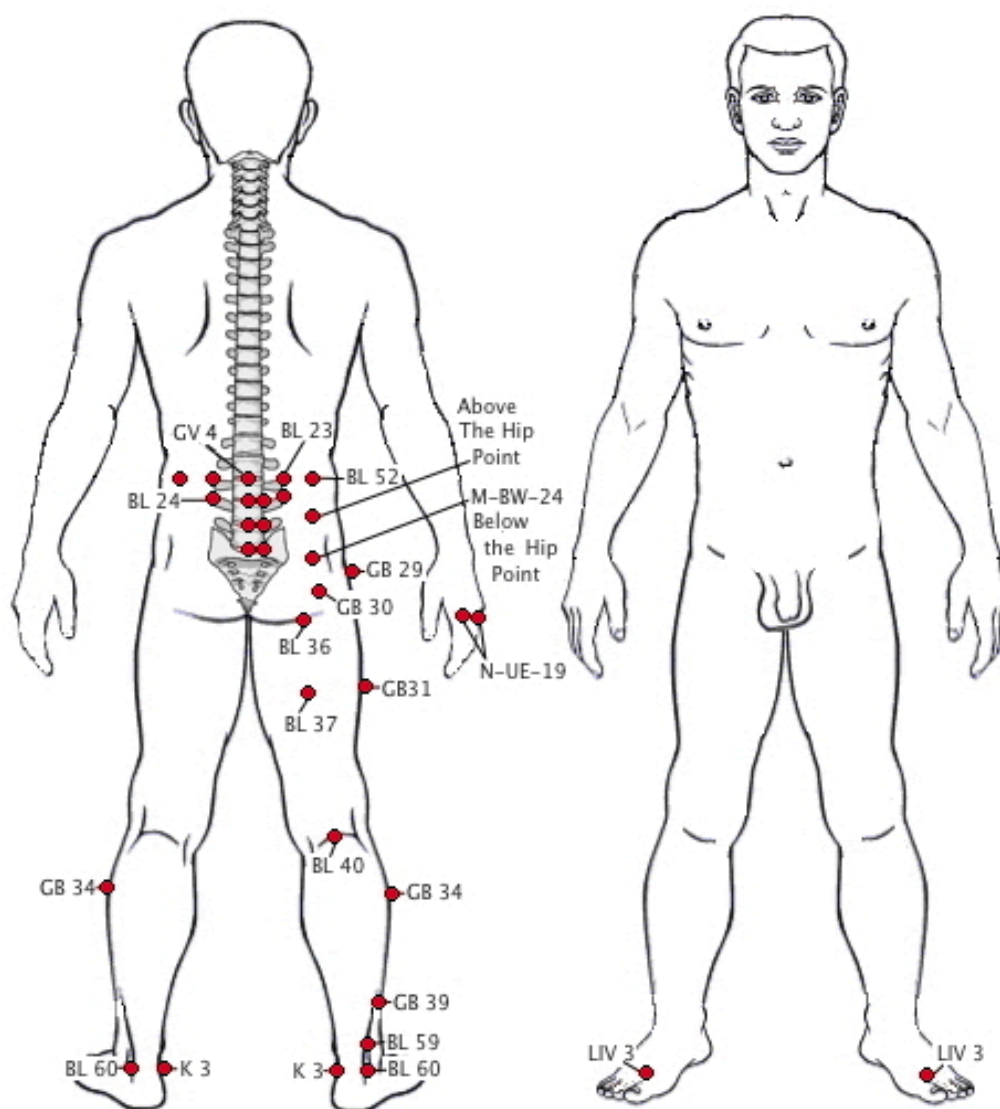
Indications:

- Migraine, redness and pain of the eye, pain in the hypochondrium
- Tinnitus, deafness
- Hemiplegia

Notes: **Jing-Well** points are where the qi bubbles up. Jing-Well points are indicated to revive consciousness. Jing-Well points are known to treat fullness below the Heart and clear Heat.

Needling: Perpendicular oblique insertion .1 - .3 cun.

The Lower Back Pain / Sciatica / Lumbago Formula



The *Sciatica Formula* incorporates the *Kidney Formula* because the kidneys control the bones and in particular the lumbar vertebrae and lower back. BL 40 is acupunctured QP, with a reducing manipulation before the whole treatment begins, to clear the BL meridian and the lower back. The above example is for a patient who has sciatica going down the right leg. For this reason, the GV points below lumbar vertebrae 3, 4, and 5 are acupunctured as well as the HT points on the right side in the reducing direction. This will inhibit the nerve hyperactivity and reduce any soft tissue inflammation or bone swelling pressing on the root of the nerve. If the pain goes down the back of the leg, we follow the pathway of the BL meridian reducing the points highlighted in the diagram, if down the side of the leg we reduce the GB points. If the right leg is shorter than the left, we pull it and also do reinforcing of the HT points on the left side to straighten the hips. This formula includes general health points that are acupunctured on both sides of the body. GB 34 reduced to relax the tight tendons and LIV 3 to reduce inflammation. The needles can be manually manipulated then the acupuncture autoscope machine can be used, then direct moxa on the needles or infra-red lamp, then the needles are removed and cups applied, then herbal ointment is massaged in the reducing direction and misplaced vertebrae can be repositioned.

Gall Bladder



Gall Bladder Syndromes

(1st year meridian/TCM homework: Learn the months meridians, syndrome and herbs and do and redo the relevant online test quizzes until 90% is achieved as well and the normal homework re cut paste research on each month herbal topic)

Gallbladder Functions:

The Gallbladder's job of storing and emptying the bile is dependent on the Liver ensuring the smooth flow of Qi (bile secretion).

The Gallbladder is easily affected by dampness because in damp heat conditions the heat affects the liver (paired with gallbladder in wood element) and the dampness of the spleen (connects with wood through its element earth in the Ko 5 element controlling cycle).

Excessive consumption of greasy and fatty foods leads to the formation of Dampness which can interrupt the Gallbladder's normal function.

Anger, frustration and bottled-up resentment can cause stagnation of Liver Qi which, in turn, can produce Heat which affects the Gallbladder's bile secretory activity, this gives rise to irritability, bitter taste, thirst, headaches due to the gallbladder's functional imbalance with the liver. Gallstones can be seen as a Gallbladder/Liver Qi stagnation.

Phlegm disturbing the Gallbladder

Dizziness, vertigo, bitter taste, upward eructation of bile, nausea, vomiting, irritability, insomnia, fright, fullness of the chest, sighing, slippery and sticky tongue coating, taut pulse.

The Gall Bladder channel travels up to the head and eyes, so dizziness and vertigo are caused by pathogenic Phlegm disturbing the Brain along the course of the Gall Bladder channel.

Internal Phlegm disturbances lead to irritability due Gallbladder/Liver Qi stagnation, and results in fullness of the chest and sighing.

Damp-Heat in the Gallbladder

Clinical Manifestations:

Hypochondriac pain and distention: (Dampness in the GB interferes with the smooth flow of LV Qi which stagnates and causes hypochondriac pain and distention, usually starts in front and radiates Liver and Gallbladder Shu Points around to B18 or 19 on the back).

Nausea/Vomiting/Inability to digest fats: (Liver/Gallbladder Qi (wood) invading the spleen/stomach (earth) results in Yellow complexion from bile reabsorption (jaundice) and Scanty, dark yellow urine

Fever/Thirst without desire to drink (the thirst is heat, without the desire is dampness), Bitter taste: (Liver Heat). Tongue: Thick-sticky yellow coating, Pulse: Slippery and taut.

Pathology

Spleen Qi Deficiency leading to the formation of Dampness which obstructs the GB, and damp always obstructs the flow of Qi.

Etiology/Pathology

Emotional problems: long-standing anger causing stagnation of LV Qi and implosion of stagnant Qi into fire.

Excessive consumption of greasy and fatty foods leads to formation of Dampness which combines with the Heat.

Exogenous Damp-Heat in tropical or subtropical regions. Treatment Principle: Resolve damp, clear heat in the Gallbladder, smooth the flow of Liver.

Gall Badder Herbs

Zhi Zi	Clear liver and gall heat and promotes bile and gallbladder contraction
Yu Jin	Eases liver qi stagnation and promotes gall contraction
Ji Nei Jin	Promotes digestion reduces gallstone and promote bile secretion
Yan Hu Suo	Eases middle body pain and stagnation
Jin Qian cao	Breaks up and helps flush gall and kidney stones

Gall Bladder Herb Formulas

Herbs	Actions
Yan Hu Suo, Yu Jin, Chai Hu	To clear chi stagnation in the gall bladder.

Huang Qin, Chai Hu, Lian
Qiao, Xia Ku Cao, Bai Shao
Yao

To clear heat from the gall bladder.



**Headache
Migraine**



**Yeast
Infection**



**Menstruation
Issues**



**Red
Swollen
Eye**



Vertigo



**Rib
Pain**



**Mastitis
Breast Distention**



**Excess
Lacrimation**



**High Blood
Pressure**



**Self
doubt**



Decision Making



**Shoulder
Tension**



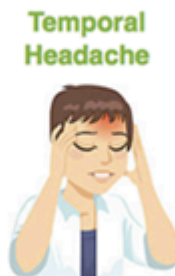
**Bladder
Infection**



Joint pain



**Ear
Infection**



**Temporal
Headache**



**Nausea
Vomiting**