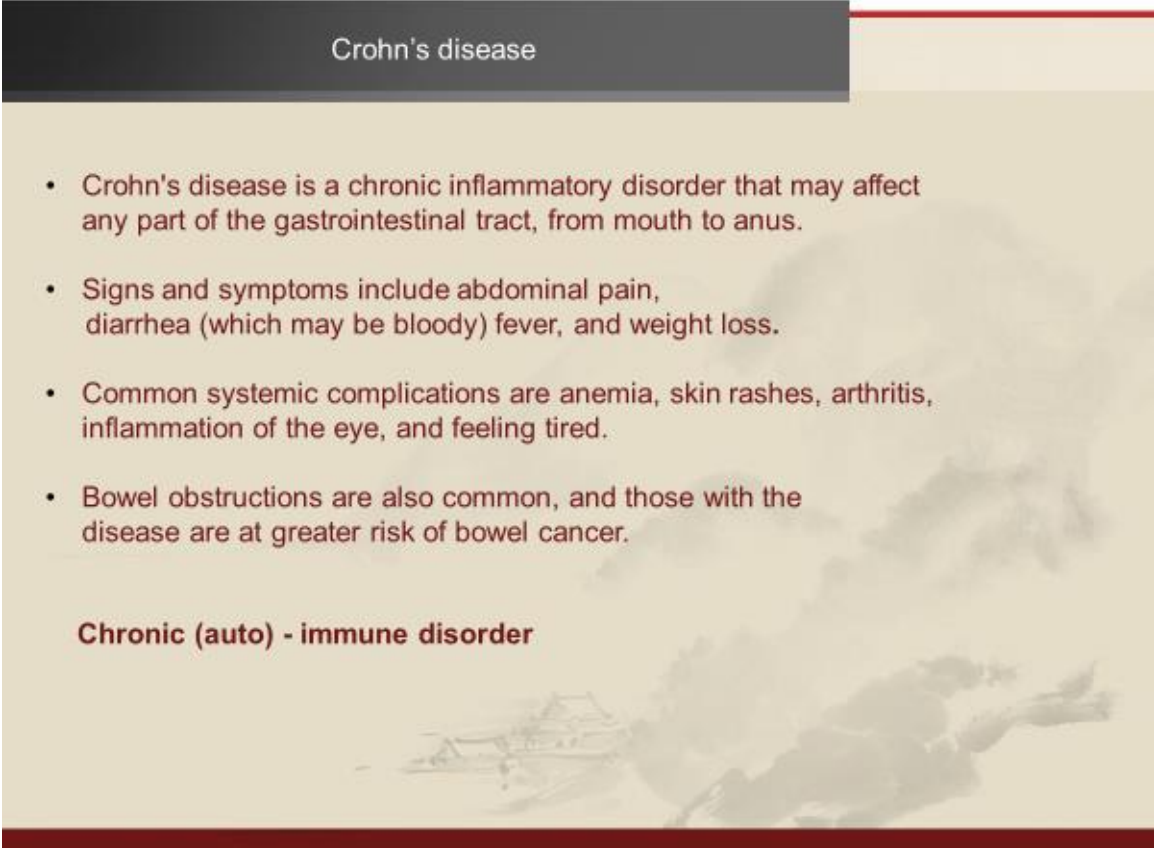


'Gut Feelings'

The extraordinary channels in the treatment of Crohn's disease

Rani Ayal Dipl. Ac.
I.A.T.C.M.

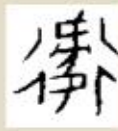


Crohn's disease

- Crohn's disease is a chronic inflammatory disorder that may affect any part of the gastrointestinal tract, from mouth to anus.
- Signs and symptoms include abdominal pain, diarrhea (which may be bloody) fever, and weight loss.
- Common systemic complications are anemia, skin rashes, arthritis, inflammation of the eye, and feeling tired.
- Bowel obstructions are also common, and those with the disease are at greater risk of bowel cancer.

Chronic (auto) - immune disorder

衛氣 Wei Qi



衛 Wei

行 *xing* - to walk; a constant circulation
a soldier in leather armour



氣 Qi – vapour rising from boiling grains

Constant circulation of protective energy

Moves between the interior and exterior of the body

Constant process of learning to differentiate between self and non-self

Multi- layered system:

Sinew - Connecting - Divergent - Extraordinary channels

Overview of Ba Mai

Conduits of *Yuan Qi*

Govern the creation of form and the process of life

Enable the fulfilment of personal destiny – *Ming*

'Contain' chronic pathological processes

Given trajectories, but very general descriptions

Their points represent the meetings of the different channels with the *Yuan Qi*
(excluding activation points)

They are everywhere and affect everything

Overview of Ba Mai

"The great *Chong mai*" is the manifestation of life, originating from the endless *Yuan Qi*

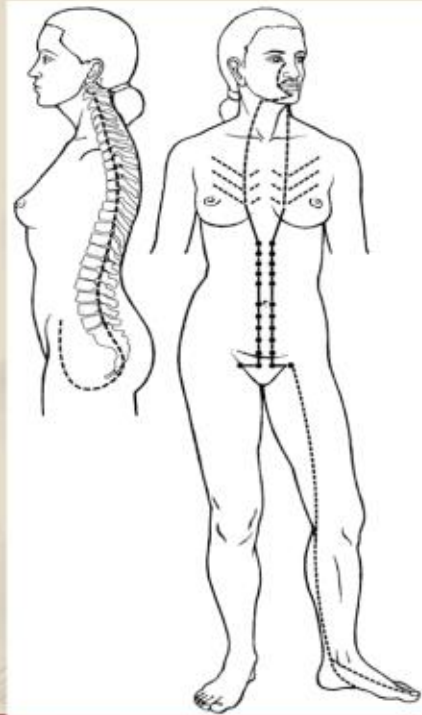


Creative force

重 *chong* – A man, nourished by Heaven and Earth; a great accumulation of energy.

行 *xing* – To walk; a constant circulation

***Chong* – a constant surge of life energy (*Yuan Qi*)**
Sea of Blood; mother of all channels and all *Qi*



Overview of Ba Mai

***Ren mai* is the 'Sea of Yin'; it supports life through breathing, metabolism and fertility.**

Creates form and structure in life
(physical and emotional)



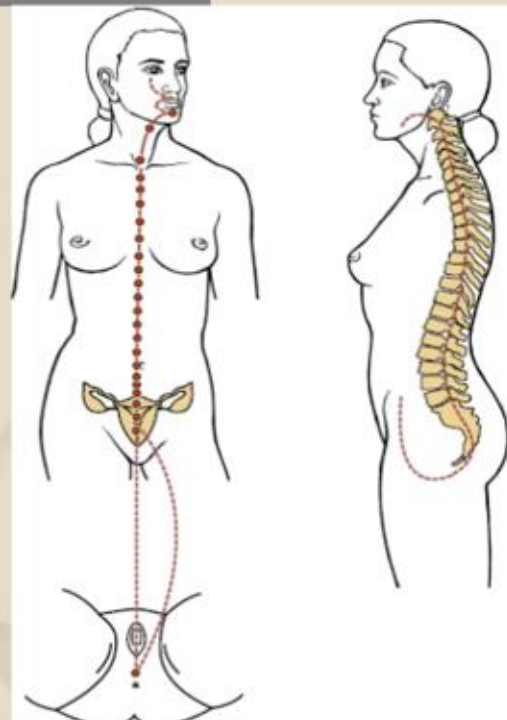
Fulfilling basic needs
Survival

任 *Ren* – consists of two parts:

亻 *Ren* – man (humanity)

壬 *Jen* - carrying a heavy load

***Ren* - 'to bear', 'to rely on'**



Overview of Ba Mai

Du mai is the 'Sea of Yang'

Overseeing 'correct conduct' in life

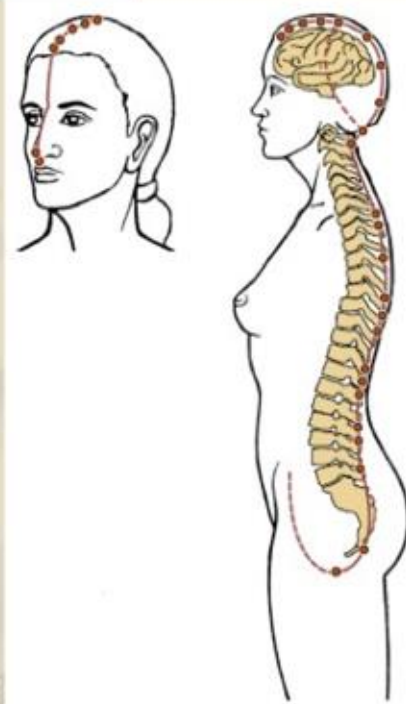


Governing; Empowering

督 *Du* - consists of two parts:

叔 *Shu* - an uncle (symbol of authority)

目 *Mu* - an eye



Overview of Ba Mai

Dai mai holds everything in its proper place



帶 - a girdle, holding together a robe

- Creates three dimensional form
- Enables free flow and communication between the organs
- Enables prioritizing of choices and tasks
- Synergy



Overview of Ba Mai

First four channels are related to Heaven, originating from one source.

The basic framework of creation.

Yin/Yang Qiao and *Yin/Yang Wei* channels are related to Earth:

Beginning in the legs and rising to the brain.

The answer of Man back to Heaven

Control how we live out our lives: our choices, our actions, and the consequences of our actions (autoimmune diseases)



Overview of Ba Mai

Yin and *Yang Qiao* begin at the center of the heel and end at BI 1, crossing at the eyes and entering the brain

Govern the rhythm and flow of *Yang Qi* (warmth, movement), and *Yin Qi* (substances and fluids) - upwards and downwards, interior and exterior

They are about standing erect and 'standing up' to life

Manifesting ourselves in the 'here and now'

Create our perception of time and enable correct timing



Overview of Ba Mai

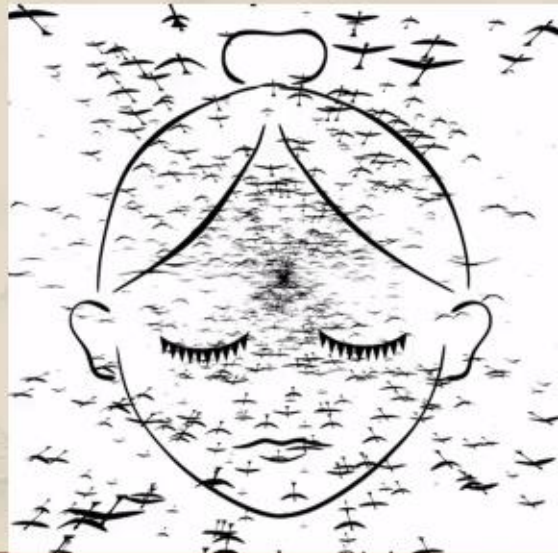
Cross at the eyes and enter the brain

Perception of reality

Yin Qiao enables inner reflection and
'coming to terms' with yourself

Yang Qiao creates proper interaction
with others

How we express ourselves to others



Overview of Ba Mai

Yin/Yang Wei govern the assimilation of changes throughout our lives
(7/8 year cycles)

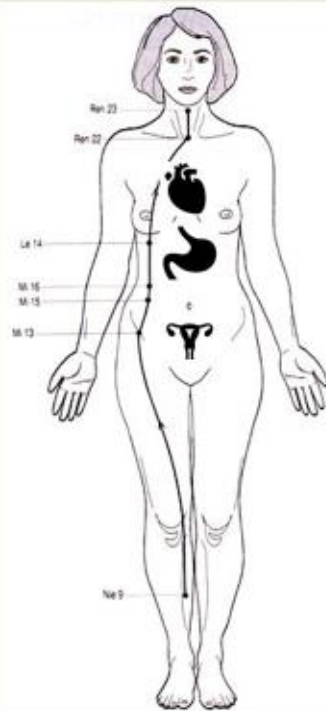
Li Shizhen described them as the 'Great Principle':
the main rope, holding the net of life together.

Yin Wei:
development through life experiences

Yang Wei:
understanding your place in the world



Overview of Ba Mai



Yin Wei mai* fills the internal spaces of the three *Jiao

Three basic aspects of human fulfillment:

Heart – Awareness/ *Shen*

Stomach – Physical strength/ *Qi*

Uterus – Procreation/ *Jing*

Enables proper development of self

Assimilation of past experiences shaping who we are today

Overview of Ba Mai

***Yang Wei mai* harmonizes our interaction with the outside world**

Prepares us for what will come and enables us to make plans for the future (freedom of choice)

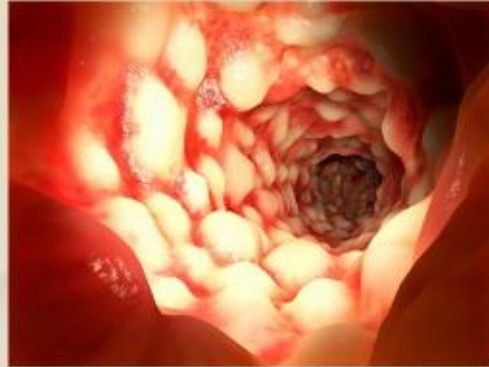
Finding your place in the world

Spiritual and Emotional maturation



Treating Crohn's disease

- Specific points of the extraordinary channels
- 'Activation' points
- Combinations



Yin Wei Mai – Sp-13 Residence of the Bowels



府 *Fu*

a structure (广), where transactions (付) take place

'Fu' organs – transformation and free flow of substances



舍 *She*

joining of rammed earthen walls and thatch – a residence
a secure place, for resting and regaining strength



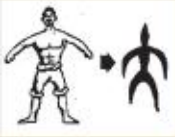
Feeling "at home" within yourself

Allowing experiences to come and go freely

Freedom from sentimental attachments and psycho-somatic disturbances:

IBS, Crohn's, Colitis, 'emotional' constipation

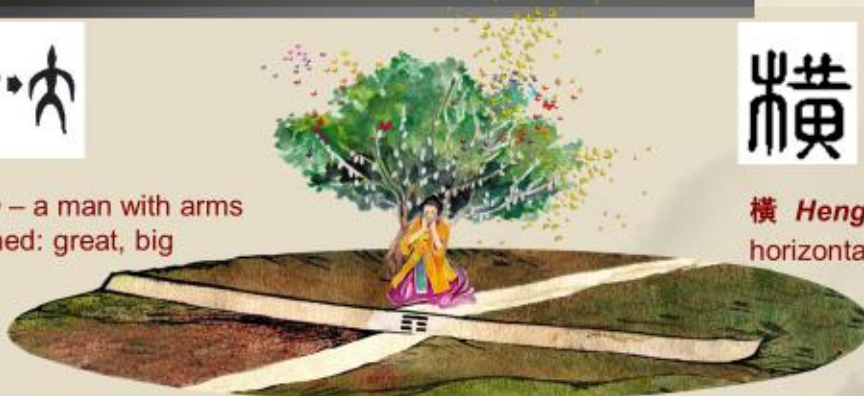
Yin Wei Mai – Sp-15 Great Horizontal



大 Da – a man with arms stretched: great, big



横 Heng – crosswise, horizontal



The horizontal axis of the body created at conception around *Ming Men*

The crossing point between the lower and the upper part of the body

Spiritual and emotional development from childhood to adulthood, from non-awareness to awareness

Emotional security and self-acceptance

Emotional 'growing point': eating disorders, digestive disorders, obsessions

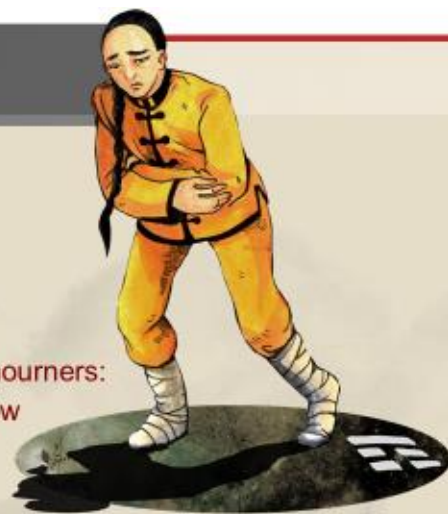
Yin Wei Mai – Sp-16 Abdominal Sorrow



腹 Fu – the organ that is like a central market place: the abdomen



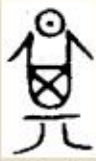
哀 Ai – a mouth and the clothes of mourners: the howling of mourners – grief, sorrow



Being stuck in time and unable to move forwards - for people who never feel satisfied or loved (IBS)

Development of self acceptance- to love oneself and be able to love others

Yin Wei Mai – Liv-14 Gate of Cycles



期 **Qi** – a sieve, placed on a support, to filter the rays of the moon: a period of time



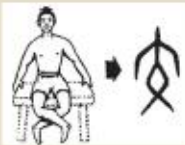
門 **Men** – a two leaved door: a gate



The last point of *Yin Wei mai* before connecting with the Heart and *Zong Qi*

- Reflects one's awareness of who one is and what one has achieved up to this point in life – 'Gate of Hope'; enables Completion.
- Autoimmune disease related to challenges in life

Yin Qiao Mai – Kid-8 Joining of Faith



交 **Jiao** – man who crosses his legs; to join, exchange



信 **Xin** – a man and words he utters; faith, confidence, sincerity, trust



Reuniting with your true self

Connecting with your root and having self-respect

Xi-Cleft point: stagnations of *Qi*, Blood and fluids in the Lower *Jiao*

Pain during sex and urination, lower back pains, uterine fibroids, ovarian cysts, menstrual pain, chronic prostatitis, testicular pain and swelling, UTI

Yang Qiao Mai – BL-1 Clear Eyes/ Clear Essences



an eye, and the growth of plants over an alchemist's cauldron; the essential energy of the eye



brightness of sun and illumination of moon: bright, clear and intelligent



Meeting point of *Du*, *Ren* and *Chong mai* with the *Qiao mai*

Main point for affecting immune and hormonal imbalance

Activation Points

Zhen Jiu Da Cheng (1601)

Give direction:

SI 3 - *Shu*/Stream point; Wood/ tonification for *Yang* of Fire

Gb 41 - *Shu*/Stream point; Wood on Wood;

supporting free and easy movement

Lu 7 - Promotes breathing and metabolism; Lu – St –Kid

Sp 4 - Power of movement and pushing off the ground

SJ 5 - Guardian of *Yang*; exterior

Pc 6 - Guardian of *Yin*; interior

Ki 6 - *Yin Qiao*

Best known combinations

Du mai + Yang Qiao mai

Movement of *Yang*; spreading of Heavenly knowledge

Ren mai + Yin Qiao mai

Movement of *Yin*/ fluids; Heavenly nourishment

Chong mai + Yin Wei mai

Internal equilibrium - development and change

Blood issues

Dai mai + Yang Wei mai

External equilibrium - choices and actions; interaction with outside world

Qi issues

Treatment Protocols

Yang Qiao + Bl 1 > Du

Activates pituitary (ACTH) – cortisol production decreases immune response

Yin Wei + Sp 13-16 > Chong

IBS; Colitis; Crohn's

Yin Wei + Liv 14 > Chong

Acute flare-up of auto immune disease; hyper-sensitivity; anxiety

Ren + Ren 9 + Bl 1 (R) > Yin Qiao

Steroidal symptoms - water control; electrolyte imbalance