

Using Flow Line Massage to Determine the Relevant Acupressure Points

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Abstract: Flow Line Massage is one of several techniques we have used in Biokinesiology in our multi-faceted, wholistic approach to restoring balance to the body. A specific application of flow line massage provides us with a fast way to determine which of several acupressure points is most useful to balance the body. To illustrate this, we'll consider acupressure points to (i) reduce cigarette withdrawal symptoms, (ii) balance the eight extra meridians, (iii) determine whether toxicity is priority, and (iv) help balance local problems.

Introduction

One of John Barton's first books, *Flow Lines to Health*, published in 1977 (now titled *Take Care of Yourselves Naturally* - ref. 2), described how any kinetic tissue in the body, muscle, tendon, ligament, fascia, or aponeurosis, can be switched on by massaging firmly along the tissue from its origins to its insertion. Massage of foot and hand reflexes, for example, is toward toes and fingers.

It was also discovered that kinetic tissues and acupressure points can be switched on temporarily by use of light pressure. The light brushing is in the origin-insertion direction on the head, torso, and toward the fingers and toes on the palm and bottom of the foot.

However, all brushing of skin on the top of the foot and back of the hand, plus the skin on the arms and legs, is toward the shoulders and hips respectively. Light brushing in this direction switches on the tissue, dorsal hand or foot reflex, or acupressure point temporarily. Tapping the same reflex or brushing lightly in the opposite direction recreates the imbalance or restores it to its previous condition.

Applications

There are unlimited applications for this procedure. Four will be described here to get your creative juices flowing.

A) Acupressure Points for Reduction of Cigarette Withdrawal Symptoms.

Many of the withdrawal symptoms people may experience when they quit smoking cigarettes can be eliminated or prevented by stimulating acupressure points related to the liver and other digestive organs. There are nine points that work very effectively (ref. 3). However, usually only two or three are needed for each individual. Using flow line massage allows us to determine what those points are.

1. (a) For the client experiencing withdrawal symptoms, test indicator muscle for central and governing and the twelve regular meridians and challenge the neuro-lymphatic points or use the priority mode to determine which one is priority over the others.

(b) If the client is still smoking and is not currently experiencing withdrawal symptoms, you can have the person imagine they have been without a cigarette for 24 hours to artificially create the "withdrawal" pattern of imbalances. Determine priority indicator muscle.

2. Test the priority indicator muscle, IM (it should be weak). Lightly brush over one of the acupressure points listed in Table 1 in a direction consistent with the arrows in Figure 1 (i.e. up the arm or leg, up the center of the body).

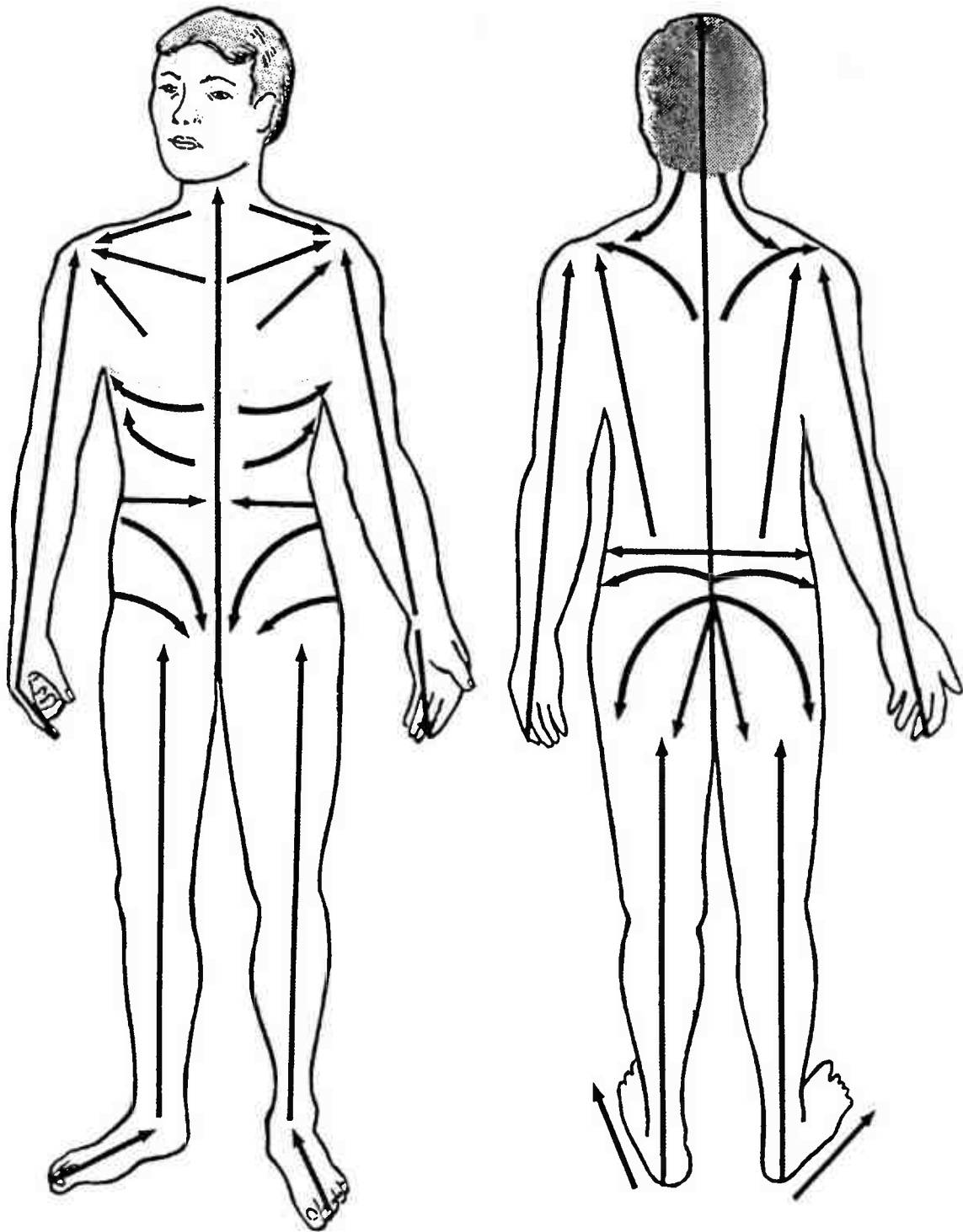


Figure 1: Light Flow Lines
(From Take Care of Yourselves Naturally by the Biokinesiology Institute, permission of John Barton)

Table 1: Acupressure Points for Prevention of Withdrawal Symptoms

- CV 15: On the midline of the body, immediately below the bottom of the breastbone (sternum).
- CV 17: In the center of the breastbone (sternum), in line with the nipples (must be compensated for in the case of an adult female).
- CV 22: On the midline, in the depression above the suprasternal notch.
- CX 6: The width of two thumbs above the most prominent crease on the inner wrist, in line with the middle finger.
- LIV 2: The width of two thumbs above the separation between the biggest and second toes, top side of the foot.
- LU 5: In the crease of the inner elbow, on the radial side of the biceps brachii tendon. Flex elbows slightly to locate the points.
- LU 7: Above the styloid process of the radius one and one-half thumb widths above the transverse crease of the wrist. Or, when the index fingers and thumbs of both hands are crossed, the point is in the depression right under the tip of the index finger.
- SP 6: The width of one hand above the crown of the inner ankle bone, just behind the bone (tibia) on the front of the leg.
- ST 36: The width of one hand below the bottom of the kneecap; then the width of one thumb toward the outside of the leg.

3. Retest the priority IM.

(a) IM is strong. This acupressure point can be used to help prevent withdrawal symptoms. Brush over the acupressure point in the opposite direction to restore the IM to its original condition. Go to 4.

(b) IM is weak. This acupressure point will probably not be useful in helping to eliminate or prevent withdrawal symptoms. Go to 4.

4. Repeat step 2 with each of the other eight acupressure points until you have determined which of the nine acupressure points will be most useful for your client.

B) Acupressure Points to Balance the Eight Extra Meridians.

1. Each of the eight extra meridians (irregular vessels) has its own specific nature and symptomatology, and acupuncturists can work with them independently as the client's picture requires.

2. They can be used in coupled pairs, paired as in biokinesiology: central and

governing; vital and belt; mobility yin and mobility yang; regulating yin and regulating yang. These meridians are yin/yang pairings in the same way that there are yin/yang pairings of the twelve regular meridians within the five elements.

3. Traditionally, acupuncturists have coupled the eight extra meridians on a different basis, either both yang or both yin, thus utilizing the individual "flavors" of each meridian in combination to produce a third, totally different one (ref. 8).

The coupled meridians with their Key Points (Master Points) are:

Belt/Regulating Yang	GB 41/TW5
Governing/Mobility Yang	SI 3/UB 62
Vital/Regulating Yin	SP 4/CX 6
Central/Mobility Yin	LU 7/K 6

When an extra meridian is out of yin/yang balance, acupuncturists have a number of different options:

- (a) They can stimulate the **Key Point** to empty excess energy from the meridian.

Table 2: Key Points (Master Points) for the Eight Extra Meridians

<u>Key Point</u>	<u>Location of Acupressure Point</u>
CX 6:	(Regulating Yin) The width of two thumbs above the most prominent crease on the inner wrist, in line with the middle finger.
GB 41:	(Belt) In the depression anterior to the junction of the 4th and 5th metatarsal bones.
K 6:	(or 3) (Mobility Yin) In the depression one thumb width below the inferior border of the medial malleolus. (This is K3 on Felix Mann's chart.)
LU 7:	(Central) Above the styloid process of the radius, one and one-half thumb widths above the transverse crease of the wrist. Or, when the index fingers and thumbs of both hands are crossed, the point is in the depression right under the tip of the index finger.
SI 3:	(Governing) Located at the end of the transverse crease, on the border of the palm below the little finger.
SP 4:	(Vital) On the medial aspect of the foot, in a depression at the anterior and inferior border of 1st metatarsal bone, at the junction of the "red and white" skin.
TW 5:	(Regulating Yang) Two thumb widths above the transverse crease of the back of the wrist between the radius and the ulna.
UB 62:	(Mobility Yang) Directly below the tip of the outer ankle bone, and half a thumb width lateral to its lower border.

(b) If unsuccessful, they can use the **coupled point**.

(c) If still unsuccessful, they can use the key point of the **central/governing meridian** whichever is opposite (yin/yang quality) of the original unbalanced meridian.

(d) They can also stimulate the **beginning and end points of the extra meridian**.

With the flow line massage technique we have an ideal means of determining whether any of these options would benefit us in our quest to balance our IM/meridian.

Method:

1. Test IM for the specific extra meridian (weak).
2. "Switch on" **Key Point** for that meridian by light brushing in the flow line direction.
 - (a) IM strong, stimulate point then check more mode (ref. 6) to see if (i) point

needs further massage, (ii) you've finished, or (iii) you need to go to 3.

(b) IM weak, tap point to restore it to its previous condition then go to 3.

3. "Switch on" the **coupled point**.

(a) IM strong, stimulate point then check more mode to see if (i) point needs further massage, (ii) you've finished, or (iii) you need to go to 4.

(b) IM weak, tap point to restore it to its previous condition then go to 4.

4. "Switch on" **Key Point for central meridian** if you are working with a yang meridian or switched on **Key Point for the governing meridian** if you are working with a yin meridian.

(a) IM strong, stimulate point then check more mode to see if (i) point needs further massage, (ii) you've finished, or (iii) you need to go to 5.

(b) IM weak, tap point to restore it to its previous condition then go to 5.

5. Switch on **beginning or end points** for the extra meridian.

(a) IM strong, stimulate point(s) then check more mode to see if (i) point(s) needs further massage, (ii) you've finished, or (iii) you need to pursue other correction procedures such as neuro-lymphatic points, neuro-vascular holding points, nutrition or emotions.

(b) IM weak, tap point to restore it to its previous condition. Pursue other possible correction procedures.

C) Is Imbalance Related to Toxicity?

In Biokinesiology we have long used a quick screening test to determine whether the imbalance we are working with is due to toxicity or not. This method is a simple application of the flow line massage principle.

At first we used GV 25 for this purpose. More recently, John Barton of the Biokinesiology Institute has found GB 14 to be even more effective.

1. Test weak muscle, or an IM while localizing a "weakness."
2. Brush up lightly on the tip of the nose to switch on GV 25. Or, brush down over GB 14 (one thumb width above the midpoint of the eyebrow, below the frontal eminences). If either of these acupressure points switch on the IM, we can assume there is toxicity involved and you might want to look for nutrition that will antidote the toxicity.

Acupressure Points for Miscellaneous Problems

A number of books describe various acupressure points which may be useful for a series of named conditions such as nosebleeds, car sickness, hiccough (hiccups), heat rash, restlessness, nightmares, and light headedness (eg. refs. 3, 4, and 5).

Generally, several acupressure points are listed and the reader is asked to "begin *deeply*

probing the area on your body that most closely corresponds to the illustration *until you feel a distinct twinge of sensitivity*. That is the exact pressure point...If the point does not announce itself clearly, you may need to apply more pressure; some points are not easily found. Finding the "best" point is a trial and error process; however, that point is often distinctly more pressure-sensitive than other recommended points." (ref. 3, pg. 5)

While this method does work, if the "problem" can be localized, such as bursitis, headaches, sore throat, sprains, and various other aches and pains, the flow line massage method gives us a faster way of determining which points are relevant to us.

Method

1. Test a strong IM.
2. Circuit localize (C.L.) the "problem" area. If it weakens, go to 3.
3. Switch on one of the acupressure points:
 - (a) IM is strong, you've located a relevant acupressure point. Tap point to restore it to its previous condition before going to 4.
 - (b) IM is weak, this acupressure point is not useful to help the problem area. Tap the point then go to 4.
4. Repeat step 3 with each of the other acupressure points that are possibilities.

Contraindications

This is a reminder not to use acupressure if you are pregnant (especially beyond the third month of pregnancy), have a chronic heart condition (especially if you wear an artificial energy-regulating device such as a pacemaker), or take regular medication for a serious health problem such as cancer or diabetes. Don't use acupressure within four hours of taking drugs, medications, alcohol or other intoxicants. Don't massage an acupressure point if it is beneath a scar, mole, wart, blemish or other disfigurement.

Table 3: Key Points and Coupled Points for the Eight Extra Meridians

Meridian	Key Point	Coupled Point	Biokinesiology Pairing, i.e. Relationship I	Traditional Pairing, i.e. Relation II
Central	Lu 7	K6 (K3* =Mann)	F	F/O
Governing	SI 3	UB 62	H	H/D
Vital	Sp 4	CX 6	N	N/T
Belt	GB 41	TW 5	C	C/I
Mobility Yin	K6 (or 3)	Lu 7	O	F/O
Mobility Yang	UB 62	Sm 3	D	H/D
Regulating Yin	CX 6	Sp 4	T	N/T
Regulating Yang	TW 5	GB 41	I	C/I

*K6 in other charts is shown as K3 on Felix Mann's chart (i.e. in the depression one thumb directly below the inferior border of the medial malleolus).

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