

What is Five Element and Five Element Constitutional Medicine?

Most acupuncturists use the TCM Eight Principles construct to diagnose and treat their patients. However, there are many situations where the necessary medical history is insufficient to make an Eight Principles pattern diagnosis. Under these conditions, the Five Element construct is a workable alternative method. In this lecture, we will compare the central concepts of Five Element, Five Element Constitutional Medicine and Traditional Chinese Medicine Eight Principles.

Learning Objectives:

1. Understand the concepts of Five Element Theory.
2. Understand the concepts of Five Element Constitutional Medicine.
3. Compare and contrast Five Element Theory and TCM.

Five Element Needling Techniques, Part 1

Historically, Five Element acupuncturists applied specific needling protocols using sixty points, Command Points, exclusively. Modern-day Five Element and Five Element Constitutional acupuncturists continue to use these Command points, less so the historical needling protocols. Our discussion will begin with a review of the Command Points and their physiological significance. We will continue with a discussion of the classic needling protocols and modern-day adaptations.

Learning Objectives

1. Understand the Command Points and their physiological significance.
2. Review the classic Five Element needling techniques.
3. Discuss modern-day Five Element needling techniques.

Five Element Needling Techniques, Part 2

Historically, Five Element acupuncturists applied specific needling protocols using sixty points, Command Points, exclusively. Modern-day Five Element and Five Element Constitutional acupuncturists continue to use these Command points, less so the historical needling protocols. Our discussion will begin with a review of the Command Points and their physiological significance. We will continue with a discussion of the classic needling protocols and modern-day adaptations.

Learning Objectives

1. Understand the Command Points and their physiological significance.
2. Review the classic Five Element needling techniques.
3. Discuss modern-day Five Element needling techniques.

Application of Five Element Needling Techniques, Classic and Modern: Case Examples

Using case examples, we will apply Five Element needling techniques, using both classic and modern-day approaches. We will also compare and contrast the Five Element point prescriptions to TCM Eight Principles point prescriptions.

Learning Objectives:

1. Demonstrate the use of classic and modern-day Five Element techniques.
2. Compare and contrast the Five Element and Eight Principle TCM point prescriptions.