

The Needle

Regular clinical insights from amanualofacupuncture.com

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Jing

Partner Content: New content coming soon in the *Jing Self-Care* app/website and special offer

Summary: The *Jing* app and website provide practitioners with an expertly curated library of Chinese medicine self-care resources, allowing you to easily assign individualized "at home" plans for your patients between treatments. **New feature coming very soon** - offer your patients free access to [The Art of Nourishing Life: An Introduction to Traditional Self-Care](#). This will allow them to dip their toes into self-care, and they can follow-up by requesting a personalised programme from the practitioner.

Special offer for *The Needle* readers: Sign up below for a free trial using the code 'yangsheng' for a **huge 30% off the first year** of an annual subscription (usual price \$65 USD or local equivalent). Offer ends Sunday May 3rd and applies to new customers only.

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Tongue Colour Tones Correlate with Liver Histology in Morbidly Obese Patients (Journal of Traditional Chinese Medicine)

Summary: This clinicopathological study investigated the relationship between traditional Chinese medicine tongue colour tones and liver histology in morbidly obese patients with metabolic dysfunction-associated steatohepatitis. Researchers found that red, green, and blue colour values, particularly on the tongue's edges and coating, significantly correlated with the severity of hepatic steatosis and lobular inflammation. These findings validate traditional tongue inspection as a promising, non-invasive diagnostic tool for assessing liver disease severity in clinical practice.

Traditional Context from *A Manual of Acupuncture*: The tongue is a critical diagnostic microsystem in traditional medicine. "[Using the analogy of a plant](#), the zangfu may be perceived as the roots of the channels, the channels themselves as the stems, and the different body tissues, and especially the sense organs, as the flowers. Thus the Heart, for example, is said to 'flower' into the tongue."

Clinical Application: When treating metabolic disorders or obesity, consider the colour tones on the edges and coating of the patient's tongue to gauge the extent of underlying liver inflammation and to monitor progress.

[Read the full piece](#)

Evidence Map for Dry Eye Disease Treatments (Frontiers in Medicine)

Summary: This systematic review mapped the evidence from 319 randomized controlled trials investigating the use of acupuncture and moxibustion for dry eye disease. Although these therapies show distinct advantages in symptom relief, the review highlights that current clinical trials generally suffer from low methodological quality and a lack of standardized traditional syndrome differentiation.

Traditional Context from *A Manual of Acupuncture*: "the Liver 'opens into the eyes' and deficiency of Liver blood or yin, or blazing up of Liver fire or Liver yang may all give rise to eye disorders. [Taichong LIV-3](#) is the primary point on the Liver channel to regulate these disharmonies of the Liver zang, whilst [Guangming GB-37](#) (Bright Light) is an important point to benefit the eyes."

Clinical Application: Since liver-kidney yin deficiency was identified as the most common syndrome in dry eye studies, consider the above points as well as others that address these syndromes.

[Read the full piece](#)

Clinical Pearl from *A Manual of Acupuncture*

When treating toxic heat skin conditions, consider incorporating [Lingtai DU-10](#). While practitioners often default to well-known clearing points for

dermatological issues, *A Manual of Acupuncture* highlights [Lingtai DU-10](#) for specific, stubborn localized lesions. The text states, "[Lingtai DU-10](#) is an empirical point in the treatment of furuncle and red-thread furuncle (lymphangitis) as well as for clove sores (small, hard, deep-rooted, clove-shaped purulent lesions), and is used for this purpose in modern clinical practice". This makes it a useful empirical addition to your point prescriptions when treating stubborn focal skin conditions in the clinic.

Acupuncture's Impact on Ischemic Stroke and Hypertension (Frontiers in Neurology)

Summary: This multicenter randomized controlled trial evaluated adjunctive acupuncture for ischemic stroke patients with hypertension, finding it did not significantly reduce one-year stroke recurrence compared to a control group. However, because the control group also received basic "Xingnao Kaiqiao" acupuncture and comprehensive medical management, the overall recurrence rate was unusually low, potentially masking the adjunctive therapy's long-term benefits. Importantly, the adjunctive acupuncture group still showed significant clinical improvements in circadian blood pressure rhythm, carotid blood flow, and quality of life.

Traditional Context from *A Manual of Acupuncture*: The trial heavily utilized [Renying ST-9](#), a point located over the carotid artery, to modulate blood pressure. [Renying ST-9](#) is indicated for rebellion of qi "which arises when the qi in the lower regions is disordered and chaotic, may manifest in various ways. In the head it gives rise to headache, dizziness and redness of the face".

Clinical Application: Consider incorporating [Renying ST-9](#) into treatments for hypertensive stroke patients to help restore normal circadian blood pressure rhythms and improve vascular function. Furthermore, emphasize to patients that while acupuncture may not be a standalone preventative for stroke recurrence, it may significantly enhance their daily quality of life and recovery.

[Read the full piece](#)

Portrait of the Practitioner through a Spreadsheet (Journal of Chinese Medicine)

Summary: Acupuncturist David Mayor consolidated almost 40 years of meticulous patient notes into a single spreadsheet upon his retirement, documenting why patients sought treatment, their metaphorical descriptions of illness, and reasons for cessation. This qualitative clinical data provides a

unique historical record of a mature practice and highlights the profound importance of the therapeutic relationship alongside the treatment itself.

Clinical Application: Tracking your own clinical outcomes, even through simple subjective observations or patient metaphors, can reveal long-term trends in your practice and validate the effectiveness of your unique therapeutic presence. Start capturing qualitative data alongside standard intake forms to deepen your insight into why patients stay and why they leave.

[Read the full piece](#)

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Which point am I?

I am a Window of Heaven point, yet I am located on the arm rather than the neck. I am called upon during instances of sudden internal rebellion when the "Liver and Lung struggle against each other, blood overflows from the mouth and nose". In addition to my respiratory indications, I am indicated for strange spirit and emotional disorders, including disorientation, absent-mindedness, weeping, and "floating corpse ghost-talk, melancholy crying ghost talk". Which point am I?

[Click to see the answer](#)



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