

General Points

Main Points: Ht 7, UB15, UB44, Du16, Du20

Spleen Issues: Sp5, St40, UB 20, Ren 12

Liver Issues: Liv2, Liv14, UB18

Kidney Issues: Kid3, Kid7 UB23

Phlegm: Ht5, St40, GB 34, P5, SiFeng

Irritability: Liv 8, Lu 10

Frustration: LI 4, Liv 3, Liv 14

Fear & Panic: Kid 2, 7

Anxiety: Ht 3, 7, Sp 1

Anger: Liv 2

Specific Points

Crossover issues (use points on the
midline)

- (1) Ren 12, Du 12, Ren 6, etc
etc

Phlegm Misting the Mind

- (2) Sp 5/St 40, GB 34, Du 15,
20, GB 13

Lingering Pathogen

- (3) GB 37, 40, SJ 5, UB 43, GB
20

Food Accumulation

- (4) St 36, 37, 39; Heat LI4, LI 11,
St 44

Scalp points

- i) St 8, GB 13, Speech Area #2,
Head (Sensory, Motor)

Face Points

- ii) Tongue Dexterity
(1) LI20, Ren 24, Du 26, St
4, St 5, Shang Lian
Quan, Du 15

Ear Points

- iii) Shenmen, Sympathetic, Brain,
Point Zero

Typical Treatment

Legs:

Sp 5, St 40

Liv 3, GB 34

Kid 6, UB 62

Arms:

Ht 7, Smlnt 3

Pc 5, SJ 5

Lu 9, LI 4

Abdomen : St 25, Liv 13, Ren 6, Ren 12

Scalp Points: Speech #2, St 8, GB 13, Du 15,
16, 20, SiShenCong

Neck Points: GB 20, AnMian, Du 14

Back Points: UB 15, UB 20, UB 23, Du 4

Herbs

1. Autism Base

- a. shi chang pu
- b. huo xiang
- c. yuan zhi
- d. tian zhu huang
- e. hu po
- f. long chi
- g. yu jin
- h. ban xia (or chen pi)
- i. fu ling (or fu shen)

2. Modifications

- a. Heat: huang lian
- b. Deficient: ren shen huang qi, bai zhu
- c. Irritability: bai shao, he shou wu, gou qi zi
- d. Anxiety: tian men dong
- e. Fear/Panic: xu duan, du zhong, he shou wu
- f. Anger: huang qin, chai hu
- g. Frustration: qing pi, xiang fu,
- h. + ginger, licorice, dates

Base: Shi Chang Pu, Yuan Zhi, Tian Zhu Huang, Qian Shi, Long Chi

Excess Type add:

- a. Huang Lian
- b. Rou Gui
- c. Suan Zao Ren
- d. Hu Po
- e. Dan Zhu Ye
- f. Yu Jin

Vacuity Type add:

- a. Bai Zhu
- b. Tian Nan Xing
- c. Bei Xie
- d. Xi Yang Shen
- e. Chuan Xiong

Resources

www.HealthyKidsAcupuncture.com

DavidAllenLAc@gmail.com

Spectacular Bond by Marion Blank, PhD et al

Disconnected Kids by Dr Robert Melillo