



I love ... Spleen 4

GONGSUN - GRANDFATHER GRANDSON,
PRINCE'S GRANDSON

Why do you love it?

Because it is so eminently useful in so many situations I come across. As the luo point it connects to the stomach channel, and is useful in transforming damp and phlegm. As the luo it has an effect on emotional disorders as well as being the opening point of the chong mai.

When would you choose it?

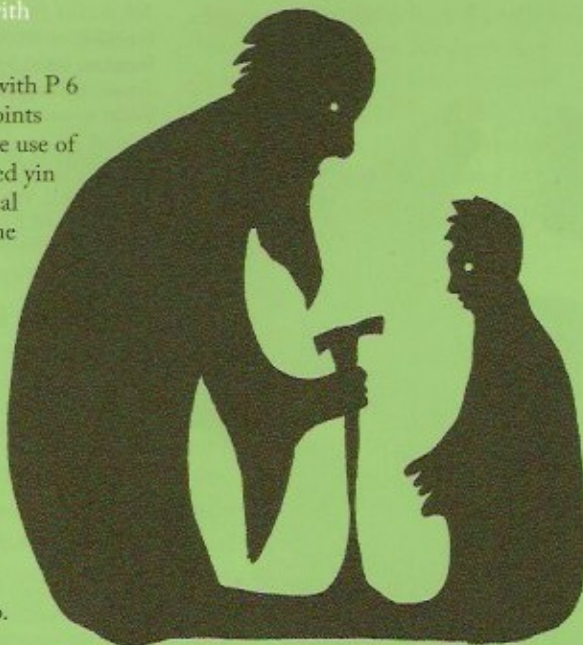
I usually use it for gynaecological problems including irregular, painful and heavy periods to regulate the chong mai, especially when there is also an element of dampness in the pattern, or the period impacts upon the digestion. I also consider it for worry and anxiety syndromes where sensations along the chong pathway are experienced.

How would you use it?

The needle technique used is usually even or tonifying but I don't tend to manipulate much as it is a sensitive area and the deqi obtained is very strong with minimal stimulation. I use fine gauge needles for this point.

Would you combine it with anything else?

I frequently combine it with P 6 neiguan and use these points bilaterally to combine the use of chong mai with the paired yin wei mai. In gynaecological situations I often combine it with Liv 3 or Liv 5, kidney channel and abdominal points depending on presentation. In anxiety cases I will often use Ren 14 with Du 20, Du 23 or Du 24. Another potent combination for emotional disorders of worry and grief is Sp 4 and Lu 7, the Taiyin Luo.



What happened one memorable time you used your favourite point?

I used it as part of a combination to treat a woman who had lost her menstrual cycle and was having severe hot flushes and night sweats since chemotherapy for breast cancer. The night sweats stopped after one treatment and the hot flushes reduced to a mild one every couple of days after the first treatment, her period returned after the second, although still with a very long cycle... Wow!

Duncan McGeachie trained at the University of Westminster in TCM acupuncture and has since studied acupuncture, moxibustion and tuina in China in 2004, completed a graduate diploma in therapeutic bodywork and has done numerous short courses. He practises in London.

Taste the spring

This has to be my number one all time favourite Daverick recipe. It's SO simple but it comes up fresh every time, and it makes my insides zing.

JOAN MAYNARD

Daverick's spring greens with lemon and gomasio

Ingredients

1 pound spring greens
6 tablespoons olive oil
6 tablespoons lemon juice
For gomasio – 20 parts sesame seeds to 1 part sea salt

Method

Gomasio: dry roast the ingredients in a skillet until the aromas are released then grind together a pestle and mortar or use a whizzer.

Roughly shred the spring greens and steam them until just tender.

Combine the olive oil and lemon. Serve the greens, pour on dressing and sprinkle liberally with gomasio.

The gomasio is a yin nourishing condiment whose action is directed by the salt towards the kidney.

Dark leafy greens are nourishing to the Blood and beneficial for the Liver.

Taken from Recipes For Self-Healing, Meridian Press, and reproduced here with the kind permission of Daverick Leggett.