

Master Tung Acupuncture

Master Tung Acupuncture Master Tung Acupuncture is a renowned traditional Chinese medical technique that has gained widespread recognition for its remarkable effectiveness in treating a variety of health conditions. Developed by Master Tung Ching Chang in the mid-20th century, this acupuncture system is distinguished by its unique approach, specialized points, and profound therapeutic outcomes. Unlike conventional acupuncture, which primarily focuses on meridian points along the body's surface, Master Tung Acupuncture emphasizes a set of extraordinary points and methods that aim to restore balance and harmony within the body swiftly and efficiently. Today, this technique continues to influence practitioners worldwide, offering a holistic and natural alternative for pain relief, chronic illnesses, and overall well-being.

Origins and History of Master Tung Acupuncture

Background of Master Tung Ching Chang

Master Tung Ching Chang was a highly skilled acupuncturist born in a small village in Hunan Province, China. From a young age, he was exposed to traditional Chinese medicine (TCM) through his family, who practiced herbal medicine and acupuncture. Recognized for his exceptional talent, Tung dedicated his life to exploring and expanding upon existing acupuncture theories, eventually developing his own system that combined classical principles with innovative techniques.

Development of the Technique

Master Tung's acupuncture system emerged from his extensive clinical experience and deep understanding of TCM theories such as Qi flow, yin-yang balance, and the Five Elements. His method emphasizes a set of specific points on the body, many of which are located on the extremities, and employs unique needling techniques. Tung's approach is characterized by its simplicity, rapid results, and minimal discomfort, making it particularly popular among practitioners and patients.

Spread and Recognition

After decades of practice, Master Tung's techniques were passed down through generations of practitioners, initially within his family and later through dedicated students. In the 1970s and 1980s, his methods gained international attention, especially in Hong Kong and Taiwan, leading to the establishment of clinics and training programs worldwide. Today, Master Tung Acupuncture is recognized as a distinct and highly effective system within the broader field of traditional Chinese medicine.

Core Principles of Master Tung Acupuncture

Unique Point Selection

One of the defining features of Master Tung Acupuncture is its unique set of acupuncture points, often different from those used in classical TCM. Many points are located on the fingers, toes, hands,

and feet, facilitating easy access and precise targeting of ailments. Focus on Extra Points Master Tung identified a series of "extra points" that are not part of the traditional meridian system but have powerful therapeutic effects. These points often correspond to specific organs or symptoms and are used extensively in treatment. Holistic and Symmetrical Approach The technique emphasizes treating the whole person rather than just isolated symptoms. It considers the balance of energy, organ functions, emotional states, and physical health, aligning with the holistic philosophy of TCM. Rapid and Long-Lasting Results Practitioners report that treatments using Master Tung Acupuncture often produce swift relief, sometimes after just one session. The method aims for durable results by addressing underlying imbalances. Key Techniques and Methods in Master Tung Acupuncture Needling Techniques Master Tung practitioners employ various needling methods, including shallow insertion, quick needle manipulation, and the use of specific angles to optimize therapeutic effects. The technique is generally gentle, minimizing patient discomfort. Point Selection and Treatment Protocols The treatment involves selecting points based on the patient's symptoms, body constitution, and Tong (Tung's system of diagnosis). Common protocols may include: Using specific points for pain relief Points to boost immunity Points for internal organ regulation 3 Symptom-specific point combinations Needle Placement and Retention In many cases, needles are retained for a certain duration, typically 15–30 minutes, depending on the condition. In some instances, practitioners may perform electro- acupuncture or moxibustion to enhance effects. Conditions Treated with Master Tung Acupuncture Pain Management One of the most common uses of Master Tung Acupuncture is in alleviating various types of pain, including: Headaches and migraines¹. Neck and shoulder pain². Back pain and sciatica³. Arthritis and joint pain⁴. Post-surgical pain⁵. Chronic Illnesses The technique can also be effective in managing long-term health issues such as: Digestive disorders (gas, bloating, constipation) Respiratory issues (asthma, allergies) Hormonal imbalances and menstrual problems Fatigue and general weakness Emotional and Mental Health Master Tung Acupuncture is used to help with stress, anxiety, depression, and insomnia by restoring energetic balance. Other Applications Additional conditions include skin problems, urinary issues, and even addiction recovery, showcasing the versatility of the system. Advantages of Master Tung Acupuncture High Efficacy: Many patients experience rapid relief, sometimes after a single session. 4 Minimal Discomfort: Gentle needling techniques reduce pain and discomfort during treatment. Accessible Points: The use of points on extremities makes it easy to locate and treat. Complementary Use: It can be combined with other TCM modalities like herbal medicine for enhanced results. Suitable for Various Patients: The system is effective for children, seniors, and

those sensitive to traditional acupuncture. Training and Certification in Master Tung Acupuncture Educational Programs Training programs are available worldwide, ranging from short courses to comprehensive certification courses. These often include: Theoretical foundations of Master Tung's system Hands-on needling practice Diagnosis and point selection Case studies and clinical practice Certification and Practice Upon completing training, practitioners can obtain certification, allowing them to incorporate Master Tung Acupuncture into their practice legally and ethically. Continuous education is encouraged to stay updated with advanced techniques. Integrating Master Tung Acupuncture into Holistic Healthcare Complementary Therapies Master Tung Acupuncture works well alongside other therapies like Chinese herbal medicine, tuina massage, and qigong, creating a comprehensive approach to health. Personalized Treatment Plans Practitioners tailor treatments according to individual needs, combining different points and techniques for optimal outcomes. Patient Education Educating patients about lifestyle, diet, and emotional health enhances the effectiveness of acupuncture treatments and promotes long-term wellness.

5 Conclusion: The Future of Master Tung Acupuncture Master Tung Acupuncture continues to be a vital and effective system within traditional Chinese medicine. Its unique point system, rapid results, and holistic approach make it a valuable tool for practitioners seeking natural healing modalities. As research advances and more clinical evidence accumulates, the popularity of Master Tung Acupuncture is likely to grow, offering patients worldwide a safe, efficient, and non-invasive alternative for improving health and vitality. Whether used alone or integrated into broader treatment plans, Master Tung's legacy endures as a testament to the profound healing power of traditional Chinese acupuncture.

QuestionAnswer What is Master Tung acupuncture and how does it differ from traditional Chinese acupuncture? Master Tung acupuncture is a specialized form of acupuncture developed by Master Tung Ching Chang, focusing on specific acupoints on the hands, feet, ears, and other body parts that are believed to produce immediate and effective healing. Unlike traditional Chinese acupuncture, which uses a broader system of points along meridians, Tung's method emphasizes unique points and techniques that often provide quicker pain relief and treatment outcomes. What are the main benefits of Master Tung acupuncture? Master Tung acupuncture is renowned for its rapid and effective pain relief, including for chronic pain conditions, migraines, and musculoskeletal issues. It is also used to treat internal disorders, improve circulation, and promote overall well-being with minimal discomfort and fewer needles compared to traditional methods. Is Master Tung acupuncture suitable for all types of health conditions? While Master Tung acupuncture is highly effective for many conditions, it is particularly beneficial for pain management and certain

chronic ailments. However, it is important to consult a qualified practitioner to determine if this method is appropriate for your specific health needs, especially for complex or serious conditions. How can I find a certified practitioner of Master Tung acupuncture? To find a certified Master Tung acupuncturist, look for practitioners with specialized training or certification in Tung's technique, often through reputable acupuncture schools or associations. You can also seek recommendations from holistic health centers or check online directories dedicated to licensed acupuncturists experienced in Tung's method. Are there any risks or side effects associated with Master Tung acupuncture? Master Tung acupuncture is generally considered safe when performed by a trained and licensed practitioner. Possible side effects are minimal but can include minor bruising, soreness, or slight bleeding at needle sites. Always disclose your health history to your practitioner to ensure safe and effective treatment.

6 What should I expect during a typical Master Tung acupuncture session? During a session, the practitioner will identify specific acupoints based on your condition and may insert fine needles into these points. Treatments are usually comfortable, and you might experience a sensation of heaviness, warmth, or tingling. Sessions typically last 30 to 60 minutes, and some patients notice immediate relief while others require multiple sessions for optimal results.

Master Tung Acupuncture: A Comprehensive Guide to the Ancient Chinese Healing Art In the realm of traditional Chinese medicine, Master Tung Acupuncture stands out as a profound and uniquely effective healing modality. Rooted in the teachings of Master Tung Ching Chang, this system combines ancient wisdom with practical, intuitive techniques that have helped countless patients find relief from a wide array of ailments. Its distinctive approach, blending specialized point selection, meridian theory, and a deep understanding of Chinese energetics, has gained recognition worldwide among practitioners seeking alternative or complementary treatment options.

--- What Is Master Tung Acupuncture? Master Tung Acupuncture is a specialized form of Chinese acupuncture developed by Tung Ching Chang, a healer from Hunan Province in China, who passed his knowledge to a lineage of practitioners. Unlike traditional Chinese medicine (TCM) that emphasizes classical meridians and acupuncture points, Master Tung's system introduces a set of unique, often unconventional points that are highly effective for pain relief, internal disorders, and emotional imbalances.

Origins and Historical Context - Background: Tung Ching Chang was a healer who combined folk practices with classical Chinese medicine. - Development: His system was refined through decades of practice, emphasizing a pragmatic approach that prioritized rapid results. - Lineage: The teachings have been passed down through a select group of practitioners, maintaining the integrity and potency of the system.

Core Principles of Master

Tung Acupuncture - Unique Point Selection: Tung's points are often located outside traditional meridian pathways, sometimes on the fingers, toes, or even on the ear. - Simplified Protocols: Fewer needles are needed, and treatment often involves specific, targeted points. - Holistic Approach: The system addresses physical, emotional, and spiritual issues by restoring the body's energetic balance. --- Key Features of Master Tung Acupuncture Distinctive Point Locations Master Tung's points are often situated on the extremities—fingers, toes, or ears—and sometimes on the back or limbs, making needle placement straightforward and accessible. Specific Needling Techniques - Shallow insertion: Many points require superficial insertion for rapid effect. - Point combinations: Strategic pairing of points enhances therapeutic outcomes. - Use of small needles: Fine, disposable needles are standard, minimizing discomfort. Rapid and Lasting Results Practitioners and patients often report quick alleviation of symptoms, sometimes after just one session, especially for pain conditions. Compatibility with Other Modalities Master Tung Acupuncture can be integrated seamlessly with other therapies such as herbal Master Tung Acupuncture 7 medicine, tui na (Chinese massage), or modern physical therapy. --- Conditions Treated with Master Tung Acupuncture The versatility of Master Tung's system makes it suitable for a wide range of health issues: Pain Management - Headaches and migraines - Back, neck, and shoulder pain - Arthritis and joint pain - Postoperative and injury pain Internal Disorders - Digestive issues (gas, bloating, constipation) - Respiratory conditions (asthma, bronchitis) - Menstrual and reproductive issues - Urinary and kidney problems Emotional and Mental Health - Anxiety and depression - Stress reduction - Insomnia Others - Allergies - Fatigue and energy deficiencies - Skin conditions --- How Does Master Tung Acupuncture Work? The Theoretical Foundation While rooted in traditional Chinese medicine, Master Tung's system emphasizes the following: - Extraordinary points: These are specific points outside traditional meridians that influence broader body systems. - Mirror points: Correspondences between points on different body parts that reflect internal organs or conditions. - Energy flow regulation: Restoring proper Qi flow by targeting key points disrupts pain pathways and balances organ functions. Mechanism of Action - Neurological response: Needling stimulates nerve endings, promoting endorphin release. - Energetic balancing: Corrects blockages or deficiencies in Qi and blood flow. - Reflex effects: Certain points influence distant areas through reflex pathways. --- Practical Aspects of Master Tung Acupuncture Equipment Needed - Fine disposable needles (typically 0.12mm to 0.20mm diameter) - Needle holder and guide tube (optional) - Alcohol swabs for sterilization - Moxibustion materials (if used) - Cupping or electro- stimulation (optional adjuncts) Treatment Protocols 1. Diagnosis: Comprehensive assessment including tongue, pulse, and symptom

analysis. 2. Point Selection: Based on the patient's condition, selecting from Tung's unique points. 3. Needling: Quick, shallow insertions with minimal discomfort. 4. Observation: Monitoring immediate response and adjusting if necessary. 5. Follow-up: Typically, patients experience relief after one or two sessions, but chronic issues may require multiple visits. Safety and Precautions - Use sterile, single-use needles. - Avoid needling over infected or inflamed skin. - Be cautious with patients with bleeding disorders or on blood thinners. - Ensure proper needle disposal to prevent cross-contamination. --- Advantages of Master Tung Acupuncture - Efficiency: Often produces rapid symptom relief. - Ease of Learning: Fewer points and straightforward techniques make it accessible to practitioners. - Minimal Discomfort: Superficial needling reduces pain during treatment. - High Success Rate: Especially effective for pain and acute conditions. --- Integrating Master Tung Acupuncture into Practice Training and Certification - Formal training programs are available worldwide. - Certification ensures practitioners are skilled in point location and needling techniques. Combining with Other Therapies - Use alongside herbal medicine for comprehensive treatment. - Incorporate moxibustion or cupping to enhance effects. - Combine with lifestyle counseling for holistic healing. --- Conclusion: Embracing the Power of Master Tung Acupuncture Master Tung Acupuncture offers a potent, efficient, and elegant approach to healing that bridges Master Tung Acupuncture 8 traditional wisdom with practical application. Its unique points and rapid results make it an attractive choice for both practitioners and patients seeking alternatives to conventional medicine. As research continues to validate its effectiveness, Master Tung's system is poised to become an integral part of integrative health practices worldwide. Whether you're a practitioner eager to expand your toolkit or a patient exploring natural healing options, understanding and utilizing Master Tung Acupuncture can open new pathways to wellness and vitality. --- Embrace the ancient art with modern understanding—discover the profound healing potential of Master Tung Acupuncture today. tung acupuncture, tung style acupuncture, traditional Chinese medicine, acupuncture points, pain relief acupuncture, natural healing, holistic therapy, meridian therapy, alternative medicine, Chinese acupuncture

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for the first time calvin has published his clinical acupuncture case study book in english for clinicians and acupuncture students 30 years of clinical studies this book is absolutely beautiful it s easy for the beginner to read understand and follow the perfect pictorial atlas of acupuncture points not only has a description of each acu point but also has 3 different illustrations graphic overview of channels and a photograph showing the acupuncture needle in position i cannot say enough about this book chien acupuncture as a 3rd generation acupuncturist calvin chien has a lifetime of knowledge he utilyzes in his acupuncture clinic daily chien s acupuncture clinic in colorado springs co continues to treat a variety of health concerns using traditional chinese medicine techniques including acupuncture cupping and herbal treatments calvin chien diagnoses and treats his patients who suffer from numerous health concerns including chronic pain and the only practitioner and master in the fine art of master tung s acupuncture in colorado provided patients with the highest level of care since opening his own practice in 1997 master tung s points are fondly referred to as magic because in most cases these points deliver

instant and lasting results less needling and long lasting results are not only preferable but also more effective since 2003 calvin continues to teach at master tung s acupuncture association in taiwanspecial instructor to team usa olympic medical staff colorado springs coteam acupuncturist to mlb los angeles dodgers los angeles ca awards acknowledgements authored three different books clinical acupuncture case study that were published in taiwan usa patent holder and inventor of the acupuncture device bio acueye mechanic in 2000

although master tung s acupuncture has been in the public domain since his untimely passing in 1975 very little information is available publicly on how to use the system in a practical and systematic way in english in this book i hope to guide my fellow colleagues into the intricacies of applying master tung acupuncture in the clinic since i am also a practicing acupuncturist and deal with pain women s health and internal medicine problems quite frequently i am sharing my clinical experience in this book and the secret of creating the protocols that i use daily with modification i also attempt to explain why i choose a particular protocol and the modification to it in this book i introduce what i consider the best of master tung s acupuncture there are many books on master tung s acupuncture which introduce all of the 740 tung family points but often these books may be too much for the beginner and do not let the beginner grasp useful concepts or how to use master tung s acupuncture immediately and effectively most acupuncturists simply add the tung points to their already memorized tcm acupuncture point prescriptions and as a result make a mess out of their acupuncture they do not have a simple and elegant rationale for using the system in my teaching of master tung s acupuncture i always choose points that are painless easily accessible and have powerful immediate results

in this book i use a lot of standard acupuncture points along with master tung s acupuncture and emphasize the use of channels and imaging for optimal clinical use if a practitioner can use this work they can have a turnkey approach in the clinic simply by implementing these acupuncture and herbal protocols the idea is for each disease i have installed cheat sheets for the practitioner to immediately refer to and try to insert needles and prescribe herbs for the fifth in the series of master tung s acupuncture books the idea is for someone to start with the master tung s primer the best of master tung s acupuncture master tung s acupuncture for pain and master tung s acupuncture for internal medicine disorders with this manual we will discuss the use of master tung s acupuncture with herbals for even greater clinical success the book is composed of monographs on each disease best points to treat the problem and high percentage success herbal prescriptions to give the patient as homework unique is that we only use a handful of

both tcm and master tung points and a small amount of herbal formulas for a turnkey approach to a clinic this can be used as a roadmap for the new clinician improve clinical success for the intermediate practitioner or provide an alternative approach for the seasoned veteran

this book is a primer an introduction of the quintessential basics something that a person who has not attended my seminars could read quickly and immediately familiarize themselves with the core concepts imaging channel methods have a few go to points and immediately apply the magic of master tung s acupuncture in the clinic it is not exhaustive in theory details or intricacies but shows the power of the system to a tcm trained acupuncturist and immediately benefit by it when i first started working with master tung s acupuncture in acupuncture school i read the available books of that time and wished there was a simple book to present the information since the average acupuncturist already is familiar with over 400 points why scrap that and begin another system but in the way i wrote this primer they can simply add to the information they have and then immediately apply this in the clinic there are many books on master tung s acupuncture but often these books may be too much for the beginner and do not let the beginner grasp useful concepts or how to use master tung s acupuncture but don t underestimate the power of the content of this book it will certainly transform your practice the idea of this book is to give you a simple and elegant rationale for using the system use the powerful 14 channel acupuncture you are already familiar with and make use of the master tung system immediately

although master tung s acupuncture has been in the public domain since his untimely passing in 1975 very little information is available publicly on how to use the system in a practical and systematic way in english in this book i hope to guide my fellow colleagues into the intricacies of applying master tung acupuncture in the clinic since i am also a practicing acupuncturist and deal with internal medicine problems quite frequently i wrote these based on the protocols that i use daily each of these protocols has been personally used by me one time or another in the clinic many of these are also the same protocols i used when i work daily in my private clinic since i am a visual person and i like things in a simple manner i have placed the pictures of the points indicated for the various ailments together to make it as simple as possible for the practicing acupuncturist to use in his or her clinic i dislike overly drawn out discussions on theory but prefer that application be one s guide i also dislike secrecy so i hold back no alleged secrets from anyone who wants to learn the real art my goal is to help end suffering in the world and help english speaking acupuncturists improve their proficiency through the vehicle of master

tung s acupuncture

all the points you need to master tung acupuncture new easy to understand images and explanations of how the points work how to needle them and how to combine them with other points clinical pearls about each point you don t need to know all the points to be proficient we have cut out the points that are not used often in modern clinics for the first time the tcm indications are included with each point

in this book i hope to guide my fellow colleagues into the intricacies of chinese medicine traumatology and the use of master tung s acupuncture in acute care and share the principles and concepts that make it a highly useful in the clinical setting i discuss here the principles and concepts that are used in the clinic and practical use to the licensed acupuncturist who is also studied in chinese herbal medicine the chinese martial artist will also like my approach as i give the background on the herbology of dit da traumatology the composition of formulas discuss many famous remedies and their constitution teach to make your own custom rx s and use common patents for acute care and in addition use classical and master tung s acupuncture this has not been done before by any tung practitioner the book is extensively done in pin yin and chinese characters to help practitioners new to the subject to be able to cross reference the herbals in other books there are thousands of prescriptions for traumatology and orthopedics and after studying the subject for over 30 years and reading major books on the subject in chinese i distilled the essentials and approached the work in a practical straightforward manner to use clinically on a daily basis it is hoped that the reader can use these principles and concepts here and achieve amazing results in his or her practice as these are what i use in my own practice daily with amazing results

robert chu phd l ac qme began studying the chinese martial and healing arts since childhood he practices in pasadena ca specializing in the master tung and optimal acupuncture methods of painless acupuncture where he effectively treats pain women s health and a wide variety of internal diseases dr chu lectures nationally and internationally on acupuncture and chinese medicine as a dynamic and entertaining speaker and is currently on staff teaching at emperor s college of tcm and clinical supervisor at the disney family cancer center

acupuncture is a profound art and science and few systems have shaped its practice as significantly as the master tung system and traditional chinese medicine tcm while tcm s 14 channel framework is widely recognized the master tung system remains a treasure often passed

down through generations of dedicated practitioners master tung and tcm acupuncture points and treatments bridges the gap between these two remarkable traditions providing a comprehensive resource for acupuncturists and students alike this book explores their unique strengths synergizing distinctive point features therapeutic applications and clinical strategies into a unified treatment approach with a special focus on the often underutilized practice of blood letting this book highlights its importance within the master tung system offering detailed insights into its indications and applications whether you are new to the master tung system or seeking to deepen your understanding of acupuncture s rich tapestry this book is your essential companion to mastering the synergy of these two extraordinary systems

this series of books presents copious acupuncture prescriptions gathered from the english and chinese language tung acupuncture literature in the translator s personal library more than 15 different sources were referenced several currently out of print he has compiled collated and translated all the prescriptions proffered by wei chieh young min chuan wang palden carson robert chu esther su richard tan miriam lee and susan johnson and applied accompanying diagrams for each clinical entity to facilitate their application included are author specific point locations needling instructions contraindications and when available clinical comments lifestyle modifications etc all direct clinical experiences with master tung s acupuncture tung style acupuncture was brought to taiwan from mainland china by master tung ching chang in 1949 when he left china with the kuomingtang kmt army under general Chiang Kai Shek his acupuncture style was thus spared from the synthesis of the new medicine engendered as a consequence of the 1958 dictum by p r c chairman Mao Ze Dong to create a new medicine i e to unify the best parts of western and chinese medicine ergo the tung style escaped the efforts to compel acupuncture to conform to the model espoused by the tcm herbalists who had been assigned to the task of inventing this new medicine forcing the proverbial square peg into a round hole as a system tung style acupuncture does not necessitate the use of the diagnostic methods or terminology adopted by contemporary herbalist driven tcm acupuncture this renders the tung style acupuncture well suited for use by non tcm trained clinicians furthermore the clinical results obtained using the tung style acupuncture often far surpass those achieved through the use of tcm acupuncture especially in the west this is in part because western patients seldom conform to an exact mold of a single tcm pattern w

a quick reference manual for those clinicians who employ the acupuncture of master tung ching chang tables include point to disorder indications and disorders to indicated points depths and

modes of needling included there is also an in depth discussion of micro puncture

bodymapping acupuncture technique is an advanced acupuncture style that is drawn from the master tung acupuncture tradition this technique uses the body s own anatomy to map new relationships for pain and stagnant conditions the points are highly effective for pain treatment with near immediate results there are newly discovered points described and how to needle them

talks about the location application and mechanism of tung s extraordinary points

all the points you need to master tung acupuncture new easy to understand images and explanations of how the points work how to needle them and how to combine them with other points you don t need to know all the points to be proficient we have cut out the points that are not used often in modern clinics for the first time the tcm indications are included with each point

traditional chinese medicine tcm originated from the traditional medical system in the chinese civilization with influences from the daoist and chinese folk traditions in bodily cultivation and longevity techniques in the past few decades tcm has become one of the leading alternative medical systems in the united states this book demonstrates the fluidity of a medical ideological system with a rich history of methodological development and internal theoretical conflicts continuing to transform in our postmodern world where people and ideas transcend geographic ethnic and linguistic limitations the unique historical trajectories and cultural dynamics of the american society are critical nutrients for the localization of tcm while the constant traffic of travelers and immigrants foster the globalizing tendency of tcm the practitioners in this book represent an incredible range of clinical applications personal styles theoretical rationalizations and business models what really unifies all these practitioners is not their specific practices but the goal of these practices the shared goal is to strive for health not just health in terms of the lack of illness but the ultimate health of achieving perfect balance in every aspect of the being of a person physically mentally spiritually and energetically

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