

Acupuncture Protocol for Hot Flashes



The N+1 Circuit Treatment

Supplies Needed for this Protocol

Infra-red lamp can be bought from Lhasa OMS



L-Type gage needles size 0.20 x 30mm



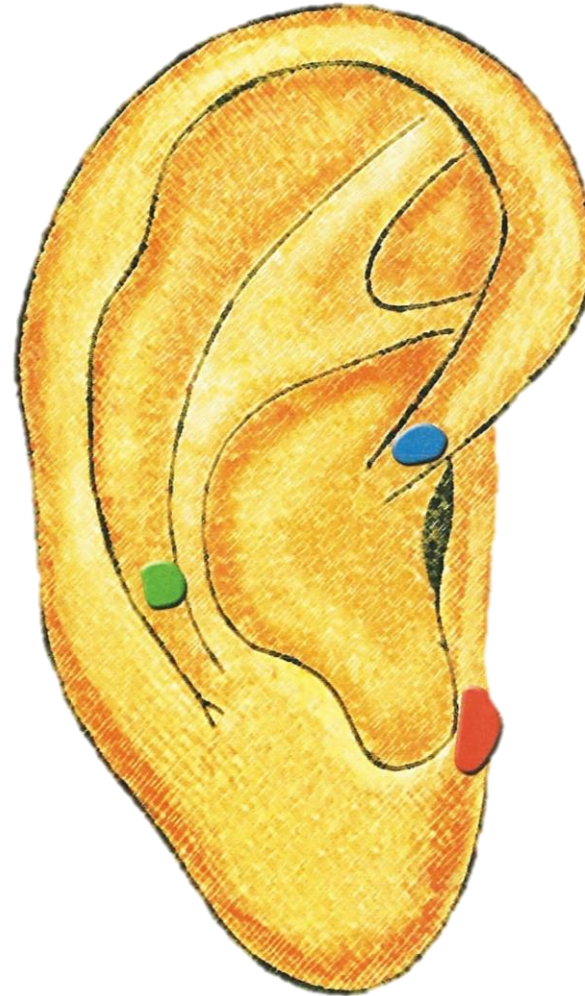
Points used for Hot Flashes



6-8 treatments every other day. The N+1 Circuit consists of the following three acupuncture points Heart 3, Kidney 3, and Bladder 60

If the treatment is slow to work or not working add the following points into the treatment. SP-6, ST-36 and LI-4 bilaterally for 30 minutes. Also consider treating the Pineal Gland points on the ear. I would start off with the phase 1 point on the tragus.

Treat Heart 3, Kidney 3 and Bladder 60 bilaterally for 20 Minutes while apply IR heat lamp over each needles for 30 seconds. The IR lamp should be one each above the needle. After 20 minutes have the patient rest for 10 minutes and then remove needles.

Pineal Gland Locations



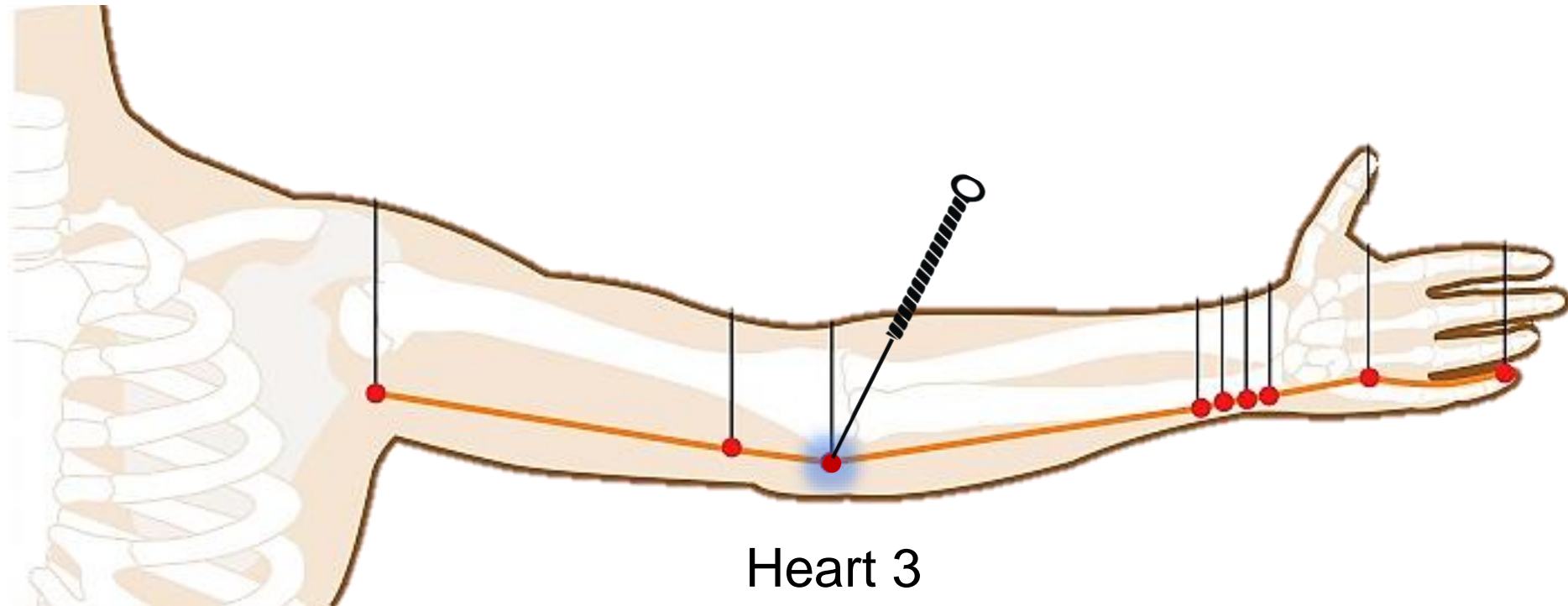
-  **Phase 1**
Acute
-  **Phase 2**
Degenerate
-  **Phase 3**
Chronic

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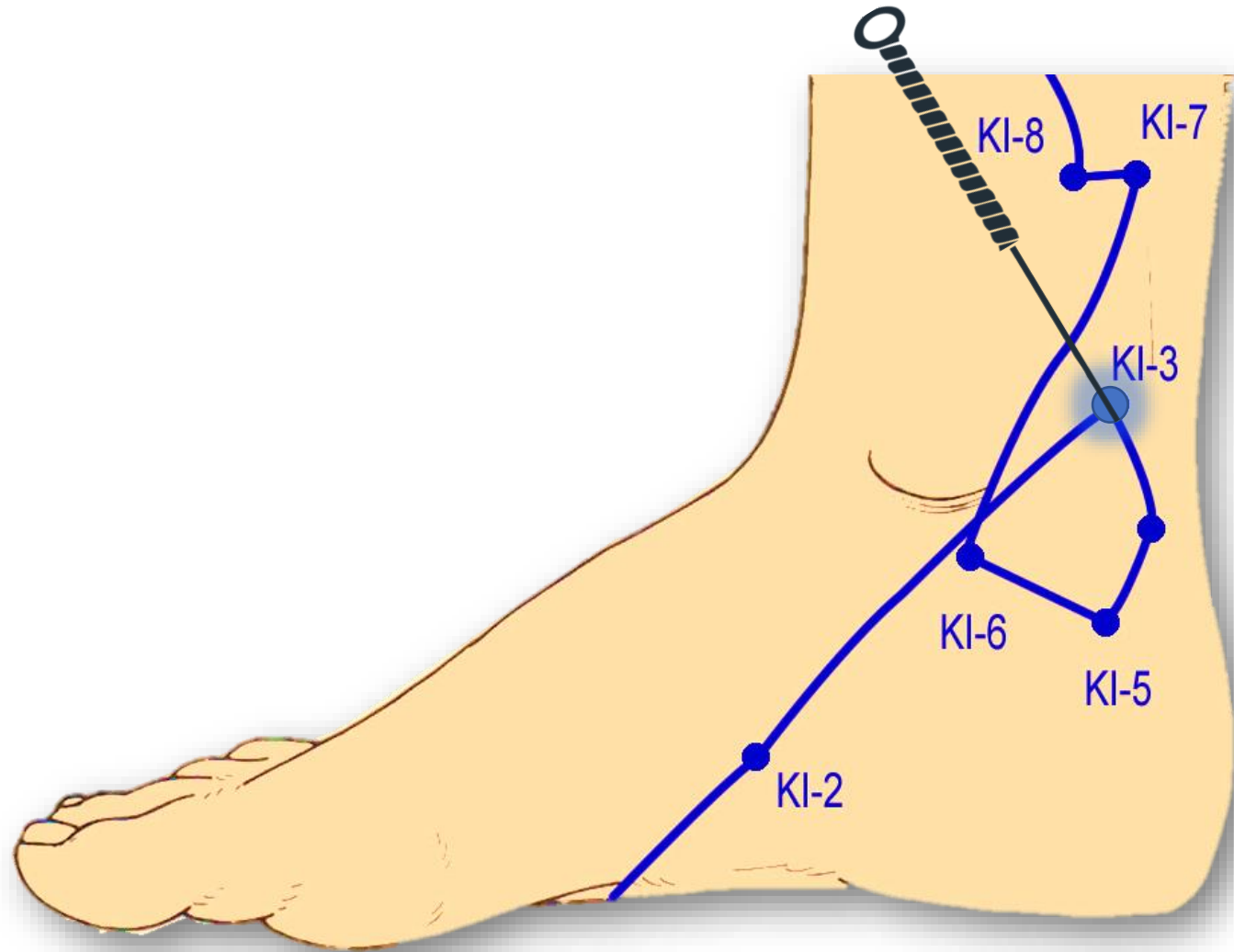
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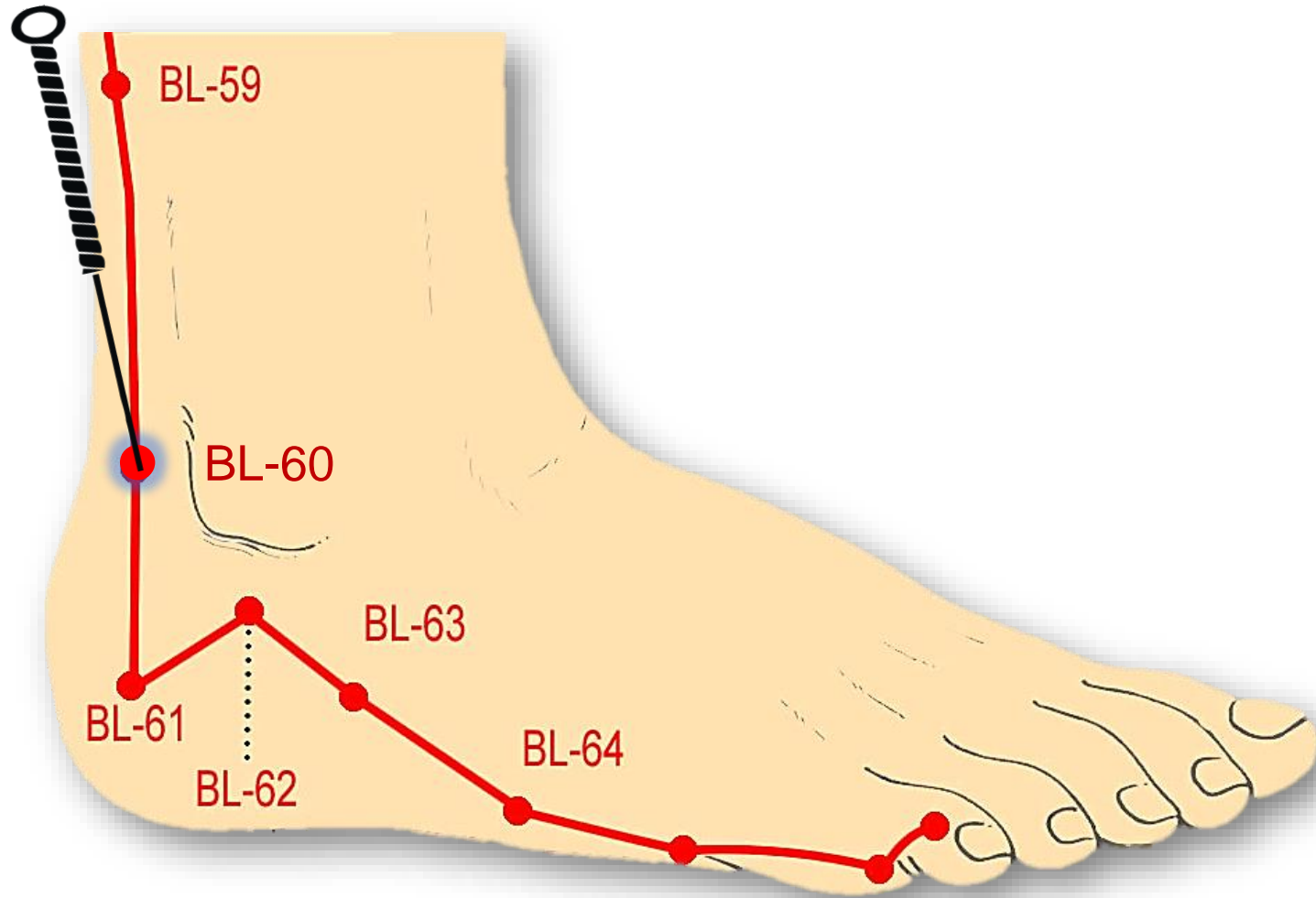
Heart 3 (Shao Hai) 少海



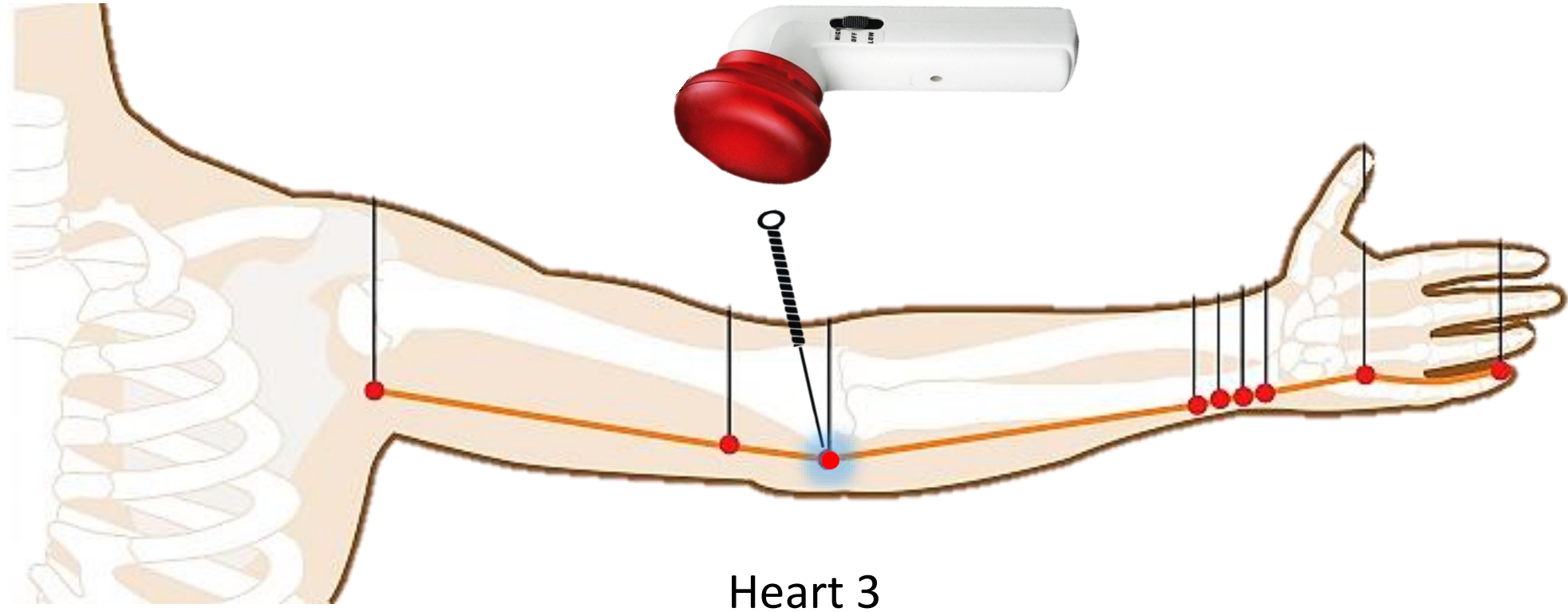
Kidney 3 (Taixi) 太谿



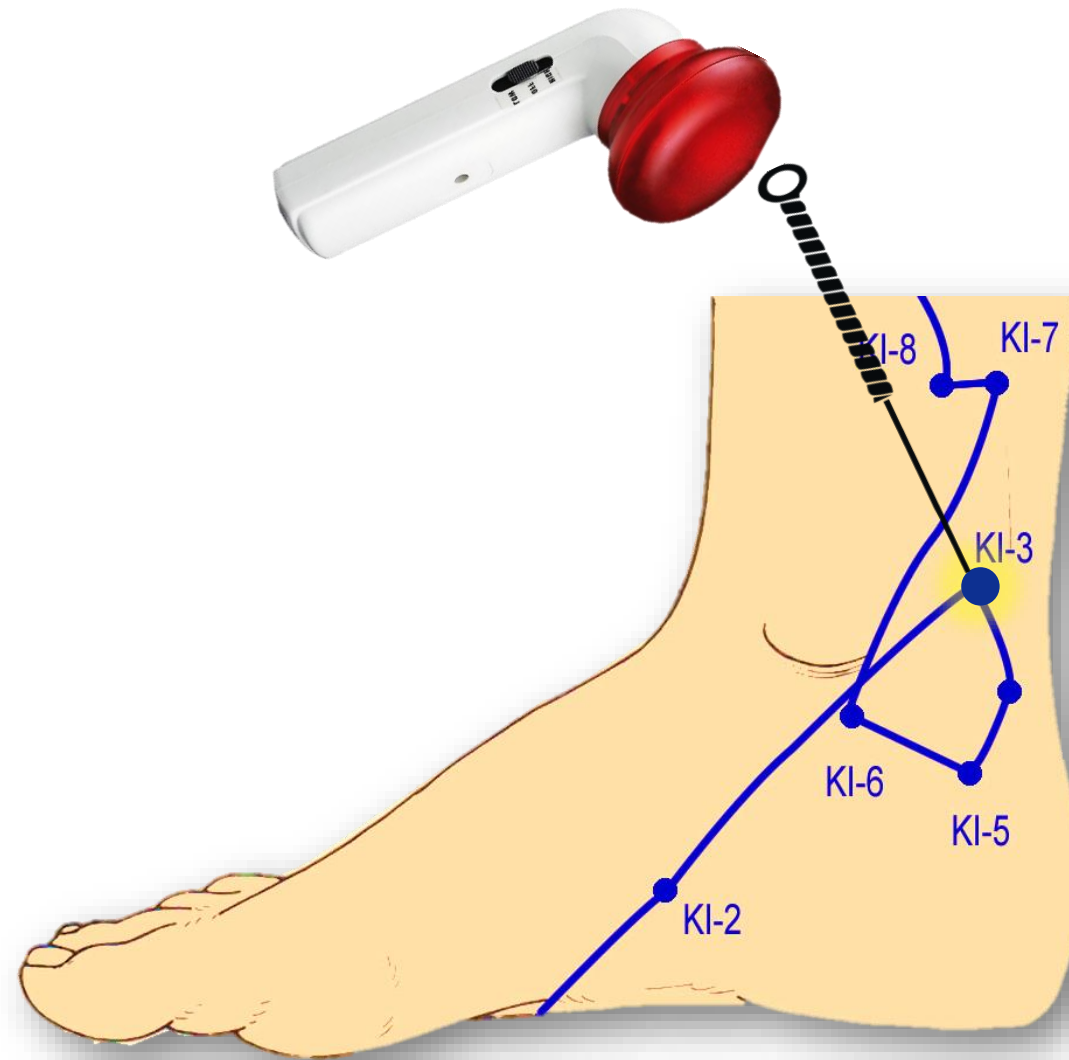
Bladder 60 (Kunlun) 昆侖



Infra-Red Lamp Applied to HT-3 for 30 Seconds



Infra-Red Lamp Applied to KI-3 for 30 Seconds



Infra-Red Lamp Applied to BL-60 for 30 Seconds

