Page 16: Replace illustration with:

Page 256 after first two lines add:
Master Nagano also uses this point for the treatment of ptosis or drooping of the eyelid due to chronic fatigue and exhaustion. It is important to reduce pressure pain at Lu10 with the Metal and Water treatment, prior to direct stimulation.
Page 283 after last sentence for Sp3 (after: “used on all points”) add: , this works best with the Pericardium channel treatment (p. 383).

Page 283 after second paragraph for Sp4 indications add paragraph: Sp4 (in combination with Sp9) is a treatment point for water retention in the stomach (see Vol.2, Digestive disorder).

Page 285 correct spelling at end of second sentence for Sp6: Malleolus

Page 286 Change second paragraph: This is one of the essential points for the treatment of anemia. In this case, Sp6 is used together with Pc6 (direct, thread size moxa stimulation should be applied on both points). To:
This is one of the essential points for the treatment of anemia (especially in cases of lack of iron). In this case, Sp6 is used together with Pc6 (direct, thread size moxa stimulation should be applied on both points). If Pc8 is painful upon palpation, the Metal and Water points of the Pericardium channel should be treated instead of Pc6.

Sp6 is also important for the treatment of fatigue, lack of energy and a short pulse, especially after eating. The fatigue, fogginess and lack of concentration (“cerebral anemia”) after meals may be accompanied with pressure pain at CV12 (in this case, the treatment of Sp6 should reduce pressure pain at CV12).

In children, Sp6 is indicated when sharp pain occurs at the left epigastrum while running after meals.

Page 286 end of sixth line from the bottom instead of “should start to change” – add: should change. For better results, the pericardium channel treatment (as described on page 383) should be added.

Page 288 Just before treatment (of Sp9) add paragraph: Sp9 (in combination with Sp4) is a treatment point for water retention in the stomach (see Vol.2, Digestive disorder).

Page 308 Last paragraph change to: St41 is the fulcrum point between Yin Qiao Mai and Yang Qiao Mai (illustration 292). If the fulcrum is not functioning well, tendonitis of the calcaneus tendon, heel pain, foot pain and other structural imbalances might occur. If the tendons at either side of St41, get tight, there is a greater chance that the ankle will twist and sprain. Hence St41 is an important point for the treatment of sprained ankle.

Page 309 add first paragraph: St41 is used to reduce pressure pain and tightness at the ipsilateral SCM muscle (together with contralateral Shao-Yang treatment).

Page 309, top of the page: Paragraph beginning with Treatment: “If St41 is painful…” Change paragraph to: Treatment: If St41 is painful upon palpation, and signs of Heat in the Stomach channel are present, St44 and St45 should be needled in order to reduce the pressure pain on St41. For complaints related to the fulcrum treatment, heel pain and Achilles tendonitis, St41 is needled
directly into the opening between the tendons of extensor hallucis longus and extensor digitorum longus. In cases where the patient presents with feet that are inverted, everted or overly extended, it is important to tape the foot into a neutral position first (as described on page 213). After the foot is taped into position, Kid6 is needled toward the Achilles tendon, Bl62 is needled in the direction of the meridian, and St41 needled perpendicularly.

Page 309 Second paragraph from the bottom – Change to:
Treatment: These points are needled very shallowly with short Japanese #1 needles. It is important to make sure that the pressure pain at St41 diminishes significantly. Sometimes it is necessary to massage the points with the handle of a needle in various locations and angles until the correct location, that reduces the pressure pain at St41, is found. If feet are cold, seven to eight direct, thread-sized moxa stimulations should be applied. In the case of ovarian cysts or inflammation, St44 and St45 should reduce the pressure pain at the ipsilateral St28.

Page 315 After third paragraph from the top, Add:
Being the Earth point on the Fire Yin channel (Mother of Earth), Ht7 is a strongly tonifying point for the digestive and assimilation functions (associated with the Spleen). Thus, it is used as an assistant point for the treatment of all symptoms occurring in obese patients.

For the treatment of obesity, Ht7 is combined with Master Nagano’s visceroptosis and fatty liver treatments (pages 215-220 and 407).

Su Wen 23 and Ling Shu 78 both, associate the Heart with Joy. The character that was chosen for the description of joy знает contains two mouths which means: “the joy of eating” (it may also mean “the joy of music”). This might also suggest a treatment for patients that are in the habit of eating when experiencing lack of joy in the attempt to satisfy their frustrations (“comfort food”).

Page 313 fourth line from the bottom, third word “signes” – change to signs

Page 317, last line of Ht8 change “pages 439-447” to:
440-448

Page 319, sixth line from the top – change “page 443” to:
Page 444

Page 320, last sentence change Page 443 to:
Page 444

Page 328 last word change 359 to:
360

Page 334 foot note646 change to:
TW9 for the release of the contralateral SCM muscle is described on page 396

Page 336, footnote 650 change 394-395 to:
395-396
Page 337, second paragraph – Change to:
According to master Hukaya, the patient must feel at least fifteen direct, thread-sized moxa stimulations burned on four (tight or hard) points around the umbilicus, found by palpation (illustration 316).

Page 337 change illustration 316 to:

Page 337 after 6th paragraph from the top (ending in L2-L3) add paragraph:

In most classic sources (such as in Su-Wen 4 and Su-Wen 5), the Kidneys are associated with the North direction. The Tan-Tien, also controlled by the Kidneys is also referred to as “the North” (Nan-Ching 16). CV3, also named “North Star”, is located in the middle of the Tan-Tien. According to ancient Chinese astronomy, the great dipper, which rotates around the North Star, is very important for navigation. This idea can be applied to the body where the region around the medial malleolus (illustration 317) can be seen as a representation of the Great Dipper influencing the Tan-Tien. Therefore, the position of the Great Dipper (ankle) influences where the North Star (Tan Tien) is found. Thus, for pressure pain and symptoms at the Tan-Tien, especially around CV3 (North Star), points at the lower Kidney channel (Kid1 to Kid7) should be palpated and treated in such a way that the symptomatic presentation at CV3 will change.

From This Illustration on, until Illustration 377 (which now becomes 378) all illustration numbers increase by 1 (from illustration 377, which is now 378 the increase is by 2)

Page 340, last paragraph – replace with:
This point is discussed in the Second Volume of this book, in the upper respiratory system chapter to be treated with Okyu to stimulate deep respiration and relax the mind.

Page 347, third paragraph from the top (ending with problems etc.) add:
Master Nagano used Bl2 together with Yuyao in almost all postmenopausal women for general (hormonal) balance.

Page 347, add paragraph after third paragraph from the bottom:
Master Nagano also used Bl2 together with Yuyao as analgesia points. He theorized that this combination helps the production and secretion of endorphin and encephalin.

Page 347, add paragraph between the last and the second paragraph from the bottom:
Bl2 is also used in any case of spontaneous or pressure pain at right Liv14, CV12, CV15 and/or CV17. Bl2 is helpful in some cases of panic or anxiety attacks where the area of CV15 to CV17 becomes sore (patients may complain of pressure and/or tightness of breath at this area).
Page 354 after Bl13 add section:

**Bl15 xin shu**

Back Shu point of the Heart.

**Location:** The traditional location of this point, at the lateral border of spinous process of T5, is used in this book. It is important to treat the most sensitive spot at the area of Bl15.

**Indications:** One of the most important points for the treatment of heartburn, acid reflux, and acid feeling in the stomach especially with presentation of pain under the xiphoid, CV12 area, and/or behind the sternum.

**Treatment:** When Earth Yang (Stomach) is excessive, it disperses or weakens the Child Fire Yin (Heart). In this case, Bl15 should be needled at a 45° angle with the flow of the meridian and slightly manipulated until the pressure pain at CV12 and/or CV17 area is reduced. If the area is tight (nodule) or cold, the needle should be inserted perpendicularly and stimulated with Okyu (until the nodule disappears). Bl15 may also be combined with Bl49 Yi She (outside Spleen Shu) for the treatment of heartburn and acid reflux symptoms with an emotional etiology.

Page 371, third paragraph from the bottom, 4th line - change “was” to: were

Page 373, add section between Bl45 and Bl58:

**Bl49 Yi She (House/Storage of Yi)**

This point reduces Yi 颜 (suppressed emotions, which may cause pathologic accumulation of emotions in the Heart).

The Spleen channel ends at the inside of the Heart (at the same location where the Heart channel starts). Thus, the Spleen and Heart channels have a very strong relationship. Ling-Shu 8 (as well as Guan Tsu 關著) describes Yi 颜 as a disturbance to the heart.

**Location:** Three inches to either side of the spine, below the seventh vertebra (1.5 inches lateral to Spleen Shu).

**Indications:** Manifestations of suppressed emotions, panic anxiety attacks, etc. (see Vol.2 for more details on Yi and emotional problems).

**Treatment:** It is important to palpate this point and find the exact location that reduces pressure pain at the area of T4-T7 (Hukaya’s psychosomatic area) as well as pressure pain at CV15 to CV17 and/or Kid24 to Kid26 area. This point is usually needled at a 90° angle and seven to eight direct, thread-sized stimulations added at the insertion point. If the nodule at Bl49 is large and hard, Kyutoshin moxa is more effective.

Page 375 4th paragraph from the top, end of sentence, change “434” to: 435

Page 378 2nd paragraph from the bottom, end of sentence, change “375 and 444” to: 376 and 445

Page 381 3rd line from the top, change “emerging” to emerging
Page 410 replace 5th paragraph from the top (beginning with "one more indication") with:
Sharp and spastic muscle pain is also an indication of Liv1, often used together with Sp3.2. Liv1 is also indicated for pain in which it is difficult to differentiate between muscular or tendon pain. Usually, if the pain is purely from a muscular origin, the treatment of the Spleen (Sp3.2) will be effective. However, if there is a tendon portion involved and dull pressure pain is found at Liv14, the treatment at Liv1 is most likely to be effective (without the finding at Liv14, Liv8 is indicated).

Page 413, second paragraph from the bottom (starting with "Treatment") – replace with:
Sympathetic dominance with pressure pain at the SCM muscle as well as at the Right Liv14 area can be treated with Liv3 (usually in combination with contralateral Shao-Yang treatment). This pattern is typical for patients who are very cerebral in their daily activity (such as lawyers, scientists, investment consultants, authors, etc.). Male patients presenting this pattern are likely to develop low sexual energy and impotence when stress levels increase.

**Treatment:** Right Liv3 is usually treated perpendicularly to reduce pressure pain at right Liv14 and SCM muscle (treating sympathetic dominance pattern). If the left SCM is tight and painful upon palpation (in addition to pressure pain at the right Liv14), Liv3 is treated bilaterally. For cheilitis, it is important to try different angles and locations at Liv3 until the patient reports that the mouth opens with less pain.

Page 416, Liv5 indications, second paragraph (ending with “vulvitis”) add: (GB34 can be added as a supportive point).

Page 416, Liv5 indications, third paragraph (ending with “in general”) add: (GB34 can be added as a supportive point).

Page 424, second paragraph from the bottom – erase two last words: “at GB34”

Page 426, insert section at top of page, before GB12 and GB20:

**GB17 zheng ying**

**Location:** The traditional location of GB17, in the frontal region, 1.5 cun posterior to GB16, on the line connecting GB15 and GB20, is used in this book.

**Indications:** This is a very powerful point for the treatment of symptoms due to injury at the Governing Vessel in the head (such as bumps, wounds, surgical or scars, stitching, etc.).

**Treatment:** It is important to locate the groove (or depression) at the side of the head and insert the needle into a soft, sensitive spot inside the dent. The angle and direction are determined by the relief of symptoms at the Kid1 area or symptoms resulting from the injury to the Governing Vessel in the head. Usually the needle will be inserted at a 45° angle towards the back of the head. The insertion depth is 2-3mm and retention time is five minutes. Master Nagano mentioned that it is better if the patient does not feel the needle or stimulation.

Page 428 third line from the top, erase fifth word “still”.

Page 427 first paragraph - replace with:
Patients presenting with an excessive Gall Bladder are usually emotionally stressed-out, have a hard time concentrating on a task, and are often irritable. Some may complain of a constant
feeling of jetlag. Most of these patients complain of headaches and/or are generally overly concerned and worried. Symptoms usually worsen when emotional problems exacerbate.

Page 428, second paragraph from the top – replace with:
Upon examination, it was noticeable that David's right hand was cold and his left hand was warm. He presented with pressure pain at the Oketsu and immune abdominal reflection zones.

Page 430, third paragraph from the top, second line, between the word: “line” and footnote 842 – add:
(illustration 379)

Page 430, Side of third paragraph from the top – add illustration:

![Illustration 379]

All illustration numbers from this illustration on will be increased by 2

Page 430 Change Illustration 350 to:
Illustration 380

Page 430, sixth paragraph from the top replace with:
In some cases, when pressure pain at GB23 cannot be reduced or the patient still feels dizzy, a needle should be inserted into the brain stem point at the ear (illustration 380). This point should reduce the pressure pain at the area of GB23 as well as reduce the symptom of dizziness.

Page 438, first paragraph, last number (“444”) – change to:
445

Page 441, second paragraph (starting with: “All Fire points”) after: “lower limb – add:
(illustration 391)

Page 442, second paragraph (starting with: “All Fire points”) after: “upper limb – add:
(illustration 392)
Page 443, fourth paragraph (starting with: “All Fire points”) after: “upper limb – add:
(illustration 393)

Page 444, second paragraph (starting with: “All Fire points”) after: “lower limb – add:
(illustration 394)

Page 455, end of second line from the bottom add:
The triple cord can also be used on rings, as described further on.

Illustration 403 demonstrates a treatment for a sprained ankle (but it can be a neuropathy, swelling, etc). The chain is wrapped around the most painful area at the ankle. Then, before wrapping the ankle with aluminum foil, the green clip is attached to the chain at the most painful spot (the red clip on a secondary pain area). The distal points that reduced some pressure pain at the ankle were needled and the black clip attached to the most potent one. After attaching the black clip to the back pin of the Pachi sparker, the foil and the needles are stimulated, after which the black clip is re-attached to the needle at Bl67.

Page 456, second paragraph (starting with: “The diode chain”) – Change 22” (56cm) to: 21” (53.34cm)

Page 457, seventh line from top – replace with:
3. Fixed sized diode rings (custom made for an individual patient according to finger size).

Page 458, second paragraph from bottom, third line after “disorders” add:
chronic liver problems,

Page 458, second paragraph from bottom, fifth line before “measurement” add:
finger

Page 458, after last line add:
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Kiiko Matsumoto, Lic. Ap. is internationally known for her scholarly work on acupuncture her research and interpretation of Chinese classic texts. She has published three fundamental texts on acupuncture in English (Hara Diagnosis: Reflections on the Sea, Five Elements and Ten Stems, Eight Extraordinary Vessels) and many articles as well as video productions in Japanese for Ido-No-Nippon Sha. Ms. Matsumoto is known for her ability to integrate the work of very important Japanese Masters such as Master Nagano, Master Kawai and Dr. Manaka with the knowledge from the classic Chinese texts and her own findings into a coherent clinically effective style. Her vast clinical experience and powerful teaching style are her trademark. Ms. Matsumoto holds two very busy practices in Newton and Natick, Massachusetts as well as teaching nationally and internationally. She is also the co-director of the Acupuncture Course for physicians at the Harvard Medical School, Department of Continuing Education and the department of PM&R Spaulding in Medford.

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