

Tan's Magical Eight

Energetics	RIGHT	LEFT	Energetics
Face & Mouth Command Point	LI-4	LU-7	Head & Nape Command Point
Expels wind & heat. Benefits head & ears	SJ-5	PC-6	Harmonizes ST, alleviates nausea & vomiting.
Regulate SP, resolve damp	SP-9	ST-36	Abdomen Command Point
Nourishes Xue	LV-8	GB-34	Benefits tendons & ligaments, Harmonizes Shao Yang,

Tan's Magical Twelve

Energetics	LEFT	RIGHT	Energetics
Jing Well. Expel interior & exterior wind, benefits LU qi, open orifices, reduce fever, LoC	LU-11	LI-4	Face & Mouth Command Point
Jing Well. Subdue interior wind, clears heat, LoC, relieve fullness	HT-9	SI-3	Shu Stream. Expel wind, relax sinews & muscles, master point for Du, resolve damp, clear shen
Jing Well. LoC, fever, febrile dz, angina	PC-9	SJ-3	Shu Stream. Expel wind, clear heat, dredge channel, benefit ears
He Sea Abdomen Command Point	ST-36	SP-6	San Yin Jiao. Strengthen SP, LV, KI, nourish yin & xue, resolve damp, soothe LV qi, cool xue, calm shen
He Sea. Benefits tendons & ligaments, Harmonizes Shao Yang,	GB-34	LV-4	Jing River. Hypochondriac pain, hepatitis, lower abdominal & genital pain
He Sea. LBP, clears heat, cools xue, relaxes sinews & muscles	BL-40	KI-3	Shu Stream & Yuan Source. Tonify KI, treats LB & knees