

So now we're going to talk a little bit about the wood element, which are the Gallbladder and Liver channels, which is one of the subjects of today's training. The first thing we're going to do is we'll actually look at that gallbladder meridian, which starts, and zigzags all around the ear, behind the ear, back over the head and back down the neck.

So with this zigzagging, the gallbladder channel covers the entire side of the head. And you can see why the gallbladder meridian is responsible for, or involved in a lot of headaches. And then you look at this point here, right? Gallbladder 20, how many people point exactly to that point when they talk about their tension headaches?

So we have this whole area again, you know, I have the whole course Masterclass on acupoints for the head. Gallbladder 20 point can be a major release point but sometimes you can't release it, sometimes it hurts so much. So that's when you can work some of these other points gallbladder 21 which is the midpoint of the top of the trapezius muscle is where the gallbladder exits the head.

And then we go down through the body and we see how the gallbladder zigzags through the entire side of the body and look how it's involved in the shoulder girdle. Look how it goes into the liver organ and then it goes back toward the spine. You get some involvement with the piriformis muscle, iliacus muscles right down here into the pelvis and then it comes through the pelvis.

And the sciatic point right there, the piriformis muscle where the sciatic nerve comes out is a gallbladder point, right? And then it goes down the leg, look, follows the path almost exactly of the sciatic nerve. You have all these great points into the leg and then it follows down the lateral aspect of the leg, almost exactly along the course of the peroneus muscle, one of the most overlooked and ignored muscles in the body. The gallbladder meridian is where you want to be working for so much musculoskeletal stuff. And the beautiful thing is the end of the meridian can affect the top of the meridian, the top of the meridian can affect the ends of the meridian.

We can work on points down here in the legs and in the foot to help the hip to help the pelvis. We can use points for the shoulder, points for the head, down there in the leg and the foot if the channel is flowing well. So the channel can get flowing better if we're applying nice Gua Sha treatment, scraping the head, scraping the hips and the lateral side of the body.

This can allow us to work so much with the connective tissue with Gua Sha.

Now for the emotional aspect of the wood element, which again includes the Liver and the Gallbladder. The liver is the yin aspect and the gallbladder is the yang aspect. So the liver being the yin aspect is more related to the blood and the interior functions of the body. The gallbladder, the yang aspect is more related to the qi, and external parts of the body which is mostly what we're concerned with.

And also we want to talk about the liver's job. The liver's responsibility is actually, the liver is the responsibility in the body. It is our decision making. It is our ability to take action because remember the wood element is about movement. Even no action or decision is a choice.

People who are very indecisive, we could say, have a weak gallbladder. And again, talking about what, is it excess or is it deficient? We want to make sure that we understand if it's excess or deficient because if we do reducing treatments, on people who have a deficient gallbladder, we can create a lot of harm.

Case Study

I actually had a client when I'm way back when I was an acupuncture student and he had also had shiatsu treatments from me. He had debilitating headaches, and he had gone in and seen a chiropractor and the chiropractor had told him that he had a problem with his liver, he had too much anger, and he was having headaches because he had too much liver energy rising into his head.

And this guy was the most soft spoken, creative, kind person, you could know, I didn't know him well, but I knew him a little bit, and I could tell that this was an absolute and complete misdiagnosis. He came in and got student acupuncture, and right away we treated his gallbladder imbalance, which was deficient, and things changed immediately.

What you see in a weak wood element or weak gallbladder is someone who's always injuring their tendons or ligaments, can be very loosey goosey emotionally, but also physically. An example of this would be when you say something to someone with this pattern, right away they might look a little worried, um, or they try to avoid being put into positions where they have responsibility or that they have to make decisions.