

## Aggressive Energy Treatment (AE)

### Rationale:

The purpose of this treatment is to clear contaminated or “evil” *qi* that has penetrated through the *weiqi* or protective level and settled into the body at the *zangfu* or organ level. This contamination can affect a person at a physical, emotional or spiritual level and can cause symptoms such as:

- Anxiety
- Depression
- Emotional instability
- Inability to heal and/or a weakened immune system

### Etiology:

AE can arise from internal causes such as:

- Emotional trauma
  - Relationship issues
  - Financial and work-related stress
  - Abuse
  - Exhaustion
- Shock
- Intense and repetitive emotions over time

AE can arise from external causes when evil or unhealthy *qi* invades the body, often through the action of Wind combined with pathogenic factors such as Cold, Damp, Dryness and Heat. If the body is unable to throw off or deal with the pathogen, it will penetrate deeper and eventually settle in one of the yin Organs.

### Diagnosis:

Main indicators:

- Unexpected aggravations of treatment or lack of effectiveness
- A history of emotional and/or physical abuse
- Mental or spiritual problems
- Chaotic or unstable pulses, and in particular, a static or buzz that “sits” on top of the pulse
- History of alcohol or drug addiction
- Symptoms that improve and then return
- In addition, this is a treatment that has a calming effect for almost all patients. It is an excellent first treatment to do with all patients and can be done several times if necessary.

**Points:**

The points needled are the back *shu* or Associated Effect Points of the six yin organs. The points are needled bilaterally: Bladder 13, Bladder 14, Bladder 15, Bladder 18, Bladder 20, and Bladder 23.

**Needle Technique:**

When treating for AE, the needles are inserted just under the surface of the skin so that they grab and do not fall out but flop over. This superficial insertion helps draw the AE out from the *zangfu* and at the same time prevents it from being driven deeper. The needle technique is unique to this treatment and takes time to perfect. Generally, if a tube is used, one gentle tap on the needle is sufficient to place it at the correct depth.

**Signs of AE after Needling:**

AE is present if:

- Redness (erythema) appears around the needles; the redness may last anywhere from a minute to an hour.
- There are significant changes in the patient's pulses or CSOE

Needles should be left in place until the redness clears. This may take anywhere from 10 minutes to one hour.

**Caveat – Protecting the Monarch:**

In Five Element Acupuncture, we are particularly attentive to the well-being of the Heart – the Emperor/Empress of the Kingdom of the Body Mind and Spirit. For this reason, we never attempt to draw AE from the Heart (through BI 15) until we have fully cleared all the other ministers. The Heart must be cleared after all the other needles are removed so that we do not risk contaminating the Monarch's chamber when the gates to the other ministers are open.

There are two other reasons for this protocol:

- First, the Pericardium/Heart Protector will generally buffer the Heart and protect it from invasion, so often clearing BI 14 will be sufficient.
- Secondly, long term retention of needles on BI 15 should be avoided as it can unnecessarily drain the Heart. Retention time on this point should be limited to what is strictly necessary.

However, BI 15 should always be treated if the Heart pulse or Heart signs and symptoms show disturbance. Additionally, it should be checked if there is activity on the Heart Protector or on the Kidney and the Lung but not the Pericardium (two legs of the *ko* cycle where AE may have traveled to the Heart rather than the Pericardium).