

### Myalgic Encephalomyelitis (HPC-2)

1. **Zhen<sup>4</sup> Jing<sup>4</sup>, Zheng<sup>4</sup> Hui<sup>4</sup>, Tong<sup>1</sup> Shen<sup>4</sup>, Ren<sup>2</sup> Huang<sup>2</sup>, Ling<sup>2</sup> Gu<sup>3</sup>, ‘Let’ the ‘Frontal’ region on the lower extremity. Treat twice per week (HPC):**

- **Zhen<sup>4</sup> Jing<sup>4</sup>:** This point is located 0.3 *cun* superior to the midpoint located between the medial extremities of the eyebrows; Needle subcutaneously from superior to inferior 0.1 to 0.2 *cun*. {Brain Reaction Area}
- **Zheng<sup>4</sup> Hui<sup>4</sup>:** This point is located at the midpoint of the midsagittal plane of the head; Needle 0.1 to 0.3 *cun*. {General Brain Reaction Area} (To locate this point draw a line connecting the apex of each ear to the midsagittal plane of the head)
- **Tong<sup>1</sup> Shen<sup>4</sup>:** This point is located in the depression found at the superomedial angle of the patella; Needle 0.3 to 0.5 *cun*. {Kidney Reaction Area}
- **Ren<sup>2</sup> Huang<sup>2</sup>:** This point is located 3.0 *cun* proximal to the medial malleolus along the medial border of the tibia. Needle 0.6 to 1.2 *cun*. {Kidney Branch Reaction Area} **CONTRAINDICATED IN PREGNANCY.**
- **Ling<sup>2</sup> Gu<sup>3</sup>:** This point is found on the dorsum of the hand, immediately distal to the articulation of the bases of the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal bones – this point communicates with the palmar point Chong<sup>2</sup> Xian<sup>1</sup>; Needle 1.5 to 2.0 *cun*, i.e. needle through to connect with Zhong<sup>4</sup> Xian<sup>1</sup>. {Lung Branch Reaction Area} **CONTRAINDICATED IN PREGNANCY.**

