

What is Korean Hand Therapy?

Korean Hand Therapy(KHT) is also called 'Korean Sooji Chim', 'Korean Hand Acupuncture' or 'Soojichim'. KHT(Korean Hand Therapy) theorizes that the hands are a micro-cosmos of the body.

The function of the human body can be manipulated by stimulating the corresponding points on our hands.

According to the theory of Korean Hand Therapy', there are 14 micro-meridians and 345 acupuncture points on our hands which regulate the internal organs of human body.

These acupuncture points may be stimulated by using the following instruments : Hand Needles, Seoam Press-Pellets, Seaom Moxa, E-beam, Magnets, KHT Silver Ring, or Cyber Hand Therapy (mind vibration).

Thus the physiological function of the entire body can be regulated by stimulating these acupuncture points on the hands.

The theory of Korean Hand Therapy was first originated, studied and developed by The Korean acupuncturist, Dr. Tae Woo Yoo between 1971 and 1975. Since that time Korean Hand Therapy has spread to the public worldwide.

Korean Hand Therapy is a scientific medical system that is quite simple to learn and easy to perform without any side effects or danger to the patient.

If you are in pain or have a problem somewhere in your body, the reactions are reflected on the hands in the form of tender points. Pain commonly or frequently shown on the hands corresponds to the painful part of your body. Therefore, the stimulation of the tender points positively affects pain relief.

Korean Hand Therapy is divided into Correspondence, Micromeridian, Five Element, Eight Extra Ordinary Points and Special Points Therapy. Thus the results of scientific method of experiment have proven the positive results of Korean Hand Therapy treatment.

Korean Hand Therapy diagnoses can be divided into Correspondence Points, Three Constitutions, Yin and Yang Pulse Diagnosis, Electronic Beam, Biorhythm and Five Finger Diagnosis.

Korean Hand Therapy is very effective in treating a wide range of ailments such as infertility, rheumatic arthritis, allergy and stroke, but there are limits to what it can accomplish. Clearly, conditions that require surgery and infectious diseases can not be cured using hand acupuncture. However, Korean Hand Therapy treatment can play a useful part in complementing Western Medicine by alleviating pain and promoting recovery and lessen the side effects of chemotherapy in cancer patients, relieving nausea,

so that the patients can continue to receive the treatment.

Korean Hand Therapy contributes to the maintenance of a persons health as well as self-diagnosis. It is possible to perform self treatment, treat family members and even employ KHT as a volunteer activity for charity.

The research of KHT has been actively spread since Korean Hand Therapy Institute and Yin Yang Maek Jin Publishing Co.Ltd. was established in 1977. Nowadays, there are 170 domestic branches and 27 overseas branches established all over the world.

The members are estimated to be about three million. In addition, volunteer members who practice KHT for charity are estimated to be about 200 groups.

• **Development of Korean Hand Therapy**

Prior to discovering Korean Hand Therapy, traditional acupuncture that utilizes the whole body for treatment, was the subject of Dr. Yoo's research and practice. However, in his practice of traditional acupuncture, he noticed some disadvantages or shortcomings in body acupuncture needles. The needles were thick and long; thus the insertion was deep and painful. These thick and long needles may cause serious side effects such as deafness, paralysis, and unconsciousness as well as aggravation of disease.

Furthermore, Dr. Yoo sometimes observed that the ailments were not healed well when treatment was performed according to meridian theories of traditional body acupuncture. As he studied body acupuncture more deeply, he took a skeptical and negative view of meridian theories in Traditional Body Acupuncture since the presence of the meridian could not be proven in a scientific experiment.

In addition, it was difficult for lay people to understand traditional body acupuncture since the theories were too abstract and ideological.

Therefore, Dr. Yoo started to study a new concept of acupuncture that is quite simple to learn and safe to perform without any side effect.

His interest in physiognomy urged him to study the relationship of the face and body more profoundly and he came to realize that the face is interrelated to the diseased part of the body. In other words, the entire body is represented on the face. The condition of the body as well as the destiny can be foreseen by looking over the face. For instance, if you have a clean and smooth forehead without any wrinkle, it means that the body is healthy and the function of the stomach is good, however, if you have many wrinkles and a rough forehead, it indicates that the body has constant slight ailments, especially some problems related to the function of the stomach.

Finally, Dr. Yoo got a hint that the entire body is represented on the hands as the entire body is on the face.

In addition, Dr. Yoo also studied the theory of the visceral-somatic reflex that is based on the following hypothesis ; reaction and changes occur on their corresponding or interconnected organs, tissues, muscles and skin through the nervous system when certain viscera are infected and / or disordered.

For example, when there is any abnormal change in the viscera, the nerve impulse is transferred to the central nervous system by the afferent nerve fibers of the autonomic nerves. Once it reaches the brain, the brain commands the affected body parts through the efferent nerve fibers. The mechanism of correspondence in Korean Hand Acupuncture is very similar to the mechanism of the visceral-somatic reflex.

The stimulation of the corresponding points of certain body parts initiates the hand to organ reflex first then the organ to organ reflex. Then it develops into the visceral to somatic reflex. It also states that a large number of different human diseases can be treated or cured through the route of the reflex system, and this theory has been verified by clinical experiments such as thermograms.

The stimulation of the hand is very effective due to the presence of a large number of sympathetic nerve fibers in the hands.

• **Present position of Korean Hand Therapy**

The science of acupuncture, moxibustion, and herbal medicine are important component of traditional oriental medicine that were developed in the East about 2500 years ago.

Oriental Medicine that originated in China is called Traditional Chinese Medicine, oriental medicine from Japan is called Japanese Oriental Medicine, and that from Korea is called Traditional Korean Medicine or Korean Oriental Medicine.

However, Korean Hand Therapy, a form of alternative medicine, differs from both Korean Traditional Medicine and Western medicine. It was not popular word among the people until the word of 'SOOJI CHIM' appeared to the Korean dictionary by Mr. Hee Sung Lee in 1980.

KHT has been practiced by many people as well as licensed doctors after a decision of the supreme court on April 17, 1994 stating that it is not illegal that the general public insert the needles to others if it is performed without pay, even though they are not practitioners. As a result, KHT volunteer members can perform KHT for charity.

Thousands of people treat friends and strangers. Some accomplished practitioners have ailing patients actually lined up outside their doors.

• **Popularization of Korean Hand Therapy**

Korean Hand Therapy has rapidly spread all over the world since KHT was revealed to the public. In Japan , Many clinical KHT experiments were performed by the late Dr.

Manaka Yoshio, Dr. Yastu Mistuo, the honorary professor of Nihon University , Dr. Hida Kazhiko, the otholaryngologist, since Korean Hand Therapy information was serially published in a Japanese journal of western medicine by Dr. Tae Suk Song in 1977. In the US , KHT was introduced first to the 2nd International Oriental Medicine Congress held in 1984. Since then, KHT seminars have been held periodically.

Both Dr. Peter Eckman and Dr. Jae Woo Yoo have put in a great deal of effort to spread KHT in the US . Since 1994 Dr. Dan Lobash has worked very hard to spread KHT even further. From November 1996 to Nov. 1998, a training program for KHT teachers was completed successfully in LA and has been conducted continually from then on. These trained teachers are expected to help the future students of KHT in North America . Also, there are many acupuncturists in the US who have visited Korea to learn KHT. They have contributed to the improvement of the public's health.

American acupuncturists who have studied KHT are estimated to be about 6,000. KHT was adopted as a credited course in UC Berkeley and UCLA. Korean Hand Therapy has also spread to Germany , Austria , Spain , Switzerland , Taiwan , South-East Asia, Africa, Brazil , Chile , Venezuela , and Argentina . In Korea , the 16th Korean-Japanese

Korean Hand Therapy Symposium held in to 2005 to exchange the methods of clinical treatment and share the information of clinical treatment.

In addition, various kinds of valuable thesis for KHT therapy have been announced in many symposia and congresses held all over the world, e.g. the 3rd Korean-Columbia Oriental Medicine Congress, the 2nd Korean-Spain Korean Hand Acupuncture Symposium, the World Oriental Medicine Congress in Holland, the 9th World Women Health Congress held in Egypt, Canadian Oriental Acupuncture Symposium in 1999, and the 11th Pacific Oriental Acupuncture Symposium in San Diego, 1999.

Many clinical thesis and treatment methods reported from many symposium and congresses have been compiled and published into a book by 106 edition since Oct., 1981. Moreover, KHT was adopted as cultural studies in many domestic universities such as E-Wha University , Yon Sei University, Koryo University , Kyoung Hee University . It is a required course in Han Sung University , Won Kwang University , Jun Ju University, and Ho Suh University. It has been adopted as an alternative medicine in many hospitals such as Yong Dong Hospital and Seoul Central Hospital .

KHT therapy has been applied for students' voluntary service for rural communities and is practiced now for treating their neighborhood and the elderly by more than 300 groups of KHT as a voluntary service for charity. In 1999, a college specializing in Korean Hand Acupuncture was established to produce KHT Licensed Practitioners authorized by the Health Ministry of Brazil. In Korea , the Korea National Tourism Organization selected KHT as the representative tourism item of Korea . This provides a "KHT Experience Program" in English to the foreigners who are visiting Korea .

• **Characteristics of Korean Hand Therapy**

KHT can prevent diseases of the whole body and maintain health as well as cure a wide range of ailments because KHT regulates the function of Jang Bu organs by stimulating the acupuncture points on the hands.

The ultimate goal of KHT is to regulate the imbalanced function of Jang Bu organs into the balanced one through the regulation of the cerebral blood flow. The balance of the Jang-Bu organs is highly dependent on the blood circulation flowing to the brain.

As the brain governs autonomic nervous system, sympathetic nervous system and generation of hormone and controls the activity of all the organs, an abnormal function of the brain results in disorders of our health. Therefore, the purpose of all theories and method of stimulation involved in KHT rely upon the balance of the cerebral blood flow.

As the diseases of the body are caused by an imbalance of Jang Bu organs, it is very important to discriminate the excess and deficiency of Jang Bu organs.

For discriminating the excess and deficiency of Jang Bu organs, Congenital Constitution, Yin Yang Pulse Diagnosis, Three Constitution, the application of E-Beam can be applied. KHT enables us to manipulate the condition of the pulse freely through the experiment of Three Constitution, Corresponding Reflex Points, and Yin Yang Pulse Diagnosis. For example, if there is some painful reaction on St25 in the abdomen, it is determined that the large intestine is excess when diagnosed by Yin Yang Pulse. In this case, if we sedate the large intestine micromeridian, then the painful reaction on ST25 disappears and the pulse becomes balanced.

In reverse, if we tonify the large intestine micromeridian the painful reaction on ST25 become worse and the pulse becomes worse when diagnosed by Yin Yang Pulse Diagnosis. The Corresponding Points, Micromeridian and Special Points can also be used for verifying the change of the pulse.

The instruments developed by KHT can be used for verifying whether the treatment is effective or not based on Yin Yang Pulse Diagnosis. To confirm whether the treatment is effective or not, the patient's pulse should be observed by Yin Yang Pulse Diagnosis. If the treatment given to the patient is accurate, the patient's pulse becomes balanced. However, if the stimulation of the treatment is inaccurate, then the patient's pulse remains imbalanced when diagnosed by Three Constitution or Yin Yang Pulse Diagnosis. In conclusion, KHT can confirm the effect of treatment by comparing the patient's pulse.

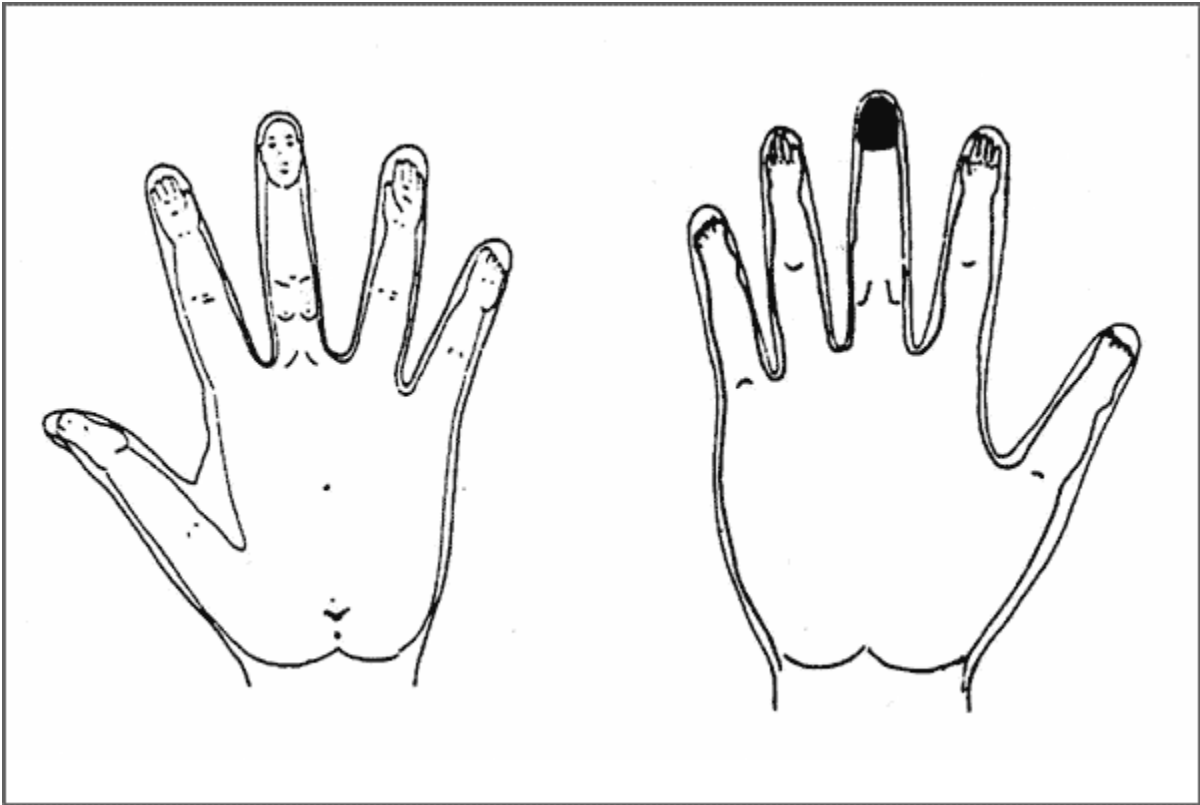
As shown in the above, KHT established systematic theories for prevention of disease and maintenance of health. As KHT has a definite concept of health the maintenance of health and relief from disease is overwhelmingly rapid and effective.

In addition, KHT has researched many methods of treatment for incurable and chronic disease. However, conditions that require surgery, severe injury of tissue that is not able to recover by itself, organic disease and infectious disease cannot be cured using hand

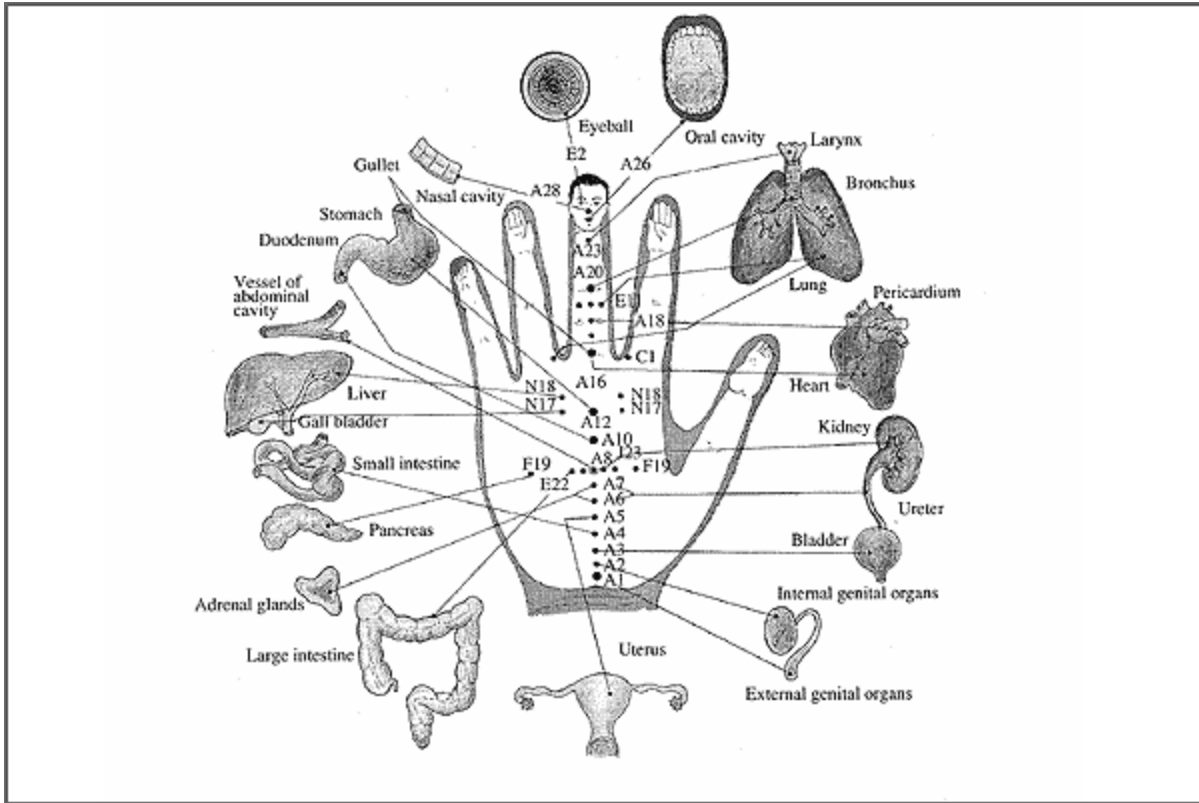
acupuncture. For successful treatment of incurable, inveterate and chronic diseases, Seoam Moxibustion for heat stimulation, Sooji Food for providing nutrition, Electronic Beam are used in KHT.

KHT is free from any danger and side effects. It is not involved with any habitual and toxic application. Therefore, KHT is very safe to perform for self-treatment as well as the patient's treatment in the clinics. KHT is very effective for increasing immunity. As the immune strength increases by applying KHT, KHT can effectively be used for complementing Western Medicine by lessening the side effects of chemotherapy or radiological treatment in cancer patients and relieving nausea, so that the patients can continue to receive the treatment.

• Correspondence of Korean Hand Therapy



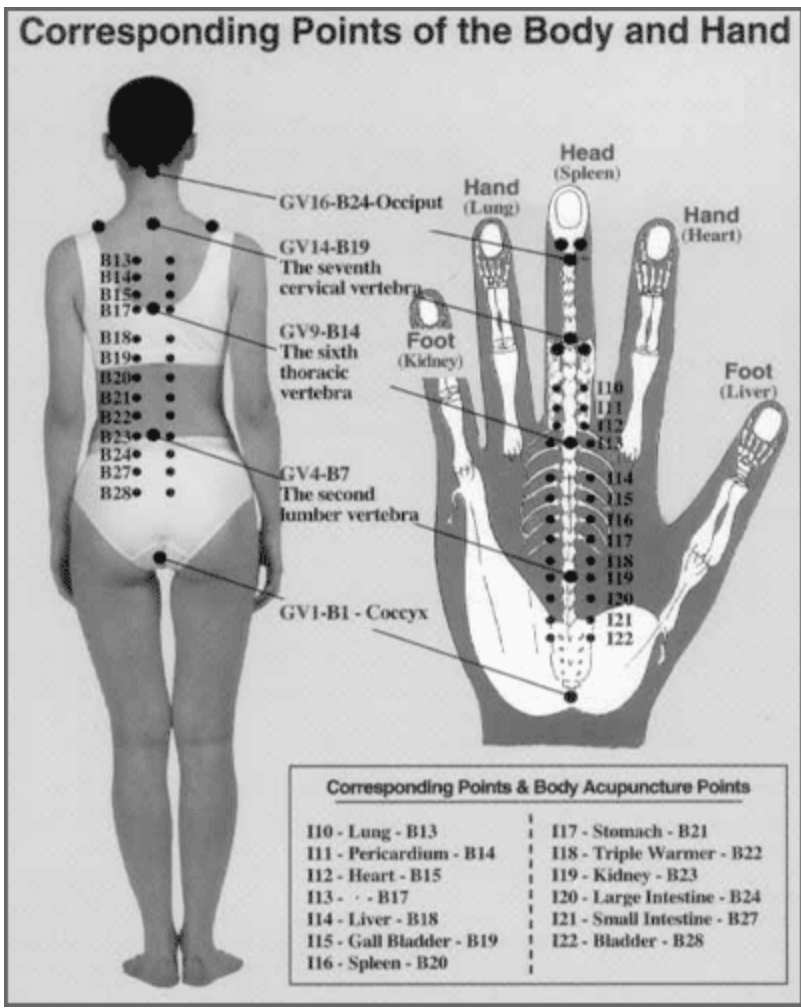
The Relationship between the Body and the Hand



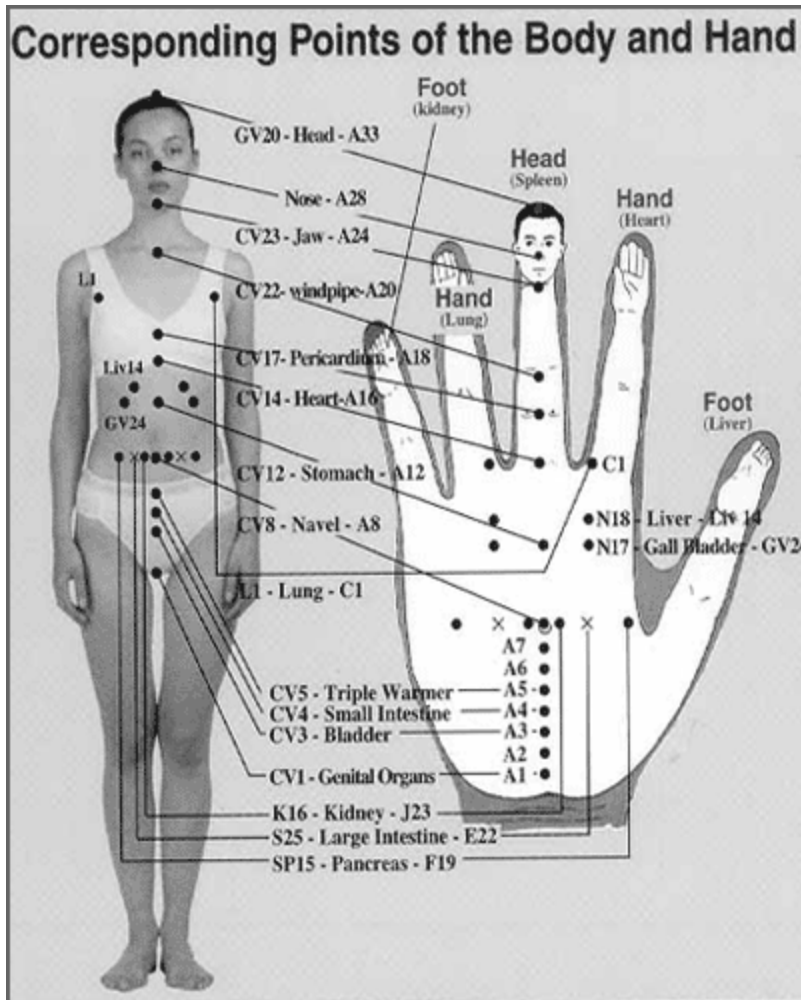
The Relationship between the Hand and the Internal Organs

(1) The palm of the hand is the ventral side of body and the abdominal region.

The palm side of the hand corresponds to the anterior side of the body. A1 is located 5mm (for children, approximately 3mm) distal from the center of the wrist crease. A1 corresponds to the sexual organs, and A16 corresponds to the heart, which is located in the center of the first knuckle line of the middle finger. Halfway between A1 and A16, A8 corresponds to the navel. The palm is divided at A8. The portion above A8 represents the upper abdomen, and the portion below A8 represents the lower abdomen. The corresponding areas of upper abdominal cavity and lower abdominal cavity are separated at A8. A12 is mainly related to the stomach. The distal and middle part of the middle finger represents the face and neck. The face is represented in the distal part of the middle finger starting from A24 to A33. A24 corresponds to the button of the chin, A33 to the crown of the head. Also, the distal parts of the index and ring fingers corresponds to the hands, and the distal and middle parts of the thumb and little fingers corresponds to the feet and knees. Therefore, we can see all the body are related to the hands.



The Palmar Side of the Hand



The Dorsal Side of the Hand

(2) The dorsal side of the hand is the back side of body and the waist region.

B1, at the distal end of the wrist on the back side of the hand, corresponds to the area between the anus and the tip of the coccyx. The middle bone (the 3rd metacarpal) of the dorsum of the hands corresponds to the lumbar vertebra and these areas are effective in the treatment of low back pain. B14 on the 1st knuckle of the dorsal midline of the hands corresponds to the area between the shoulder blade and vertebra. B19 corresponds to the 7th cervical vertebra. B24 corresponds to the 2nd cervical vertebra. B27 is located just beneath the middle finger nail and corresponds to posterior part of the head.

(3) Index & Ring fingers : Upper limbs

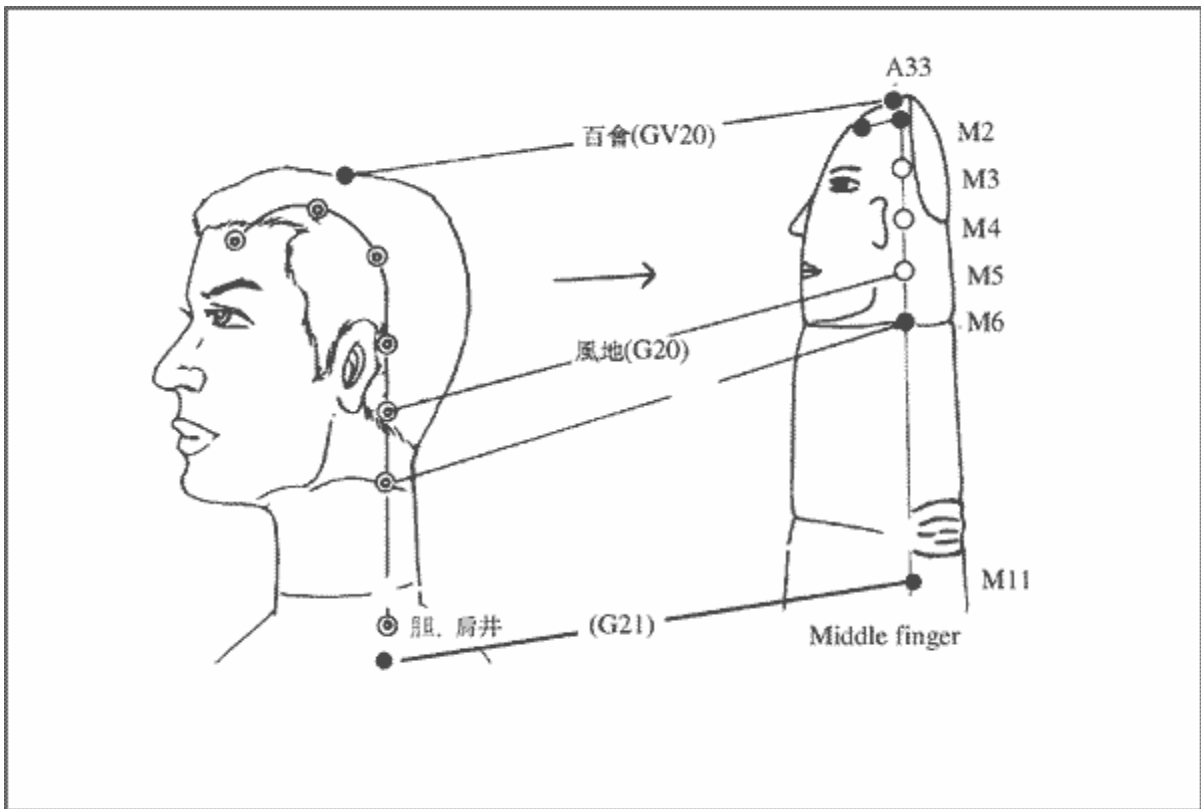
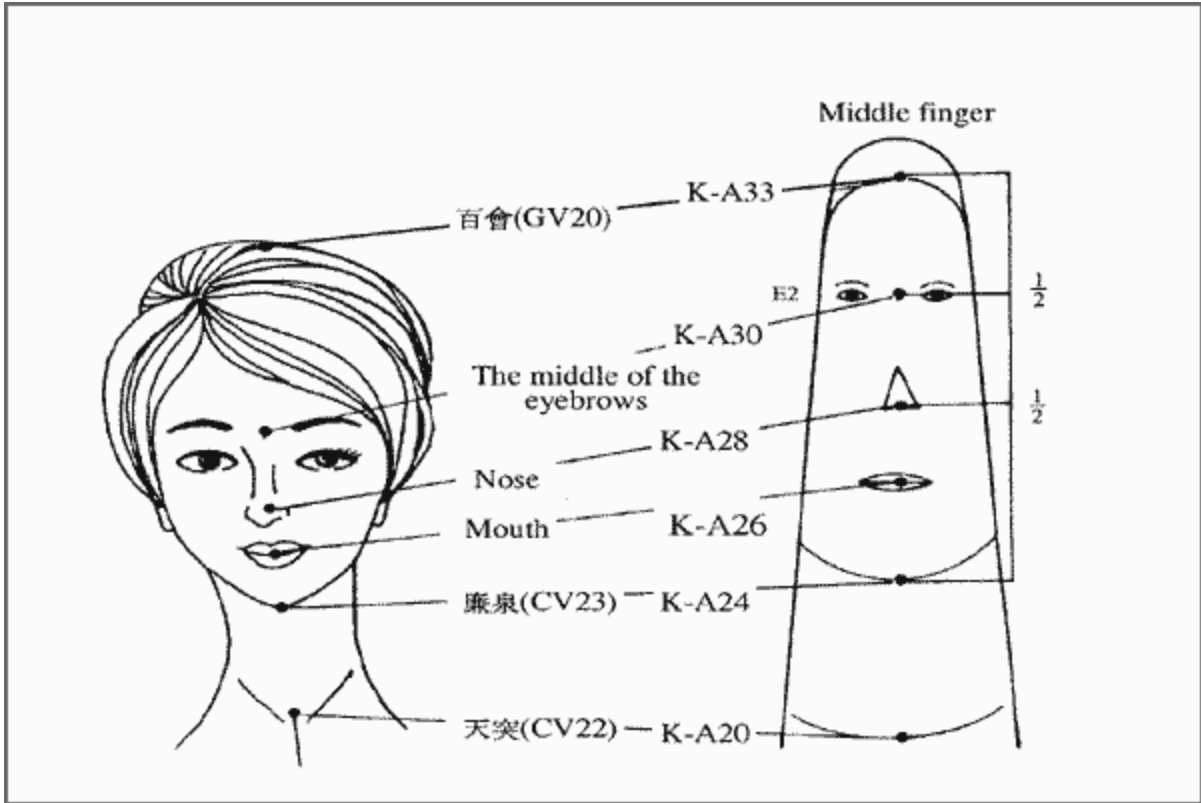
The upper limbs including the arms and hands are represented on the index and ring fingers. The distal phalanx of these fingers corresponds to the hands, and the distal joint to the wrist. The middle phalanx corresponds to the upper arm. The proximal interphalangeal joint corresponds to the elbow. The proximal phalanx corresponds to the upper arm, and the meacarpophalangeal joint to the shoulder joint.

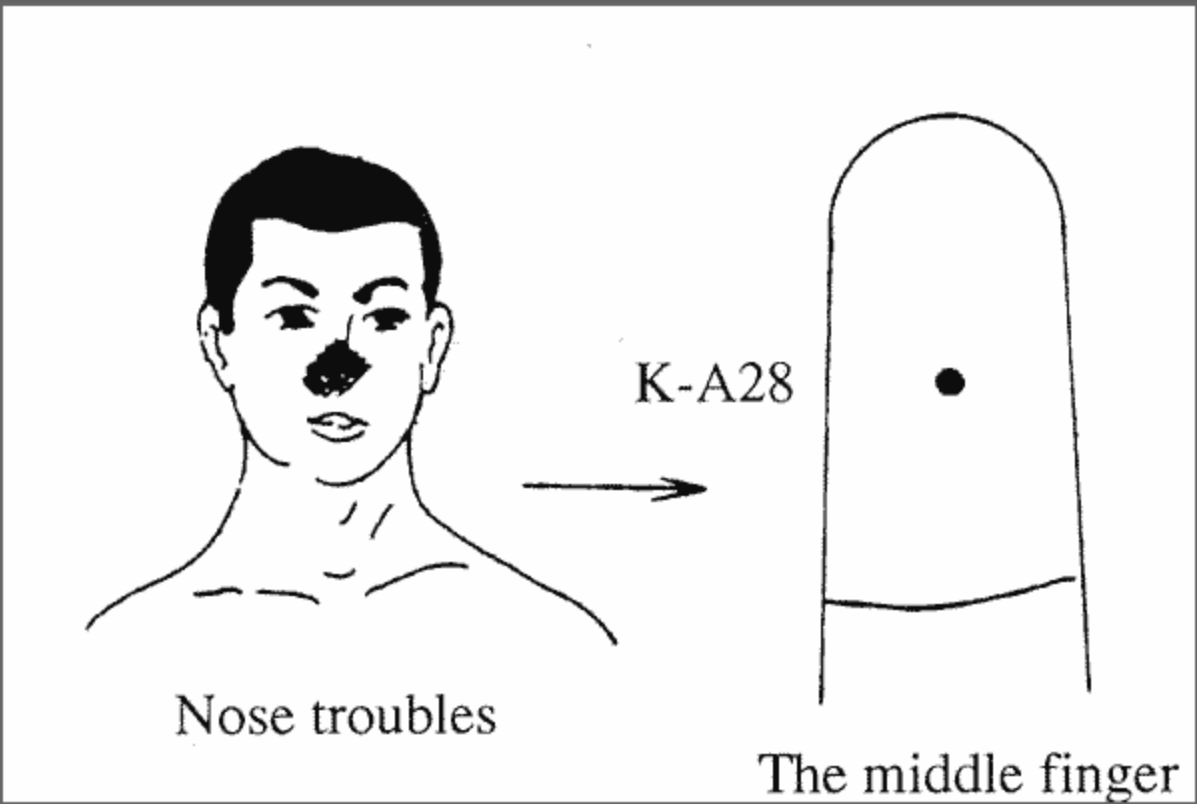
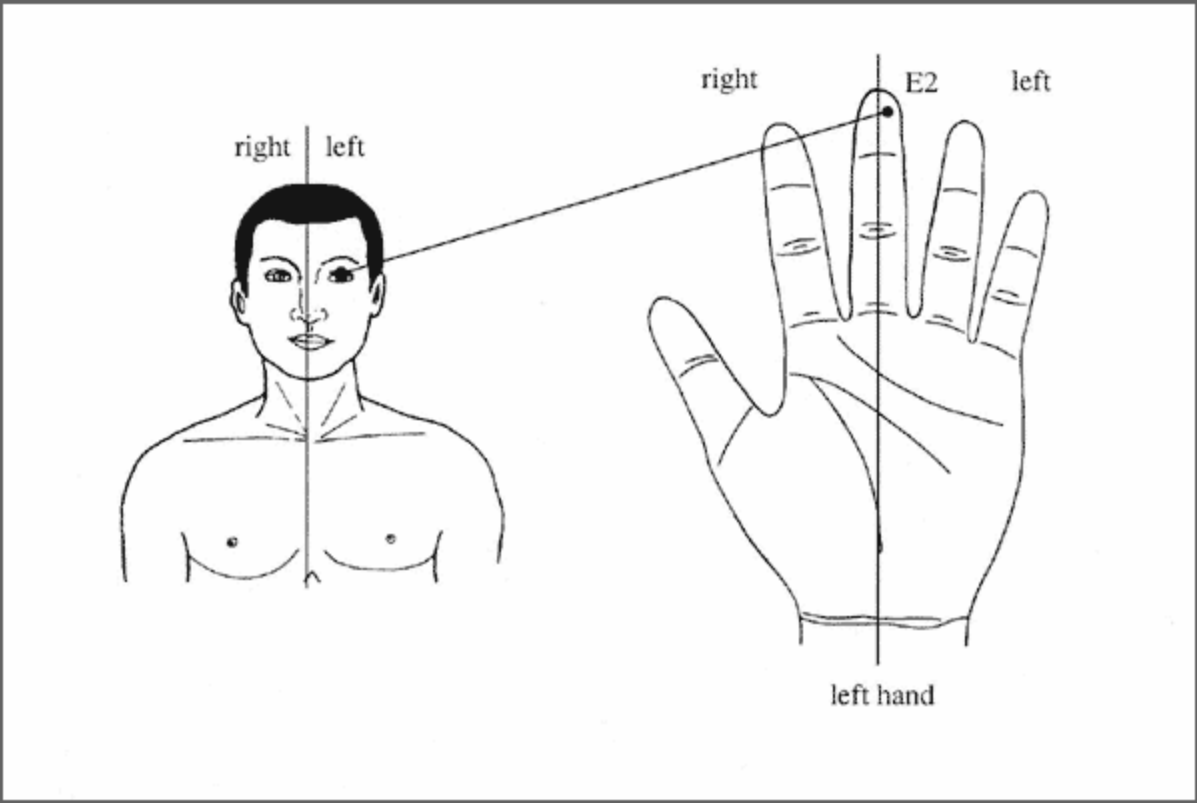
(4) Thumb & Little finger : Lower Limbs

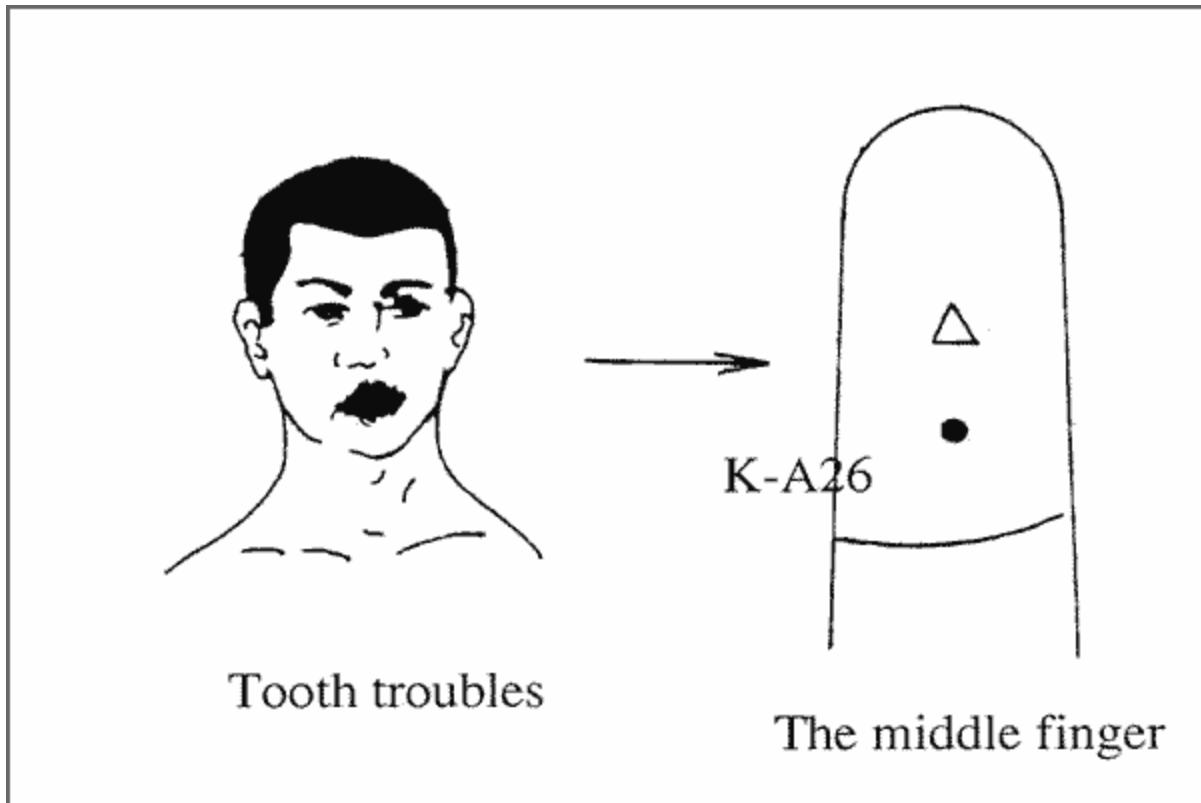
The lower limbs including the legs and feet, are represented on the thumb and little finger. Each joint in the fingers corresponds to a joint in the legs. Starting from the distal end, the distal phalanx of the finger corresponds to the foot ; thus the distal interphalangeal joint corresponds to the ankle. The middle phalanx and the proximal interphalangeal joint correspond to the lower leg and knee, respectively. The proximal phalanx and the metacarpal joint correspond to the upper leg and the hip joint, respectively.

(5) Head and Neck

The middle phalanx of the middle finger, from A20 to A24, corresponds to the neck. The distal phalanx of the middle finger, from A24 to A33, corresponds to the face. Draw a face on the finger, the following points are first located: A24, A26, A28 and A30. A24 corresponds to the 3d edge of the chin. Draw a mouth with A26 in the center. A28 is the apex of the nose. Lateral to A30, draw eyebrows, one on each side, and beneath the eyebrows draw the eyes. The corresponding area of the posterior head and neck corresponds to the back side of the distal phalanx of the middle finger. The corresponding area of the neck starts at point B19 which corresponds to the seventh vertebra. B24 corresponds to C2 and B25 corresponds to C1. The lateral side of the middle and distal section of the middle finger corresponds to the lateral side of the neck and face, respectively. The mutuality of the whole body appears both in left and right hands. In the right hand, the ring finger and pinky finger represent the right arm and right leg ; the thumb and index finger represent left leg and left arm. In the left arm, ring finger and pinky finger represent left arm and left leg, the thumb and index finger represent right leg and right arm. As a general rule, the disease on the left side of the body shows on the left hand while the disease on the right side of the body shows on the right hand. Thus, for left side problems, you treat left hand: for right side problem, you treat right hand. For instance, the left eye is diseased. The corresponding points of the eyes are the E points, located bilateral to A30 on the distal phalanx of the middle finger. Both hands have two E2 points, but the primary selection for the treatment is the E2 located toward ring finger of the left hand. The E2 located toward index of the right hand can be treated as well, but the one on the left hand is more effective than that on the right hand. Therefore, in addition to knowing the location of the corresponding points on the hand, determining the side of the symptoms and the side of the corresponding points is also important for an effective treatment.







(6) DETECTION OF CORRESPONDING POINTS

Internal diseases and disorders are reflected on the hands as tender spots, tense regions, rigid spots, discoloration and hypersensitive points. Among the various signs on the hands, tender points are the most common manifestations. Tender points are considered to be a reaction created by the sensory nervous system. What this means is that a certain area can react with pain to pressure that normally does not cause pain. This particular area is called the reactive point on the body. On the hand, this is called the reactive corresponding point. Generally speaking, it is easier to detect the reactive corresponding points on the fingers and dorsum of the hands than to detect them on the palm of the hands. For most accurately locating reactive corresponding points, it is strongly suggested to press some of the points around the area which corresponds to the diseased and/or disordered body parts, and then select the most sensitive or painful point using a point detector. Repeat the same procedure two to three times if no tender spot or reactive point is detected the first time. In some cases of minor illness, it may be impossible to find the point. In this case, apply light pressure to the painful part of the body to arouse the manifestation, then try to detect the reactive corresponding points. There can be more than one reactive point in many cases, and the areas they cover may vary over a broad range. Some of them are concentrated in one single spot or area. Others may be scattered throughout the hands. Therefore, ideally one locates the corresponding areas first, then pinpoints the precise corresponding points within the area.

① TENSE REGION

A tense region can be described as a hardened area on the hands. On the hand, the tense region often appears on the palm of the hand between A4 and A12 because it is usually due to diseases in the internal organs. These tense regions, are strained, hardened, and rough-surfaced compared to the normal skin.

② RIGID SPOTS

Rigid areas usually appear on the fingers and palm. They are most commonly found on the middle finger. The size of rigid area varies from 1 to 4 mm in diameter. They can protrude from the skin around every joint. The appearance of these areas on any of the fingers except the middle finger signifies disease or disorder in the limbs. The ones on the middle finger indicate disorders of the cranial and thoracic regions of the body.

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③ CHANGES IN COLOR AND TEXTURE

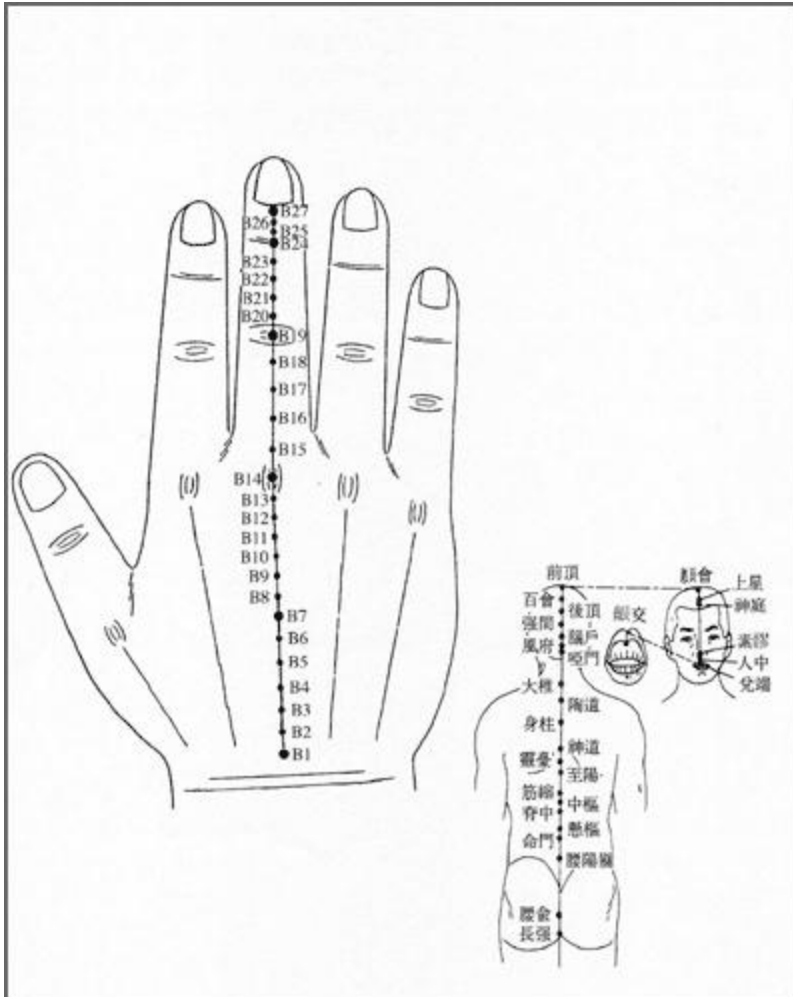
The color and complexion of the hands can be generally as well as locally examined. The hands of healthy individuals should be lustrous, elastic, warm, moist and free in movement. Many patients suffering from chronic disease have hands that are dry, excessively hot or cold, and stiff in movement. The abnormal colors seen on the hands are pale (yellow), dark red, and bluish purple.

④ EXAMINATION OF WOUNDS

Wounds on the hands may cause disease in the internal organs although the wounds may be the result of injuries having nothing to do with the internal organs. This happens when the person is already weak and has internal problems. If the person is healthy and strong, the wounds may not affect the internal condition. For example, a person who frequently suffers from headaches or anemia may become worse if the distal phalanx of the middle finger becomes wounded. Also, a person with a dental problem may suffer more seriously if there is a wound on the same part of the middle finger. Therefore, it is important to avoid any wound on the hands to prevent the occurrence or worsening of diseases and other health problems.

• **Fourteen Micro-meridian Therapy**

The Fourteen Meridians in body acupuncture can also be found in the hand and are called the Fourteen Micromeridian. The Fourteen Micromeridians in hand acupuncture is designated based on Yin Yang Pulse Diagnosis and Three Constitution. The Fourteen Micromeridian can be applied for regulating the excess and deficiency of the Jang Bu organs. Therefore the imbalanced Jang Bu organs can be regulated by tonifying and sedating the micromeridians in the hand. There are 345 acupuncture points within the micromeridian and named it in the order of the alphabet. Micromeridians starts with the Im(Ren) micromeridian designated by a letter of "A" and ends in Liver micromeridian designated by a letter of "N" letters from K-A to K-N for Fourteen Micromeridian. Also, the letter "K" is an abbreviation for Koryo Hand Therapy. The location of each points in Micromeridian is different from those in meridian. The Micromeridian in hand acupuncture is a distinct system consisting of different pathways for controlling the Jang-Bu organs and in turn the whole body. Therefore, the location of micromeridian is designated in a unique way based on the experiment of Yin Yang Pulse Diagnosis.



(3) K-C micro-meridian

K-C Ki Mek originates at K-A12 and flows from K-C1 up to K-C13 on the palmar side of the hand, along the edges of the index and ring fingers adjacent to the middle finger.

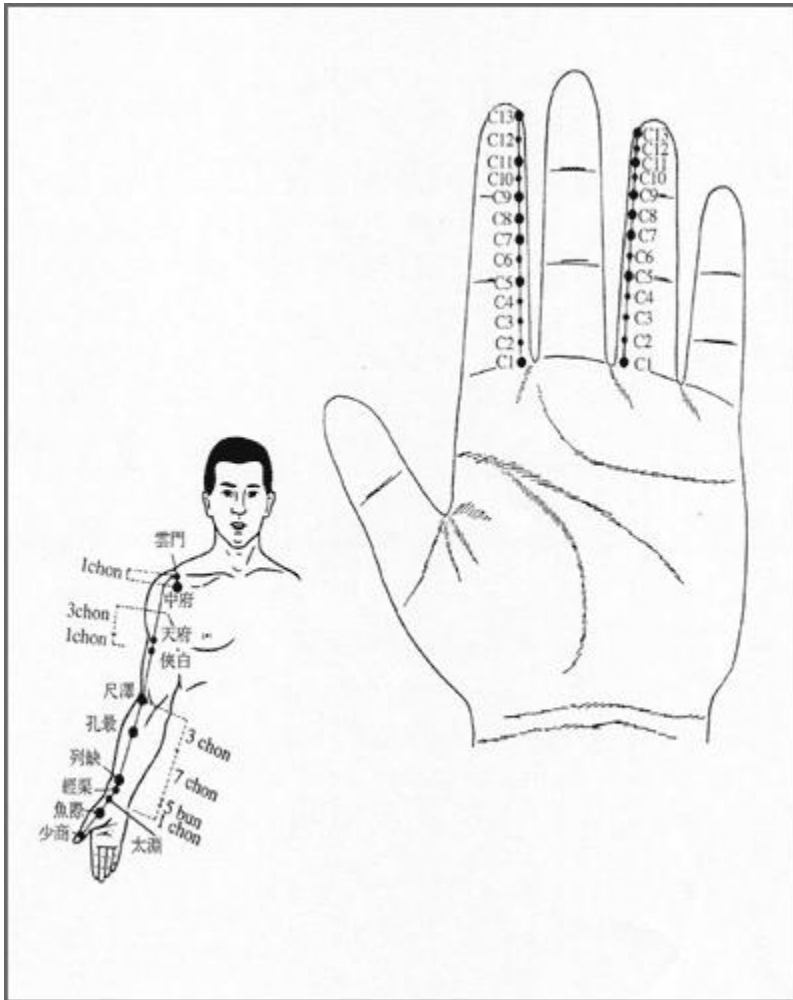
① Symptoms of the lung excess

Asthma, cough, chest stuffiness and pain, pneumonia, bronchitis, laryngopharyngitis, rhinitis, empyema, sore throat, ulnar arthritis, pain along Lung meridian, hot sensation in the palm, pain the shoulder region, dizziness, bloody urination

② Symptoms of the lung deficiency

Low energy level, feeble breathing, dry mouth, coldness and painful sensation in the shoulder, frequent urination, discoloration of urine, nervousness, rough skin, chest stuffiness, pale complexion, headache, pulmonary tuberculosis, scrofula, swelling of the thyroid glands and indigestion.

③ Pain or tenderness at Lu1, CV4 and CV5 indicates the excess condition of the lung. The reaction point for E-Beam is C1



(4) K-D micro-meridian

K-D Ki Mek originates at K-D1 and flows proximally along the index and ring fingers to K-D12, and then turns to run distally up both sides of the middle finger to K-D22 which is located to the side of K-A28.

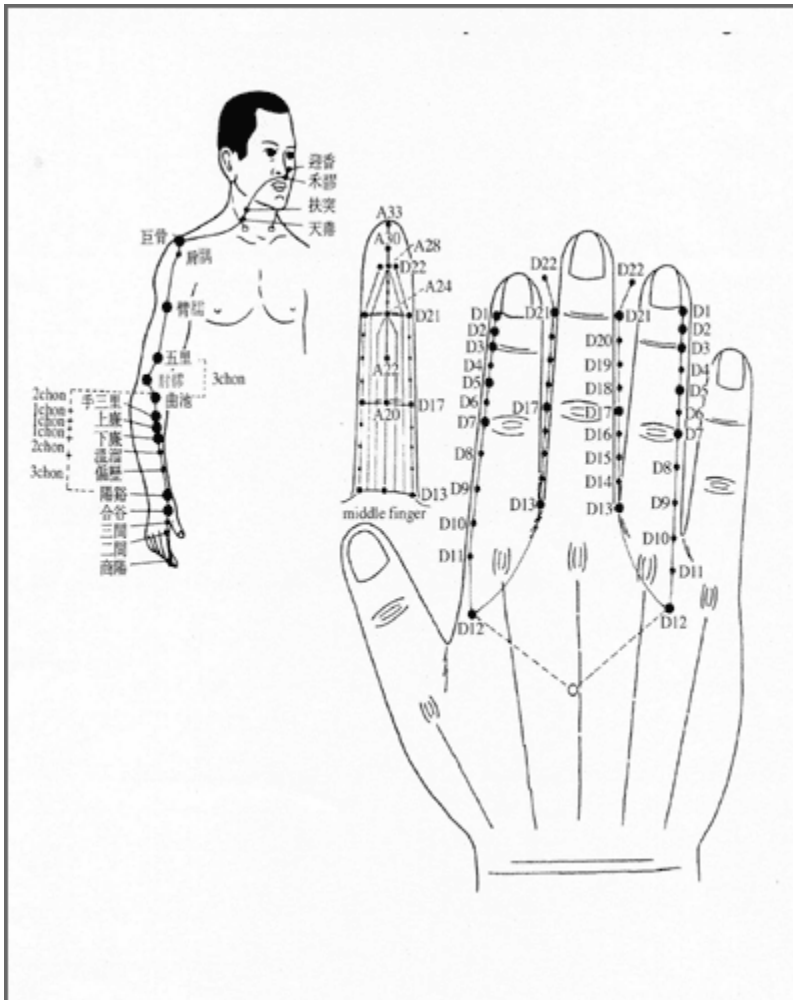
① Symptoms of the large intestine excess

Constipation, insomnia, poor appetite, intestinal obstruction, fatigue, chronic common cold, toothache, frontal headache, hypergastric acidity, lumbago, plum-seed sensation in the throat, gingivitis, chest stuffiness, dizziness, knee pain, duodenal ulcer, dry mouth, numbness and tingling in the extremities and pain around the scapular region, nasal congestion and dry cough.

② Symptoms of the large intestine deficiency

Chest stuffiness, dry mouth, loose stool, bloody stool, mucous in stool, a feeling of weakness in abdominal muscles.

③ Pain or tenderness at St25 indicates the excess condition of the large intestine. The reaction point for E-Beam is E22.



(5) K-E Micro-meridian

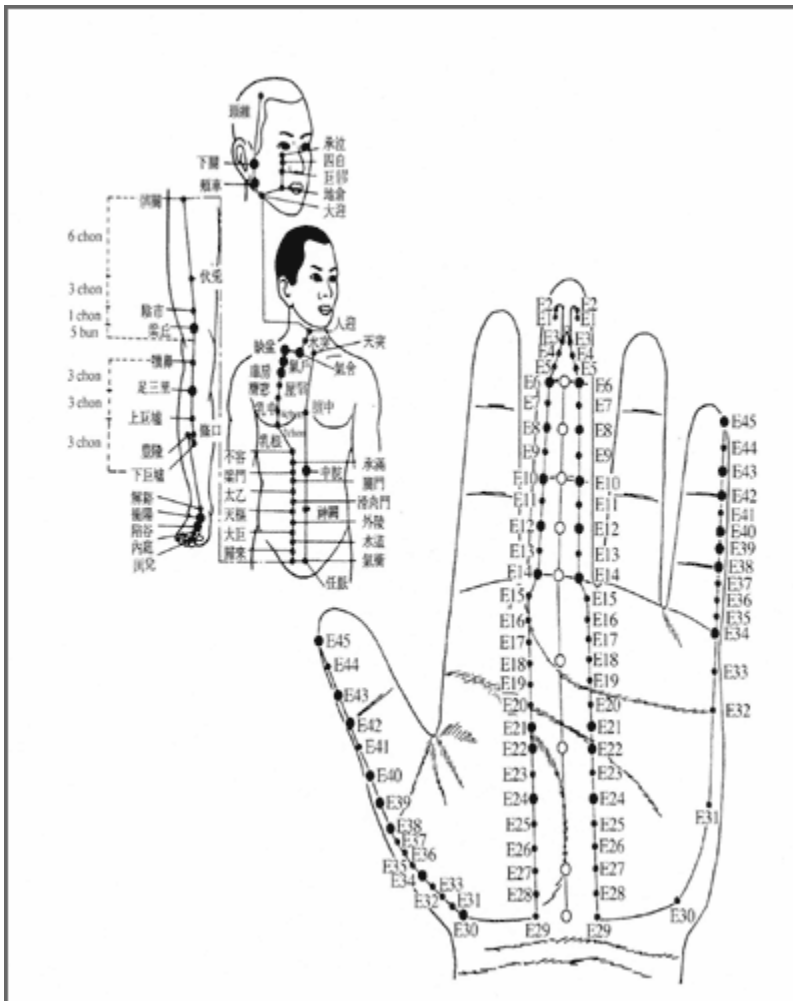
K-E Ki Mek originates at K-A28 and is generated at K-E1, then flows proximally 2 bun lateral to K-A Ki Mek to the 1st knuckle. It then runs proximally 3 bun lateral to K-A Ki Mek on the palm, turns and runs distally along the sides of the thumb and little finger away from the middle finger.

① Symptoms of the stomach excess syndrome :

poor appetite, nausea, indigestion, abdominal fullness, retention of food, belching, motion sickness, stomatitis, diarrhea, constipation, abdominal pain, spasm of esophagus, gastritis, gastric ulcer, hyperacidity, duodenal ulcer, facial pimples, eye disease, nasal obstruction, toothache, headache, mental disorder, dizziness, mania, mastitis, chest pain, swollen thyroid, scrofula, stiffing sensation in the abdomen, weakness of the knees, pain in the knee & ankle, painful and cold sensation in the abdomen, facial edema, fatigue

② Symptoms of the stomach deficiency syndrome :
gastric cramping, hyperacidity, abdominal pain, cold abdomen, anemia, coldness in the extremities, night blindness, epilepsy, diabetes, obesity, eczema, alopecia, overeating, lack of libido, trigeminal neuralgia, neuralgia, rheumatism

③ Pain or tenderness at CV12 indicates the excess condition of the stomach. The reaction point for E-Beam is K-A12.



(6) K-F Micro-meridian

K-F Ki Mek originates at K-F1 which is located at the end of the thumb and small finger, and flows along the centerline of each finger to K-F22.

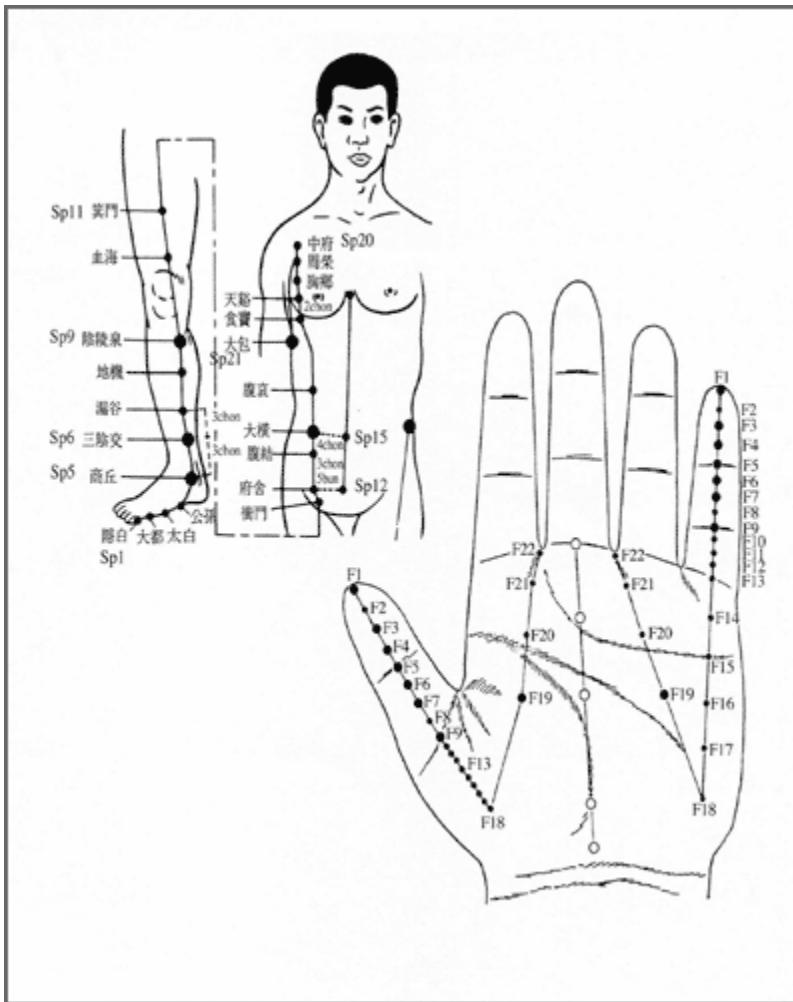
① Symptoms of the spleen excess syndrome :
stiff tongue, nausea, vomiting, stomachache, stomach dilation, pain in the tip of the tongue, exhaustion, chest pain, breast pain, jaundice, cold feet, heat in the shin bone, knee pain on the medial side, heavy feeling, oversleeping, frequent drinking, weak feeling in extremities, rheumatic pain, cold feeling in the stomach, hypoacidity, pancreatitis, waist

pain, neuralgia, skin disease, anemia, lack of vigor, cerebral thrombosis cerebral hemorrhage, paraplegia, inflammatory disease, aggravation from rich food

② Symptoms of the spleen excess syndrome :

diarrhea, constipation, gastric problems, nausea, poor appetite, indigestion, tiredness of the limbs, borborygmus, hyperacidity, stomachache, nervousness, convulsion, abnormality of the lips, fatigue dysentery, enervation, headache

③ Pain or tenderness at Sp15 indicates the excess condition of the spleen. The reaction point for E-Beam is K-F19.



(7) K-G Micro-meridian

A branch from the Spleen Ki Mek originates at K-A16, and is generated at K-G1. It flows up to G15 along the sides of the index and ring fingers on the edge away from the middle finger.

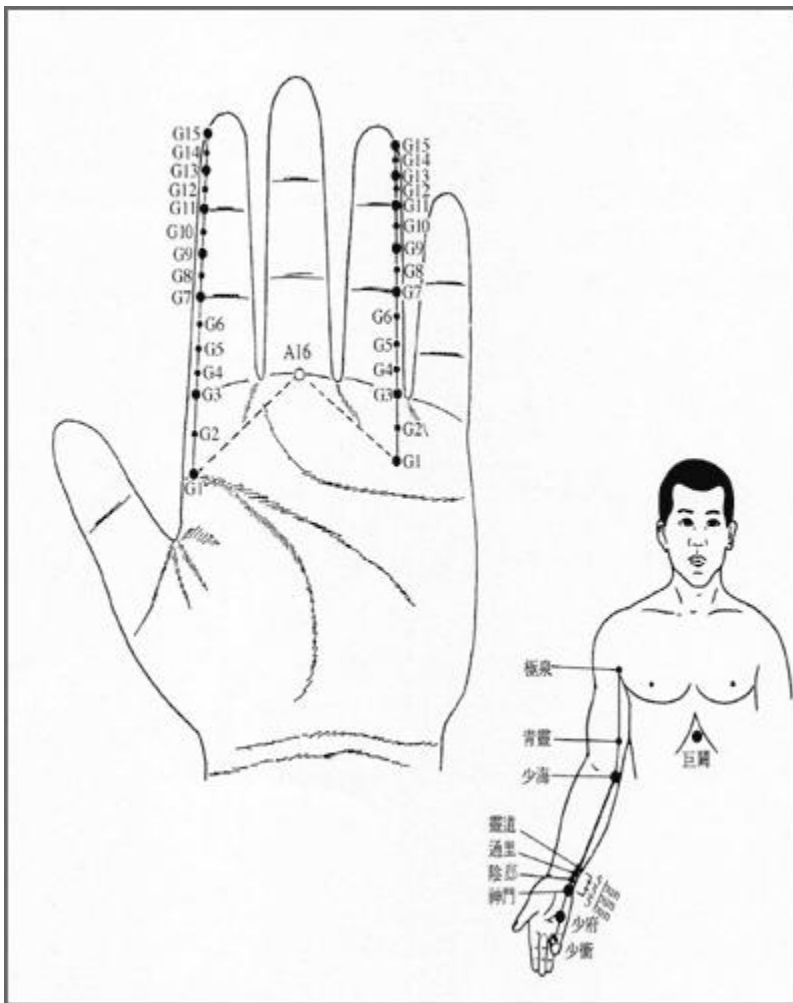
① Symptoms of the heart excess syndrome :

constipation, abdominal fullness, heaviness in the extremities, tiredness, inflamed teeth, excessive laughing, bitter taste in the mouth, thirst, heart pain, waist pain, lumbar pain, difficulty in breathing, disturbance of blood circulation, valve disorders of the Heart, arteriosclerosis, headache, hypertension, congested and heavy feeling in the head and shoulder

② Symptoms of the heart deficiency syndrome :

palpitation, lack of joy, heartache, stomachache, disturbances of speaking, feeling cold in the heart, easily started, dreaming, unrest, bed-wetting, spermatorrhea, frequent urination, cold limbs, poor circulation, hypotension, upper headache, rheumatism, astigmatism, disturbances of hearing, tinnitus, lumbago, sacral pain, renal hypertension, convulsion, no strength or paralysis in the lower extremities

③ Pain or tenderness at CV14 indicates the excess condition of the heart. The reaction point for E-Beam is K-A16 and A18.



(8) K-H Micro-meridian

A branch from K-G Ki Mek originates at K-H1 and flows along the central lines of the back of the index and ring fingers up to K-H11, then changes directions and runs up the sides of the middle finger to K-H14.

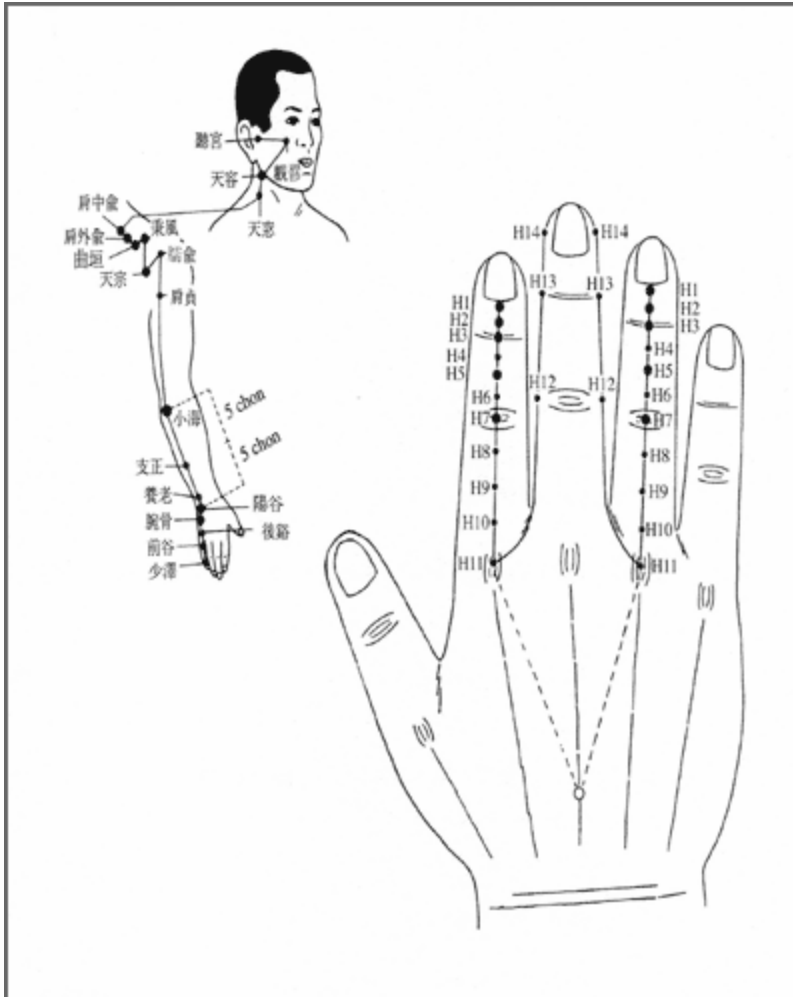
① Symptoms of the small intestine excess :

A pressure pain point appear at CV4 which is located below the navel, and if it develops, a hardness may be created, and then the pressure pain becomes severe. If it develops further, the lump moves along CV around the navel, with symptoms of pain in the backbone and waist, stiff neck, shoulder pain, and muscular rheumatism which spreads out to the whole body. These patients have constant headaches, cough with runny nose, pharyngitis, tonsillitis, frequent urination, proteinuria, edema, nephritis, dysmenorhea, heart weakness, weakness, rheumatis, allergic disease, lower abdominal pain, leucorrhea, ear disease, empyema, stomatitis and right shoulder pain. If the disease develops further, there may be neurasthenia, fright, unrest, impatience, insomnia, many dreams and weak vision, weakness and paralysis in the lower extremities.

② Symptoms of the small intestine deficiency :

Deficiency of the small intestine is the same as excess of the heart.

③ Pain or tenderness at CV5 and CV4 indicates the excess condition of the small intestine. The reaction point for E-Beam is K-A4 and A6.



(9) K-I Micro-meridian

A branch from K-H Ki Mek is generated at K-I1, which is 1 bun lateral to K-B27, going to the line between the 2nd/3rd and 3rd/4th metacarpals. It flows 1 bun lateral to K-B Ki Mek until K-I13 when it spreads out laterally, then it flows 2 bun lateral to K-B Ki Mek to K-I24. From here the two branches separate to flow down the centerline of the back of the thumb and little finger.

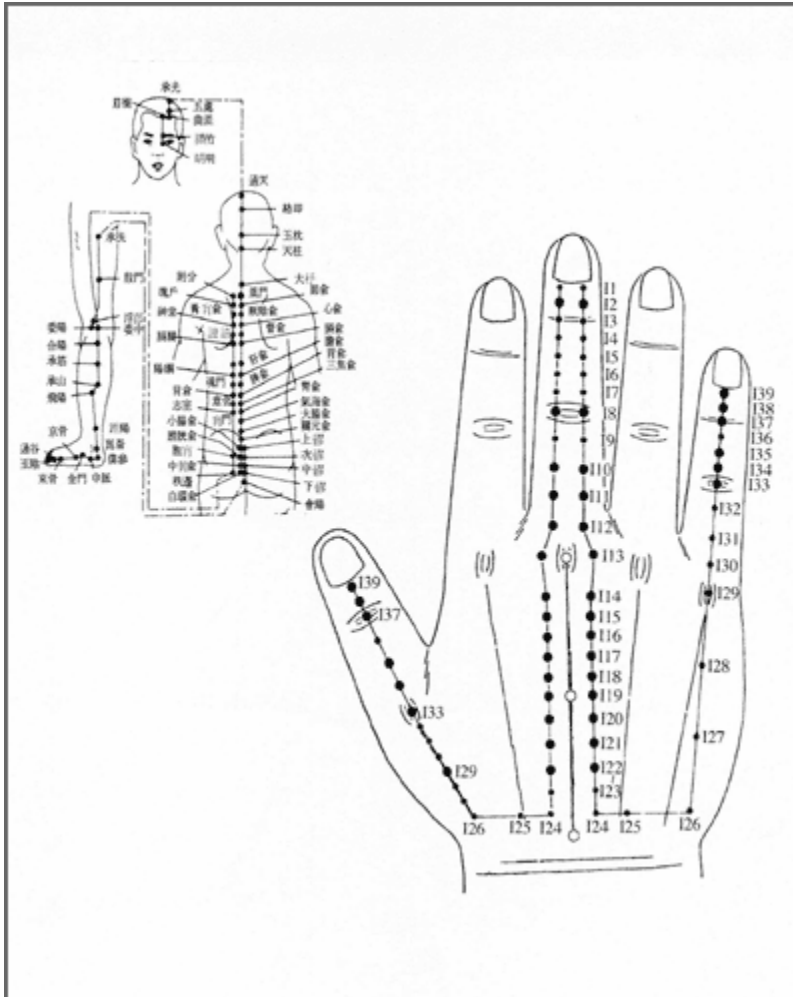
① Symptoms of the small intestine excess :

back pain, impossibility of bending forward and backward at the waist, fatigue, disorder of urination, stuffy feeling in the chest, backbone pain, headache, dizziness, severe knee, hemorrhoids, malaria, lunacy, crown headache, yellow eyes, tearing, epistaxis, epilepsy, pain in the neck, back, waist, calf and limbs, 5th toe pain, urethritis, cystitis, eye pain, occipital headache, shoulder blade pain, knee rheumatism, ankle rheumatism, gonorrhoea, heart pain, sciatica

② Symptoms of the small intestine deficiency :

strained leg, ventral abdominal pain, strained waist and back, impossibility of bending at the waist, twisted muscles, fear of wind, dry feet, frequent urination

③ Pain or tenderness at CV3 indicates the excess condition of the bladder. The reaction point for E-Beam is K-A3.



(10) K-J Micro-meridian

A branch from K-I Ki Mek originates at the outside of the root of the thumb nail and pinky and is generated by K-J1. It flows along the outer edge of the pinky and the thumb from J1 to J11. Then, it flows along the red/white line up to K-J16, and then lateral to K-A Ki Mek to the 3rd knuckle of the middle finger.

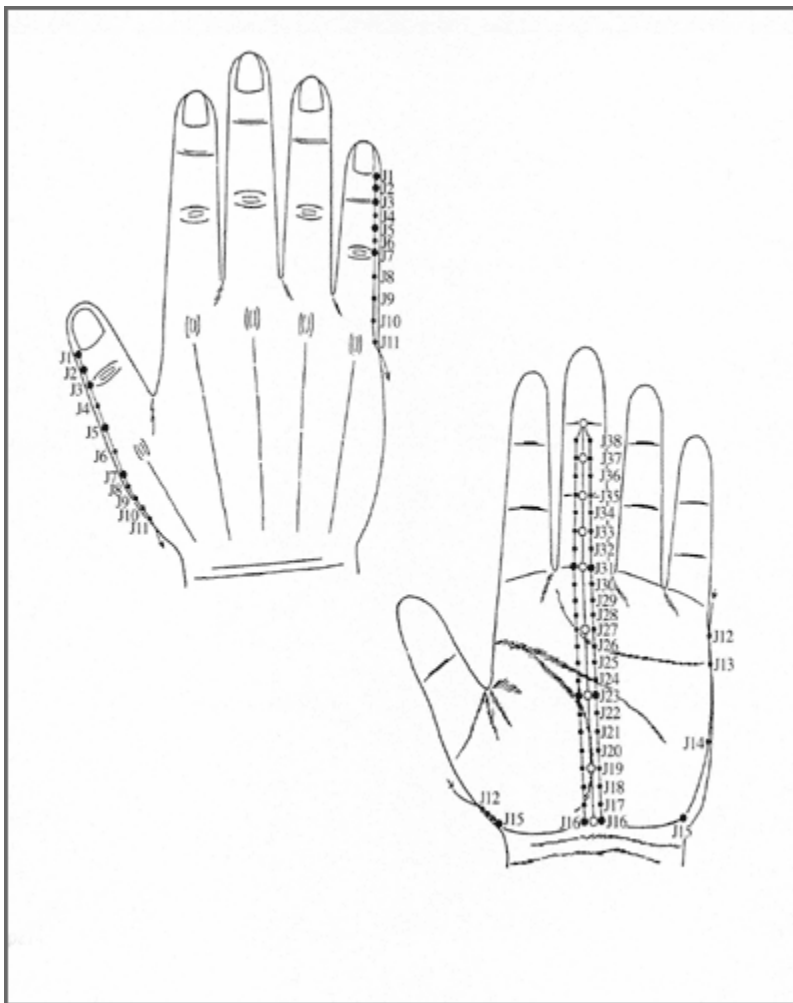
① Symptoms of the kidney excess syndrome :
 Mainly seen in women, and located on the right side. Poor appetite, sooty face, coughing blood, heavy breathing, haziness, distended bladder, disturbances of urination, painful and stifling feeling in the lower abdominal area and backbone. Chest stuffiness, dry throat, shortness of breath accompanied with flank and chest pain. Thirst, inflamed throat,

cough, sweating, reddish or dark yellow urine, quick temper, fearfulness, heat and pain in the toes, limbs turn black, difficulty hearing, fever, nephritis, edema, indigestion, hypotension, apoplexy, inflammation of the uterus, leukorrhea, sterility, lower abdominal pain, orchitis, kidney stones, tuberculosis of the kidney, rheumatism, dysentery, bloody urine, tinnitus, dysphasia

② Symptoms of the kidney deficiency syndrome :

chest stuffiness, heavy and swollen legs, restless feeling in the feet, thin and weak shins, fear of cold wind, fatigue, irregular pulse, cold legs, swollen lower abdomen, headache, toothache, neuralgia, hypertension, arthritis the disease of ear, eyes, nose, shoulder pain. The deficiency syndrome of all organs, hemiplegia, paraplegia, decrease of sexual energy.

③ Pain or tenderness at CV5 and CV4 indicates the excess condition of the kidney. The reaction point for E-Beam is K-J23.



(11) K-K Micro-meridian

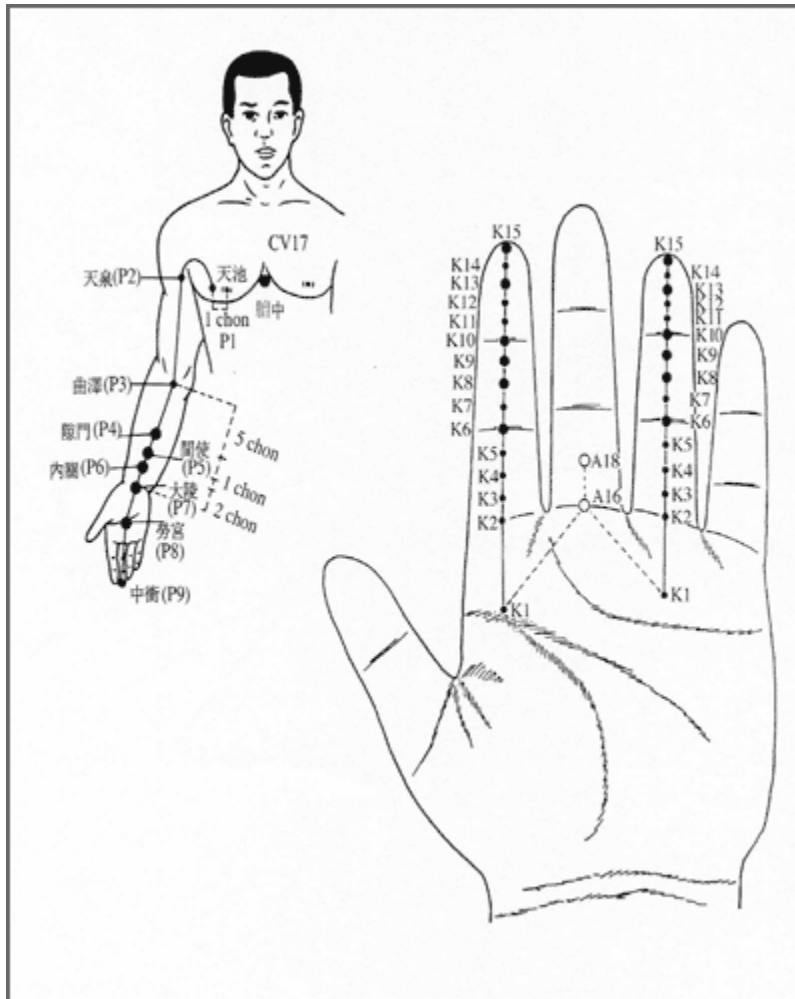
A branch from Kidney Ki Mek originates at K-A18 of K-A Ki Mek, and flows through K-A16 and is then generated at K-K1 located 1 chon proximal to the 1st knuckle lines of the index and ring fingers on the palm. It flows to a point 1 bun distal to the end of the nails of the index and ring fingers.

① Symptoms of the pericardium excess syndrome :

heart sensation in the soles and palms, spasmodic movement of the arms, swelling of the axillary fold region, hypochondriac pain, chest stuffiness, chest pain, red facial complexion, yellow pigmentation of the eye, constant laughter, headache, hypertension, most its symptoms are similar to the ones of heart excess

② Symptoms of the pericardium deficiency syndrome :

palpitation, depression, cardiac pain, nervousness, dream-disturbed sleep, irregular menstruation, neck rigidity, chest pain, menstrual pain



(12) K-L Micromeridian

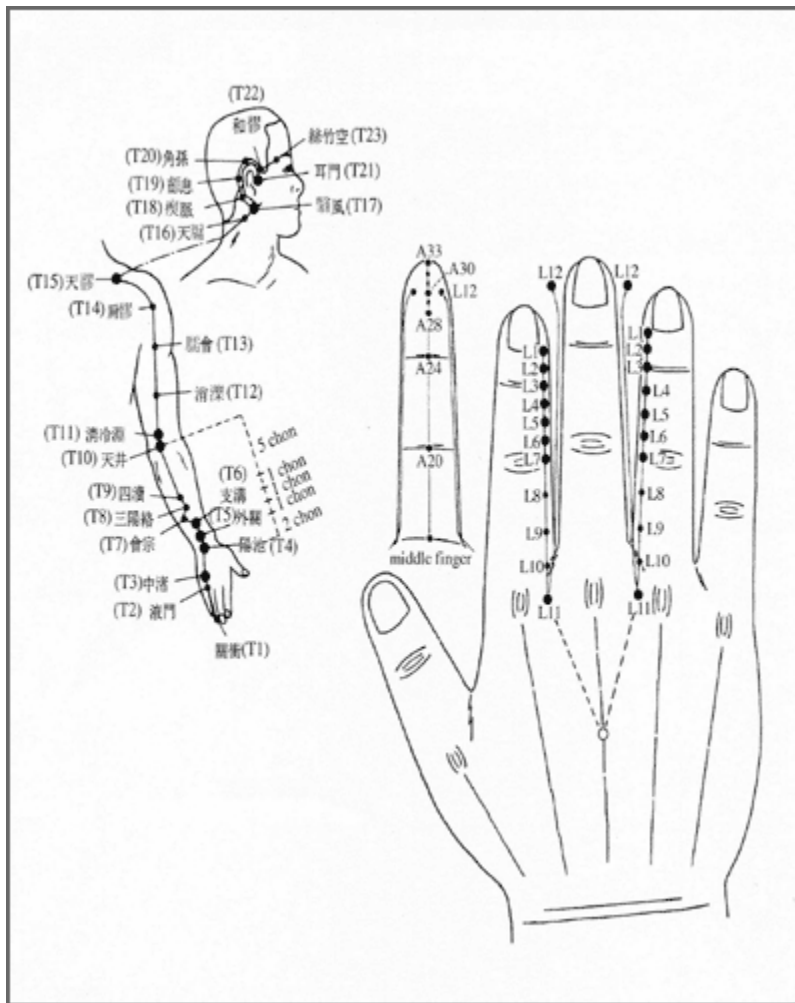
A branch from K-K Ki Mek originates at K-L1, located at the corner of the fingernail on the side of the index and ring fingers, then turns and runs up the sides of the middle finger.

① Symptoms of the triple heater excess :

bronchitis, asthma esophageal obstruction, gastric ulcer, hepatitis, infertility, uterine infection, frequent urination, neck rigidity, muscular rheumatism, weakness and paralysis of the lower extremities, arthritis, menstrual pain, irregular menstruation, severe constipation, low appetite, disturbance of peripheral blood circulation, oversensitivity of the spine. In the progress stage, the disorders become intractable diseases.

② Symptoms of the triple heater deficiency :

similar to small intestine deficiency or heat excess



(13) K-M Micro-meridian

A branch from K-L Ki Mek originates at K-M1 which is located lateral to K-A33. It flows down the sides of the dorsum of the middle finger from M4 to M13, then between the ring finger and the middle finger, between the index and middle finger next to the bladder meridian from M14 to M17. It comes to the intersection between the pinky and ring finger between thumb and index finger and then up the side of the 5th and 1st metacarpal then the side of the pinky and thumb toward the middle finger.

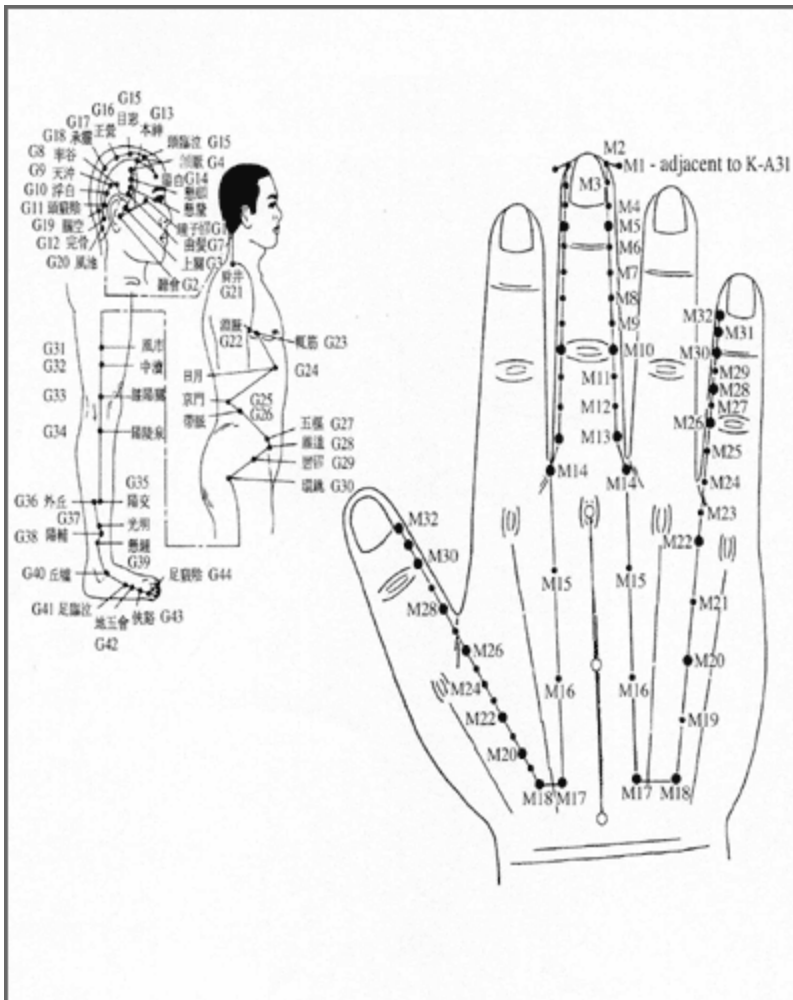
① Symptoms of the gall bladder excess :

abdominal discomfort and fullness, retention of food, dry throat, heavy and painful feeling in the head, aversion to cold, flank and cardiac pain, bitter taste in the mouth, frequent sighing, temporal headache, swelling in the axillary region. Sweating and trembling with chills, malaria, swollen and painful clavicle, arthritis in the lower extremities, occipital headache, anemia, shoulder pain, trigeminal nerve pain, sciatica, joint sprain, hot sensation on the dorsum of the foot, intercostals and spinal neuralgia, gall stones, cholecystitis

② Symptoms of the gall bladder deficiency :

dizziness, cramping of the feet, difficulties in toe movement, spermatorrhoea, insomnia, jaundice, hypersensitivity, difficulty in getting up, similar symptoms as with liver excess

③ Pain or tenderness at SP15 and GV24 indicates the excess condition of the gall bladder. The reaction point for E-Beam is K-I15 and K-N17.



(14) K-N Micro-meridian

A branch from K-M Ki Mek originates at K-N1 which is located 1mm proximal to the nail of the thumb and small finger on the side towards the middle finger. It flows down the palm, reverses direction and flows up towards the sides of the middle finger.

① Symptoms of the liver excess syndrome :

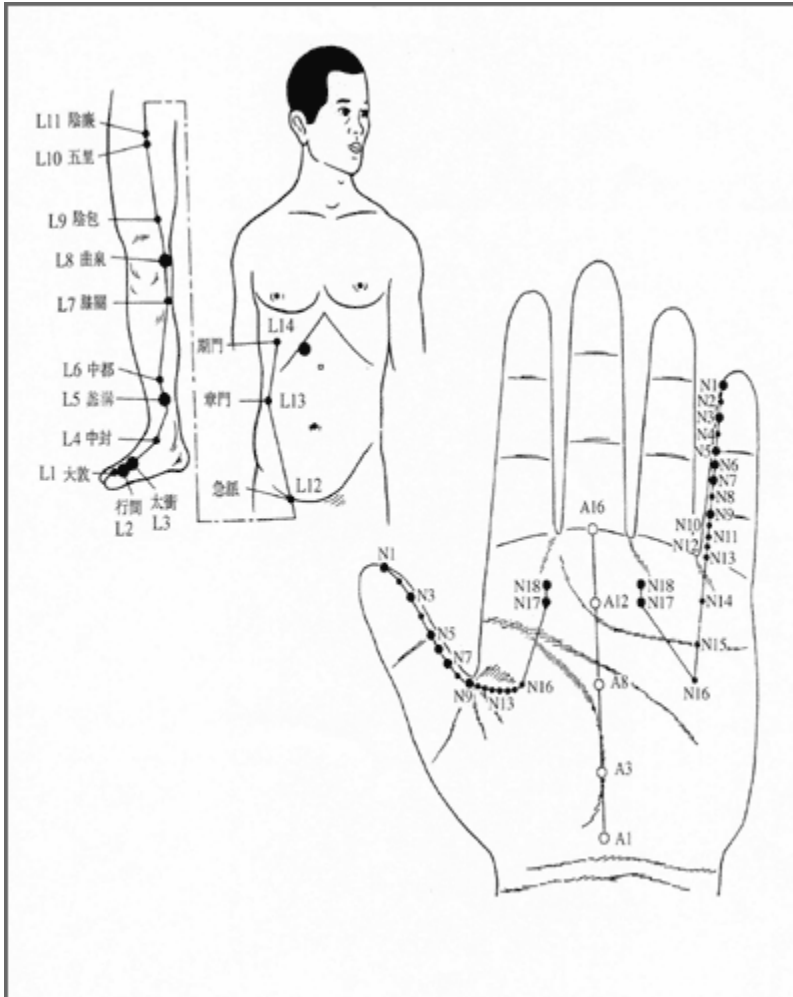
flank pain, bloating in the cardiac region, hot temper, lumbar pain, orchitis, lower abdominal pain, dry throat, abnormal facial complexion, nausea, loose stool, urinary incontinence, blood shot eyes, constant headache, alcoholism, hyperacidity, dyspepsia, hepatitis, liver cirrhosis, muscular pain, arteriosclerosis, hemiplegia, convulsion, chronic common colds, painful lumps, cold, intestinal heat, hypersensitivity, testicular infection, abnormalities of the sexual organs

② Symptoms of the liver deficiency syndrome :

fullness and pain in flank, alternation of chills and fevers, abdominal fullness, anorexia, depression, irregular menstruation, anemia, blurring of vision, color blindness of red and

green, night blindness, cataracts, hypoacidity, muscular weakness, muscular cramp, paraplegia, epilepsy, cerebral thrombosis

③ Pain or tenderness around the liver indicates the excess condition of the liver. The reaction point for E-Beam is K-I14 and K-N18.



• Five Finger Hand Therapy

Five Finger Theory is an extended study of the correspondence between the hand and the body. The theory was formulated through clinical cases which showed a significant correlation between the conditions of the Jang-Bu organs and the five fingers. The general ideal of this theory is how the fingers can affect the internal balance of Jang-Bu organs. Abnormal features of the fingers are the significant factors that affect the organs. These features can be largely divided into two types : Congenital and postnatal. The congenital abnormality includes deformed shape due to either heredity or mutation. On the other hand, in postnatal features, the fingers can be normal at birth, but severe injury or wounds can leave permanent scars and changes in the shape of the fingers.

The deformity, scars, and any abnormal change are considered as stimulants. Thus, when the finger becomes deformed or injured, the finger is constantly stimulated, and the stimulation can affect the related Jang-Bu organ. Continuous stimulation in a Jang Bu organ hinders the balance and causes the organ to become excessive.

Then, this excessive condition can be followed by excess-related diseases such as allergic type disease and hypersensitive pain. However, the effect of the abnormal fingers on the Jang-Bu organs is only a possibility that may manifest when the body is weak or unhealthy.

In other words, when the body is healthy and strong, the Jang-Bu organs are not affected. The possibility is most likely in cases of chronic or constitutional diseases.(Three Constitutions and Biorhythmic Constitution). The scars and deformity of the fingers are not likely to be related to acute diseases but to chronic disease. Therefore, when examining chronic or constitutional patients, examination of the condition of the five fingers must not be overlooked. However, this diagnostic method is not applicable to those whose fingers are normal shape.

The five fingers are mainly related to the Jang organs. The five Jang organs are : Liver, Heart, Spleen, lung and Kidney. The five Jang organs ca be indirectly stimulated by stimulating their respective fingers. Furthermore, the condition of the Jang organs can be diagnosed by examining the five fingers.

The function of the liver can be controlled by the condition of the thumb. By either tonifying or sedating the thumb, the liver can become respectively excessive or deficient. Depending on whether the liver is excess or deficient, proper stimulation on the thumb can bring the liver into balance.

The proper stimulation for excess is sedation and for deficiency tonification. In this matter, the index finger is related to the heart; the middle finger to the spleen; the ring finger to the lung; and the little finger to the kidney

• **Conditions Treated**

Below conditions and other serious conditions can be treated by continuous apply of Korea Hand Therapy.

DIGESTIVE	FEMALE	CHILDREN'S
° Stomachache	° PMS	° Bed-Wetting
° Nausea	° Irregular Periods	° Vomiting

° Indigestion	° Painful Periods	° Asthma
° Gas	° Excess Bleeding	° Stys
° Constipation	° Tumors and Cysts	° Colds & Coughs
° Diarrhea	° Mastitis	° Fever
SKIN	CIRCULATORY	EAR-NOSE-THROAT
° Dermatitis	° Anemia	° Strains & Sprains
° Shingles	° Obesity	° Back Pain
° Eczema	° Diabetes	° Neck Pain
° Rash	° Edema	° Arthritis
NERVOUS SYSTEM	DENTAL	OTHER
° Bell's Palsy	° Toothache	° Contusion
° Post Stroke	° Gum Inflammation	° Disc Herniation
° Headaches	° TMJ	° Knee Pain
° Migraines	° Abscess	° Shoulder Pain