**AL – Oketsu, Immune, Adrenal and ST Qi Treatments – Allison Bailey, MD**

**1. All of the following statements are true of Oketsu *except:***

1. When caused by a weakened immune system and/or respiratory problems, the reflex is released with bilateral Lu5 followed by left Liv4
2. On the dorsum of the body, the reflex may be associated with pressure pain at left Bl35 due to rectal vein congestion and chronic constipation
3. As part of the basic constitutional treatment, Oketsu (pressure pain in the

left St 26-27 region) is a reflection of autonomic nervous system

imbalance

1. Has a worse prognosis when associated with Oketsu Kai, a stubborn lump in the left St 26-27 area requiring local treatment

**2. All of the following findings in our patients are consistent with Immune System Imbalance *except:***

1. Pressure pain at the right St 26-27 region and pressure pain at TW16 and GV14
2. Signs of connective tissue weakness due to streptococcus infection, such as tenderness along the linea alba and/or the inguinal ligament
3. Backache horizontally at the level of the iliac crest (Bl25)
4. A rapid tight, thin pulse in all three positions

**3. Which of the following is TRUE regarding the treatment of Adrenal Exhaustion in our patients:**

1. Typically involves the direct use of needles and/or moxa to the KD16 region as the initial treatment strategy
2. If the pressure pain at the umbilicus is not sufficiently addressed with the first step of treatment, needle bilateral Sp9 and GB25
3. Is treated with KD7 and KD10 (Metal-Water points) when the only findings are tightness and/or pressure pain at KD16
4. Uses KD9 in the setting of respiratory issues with difficulty on inhalation

**4. The treatment of Stomach Qi deficiency:**

1. In addition to characteristic pulse findings, may be indicated by pressure pain at CV 12, the xiphoid process and the inguinal ligament
2. Involves needling along the medial side of the tibial bone beginning on the right side of the body
3. Is usually reserved for Step 2 of a treatment session, following the basic constitutional treatment
4. Is required in patients presenting with a “wave-like” pulse that is neither weak nor strong