KHT LOW COST

TREATMENT PROTOCOLS

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**Introduction:**

This compilation of ideas is intended to assist KHT practitioners who wish to provide health care to uninsured clients and those who have a reduced income. These treatment ideas can increase your client base and your income.

Part I includes treatment ideas for the KHT practitioner.

Part II includes simple instructions you can copy and give to your client for their home treatment teaching.

If you have questions as you work with your clients, feel free to e-mail brief questions to khthealth@msn.com.

Dan will be happy to give you his assistance. khthealth@msn.com
Part I

KHT – Low Cost Treatment Protocols

General Therapy Protocol

When a regular paying client is on the table in your treatment room with their needles in place, you have 20 – 30 minutes to see one or two KHT clients for a lower fee. (This depends on your proficiency using KHT, your clinic space and keeping chit chat to a minimum).

KHT Visits:

Shown below are two formats – a comprehensive visit at full cost and a brief low cost visit.

A. Ideally, if a patient can afford an intake treatment, you take the time to:

1) Establish a professional relationship with the client

2) Assess the problem

3) Establish treatment goals

4) Begin teaching KHT so they can understand and be open to KHT home treatments

5) Complete a correspondence level treatment

6) Check to be sure they have an immediate and significant reduction in pain

B. If the client cannot afford a comprehensive treatment, then complete a low cost visit as follows:

1) Quickly assess their status in regard to:

   a. Range of motion

   b. Location and level of muscle tension

   c. Client’s perception of their pain level from 0 - 10

   d. Guarding and pain behavior you observe, etc.

2) Teach and reinforce their understanding of KHT in small increments at each visit.

3) Apply a treatment using KHT. (Please note that improvements will be in smaller increments after the first treatment)

4) Provide a comfortable chair and have them relax for 15 to 20 minutes.
5) If you are proficient in KHT, you will be able to treat two low cost clients in the 20 to 30 minutes that your regular fee client is resting on your treatment table with their needles.

C. Space

1) Some practitioners have the client sit across from them with a low narrow table between them. This is a comfortable position to apply pellets. If using needles, the clients rest their wrists and arms on a small pillow or rolled towel to allow comfortable needle insertion on both sides of the hand.

2) Larger clinics use a small room with comfortable chairs, low lighting and a no talking policy with low, soft relaxing music.

3) Smaller clinics, with limited space, put the client in a waiting room in a comfortable chair with armrests.

4) If you have enough space, start a “moxa corner”. (See Page 4 and Part 2, Page 9)

5) Please note that we are available at khthealth@msn.com to help you with any questions or problems. Simply e-mail a brief description of your client problem and we will e-mail you some suggestions.

**Needle Treatments**

Insert needles and allow client to relax in a comfortable chair for 20 – 30 minutes. Needle treatments can include:

1) Neutral stimulation of points and meridian

2) Sedation and tonification of meridians

3) Treatment of front alarm (mu) points

4) Treatment of back associated (shu) points

5) A 5-element treatment based on your KHT diagnosis

6) Some practitioners also add distal body points which can be inserted while client is seated

7) Most clients will benefit from the addition of the ear pellets (stimulate with pressure 3 – 4 times a day). Clinicians report better results when hand, ear and other microsystems are combined with KHT.

8) After 20-30 minutes relaxing in a comfortable chair:

   a. Use a surgical marking pen to mark the correspondence acupoints the client is to treat at home. (Marker is permanent but will come off with alcohol wipes)
b. Some clients will need to learn the use of silver and gold pellets to sedate or tonify meridians.

c. Provide maps showing night treatment protocols. (See Part 2)

**Home Treatments: Teaching KHT**

Teaching should be gradual. Add more with each visit so as not to overwhelm the patient. This will also keep the office visit time down to 10 – 15 minutes.

1) Show a chart of the hand map to explain general location of joints, etc. (See Part 2)

2) Demonstrate the animal form on their hand. This is usually understood easily by most lay people. (See Part 2)

3) Explain the effects of the metal pellets and probe on the acupoint.

4) Teach them the use of the point finder probe. (See Part 2)

5) Produce a KHT reflex reaction on the client’s hand so they have and understand the reflex acupoint reaction.

6) Rent or sell a metal reflex point finder to your client. The therapeutic value of acupressure with the metal probe several times a day is a valuable aspect of the home treatment.

7) Create a map of their hands showing treatment point locations. Map should indicate which pellet type and color to use on each point. (See Part 2)

8) Teach Pellet Protocol. (See Part 2)

Note: #1, 2, 4, 7 and 8 are on separate pages so you can copy and send home with your client.

**Pellet Treatment**

Pellet treatment will usually respond with close or similar results when compared to hand treatments with needles. Pellet treatments are better for longer standing chronic conditions. This is good for practitioners who cannot or do not wish to use needles. Pellets are an excellent clinic builder as many potential clients will never allow the use of needles but they will come to see you for a noninvasive pellet treatment.

Place pellets to accomplish the following treatments:

1) Neutral stimulation of points and meridians

2) Sedation and tonification of meridians
3) Treatment of front alarm (mu) points

4) Treatment of back associated (shu) points

5) A 5-element treatment based on your KHT diagnosis

6) Use #1 Spinners to provide stronger stimulation instead of regular #1 Pellets.

7) Use the #6 Spinners on painful body points that correspond to the problem reflex points on the hand. For example, treat the hand “correspondence” knee joint on the finger by wrapping a #5 or #10 gold around the joint. Then place a #6 Spinner on actual appropriate body acupoints such as “the eyes” of the knee.

8) Wrap the #5 gold or the #10 gold around joints that correspond to body joint problems or arthritic or injured hand/finger joints or along neck and spinal muscle spasms.

9) Use #12 gold for areas such as stomachaches, prostate problems, PMS, or erectile dysfunction treatments and coccyx pain, etc.

10) Pellets are reusable (See Part 2)
    a) Sell the client a plate of pellets so they have an “investment” in their home treatment, i.e., one box (100) # silver at $10.00. Sell the 10 plates at $1.00 each and recover your costs.
    b) Teach them to:
        1) Wash their hands first (skin oils insulate so the effects of metal pellets are greatly reduced).
        2) Find the reflex acupoint point. (See Part 2)
        3) Press the probe straight into the tissue to accurately mark the reflex acupoint.
        4) When placing pellet be sure pellet’s point is in the indentation in the skin.
        5) Press the pellet after placement to produce a reflex reaction. If there isn’t a reflex response, the pellet was not placed properly. Repeat #2 above to locate the correct acupoint.

**Moxa Protocols**

1) Keep a table and chair available for a self-treatment with moxa.
   a. Have a moxa warmer (plugged in all day so it is ready to use at all times).
   b. Have alcohol wipes available to clean copper tip between clients, Moxa balm or essential oils.
2) Mark the points you want them to treat with a surgical marking pen.

3) Teach the client (See Part 2)

a. The health value of the use of moxa or essential oils.

b. That the copper tip is treating acupoints energetically as do the aluminum and copper pellets.

c. The heat is producing infrared which stimulates the acupoint and reduces inflammation.

d. If possible add pressure to each point while holding the moxa warmer on the acupoint. (Some clients will have a skin heat sensation so strong they will need to use a brushing motion).

e. Clients should stay on the point until the acupoint feels very hot internally (not a skin heat sensation).

f. Go back and retreat points that require more than 60 seconds to feel hot internally. Omit points that heat up internally quickly (within 10 seconds).

g. Plan to use this device to treat ear (feels good), body and scalp acupoints plus do facelifts on the face and the corresponding middle finger (rent the device to your client to treat themselves between the clinic treatments). (See Page 9)

h. Clients with sensory neurological deficits can safely use this device.

i. Never rub a general area. This warms the tissue but does not treat acupoints.

j. Some practitioners charge their clients for the cost of the device. The clients use the warmer 1 - 2 times a day at home with moxa balm on the acupoints you prescribe.

k. When the client returns the moxa warmer they are charged a minimal rental fee and are reimbursed the balance. This defrays your cost for the device and insures it is returned.

l. This could be done using regular smoky or smokeless moxa with clients who are capable and will not burn themselves. Check your insurance coverage regarding burning moxa.

m. If you compute the cost of moxa candles, i.e. 15 – 20 candles per treatment for a period of 3 – 4 months, you will note that you can pay for a moxa warmer and have it for reuse.
Part II

Simple Rules For Hand Correspondence Acupoint Locations

**Which Hand:**

1) If your pain is on the right side of your body use the right hand. (See fig. 1)

2) If your pain is on the left side of your body, use the left hand. (See fig. 1)

3) If your pain is on the front side of your body use the palm side. (See fig. 2)

4) If your pain is on the back of your body use the back of your hand. (See fig. 3)

**Which Finger:**

1) Use the ring finger for arm pain. (See fig. 4)

2) Use the small finger for leg pain. (See fig. 4)

3) Use the middle finger for head, neck and upper back pain. (See fig. 3)

**Joints:**

- **Wrist**
  The 1st finger joint (close to your finger fingernail) corresponds to your wrist. (See fig. 6)

- **Elbow**
  The 2nd joint on your ring finger corresponds to your elbow. (See fig. 6)

- **Shoulder**
  The 3rd joint (closest to your hand) on your ring finger corresponds to your shoulder. (See fig. 6)

- **Ankle**
  The 1st finger joint (near your fingernail) on your small finger corresponds to your ankle. (See fig. 7)

- **Knee**
  The 2nd finger joint on your small finger corresponds to your knee. (See fig. 7)

- **Hip**
  The 3rd joint on your small finger (closest to your hand) corresponds to your hip joint. (See fig. 7)

- **Low Back**
  Your KHT professional will help you locate low back pain on the back of your hand. (See fig. 8)

- **Face-Throat Chest**
  Your KHT professional will help you locate these on the palm side of the middle finger. (See fig. 9)

- **Abdominal-urogenital area**
  Your KHT professional will help you locate these on the palm of your hand. (See fig. 10)
How To Locate Reflex Acupoints For Correspondence Treatments

1) Place your index or middle finger under the finger you are planning to treat. This will stabilize and elevate the treatment finger. (See fig. 11)

2) Use your thumb to roll the metal probe along the area you wish to explore. (See fig. 11)

3) When you feel a reflex reaction, similar to that found by your KHT professional, press firmly on the probe with your thumb to produce an indentation on that acupoint.

4) Grasp the probe between your thumb and your forefinger, and press the small back tip into the tissue in a tiny tic-tac-toe pattern to isolate the precise reflex reaction acupoints. (See fig. 12)

5) Use the small ball end of the probe to push straight down into each grid of the tic-tac pattern until you feel the reflex reaction. (See fig. 13)

6) When you “know” you are on the reflex acupoint push straight down with extra pressure to indent the tissue. Do not move the skin sideways as you will place the pellet in the indented area and miss the acupoint.

7) Place the point of the pellet into the indented area and push on the pellet to check if you feel a reflex response.

8) If you do not feel a strong reflex reaction, recheck your pellet placement and your point location technique.
Correspondence Pellet Protocol

1) Wash your hands first (skin oil is an insulator so the effects of the metal pellets are greatly reduced). Use night lotions after pellets are in place. Be careful not to slide or shift the pellets.

2) Find and mark the reflex aucupoint by pushing and indenting the skin at the reflex point with the metal point probe. (See fig. 13)

3) When placing pellets be sure the pellet’s point is in the indentation in the skin.

4) Press on the pellet after placement to produce a reflex reaction. If there is no reflex response, the pellet was not placed properly. Check your point finding and marking technique. (See Page 7)

5) Never remove the pellet from its original tape as you will need a tweezers to place the pellets back on a piece of tape.

6) Use a reinforcement tape to keep pellets in place. Cover the original pellet tape with a second strip of tape (sweaty hands and humid environments can cause pellets to slide off point or get caught in bedding). (See fig. 14)

7) Put pellets on reflex points at bedtime.

8) In the morning remove the reinforcement tape keeping the pellet on its original tape and on the reinforcement tape as the pellet.

9) When pellets darken and look pitted or skin oil covered, throw them away and use fresh pellets.

10) Pellets can be re-used from 1 night to 1 week depending on skin acids (diet) and good hand washing.


Client Instructions For Moxa Warmer

A) SETUP:

1) Plug in the device - wait 5 minutes as it will set itself to the proper temperature. (See fig.15)

2) This temperature will not burn or blister your skin even if you are unable to sense heat or coolness, i.e., those who have neuropathic conditions.

3) Clean the copper tip with an alcohol wipe.

4) Test your reaction to the preset temperature by using a brushing motion on the point to be treated.

5) If temperature feels too hot to hold on your skin use the brushing movement to treat each point – the treatments will be effective, however, they will take longer.

6) When you are ready to treat the acupoints dip the tip into the salve containing the moxa.
   a. Use 1/16 of a teaspoon with each dip-this will treat 2-3 acupoints.

B) TREATMENT:

1) Dip the tip into the moxa salve.

2) Place device tip on the acupoints prescribed by your KHT professional. (See fig. 16)

3) Hold in place until the acupoint feels very hot internally (note how some acupoints take several minutes to feel hot while others feel hot almost immediately.

4) Any acupoints that takes more than a minute to feel hot should be retreated several times until it heats up immediately.

5) While holding the device on the acupoint push firmly to give yourself an acupressure treatment at the same time.

6) Always rotate back to the points that require a longer treatment as these are the acupoints that are the most “out of balance”.

7) Do not rub back and forth across an area as this may feel good but it does not treat the acupoint.

8) This device is very safe—it can be used to do facelifts and treat ear points.

9) Also keep in mind that the copper tip is energetically treating the acupoint.
Hand Correspondence to “Animal” form of human

Fig. 1 Right side of body corresponds to the right side of the hand and left side of body to left side of hand.

Fig. 2 Pain on the front of the body is found on the palm of the hand.

Fig. 3 Pain on the back of the body is found on the back of the hand.
Fig. 4 Pain on left leg is treated on the left little finger. Pain on the right leg is treated on the right hand little.

Fig. 5. Face correspondence on the middle finger.

Fig. 6 Pain on right arm is treated on the ring finger. Pain in each joint is found as shown by the connecting lines. Pain on the left arm is treated on the left hand ring finger.

Fig. 7 Pain on left leg is treated on the little finger. Pain in each joint is found as shown by the connecting lines. Pain on the left leg is treated on the left hand, little finger.

Fig. 8 Low back pain correspondence is shown in the area indicated in the oval shapes above.

Fig. 9 and 10: Face, throat and chest corresponding areas, shown above. Urogenital area is also circled above. (See page 15 for detail)
Fig. 11 Support the middle finger with your finger and roll the probe with your thumb.

Fig. 12 Grid search pattern on each side of an identified corresponding tender point. Precisely search for additional points.

Fig. 13 Grasp the point finder between your thumb and Index finger and press straight down.

Fig. 14 Reinforce pellet tape with a secondary piece or wrap of tape.

Find the especially sensitive corresponding point and then search precisely above and below and side to side for other highly sensitive corresponding points.
Moxabustion with Safe Infrared and Moxa Balm

The Moxa Warmer combines the energetic effects of heat, herbs, copper, and acupressure.
Acu-point locations for treating glands and organs