5 ELEMENT PATTERNS FOR SLEEP APNEA

A pictorial based audio visual & textual discourse
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A 5 CEUS On Site & Distance Learning Module
NCCAOM REVIEWED #ACHB 108-029
HOW TO WORK WITH THIS COURSE:

Listen to the tracks on CD and work with the page referred to.

The Memory Box at the foot of some pages contains revision so you don’t have to go through the whole CD to remember something.

Please check out
APPENDIX - ROLE OF OBESITY IN SLEEP APNEA

See p 28
Total lung capacity TLC = vital capacity VC + residual volume RV
Tidal volume TV - amount of air taken into lungs in a single breath - average adult = 0.5 litre
Vital capacity VC - 4-6 litre - maximum volume expelled after maximal inspiration
Residual volume RV is usually 25% of the TLC.
Vital capacity VC is usually 75% TLC.

Total Lung capacity varies with weight, sex, age and activity.

Females = 20-25% lower capacity than males.
Tall people tend to have a larger total lung capacity than shorter people.
Heavy smokers have a drastically lower TLC than nonsmokers.
Some people, such as athletes, have a TLC well above average.

Average TLC is 5.8 liters (5800 cm³). 

MEMORY BOX
✓ Tidal volume TV - amount of air taken into lungs in a one breath - average adult = 0.5 litre
5 Element Patterns for Sleep Apnea

Inspired tidal volume

A - LU - K normal apnea
B - inhalation
C - full breath Qi
D - end of inhalation
E - LV - HT normal apnea
F - beginning of exhalation

G - releasing of waste breath
H - end of exhalation
I - LU - tidal volume TV
J - vital capacity VC
K - total lung capacity TLC

Expired tidal volume

One breathing cycle has 2 phases of normal apnea
Sleep apnea involves only the Tidal Volume of 0.5 litres

MEMORY BOX

✓ One breathing cycle has 2 phases of normal apnea
✓ Sleep apnea involves only the Tidal Volume of 0.5 litres
Inspired tidal volume

Expired tidal volume

A - LU - K _________  I - LU - _________ volume TV
B - inhalation  J - __________ VC
C - full breath Qi  K - total _________ capacity TLC
D - end of __________
E - LV - HT normal apnea
F - beginning of __________
G - releasing of _________ breath
H - end of __________
A - LU - K normal apnea

MEMORY BOX

✓ Residual air is the 25% of the total lung capacity TLC which never leaves the lung
5 Element Patterns for Sleep Apnea

Inspired tidal volume

Tidal volume

Expired tidal volume

Sleep apnea

x + x + x = 3x

MEMORY BOX

✓ Sleep apnea only involves tidal volume.
5 Element Patterns for Sleep Apnea

A - this the location of _______________?
This happens between which 2 elements?
When we say sleep apnea we mean cessation of breathing at the end of inhalation or exhalation?
When we say sleep apnea we mean a breathing cycle which only involves tidal breath. Right?

MEMORY BOX
✓ In an algebraic sense sleep apnea is considered to be \( x + x + x = 3x \)
5 Element Patterns for Sleep Apnea

Inspired tidal volume

Expired tidal

WOOD

WATER

METAL

FIRE

EARTH

MEMORY BOX

✓ Apnea occurs between Metal Lung and Water K

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A" Element Patterns for Sleep Apnea

Inspired tidal volume

Expired tidal

WOOD

WATER

METAL

FIRE

EARTH

MEMORY BOX

✓ Earth is not directly involved in sleep apnea

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5 Element Patterns for Sleep Apnea

Inspired tidal volume

Expired

WOOD

WATER

METAL

FIRE

EARTH

= x 1, this is the normal apnea phase and lasts a second or two

= x 3, this is the abnormal apnea phase and

MEMORY BOX

✓ Actual apnea may last up to 10 seconds

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What elements have a sleep apnea between them?
The red dotted line is inhalation. Right?
The blue dotted line is exhalation. Right?

MEMORY BOX
✓ Heart induces exhalation which ends at Ling
Fiftieth Difficult Issue - Nan Ching Classic
Among the illnesses are depletion evil, repletion evil, the destroyer evil, the weakness evil and the regular evil. How are they to be distinguished?

Courtesy Nan-Ching, the Classic of Difficult Issues
University of California Press p. 474

Memory Box

✓ In 5 elements every element can be a destroyer of its daughter’s daughter
Fiftieth Difficult Issue - Nan Ching Classic
Among the illnesses are ________ evil, repletion evil, the ________ evil, the weakness evil and the ________. How are they to be distinguished?

Courtesy Nan-Ching, the Classic of Difficult Issues
University of California Press p. 474

Using LU Metal as the element with the symptoms:
The depletion evil will come from _______________.
The destroyer evil will come from _______________.

MEMORY BOX
✓ In sleep apnea often insomnia and Shen disorders also appear.
5 Element Patterns for Sleep Apnea

CONTAINING SLEEP APNEA - A 5 ELEMENT APPROACH

WOOD

WATER

METAL

FIRE

EARTH

MEMORY BOX

✓ Sleep apnea is considered ‘still’ because patient does not struggle.
 MEMOR Y BOX

✓ In sleep apnea Heart yin registers the first deficiency.

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MÉMOIRE BOX

✓ Heart yin deficiency is often caused by emotional overload
5 Element Patterns for Sleep Apnea

CONTAINING SLEEP APNEA - A 5 ELEMENT APPROACH

Step 1. Reinforce HT yin

Step 2. Reduce Metal yang & then Harmonize it

MEMORY BOX

✓ HT yin deficiency often causes a LU yin deficiency of a serious nature
5 Element Patterns for Sleep Apnea

CONTAINING SLEEP APNEA - A 5 ELEMENT APPROACH

STUDENT ACTIVITY

Step 1. Reinforce HT yin

Step 2. Reduce Metal yang & then Harmonize it
5 Element Patterns for Sleep Apnea

SIGNS OF A HT BASED ELEMENTAL ILLNESS

- Tongue signs
- Ear signs
- Face color signs
- Sterno costal K points signs
- Malar flush

MEMORY BOX

✓ HT yin deficiency first appears on the tongue with a meddle crease ti the tip

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5 Element Patterns for Sleep Apnea

**9 COMMONEST SIGNS OF A HT ILLNESS**

1. A median fissure on tongue beginning at least from the anterior 1/3rd of the tongue body and extending to tip.
2. If it actually bifurcates or makes the tip bilobulate, the illness has reached an advanced state.

3. The ear lobes carry the typical HT furrow. There is another furrow on the lobe, which denotes a tendency to high BP, make sure to differentiate one from the other.

**MEMORY BOX**

✓ Ear lobes display a crease signifying emotional overload at HT
9 COMMONEST SIGNS OF A HT ILLNESS

1. A median fissure on tongue beginning at least from the anterior 1/3rd of the tongue body and extending to tip.
2. If it actually bifurcates or makes the tip bilobulate, the illness has reached an advanced state.

3. The ear lobes carry the typical HT furrow. There is another furrow on the lobe, which denotes a tendency to high BP, make sure to differentiate one from the other.
5 Element Patterns for Sleep Apnea

**9 COMMONEST SIGNS OF A HT ILLNESS**

4. A tender left K chain at the L sterno intercostal spaces. This is more significant if the R chain is not tender.
5. A tender L LV 14, when the R is not.
6. A tender Small Heart in the scapula at SI 11 or thereabouts.
7. A tender or hollowed Ren 14.
8. A tender UB 14 or 15 particularly on L.
9. A malar flush of the HT SI variety, which heats in the afternoon.
9 COMMONEST SIGNS OF A HT ILLNESS
4. A tender _____ K chain at the L sterno intercostal spaces. This is more significant if the R chain is not tender.
5. A tender L LV ___, when the R is not.
6. A tender Small Heart in the ________ at SI 11 or thereabouts.
7. A tender or hollowed _____ 14.
8. A tender UB 14 or 15 particularly on ____.
9. A ______ flush of the HT SI variety, which heats in the afternoon.
9 COMMONEST SIGNS OF A LU ILLNESS

1. Twin indentations just short of the tip of tongue.
2. Small cracks on same area, decidedly bilateral.
3. Entire or significant absence of sweating.
4. Dry skin, a dry patch at tip of thumb and index.
5. A tender K chain on R or both sides of the sterno intercostals.
6. Tender bilateral LU 1 & 2.
7. A tender UB 12 & 13 especially on R.
8. A whitish shiny tinge under the eyes on face.

MEMORY BOX

✓ LU deficiency causes typical depressions or cracks in the LU area on tongue
9 COMMONEST SIGNS OF A LU ILLNESS

1. Twin indentations just short of the ______ of tongue.
2. Small ______ on same area, decidedly bilateral.
3. Entire or significant ______ of sweating.
4. ______ skin, a dry patch at tip of thumb and index.
5. A_______ K chain on R or both sides of the sterno intercostals.
6. Tender ______ LU 1 & 2.
7. A tender UB_______ & ______ especially on R.
8. A ______ shiny tinge under the eyes on face.
5 Element Patterns for Sleep Apnea

TREATMENT PROTOCOL

Step 1. Reinforce HT yin

Step 2. Reduce Metal yang & then Harmonize it

Step 1 - balance out any shoulder - hip asymmetry
Step 2 - remove any LV-LU stagnation, ‘Oketsu’
Step 3 - K 6 left & LU 7 right
Step 4 - SP 4 right
Step 5 - horary Mother point for toning HT
Step 6 - horary Son point for reducing Metal LI
Step 7 - K 3 left to nearly UB 60
Step 8 - seed in ear at HT + one in K both left
Step 9 - seed in LU in right ear

MEMORY BOX

✓ Treatment of sleep apnea is the easiest part of the process
5 Element Patterns for Sleep Apnea

TREATMENT PROTOCOL

Step 1. Reinforce HT yin

Step 2. Reduce Metal yang & then Harmonize it

Step 1 - balance out any shoulder - hip _________
Step 2 - remove any LV-LU _________, ’Oketsu’
Step 3 - K 6 left & _________ right
Step 4 - SP 4 right
Step 5 - horary _________ point for toning HT
Step 6 - horary _________ point for reducing Metal LI
Step 7 - K 3 left to nearly UB 60
Step 8 - seed in ear at HT + one in K both left
Step 9 - seed in LU in right ear

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APPENDIX - ROLE OF OBESITY IN SLEEP APNEA

5-Element grid including Earth

4-Element grid with Earth Central
The Triangle of Obesity based Sleep Apnea
Tongue in Obesity based Sleep Apnea

Face in Obesity based Sleep Apnea [an approximation]
5 Element Patterns for Sleep Apnea

More reading & useful links:

http://en.wikipedia.org/wiki/Sleep_apnea
This link gives detailed reading of the condition from the Western medicine point of view.

http://medgadget.com/wiki/wiki/SleepStrip
This link describes the sleep strip.
‘The SleepStrip is a complete, lightweight, wireless monitor. All the patient has to do is apply on the face and pull out the red tab to activate.’

This sort of a blog describes first personal sense about insomnia and restless leg syndrome.

http://www.factbites.com/topics/Sleep
Presents again personal experiences

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**MEMORY BOX**

✔ Please check out Memory Boxes at the bottom of most pages for a quick revision of what the page contains.

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Musical score at end of workbook is a traditional lullaby from the county of Nice.
Reproduced here by courtesy of: http://tinyurl.com/2gr3ze

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5 Element Patterns for Sleep Apnea
A Preview

Sleep Apnea in
Insomnia, Obesity
& ADD

Easy learning
You listen to narrative on CD
while checking out diagrams
in the workbook
To facilitate revision, especially when taking the Quiz, there are pages with ‘Memory Boxes’ which contain summaries for ready reference.

Course teaches how Sleep Apnea develops in Insomnia, Obesity etc and how it is best treated.

You learn 4 kinds of lung air volume:
- Tidal Volume
- Vital Capacity
- Residual Air Volume
- Total Lung Capacity
Everything explained clearly, supported by images in workbook.

Pace is slow and geared to easy understanding.

Next, the intimate connection between the elements Fire & Metal is studied:
Next, you learn the elemental struggle between Fire & Metal:
Finally we come to the 5 element basis of Sleep Apnea
Course comes by email, CD by Priority

USPS free of charge.

Credits are earned by passing a Quiz

with straightforward questions.

You send that to us to asses, and we

send Certificate by email.
Thank you for seeing this Preview.

To return to web page click on left pointing arrow above.

The Quiz is straightforward and there are no confusing ‘twisters’. Certification is sent out by email with hard copy to follow for your record. A support system is available to you at every step of the way.

Step 1.

Step 2. Reduce Metal