

The background of the slide is a photograph of a calm body of water, likely a pond or lake, during autumn. The water reflects the surrounding trees, which have vibrant yellow and orange foliage. A small, dark object, possibly a leaf or a small animal, has just entered the water, creating a series of concentric ripples that spread outwards. The sky is a pale, clear blue. The overall mood is peaceful and contemplative.

The Spirit of SanJiao and the Five Phases Unfolding in Child Development

Stephen Cowan MD

**HUB OF PAEDIATRIC ACUPUNCTURE CONFERENCE
2023**

A photograph of a waterfall cascading over dark, wet rocks. The water is white and frothy as it falls. The surrounding area is covered with fallen autumn leaves in shades of red, orange, and brown. Some green ferns are visible in the foreground.

**All Healing is Developmental
All Development is Healing**

“Heaven in me are the Virtues
Earth in me are the Qi

When the Virtues flow
And the Qi spread out
There is Sheng-life.”

Huangdi Neijing



The Developmental Directive

“Dao gives birth to One
One gives birth to Two
Two gives birth to **Three**
Three gives birth to
Ten Thousand Things”

Laozi 42



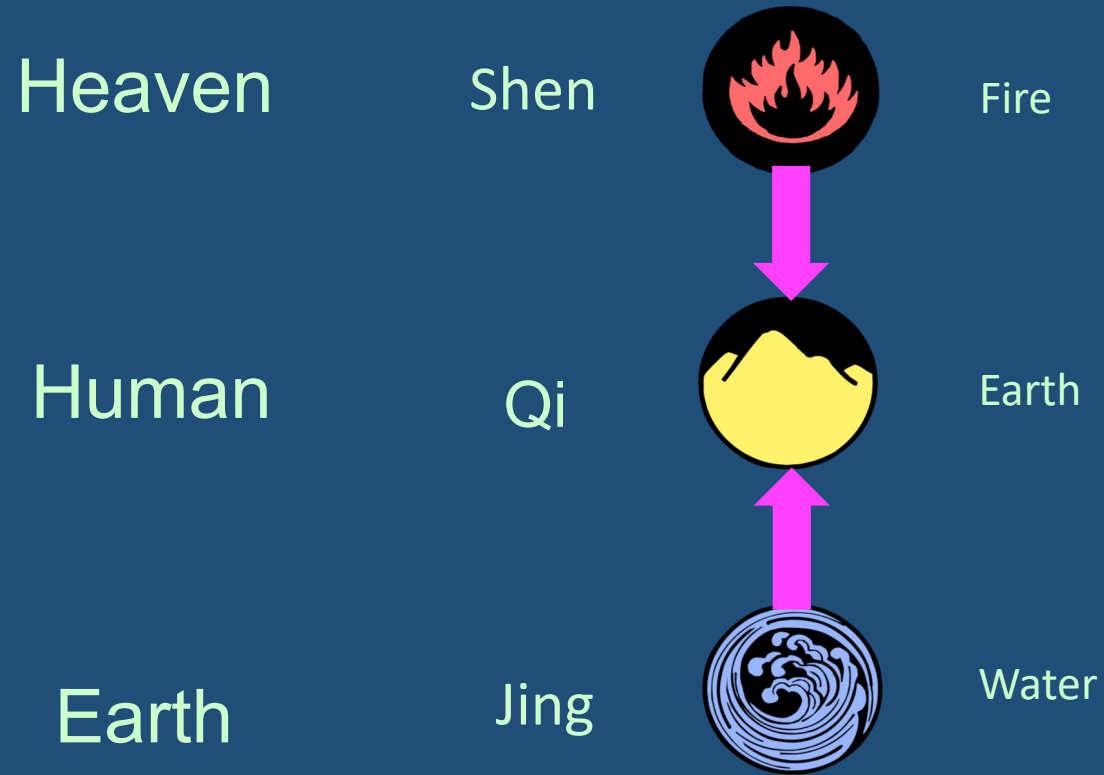
“Three Is a Magic Number”



San

The Maturation AXIS

The Three Treasures



Self-Identity
Constitution
continuity
past-future
(climate)
MING



The Adaptation Axis

The Three Learnings



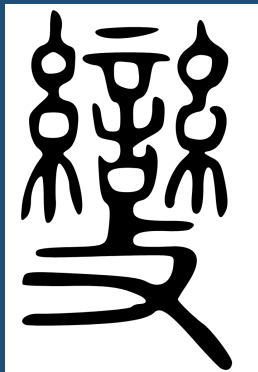
Growth and Accommodation
Day To Day Changes (Weather)
Immunity and Defense
Social Interaction
(self-other, family/tribe)



YUN

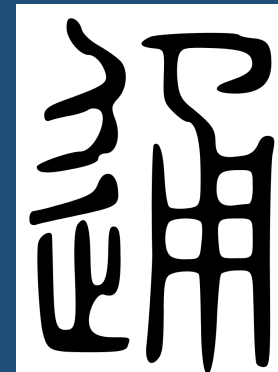
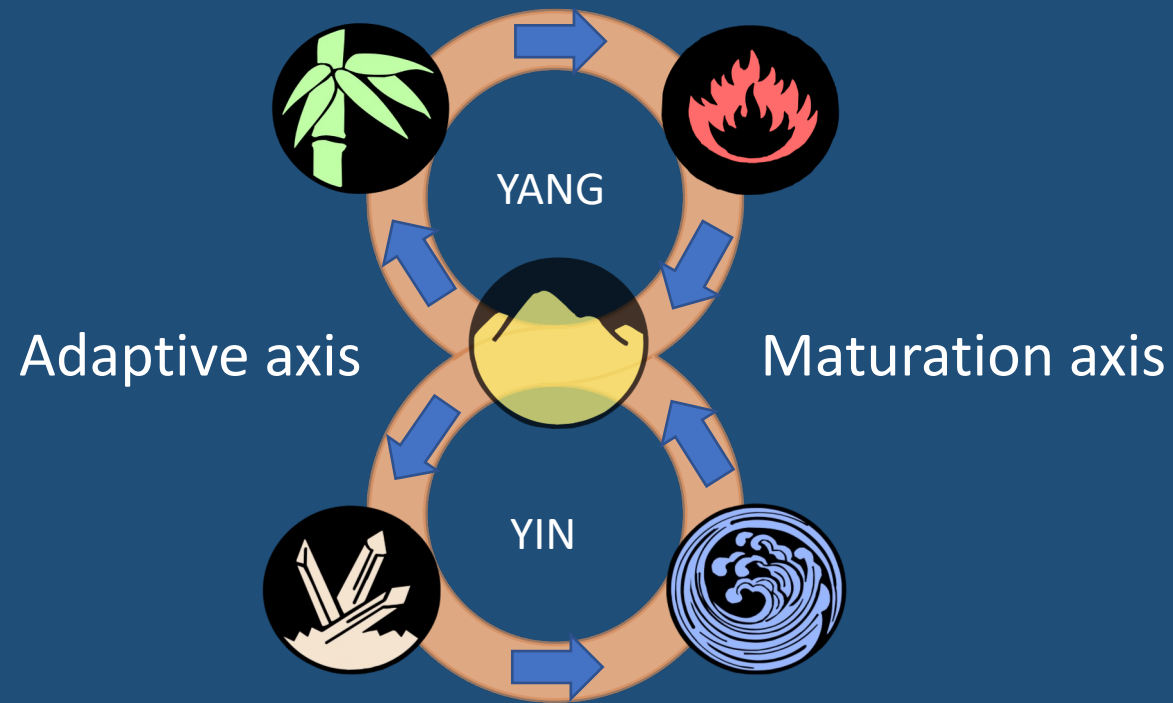
THE SAN JIAO: THE DEVELOPMENTAL FU

THE THIRD AXIS: COODINATION



Bian

Change
Flux
Transition



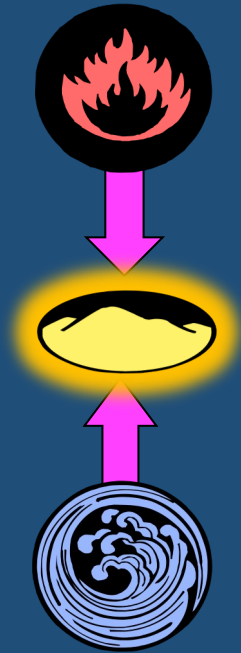
Tong

Continuity
Flow
Communication

Earth caught in the cross-fire!

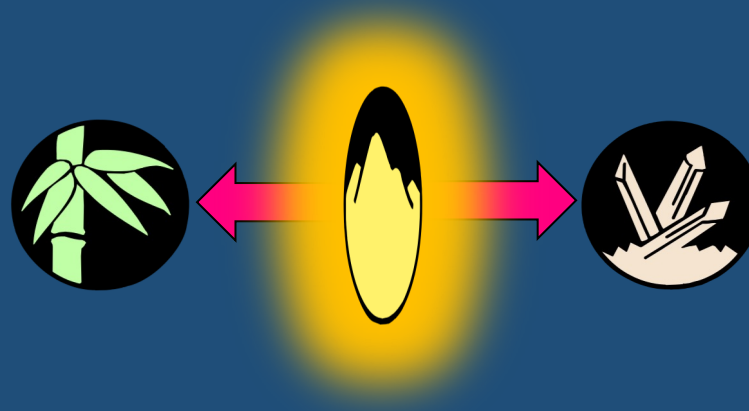
Three Primary Patterns of Distorted Development

MATURATION



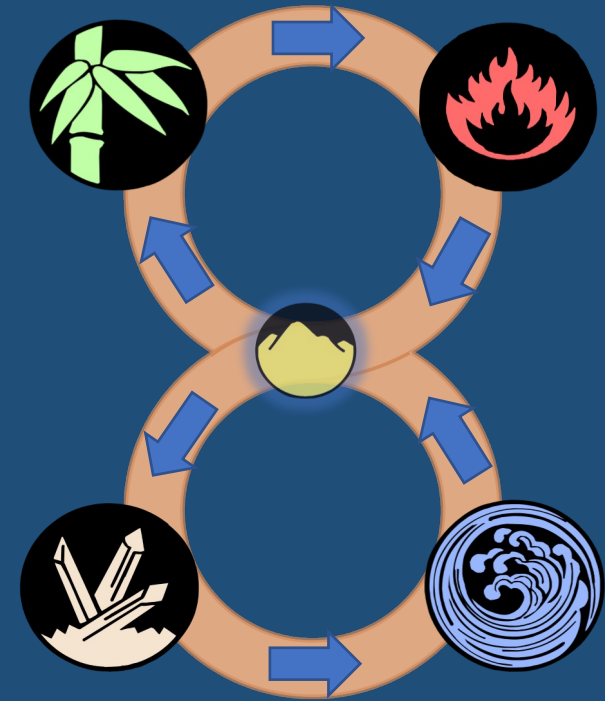
STOP-ACTION

ADAPTATION



PUSH-PULL

COORDINATION

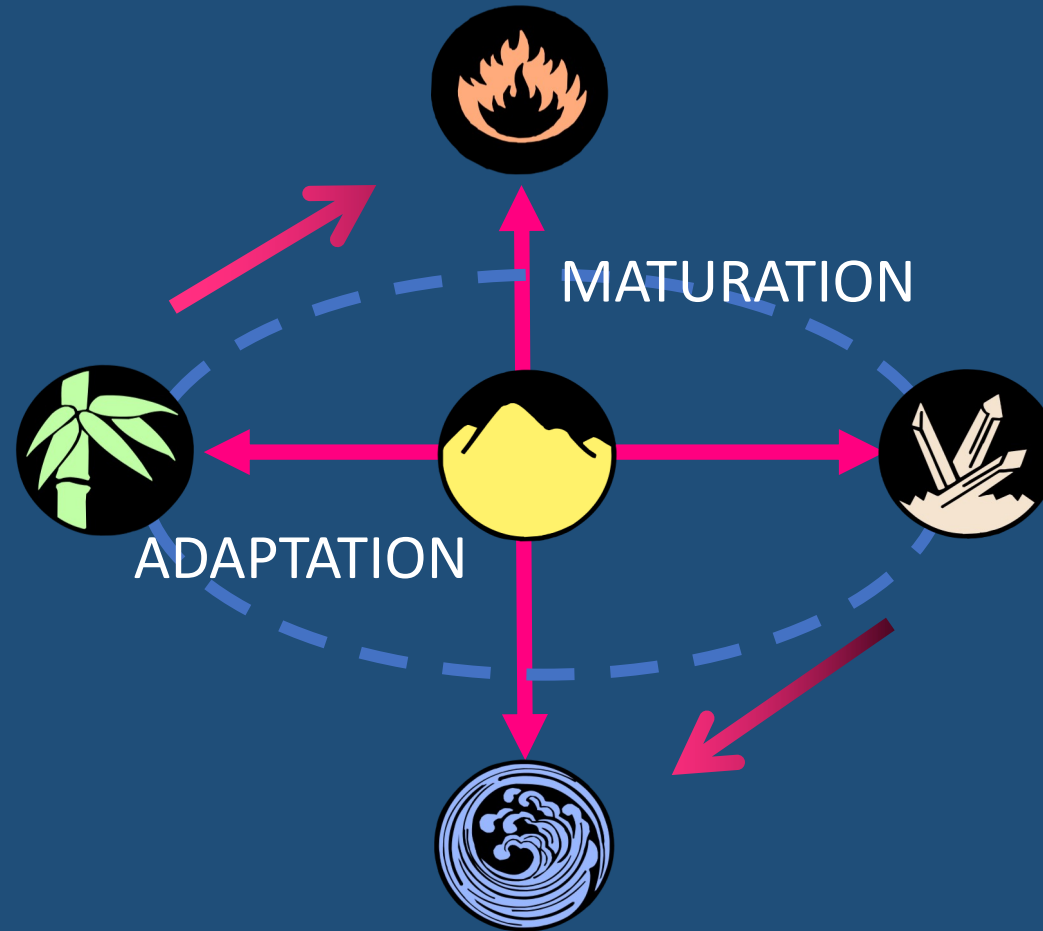


COMMUNICATION
BREAKDOWN

Patterns of:

COORDINATION
COMMUNICATION
CONVERSATION
INTEGRATION
ORCHESTRATION

The Triple Burner as The Third Axis of Development

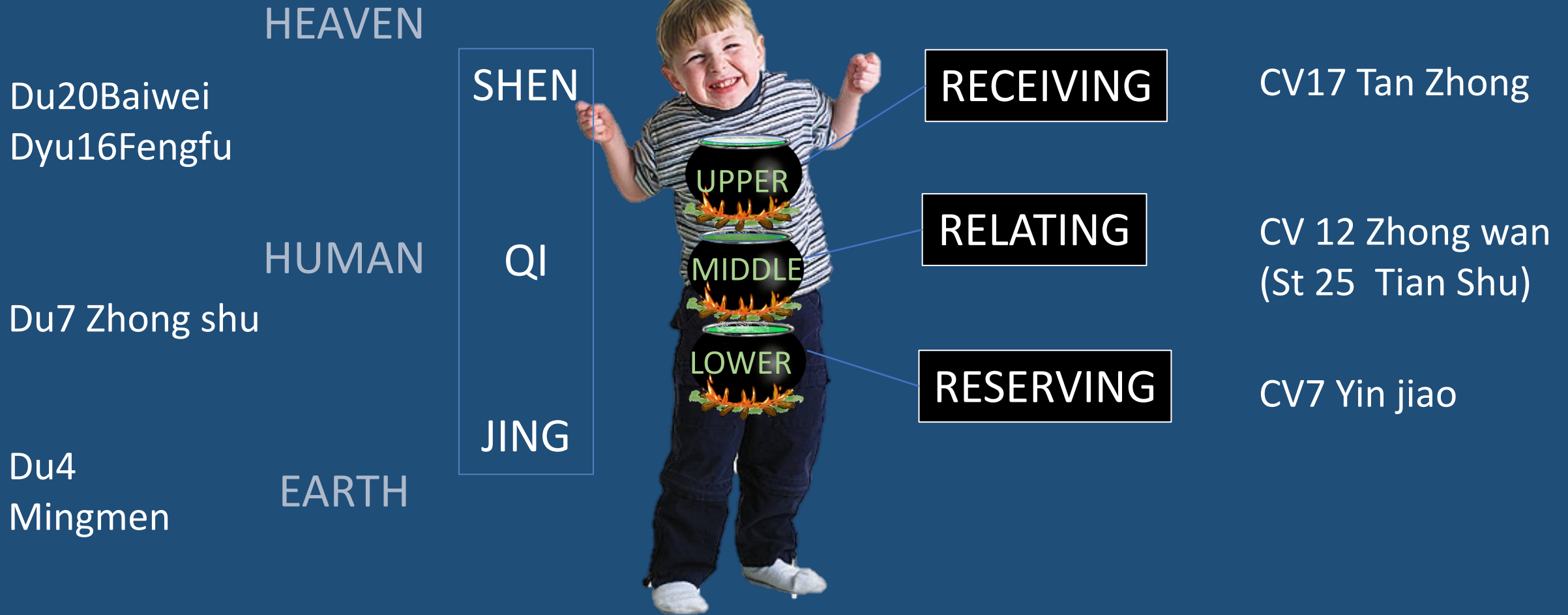


The San Jiao Principle

“The Developmental Fu”
Coordinate the Conversation



TRIPLE BURNER FUNCTIONS

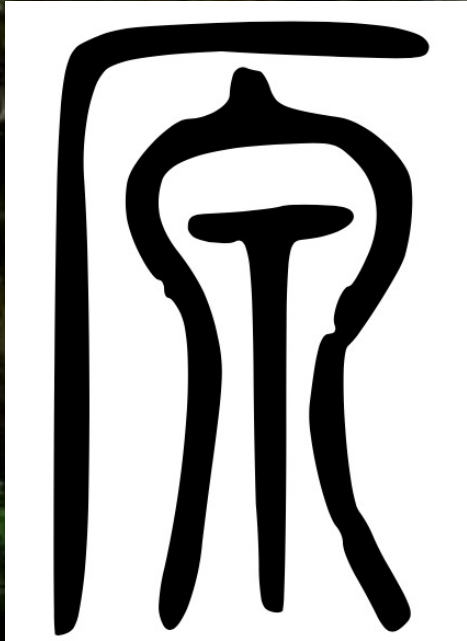


TWELVE FUNCTIONS OF THE SAN JIAO

Healing the space between

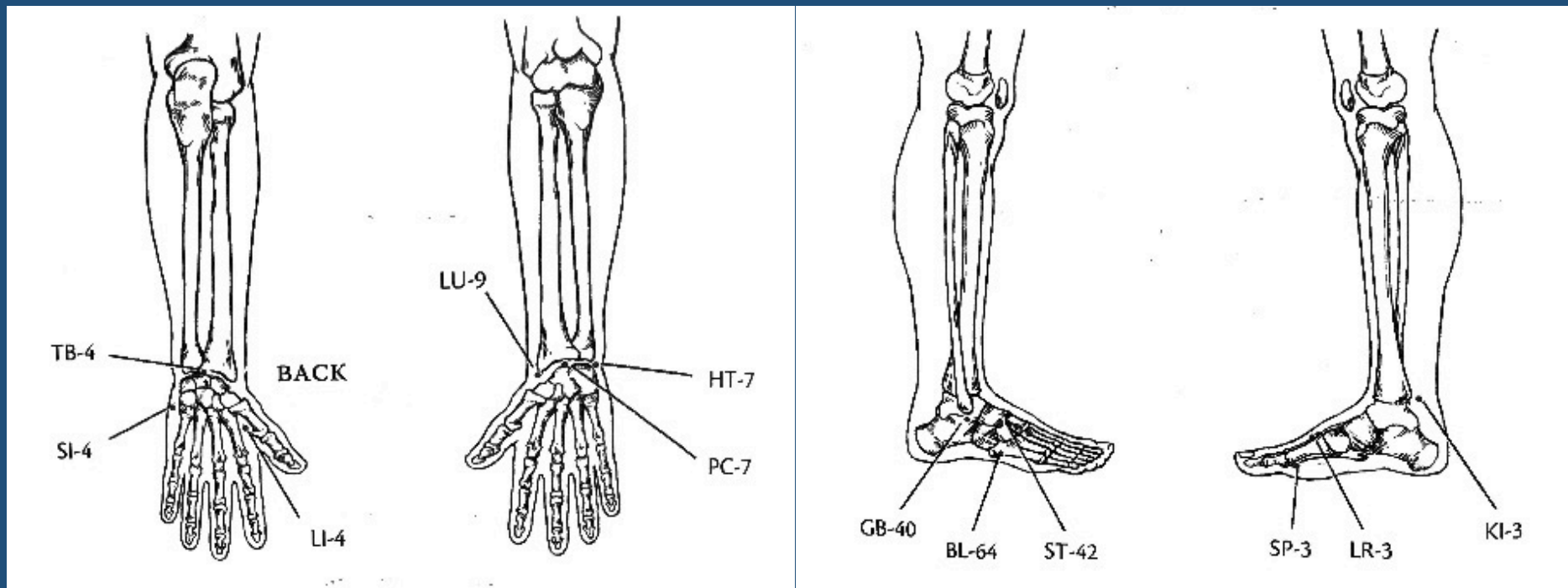
- San Jiao as Map of Spiritual Ecology (three is a magic number)
- San Jiao as Metaphor for Our Times (communication-connection)
- San Jiao as Container – Couli (the interstitium)
- San Jiao as Waterway – (bridge between heaven and earth)
- San Jiao as Yuan (original-source-primal Qi)
- San Jiao as Transformer of the three sources of Qi (qi hua)
- San Jiao as Neuro-Gastro-Immune complex (working memory)
- San Jiao as Interoception (polyvagal function – social engagement network)
- San Jiao as Wind mediator (change and Wei-Ying couple)
- San Jiao as Biao-Li (PC-TB couple)
- San Jiao as Shao Yang (TB-GB couple)
- San Jiao as Developmental Fu (steaming and transforming – cosmic spiral)

SAN JIAO AS YUAN-ORIGIN



“THE SAN JIAO is the director of differentiation of Yuan Qi Responsible for the movement of the three qi through the five yin and 6 yang organs”
Nanjing66

YUAN SOURCE-ORIGIN POINTS

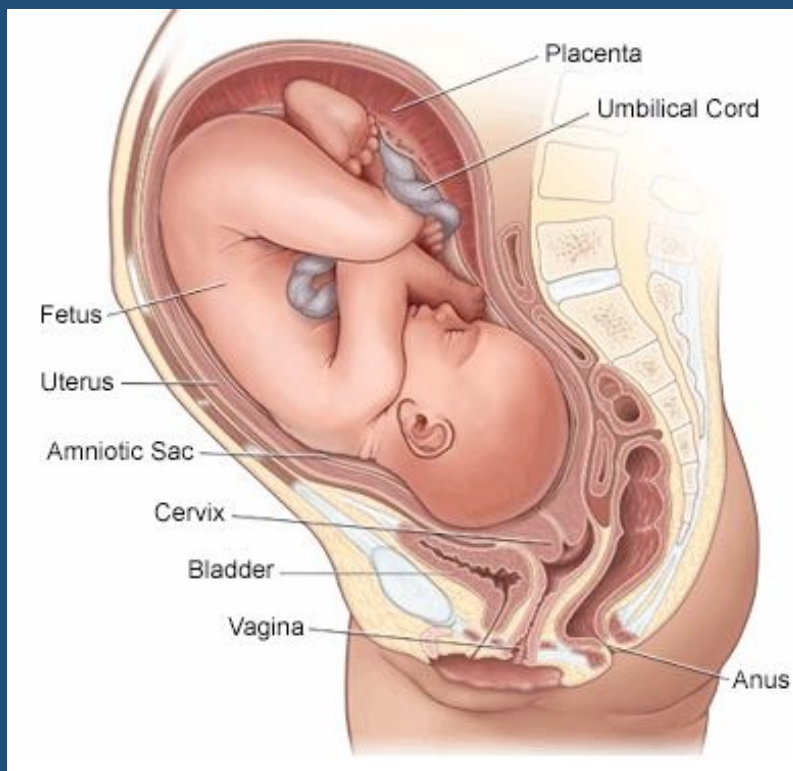


YUAN : CONNECTING TO OUR ANCESTORS



San Jiao as Connection between Pre-Natal and Post Natal

Xiantian
PREHEAVEN

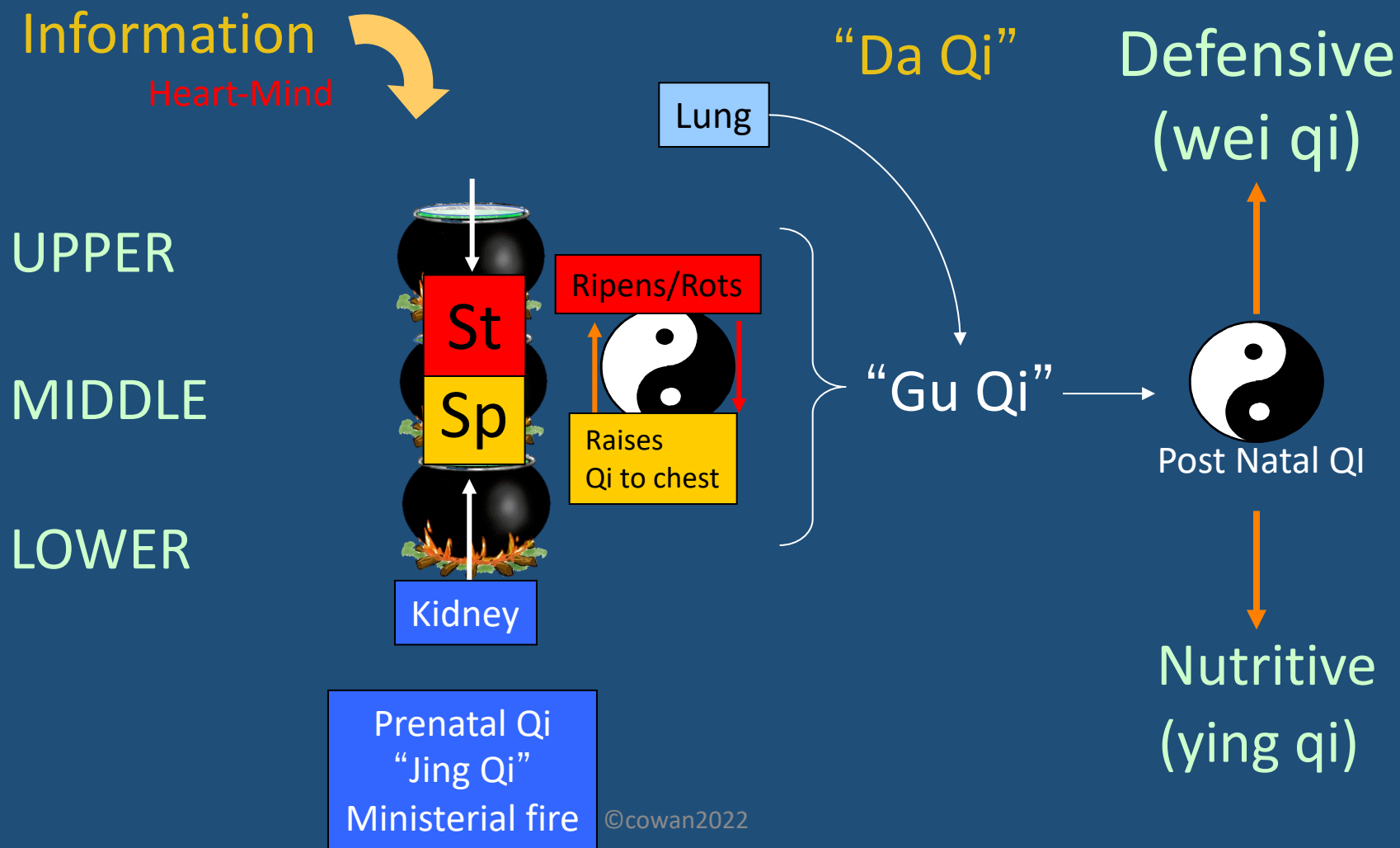


Houtian
POSTHEAVEN

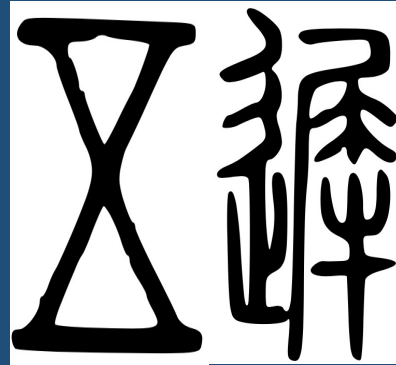


The San Jiao as NeuroGastroImmune Complex

Acquiring Post-natal Qi



五 遲 Wu Chi: The Five Delays



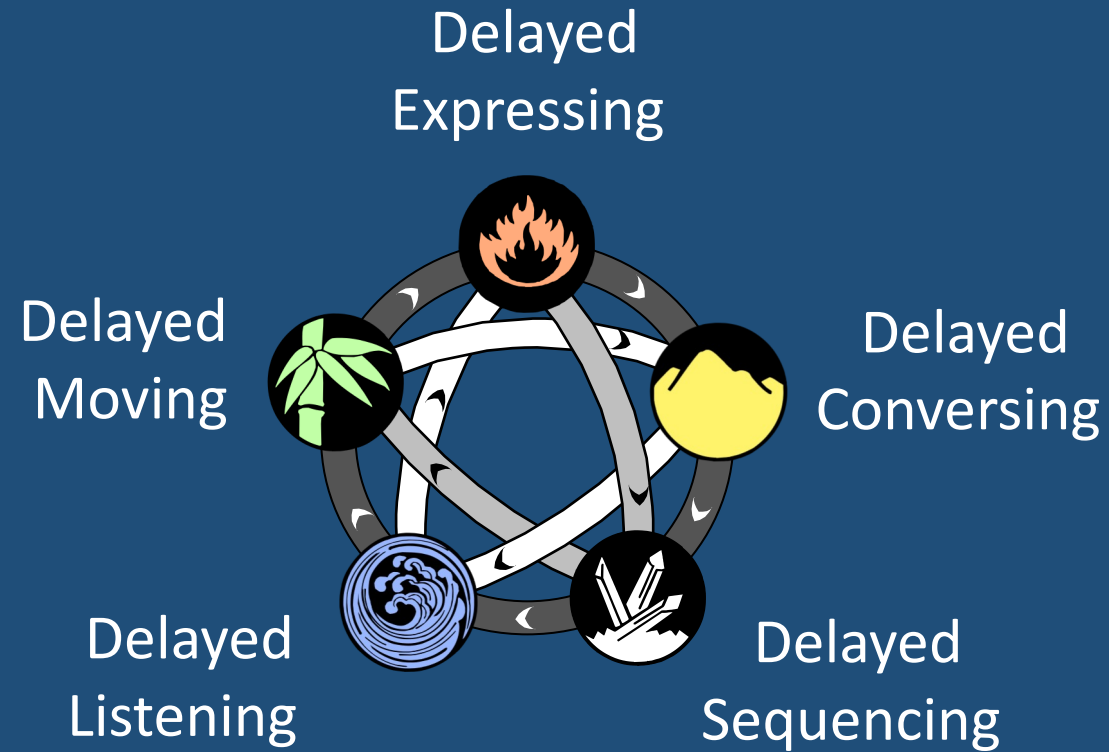
- Delay standing
- Delay walking
- Delay hair/head
- Delay teeth
- Delay speech



Qianyi 1032 to 1113



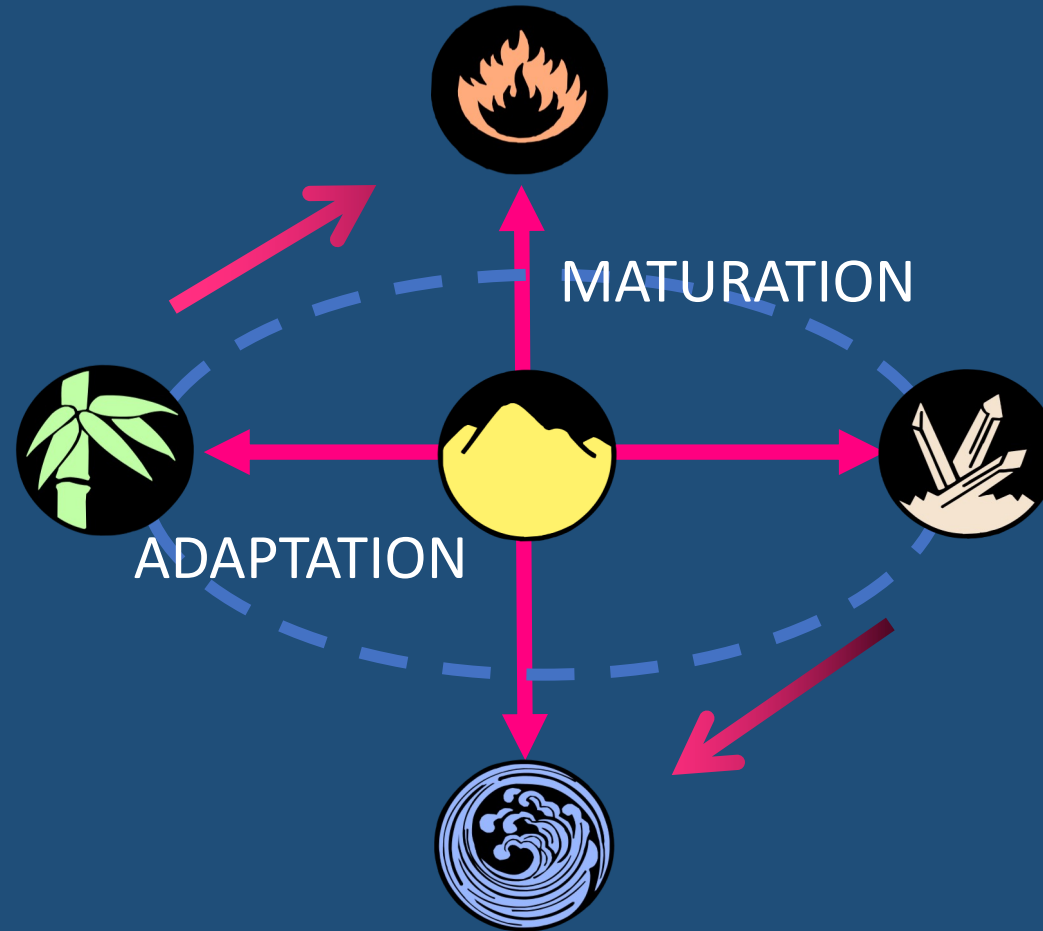
WU CHI – THE FIVE DELAYS



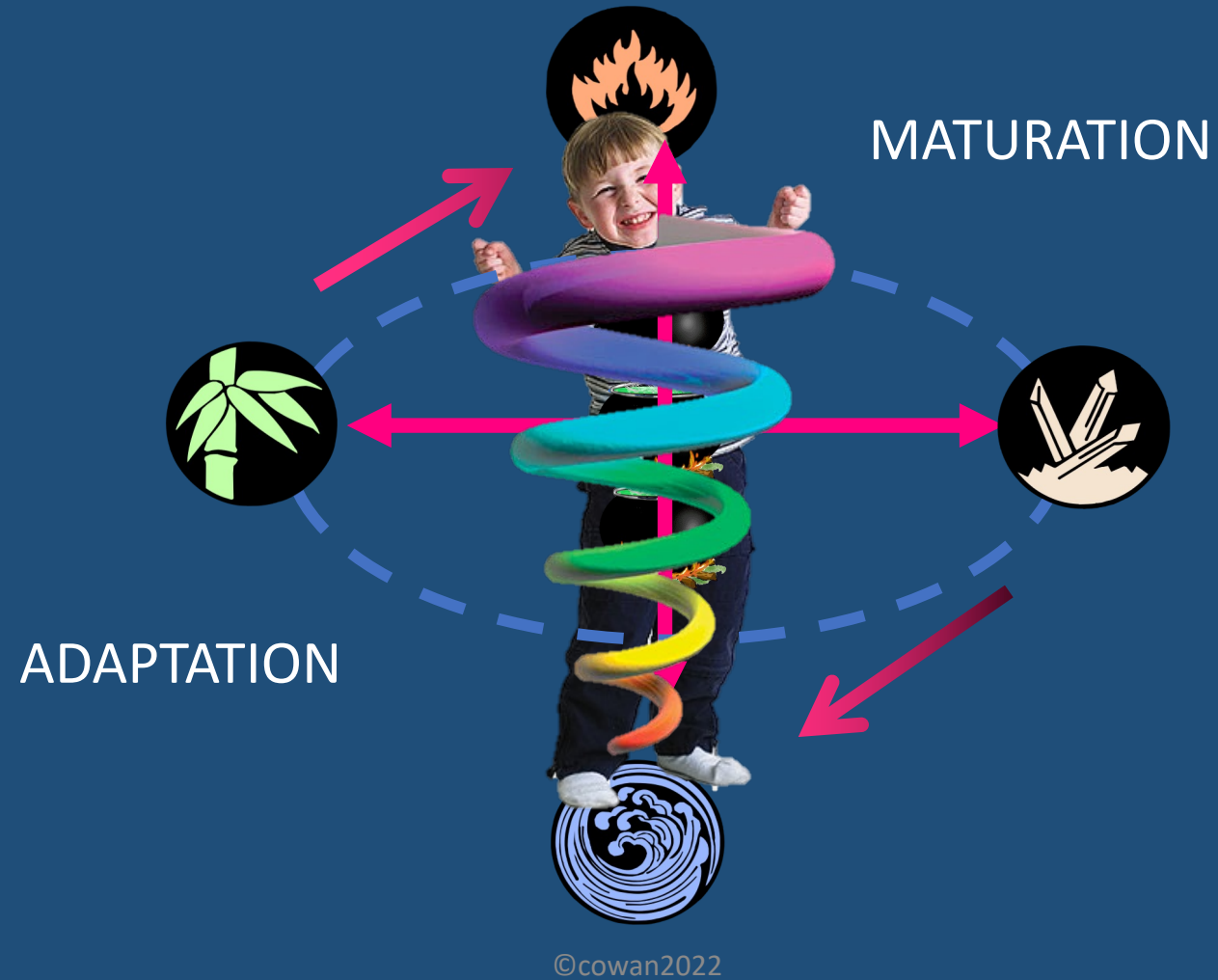
Patterns of:

COORDINATION
COMMUNICATION
CONVERSATION
INTEGRATION
ORCHESTRATION

The Triple Burner as The Third Axis of Development



Spiral Development

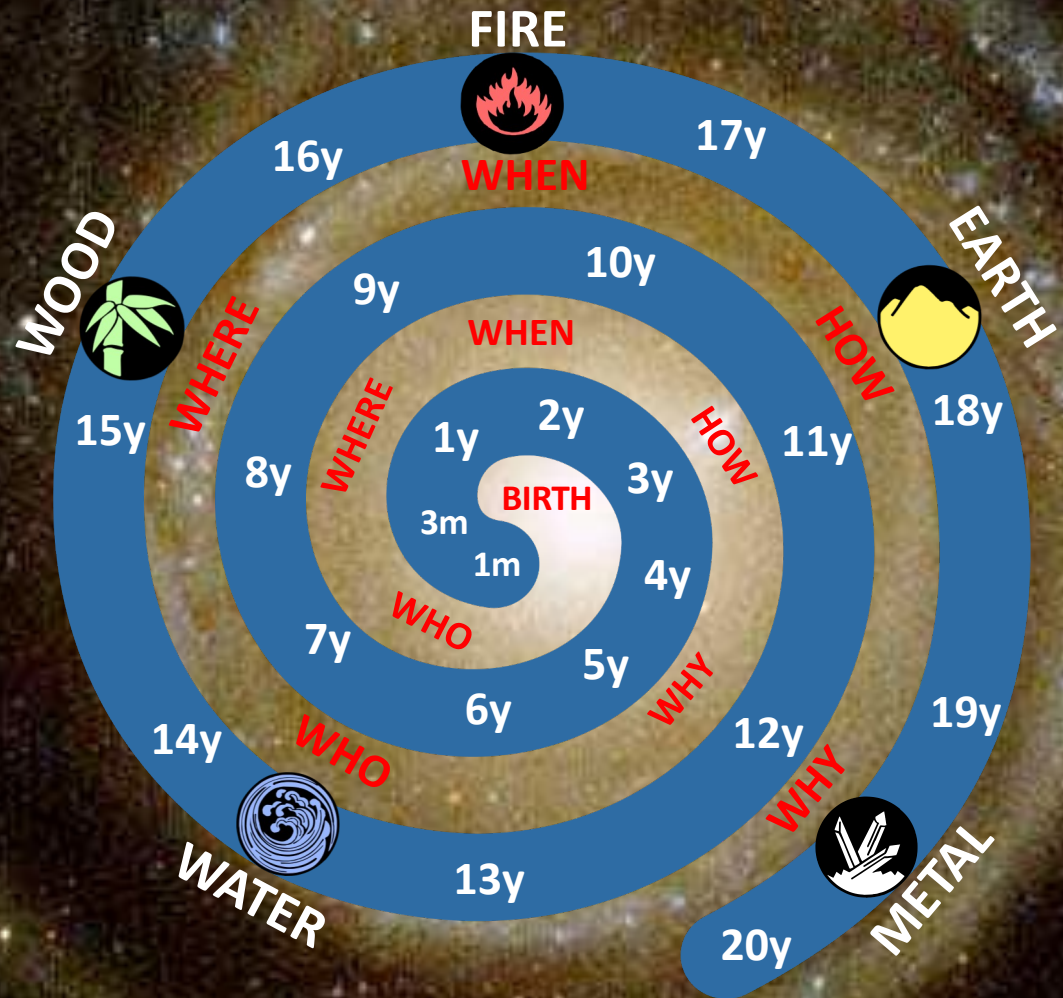


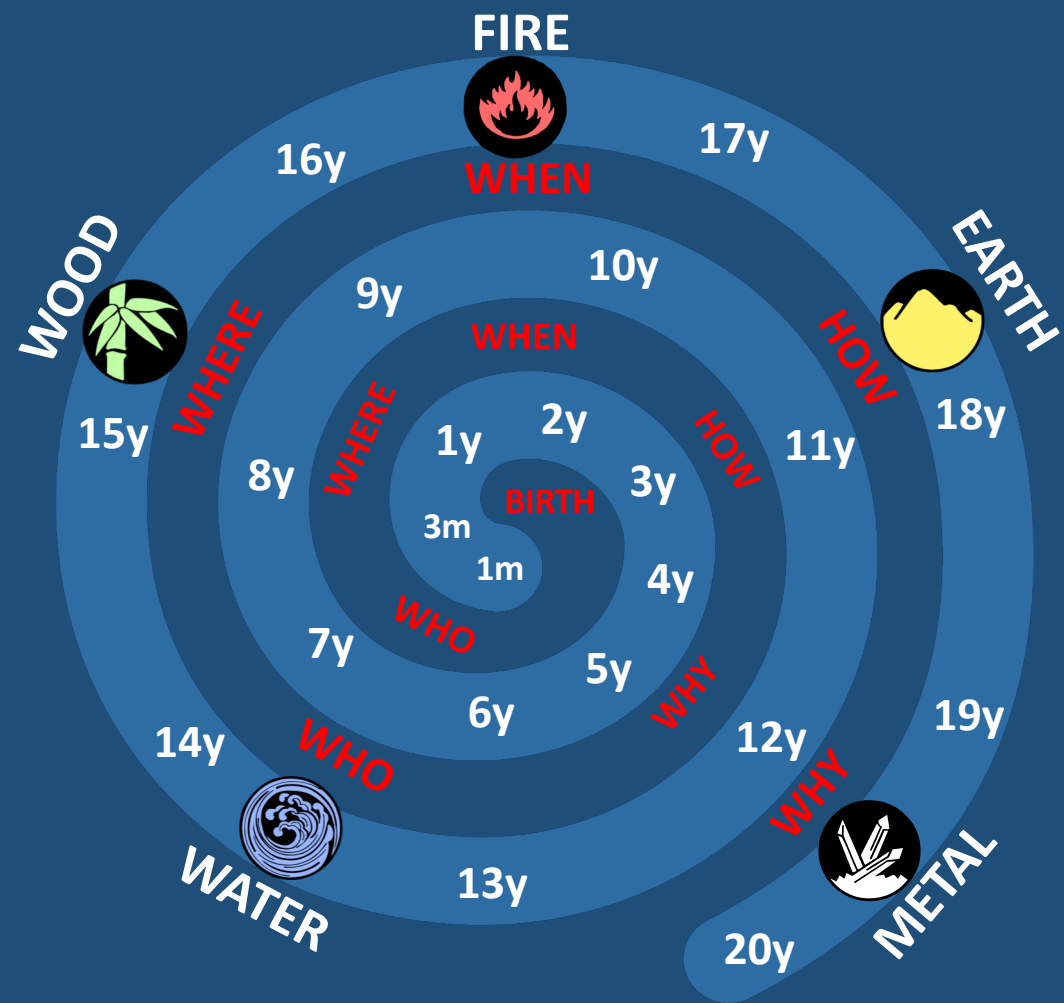
Patterns of:

**COORDINATION
COMMUNICATION
CONVERSATION
INTEGRATION
ORCHESTRATION**

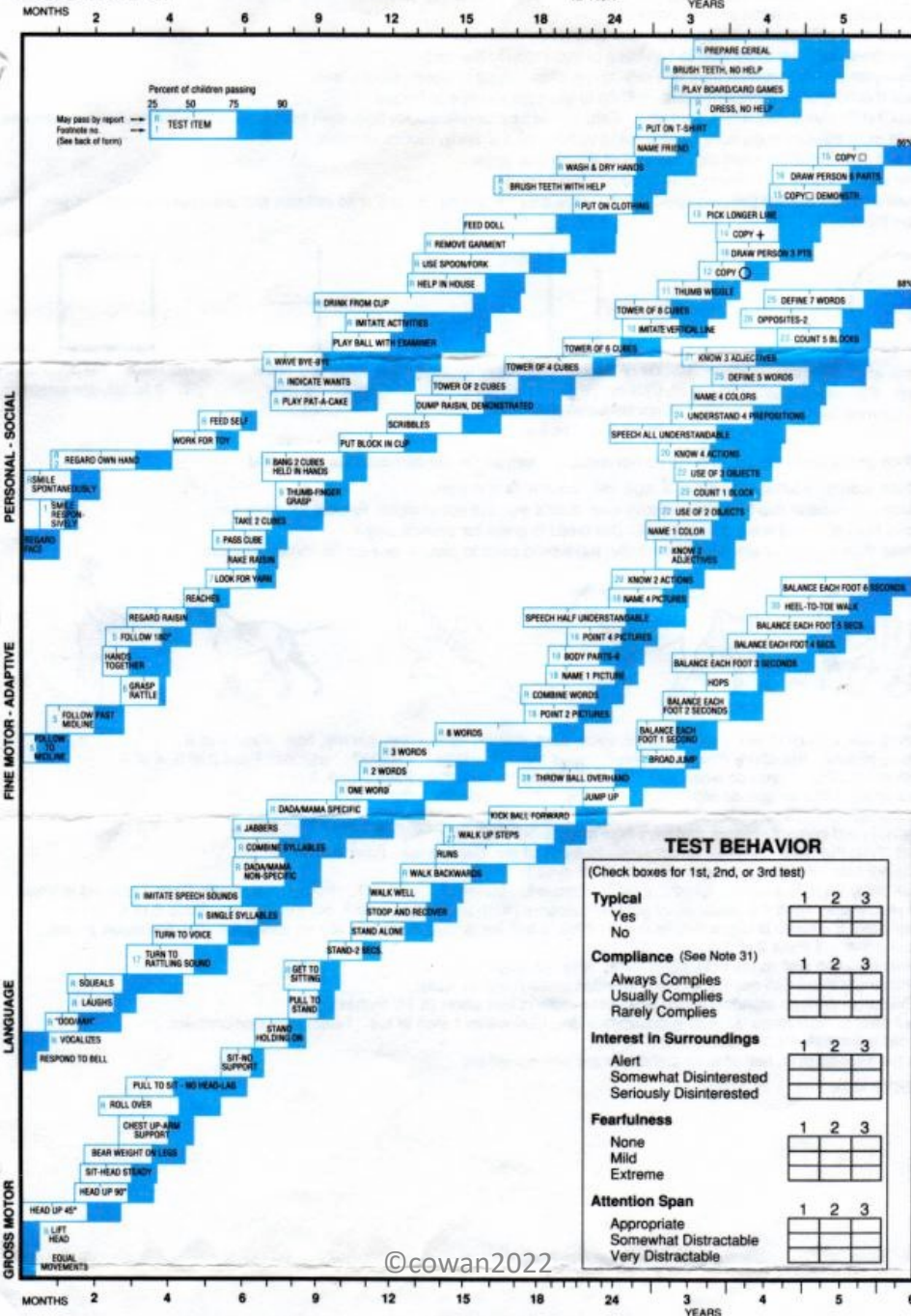
THE FIVE GREAT SHEN QUESTIONS OF DEVELOPMENT







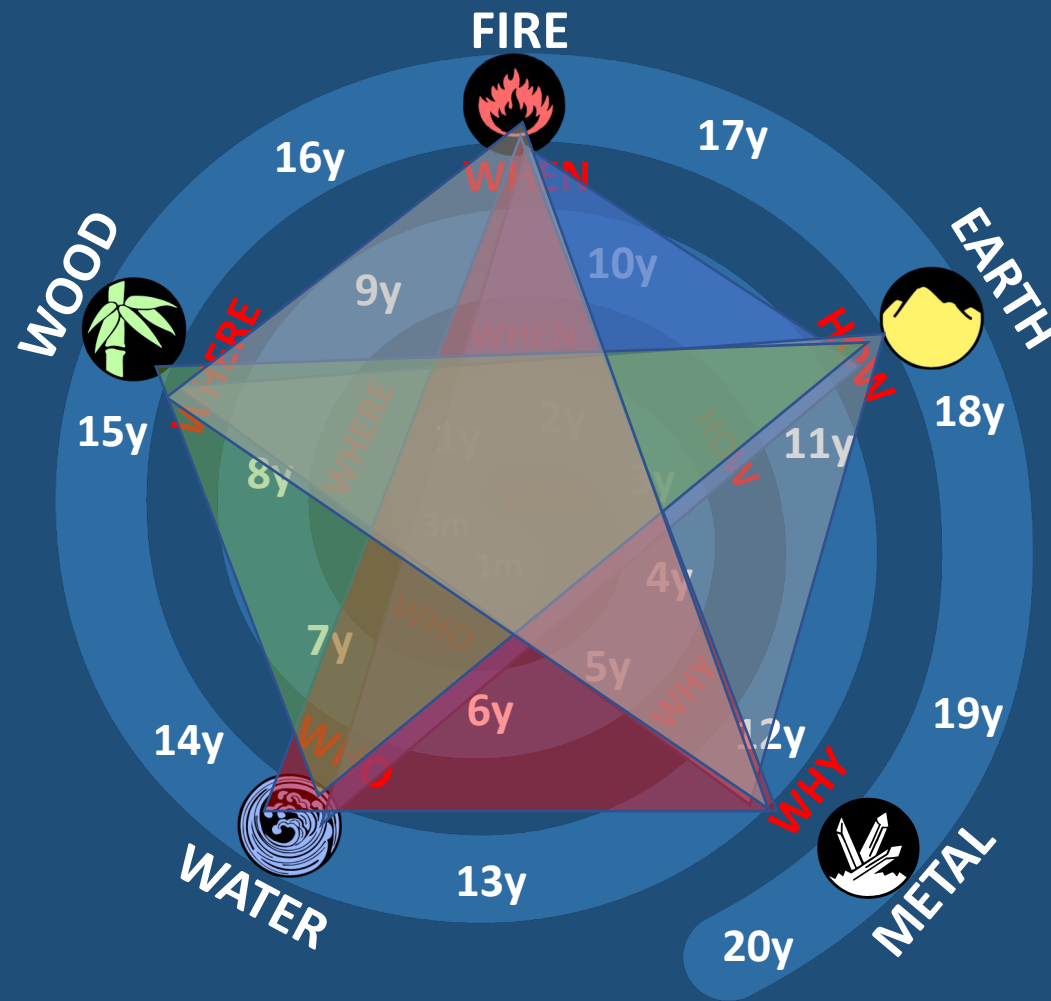
Denver II

Examiner:
Date:Name:
Birthdate:
ID No.:

FOR USE OF THIS FORM, SEE AR 600-75

©1978 W. K. Frankenburg and J. B. Dodds ©1969, 1988, 1990 W. K. Frankenburg and J. B. Dodds

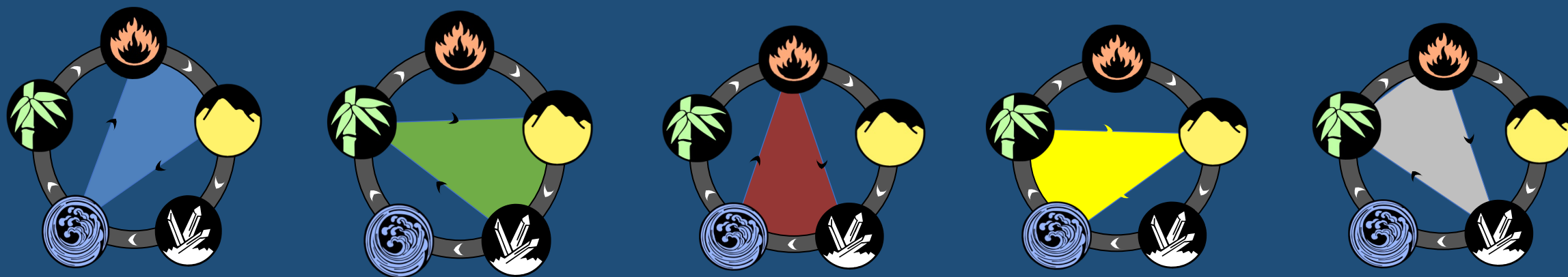
YANG SHENG TREATMENT: HARMONIC TRIADS



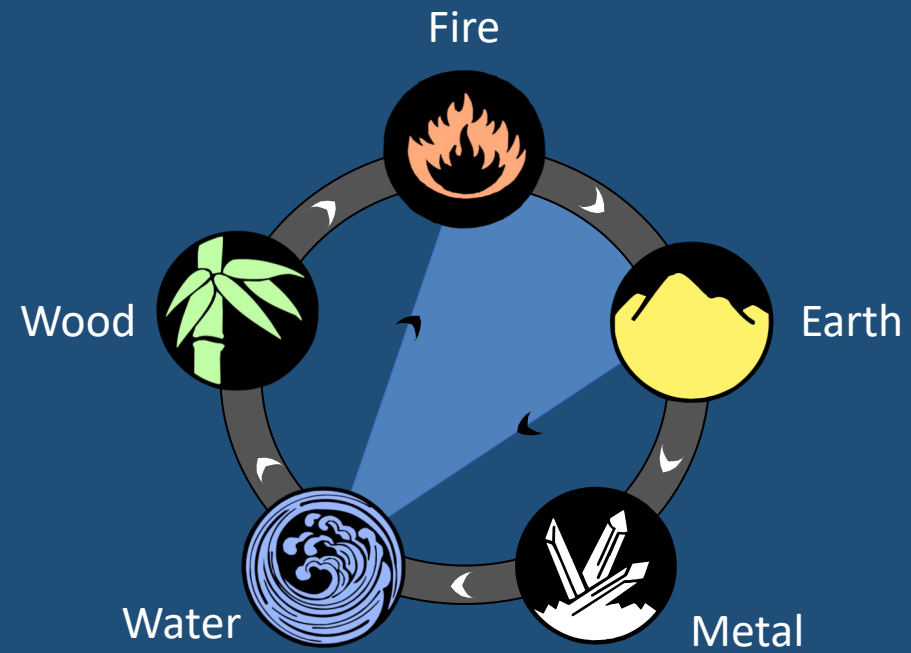
SHENG TRIADS



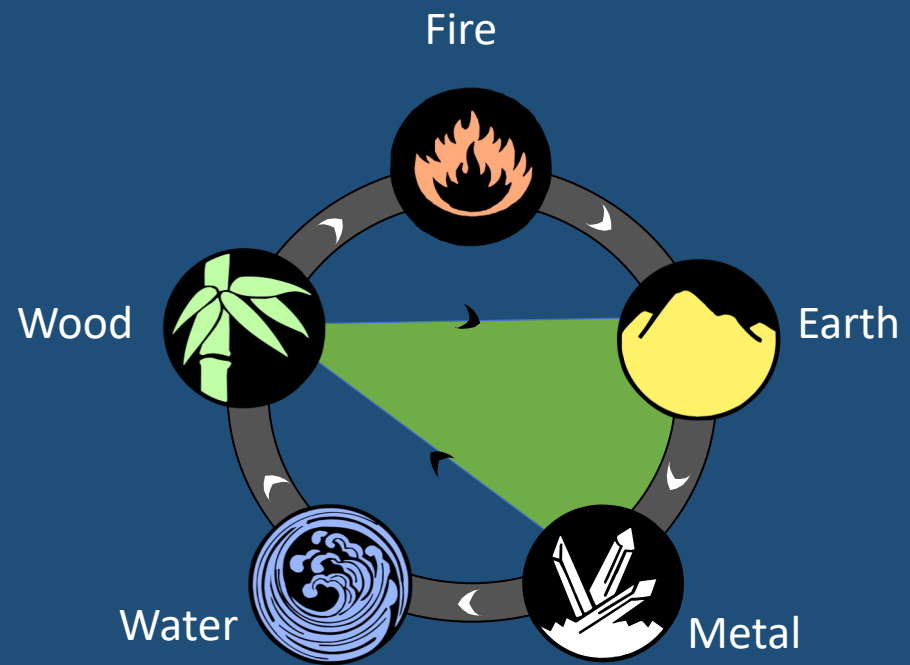
KE TRIADS



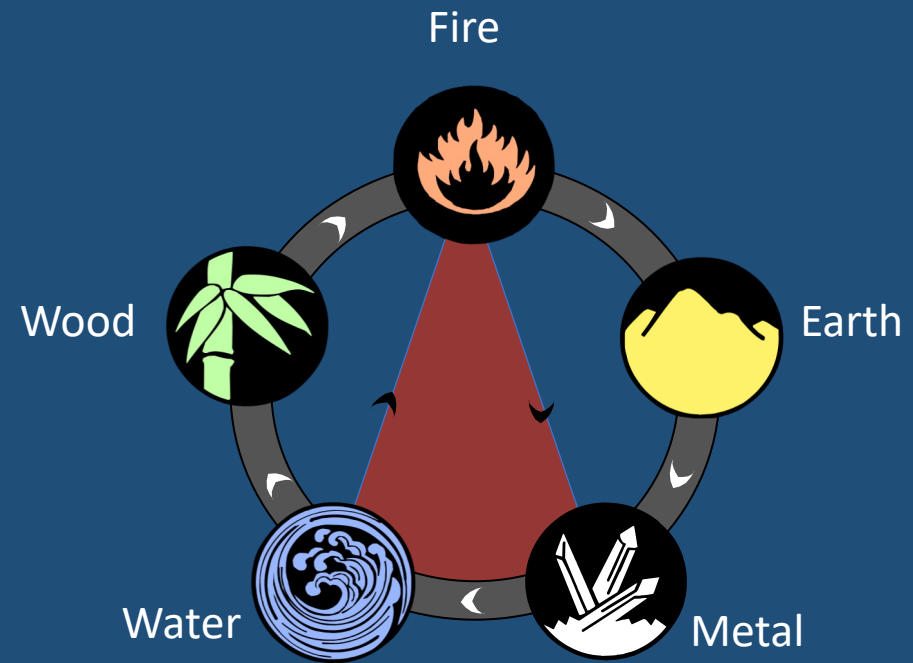
Water Harmonic



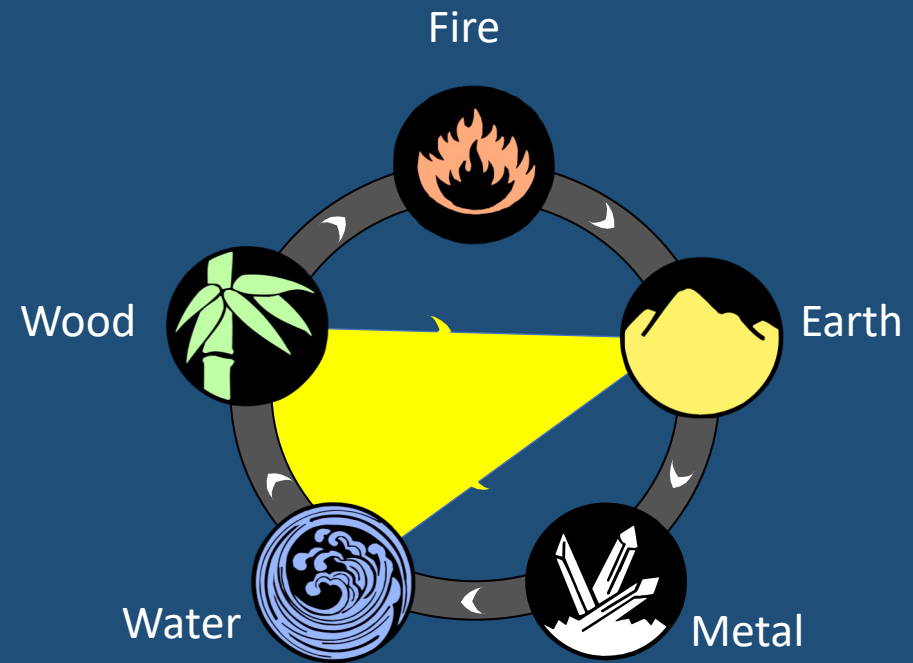
Wood Harmonic



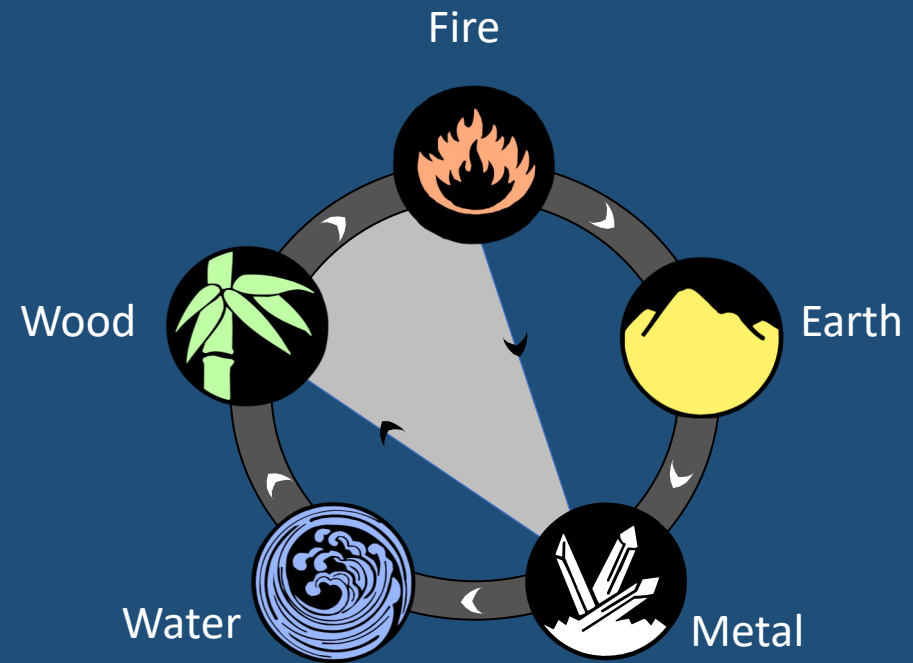
Fire Harmonic



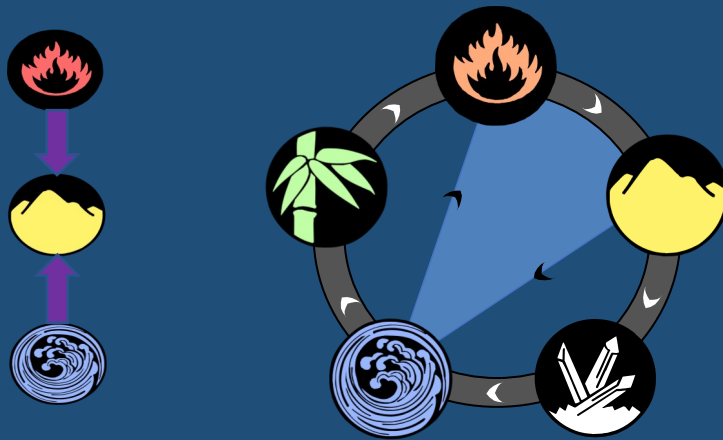
Earth Harmonic



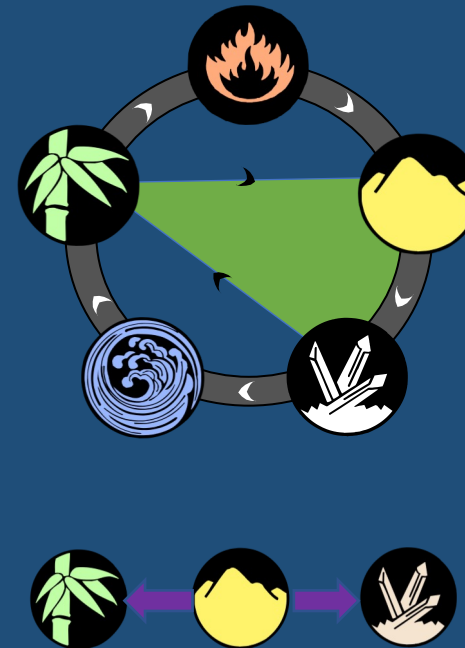
Metal Harmonic



MATURATION AXIS



ADAPTATION AXIS





The Spiritual Unfolding of Life



Sheng

WHO

WHERE

WHEN

HOW

WHY

WHO

3rd TRIMSTER

Water

Wood

Fire

Earth

Metal

Water

Zhi



Hun



Shen



Yi



Po

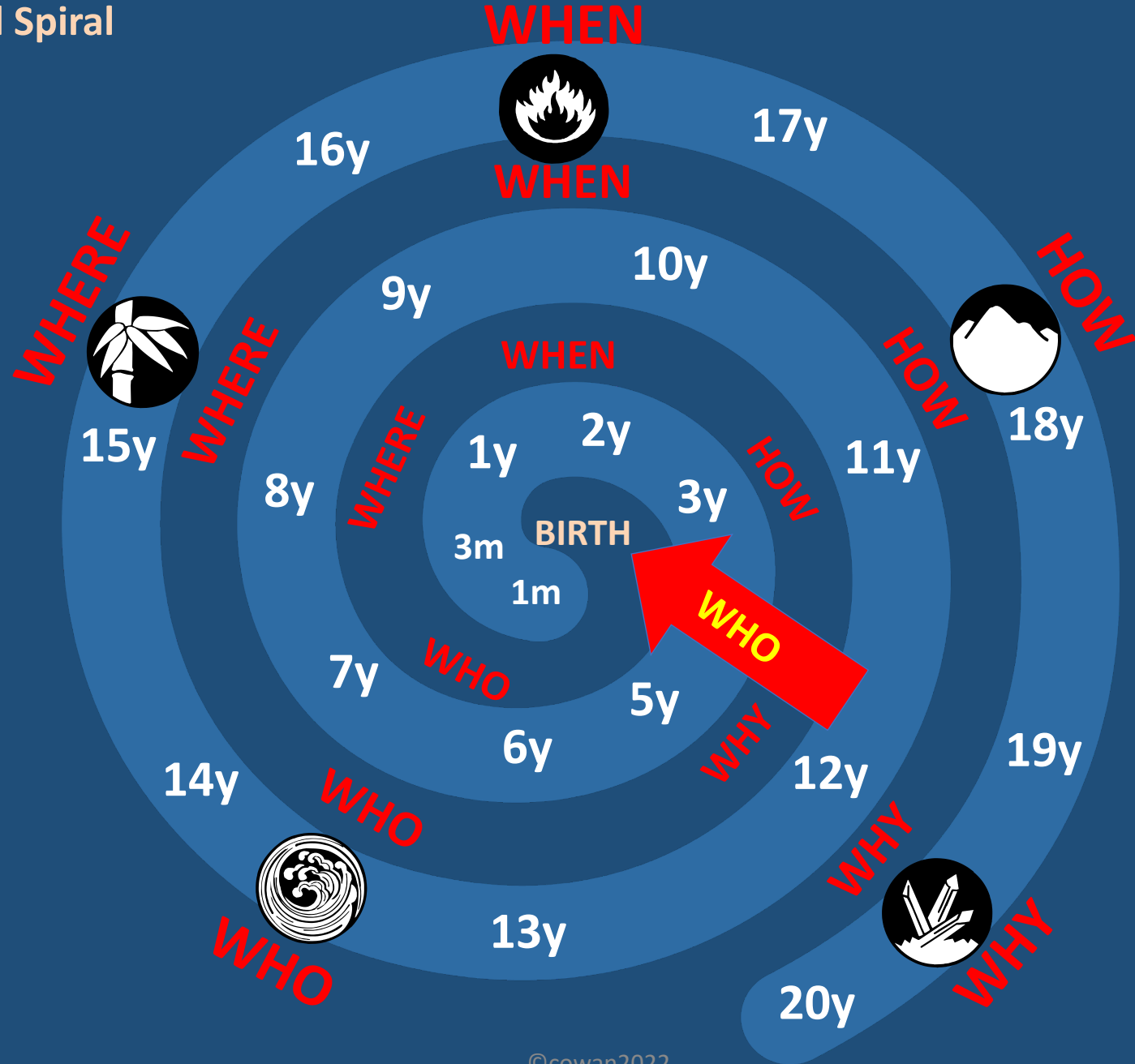


Birth

Ke

7-8 years

The Developmental Spiral



WHO AM I?



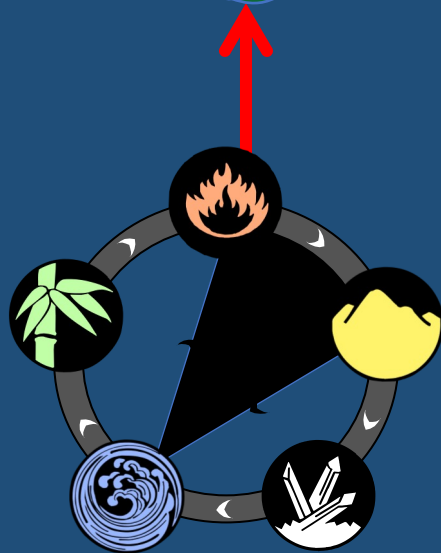
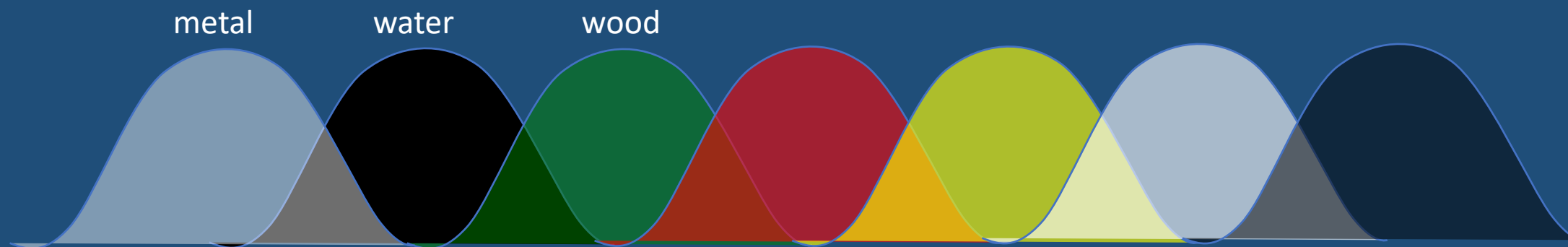
zhi



©cowan2022



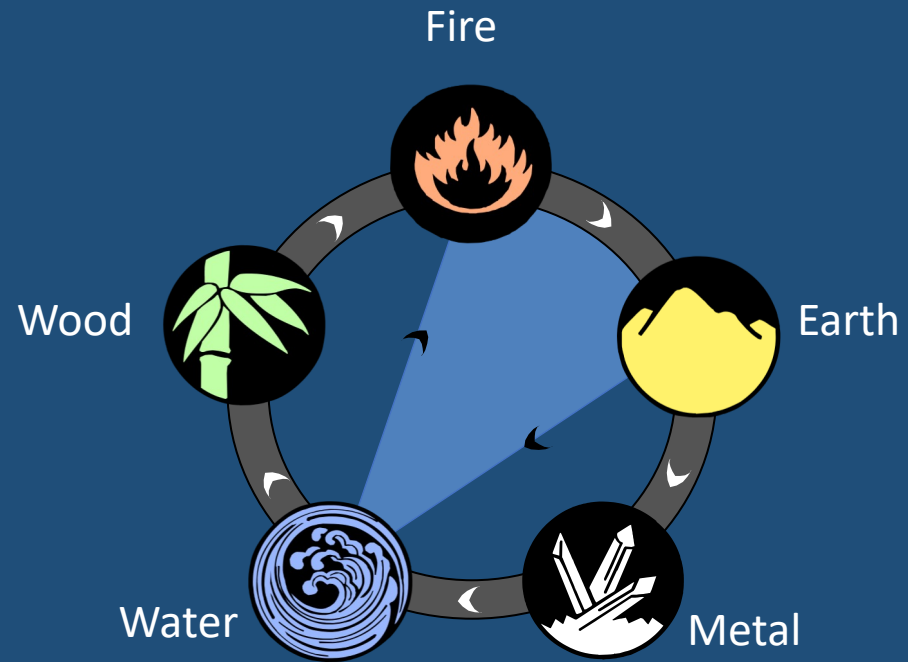
The First Harmonic: THE WATER STAGE



WHO AM I?

Water Harmonic

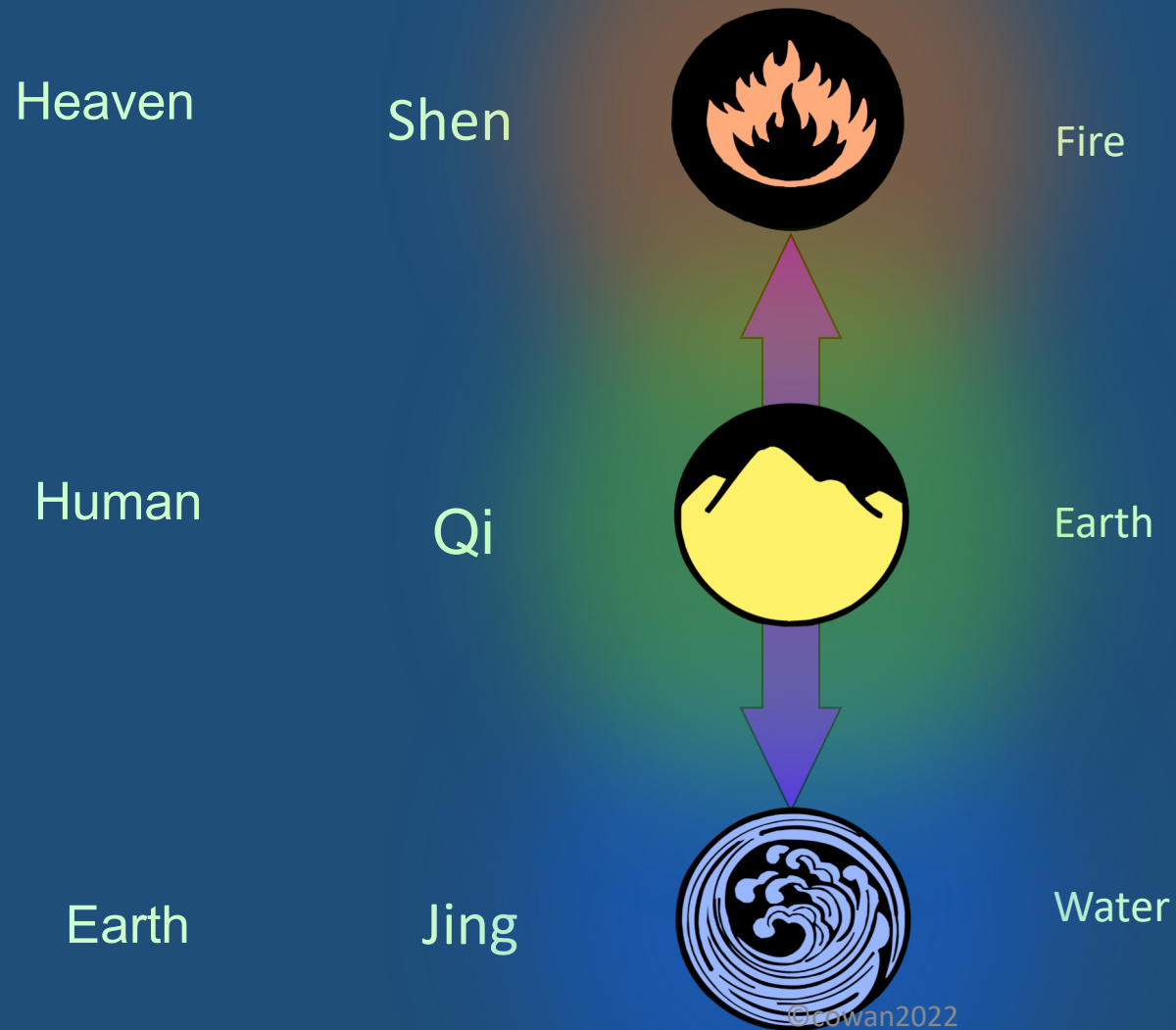
WHO AM I?



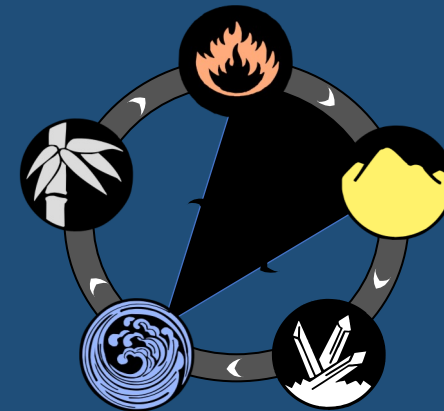
zhi

The Three Treasures

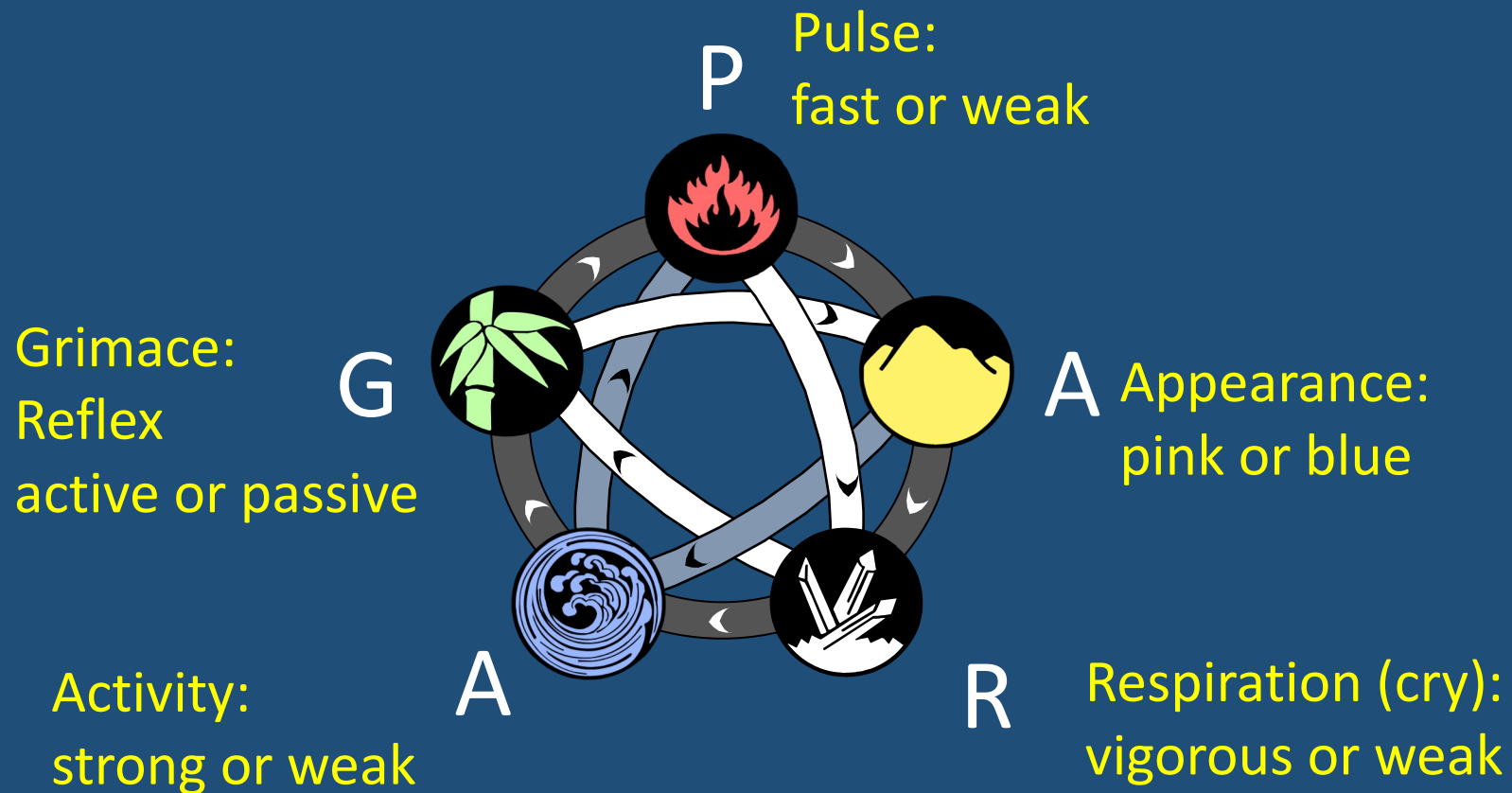
Maturation Triad



WHO AM I?
(Ming)



APGAR SCORE as Measure of San Jiao Vitality



[Arch Dis Child Fetal Neonatal Ed.](#) 2016 Mar; 101(2): F114–F120.

PMCID: PMC4789716

Published online 2015 Jul 17. doi: [10.1136/archdischild-2015-308458](#)

PMID: [26187935](#)

Five-minute Apgar score as a marker for developmental vulnerability at 5 years of age

[Neda Razaz](#),^{1,2} [W Thomas Boyce](#),³ [Marni Brownell](#),⁴ [Douglas Jutte](#),⁵ [Helen Tremlett](#),⁶ [Ruth Ann Marrie](#),⁷ and [K S Joseph](#)^{1,2}

Conclusions

The risk of developmental vulnerability at 5 years of age is inversely associated with the 5 min Apgar score across its entire range, and the score can serve as a population-level indicator of developmental risk.

The Baby “Hand”book



zhi





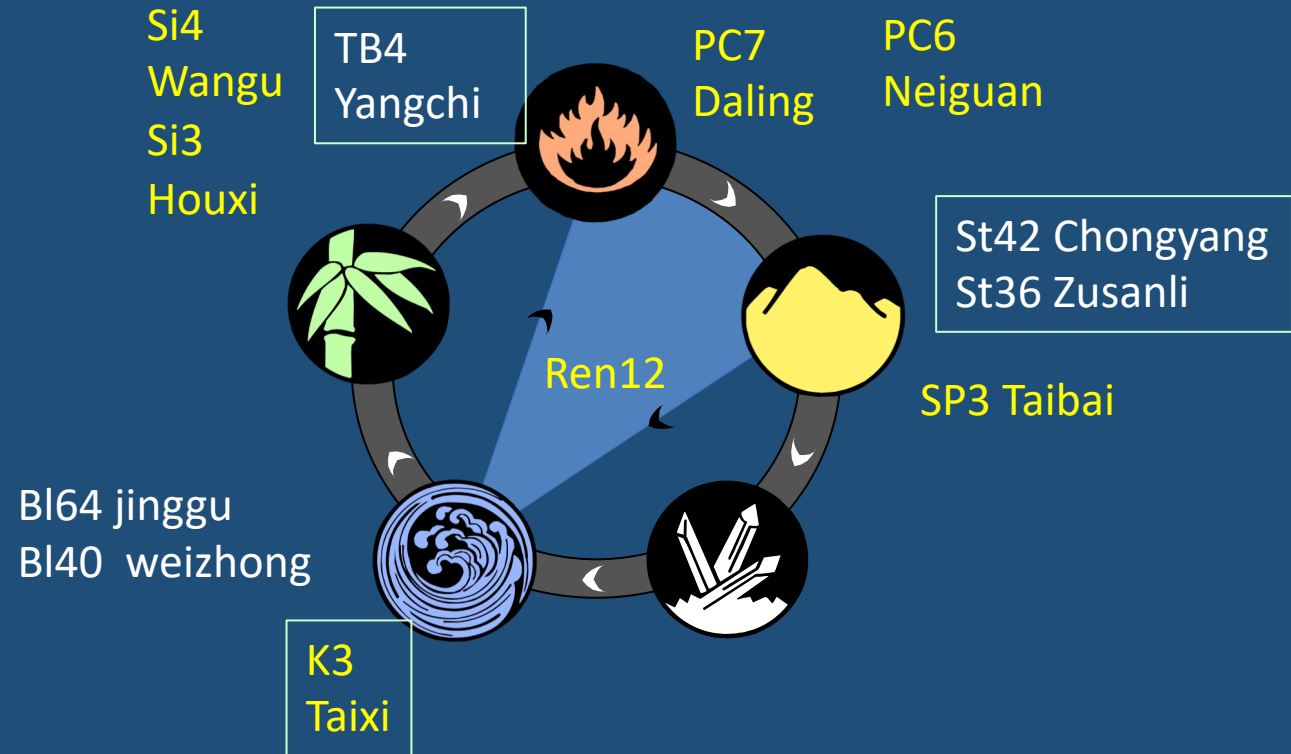
ESP

The Secret of Life

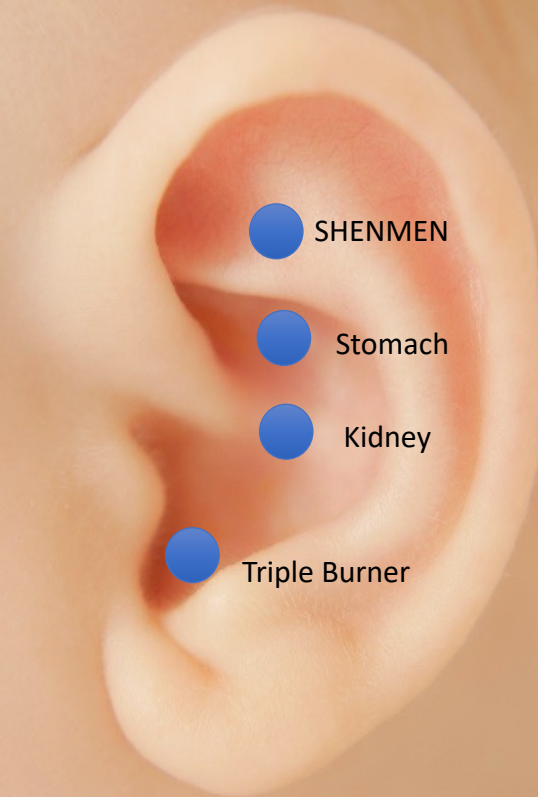
- EAT
- SLEEP
- POOP

Water Phase Dissonance

- Prematurity
- Difficulty latching, transitioning
- Slow growth
- Post-partum depression
- Unstable temperature regulation
- Arrhythmias bradycardia/apnea
- Retained Reflexes
- Delayed maturation



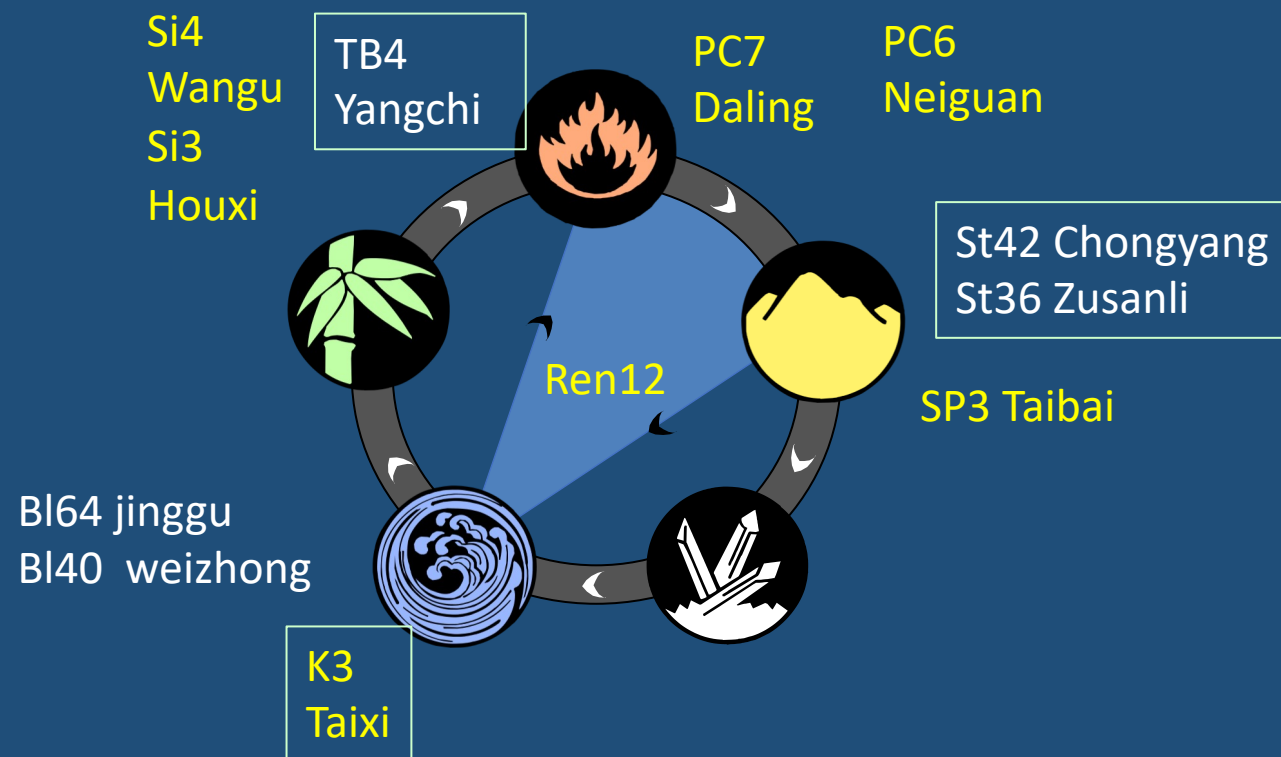




Water Phase Dissonance Later in Life

CHALLENGES TO WHO AM I?

- Slow, stunted growth;
- Sleep disturbances
- Nocturnal enuresis
- Auditory-processing disorders
- Auditory-memory disorders
- Receptive Language disorders
- Learning disabilities
- ADHD
- Autism

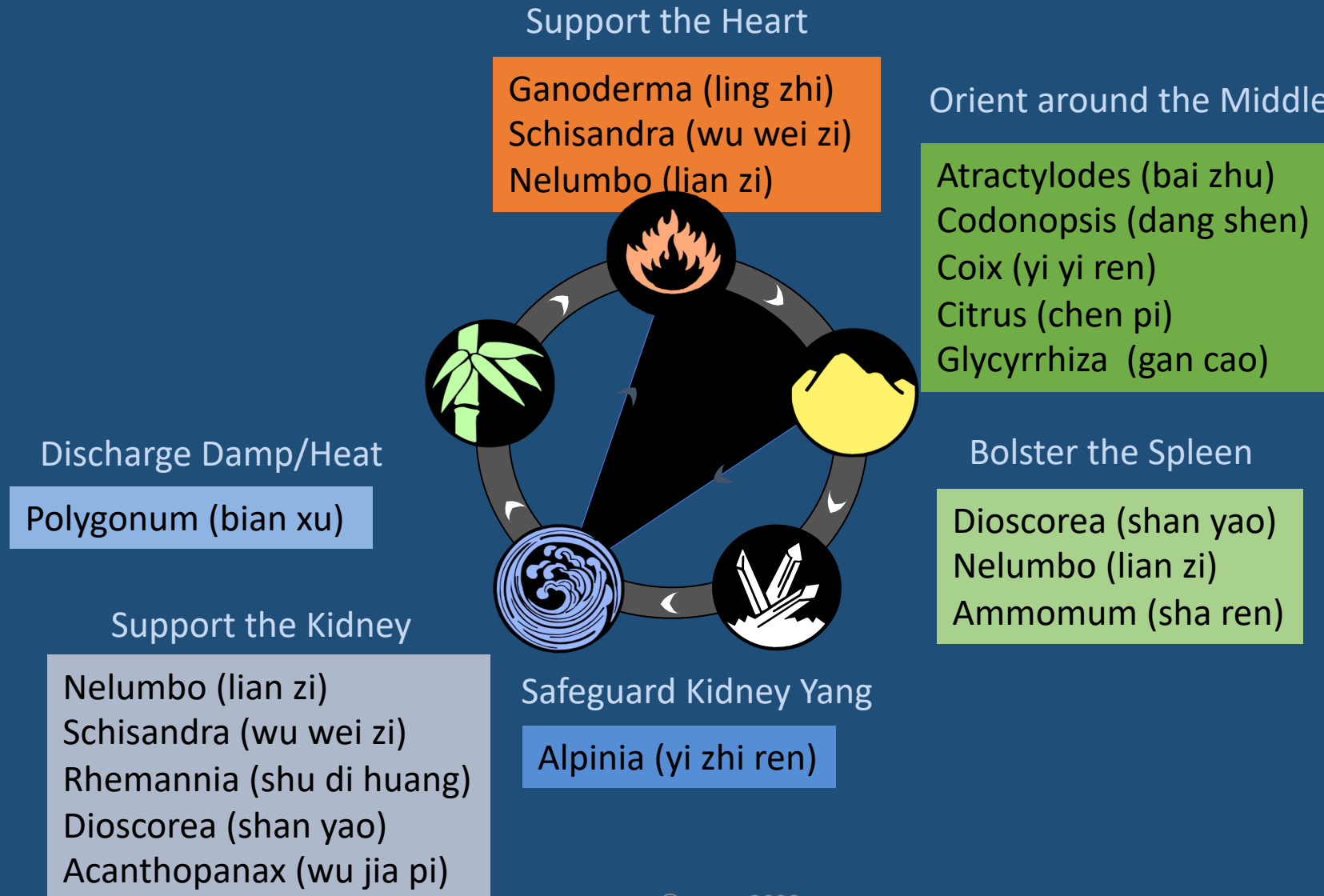




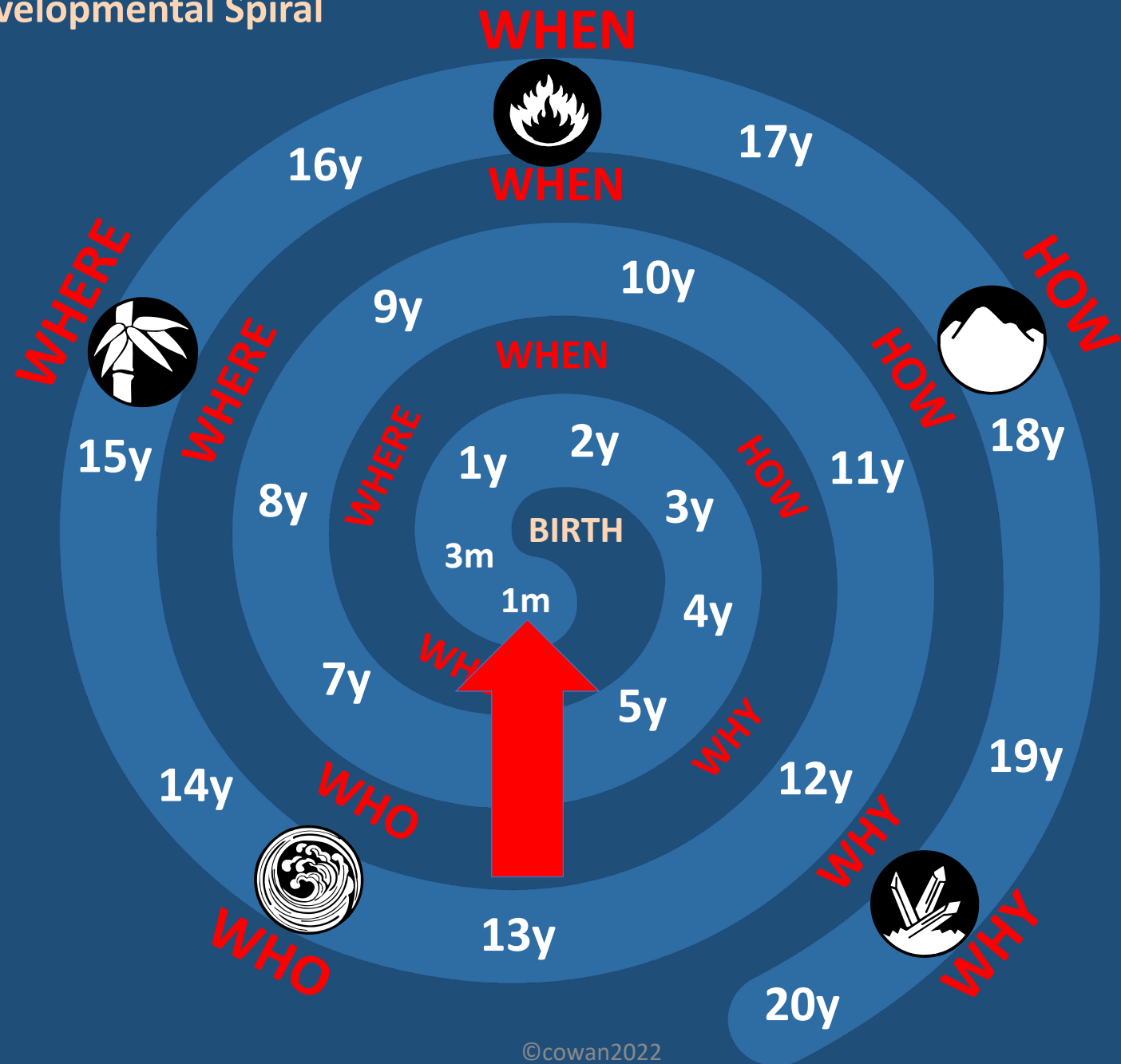
The Peacemakers

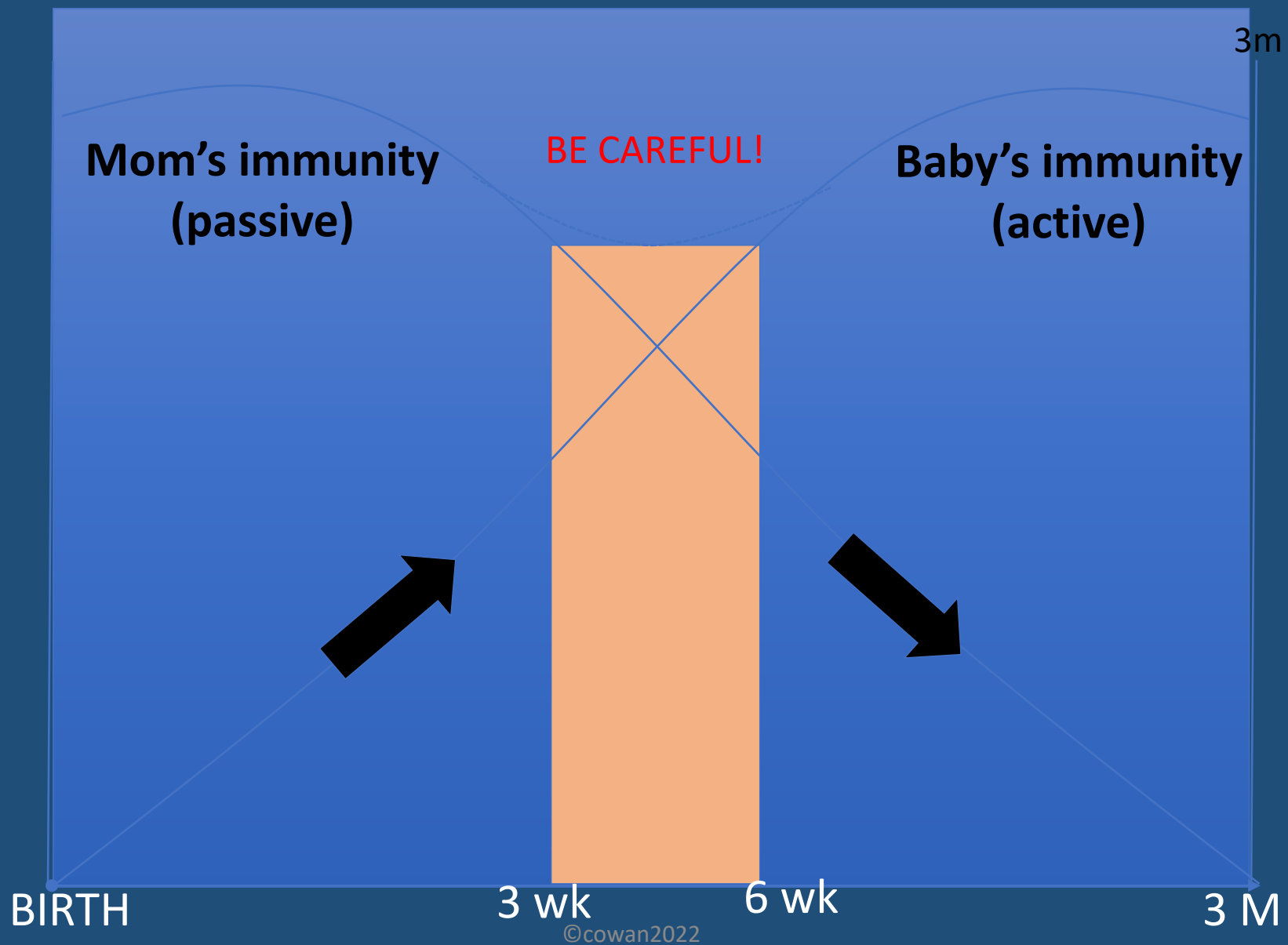


Water Seeker



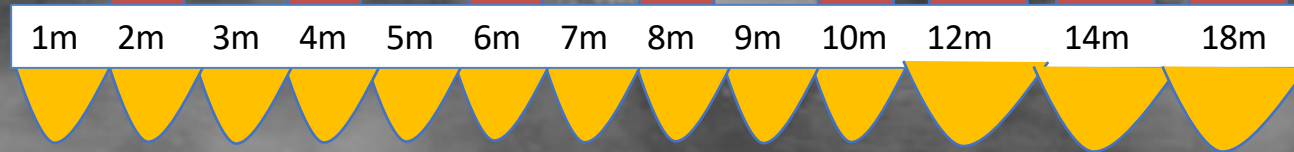
The Developmental Spiral







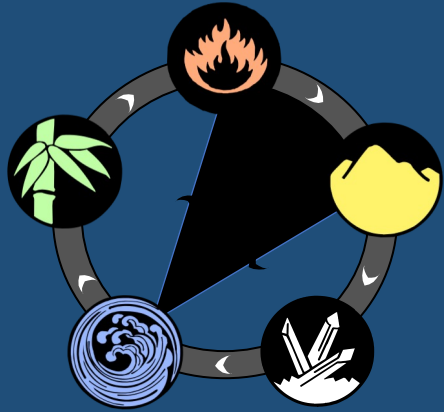
Steaming



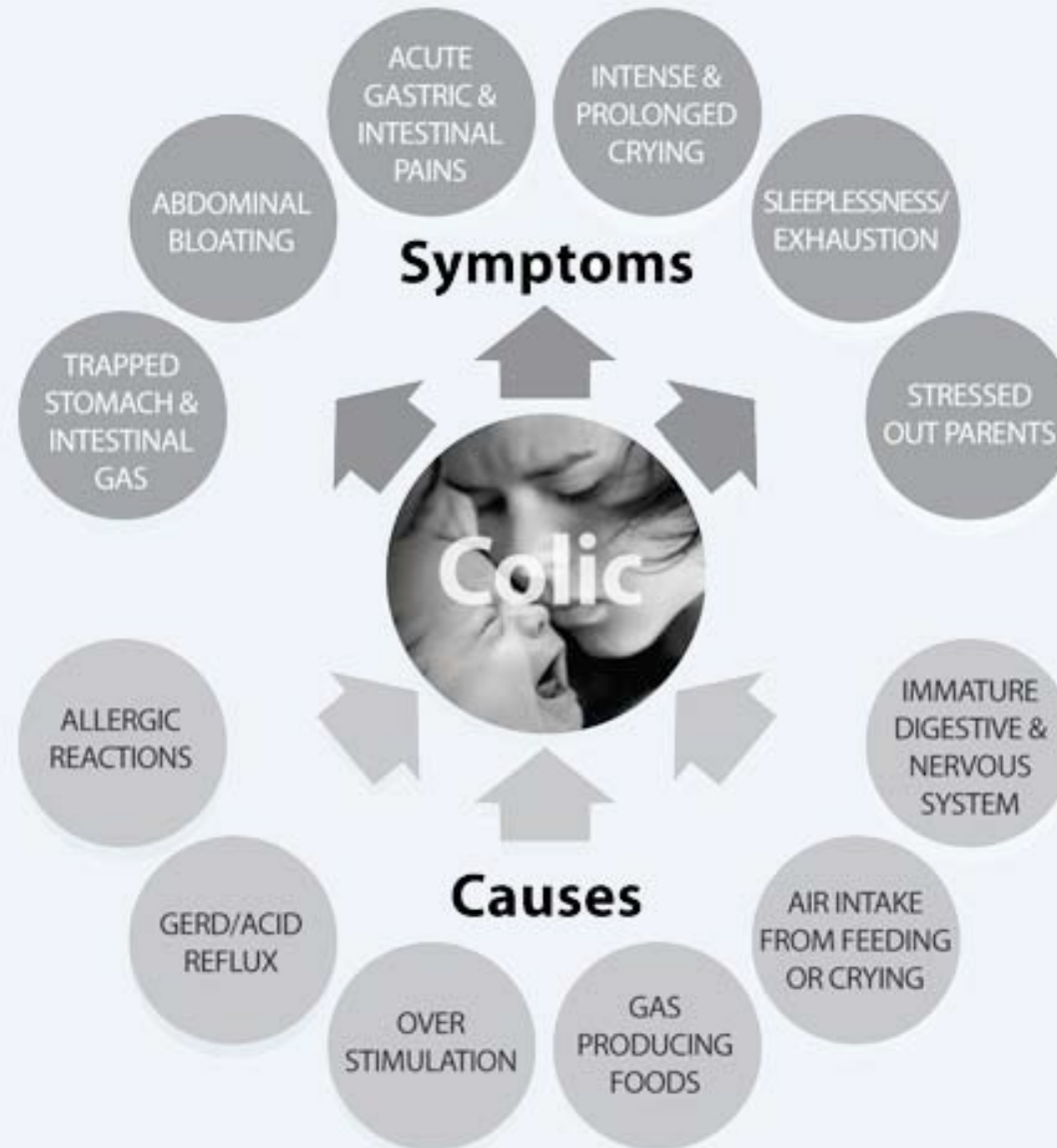
Transforming

“When the major and minor steamings are finished,
the infant has become a human being.”

Sunsimiao



Causes & Symptoms



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TUINA: Food Accumulation







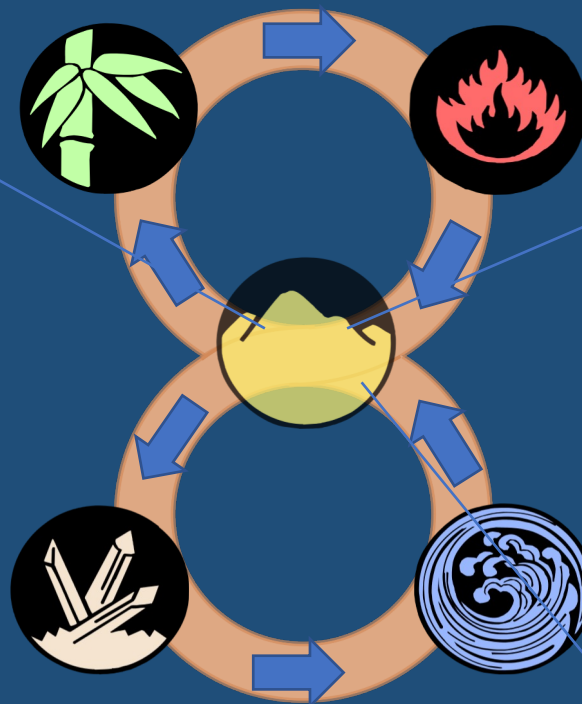
BaoHeWan

Strengthen Spleen
Encourage assimilation

chen pi
lai fu zi
mai ya

Aid transformation
Activate stomach

shan zha
shen qu



Strengthen Spleen
Eliminate damp

fu ling



Tummy Tamer

Strengthen Spleen
Enhance assimilation

Chen pi
Lai Fu Zi
Mu xiang
Xiao Hui xiang

Dispel Wind

Zi Su Ye

Dispel Damp Heat

Huo Xiang

Warm Spleen
Dispel Phlegm
Eliminate gas

Sha Ren



Aid transformation
Activate stomach

Shan Zha
Zhi Ke



Strengthen Spleen
Eliminate damp

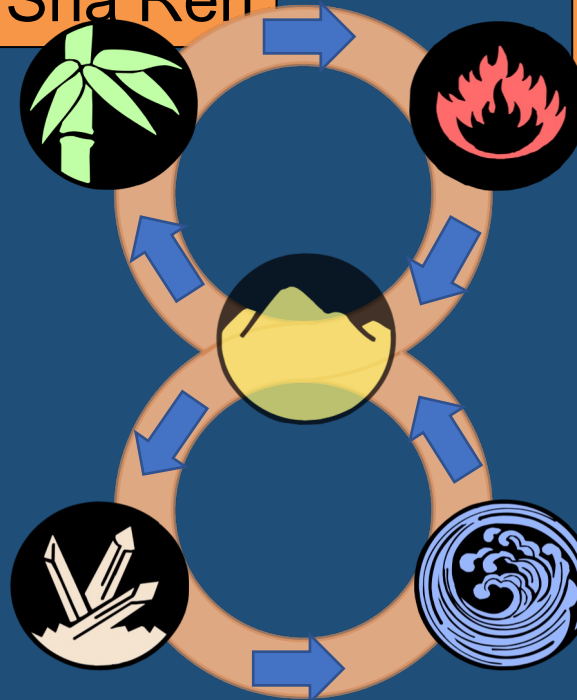
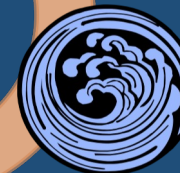
FuLing

Bai Zhu
Hei Zao
Ze Xie
Gan Cao



Dispel Wei/Ying Heat

Lian Qiao





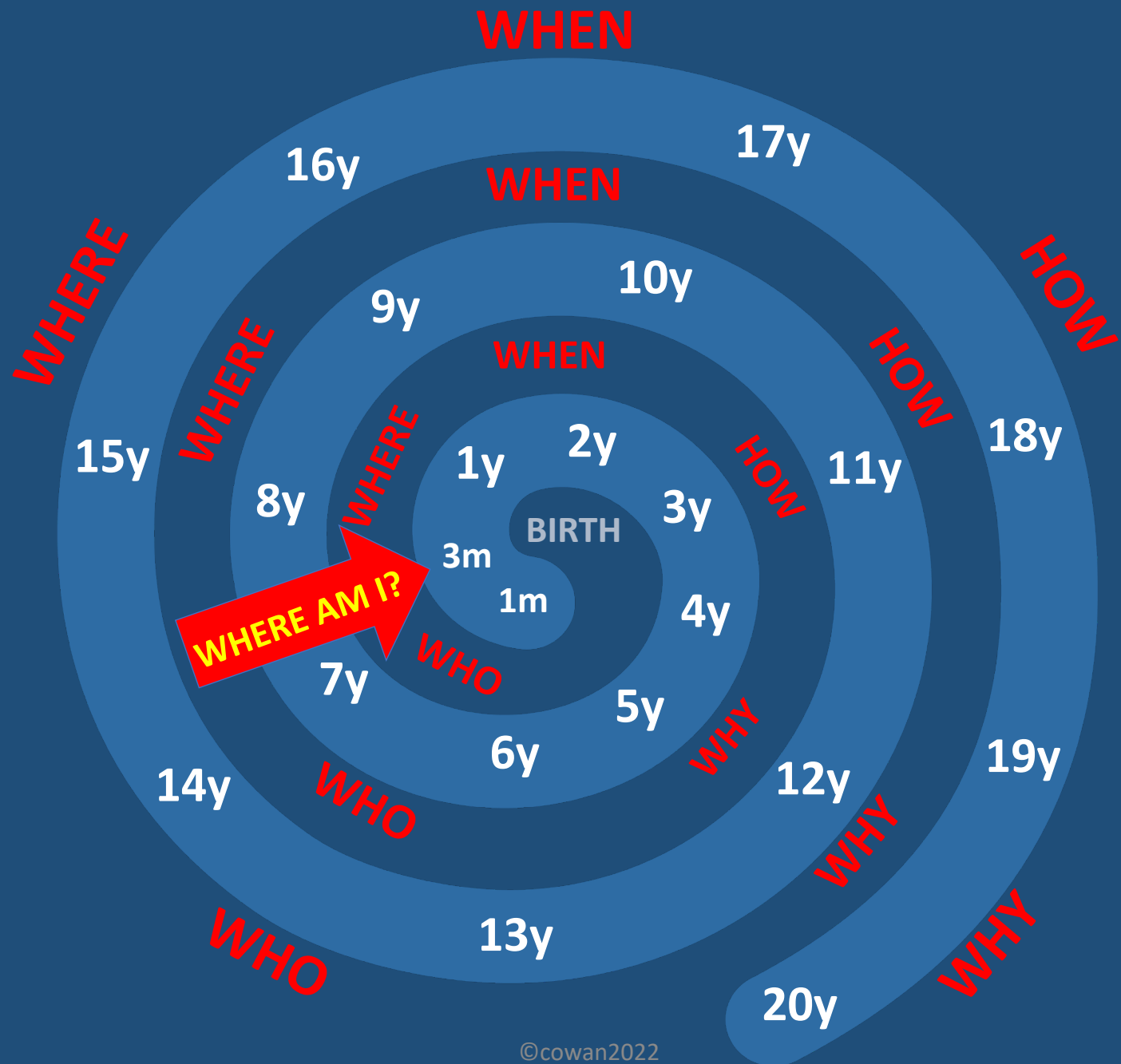
EASY GOING

Variation on Tummy Tamer

With addition of:

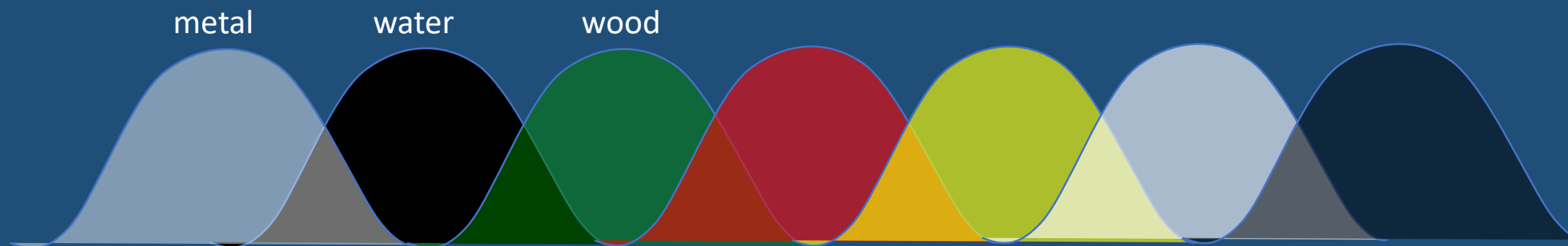
Da Huang (chinese rhubarb rhizome)

Ya Ma zi (flax seed)

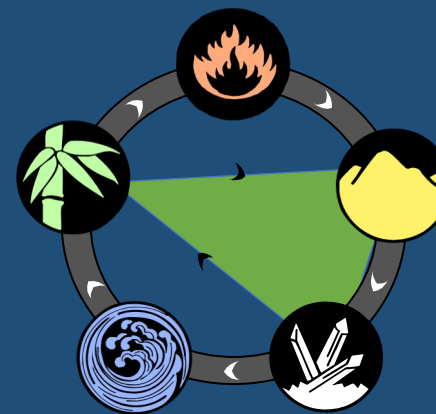




Second Harmonic: THE WOOD STAGE



Adapting to change
preparing to move out, explore
challenges with acclimating
susceptible to Wind,



ADAPTIVE
TRIAD
(YUN)



THE WOOD STAGE

WHERE AM I?



HUN

Collective
Consciousness

World shapes
Attention

Acclimating

**Orienting
Direction**

**Pushing
boundaries**

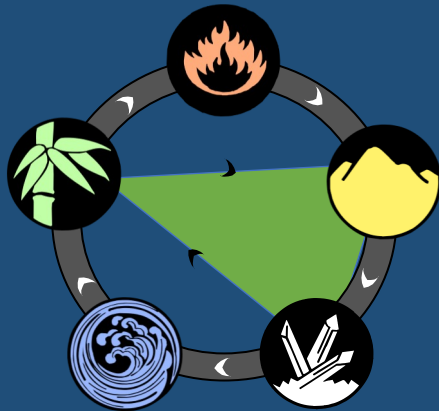
**Trial and error
New teeth
New Foods**

**Exploring
Testing
Experimenting**

**Anticipating
Future**



WHERE AM I?



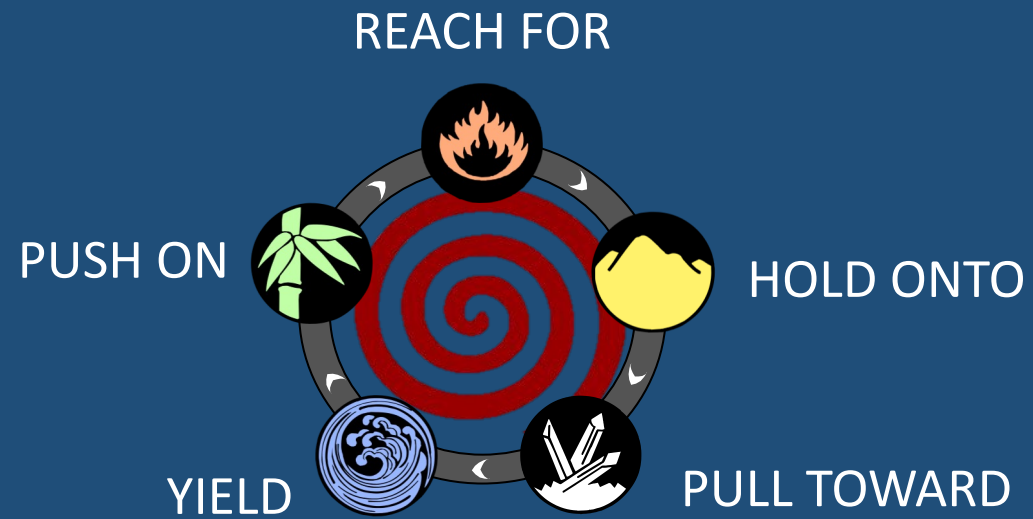
ADAPTIVE
TRIAD

Responsive Smile

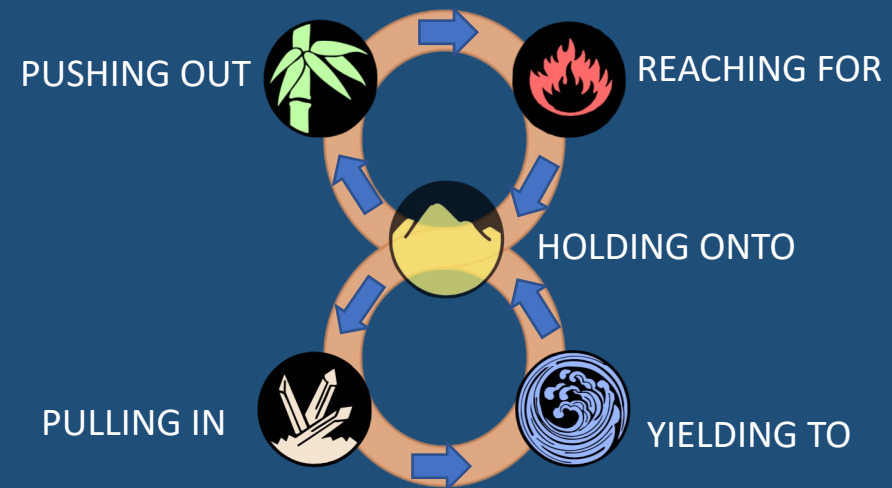
Eye Tracking

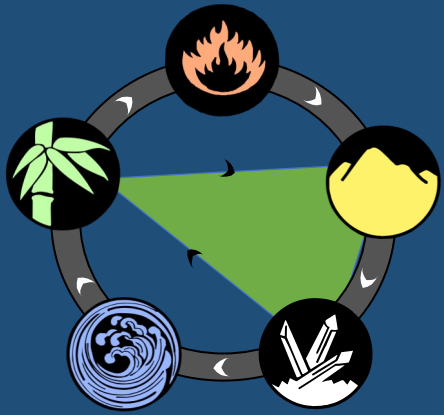
Microcosm of Gestural Development

Signs of San Jiao Coordination Function



Gestural Signs of San Jiao Function





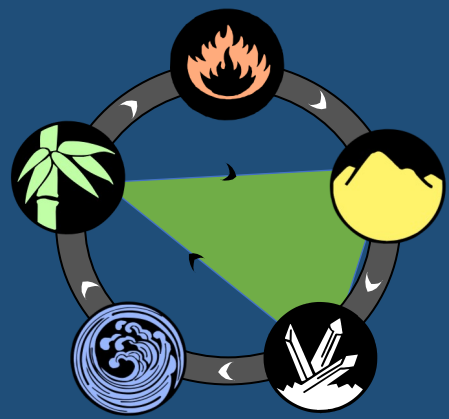
Object Permanence

Separation Anxiety

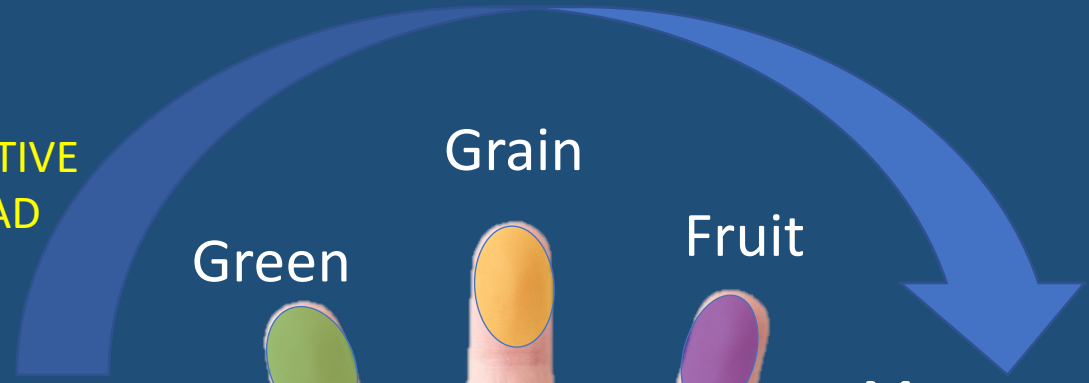
Stranger Danger

Emergence of Adaptive
Constitutional style

Starting Solids



ADAPTIVE
TRIAD



Grain
Green
Fruit
Meat
Orange



Five Phase Harmonics of Food

Wood (sour) (so)	Fire (bitter) (bb)	Earth (sweet) (sw)	Metal (pungent) (pp)	Water (salty) (st)
Wheat	Corn	Millet	Rice	Buckwheat
Nuts	Rye	Sweet potato, yam	Chicken	Salt
Hawthorne	Red lentil	Chickpea	Spearmint	Egg
Artichoke	Alfalfa	Malted syrup	Rosemary	Fish
Broccoli	Romaine lettuce	Cherry	Radish (bb)	Seaweed
Carrot (sw)	Asparagus	Date	Scallion (bb)	Barley, millet (sw)
Rhubarb	Arugula	Fig	Garlic	Soy sauce
Avocado	Scallion (pp)	Beet	Onion	Miso
Lemon	Endive	Carrot (so)	Cinnamon	Pickle (so)
Lime	Escarole	Cucumber	Cloves	Sesame salt
Orange	Vinegar (so)	Eggplant	Ginger	Olive (so)
Pickle (sa)	Apricot	Potato	Cabbage	Beet
Rose hip	Guava	Squash, yam	Cauliflower	Kale
Sauerkraut	Loquat	Almond	Celery	Mushroom
Vinegar (bb)	Raspberry	Coconut	Cucumber (sw)	Water chestnut
Apple (sw)	Strawberry	Tomato (sa)	Leek (so)	
Blackberry (sw)		Apple	Watercress	
Raspberry (sw)		Banana		
Grape (sw)		Cantaloupe		
Olive (st)		Mango		
Tomato (sw)		Papaya		

THE EMERGENCE OF THE FIVE CONSTITUTIONAL TYPES



Wood



Fire



Earth



Metal

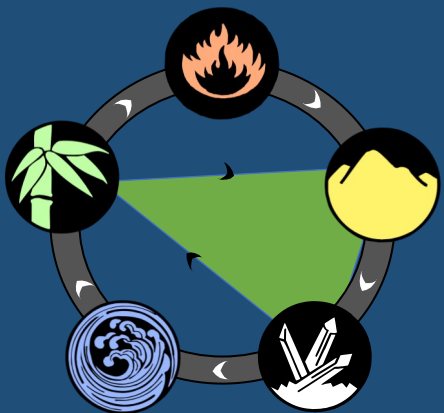


Water





EMERGENCE OF ADAPTIVE STYLE



Five Phase Observer Checklist



	Fire	Wood	Earth	Metal	Water
Vibrancy:	Sparkling Radiant Glowing Sunny Lustrous	Charged Excited Rousing Electric	Sunny Clear Mild	Delicate Precious Fine Composed	Placid Calm Docile Immobile Serene
Gaze:	Scanning Scattered Expanding Broad	Persistent, Focused Alert, Watchful Vigilant	Reciprocal Sustained, Social, sharing Following	Selective, Discriminating Sharp, Particular Fastidious	Retreating, Penetrating Withdrawing Intense, Deep Vacant
Degree of cooperation:	Enthusiastic Eager, Animated Excited, Energized	Resisting; Testing Demanding, Insistent Uncompromising	Agreeable, Pleasant Comfortable At ease, Relaxed	Finicky, Particular, Fastidious Selective	Resisting; Wary Defiant, Stubborn Suspect
Sociability:	Contact- seeking Enthusiastic	Contact-testing Challenging	Contact - sustaining Following	Contact-particular Meticulous	Contact-wary Circumspect
Activity:	Easily engaged Easily stimulated Easily startled Surprised Wriggly	Tense, squirmy On edge Twitchy Restless	Comfortable Cuddly Relaxed At ease Contented	Tight, Stiff Tense Inflexible	Quiet, Still Rooted Undisturbed Implanted
Posture:	Flexible Draped Limber	Forward seeking Reaching	Relaxed Comfortable At ease	Positioned Arranged Statuesque	Settled Drawn in Curled up
Color:	Rosy	Ruddy	Peachy	Alabaster	Dark or Blue cast
Moisture:	Sweaty	Oily	Sticky	Dry	Damp
Circulation:	Easily flushed, tends to be warm	Warm head, Cool extremities	Even, neither cool nor warm	Easily flushed, tends to be cool	Appears cool, tends to be warm
Shape:	Well-proportioned Symmetrical, Long fingers and toes	Square and solid, Muscular arms, hands and feet	Rounded and firm Large hips and shoulders, Small hands and feet	Trim and taut Small bones, Fine features	Dense and compact Large boned, Narrow head, Long fingers/toes

Observer Checklist ©cowan/korngold 2006

<https://www.youtube.com/watch?v=K5t1opzZCBU&t=12s>

©cowan2022

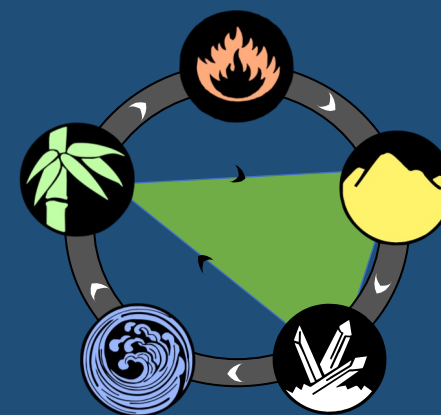


WOOD DISSONANCE: DEVELOPMENTAL STAGE

- Delayed Motor Development, rolling, sitting, crawling, walking
- Difficulties acclimating to life
- Vulnerability to colds and environmental stressors
- Poor visual tracking, eye contact
- Poor hand-eye coordination

Later in life

- Visual processing disorders and visual memory disorders
- ADHD



ADAPTIVE
TRIAD



Wood Dissonance

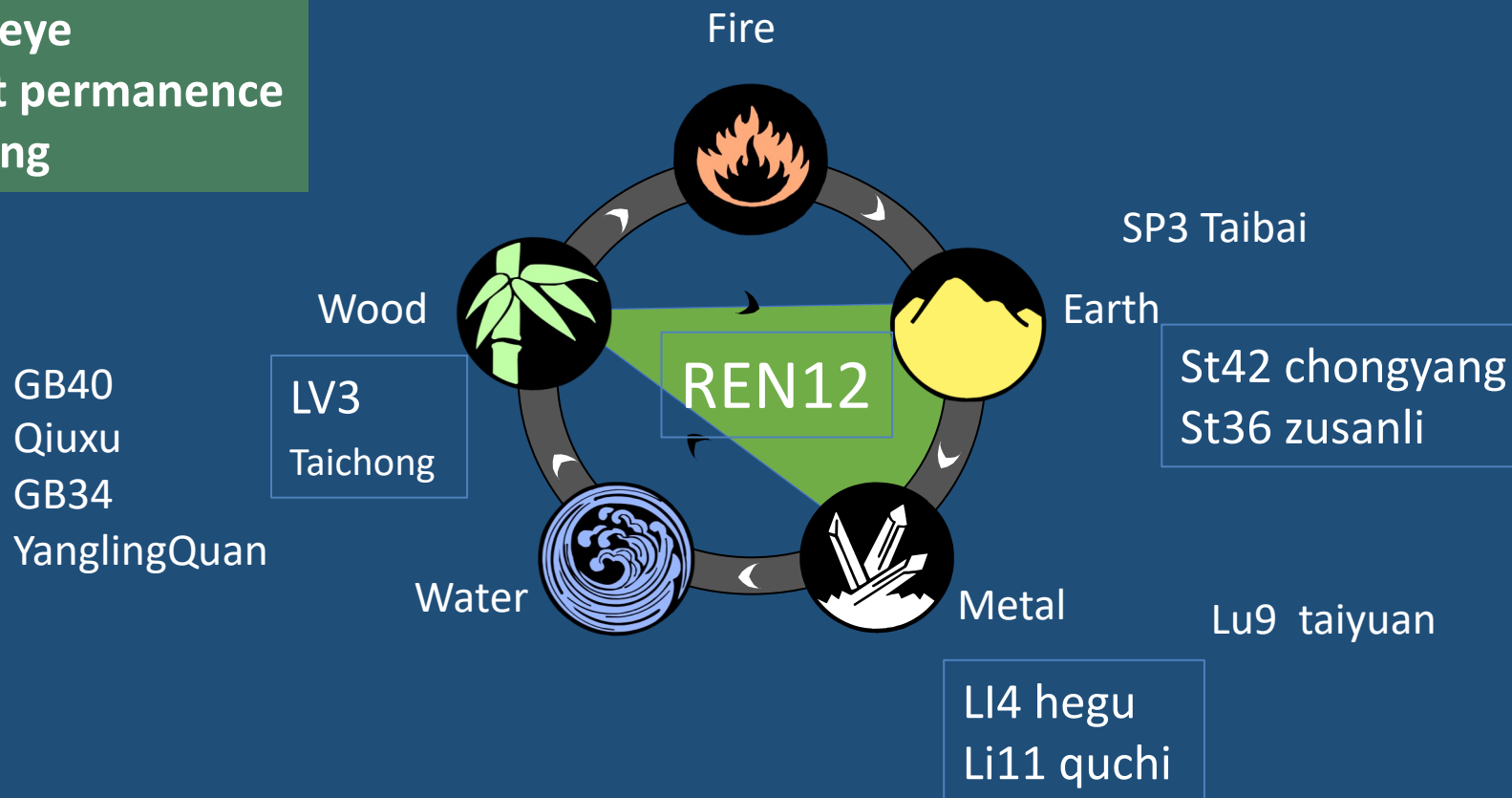
Delayed Movement

DELAYED MOVING

Delayed hand-eye

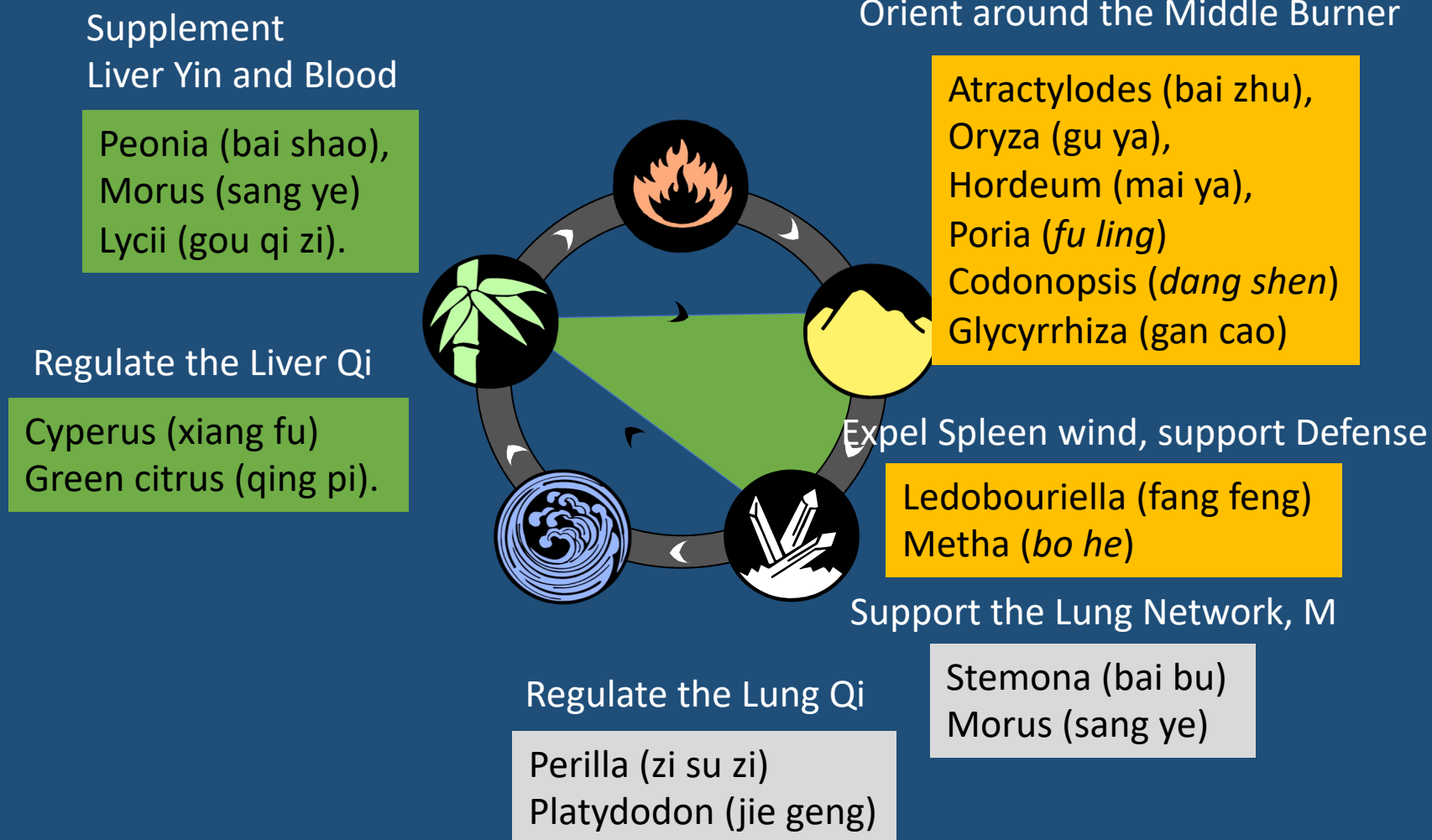
Delayed object permanence

Delayed pointing



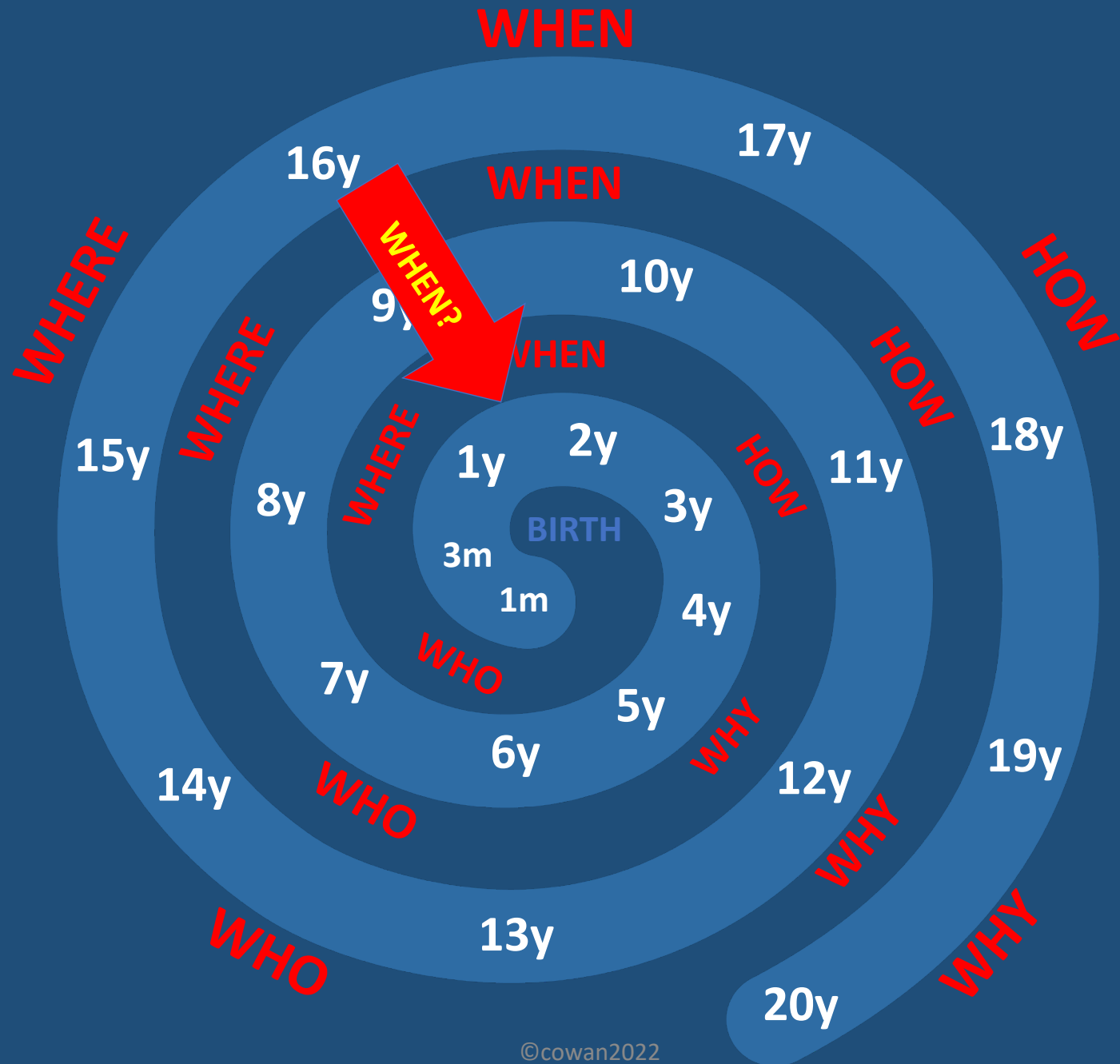


Wood Builder





FIRE STAGE





THE FIRE STAGE



Shen

WHEN AM I?

Consciousness
of
NOW!

Magic - Humor
“just kidding”

JOY excitement
Impulse control

Language as a game
of imagination
Pretend play emerges

Labeling
Artificial reality
Representational

TOYS
correspondence



Third Harmonic: The FIRE STAGE

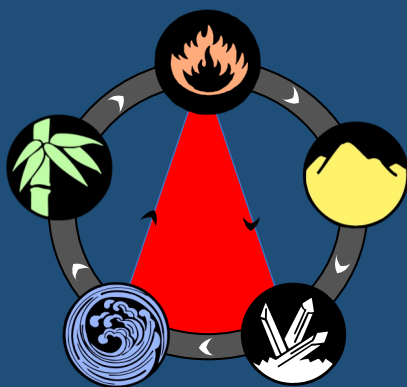
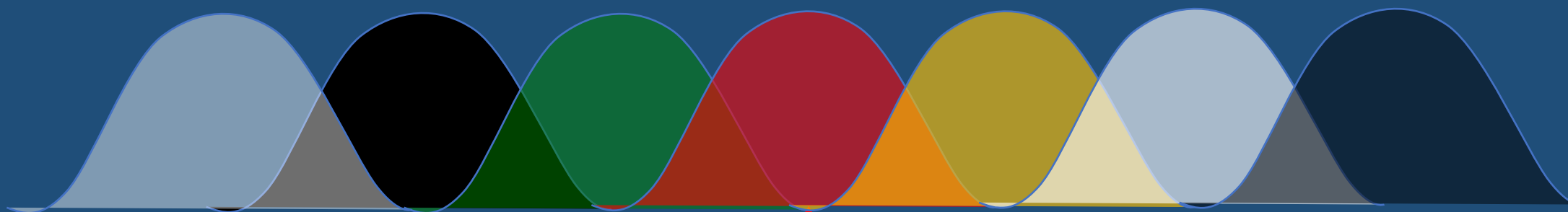


18-24 months

water

wood

fire



Water gives way to Fire

advanced stage of acclimation

transition from movement to speech development

Prone to increased sensitivities/ wen bing illnesses of childhood

transition out of “newborn period”:

standing upright (zheng) ~ ki-ht) into the world

“the terrible twos”

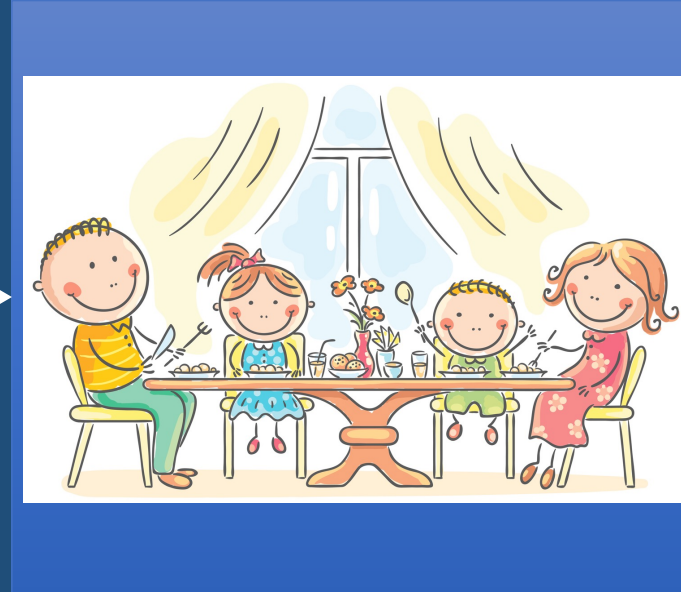


WHEN AM I?

HERE NOW



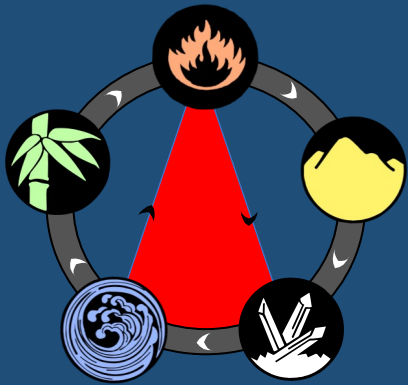
THERE THEN





Fire Dissonance

Top-heavy



Managing frustration: "the terrible twos"

Delayed expressive language

Hard to calm down when over-stimulated, frustrated, hungry, tired

Sensory overload, sensory-integration disorders

Emotionally labile; intense mood swings; flushes easily

Breath-holding

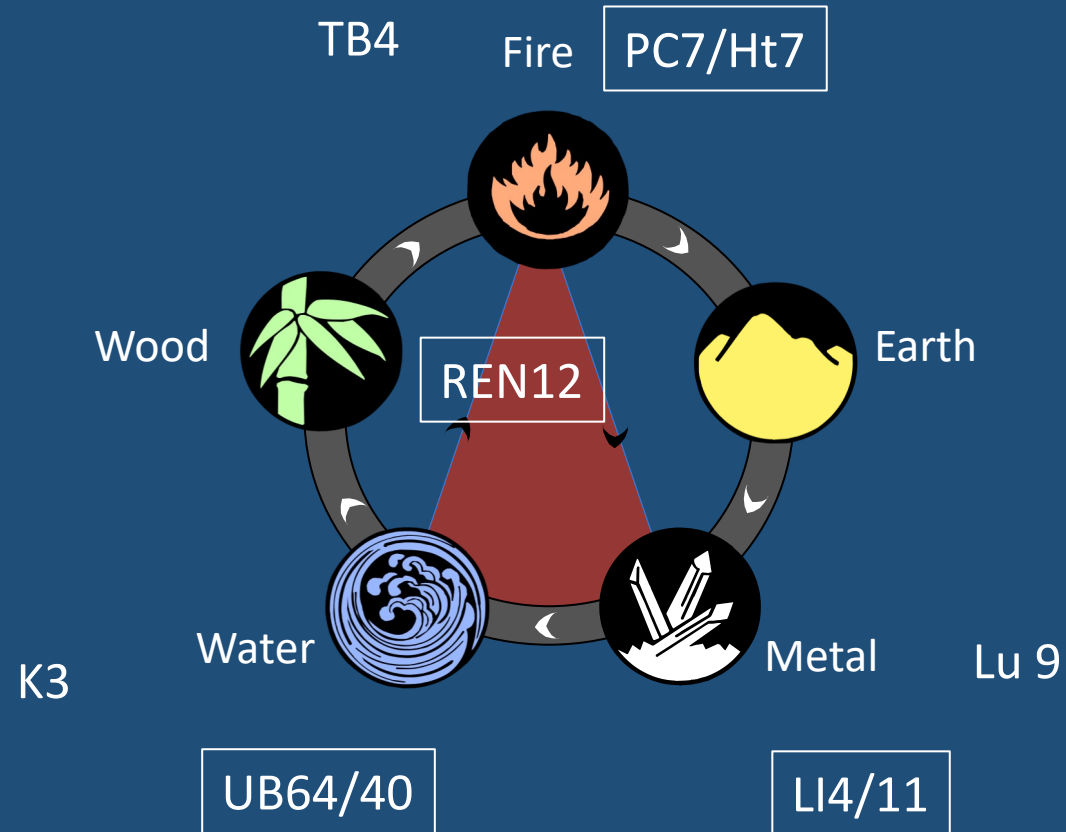
Night-terrors

Excess heat syndromes, rashes, hives,



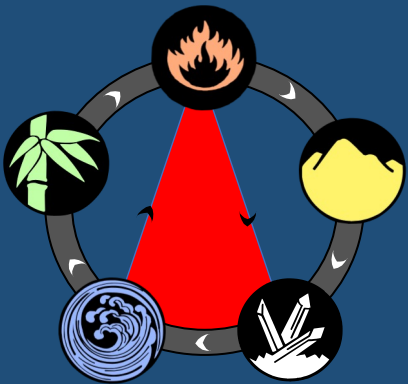
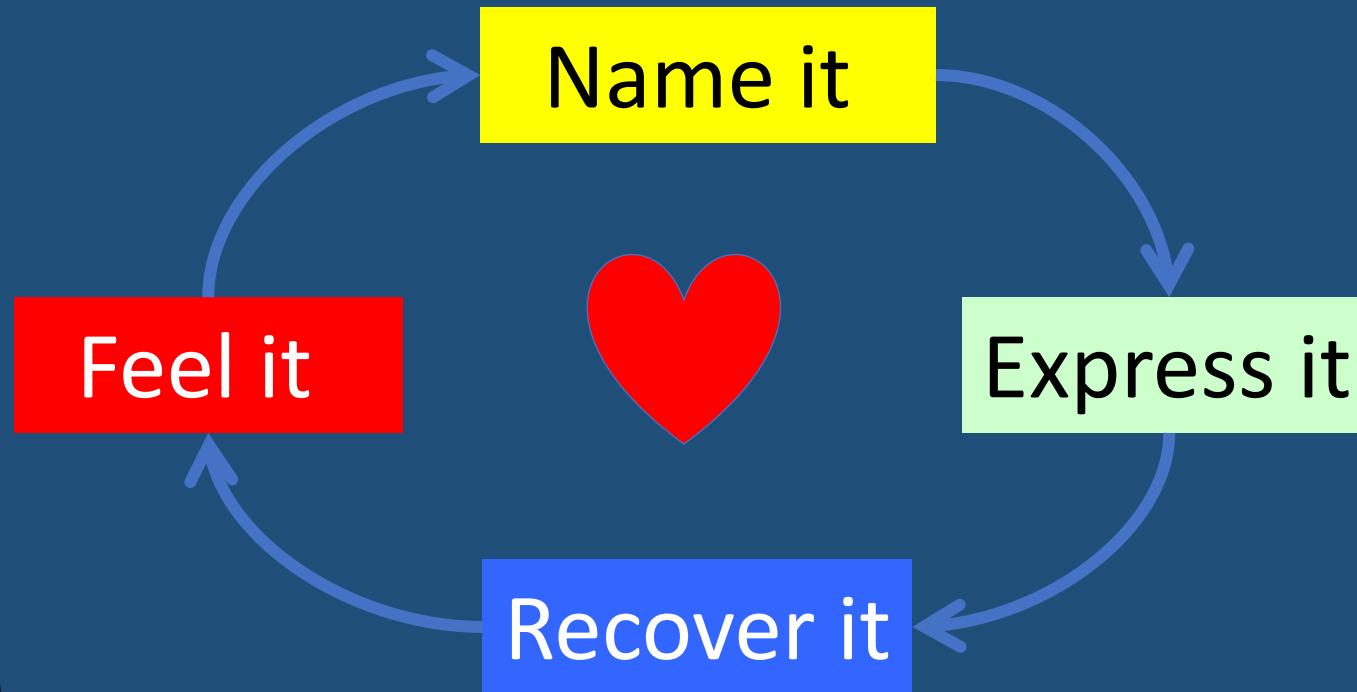
Fire Dissonance

DELAYED EXPRESSING



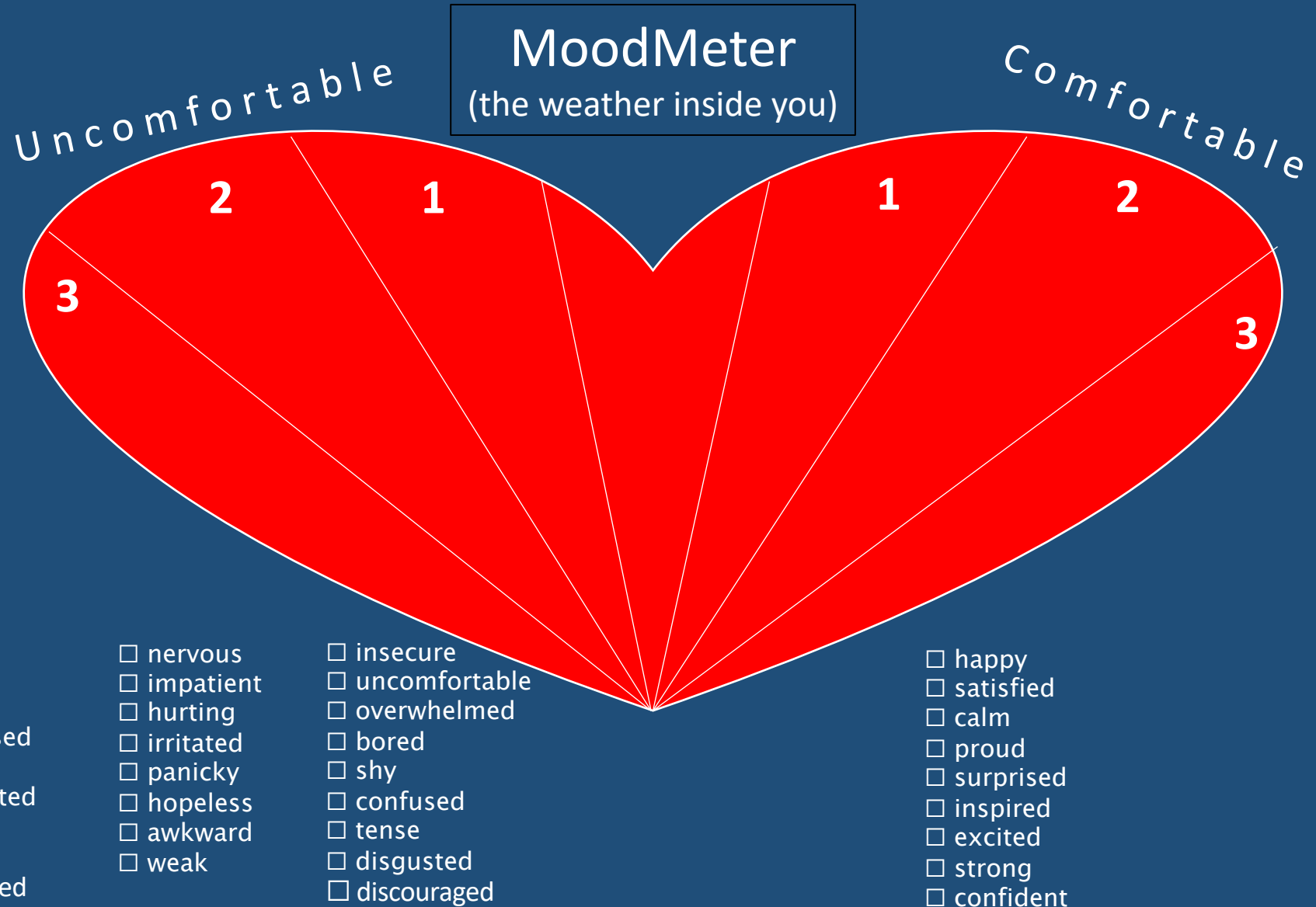


NAME IT TO TAME IT

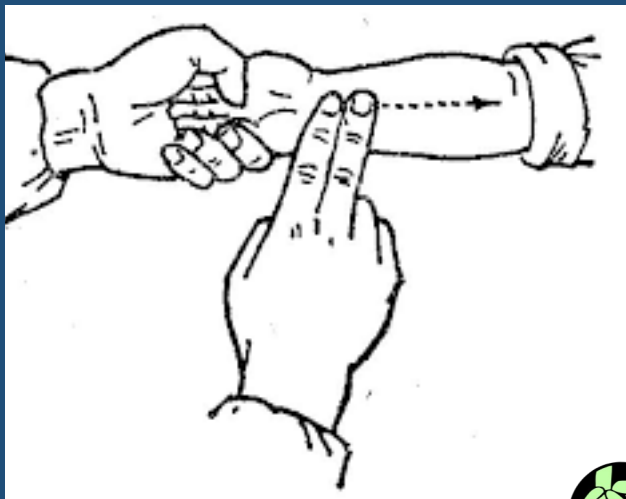




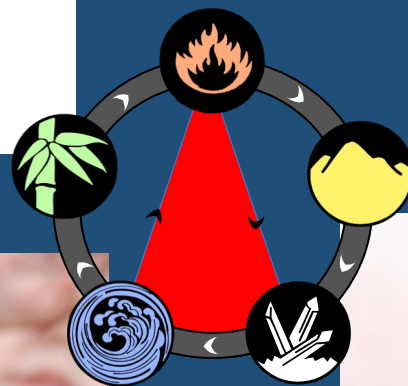
SHADES OF EMOTIONS



TIANHE SHUI Celestial River



COOL IT!



Fishing for the Moon in Water

Yongquan Bubbling Spring





Suan Zao Ren Tang

Chuan xiong

Harmonize Liver,
promotes
qi movement

Suan Zao Ren

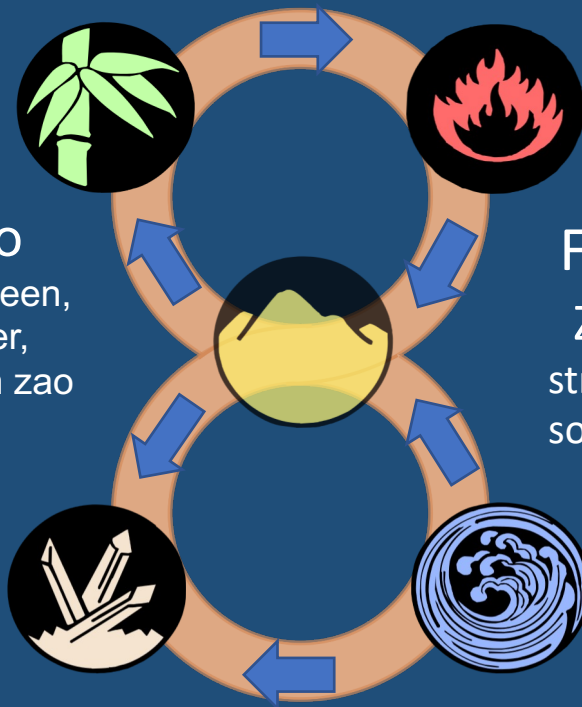
sedates Liver/Heart

Gan cao

harmonize Spleen,
pacifies Liver,
supports suan zao

Fuling poria

Zhi Mi
strengthen spleen
sooth Hun





Quiet Calm

Soothe the Shen/Hun
Clarify the senses
Relieve pain and spasm

Suan zao ren
Ye jiao teng
Yuan zhi da
Lian zi

He huan pi
He huan hua
Hu po
Bu mu fu shen

Subdue Liver yang
Clear heat
Counter spasm
Allay restlessness

Tian ma
Gou teng
Jiang can
Zhi zi shan

Gan cao

harmonize Spleen,
pacifies Liver,
supports suan zao





Fire Starter

Relax the nerves, Calm the mind (shen), Clear the upper orifices

Polygala (yuan zhi)
Magnetitum (ci shi)
Polygonal (ye jiao teng)
Albizzia

Orient around the Middle Burner

Atractylodes (bai zhu),
Pseudostellaria (tai zi shen)*
Glycyrrhiza (gan cao)

Harmonize Heart - Kidney

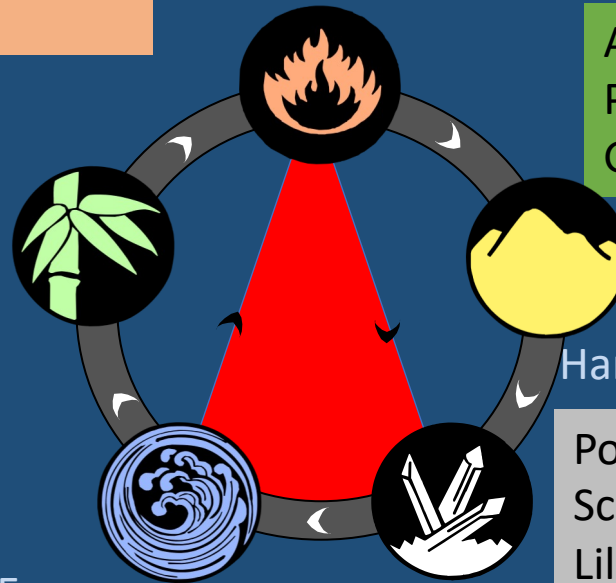
Nelumbo (lian xu)
Pinus (hu po)
Schisandra (wu wei zi)

Harmonize Heart - Lung

Polygala (yuan zhi)
Schisandra (wu wei zi)
Lilium (bai he)
Phyllostachys (zhu ye)

Consolidate the Qi and Essence

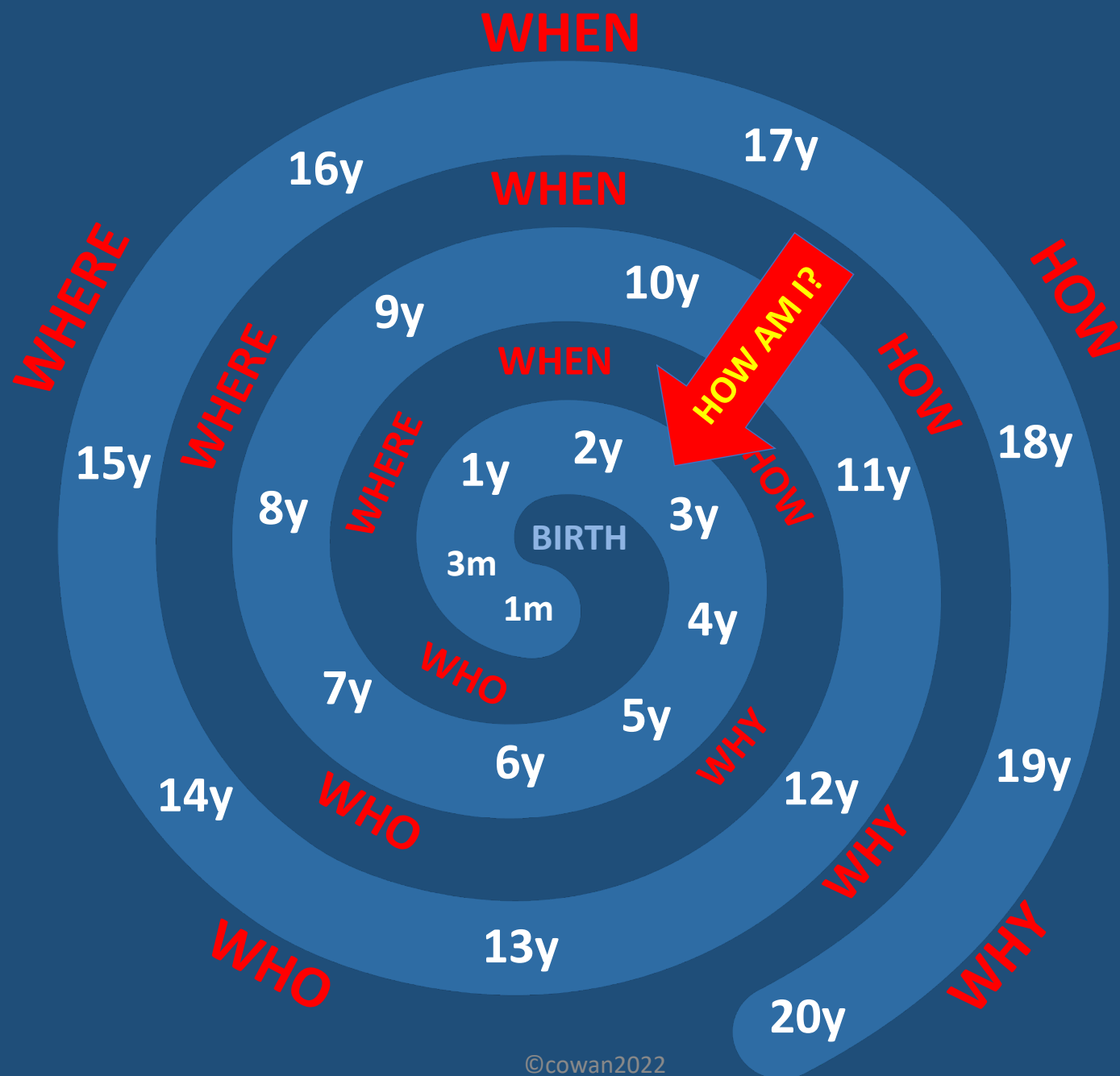
Lycium (gou qi zi)
Schizandra (wu wei zi)



Raphanus (lai fu zi) promotes the downward moving Qi of the Upper and Middle Burners
Glycyrrhiza (gan cao) harmonizes the action of all the ingredients.



EARTH STAGE





Assimilating



Yi

HOW
am I?

Intention
Caring
Mindful

THE EARTH STAGE

Sharing

Teamwork

Story-ing:
beginning – middle - end

Contextual understanding

Changing PAST to fit
the future

The power of “BECAUSE”

The Narrator awakens!
(Endogenous Attention)

Interoception (vagal)

Autobiography begins



Fourth Harmonic: EARTH STAGE

From acclimation to assimilation



Wood gives way to Earth

Shift from competition to collaboration
challenges with Assimilation
challenges with cooperative group play
preparing for preschool
prone to poor appetite, sugar cravings
prone to allergic reactions



HOW AM I?

HOW = Dao = Process
(growth mindset)



The Gray



Synthesis-
“daddy-bear”

Tea Party (narrative)

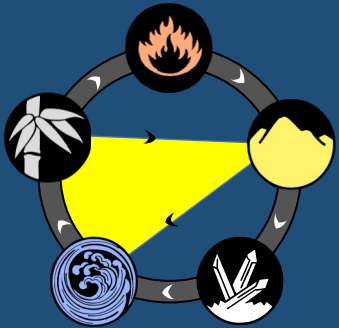
Imaginary Friend

Conversation

Pleasing and caring
for OTHER (empathy)

Delaying Gratification

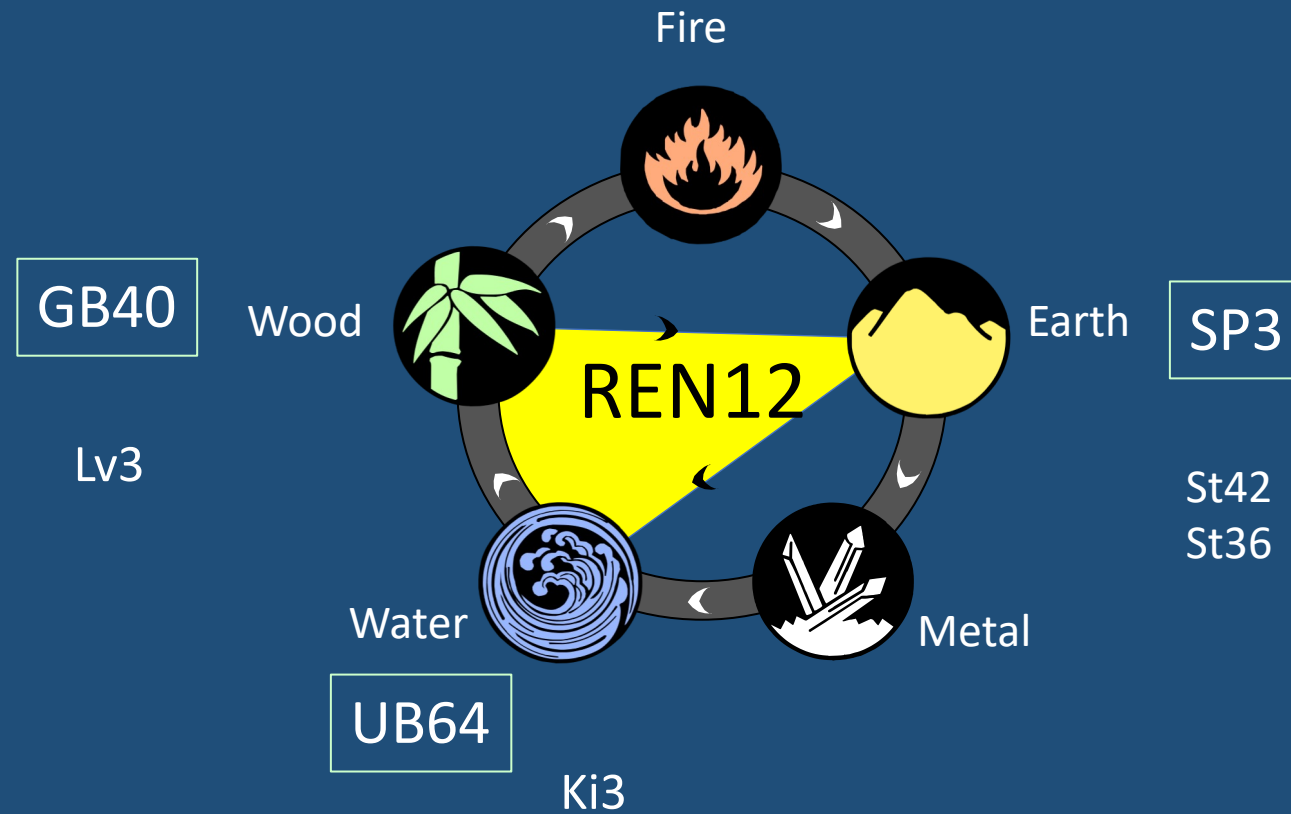
The Earth Dissonance



Challenges with Assimilation (sharing, digesting, learning, remembering)
Sensitivities to environmental changes, transitions,
Problems with separation-individuation
Food intolerances
Picky Eating
Headaches triggered by emotional upset and indigestion
Irregular bowel movements (constipation)
Fatigue or lethargy with irritability; unstable blood sugar;
Language Flow: speaking in sentences, story telling, conversation

Earth Dissonance

DELAYED CONVERSING



Earth Maker

Assist the Liver- Spleen,
Coordinate movement of Qi

Green citrus (qing pi)
Cyperus (xiang fu),
Hordeum (mai ya)
Oryzae (gu ya)

Supplement Liver Qi & Blood

Peonia (bai shao)
Lycium (gou qi zi)

Supplements Liver - Kidney

Loranthus (sang ji sheng)

Supplement Kidney Qi - Yin Essence

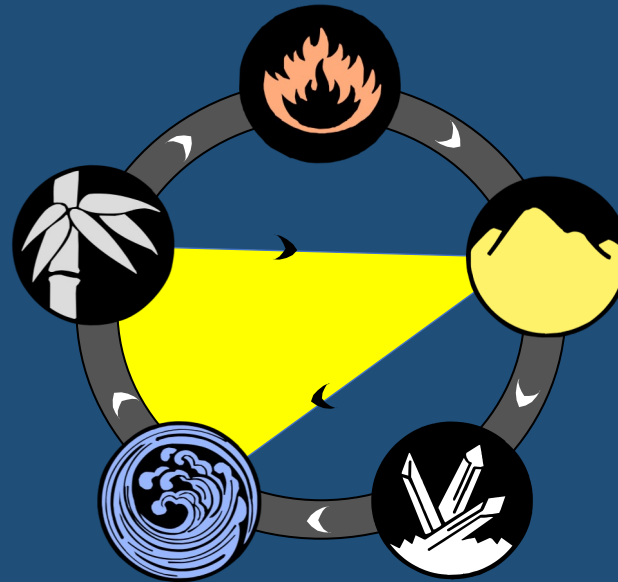
Rehmannia (shu di huang)
Dioscorea (shan yao)
Euryales (qian shi)

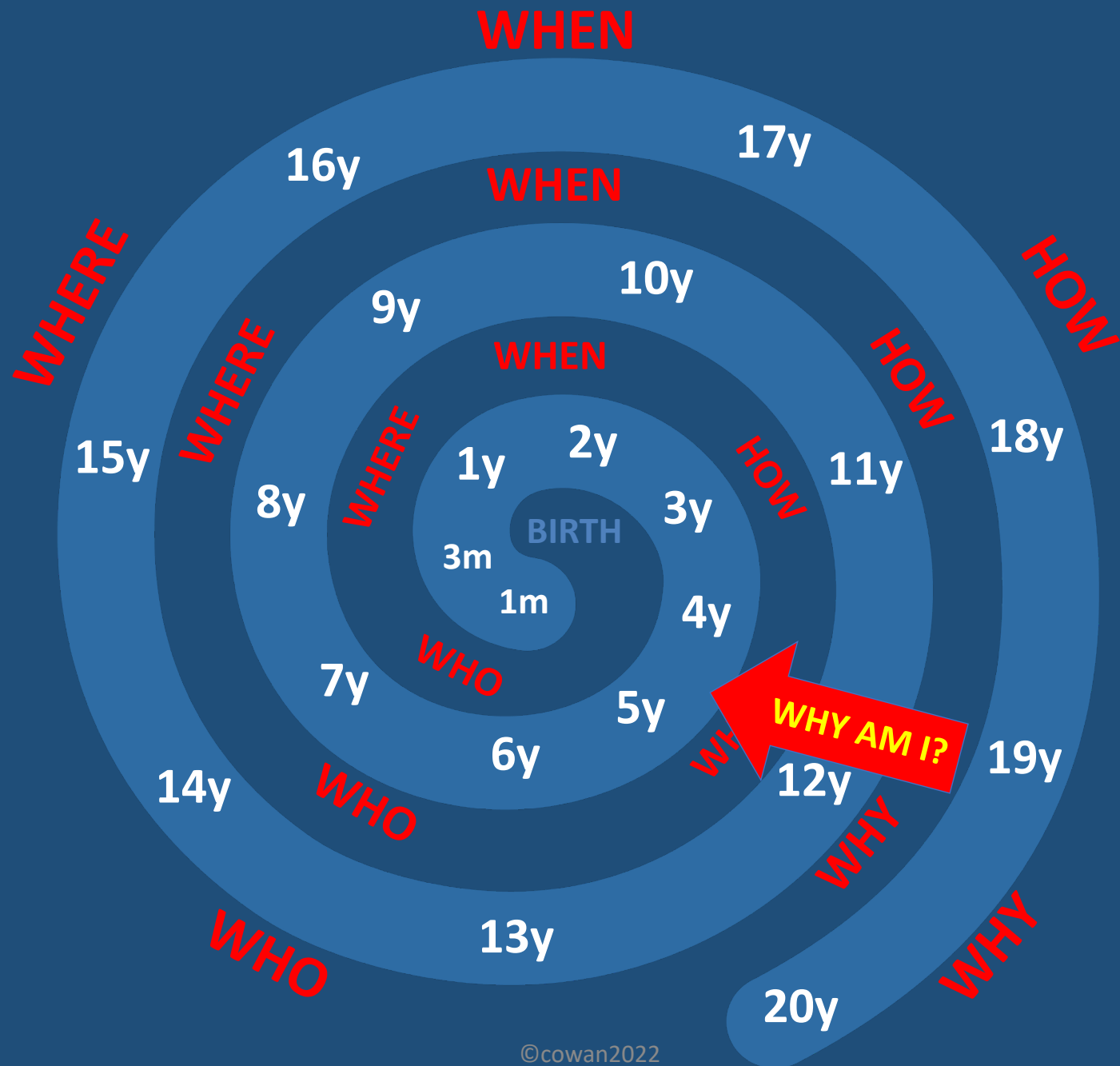
Orient around the Middle Burner

Atractylodes (bai zhu)
Codonopsis (dang shen)
Poria (fu ling)
Hordeum (mai ya)
Oryzae (gu ya)
Citrus (chen pi)
Glycyrrhiza (gan cao)

Assist Spleen-Kidney
Coordinate distribution
and storage of
Moisture and Essence

Poria (fu ling)
Plantago (che qian zi)
Euryales (qian shi)





METAL STAGE



Po

WHY AM I?

THE METAL STAGE

The Work of Play

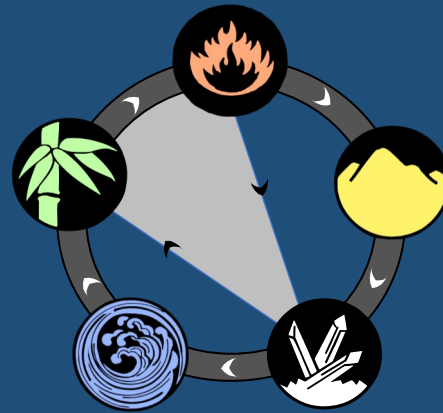
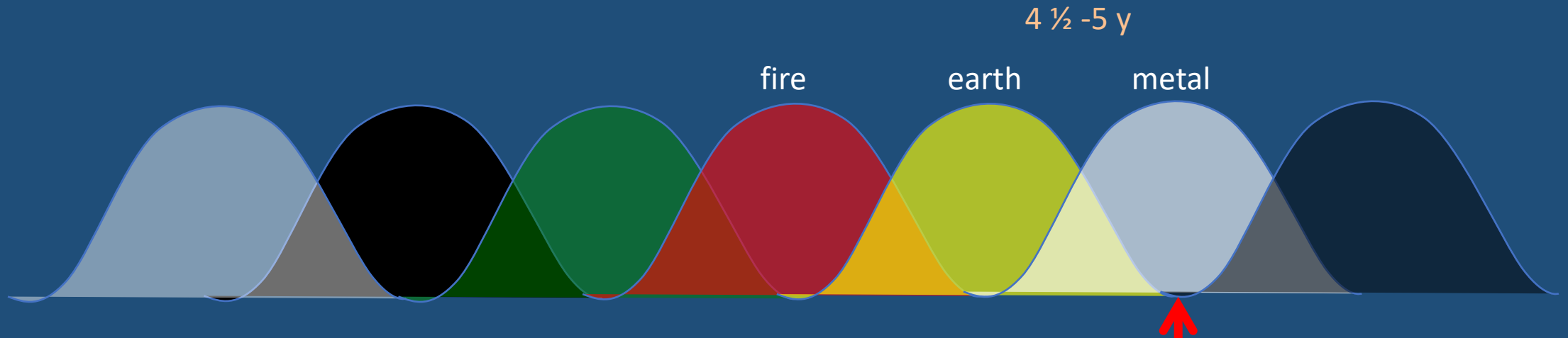
From Spatial map
To Causal Map

Ordering
Sorting
Differentiating
Patterns
Right-Wrong
Ethics
Rules
Justice
Prediction
Lying

Vitalism – Mortality



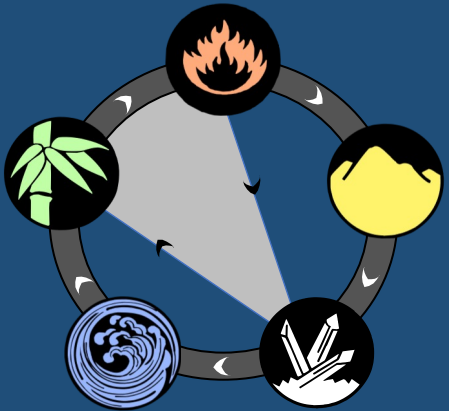
Fifth Harmonic: THE METAL STAGE



Metal stage
Advanced Assimilation:
preparing for rules,
order, sequence,
skills mastery

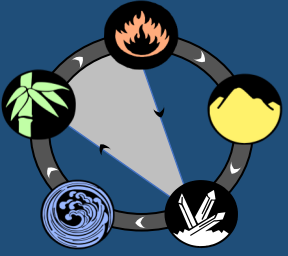


Skill Mastery
Precision
Control
Salience





Metal Stage : Developmental Dissonance

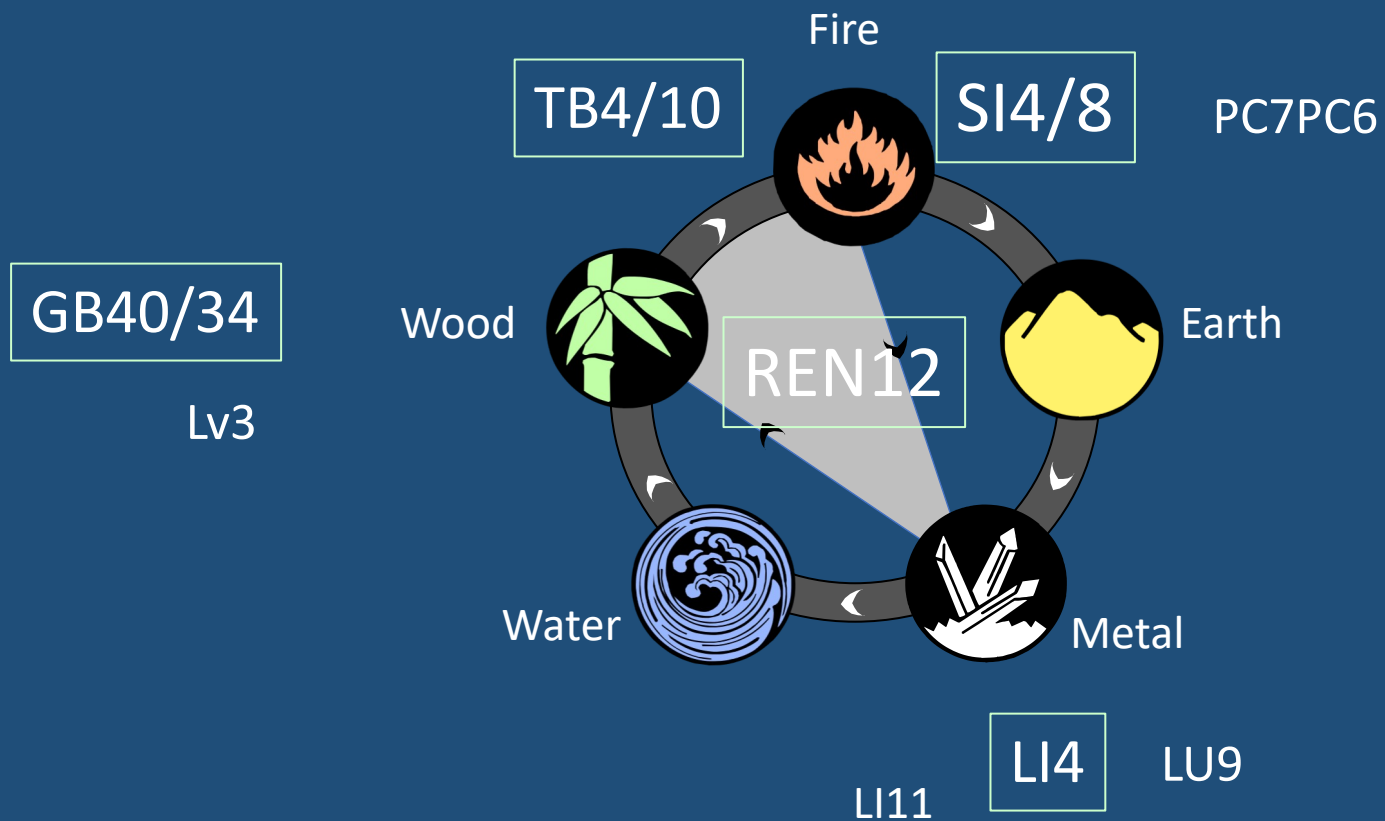


- Difficulty synchronizing body-mind
- Semantic-pragmatic language disorders
- Delayed sequencing, counting, causality,
- Tension and stiffness in neck, shoulders and hips
- Finicky about many things (food, clothes, friends, activities)
- Tics, startles, habit coughs
- Chest tightness and shallow breathing
- Chemical sensitivities
- Irritation or inflammation of sinuses, eyes, ears, nose, throat, skin
- Sensitive throat and doesn't like to shout;
- Itching and/or prickling sensations;
- Hyperfocused attention, getting stuck on details,
- Rigid repetitive compulsions (OCD behaviors)
- Uneasy without clear guidelines, rules and expectations;
- Takes disappointments hard



Metal Stage Developmental Dissonance

Delayed Sequencing



Metal Worker

Bolster the Heart

Albizzia (he huan hua)
Polygala (yuan zhi)
Pinus (hu po)

Tone down Liver Yang

Lycium (gou qi zi)
Peony (bai shao)
Cyperus (xiang fu)
Zizyphus (suan zao ren)

Orient around Middle burner

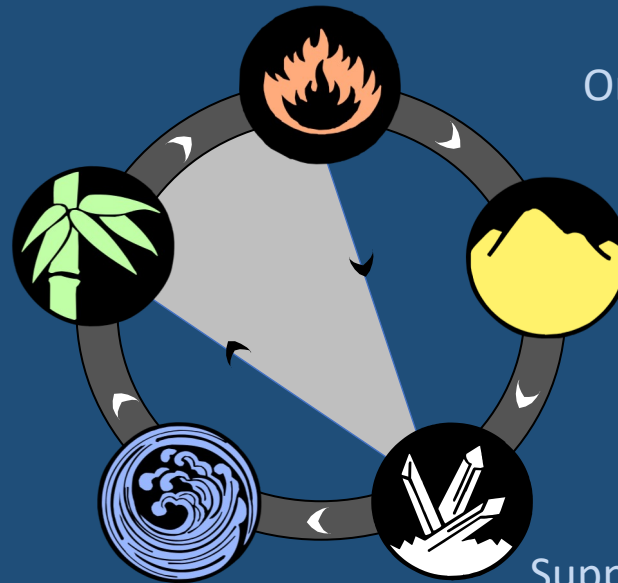
Atractylodes (bai zhu)
Oryza (gu ya)
Hordeum (mai ya)
Polygonum (yu zhu)*
Glycyrrhiza (gan cao)

Nourish Lung-Liver:
Yin and Blood
Dispel Wind and Heat

Morus (sang ye)
Lycium (gou qi zi)

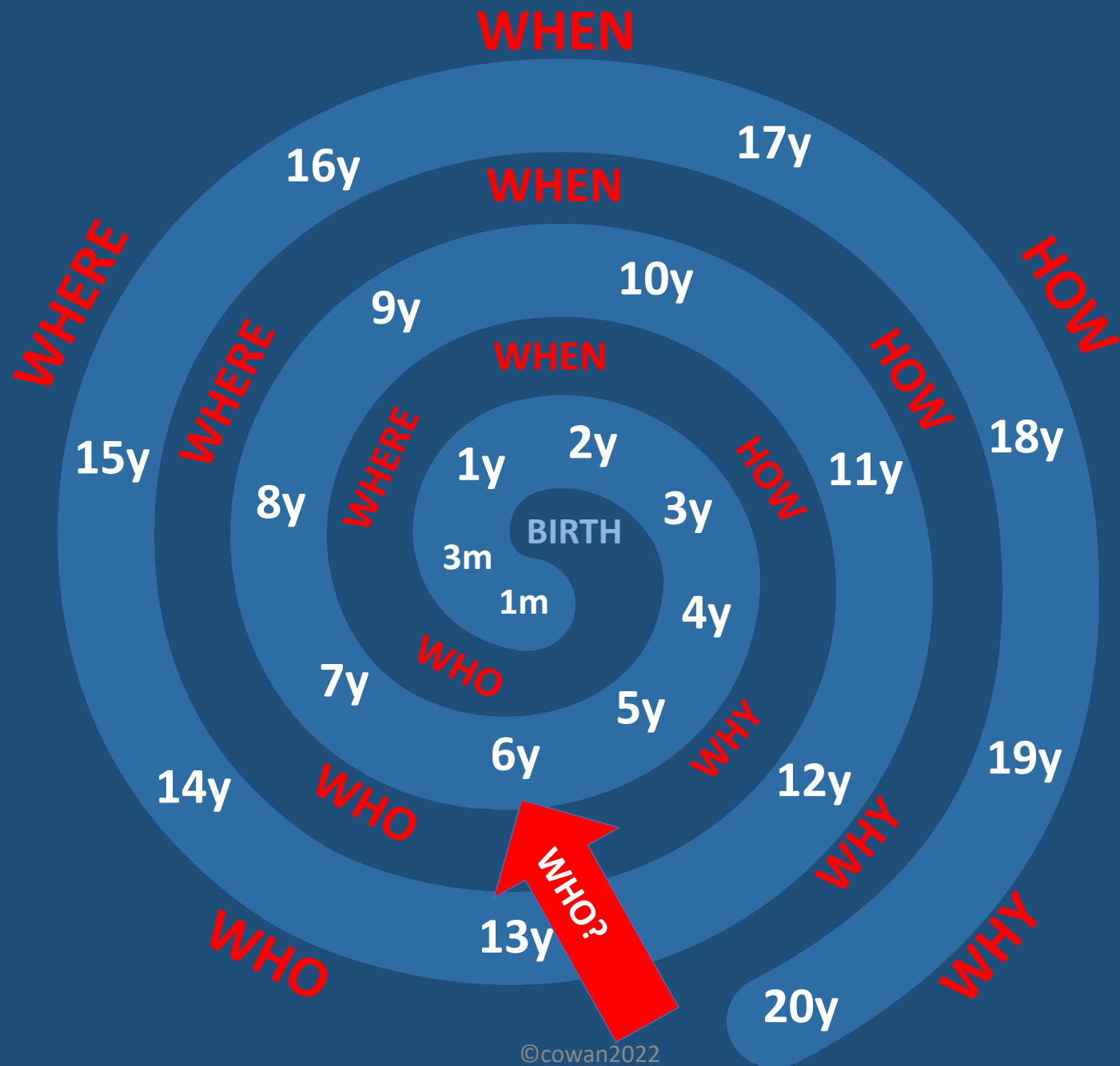
Support the Lung

Lilium (bai he)
Aster (zi wan)
Polygala (yuan zhi)
Platycodon (jie geng)



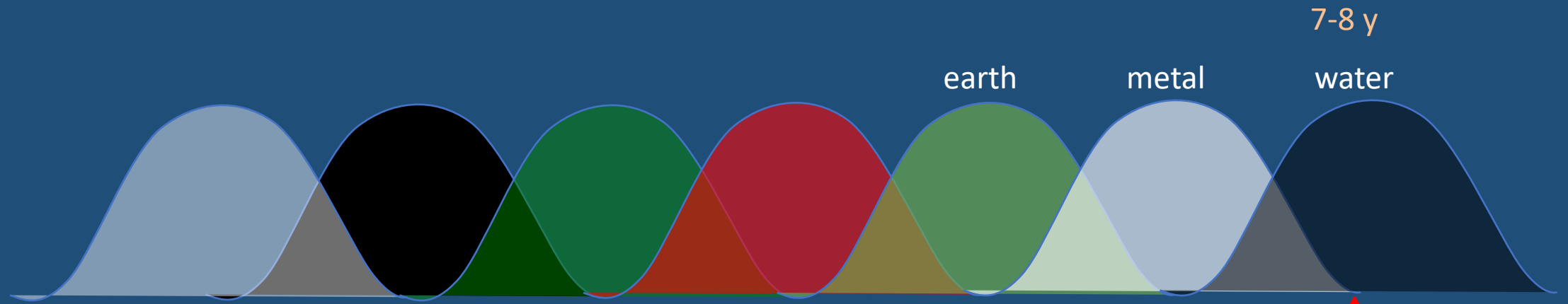


RETURN TO
WATER STAGE



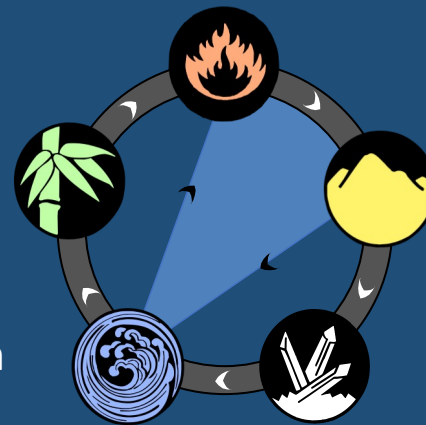


New Beginnings: Returning to Water



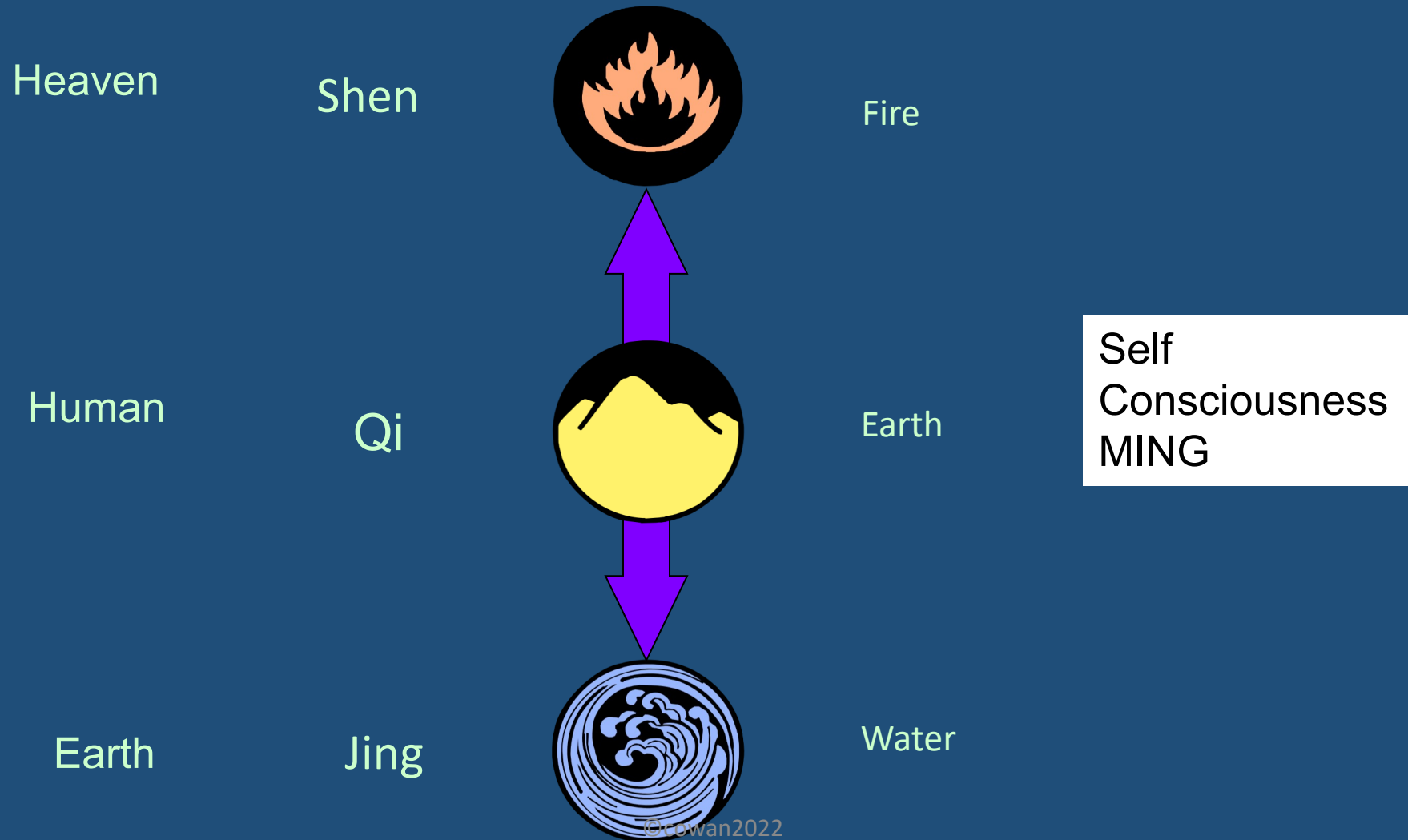
Water stage
Who am I
(Now)?

Maturation
Axis



The Three Treasures

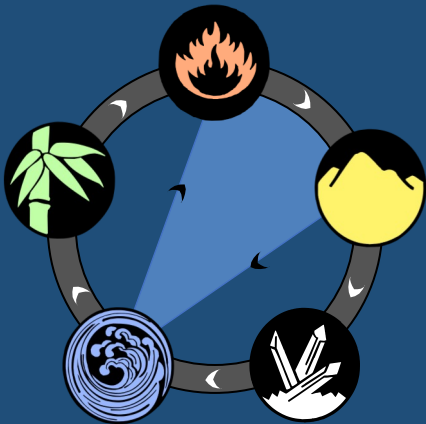
Maturation



The 6-7 year old



NEW BEGINNINGS



Theory of mind

Paracosms

Streams of consciousness

Theory of Mind

Autobiography

The Inner Observer

Inner language

Self-reflection

SPIRIT MAP



Sense of Coherence



Mapping



Narrating



Naming



Navigating

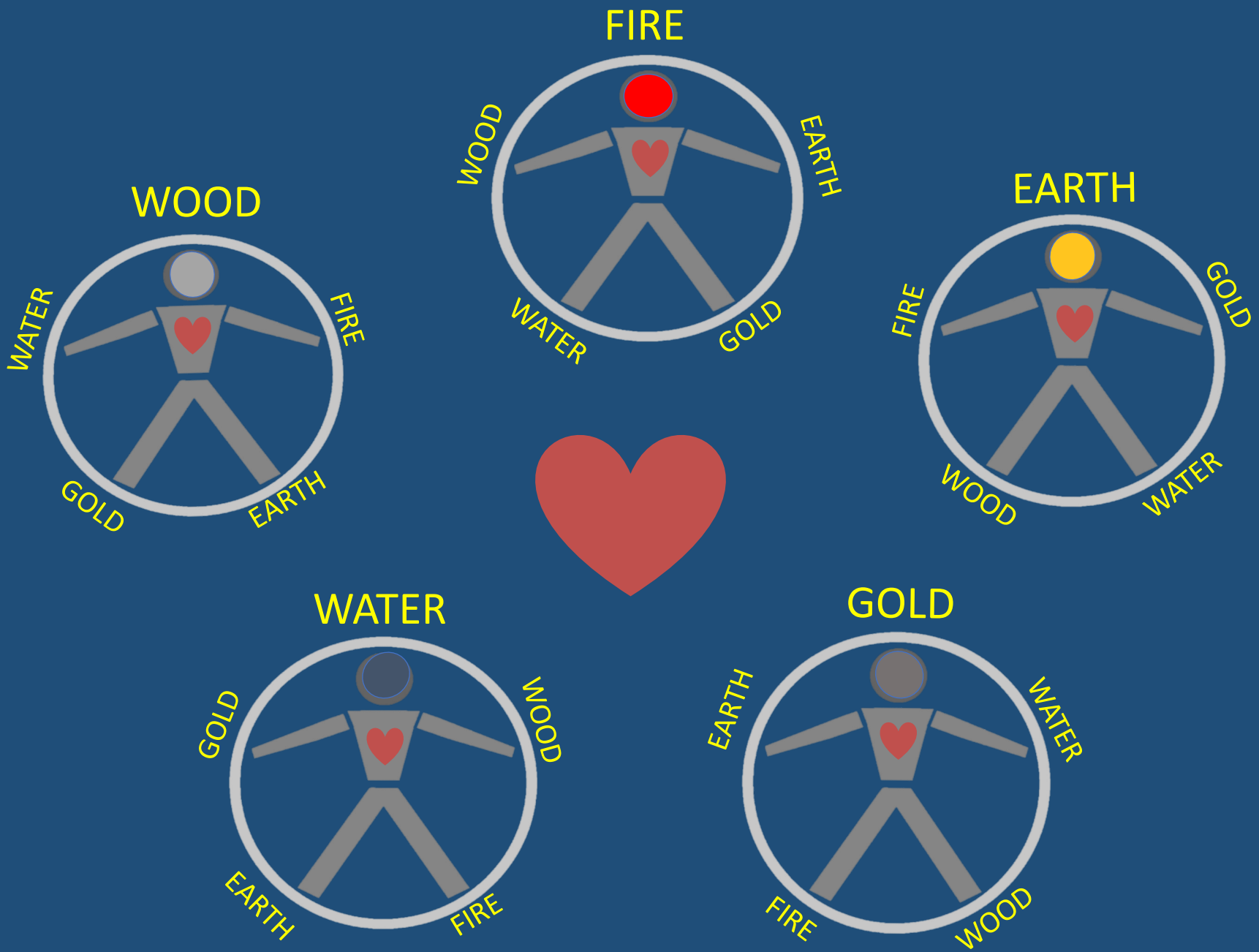


Willing

ONE SIZE DOESN'T FIT ALL

our narrative is a uniquely individualized pulse of life





Birth - 4 months Water phase	4 month - 18 month Wood phase	18 months - 2 ½ yr Fire phase	2 ½ y - 4 y Earth phase	4 y - 6 y Metal phase
<ul style="list-style-type: none"> •DELAYED LISTENING •Prematurity •Birth trauma •Difficulty latching, transitioning into life •Post-partum depression •Unstable temperature regulation •Jaundice •Colic •Sleep disturbance •poor weight gain •Auditory- processing disorders •Auditory-memory disorders •Receptive Language disorders •Learning disabilities •ASD Water type •ADHD Water type 	<ul style="list-style-type: none"> •DELAYED MOVING •Retained reflexes •Frequent colds •food allergies •reflux •Poor visual tracking, eye contact •Poor hand-eye coordination •Visual processing disorders and visual memory disorders •ADHD wood type Hyperactive -defiant •ASD Wood type 	<ul style="list-style-type: none"> •DELAYED EXPRESSION •"the terrible twos" •Delayed expressive language •Sleep disturbance •Sensory overload, sensory-integration disorders •Emotionally labile; intense mood swings; flushes easily •Immune dysregulations, rashes, hives •ADHD Fire type Impulsive- distracted •ASD Fire type 	<ul style="list-style-type: none"> •DELAYED CONVERSING •Challenges with Assimilation (sharing, digesting, learning) •Sensitivities to environmental change •Problems with separation- individuation •Allergic reactions, food intolerances •Headaches triggered by emotional upset and indigestion •Irregular bowel movements (constipation) •Fatigue or lethargy with irritability; unstable blood sugar; •Language Flow: speaking in sentences, story telling •ADHD Earth type Disorganized- anxious •ASD Earth type 	<ul style="list-style-type: none"> •DELAYED SEQUENCING •Difficulty synchronizing body-mind •Semantic- pragmatic language disorders • Delayed counting, causality, •Tension and stiffness in neck, shoulders/ hips •Finicky (food, clothes, friends, activities) •Tics, startles, habit coughs •Chest tightness and shallow breathing •Chemical sensitivities •Irritation or inflammation of sinuses, eyes, ears, nose, throat, skin •Sensitive throat and doesn't like to shout; •Itching and/or prickling sensations; •Rigid repetitive compulsions •ADHD Metal type Hyperfocused •Tourettes
Ren12- K3- St36/42- SI4/8 TUINA-Shenjing + Sheng triad: Feijing/Ganjing Ke triad: Pijing/Xinjing Liuwei Di Huang Grow and Thrive Waterseeker Tummy tamer Easy going	Ren12 -Lv3- LI4- St36 TUINA- Ganjing+ Sheng triad: Shenjing/Xinjing Ke triad: Feijing/Pijing Wood builder Windbreaker Tummy tamer Xiao Chai hu tan Liuwei Di Huang	Ren12- Ht 7- LI11 - UB40 TUINA- Xinjing + Sheng triad: Ganjing/Pijing Ke triad: Shenjing/Feijing Fire Starter Quiet Calm MoodyBlues <div>©cowan2022</div>	Ren12 -Sp3- UB40- GB34 TUINA- Pijing + Sheng triad: Xinjing/Feijing Ke triad: Ganjing/Shenjing Liuwei DiHuang Earth maker Grow and Thrive Easy going Liuwei Dihuang	Ren 12 - Lu9 - SI8 - GB 34 TUINA: Feijing + Sheng triad: Pijing/Shenjing Ke triad: Xinjing/Ganjing Metal worker Open Air Deep breath Easy going

Other common points used in developmental delays (wu chi)

- Du 14 da zhui - general cognitive delays
- Du 20 bai hui - general cognitive delays
- Rn 4 guan yuan - failure to thrive
- St 36 zusanli - gross motor delays, growth delay
- BL 23 shen shu - complications of prematurity
- Add Ex-HN1- si shen cong for global cognitive delays
- EX-HN3 – yin tang- poor focus
- Add GB 30, GB 34, BL 54 for paraplegia
- Add BL 60 – for club foot

Additional Points in Developmental Delays: Excess and Deficiency Patterns

- **Deficiency (collapsed)** jing Qi/blood/organ weakness
- **Excess (exaggerated)** Improper Postnatal Nourishment, accumulation and phlegm that mists (obstructs) the mind, heart, marrow + channels

Excess: Useful points in treatment of neurodevelopmental symptoms in children:

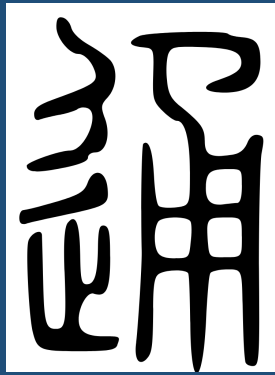
- Internal wind Du16, Lv 3, GB20, Bl18
- Eliminate heat from Yangming; LI 11, LI4, St36
- Eliminate heat from Middle jiao: St44 Lv3, Lv 2, Bl21, Bl 18, Bl 19
- Transform phlegm: PC 5 ST 40 Ex-Hn 15 bai lao
- Move qi: Lu 7 Lv 3
- Food accumulation: Ren 12 St36 St25 Ren 6 TB6 Si Feng pricking
- Send excess Yang down: Yin tang Du 20 Si shen cong Du 21 Du 19

Deficiency: Useful points in insufficient jing causing neurodevelopmental symptoms in children

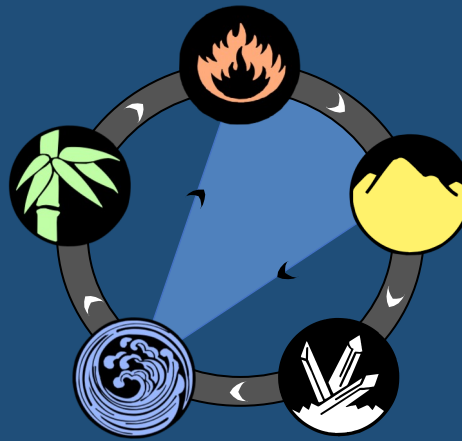
- Nourish the middle jiao: Sp3 CV 12 BL 20/21
- Nourish Yin: Sp6 K6 Lv 8 K1
- Nourish Kidney qi: Ki 1 K3 Du 4 Cv 6
- Moxa: CV12 St36 Du 4 CV6 BL 20/21/23

Know the red flags that may signal risk for developmental disorder:

- Prenatal history of prenatal: medication, drugs, alcohol, IVF, birth trauma, placental problems, pernicious vomiting,
- Parental history of lost pregnancy, hereditary disease
- History of trauma (physical, emotional, adversity (ACE)
- Developmental History: not standing by 2 years of age
- Not walking by 3y
- Slow hair growth, sparse hair, excessive hair loss
- No teeth by 15 months
- No pointing by 1 year
- No receptive language by 1 year
- No words by 15-18 m
- Poor neck control by 6 mo
- Poor suck/swallow
- Hypersensitivities to food textures, colors, additives, gluten etc.
- Eczema, poor growth, digestive disorders, respiratory disorders



TONG



Understand the four forms of communication delay:

- EXPRESSIVE language delays

Think HEART governs Tongue- speech, blood vessels/ blood carries shen (Ht 5 Tongli)

- RECEPTIVE language delays

Think KIDNEY - sea of marrow - wisdom (comprehension)

- ORAL-MOTOR APRAXIA

Think: SPLEEN- muscle – mouth- lips- poor suck- drooling

- PRAGMATIC (social-conversational) language delays: Think SAN JIAO

