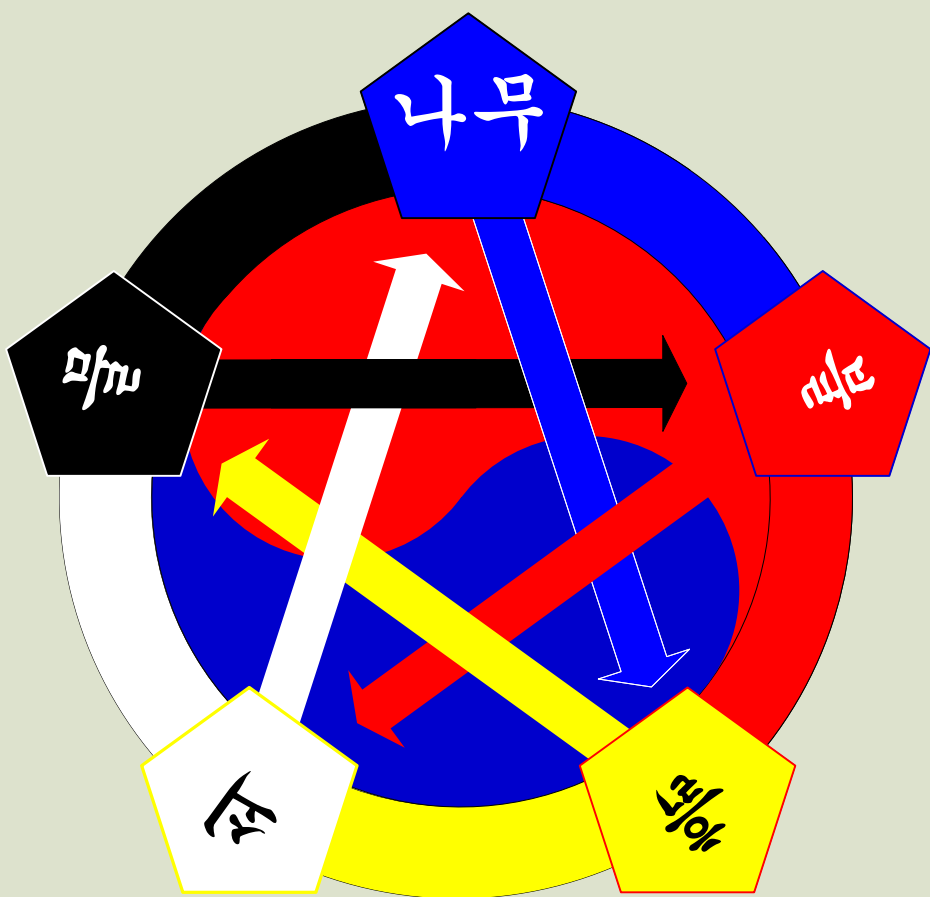


# The Silver Bullet

## The KOSA

Korean Orthodox Saahm Acupuncture

NeedleLess Acupuncture



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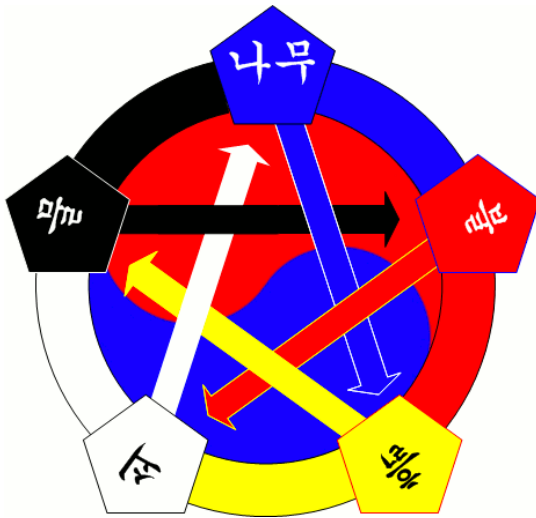
(Korean Orthodox Saahm Acupuncture)

NeedleLess Acupuncture

BY

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*M. Sc. of Oriental Medicine and Acupuncture, L.Ac.*



[www.saahm.net](http://www.saahm.net)

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## Dedication

This book is dedicated to the following people:

Ascetic Saahm: About 400 years ago, he Invented formulas that completed the theory of YIN, YANG, and FIVE ELEMENTS and helped thousands of patients suffering many kinds of diseases.

Master Rhee, JaeWon: resurrected Saahm Acupuncture 400 years after Ascetic Saahm.

My father, Master Kim, HyungGwan: He is the best of the best acupuncturists in the world. He completed the definition of FOSTER and SUBDUE, which completed the KOREAN ORTHDOX SAAHM ACUPUNCTURE. He has made KOSA one of the best medicines in the world, and has fostered hundreds of students who have helped tens of thousands patients.

My mother, Jo, KyungHwa: She learned KOSA before my father, led my father to learn KOSA from Master Rhee and used to be one of the finest acupuncturists in the world.

My brother, Kim, DalSoon: He is the second best acupuncturist in the world. He has established the standards on KOSA, inspired me in every aspect of KOSA, and assisted in publishing this book.

My wife, HyangSeon Yoo: She has always been with me and has been constantly caring and supportive. I am deeply grateful to her for that gift.

Dr. Eckman, Peter, Mr. Gilbert Yi and Mr. Thorsten Dahlmann: They have helped me complete this book.

Who suffers pain, ache, illness, disease, disorder and/or complication.

I have felt eternal gratitude to every one of the above and always will be. The best requital to them I can think of is for me to help all the people in the world independent of sex, race, age, country, religion, and wealth.

## Acknowledgements

I want to give my huge Congratulation to Mr. Byoung Soon Kim, from my heart, for publishing his new book, *The Silver Bullet, KOSA*. Under the guidance of his father, Master Kim, HyungGwan and his dedication, Mr. Kim poured his passion and researches into the **Korean Orthodox Saahm Acupuncture**, which he has published today; a great book.

The most impressive memory I have about Mr. Kim was his passion to teach KOSA. He lived in Texas and came to Los Angeles to give seminar to KOSA members. It was my pleasure to attend his seminar to learn KOSA and the class used to pass the midnight due to his teaching was so remarkable.

This book has provided the solutions to overcome the limitations of western medicine, which I have felt during the 10 years while I have been treating patients as a Family Physician in America and 23 years as an Internal Medicine Doctor, Gastro-Intestinal Specialist in the Republic of Korea.

I am confident that this book will not only be a great aid to those who are studying and working in the Oriental medicine industry but also to those who want to take care of themselves and/or their family members.

Dr. Park, Byung-Gook, MD.  
Family Practice, Santa Cruz, CA

# Table of Contents

<b>Table of Contents</b> .....	<b>vii</b>
<b>List of Illustrations</b> .....	<b>xix</b>
<b>List of Tables</b> .....	<b>xxiii</b>
<b>Author's Foreword</b> .....	<b>1</b>
<b>1</b>	
<b>Korean Orthodox Saahm Acupuncture</b> .....	<b>5</b>
1.1 Introduction .....	5
1.2 History .....	8
1.2.1 History of Acupuncture .....	8
1.2.2 History of Korean Orthodox Saahm Acupuncture ..	9
1.3 Bonghan Duct and Living Egg .....	12
1.3.1 Bonghan Duct.....	12
1.3.2 Living Egg.....	15
1.3.3 Bonghan Ducts and Acupuncture Points .....	16
1.4 YIN YANG and Five Elements Theory .....	17
1.4.1 History of the Theory of YIN YANG and Five Elements .....	17
1.4.2 YIN and YANG.....	18
1.4.3 QI.....	20
1.4.4 FIVE ELEMENTS .....	20
1.4.5 Interaction among elements.....	20
1.4.6 The relationship of Parent and Child.....	20
1.4.7 The relationship of Subdual.....	21
1.4.8 The relationship of Overaction .....	22
1.4.9 Relationship of organs in same element .....	22
1.5 YIN YANG and Five Elements .....	23
1.5.1 Five Elements – Organs .....	23
1.5.2 Premier FIRE.....	23
1.5.3 Five Elements – Sense Organs .....	24



1.5.4	Five Elements – Tissue.....	26
1.5.5	Five Elements – Manifestation.....	28
1.5.6	Five Elements - Liquids.....	30
1.5.7	Five Elements – Emotion.....	31
1.5.8	Five Elements - Spirits.....	33
1.5.9	Five Elements - Sounds.....	33
1.5.10	Five Elements – Indication.....	34
1.5.11	Five Elements – Harms.....	35
1.5.12	Five Elements – Environment.....	37
1.5.13	Five Elements - Food.....	39
1.5.14	Vegetable Oil.....	42
1.5.15	Olive Oil.....	43
1.5.16	Food Inc.....	43
1.5.17	Conclusion.....	44
<b>2</b>	<b>The Bonghan Ducts and Disease &amp; Pain.....</b>	<b>45</b>
2.1	Organs and the Time of the Day.....	45
2.2	Interconnections and Disease.....	46
2.3	How Many Different Diseases Are There?.....	47
2.4	Standard Position and Terms of Direction.....	48
2.4.1	Terms of Directions.....	48
2.4.2	WHO Standard Measuring Unit.....	50
2.4.3	Proportional Bone (Skeletal) Cun Measurement ...	50
2.4.4	The Finger-Cun Measurement Method.....	52
2.4.5	Contents of Descriptions for Bonghan Ducts.....	53
2.4.6	Legend of Symbols in Illustrations.....	53
2.5	Arm Greater YIN Lung BD - METAL.....	54
2.5.1	LU11 – WOOD point of Arm Greater YIN Lung BD.....	57
2.5.2	LU10 – FIRE point of Arm Greater YIN Lung BD.....	57

2.5.3	LU9 – EARTH point of Arm Greater YIN Lung BD.....	58
2.5.4	LU8 – METAL point of Arm Greater YIN Lung BD.....	59
2.5.5	LU5 - WATER point of Arm Greater YIN Lung BD.....	59
2.6	Arm YANG Brightness Large Intestine BD.....	60
2.6.1	LI1 - METAL point of Arm YANG Brightness Large Intestine BD .....	62
2.6.2	LI2 - WATER point of Arm YANG Brightness Large Intestine BD .....	63
2.6.3	LI3 - WOOD point of Arm YANG Brightness Large Intestine BD.....	63
2.6.4	LI5 - FIRE point of Arm YANG Brightness Large Intestine BD.....	63
2.6.5	LI11 - EARTH point of Arm YANG Brightness Large Intestine BD .....	64
2.7	Leg YANG Brightness Stomach BD.....	66
2.7.1	ST45 – METAL point of Leg YANG Brightness Stomach BD .....	70
2.7.2	ST44 – WATER point of Leg YANG Brightness Stomach BD .....	70
2.7.3	ST43 – WOOD point of Leg YANG Brightness Stomach BD .....	70
2.7.4	ST41 – FIRE point of Leg YANG Brightness Stomach BD .....	70
2.7.5	ST36 – EARTH point of Leg YANG Brightness Stomach BD .....	72
2.8	Leg Greater YIN Spleen BD .....	74
2.8.1	SP1 – WOOD point of Leg Greater YIN Spleen BD....	76
2.8.2	SP2 – FIRE point of Leg Greater YIN Spleen BD	76
2.8.3	SP3 – EARTH point of Leg Greater YIN Spleen BD.....	76

2.8.4	SP5 – METAL point of Leg Greater YIN Spleen BD..	77
2.8.5	SP6 – Leg Greater YIN Spleen BD .....	78
2.8.6	SP9 – WATER point of Leg Greater YIN Spleen BD .....	78
2.9	Arm Lesser YIN Heart BD .....	80
2.9.1	HT9 – WOOD point of Arm Lesser YIN Heart BD...	82
2.9.2	HT8 – FIRE point of Arm Lesser YIN Heart BD..	82
2.9.3	HT7 – EARTH point of Arm Lesser YIN Heart BD...	83
2.9.4	HT4 – METAL point of Arm Lesser YIN Heart BD...	83
2.9.5	HT3 – WATER point of Arm Lesser YIN Heart BD...	84
2.10	Arm Greater YANG Small Intestine BD .....	86
2.10.1	SI1 - METAL point of Arm Greater YANG Small Intestine BD.....	88
2.10.2	SI2 - WATER point of Arm Greater YANG Small Intestine BD.....	88
2.10.3	SI3 - WOOD point of Arm Greater YANG Small Intestine BD.....	88
2.10.4	SI5 - FIRE point of Arm Greater YANG Small Intestine BD.....	88
2.10.5	SI8 - EARTH point of Arm Greater YANG Small Intestine BD.....	90
2.11	Leg Greater YANG Bladder BD .....	92
2.11.1	BL67 – METAL point of Leg Greater YANG Bladder BD .....	94
2.11.2	BL66 – WATER point of Leg Greater YANG Bladder BD .....	94
2.11.3	BL65 – WOOD point of Leg Greater YANG Bladder BD .....	95

2.11.4	BL60 – FIRE point of Leg Greater YANG Bladder BD .....	95
2.11.5	BL40 – EARTH point of Leg Greater YANG Bladder BD.....	96
2.12	Leg Lesser YIN Kidney BD .....	98
2.12.1	KI1 – WOOD point of Leg Lesser YIN Kidney BD.....	100
2.12.2	KI2 – FIRE point of Leg Lesser YIN Kidney BD101	
2.12.3	KI3 – EARTH point of Leg Lesser YIN Kidney BD.....	101
2.12.4	KI7 – METAL point of Leg Lesser YIN Kidney BD.....	102
2.12.5	KI10 – WATER point of Leg Lesser YIN Kidney BD .....	102
2.13	Arm Absolute YIN Pericardium BD .....	104
2.13.1	PC9 – WOOD point of Arm Absolute YIN Pericardium BD.....	106
2.13.2	PC8 – FIRE point of Arm Absolute YIN Pericardium BD.....	106
2.13.3	PC7 – EARTH point of Arm Absolute YIN Pericardium BD.....	108
2.13.4	PC5 – METAL point of Arm Absolute YIN Pericardium BD.....	108
2.13.5	PC3 – WATER point of Arm Absolute YIN Pericardium BD.....	108
2.14	Arm Lesser YANG Triple Energizer BD .....	110
2.14.1	TE1 – METAL point of Arm Lesser YANG Triple Energizer BD.....	112
2.14.2	TE2 – WATER point of Arm Lesser YANG Triple Energizer BD.....	112
2.14.3	TE3 – WOOD point of Arm Lesser YANG Triple Energizer BD.....	112
2.14.4	TE6 – FIRE point of Arm Lesser YANG Triple Energizer BD.....	114

2.14.5	TE10 – EARTH point of Arm Lesser YANG Triple Energizer BD.....	114
2.15	Leg Lesser YANG Gallbladder BD.....	116
2.15.1	GB44 – METAL point of Leg Lesser YANG Gallbladder BD.....	118
2.15.2	GB43 – WATER point of Leg Lesser YANG Gallbladder BD.....	119
2.15.3	GB41 – WOOD point of Leg Lesser YANG Gallbladder BD.....	119
2.15.4	GB38 – FIRE point of Leg Lesser YANG Gallbladder BD.....	120
2.15.5	GB34 – EARTH point of Leg Lesser YANG Gallbladder BD.....	120
2.16	Leg Absolute YIN Liver BD .....	122
2.16.1	LR1 – WOOD point of Leg Less Absolute YIN Liver BD.....	124
2.16.2	LR2 – FIRE point of Leg Less Absolute Liver YIN BD .....	124
2.16.3	LR3 – EARTH point of Leg Less Absolute YIN Liver BD.....	124
2.16.4	LR4 – METAL point of Leg Less Absolute YIN Liver BD.....	126
2.16.5	LR8 – WATER point of Leg Less Absolute YIN Liver BD.....	126
2.17	Conception BD .....	128
2.18	Governor BD .....	130
2.18.1	GV1 – Governor BD .....	132
2.18.2	GV14 – Governor BD .....	133
2.19	Bonghan Ducts and Health concerns .....	137
2.20	Effectiveness of Locating and Manipulating Acupuncture Point(s) .....	137
2.21	Pain and Disease.....	139
2.21.1	Pain.....	139

2.21.2	Disease and Illness .....	140
2.21.3	Medicine and Drug.....	141
2.21.4	Self Maintaining System .....	142
<b>3</b>	<b>Diagnosis .....</b>	<b>143</b>
3.1	Observation .....	143
3.2	Listening, Smelling, Auscultation and Olfaction....	144
3.3	Asking / Inquiring.....	145
3.4	Feeling Pulsation and Palpation.....	146
3.4.1	Deficient or excessive .....	146
3.4.2	Cold or Hot.....	148
3.5	Other Consideration.....	150
<b>4</b>	<b>Ascetic Saahm's Formulas .....</b>	<b>151</b>
4.1	Ascetic Saahm's formula #1 .....	152
4.1.1	Fostering Liver .....	153
4.1.2	Fostering Heart.....	154
4.1.3	Fostering Spleen.....	155
4.1.4	Fostering Lung .....	156
4.1.5	Fostering Kidney .....	157
4.1.6	Fostering Pericardium .....	158
4.1.7	Fostering Gallbladder .....	159
4.1.8	Fostering Small Intestine.....	160
4.1.9	Fostering Stomach.....	161
4.1.10	Fostering Large Intestine.....	162
4.1.11	Fostering Bladder .....	163
4.1.12	Fostering Triple Energizer.....	164
4.2	Ascetic Saahm's Formula #2.....	165
4.2.1	Subduing Liver .....	166
4.2.2	Subduing Heart.....	167
4.2.3	Subduing Spleen.....	168
4.2.4	Subduing Lung .....	169

4.2.5	Subduing Kidney .....	170
4.2.6	Subduing Pericardium .....	171
4.2.7	Subduing Gallbladder .....	172
4.2.8	Subduing Small Intestine.....	173
4.2.9	Subduing Stomach.....	174
4.2.10	Subduing Large Intestine.....	175
4.2.11	Subduing Bladder .....	176
4.2.12	Subduing Triple Energizer.....	177
4.3	Table of Ascetic Saahm’s Formulas #1 and #2.....	178
4.4	Ascetic Saahm’s Formula #3 and #4 .....	179
4.5	Ascetic Saahm’s Formula #3, Quenching.....	180
4.6	Ascetic Saahm’s Formula #4, Heating.....	182
4.7	Table of Ascetic Saahm’s Formulas #3 and #4.....	184
4.8	Consideration.....	185
<b>5</b>	<b>Master Kim’s Achievement .....</b>	<b>187</b>
5.1	No Pain, No Gain.....	187
5.2	Soothing and Pinching .....	187
5.3	Using Permanent Magnets .....	188
5.4	Tapping.....	190
5.5	Fundamental Rules .....	191
5.5.1	Rule #1 - Healthier Side or Opposite Side.....	191
5.5.2	Rule #2 - Left for Male and Right for Female.....	191
5.5.3	Rule #3 – Paring (or Opposite Sides and Opposite Limbs) .....	192
<b>6</b>	<b>Diseases .....</b>	<b>193</b>
6.1	Acne.....	193
6.2	Allergy .....	196
6.3	Amenorrhea .....	200
6.4	Appendicitis.....	203
6.5	Arthritis (Rheumatism or Rheumatic disorder) .....	204

6.6	Asthma, Bronchitis and Pertussis (Whooping Cough)	208
6.7	Behçet's disease	211
6.8	Biliary Tract (Cholecystitis, Gall Stones)	213
6.9	Bronchospasm	214
6.10	Buerger's Disease (Thromboangiitis Obliterans)	215
6.11	Cancer and Tumor	216
6.12	Carpal Tunnel Syndrome	218
6.13	Cerebrovascular Accident (Stroke)	221
6.14	Chyluria (Chylous urine)	224
6.15	Cold	226
6.16	Conjunctivitis	232
6.17	Constipation	233
6.18	Cystitis	234
6.19	Diabetes	236
6.20	Dyslexia (Learning Disability)	238
6.21	Eczema, Atopy and Urticaria	240
6.22	Enuresis	241
6.23	Erysipelas	243
6.24	Facial Paralysis	244
6.25	Fibromyalgia (FM or FMS)	246
6.26	Glaucoma	249
6.27	Gout	252
6.28	Helicobacter Pylori	254
6.29	Hemorrhoids	256
6.30	Hepatitis	258
6.31	Hypertension	260
6.32	Hyperthyroidism	264
6.33	Hypothyroidism	266
6.34	Impotence	267



6.35	Indigestion .....	270
6.36	Injuries .....	271
6.37	Intercostal Neuralgia.....	274
6.38	Irritable Bowel Syndrome (IBS or Spastic colon) ...	275
6.39	Kidney Stone (Urinary Stone) .....	276
6.40	Leprosy (Hansen's disease).....	277
6.41	Leukorrhea.....	279
6.42	Lou Gehrig's disease (Amyotrophic Lateral Sclerosis; ALS).....	281
6.43	Lupus (Systemic Lupus Erythematosus or SLE) .....	284
6.44	Mastitis .....	287
6.45	Meniere's Disease (Aural Vertigo) .....	288
6.46	Migraine .....	289
6.47	Multiple Sclerosis (MS).....	290
6.48	Mumps .....	293
6.49	Mutism.....	295
6.50	Osteoporosis .....	303
6.51	Pain .....	304
6.51.1	Heartburn or stomach ache .....	306
6.51.2	Inflammation of the esophagus due to a stuck fishbone .....	306
6.51.3	Perforation of Gastric and Gastric Ulcer .....	306
6.51.4	Pain at the Sole of the Foot.....	306
6.51.5	Cramps or Menstrual pain .....	307
6.51.6	Pain at the spine.....	307
6.51.7	Low back pain .....	308
6.51.8	Pain on radius of arm.....	309
6.52	Prostatitis .....	311
6.53	Rhinitis .....	314
6.54	Sinusitis .....	316

6.55	Tinnitus & Difficulty in Hearing .....	317
6.56	Toothache (Odontalgia).....	319
6.57	Urinary Retention (Incontinence) and Urinary Tract Infection .....	320
<b>7</b>	<b>Conclusion .....</b>	<b>321</b>
	<b>Bibliography.....</b>	<b>328</b>
	<b>Index of Disease and Pain .....</b>	<b>329</b>
	<b>Endnote.....</b>	<b>341</b>

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## List of Illustrations

<i>Figure 1-1 the National Flag of the Republic of Korea</i> .....	19
<i>Figure 1-2 Five Elements Diagram</i> .....	21
<i>Figure 2-1 Terms of directions</i> .....	49
<i>Figure 2-2 Proportional bone (skeletal) cun measurement</i> .....	51
<i>Figure 2-3 Finger unit</i> .....	52
<i>Figure 2-4 Arm Greater YIN Lung BD</i> .....	55
<i>Figure 2-5 LU11 and LU10</i> .....	57
<i>Figure 2-6 LU9</i> .....	58
<i>Figure 2-7 LU8 and LU5</i> .....	59
<i>Figure 2-8 Arm YANG Brightness Large Intestine BD</i> .....	61
<i>Figure 2-9 LI1, LI2, LI3 and LI5</i> .....	63
<i>Figure 2-10 LI11</i> .....	64
<i>Figure 2-11 Leg YANG Brightness Stomach BD</i> .....	67
<i>Figure 2-12 ST45, ST 44, ST 43 and ST41</i> .....	71
<i>Figure 2-13 ST36</i> .....	72
<i>Figure 2-14 Leg Greater YIN Spleen BD</i> .....	75
<i>Figure 2-15 SP1, SP2, SP3 and SP5</i> .....	77
<i>Figure 2-16 SP6 and SP9</i> .....	79
<i>Figure 2-17 Arm Lesser YIN Heart BD</i> .....	81
<i>Figure 2-18 HT9 and HT8</i> .....	82
<i>Figure 2-19 HT7 and HT4</i> .....	83
<i>Figure 2-20 HT3</i> .....	84
<i>Figure 2-21 Arm Greater YANG Small Intestine BD</i> .....	87
<i>Figure 2-22 SI1, SI2, SI3 and SI5</i> .....	89
<i>Figure 2-23 SI8</i> .....	90
<i>Figure 2-24 Leg Greater YANG Bladder BD</i> .....	93
<i>Figure 2-25 BL67, BL66, BL65 and BL60</i> .....	95
<i>Figure 2-26 BL40</i> .....	96
<i>Figure 2-27 Leg Lesser YIN Kidney BD</i> .....	99
<i>Figure 2-28 KI1</i> .....	100
<i>Figure 2-29 KI2 and KI3</i> .....	101
<i>Figure 2-30 KI7 and KI10</i> .....	103
<i>Figure 2-31 Arm Absolute YIN Pericardium BD</i> .....	105
<i>Figure 2-32 PC9 and PC8</i> .....	107
<i>Figure 2-33 PC7, PC5 and PC3</i> .....	109
<i>Figure 2-34 Arm Lesser YANG Triple Energizer BD</i> .....	111
<i>Figure 2-35 TE1, TE2 and TE3</i> .....	113

Figure 2-36 TE6 and TE10 .....	115
Figure 2-37 Leg Lesser YANG Gallbladder BD .....	117
Figure 2-38 GB44, GB43 and GB41 .....	119
Figure 2-39 GB38 and GB34.....	121
Figure 2-40 Leg Absolute YIN Liver BD .....	123
Figure 2-41 LR1, LR2 and LR3.....	125
Figure 2-42 LR4 and LR8.....	127
Figure 2-43 Conception BD.....	129
Figure 2-44 Governor BD.....	131
Figure 2-45 GV1 .....	132
Figure 2-46 GV14 .....	133
Figure 2-47 Front View.....	134
Figure 2-48 Back View.....	135
Figure 2-49 Side View.....	136
Figure 3-1 Pulsation .....	147
Figure 4-1 Fostering Liver.....	153
Figure 4-2 Fostering Heart .....	154
Figure 4-3 Fostering Spleen.....	155
Figure 4-4 Fostering Lung .....	156
Figure 4-5 Fostering Kidney.....	157
Figure 4-6 Fostering Pericardium.....	158
Figure 4-7 Fostering Gallbladder.....	159
Figure 4-8 Fostering Small Intestine.....	160
Figure 4-9 Fostering Stomach .....	161
Figure 4-10 Fostering Large Intestine .....	162
Figure 4-11 Fostering Bladder.....	163
Figure 4-12 Fostering Triple Energizer .....	164
Figure 4-13 Subduing Liver.....	166
Figure 4-14 Subduing Heart .....	167
Figure 4-15 Subduing Spleen.....	168
Figure 4-16 Subduing Lung .....	169
Figure 4-17 Subduing Kidney.....	170
Figure 4-18 Subduing Pericardium .....	171
Figure 4-19 Subduing Gallbladder.....	172
Figure 4-20 Subduing Small Intestine.....	173
Figure 4-21 Subduing Stomach .....	174
Figure 4-22 Subduing Large Intestine .....	175
Figure 4-23 Subduing Bladder.....	176
Figure 4-24 Subduing Triple Energizer .....	177
Figure 4-25 Quenching Lung .....	181

<i>Figure 4-26 Quenching Kidney and Heart</i> .....	182
<i>Figure 4-27 Heating Lung</i> .....	183
<i>Figure 5-1 Using Permanent Magnets</i> .....	189
<i>Figure 5-2 Tapping</i> .....	190

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# List of Tables

<i>Table 1-1 Relationship of YIN and YANG.....</i>	<i>18</i>
<i>Table 1-2 Five Elements – Organs.....</i>	<i>23</i>
<i>Table 1-3 Five Elements - Sense Organs.....</i>	<i>24</i>
<i>Table 1-4 Five Elements - Tissue.....</i>	<i>26</i>
<i>Table 1-5 Five Elements - Manifestation.....</i>	<i>28</i>
<i>Table 1-6 Five Elements - Liquids.....</i>	<i>30</i>
<i>Table 1-7 Five Elements - Emotions.....</i>	<i>31</i>
<i>Table 1-8 Five Elements - Spirits.....</i>	<i>33</i>
<i>Table 1-9 Five Elements - Sounds.....</i>	<i>33</i>
<i>Table 1-10 Five Elements - Indication.....</i>	<i>34</i>
<i>Table 1-11 Five Elements - Harms.....</i>	<i>35</i>
<i>Table 1-12 Five Elements - Environment.....</i>	<i>37</i>
<i>Table 1-13 Five Elements - Food.....</i>	<i>39</i>
<i>Table 2-1 Organs and the Time of the Day.....</i>	<i>46</i>
<i>Table 2-2 Abbreviations of BDs for numbering acupuncture points....</i>	<i>53</i>
<i>Table 4-1 Ascetic Saahm’s Formulas #1 and #2.....</i>	<i>178</i>
<i>Table 4-2 Ascetic Saahm’s Formulas #3 and #4.....</i>	<i>184</i>
<i>Table 4-3 Matrix of temperature and energy level.....</i>	<i>185</i>
<i>Table 5-1 Paring organs.....</i>	<i>192</i>
<i>Table 6-1 Treating Acne on face.....</i>	<i>195</i>
<i>Table 6-2 Treating Allergy.....</i>	<i>197</i>
<i>Table 6-3 Treating Food Allergy by quenching.....</i>	<i>198</i>
<i>Table 6-4 Treating Food Allergy by fostering organ(s).....</i>	<i>199</i>
<i>Table 6-5 Treating Amenorrhea by utilizing quenching the liver.....</i>	<i>201</i>
<i>Table 6-6 Treating Amenorrhea by utilizing fostering the lung.....</i>	<i>202</i>
<i>Table 6-7 Treating Appendicitis.....</i>	<i>203</i>
<i>Table 6-8 Treating Osteoarthritis and/or Rheumatoid arthritis on knee by utilizing quenching the kidney.....</i>	<i>204</i>
<i>Table 6-9 Treating Osteoarthritis and/or Rheumatoid arthritis on knee by utilizing fostering the kidney.....</i>	<i>206</i>
<i>Table 6-10 Treating Osteoarthritis and/or Rheumatoid arthritis on the knee by utilizing fostering the large Intestine.....</i>	<i>206</i>
<i>Table 6-11 Treating Asthma.....</i>	<i>210</i>
<i>Table 6-12 Treating Behçet’s disease by utilizing fostering the large intestine.....</i>	<i>211</i>
<i>Table 6-13 Treating Behçet’s disease by utilizing quenching organs.....</i>	<i>212</i>
<i>Table 6-14 Treating Biliary Tract (Cholecystitis, Gall Stones).....</i>	<i>213</i>



Table 6-15 Treating Bronchospasm .....	214
Table 6-16 Treating Buerger's Disease (Thromboangiitis Obliterans) .....	215
Table 6-17 Treating Carpal Tunnel Syndrome by quenching organs .....	219
Table 6-18 Treating Carpal Tunnel Syndrome by fostering the pericardium.....	220
Table 6-19 Treating Cerebrovascular Accident (Stroke) by fostering the large intestine.....	222
Table 6-20 Treating Cerebrovascular Accident (Stroke) by subduing the liver .....	223
Table 6-21 Treating Chyluria (Chylous urine) by quenching the kidney .....	224
Table 6-22 Treating Chyluria (Chylous urine) by fostering the kidney.....	225
Table 6-23 Treating Cold by utilizing fostering the large intestine ....	230
Table 6-24 Treating Cold by utilizing fostering the lung .....	231
Table 6-25 Treating Conjunctivitis .....	232
Table 6-26 Treating Constipation by fostering the large intestine.....	233
Table 6-27 Treating Cystitis by quenching organs .....	234
Table 6-28 Treating Cystitis by utilizing fostering the large intestine .....	235
Table 6-29 Treating Diabetes by utilizing fostering the large intestine .....	237
Table 6-30 Treating Dyslexia.....	238
Table 6-31 Treating Eczema by utilizing fostering the large intestine.....	240
Table 6-32 Treating Enuresis by utilizing quenching the bladder .....	241
Table 6-33 Treating Enuresis by utilizing fostering the bladder.....	241
Table 6-34 Treating Enuresis by utilizing fostering the gallbladder....	242
Table 6-35 Treating Enuresis by utilizing fostering the large intestine .....	242
Table 6-36 Treating Erysipelas by quenching organs.....	243
Table 6-37 Treating Erysipelas by utilizing fostering the large intestine .....	243
Table 6-38 Treating Facial Paralysis by quenching organs .....	244
Table 6-39 Treating Facial Paralysis by utilizing fostering the large intestine .....	245
Table 6-40 Treating Fibromyalgia by quenching organs.....	247
Table 6-41 Treating Fibromyalgia by utilizing fostering the large intestine .....	248
Table 6-42 Treating Glaucoma by quenching organs .....	250
Table 6-43 Treating Gout by quenching organs.....	253
Table 6-44 Treating Helicobacter Pylori by fostering the large intestine .....	255

Table 6-45 Treating Hemorrhoids by utilizing quenching the large intestine.....	256
Table 6-46 Treating Hemorrhoids by utilizing fostering the large intestine.....	256
Table 6-47 Treating Hepatitis by quenching the liver.....	258
Table 6-48 Treating Hepatitis by utilizing quenching the liver.....	259
Table 6-49 Treating Hepatitis by fostering the liver .....	259
Table 6-50 Treating Hypertension by quenching organs .....	261
Table 6-51 Treating Hypertension by utilizing fostering organs.....	262
Table 6-52 Treating Hypertension by heating organs.....	263
Table 6-53 Treating Hyperthyroidism by quenching organs.....	264
Table 6-54 Treating Hyperthyroidism by utilizing fostering organs...	265
Table 6-55 Treating Hypothyroidism by utilizing fostering METAL organs.....	266
Table 6-56 Treating Impotence by utilizing quenching the liver .....	268
Table 6-57 Treating Impotence by utilizing fostering the liver .....	269
Table 6-58 Treating Impotence by utilizing fostering the heart .....	269
Table 6-59 Treating Indigestion by fostering the large intestine.....	270
Table 6-60 Treating Indigestion by fostering the stomach .....	270
Table 6-61 Treating Injuries by quenching organs.....	272
Table 6-62 Treating Intercostal Neuralgiaby by utilizing quenching the liver .....	274
Table 6-63 Treating IBS by fostering the large intestine.....	275
Table 6-64 Treating Kidney Stone by utilizing quenching the kidney.	276
Table 6-65 Treating Leprosy (Hansen’s disease) by quenching organs .....	277
Table 6-66 Treating Leprosy (Hansen’s disease) by utilizing fostering the large intestine.....	278
Table 6-67 Treating Leukorrhea by utilizing quenching the liver .....	279
Table 6-68 Treating Leukorrhea by utilizing fostering the liver .....	279
Table 6-69 Treating Leukorrhea by utilizing fostering the heart .....	280
Table 6-70 Treating ALS by utilizing quenching the liver .....	282
Table 6-71 Treating ALS by utilizing fostering the liver.....	282
Table 6-72 Treating ALS by utilizing fostering the heart.....	283
Table 6-73 Treating Lupus by quenching organs .....	284
Table 6-74 Treating Lupus by utilizing fostering METAL organs.....	285
Table 6-75 Treating Mastitis by quenching the stomach.....	287
Table 6-76 Treating Mastitis by utilizing fostering the large intestine .....	287
Table 6-77 Treating Meniere’s disease by quenching organs.....	288

<i>Table 6-78 Treating Migraine by quenching organs</i> .....	289
<i>Table 6-79 Treating Multiple Sclerosis by quenching organs</i> .....	291
<i>Table 6-80 Treating Multiple Sclerosis by utilizing fostering the large intestine</i> .....	292
<i>Table 6-81 Treating Mumps by quenching organs</i> .....	293
<i>Table 6-82 Treating Mumps by utilizing fostering the large intestine</i>	294
<i>Table 6-83 A case of Treating Mutism by quenching organs</i> .....	296
<i>Table 6-84 Treating Mutism by quenching organs</i> .....	297
<i>Table 6-85 Treating Mutism by utilizing fostering METAL organs</i> .....	298
<i>Table 6-86 Treating Mutism by quenching organs</i> .....	299
<i>Table 6-87 Treating Mutism by utilizing fostering METAL organs</i> .....	300
<i>Table 6-88 Treating Akinetic Mutism by utilizing quenching organs</i> .....	301
<i>Table 6-89 Treating Akinetic Mutism by utilizing fostering the METAL organs</i> .....	302
<i>Table 6-90 Treating Osteoporosis by quenching the kidney</i> .....	303
<i>Table 6-91 Treating Osteoporosis by fostering the kidney</i> .....	303
<i>Table 6-92 Treating Pain at the sole of the foot</i> .....	306
<i>Table 6-93 Treating Low back pain</i> .....	308
<i>Table 6-94 Treating Pain on the radius of the arm</i> .....	309
<i>Table 6-95 Treating Prostatitis by utilizing quenching the bladder</i> .....	311
<i>Table 6-96 Treating Prostatitis by fostering the bladder</i> .....	312
<i>Table 6-97 Treating Prostatitis by fostering the gallbladder</i> .....	312
<i>Table 6-98 Treating Prostatitis by utilizing fostering the large intestine</i> .....	313
<i>Table 6-99 Treating Rhinitis by utilizing quenching the lung</i> .....	314
<i>Table 6-100 Treating Rhinitis by utilizing fostering the lung</i> .....	315
<i>Table 6-101 Treating Rhinitis by utilizing heating the lung</i> .....	315
<i>Table 6-102 Treating Sinusitis by utilizing quenching the lung</i> .....	316
<i>Table 6-103 Treating Sinusitis by utilizing fostering the lung</i> .....	316
<i>Table 6-104 Treating Tinnitus &amp; Difficulty in Hearing</i> .....	317
<i>Table 6-105 Treating Toothache by quenching organs</i> .....	319
<i>Table 6-106 Treating Urinary Retention (Incontinence) by utilizing quenching the kidney</i> .....	320
<i>Table 6-107 Treating Urinary Retention (Incontinence) by utilizing fostering the kidney</i> .....	320

## Author's Foreword

We have been seeing or hearing many more kinds of bizarre diseases have been discovered and a higher rate of patients than ever before. Some physicians have been using even maggots and leeches to treat patients because modern science has not been able to provide better solutions.

Many people think that because acupuncture is an ancient type of medicine and not scientific, acupuncture would not be able to provide them with successful treatment. On the contrary, there is a group of people who are satisfied with the help they have gotten from acupuncture.

I have spoken with hundreds of oriental medicine doctors and medical physicians. I have taught Korean Orthodox Saahm Acupuncture (hereinafter, KOSA) to 69 practitioners in the United States, Canada and Argentina, and I have demonstrated KOSA's capability in treating various challenging diseases, disorders and pains, where other types of medical care was not able to provide successful treatments.

Here is a few stories to show the effectiveness of KOSA.

On a cold winter day, I met a lady in a rental car lot in Knoxville McGhee Tyson Airport in Tennessee. She had a runny nose due to sinusitis and told me that it gets worse during the winter. I asked her to give me her right arm. As soon as I pinched her WATER point of her [Lung BONGHAN DUCT](#) with my fingers a few times, she told me that she felt warmness in her chest and the nasal discharge had disappeared.

I happened to work with a chemical engineer for a few days. It took me about a couple of hours to give him instructions on how to treat pain and/or disease using KOSA with only his fingers. A couple of weeks later, he sent me a thank you email stating that he had a stomach ache and used KOSA finger pinching on the FIRE point of his [Stomach BONGHAN DUCT](#) at his left ankle, and the ache went away immediately and never come back.

A lady came to me asking if I could help her with her migraine headache. It was constant for two days and was not relieved even though she took ten times the dosage of an over-the-counter drug. Because migraines usually lie on the [Gallbladder BONGHAN DUCT](#), I pinched her FIRE point of the [Gallbladder BONGHAN DUCT](#) located on her right leg. She told me the pinching immediately eliminated the terrible migraine. A few weeks later when she happened to see me she told me the migraine had not come back again.

An elderly Hispanic lady came into my office pushing a walker with her granddaughter. She had had surgery on both of her knees due to arthritis. The scars were 12 inches long from her knee caps down to her feet, and had not completely healed, and were 1/8 inch wide open. On every inch of those scars she had tape to hold the cut skin together but her movement made them fall apart and they were flapping as she moved. Even though she was using a pain killer, the pain was so bad that she had to rely on a walker, and had to labor to walk.

I attached three magnets (for subdual) at the FIRE points of the BONGHAN DUCTs of the stomach, bladder and kidney at the foot and ankle on both sides, because her scars and knees were right on the [Stomach BONGHAN DUCT](#) (hereinafter, BD) on both sides, and arthritis was caused by her hot kidney. Because she was overweight, by oriental medical theory I knew she had to have deficient kidneys. The diagnosis and placement of magnets took me less than five minutes.

As soon as the magnets were put on, I asked her to stand up from the couch, but she was reluctant because she knew it would cause severe pain. However, I convinced her to do so, since she would have to do it eventually in order to go home. She stood up. She was very surprised to find that she did not feel any pain. I asked her to walk without the walker and she hesitated again. I insisted again. She began walking and started to cry after a few steps of walking without the walker saying "I don't have pain." Right next to her, her granddaughter kept saying "Amazing."

KOSA members have shown very consistent effectiveness for various diseases and pains.

The previously described experiments convinced me that KOSA can easily be understood by regular people and could be applied for their own health.

In this book, most of the secrets of Korean Orthodox Saahm Acupuncture will be revealed.

I hope this could provide an inexpensive tool and benefit readers including those in the field of medicine.

The usage of needles won't be described in this book for readers' safety and health.

I would like to emphasize that the effect of this therapy varies from person to person and the best method is to use needles only by a licensed professional.

The benefits of KOSA described in this book are:

Easy to understand, learn and implement

Safe because no needles need to be used

Quick effects depending on the type of disease, history, complications, nutrition and other factors

Broad range of application with different type of pain, illness, sickness, disorder, ailment, syndrome, discomfort and/or disease

In this book, even though there are treatments of various diseases, I want to convince the reader that even those diseases deemed incurable or difficult to successfully treat by conventional medicine could also be greatly helped by KOSA.

Once you go through this book step by step and point by point, you may find that many different kinds of diseases, disorders, pains and/or aches can be successfully treated.

For reference, some words have been capitalized to prevent the readers from being confused. For example, the term BONGHAN DUCT is the path of QI or the line connecting the acupuncture points, and the organs and is replacing MERIDIAN and CHANNEL, which are commonly used in the field of oriental medicine.

## **Goal**

The goal of this book is as follows:

- To be safe by not either using needles or penetrating the skin with needles
- To help the non-acupuncturist and ordinary people break the myths associated with traditional oriental acupuncture
- To help people understand acupuncture could be done easily and cost effectively by using magnets, fingers, or a rod like car key
- To guide KOSA to people who study and/or practice acupuncture
- To provide a new horizon with much more successful acupuncture than ever before to people who study and/or practice acupuncture

## **Medical Caveat**

In the US, medical diagnosis and treatment is constrained by law to be the exclusive monopoly of state licensed practitioners. The diseases discussed in this book are serious, often life threatening matters. The content and the intent of this book may not or should not be construed as giving medical advice or recommending medical treatment of any kind. This book is intended for informational use only. Its proper purpose is to support informed discussions between patient, acupuncturist, and physician. It is to support the concept of genuine cooperation in the patient-physician relationship, to help the patient understand the medical science behind the treatment he or she receives from the acupuncturist or physician, to inform about useful alternative therapies and to help the patient identify those acupuncturists and physicians who keep up with advances in their field.

# 1 Korean Orthodox Saahm Acupuncture

## 1.1 Introduction

There have been three frequently used claims by western medicine to dispute the effectiveness of acupuncture.

- **Placebo:** This myth can easily be refuted because acupuncture has been effectively used to treat animals like dogs, cats, and horses that obviously will not have any preconceived thoughts about healing.
- **Acupuncture treatment anywhere on the body would show some effect:** People used for tests have unique health conditions. Even though the method of insertion and manipulation of needles used for a test was identical every time, the reaction would vary depending on the person. If KOSA was used for the test, the research should have different results because KOSA is standardized and, thus, shows very consistent effects.
- **Acupuncture compared with control treatment for certain diseases have not shown significant findings in favor of acupuncture:** As described in the above, KOSA would have shown significant findings compared to acupuncture.

Even though all the above three claims are officially accepted by western medicine, there are many people seeing acupuncturists and there are even medical physicians, osteopaths, chiropractors and other medical specialists (in some states, there is no specific training required for a medical or osteopathic physician to practice acupuncture) practicing acupuncture.

KOSA in this book will show you that KOSA would show significant findings in comparison to other types of acupuncture.



## Unique Approach

I will use migraine as an example to describe the unique approaches of KOSA.

Wikipedia<sup>1</sup> explains migraines as follows: “Migraine is a debilitating condition characterized by moderate to severe headaches, and nausea, about 3 times more common in women than in men. The typical migraine headache is unilateral pain (affecting one half of the head) and pulsating in nature, lasting from 4 to 72 hours; symptoms include nausea, vomiting, photophobia (increased sensitivity to light), phonophobia (increased sensitivity to sound), and is aggravated by routine activity. Approximately one-third of people who suffer from migraine headaches perceive an aura—unusual visual, olfactory, or other sensory experiences that are a sign that the migraine will soon occur. Initial treatment is with analgesics for the headache, an antiemetic for the nausea, and the avoidance of triggering conditions. The cause of migraine headache is unknown; the most common theory is a disorder of the serotonergic control system. 75% of adult patients are women, although migraine affects approximately equal numbers of prepubescent boys and girls.”

The cause of a migraine headache is unknown in western medicine. In KOSA, a migraine is usually directly related to the gallbladder (usually a hotter gallbladder than normal).

“In western medicine, the treatment is initially with analgesics for the headache, an antiemetic for the nausea, and the avoidance of triggering conditions in western medicine and its success rate is not satisfactory.” (Continued the abstract from Wikipedia)

Contrary to western medicine, the cause is usually known with KOSA. The gallbladder is hotter than normal. Therefore it is necessary to bring the gallbladder temperature down to normal which will lead to a healthier gallbladder, in turn relieving the migraine.

As KOSA's theory is theoretical and effective, the benefits of KOSA would be not only treating migraine but also treating most of the other problems caused by a hot gallbladder.

It would be a very interesting subject for a scientist to study the relationship between the gallbladder's temperature and migraine occurrences.

With frozen shoulder (adhesive capsulitis) the arm's mobility has been limited. By KOSA theory, frozen shoulders are caused by unhealthy organs like the liver, lung, large intestine, and/or small intestine and making those organs healthy should treat this problem.

### **Warning and/or Considerations**

KOSA treatment should not be used on pregnant women, and it should be used only after confirmation that the woman treated is not pregnant. KOSA can be used on pregnant women, but some points could result in a catastrophic incident. Thus, a pregnant woman should seek a KOSA trained acupuncturist, rather than treating herself.

Patients with pacemakers should not use magnets as a means of pain relief or any type of therapy. Magnets should never be placed over open wounds. If a person is wearing magnets around a computer, it could result in loss of data. Reports of nausea and discomfort have also been documented with the use of magnets.

Depending on the type of magnet, the skin might get irritated or cause tingling. If this happens, magnets should not be used.

If the patient feels something is wrong or the symptom(s) get worse, then immediately stop applying KOSA, as the likely cause is incorrect point choice.

Since everybody has different health conditions, the effect can vary from person to person.

Using KOSA should be used solely under the user's responsibility and KOSA shall not be responsible for the results.

## 1.2 History

### 1.2.1 History of Acupuncture

Acupuncture's origins in Asia are uncertain. Nevertheless, acupuncture has developed over a period of at least 3,000 years. Some ancient needles made of stone and fishbone were discovered in Korea on August 9, 1923.

Wikipedia<sup>ii</sup> describes acupuncture; In Europe, examinations of the 5,000-year-old mummified body of Ötzi the Iceman have identified 15 groups of tattoos on his body, some of which are located on what are now seen as contemporary acupuncture points. This has been cited as evidence that practices similar to acupuncture may have been practiced elsewhere in Eurasia during the early Bronze Age.

The following are abstracts from a web site<sup>iii</sup>.

On August 9, 1923, needles made of stone and fishbone were discovered in Korea and it is believed that they were used to practice surgery and/or acupuncture. They used to be exported to China because of their better quality than Chinese needles.

In 672, the Shilla Dynasty of Korea exported 400 needles to China (Tang Dynasty).

In 692, the Shilla Dynasty of Korea established a medical college and two medical doctors trained other medical doctors after developing teaching materials, including THE CLASSIC OF SIMPLE QUESTIONS, THE CLASSIC OF ACUPUNCTURE, THE CLASSIC OF THE PULSE, THE CLASSIC OF DIFFICULTIES and THE CLASSIC OF THE BRIGHT HOUSE.

The following are abstracts from ex-professor Wooyul Jung<sup>iv</sup>'s contribution to the Minjok Oriental Medicine News<sup>v</sup>.

Sometime between 918 – 1392 in dynastic Korea, a Korean doctor went to China and practiced acupuncture. There he divided an inch long hair in ten pieces, inserted a needle in one of them and told other people that the inside of the hair was empty.

The following are abstract from Acupuncture Alliance News' web site<sup>vi</sup>;

In 1093, Korea gave China (Song Dynasty) the book, KOREAN ACUPUNCTURE AND MOXIBUSTION. China later wrote a book called

YELLOW EMPEROR'S INNER CLASSIC consisting of two parts, SIMPLE QUESTIONS, which discourses upon general theoretical questions and SPIRITUAL AXIS, which focuses more closely upon acupuncture and based on the book, KOREAN ACUPUNCTURE AND MOXIBUSTION.

For information, YELLOW and EMPEROR in YELLOW EMPEROR'S INNER CLASSIC have their own meaning. YELLOW color means center, king, or emperor in China and EMPEROR was a school and was used to distinguish the school from other schools.

The following are abstract from Chosun Daily News' web site<sup>vii</sup>;

In 1285, a Korean doctor, Kyungsung Sul of the Koryo Dynasty was invited to China (Yuan Dynasty) and he was honored by the Chinese Emperor because he successfully treated inveterate diseases of the emperor and his sons.

### **1.2.2 History of Korean Orthodox Saahm Acupuncture**

About 400 hundred years ago, during the Korean Chosun Dynasty, an ascetic with the penname Saahm invented the Saahm acupuncture formulas, utilizing YIN YANG and FIVE ELEMENTS theory, after spending 13 years living in a cave. With his methods of acupuncture, unique and never seen before, he treated thousands of patients successfully. Before him, YIN YANG and FIVE ELEMENTS theory had never been properly or clearly understood and utilized for acupuncture treatment.

Unfortunately, his books about his formulas and practice records were buried in a graveyard, and unknown until the early 1950s when Master JaeWon Rhee (whose penname is SohGok) discovered these books.

In 1958, Master Rhee wrote two books, THE OUTLINE OF SAAHM FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION, which describes Ascetic Saahm's formulas and general acupuncture and THE ESSENCE OF SAAHM YIN YANG FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION about Ascetic Saahm's practice records including symptoms and treatment points. He trained hundreds of acupuncturists.

Five Phases Acupuncture or Five Elements Acupuncture from Japan had been introduced to western countries based on Ascetic Saahm Acupuncture methods, but used only two points instead of four points, commonly used by Saahm. Actually, KOSA varies the number of points depending on the problem(s).

If there is only one symptom, only one point can be used and if there are complications then the number of points used can exceed ten.

The treatment must be customized. The readers will learn this very soon, later on in the book.

In 1962, my father, Master HyungGwan Kim (whose pen name is SaahOk, born in 1920) was trained by Master Rhee. He had successfully treated thousands of patients with various challenging diseases like Arthritis, Atopic dermatitis, Asthma, Bell's palsy, Bleeding nose, Bronchitis, Esophagus cancer (or throat cancer), Middle-ear infection, Nephritis, Anosmia (or no sense of smell), Palsy, Pleuritis, Pulmonary tuberculosis, Rigor, Acne, Sinusitis, Pruritus, Urinary bladder cancer, Uterine cancer, and many others.

He also wrote a book THE OUTLINE OF SAAHM FIVE ELEMENTS ACUPUNCTURE AND MOXIBUSTION and has been training approx. 800 people including physicians and OMD's (Oriental Medicine Doctors) since 1993.

One of Master Kim's students, Gwangho Kim learned KOSA in January of 1999. Gwangho Kim demonstrated the power of KOSA when he attended the International Traditional Chinese Medicine (TCM) conference held in Tianjin, China in 10/2006. This demonstration surprised approximately 350 attendees with its quick and excellent effectiveness. An elderly lady who had a frozen shoulder at the conference was treated by him, and he used only one needle on her foot (to be more precise, the EARTH point of the spleen). When the needle was pulled out, she was able to raise her arm.

In September of 2001, Mr. JaeHoon Song visited Master Kim and explained his problem to him. His job was teaching Chinese language to oriental medicine doctors and students at an oriental medicine college. He suffered from a cold knee, which none of his students could help for sixteen years.

Master Kim compared both knees using the back of his hand, because the back of the hand is much more sensitive to temperature than the palm. Master Kim found the reason why Mr. Song felt his knee

to be cold. It was not really cold, but actually hot. The higher heat dissipation caused by the hotness of his knee made him feel cold. Master Kim treated (subdued) his FIRE point of the [Stomach BD](#) located at the ankle, and the cold feeling went away immediately.

Mr. Song was so impressed that he attended Master Kim's lectures with fourteen Oriental medicine doctors who had three to twelve years of practice experience and one college student, who all were Mr. Song's students learning Chinese language.

As soon as Mr. Song learned KOSA, he started an organization claiming that they invented Korean YIN-YANG Balancing Acupuncture (Pyung-Chim) and Korean Five-Element Harmonizing Acupuncture (Hwa-Chim).

In May of 2004, Master Kim taught Dr. WooHyun Park, the Superintendent of the East West Hospital in Wien, Austria and Berlin, Germany, a Guest Professor of the National University in Wien, Austria, and a Professor of the National Medical University in Vladivostok, Russia. He has taught KOSA to physicians in Austria, Germany and Russia and they have successfully treated more than 80,000 patients with a success rate of higher than 90%. This rate is an amazing number and is data that no one in the health industry can believe except those associated with KOSA.

Dr. Park's other students also have successfully treated patients with incurable disease like Parkinson's disease, Buerger's disease, and so on.

Master Kim, after his twenty years of practice, eventually made a turning point in medical history defining FOSTERING and SUBDUING, which will be explained later on in this book. Until then, for thousands of years, nobody figured out how to FOSTER and SUBDUE even though they knew they had to do it. They have just been hoping what they were doing was right. That was the reason why no other acupuncture method could show the extremely superb results that KOSA can.

In order to distinguish Master Kim's acupuncture, he named his acupuncture KOREAN ORTHODOX SAAHM ACUPUNCTURE because there are a few people who claim they also can do Saahm Acupuncture. However, their approaches are quite different than KOSA.

## 1.3 Bonghan Duct and Living Egg

### 1.3.1 Bonghan Duct

Nobody had proven that the channels and acupuncture points physically exist until Bonghan Kim, MD (1916 – 1966? North Korea) presented his thesis about Bonghan Duct and the Living Egg in 1961. The following is a summary of his research and of others who have rediscovered Dr. Kim's theory and abstracts from David Milbradt's, L.Ac. article on his web site<sup>viii</sup>.

In November of 2007, a group of Korean researchers lead by Kwang-Sub Soh, Ph.D. has rediscovered threadlike microscopic anatomical structures that correspond with the layout of traditional acupuncture channels. Acupuncture channels are no longer imaginary lines, but specific anatomical structures that, until now, have not been recognized by current theories of anatomy. These channels have been found inside of blood and lymphatic vessels and they also form networks that overlay internal organs.

Kim's discoveries have been confirmed by a variety of studies with rats, rabbits and pigs. Stereo-microscope photographs and images from transmission electron microscopy in the research papers show assemblies of tubular structures 30 to 100  $\mu\text{m}$  wide (red blood cells are 6-8  $\mu\text{m}$  in diameter).

Apparently these structures have remained undiscovered for so long because they are almost transparent and so thin that they are barely visible with low-magnification surgical microscopes.

They are also easily confused with fibrin, which coagulates and obscures these structures when there is bleeding in dissected tissues. Now that they have been rediscovered, researchers are investigating their composition and function.

The tubular structures that make up Bonghan Ducts contain a flowing liquid that includes abundant hyaluronic acid, a substance that cushions and lubricates the joints, eyes, skin and even heart valves. Also visible in the photographs are small granules of DNA or microcells about 1-2  $\mu\text{m}$  in diameter that contain chromosomal material highly reactive to stem-cell antibody stains. When these cells were isolated and then induced to differentiate, they grew into cells of all three germ layers. These may be our body's natural source of pluripotent adult stem cells, with the potential to develop into any cell in the body.

The novel threadlike structure passes through the lymphatic valve Bonghan Ducts are also being compared to fiber-optic channels in the body. These ducts may be able to carry an extremely high density of information far beyond the limited, one-way signals of the nervous system or the diffusive information carried by hormones in the blood stream. A 2004 paper describes how bio-photons, produced by animal tissues, may be emitted by DNA molecules to produce a laser-like coherent light capable of carrying an enormous volume of information through the Bonghan Ducts. The idea that acupuncture ducts conduct light has already been substantiated by Russian research published as early as 1991. They found that the light-conducting ability of the human body exists only along the meridians, and can enter and exit only along the acupuncture points. This finding has been confirmed by a 1992 study in the *Journal of Traditional Chinese Medicine* and a 2005 study in the *Journal of Alternative and Complementary Medicine* where moxibustion and infrared thermography were used to trace meridian pathways.

Kim Bonghan believed that the ducts system of communication was in charge of the formation of the embryo and the control of growth throughout the organism. He did a series of studies on the embryonic development of the meridian systems of various animals. He found that a chicken embryo begins to develop Bonghan Ducts within 15 hours of conception. It appears that Bonghan-duct communication directs the development of all internal organs and may provide critical information-feedback loops that create bilateral symmetry in our body.

The science of embryology has a clear understanding of only the very earliest stages of fertilization and development. The unfertilized egg has a top and bottom, but there is no distinction between left and right or front and back. An acupuncturist would say that the orientation of CONCEPTION duct and GOVERNOR ducts has not yet been established. Without this primary axis of orientation, the embryo cannot develop. The stimulus must come from the outside world and it is provided by the action of the sperm entering the egg. From that moment on, a guideline is laid out from the entry point of the sperm to the top and bottom poles of the cell. The first time the fertilized egg divides into two cells everything lines up along that meridian.



As the embryo continues to develop the side on which the sperm has entered becomes the belly or YIN side, which is subdivided into right and left orientations by the CONCEPTION duct. The opposite side is the back or YANG side which is subdivided by the GOVERNOR duct.

In *Mind and Nature*, Gregory Bateson says that what happens next is a mystery in the science of embryology. "What controls the nearly perfect external bilateral symmetry of the mammalian body? We have remarkably little knowledge of the message system that controls growth. There must be a whole interlocking system as yet scarcely studied." Bonghan duct researchers appear to have discovered that system. It is the only anatomically distinct structural network that could possibly handle the high volume of information that would be necessary to control embryological organization.

This relationship between acupuncture and embryology has also been explored by Charles Shang, MD, who pointed out several striking physiological similarities between acupuncture points and embryological organizational centers. Both are areas of high electrical conductance and both contain a high density of gap junctions, cellular organelles that facilitate cell to cell communication. Shang theorizes that the acupuncture points are the same as the discrete organizational centers that embryologists have found to control the development of embryos. He postulates that this system of growth control centers or acupuncture points shape the embryo and then persists in mature organisms for the purpose of coordinating information, regulating homeostasis and managing the complexities of ongoing repair and renewal of the body at a cellular level. Although Shang's writing predates the recent research on Bonghan Ducts, he theorizes: "The ducts may be a convenient way of activating intrinsic adult stem cells."

Because the duct system organizes the development of the embryo from the very beginning, well before the circulatory and nervous system are established, it is not surprising to find that these systems often overlap and interact. Many studies have clearly shown that the stimulation of the duct system has a profound effect upon both local blood circulation and imbalances in the nervous system. Furthermore, because embryonic development reflects evolutionary development, it is quite likely that the meridian system has more ancient origins than other physiological systems. Shang states, "Its genetic blueprint might have served as a template from which the newer systems evolved."

Plants do not have a nervous system, yet they display a high degree of structural organization and complex responses to their environment. Research published in Scientific American in August 1984 that describes the effects of light transfer through plant stems may have been looking at the ancestral precursors of the duct system.

Shang's growth-control model of the duct system does much to explain why acupuncture has so few side effects. "Conventional nerve stimulation usually results in unidirectional effects." Acupuncture is very different from conventional nerve stimulation because it activates a unique communication network that restores normal function in the body. Activating the meridian system restores both hyperfunction and hypofunction to homeostasis; the possibility of any adverse side effects is extremely low.

Hereinafter, BD (Bonghan Duct) will be used instead of channel (or meridian) to honor Bonghan Kim's great work.

### **1.3.2 Living Egg**

In addition to the above, in 1965 Bonghan Kim presented another thesis called the LIVING EGG, whose essence is given below:

He confirmed and analyzed liquids flowing in Bonghan Ducts and discovered there are many kinds of life substances like DNA, hormones, hyaluronic acid, etc.

DNA in blood vessels exists in the form of a particle, which is called the Living Egg, and which changes and becomes new cells upon cell division, according to his observation.

There is something even before cells, and it circulates in Bonghan Ducts controlling creation, aging and the destruction of cells. He named it the LIVING EGG.

He also found that Living Cells flow through BDs, and differentiate into other cell types wherever a wounded part is located.

This not only denies traditional theory that cells are created only by cell division, but also makes the classic Bonghan Duct theory a great new system to study.

### 1.3.3 Bonghan Ducts and Acupuncture Points

In this book, I will mention only twelve primary and two miscellaneous BDs because I do not think the others are important enough to be dealt with.

In oriental medicine, everybody has twelve Primary BDs on each side (left and right) and two Miscellaneous BDs at the center of the body, front and back ([Conception BD](#) and [Governor BD](#), respectively). Those BDs are thought to join the internal organs with the skin, flesh, ligaments, bones and all other tissues, and integrate each part with the whole. Their functions are transferring QI and Blood, moistening and nourishing the body, responding to dysfunction in the body, transmitting disease and acupuncture stimulation, etc.

Acupuncture points are located on the skin on the lines of the BDs, and every point is believed to have its own unique function.

There are 361 points on the body.

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## Index of Disease and Pain

- A**
- Abdomen pain.....56
- Abdominal distention 118, 124, 128
- Abdominal distention and pain .....94, 100
- Abdominal distention or pain .....76
- Abdominal pain 62, 128, 254, 275
- Abdominal pain or distention .....68
- Abscess in nose..... 130
- Ache.....1, 259, 271, 296, 305, 310
- Aching arm, back, and/or shoulder .....62
- Aching of scapular joint.....87
- Aching of the shoulder joint 94
- Aching or paralysis of the knee joint and leg .....68
- Acid reflux.....254
- Acid regurgitation..... 118
- Acne..... 10, 38, 193, 195, 323
- Acute and chronic gastritis or gastro-enteritis .....68
- Acute epididymitis or intestinal obstruction.....68
- ADD/ADHD .....239
- Adhesive capsulitis .....7
- Akinetic mutism.295, 301, 302
- Allergy ..... 196, 197, 198, 199
- ALS..... 26, 281, 282, 283, 321
- Amenorrhea....68, 128, 200, 201, 202
- Amyotrophic lateral sclerosis .....26, 281
- Anemia.....94
- Anger ..... 31, 142, 224
- Angina pectoris..... 80, 106
- Angry..... 31, 201
- Annoyance..... 224
- Anorexia..... 68, 100, 130, 258
- Anosmia ..... 10, 25
- Antrum ..... 254
- Anus ..... 24, 25, 60, 128, 130
- Anxiety....128, 130, 246, 295, 299
- Aphasia..... 80, 112, 128
- Apoplexy ..... 62, 106, 118, 130
- Apoplexy of the flaccid type, ..... 128
- Appendicitis.... 62, 68, 76, 203
- Appetite.....32, 230, 258, 270, 326
- Arrhythmia ..... 106
- Arthritis.....2, 10, 27, 204, 205, 206, 207, 252, 324
- Arthritis of mandible ..... 62
- Arthritis of shoulder or the knee joint..... 68
- Arthritis of the elbow, wrist and finger joints..... 87
- Arthritis of the knee joint .. 118
- Arthritis of the mandible joint ..... 118
- Ascariasis ..... 76
- Ascariasis of the bile duct.... 62
- Aspirin..... 267
- Asthenia..... 305, 310
- Asthma.....10, 54, 68, 87, 94, 100, 118, 128, 130, 208, 210, 214
- Atopic dermatitis ..... 10
- Atopy ..... 62, 196, 240
- Aural vertigo..... 288, 317

## **B**

Bacillary dysentery .....68  
Back injury.....37  
Back pain .....94, 130  
Back pain during menstruation  
.....94  
Bedsore .....38  
Beef.....40, 41, 236, 323  
Behçet's disease .....211  
Belching.....100, 254, 270  
Bell's palsy .....10  
Biceps .....56, 59, 108  
Bi-Digital O-Ring Test .....38  
Big toe.....67, 74, 252  
Biliary tract .....213  
Bladder cancer ....10, 217, 322  
Bleeding.....25, 100, 272  
Bleeding nose.....10  
Bloating.....270, 275  
Blood...15, 26, 36, 74, 76,  
122, 148, 197, 200, 211,  
212, 215, 221, 230, 248,  
260, 261, 262, 263, 268,  
284, 285, 291, 310, 324  
Blood glucose level.....236  
Blood pressure....260, 261,  
262, 263  
Blood sugar level .....35, 36  
Blood vessel.....26, 27, 32,  
80, 211, 230, 260, 261,  
284, 305  
Blurring of vision.....94  
Bone...26, 27, 32, 37, 101,  
179, 204, 207, 247, 271,  
272, 274, 282, 285, 291,  
292, 303, 304, 305, 307,  
309, 310, 314, 316  
Borborygmus...68, 68, 76, 94,  
100, 118, 128  
Bowel movement....247, 248,  
282, 291, 292, 326

Brain...92, 221, 241, 246, 290,  
291, 299, 302  
Breast.....28, 287  
Breast cancer...28, 42, 216,  
217, 287  
Breath .....263  
Bronchitis...10, 68, 87, 94,  
100, 128, 130, 208, 214  
Bronchospasm .....214  
Bruise.....305, 310  
Buerger's disease .11, 211, 215  
Burn.....305, 310

## **C**

Cancer...40, 46, 216, 217, 254,  
305, 310, 322  
Cancer of the esophagus .....68  
Capillary vessel .....305, 310  
Car sick.....62  
Carpal tunnel syndrome....218,  
219, 220  
Cerebrovascular accident..221,  
222, 223  
Cheek.....66, 80, 110  
Chest and back pain....68, 130  
Chest pain .....118, 124, 296  
Chicken.....196, 236  
Chin .....66  
Cholecystitis ..87, 94, 118, 213  
Cholesterol.....42, 267  
Chorea .....62  
Chronic hemorrhagic diseases  
.....94  
Chronic pelvic inflammation  
.....68  
Chronic skin infection of the  
hand .....106  
Chylous urine.....224, 225  
Chyluria .....224, 225  
Clench.....34  
Clenching fist.....222  
Cloudiness of cornea .....112

Cognitive dysfunction.....246  
 Cold....28, 34, 62, 94, 112,  
 118, 130, 226, 230, 280  
 Color .....24, 38  
 Color blindness .....24  
 Coma..... 54, 62, 100, 106  
 Common cold with fever .....62  
 Conjunctivitis..... 68, 112, 232  
 Constipation.....40, 62, 68,  
 76, 94, 100, 112, 118, 233,  
 275  
 Constriction .....214  
 Convulsions in children and  
 infants ..... 124, 130  
 Coronary artery disease .....267  
 Coronaviruses .....226  
 Coryza.....226  
 Costal and back pain..... 118  
 Costal neuralgia .....68  
 Cough...34, 45, 54, 62, 68, 76,  
 94, 100, 106, 128, 130,  
 226, 230, 231  
 Cramp ..... 305, 307, 310  
 Crying.....33  
 Cut.....2, 24, 56, 267, 271,  
 272, 304, 305, 310  
 Cystitis...68, 94, 100, 118,  
 234, 235

## **D**

Deafness... 62, 87, 94, 112, 118  
 Deafness and mutism..... 130  
 Deficient lactation....68, 76,  
 80, 87  
 Depression...32, 34, 38, 70,  
 101, 142, 246  
 Detoxification...195, 198, 199,  
 211, 234, 235, 243, 244,  
 245, 247, 248, 256, 257,  
 277, 278, 284, 285, 291,  
 292, 293, 294, 322

Diabetes...35, 36, 100, 236,  
 237, 267, 303, 324, 325  
 Diarrhea...68, 94, 100, 124,  
 128, 130, 233, 239, 258,  
 259, 275  
 Diarrhea or loose stool..... 76  
 Difficult labor ..... 94  
 Difficulty in hearing .....317  
 Difficulty in opening mouth  
 ..... 118  
 Digestion...244, 247, 248,  
 282, 284, 285, 291, 292,  
 293  
 Diseases of the digestive tract  
 ..... 68  
 Disorder of shoulder joint and  
 its surrounding soft tissue  
 ..... 62  
 Disorder of the cubital joint  
 and its surrounding soft  
 tissue..... 62  
 Disorder of the cubital joint  
 and the shoulder joint and  
 its surrounding soft tissue  
 ..... 80  
 Disorder of the ilio-sacral joint  
 ..... 94  
 Disorder of the joints of ankle  
 and/or femoral and their  
 surrounding soft tissue.. 94  
 Disorders of knee joint and its  
 surrounding soft tissue or  
 the malleolus joint and its  
 surrounding soft tissue.. 68  
 Disorders of the ankle joint  
 and the surrounding tissue  
 and the hip joint and its  
 surrounding soft tissue 118  
 Disorders of the elbow joint,  
 shoulder joint, wrist joint  
 and their surrounding soft  
 tissues ..... 112

Disorders of the genital system .....100  
 Disorders of the knee joint and its surrounding soft tissue .....124  
 Disorders of the shoulder joint and its surrounding soft tissue .....87  
 Disorders of the wrist joint and its surrounding soft tissue .....106  
 Distention and pain in the chest and hypochondriac region .....68  
 Dizziness .....124  
 Dizziness and vertigo...68, 94, 118, 130  
 Dream-disturbed sleeping ...68, 76, 94  
 Dry eyes .....30, 232  
 Duodenal.....254  
 Dysentery .....68, 76, 94  
 Dyslexia .....238, 239  
 Dyspepsia.....76, 94, 128, 130  
 Dyspepsia in children and infants .....62  
 Dyspnea .....54, 68, 76, 130  
 Dysuresis.....128  
 Dysuria.....76, 100  
 Dysuria and other urogenital diseases .....94

## **E**

Ear.....24, 25, 110, 116  
 Eczema.....62, 130, 240  
 Eczema of the scrotum.....124  
 Edema .....62, 68, 76, 94, 128  
 Elbow .....80  
 Embolic stroke .....221  
 Emotion.....31, 33  
 Endocarditis .....94  
 Endometritis...76, 94, 118, 128

Enteritis .....76, 94, 128, 130  
 Enuresis...68, 76, 94, 100, 124, 128, 241, 242  
 Epiglottis.....297, 298  
 Epilepsy54, 68, 87, 94, 100, 106, 112, 118, 124, 128, 130  
 Epiphora .....30  
 Epistaxis54, 62, 68, 94, 118, 130  
 Erectile dysfunction...267, 268  
 Esophagus..216, 255, 297, 306  
 Esophagus cancer10, 216, 217, 254, 306  
 Excess salivation .....128  
 Excessive sputum .....62, 68  
 Eye 291, 292  
 Eye disease.....68, 87, 94, 112, 118, 124, 130  
 Eyes.....24, 36, 80, 110, 116, 232, 250, 251, 277, 278, 291, 292

## **F**

Face.....28, 80, 195, 244, 245, 293, 323  
 Facial paralysis...54, 62, 87, 94, 112, 118, 128, 130, 244  
 Facial paralysis or swelling .68  
 Facial swelling .....118, 130  
 Failing eyesight .....87  
 Falling of hair .....94  
 Fatigue .....230, 231, 243, 246  
 Fear.....31, 32, 142  
 Febrile diseases.....62, 68, 87, 106, 112, 130  
 Feeling full earlier than normal when eating.....270  
 Femoral neuralgia.....124  
 Fever...54, 62, 76, 94, 112, 185, 226, 258  
 Fibromyalgia.....246, 247, 248



Finger. 4, 37, 38, 219, 222, 252  
 Fist.....222  
 Flattened face.....222  
 Flatulence.....254  
 Flesh..26, 27, 62, 215, 256,  
 271, 282, 284, 291, 292,  
 293, 297, 298, 305, 306,  
 308, 310  
 Flu.....62, 227, 228  
 Flu shot .....229  
 Flu virus .....228  
 FMS .....246  
 Forehead ..... 92, 116, 289  
 Fracture.....273  
 Freckles.....62  
 Frequency of urination..... 76  
 Fright ..... 31, 32, 142  
 Frontal headache..... 118  
 Frozen shoulder ..... 7, 10  
 Fullness in chest...54, 94, 106,  
 128  
 Functional                    uterine  
     bleeding.....76, 100, 118

## G

Gall stones .....213  
 Gastralgia.....68, 76, 94, 100,  
 106, 118, 128, 130  
 Gastric acidity..... 118  
 Gastric and abdominal pain .68  
 Gastric cancer .....254  
 Gastric neurosis .....68  
 Gastric or duodenal ulcer.....68  
 Gastric pain.....94  
 Gastric ulcer.94, 128, 254, 306  
 Gastritis..... 128, 254  
 Gastroesophageal        reflux  
     disease .....254  
 Gastropotosis ..... 68, 94, 128  
 General aching .....76  
 General malaise ..... 118  
 General weakness .....94

Genital.....211, 212, 224, 234,  
 241, 248, 268, 276, 279,  
 320  
 Genital Area .....248  
 Genitals.....24, 25, 200, 234,  
 293, 307  
 GERD ..... 254  
 Giftedness.....239  
 Gingivitis..... 68  
 Glaucoma.....118, 249, 250,  
 251, 277  
 Glossitis..... 62  
 Gout..... 252, 253  
 Grief ..... 31, 32, 142  
 Groaning..... 33  
 Guillain–Barré syndrome . 226,  
 229  
 Gums ..... 60, 62

## H

Hair.....26, 27, 28, 29  
 hairline..... 66  
 Halitosis..... 130  
 Hand ..... 34, 219, 222  
 Hansen's disease ..... 277, 278  
 Happiness ..... 31, 32  
 Headache...6, 54, 62, 87, 112,  
 124, 130, 230, 231, 243,  
 258, 259, 296  
 Headache (frontal, on sides,  
     occipital, and/or vertical)  
     ..... 94  
 Headache or migraine around  
     forehead..... 68  
 Hearing.....24, 25, 288, 317,  
 318, 326  
 Heartburn... 188, 191, 270, 306  
 Heat stroke..... 94, 106, 130  
 Heel ..... 252  
 Helicobacter pylori .... 254, 255  
 Hematuria ..... 94  
 Hemiplegia ..... 62, 68, 76, 118

Hemoptysis .....54, 100  
Hemorrhoids .....94, 128, 256  
Hemorrhoids with bleeding 130  
Hepatitis.....94, 118, 124, 258,  
259  
Hepatomegaly .....94  
Hernia.....68, 76, 94, 100,  
124, 128  
Hiccough.....94, 100  
Hiccup..... 68, 106, 118, 128  
High blood pressure .....38  
Hoarse voice .....80  
Hyperacidity.....28, 56  
Hyperhidrosis.....62  
Hypertension.....62, 68, 118,  
124, 260, 261, 262, 263,  
267  
Hyperthyroidism.....118, 264,  
265  
Hypohidrosis Leucoma .....62  
Hypohydrosis .....76  
Hypothyroidism .....266  
Hysteria.....80, 100, 106, 130

## **I**

IBS.....275  
Ibuprofen.....267  
Impaired hearing .....25  
Impairment of arm motion .112  
Impotence.....76, 94, 100, 124,  
128, 130, 267, 268, 269  
Incontinence.....320  
Incontinence or retention of  
urine .....128  
Indigestion .....28, 270  
Ineffectualness .....305, 310  
Infantile convulsion ....94, 100  
Infantile regurgitation .....128  
Infection....140, 179, 254, 258,  
270, 271, 275, 280, 290,  
305, 307, 310

Infection of urogenital system  
..... 124  
Inflammation....179, 180, 211,  
216, 234, 237, 254, 258,  
270, 280, 287, 291, 294,  
305, 306, 307, 310  
Inflammation of the axillary  
lymph nodes ..... 118  
Inflammation of the inguinal  
lymph node ..... 76  
Inflammation of the pelvic  
organs ..... 124  
Injury.....271, 272, 274, 295,  
301, 305, 307, 310  
Insomnia....38, 76, 80, 94, 106,  
124, 130  
Intercostal neuralgia68, 94,  
100, 118, 274  
Intestinal paralysis ..... 76  
Intestinal parasitosis ..... 76  
Intracerebral hemorrhage...221  
Irregular menstruation...76, 94,  
100, 118, 124, 128, 130  
Itching..... 150, 305, 310

## **J**

Jaundice ..... 94, 100, 130, 258  
joint..... 204, 252, 284, 285  
Joint ache ..... 258, 259  
Joint stiffness ..... 246

## **K**

Kidney failure ..... 87  
Kidney stone..... 276  
Kidney stones ..... 252  
Kimchi ..... 39, 254, 255  
Knee.....2, 10, 11, 66, 74,  
204, 206, 207, 252, 253,  
271, 307  
Knee arthritis ..... 142  
Knee pain..... 100

## **L**

Lacrimation.....68, 94  
Languor.....22  
Laugh.....31, 32, 33  
Learning disability.....238, 239  
Leg pain.....94  
Leprosy.....277, 278  
Lesions of the soft tissue of the  
back.....94  
Leucoma.....94  
Leukorrhea...94, 128, 279, 280  
Lie.....35, 37, 142  
Lips.....24, 25, 28, 62, 66, 74,  
295  
Liver cancer.....217  
Liver diseases.....94  
Loss of appetite.....231  
Lou Gehrig's disease...26, 281,  
321  
Low back pain.....308  
Lower abdomen.....74  
Lower abdominal pain.....100  
Lumbago.....76, 87, 100, 124,  
130  
Lumbago and back pain....130  
Lumbago and leg pain.....118  
Lung cancer.....217  
Lupus.....284, 285, 322  
Lymph nodes.....106

## **M**

Malaise.....258  
Malaria...87, 94, 106, 112, 130  
Malposition of fetus.....94  
Mandible.....66  
Mandible arthritis.....68  
Mania.....100  
Marrow.....26, 27  
Mastitis...62, 68, 76, 87, 94,  
100, 106, 118, 124, 287,  
293  
Melancholy.....142

Meniere's disease.....100, 288,  
317  
Menorrhagia ..68, 76, 124, 128  
Menstrual pain.....56, 307  
Mental disorder.....68, 76, 87,  
100, 128, 130  
Middle-ear infection.....10  
Migraine...2, 6, 7, 17, 56, 118,  
180, 192, 289  
Milk.....40, 236, 322, 323  
Motor impairment of upper  
extremities.....118  
Mouth...24, 25, 211, 212, 248,  
296, 297, 298  
MS.....290, 291, 292  
Multiple sclerosis.....290, 291,  
292  
Mumps.....293, 294  
Muscle...31, 214, 222, 241,  
244, 245, 246, 247, 256,  
258, 259, 271, 274, 276,  
281, 282, 284, 285, 291,  
292, 293, 297, 298, 305,  
306, 308, 309, 310  
Muscle aches.....230, 231  
Mutism.....295, 296, 297, 298,  
299  
Myopia.....68, 94, 100

## **N**

Nails.....28  
Nasal congestion.....230, 231  
Nasal obstruction...62, 94,  
118, 130  
Nasopharyngitis.....226  
Nausea.....6, 7, 254, 258, 259,  
270  
Nausea and vomiting...68, 100  
Neck.....60, 216  
Nephritis.....10, 68, 94, 100  
Neurasthenia.....80, 94, 100,  
106, 118, 128, 130

Neurodermatitis .....62  
 Neurodermatitis of lateral  
 aspect of thigh.....118  
 Neurosis .....130  
 Neurotic nausea and vomiting  
 .....94  
 Night blindness .....118  
 Night sweating .....80, 87, 100  
 No sense of smell .....10, 25  
 Nocturnal emission 76, 94, 100  
 Nose .....24, 25, 30  
 NSAID .....267  
 Numbness ..246, 271, 305, 310  
 Numbness and aching of upper  
 extremities .....87  
 Numbness and chilliness of the  
 leg and knee .....76  
 Numbness of elbow and arm94  
 Numbness of hand and arm..80  
 Numbness of the Fingers .....87

## O

Occipital headache .....87  
 Odontalgia.....319  
 Oophoritis .....293  
 Ophthalmalgia.....68, 94, 118  
 Optic atrophy .....68  
 Orchitis ..76, 94, 100, 118, 293  
 Osteoarthritis.....204, 206, 207  
 Osteoporosis.....303  
 Otitis media.....112, 118  
 Overwork .....224, 324  
 Ozena .....25

## P

Pain...2, 6, 24, 37, 38, 45, 47,  
 69, 76, 80, 87, 94, 100,  
 106, 112, 118, 124, 128,  
 130, 139, 140, 150, 187,  
 190, 193, 201, 202, 208,  
 222, 232, 246, 270, 271,  
 272, 273, 283, 296, 303,

304, 305, 306, 307, 308,  
 309, 310, 319, 324, 326,  
 327  
 Pain and constriction of  
 shoulder joint.....87  
 Pain and distention of chest,  
 costal and hypochondriac  
 region.....76  
 Pain and motor impairment of  
 elbow and arm .....54  
 Pain and paralysis of the upper  
 extremities .....62  
 Pain and restricted movement  
 of elbow and arm.....62  
 Pain and swelling of cheek and  
 submaxillary region ....118  
 Pain and swelling of dorsum of  
 foot .....68  
 Pain and swelling of elbow and  
 arm.....54  
 Pain and swelling of lips and  
 cheek.....68  
 Pain and swelling of the ankle  
 region.....94  
 Pain and swelling of the gum  
 .....130  
 Pain and swelling of the  
 scapular joint .....112  
 Pain and swelling of the testis  
 .....100  
 Pain and swelling of the throat  
 .....128  
 Pain and swelling of throat and  
 pharynx.....62  
 Pain and weakness of the arm  
 .....87  
 Pain in ankle joint, axilla, back,  
 foot, knee joint, lateral  
 aspect of leg, legs, lower  
 abdomen, lower  
 extremities, lumbar region  
 and shoulder .....118

- Pain in arm and the cardiac region.....80
- Pain in arm, back, hand, neck and shoulder..... 112
- Pain in cardiac region and the penis..... 128
- Pain in chest and costal region .....100
- Pain in chest, the medial aspect of upper arm, the shoulder, the back, the wrist and/or hand .....54
- Pain in the ankle joint .....76
- Pain in the back.....87
- Pain in the back, heel, leg, shoulder, sole, spinal column and the lumbosacral region.....94
- Pain in the back, the chest, the hypochondriac region and in the medial aspect of arm..... 106
- Pain in the costal and hypochondriac regions, joints and in the shoulder and arm .....80
- Pain in the costal region, the hypochondriac region, the joints of lower extremities, the knee joint, the leg, the lower abdomen, the medial aspect of thigh, and the penis ..... 124
- Pain in the forearm, and in the upper extremities and arm and in wrist and hand....62
- Pain in the sacrolumbar region ..... 130
- Pain or paralysis of lower extremities .....68
- Pain reliever267, 268, 304, 305
- Pain, constriction and numbness in the elbow and arm,..... 62
- Painful heel..... 100
- Palpitation..... 80, 106, 128
- Palsy ..... 31, 34, 218
- Panic disorder..... 62
- Paralysis 26, 68, 245, 305, 310
- Paralysis and numbness or pain of lower extremities ..... 94
- Paralysis of diaphragm muscle and lateral aspect of lower extremities ..... 94
- Paralysis of lower extremities ..... 100, 118, 124
- Paralysis of the abdominis... 68
- Paralysis of upper extremities ..... 62, 80, 87
- Paralysis of upper extremities or hands ..... 112
- Parkinson's disease.....11, 26, 80, 106, 218, 321
- Parkinsonism...11, 26, 80, 106, 218, 321
- Parotitis..... 62, 68, 112
- Pelvic inflammation..... 128
- Pelvis ..... 201, 202
- Pensiveness..... 32, 142
- Peptic ulcers ..... 254
- Perforation of gastric ..... 306
- Pericarditis..... 94
- Peritonitis ..... 62, 128
- Persistent cough..... 130
- Pertussis..... 208, 210, 214
- Pharyngitis..... 62, 118, 128
- Phonophobia..... 6
- Photophobia..... 6
- Pinch..... 305, 310
- Pleuritis.....10, 68, 94, 100, 106, 118, 124, 128
- Pneumonia ..... 62, 94

Podagra .....252  
 Poor eyesight.....130  
 Poor memory.....130  
 Pork.....39, 40, 41, 236  
 Postpartum abdominal pain100  
 Postpartum pain .....128  
 Posttraumatic stress disorder  
 .....246  
 Prolapse of rectum .....94, 130  
 Prolapse of the uterus100, 124,  
 128  
 Prolapse of uterus.....68  
 Prostate cancer .....42, 217  
 Prostatitis .....311, 313  
 Pruritus.....10  
 Pruritus of skin.....94  
 Pulmonary tuberculosis.....10,  
 54, 94, 128

## R

Radioactivity Exposure,.....62  
 Radius of arm.....309  
 Redness and swelling of ear  
 .....112  
 Redness and swelling of eye  
 .....94, 124  
 Redness and swelling of  
 fingers and back of hand  
 .....62  
 Regurgitation .....254  
 Respiratory.....282  
 Respiratory failure .....54  
 Respiratory system...196, 198,  
 199, 209, 226, 284, 285  
 Respiratory tract.....277, 278  
 Retention of urine...68, 76, 94,  
 124  
 Rheumatic disorder .....204  
 Rheumatism .....68, 204  
 Rheumatoid arthritis ..204, 207  
 Rhinitis...56, 62, 94, 118, 130,  
 314, 315

Rhinoviruses .....226  
 Rigidity and stiffness of neck  
 .....112, 118  
 Rigidity or stiffness of neck.87  
 Rigor.....10  
 Ringing noise.....25, 26  
 Rosacea.....130  
 Runny nose.....1, 30, 179, 226,  
 230, 231

## S

Sacral neuralgia .....94  
 Sadness .....31, 32, 224  
 Saliva .....30, 31  
 Salivation.....68, 118  
 Salt 39, 323  
 Schizophrenia 68, 94, 106, 130  
 Sciatica .....62, 94, 118  
 Scoliosis.....307  
 Sea sick.....62  
 See 35, 36, 142  
 Selective mutism .....295  
 Sense.....24  
 Shingles .....62  
 Shock .....100, 130  
 Shortness of breath .....54  
 Shoulder.....56, 60  
 Shoulder and back pain.....62  
 Shouting.....33  
 Shudder.....32, 34  
 Sighing.....33  
 Simple thyroid goitre .....62  
 Sinews .....26  
 Singing.....33  
 Sinus infection .....25  
 Sinusitis . 1, 10, 25, 62, 94, 316  
 Sit.....35, 37, 142  
 Skin...2, 4, 26, 27, 37, 41, 62,  
 193, 196, 198, 199, 200,  
 215, 222, 230, 243, 244,  
 271, 272, 277, 284, 285,

291, 292, 293, 305, 306,  
 308, 309, 310  
 Skin cancer ..... 217  
 Skin disease ... 38, 41, 322, 323  
 SLE.....284, 322  
 Sleep disturbance ..... 246  
 Splenomegalia, Spermatorrhea  
 ..... 124  
 Smell..... 24, 39, 326  
 Smoking..... 267  
 Sneeze..... 34  
 Snivel..... 30  
 Sole of the foot..... 102, 306  
 Sore throat..... 54, 62, 68, 87,  
 100, 112, 226, 230, 231  
 Sorrow ..... 31, 32  
 Spasm..... 305, 310  
 Spasm of masseter muscle ... 69  
 Spasm of the gastrocnemius..  
 ..... 94, 100, 118  
 Spasm of the rectus abdominis  
 ..... 68  
 Spastic colon..... 275  
 Spermatid..... 76  
 Spermatorrhea..... 69, 76, 94,  
 100, 128, 130  
 Spinal caries..... 307  
 Spinal cord... 98, 290, 291, 292  
 Spinal curvature ..... 32, 307  
 Spinal disc..... 305  
 Spine..... 32, 60, 80, 92, 98,  
 116, 201, 202, 307, 308  
 Spirits..... 33  
 Splenomegaly ..... 94  
 Spondylitis ..... 307  
 Sprain of the lumbar region . 94  
 Stand ..... 35, 37, 142  
 Stiff neck..... 54, 69  
 Stiffness and pain in the neck  
 ..... 130  
 Stiffness and rigidity of neck  
 ..... 94

Stiffness of the spinal column  
 ..... 130  
 Stiffness of tongue..... 80  
 Stomach..... 25, 68, 76, 199,  
 215, 221, 238, 244, 245,  
 254, 261, 271, 327  
 Stomach ache..... 1, 192, 254,  
 306, 322  
 Stomach cancer..... 217, 255  
 Stomach lining..... 254  
 Stomatitis..... 62, 106  
 Stool ..... 60, 233, 291  
 Stress ..... 31, 32, 246, 326  
 Stroke ..... 221, 222, 223  
 Swallow ..... 247, 248, 306  
 Sweat ..... 30  
 Swell..... 305, 310  
 Swelling and pain of the gum  
 ..... 118  
 Swelling of cheek ..... 118  
 Swelling of the gum..... 128  
 Swelling of the neck and  
 submaxillary region..... 87  
 Swine flu ..... 226, 229  
 Syndrome ..... 218  
 Systemic hypoperfusion ... 221  
 Systemic lupus erythematosus  
 ..... 284, 322

## **T**

Tachycardia ..... 106  
 Taste ..... 24, 39  
 Tears ..... 30, 232  
 Teeth..... 62  
 Tendon... 26, 31, 59, 222, 241,  
 247, 252, 256, 271, 274,  
 305, 306, 308, 309, 310  
 Tension ..... 224  
 Testitis ..... 69  
 Thermal burns..... 69  
 Thigh ..... 66, 74

Thoracalgia 76, 94, 100, 118, 128  
 Thoraco-costal pain..... 112  
 Throat..... 54, 66, 295, 296, 297, 298  
 Throat cancer ..... 10  
 Thromboangiitis obliterans 215  
 Thrombotic stroke..... 221  
 Tingling..... 246  
 Tingling and numbness of upper extremities ..... 62  
 Tinnitus..... 25, 62, 87, 94, 112, 118, 317, 318  
 Tissue... 26, 35, 246, 250, 252, 258, 271, 287, 304, 305, 308, 310  
 Tongue... 24, 74, 98, 295, 296, 297, 298  
 Tongue cancer..... 24  
 Tonsillitis... 54, 62, 69, 87, 100, 118  
 Toothache..... 62, 69, 87, 100, 112, 118, 128, 130, 319  
 Tophi..... 252  
 Trachea ..... 297, 298  
 Tremor ..... 62  
 Tremor of forearm ..... 80  
 Trigeminal neuralgia 62, 69, 87  
 Trismus ..... 112  
 Tuberculosis of cervical lymph nodes..... 62  
 Tuberculosis of vomiting ... 106  
 Tumor..... 24, 216, 217, 305, 307, 310  
 Twitching of eyelids ..... 69

## U

Ulnar neuralgia ..... 80  
 Umbilical pain..... 76  
 Upper abdomen..... 270

Upper abdominal fullness.. 270  
 Urate nephropathy ..... 252  
 Urethritis..... 124, 128  
 Urethritis, Uterine bleeding 124  
 Uric acid ..... 252  
 Urinary retention ..... 320  
 Urinary stone ..... 276  
 Urinary tract infection ..... 320  
 Urination..... 247, 291, 292  
 Urogenital diseases ..... 69, 94  
 Urticaria..... 76, 94, 240  
 Uterine bleeding ..... 128  
 Uterine cancer..... 10

## V

Vaccine ..... 226, 227, 229  
 Venous thrombosis ..... 221  
 Vertical headache ..... 118  
 Vertigo..... 130  
 Rhinopharyngitis ..... 226  
 Virus ..... 208, 226, 229, 258  
 Vision .. 24, 249, 251, 291, 326  
 Vitiligo..... 62  
 Vocal cords..... 295, 296, 297, 298  
 Vomiting... 6, 76, 87, 94, 112, 118, 128, 130, 243, 254, 258, 259

## W

Walk ..... 2, 25, 35, 36, 142  
 Weakness of limbs..... 76  
 Weight loss ..... 38  
 Whimpering..... 33  
 Whooping cough..... 208, 210, 214  
 Worry..... 142  
 Wrinkles ..... 222  
 Wrist ..... 56, 80, 252



# Endnote

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Author: Healthwise Staff, Medical Review: Kathleen Romito, MD - Family Medicine & Brian D. O'Brien, MD - Internal Medicine

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