# Relieve Chemical Dependency Quickly and Efficiently with Bi-Horary Acupuncture

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## Abstract

Statement of the Problem: Up to now, an individual differential diagnosis and related acupuncture had to be performed for an efficient relief of withdrawals from chemical dependency, such as SSRIs, opioids, and benzodiazepines. This meant much time consumption for a significant relief at a compromise of treating many patients. A consistent relief is also necessary to prevent relapse and to accelerate the brain's process of re-establishing homeostasis.

Methodology & Theoretical Orientation: Bi-Horary acupuncture makes the process simpler by removing any necessity to derive a diagnosis and with simple acupuncture protocol on hands and feet. One of two-sets consisting of five-acupuncture points provide a significant and immediate relief. The same points provide a steady progress.

Findings: Bi-Horary has an immediate, significant, and steady relief for multiple withdrawal symptoms in a majority of chemical dependency, especially medications for anxiety, depression, and pain.

Conclusion & Significance: Due to Bi-Horary's ease of learning and implementation, it can be performed anywhere for all people on the globe. Therefore, any person with chemical dependency can get an easy access to an effective medical care.


**Bi-Horary Five Element Acupuncture**



| YIN Points | |
|---|---|
| 70% of Population | 30% of Population |
| Liver 1 | Lung 11 |
| Heart 8 | Kidney 2 |
| Spleen 3 | Liver 3 |
| Lung 8 | Heart 4 |
| Kidney 10 | Spleen 9 |

| YANG Points | |
|---|---|
| 70% of Population | 30% of Population |
| Large Intestine 1 | Gall Bladder 44 |
| Urinary Bladder 66 | Small Intestine 2 |
| Gall Bladder 41 | Stomach 43 |
| Small Intestine 5 | Large Intestine 5 |
| Stomach 36 | Urinary Bladder 40 |

1. Acupuncture the 70% from either Yin or Yang points only on one side of the body.
2. If no relief, acupuncture the 30% from the same Yin or Yang points chosen earlier on the same side of the body.

## Recent Publications


1. Lee, David. *Bi-Horary Formulae: Acupuncture Points Without Eastern or Western Diagnosis.* San Bernardino, California: CreateSpace, 2015. Print.
2. Lee, David. *Tetrasoma Acupuncture: Four Constitutional Diagnosis and Four Needle Technique.* San Bernardino, California: CreateSpace, 2015. Print.
3. Lee, David. *Tetrasoma Diet for Four Body Types: Beneficial and Harmful Foods for Eastern Yin Yang and Western Temperament Types.* San Bernardino, California: CreateSpace, 2015. Print.




## Biography

David Lee, Ph.D., is a licensed acupuncturist and an Asian herbal medicine practitioner. He received his Doctorate of Philosophy in Oriental medicine in 2006 from American Liberty University in Fullerton, California. In addition, he received his Master in Oriental Medicine in 1999 from Emperor's College of Traditional Oriental Medicine. He completed an externship at the Daniel Freeman Hospital in the city of Marina del Rey, California, and at the University of California Los Angeles Arthur Ashe Student Health and Wellness Center. He studied pre-medicine and received a Bachelor of Arts in Psychology at University of California, Irvine. Dr. Lee has been practicing since 2000 and is currently based in California.

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**Notes/Comments:**

Oral presentation