

A 48-year-old female presents with a sensation that her body is getting larger and a sick feeling but not being able to pinpoint the trouble. Which of the following “Four Sea” treatment is most appropriate?

- A. Sedate UB11, ST37, ST39
- B. Tonify UB11, ST37, ST39
- C. Sedate ST30, ST36
- D. Tonify ST39, ST36

Sea of Blood Patterns

Feeling of body getting larger, feeling unwell without being able to pinpoint the trouble	Feeling of body getting smaller, inability to pinpoint the trouble

A 61-year-old male complains of hunger but has no desire to eat. Which of the following “Four Sea” points are most appropriate?

- A. ST9, RN17, DU15, DU14
- B. UB11, ST37, ST39
- C. ST30, ST36
- D. DU20, DU16

Sea of Food Patterns

Full	Empty

A 53-year-old male complains of shortness of breath and has no desire to speak. Which of the following “Four Sea” points are most appropriate?

- A. ST9, RN17, DU15, DU14
- B. UB11, ST37, ST39
- C. ST30, ST36
- D. DU20, DU16

Sea of Qi Patterns

Full	Empty
fullness of the chest, breathlessness, red face	

A 71-year-old female presents with dizziness, tinnitus, weak legs, blurred vision, and a desire to lie down. Which of the following “Four Sea” points are most appropriate?

- A. tonify ST9, RN17, DU15, DU14
- B. tonify UB11, ST37, ST39
- C. tonify ST30, ST36
- D. tonify DU20, DU16

Sea of Marrow/Brain Patterns

Full	Empty
full of vigour, great physical strength	dizziness, tinnitus, weak legs, blurred vision, a desire to lie down