

# Table of Contents

Golden Words to Our Dear Readers .....	iii
Dedication and Acknowledgments .....	iv
Forward .....	ix
Preface to <i>Window of Health</i> 1st Ed .....	xi
Introduction to <i>Window of Health</i> 1st Ed .....	xiii
<b>CHAPTER ONE</b>	
<b>Historical Review .....</b>	<b>1</b>
1. Classical Writings .....	1
2. About the Inventor .....	2
<b>CHAPTER TWO</b>	
<b>Relative Anatomy .....</b>	<b>5</b>
1. The Superficial Look and Skin of Palpebrae .....	5
2. The Muscles .....	6
3. The Sensory Nerve .....	8
4. The Circulation .....	9
5. The Distribution of Nerves and Arteries in the Deeper Layer of Each Periocular Region .....	11
<b>CHAPTER THREE</b>	
<b>Theory .....</b>	<b>13</b>
1. The Eye and Meridians .....	13
2. The Eye and Muscle Regions .....	21
3. The Eye and Organs (Zang-Fu ) .....	22
4. The Five Phases and Five Wheels .....	28
5. The Eight Diagrams and Eight Octants .....	28

**CHAPTER FOUR**

**Location ..... 33**

- 1. The Thirteen Ocuzones ..... 33
- 2. Triple-Warmer Theory ..... 34
- 3. The Location ..... 36

**CHAPTER FIVE**

**Disease Recognition ..... 39**

- 1. Pathological Variances in the Capillary Branches of the Bulbar  
Conjunctiva ..... 39
- 2. Color Variances in the Capillary Branches ..... 42
- 3. Results of a Double Blind Study in Observation of Ocular  
Diagnosis ..... 42

**CHAPTER SIX**

**Therapy ..... 43**

- 1. The Principle of Selection ..... 43
- 2. The Indications and Therapeutic Prescriptions from Dr. Peng's  
Experience ..... 45
- 3. Experiences of Other Acupuncturists ..... 50
- 4. Personal Experience - Complicated Symptoms ..... 50

**CHAPTER SEVEN**

**Periocular Needling Technique ..... 51**

- 1. Insertion ..... 51
- 2. The Various Puncturing Methods ..... 51
- 3. Needle Manipulation ..... 55
- 4. Needle Retention ..... 55
- 5. Withdrawal of Needle ..... 55
- 6. Contraindications ..... 55
- 7. Tips on the Method ..... 55
- 8. Ten Precautionary Measures ..... 56

**CHAPTER EIGHT****Clinical Reports ..... 59**

1. Professor Peng's Report of 13 Typical Cases ..... 59
2. Periocular Acupuncture for Cholecystospasm ..... 62
3. Clinical Research on Ocular Diagnosis and Periocular  
Acupuncture ..... 63
4. Ocular Diagnosis and Periocular Acupuncture for Complicated  
Symptoms ..... 64
5. Clinical Reports from Author Hoy Ping Yee Chan, OMD ..... 68

**CHAPTER NINE****Prevention: Periocular Self Care ..... 71**

1. Periocular Acupressure by Finger ..... 71
2. A Smooth Round Tip Probe ..... 71
3. A Ferrite Magnet ..... 72
4. A Magnetic Blunt Tip Needle ..... 72

**References ..... 73****About the Author ..... 75****Addendum by Dr. Y.M. CHEN ..... 77**

1. Based Evidence of Chinese Medicine for Eyes ..... 1
2. What Chinese Medicine Says About Our Eyes ..... 2
3. Five Types of Eyes ..... 2
4. Secondary Eye Dysfunctions ..... 2
5. Key Words and Abbreviations ..... 3
6. Diagnosis and Treatment for Five Types of Eye Dysfunction ..... 3
7. Special Discussion: Periocular Acupuncture Dx and Tx  
for Post Traumatic Injury Syndrome (PTIS) and Stroke ..... 15
8. Chinese Periocular Acupuncture with Chinese Periocular  
Tuina ..... 18
9. Twelve Important Prevention Measures for Your Eye Care ..... 22
10. Five Pathogenic Factors that Affect Our Eyes Daily ..... 25

11. Five Impairments by Five Prolonging or Reparative Motions .....	26
12. How Ocuzones and Acupuncture Points Relate to Eye Dysfunction .....	26
13. More Evidence Based Findings .....	27
<b>References .....</b>	<b>30</b>
<b>Ocuzone Charts .....</b>	<b>33</b>
<b>Special Thanks .....</b>	<b>34</b>