

# ACUPRESSURE

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## **What is Acupressure?**

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural healing abilities. When these points are pressed, they release muscular tension and promote the circulation of blood to aid healing.

## **How is it different than Acupuncture?**

Acupuncture and Acupressure use the same points and vessels, but acupuncture uses needles. Acupressure uses gentle but firm pressure of the hands (and even feet). The advantage is that it is safe to use on yourself and others, and it can be practiced anywhere, without side effects.

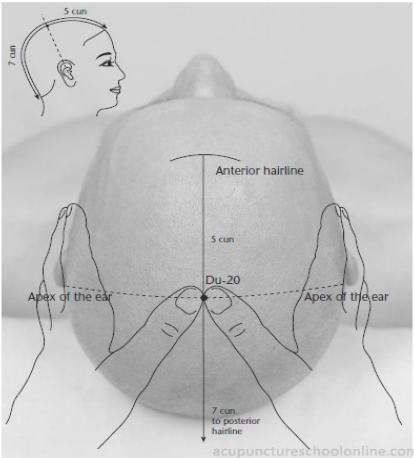
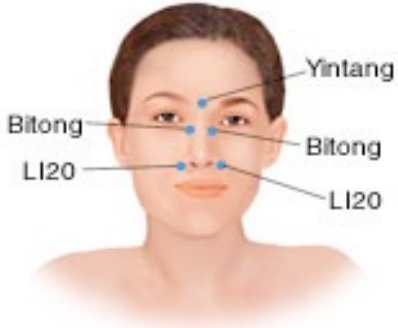
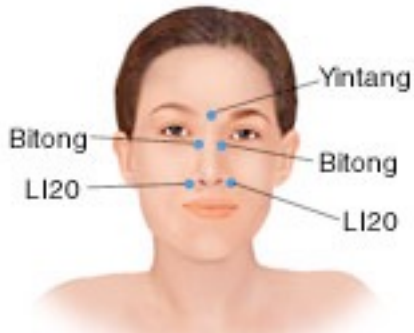
## **What do you need?**

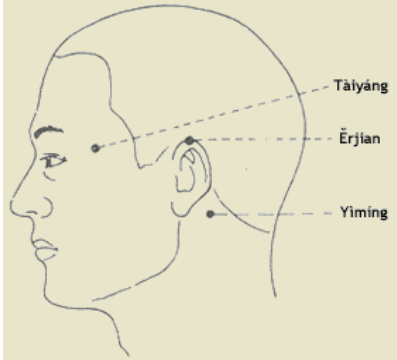

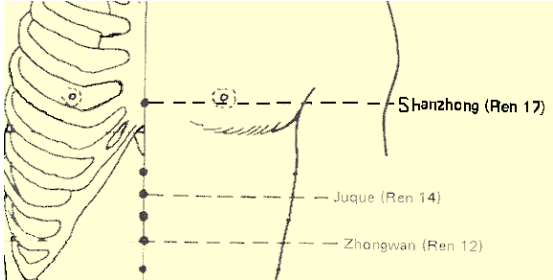
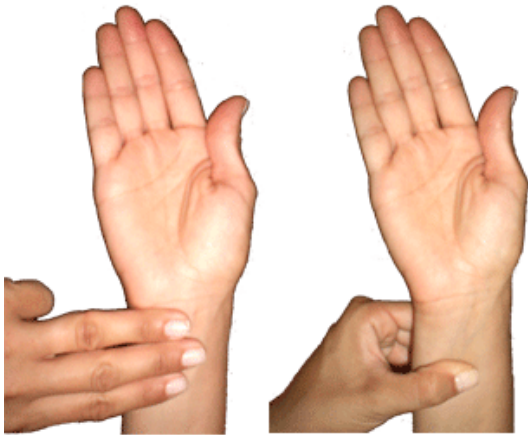
Fingers, elbows, heels, palms, and dull rounded objects


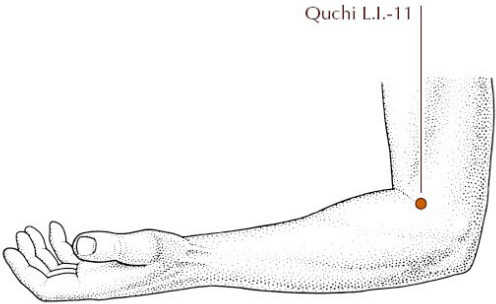
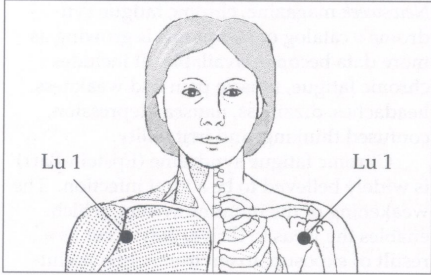

## **Acupressure massage techniques:**

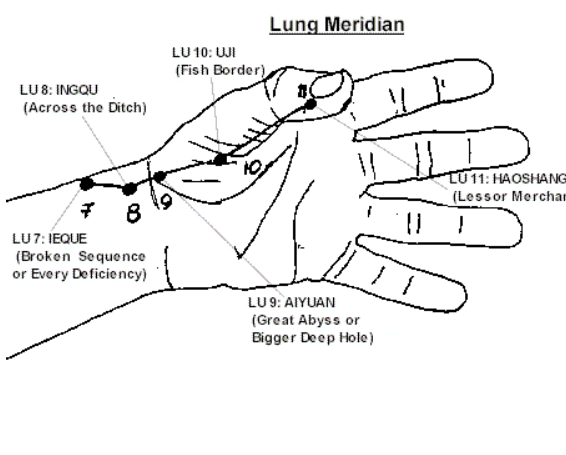
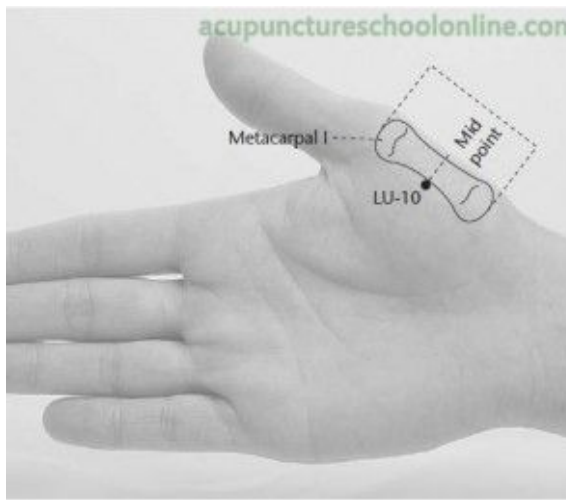
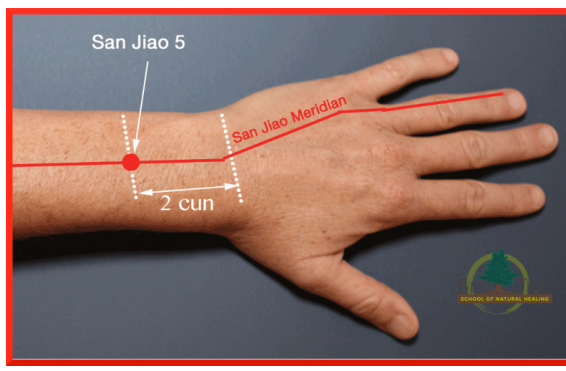

- **Firm pressure:** The most fundamental technique. Use thumbs, fingers, palms, the side of the hand, or knuckles (even elbows or heels) to apply steady stationary pressure. To relax the area apply one minute of steady pressure. To stimulate the area, apply pressure for only 4-5 seconds.
- **Slow motion kneading:** Uses thumbs and fingers along with the heels of the hands to squeeze large muscle groups firmly. Similar to kneading a large mass of dough. Simply lean the weight of your upper body into the muscle as you press to make it soft and pliable. This relieves general stiffness, shoulder and neck tension, constipation, and spasms of calf muscles.
- **Brisk rubbing:** Uses friction to stimulate the blood and lymph. Rub the skin lightly to relieve chilling, swelling, and numbness by increasing circulation, as well as to benefit the nerves and tone of the skin.
- **Quick tapping:** With fingertips to stimulate muscles on unprotected, tender areas of the body, such as the back or buttocks. For larger areas, use a loose fist. This can improve the functioning of nerves and sluggish muscles in the area.


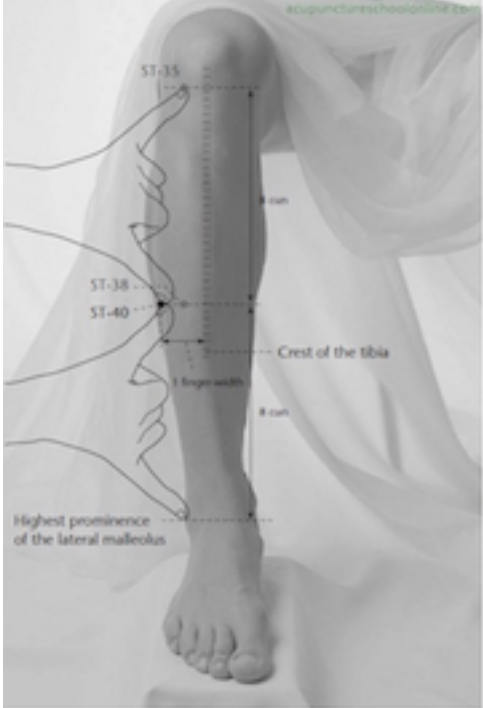
**When receiving Acupressure remember to breathe deeply as this will enhance the healing benefits.**


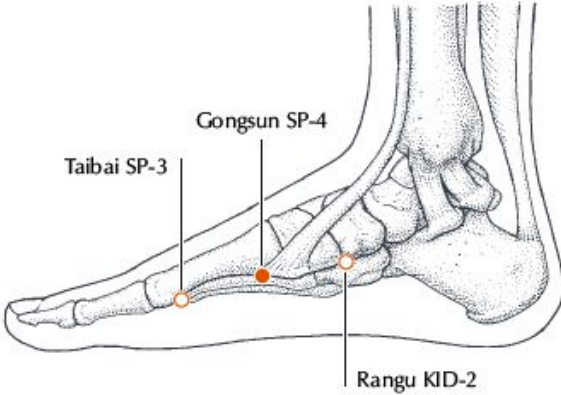
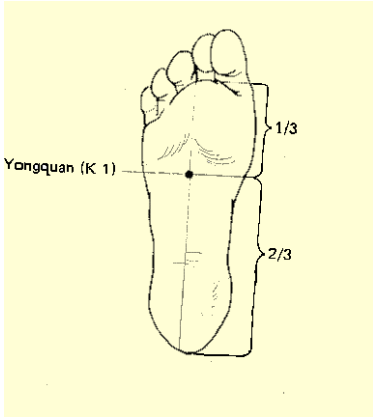
Point & Location	Functions/Indication	Image
<p><b>Du 20</b> - On the top of the head, towards the back, tender depression in the middle of the head.</p> <p>Use your fingers to trace a line from the tops of the ears to the highest point on the head.</p>	<p>Depression, heaviness of the head, poor memory and concentration.</p>	
<p><b>Yin Tang</b> - Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead.</p>	<p>Calms the spirit, insomnia, anxiety, agitation, frontal headaches, benefits the nose, runny nose.</p>	 <p style="text-align: center;"><b>A</b></p>
<p><b>Bi Tong with LI20-</b> Located on the side of the nose.</p>	<p>Relieves stuffy nose, sinus pain, and nasal congestion; clears the nose and sinuses.</p>	 <p style="text-align: center;"><b>A</b></p>




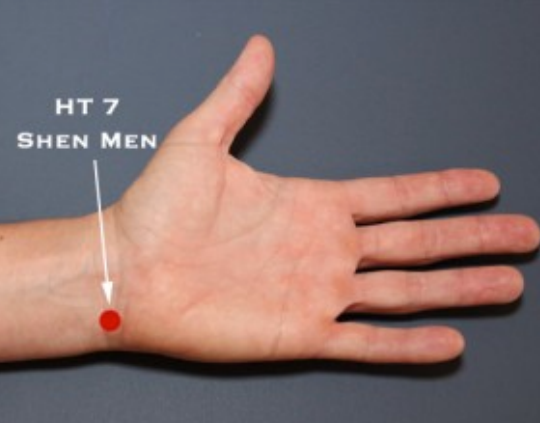
Point & Location	Functions/Indication	Image
<p><b>TaiYang</b> - Located in the depression of the temple.</p>	<p>One sided headache, dizziness, eye problems.</p>	 <p>A line drawing of a human head in profile, facing left. Three points are marked with dots and labeled with dashed lines: 'Taiyang' at the temple, 'Erjian' at the ear, and 'Yiming' at the base of the ear.</p>
<p><b>GB 20</b> - Just below the base of the skull, in the hollow between the two large neck muscles, two to three inches apart depending on the size of the head.</p>	<p>Relieves headaches, arthritis, insomnia, dizziness, stiff neck, neck pain, injuries, trauma, shock, hypertension, eyestrain, and irritability.</p>	 <p>A photograph of the back of a person's head and neck. Two bright green circles are placed on the back of the head, between the neck muscles, with the text 'GB 20' printed below them.</p>
<p><b>R 17</b> - In the depression on the breastbone, three thumb widths up from the base of the bone.</p>	<p>Relieves nervousness, anxiety, chest tension.</p>	 <p>A diagram of the human torso showing the ribcage and spine. Three points are marked with dots and labeled with dashed lines: 'Shanzhong (Ren 17)' at the level of the 4th intercostal space, 'Juque (Ren 14)' at the level of the 6th intercostal space, and 'Zhongwan (Ren 12)' at the level of the 5th intercostal space.</p>
<p><b>PC 6</b> - Located two thumb widths (or your pinky, ring, and middle fingers together) from the crease of the inner wrist, in the center of the wrist.</p>	<p>Relives indigestion, nausea, insomnia, nervousness, palpitations and wrist pain.</p> <p>Often used for motion sickness and morning sickness.</p>	 <p>Two photographs showing the location of the PC 6 point on the wrist. The first photo shows a hand with the thumb and index finger measuring the distance from the crease of the inner wrist. The second photo shows a hand with the thumb and index finger applying pressure to the PC 6 point.</p> <p><b>1. Measure</b>      <b>2. Apply Pressure</b></p>

Point & Location	Functions/Indication	Image
<p><b>LI 4</b> - In the webbing between your thumb and index finger. On the outside of the hand, find the highest spot of the muscle when the thumb and index fingers are brought close together.</p>	<p><b>**Do not use during pregnancy**</b></p> <p>Relieves frontal headaches, constipation, eye issues, nasal congestion and runny nose, sneezing, toothache. Alleviates pain and balances the gastrointestinal system.</p>	
<p><b>LI 11</b> - On the top, outer end of the elbow crease.</p>	<p>Relieves constipation, fever, elbow pain, lowers blood pressure; stimulates the intestines and benefits the immune system.</p>	
<p><b>LU 1</b> - On outer part of the chest, in the triangular depression under the collarbone and next to the front of the deltoid/shoulder.</p>	<p>Relieves difficult breathing, fatigue, chest tension and congestion, emotional repression, coughing, and asthma.</p>	
<p><b>LU 5</b> - Located on the inside of the elbow at the tendons outer edge in the hollow crease where the elbow is slightly bent.</p>	<p>Helps relieve phlegm and heat in the lung. Helps relieve coughing. Strengthens lung immunity.</p>	

Point & Location	Functions/Indication	Image
<p><b>LU 7</b> - Located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other, the point lies on the edge of the index finger, in a depression between the sinew and the bone.</p>	<p>Treats colds, flu and fever. Stops cough and relieves sore throat. Treats headaches and neck aches.</p>	 <p><b>Lung Meridian</b></p> <ul style="list-style-type: none"> <li>LU 7: IEQUE (Broken Sequence or Every Deficiency)</li> <li>LU 8: INGQU (Across the Ditch)</li> <li>LU 9: AIYUAN (Great Abyss or Bigger Deep Hole)</li> <li>LU 10: LU (Fish Border)</li> <li>LU 11: HAOSHANG (Lessor Merchan)</li> </ul>
<p><b>LU 10</b> - In the depression behind the thenar eminence (big palm muscle) of the thumb, about the midpoint of the palm side of the thumb, on the junction of the red and white skin.</p>	<p>Helps with shortness of breath, fever, sore throat and coughing.</p>	 <p>acupunctureschoolonline.com</p> <p>Metacarpal I</p> <p>Mid point</p> <p>LU-10</p>
<p><b>SJ 5</b> - on the back of the forearm, two thumb widths from the wrist crease in between both of the arm bones (radius and ulna)</p>	<p>Treats fever, headaches, dizziness. <b>Protects against colds and flu</b></p>	 <p>San Jiao 5</p> <p>San Jiao Meridian</p> <p>2 cun</p>
<p><b>LR 3</b> - On the top of the foot in the valley/webbing between the big toe and the second toe.</p>	<p>Lowers blood pressure, benefits eyes, relieves fainting, relieves fever, dizziness, confusion, headaches, nausea, and irritability.</p>	

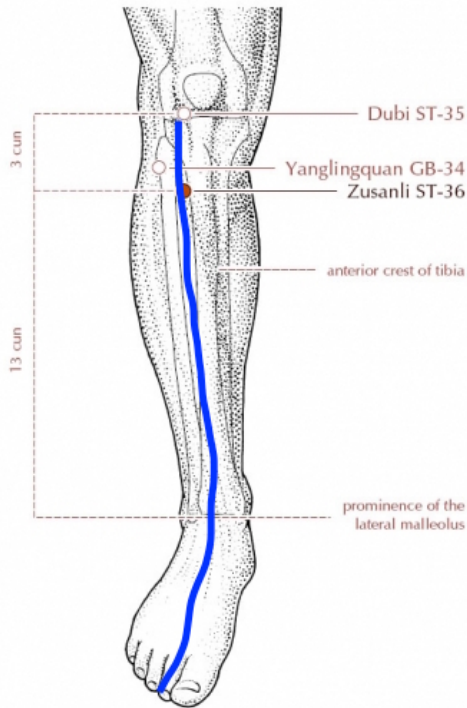
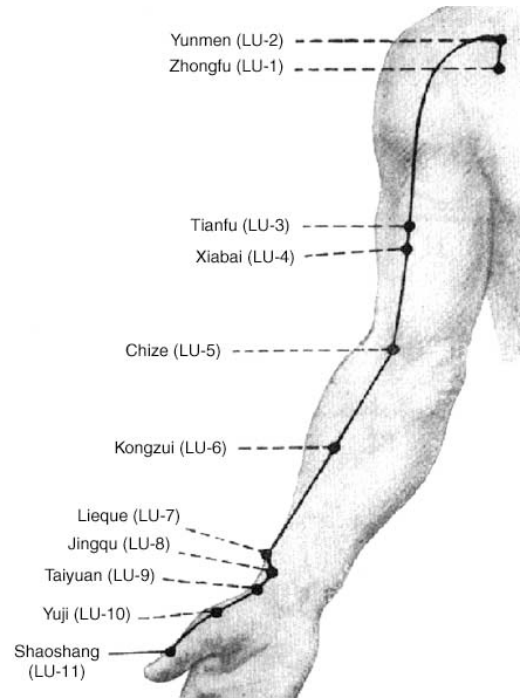
Point & Location	Functions/Indication	Image
<p><b>ST 36</b> - One hand width below the bottom of the knee cap, on the outside of the tibia bone.</p>	<p>Relieves fatigue, poor appetite, stomach pain, nausea, vomiting, belching, gas, diarrhea, constipation, shortness of breath, dizziness, and palpitations; benefits digestion and restores the immune system. Calming and grounding. A very nourishing point.</p>	 <p>The image shows a person's lower leg with a hand placed on the knee. A horizontal dashed line indicates the 'Level of the lower patellar border' at the ST-35 point. A second horizontal dashed line, one hand width below the first, indicates the ST-36 point. The text 'acupuncture-school-online.com' is visible at the top of the image.</p>
<p><b>ST 40</b> - Located at the halfway point between the outer bottom corner of the knee cap and the highest point of the outer ankle bone (see image)</p>	<p>Headache, dizziness and vertigo, cough, asthma, excessive sputum, pain in the chest, constipation, mania, epilepsy, pain, swelling or paralysis of the lower extremities.</p>	 <p>The image shows a person's lower leg with anatomical markings. ST-35 is at the level of the lower patellar border. ST-38 is located on the tibia, 8 cm above the highest prominence of the lateral malleolus. ST-40 is located on the tibia, 1 finger width below ST-38. The text 'acupuncture-school-online.com' is visible at the top of the image.</p>

Point & Location	Functions/Indication	Image
<p><b>SP 6</b> - Located on the inner aspect of the leg, one hand-width above the inner ankle, just behind the tibia bone.</p>	<p><b>**Do not use during pregnancy**</b></p> <p>Nourishing point that helps harmonize organs in the body. Boosts immune system.</p>	
<p><b>SP 4</b> - Located on the inside of the foot. Find it by running your thumb along the edge of the first metatarsal bone. Spleen 4 is about one inch above where the foot juts out, the place where most people get bunions. You should feel a slight depression at the base of the bone.</p>	<p>Treats abdominal issues such as cramping, bloating, gas, diarrhea, constipation, and nausea.</p>	
<p><b>KD 1</b> - At the base of the foot, just below the junction of the two pads.</p>	<p>Grounding, lowers blood pressure, hot flashes, dizziness, agitation, insomnia, poor memory, epilepsy, and fainting.</p>	

Point & Location	Functions/Indication	Image
<p><b>KD 3</b> - On the inside of the foot. In the depression between the medial malleolus (ankle bone) and the Achilles tendon, level with the tip of the medial malleolus.</p>	<p>Treats sore throat, toothache, deafness, coughing, asthma, irregular menses, insomnia, seminal emission, impotence, urinary frequency, low back pain.</p>	
<p><b>KD 6</b> - Located 1 thumb width below the highest point of the inner ankle bone (medial malleolus)</p>	<p>Treats irregular menses, prolapse of the uterus, urinary frequency, epilepsy, dry, sore throat, insomnia.</p>	
<p><b>GB 41</b> - See image. In the hollow just in front of the union of the fourth and fifth metatarsal bones. In the depression on the outer side of the palpable tendon when extending the little toe.</p>	<p>Treats headaches, migraines, vertigo, pain of the outer canthus, irregular menstruation.</p>	
<p><b>HT 7</b> - At the proximal end of and on the radial side of the pisiform bone at the wrist just over the ulnar artery. Or Palm side up, follow the pinky finger in a straight until you hit the wrist crease. The point is there.</p>	<p>Treats cardiac pain, irritability, palpitations, anxiety, insomnia, mania, epilepsy.</p>	

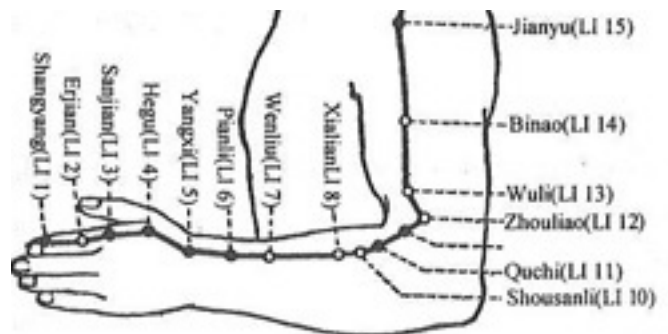


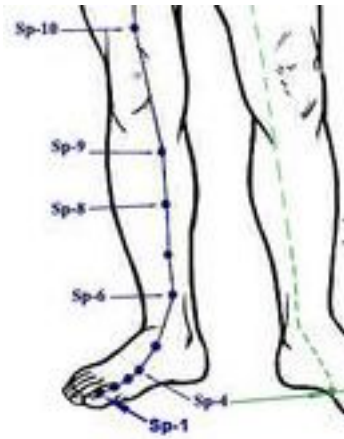
This is the path of the “Lung Channel” in Chinese medicine. When experiencing any kind of Lung symptoms (coughing, asthma, shortness of breath, phlegm) you can massage along the channel in a **downward motion** from the chest => to arm => to tip the nail of the thumb.



This is the lower part of the “Stomach Channel” in Chinese medicine. It not only treats digestive disorders but also helps with any lung issues. You can massage this channel in a **downward motion** from under the knee => down leg => to the tip of the second toe. On the lower leg, it follows the outer edge of the big tibia bone (tibialis anterior muscle) to the foot.

This is the lower part of the “Large Intestine” Channel in Chinese medicine. It not only treats digestive disorders but also can help clear heat in the lung and treat fever in the body. You can massage this channel in an **upward motion** from the tip of the index finger => along the arm => to the outer elbow.





This is the lower part of the “Spleen Channel” in Chinese medicine. It not only treats digestive disorders but also can help clear heat and phlegm in the lung. You can massage this channel in an **upward motion** from the tip of the big toe => along the inner foot => along the inner leg along the tibia bone to just below the knee.

Health Issue	Combinations
Immunity	LI 4, LI 11, LU 7, ST 36, SP 6, LR 3
Flu / Colds	<ul style="list-style-type: none"> <li>- Congestion/Sinus: YinTang, Bi Tong, TaiYang, LI 4</li> <li>- Headache/Neck-ache: GB 20 (also TaiYang, LI 4), LU 7, SJ 5, GB 41</li> <li>- Coughing, Wheezing, Phlegm: LU 1, LU 5, LU 7, LU 10, R 17, ST 36, KD 1, KD 3</li> <li>- Feverish: LI 11, LR3, LU10, SJ 5</li> <li>- Sore Throat: LU 10, KD 6, KD 3</li> </ul>
Stress	Yintang, Taiyang, ST 36, PC 6, HT 7 Feeling ungrounded: KD 1, LR 3, Feeling depressed or low energy: DU 20
Indigestion/Constipation	LI 11, ST 36, LI 4 Clockwise abdominal massage
Nausea	PC 6, ST 36
Diarrhea	ST 36 Counterclockwise abdominal massage
High Blood Pressure	Massage in downward direction the groove behind ear LI 11, ST 36, LR 3, KD 1