

SELF ACUPRESSURE

WHAT IS ACUPRESSURE?

- Acupressure is a technique based on traditional Chinese medicine, using pressure on certain points of the body to help relieve symptoms, reduce aches and pains and balance our energy, increasing our well-being.
- Acupressure has been practiced for 1000's of years.
- There are more than 400 acupressure points on the body.
- Acupressure is based on a 12-meridian system. Meridians are "energy channels" that run through our bodies and correspond with the organs of our bodies.
- When the meridians are blocked, energy doesn't flow, resulting in discomfort, pain or illness.
- Using acupressure unblocks the blockages in the meridians and allows energy to flow, activating the body's own regulatory mechanisms for self-healing.

HOW DO YOU DO IT?

- Using a fingertip, thumb, palm, heel, toe, or instrument (tennis ball, stone, pencil eraser, etc.), press into a pressure point with gentle, but firm pressure. It will probably be a bit tender.

You can either:

- Press in and hold the pressure for 1-3 minutes
- Press in and massage the point for 1-3 minutes
- Press in and oscillate, holding the pressure for 1-3 minutes
- Tap the pressure point firmly, repeatedly
- If in a hurry, press in and hold the pressure for about 5 seconds, release and repeat several times
- Breathe deeply and slowly while applying acupressure.
- Avoid using acupressure on a very full or very empty stomach, or on broken or healing skin.
- Remember that acupressure is NOT needed if you don't have symptoms. You wouldn't take flu medicine if it wasn't needed, right?

****Do not use acupressure without consulting a physician if you are pregnant, arthritic, suffering from heart disease, cancer or other chronic health conditions****

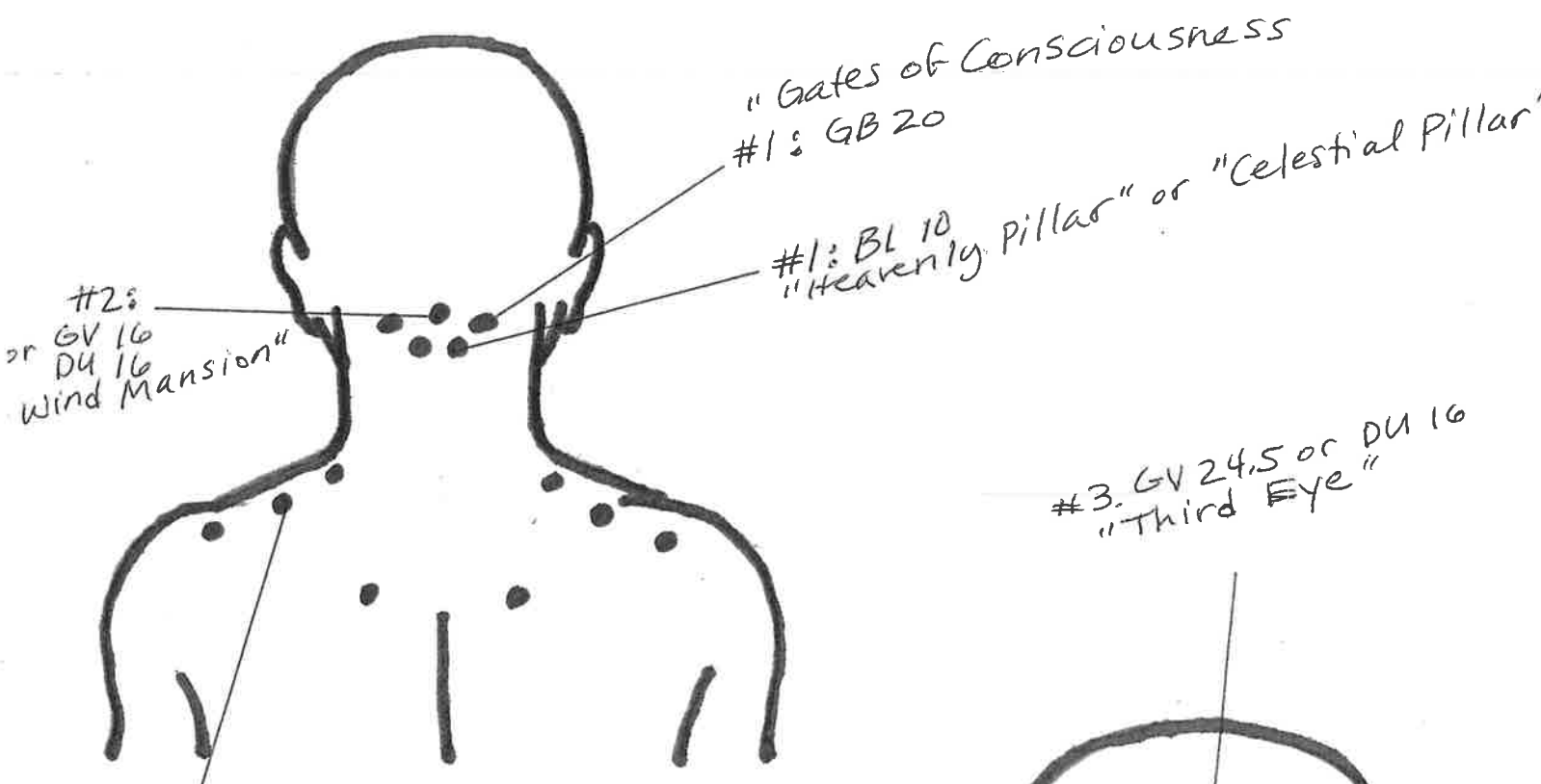
20 HELPFUL ACUPRESSURE POINTS

*If you want to look these points up later, they are organized like this:
“English name of pressure point” at “Meridian location” – what it does*

1. “Gates of Consciousness” at “Gall Bladder 20” – These points are located at the base of the skull on either side of your neck muscles. They help alleviate migraines, cold/flu symptoms, headaches, fatigue and low energy.
“Heavenly (or Celestial) Pillar” at “Bladder 10” – located just inside the above points and a little below. Applying pressure here helps alleviate neck tension, headache, anxiety, stress and burnout.
2. “Wind Mansion (or Palace)” at “Governing Vessel 16” (or “DU 16”) – this is a single point between the above points at the base of the skull. Pressing here helps reduce headache and sore throat.
3. “Third Eye” or “Hall of Impression” at “Governing Vessel 24.5” (or DU 16”) – This single point is located a tiny bit above the spot between the eyebrows. Pressure here is calming, reduces stress, fatigue, anxiety, frontal headache, eye strain, depression and sinus pressure.
4. “Pupil Crevice” at “Gall Bladder 1” – These points are found just outside the outer border of your eyebrows and just inside the temples. When pressure is applied here, pressure in the head can be alleviated, as well as tension headache, eye itchiness, eye tearing, eye irritation and motion sickness.
*****The temple area should not receive too much pressure because there is a major artery that runs through there*****
5. “Divine Gate” or “The Gate of Heaven” at “Triple Warmer 19” – This point is located on the upper third of the outer ear, in the triangular depression in the curve of the ear, on the outside of the helix. Pressure here helps alleviate stress, anxiety, depression, restlessness, insomnia and inflammation. Pressure on this point can also boost energy.
“Point Zero” – is located directly on the ear helix root. A notch on the root indicates the point. Pressure on this point balances and energizes the body, balances hormones, calms anxiety, relaxes muscles, alleviates hiccups and nausea. Many practitioners consider this to be the “tune-up” point since it affects so much of the body.
“Sympathetic Autonomic” – This pressure point is located at the edge up the upper inner curve of the ear. Pressure on this point calms fear and ‘fight or flight’ response.

6. "Shoulder Well" at "Gall Bladder 21" - This point is along the top of the shoulder, sandwiched between 2 other pressure points. It helps relieve headache, stress and some facial pain but they all are effective for helping alleviate shoulder/upper back tension/neck tension.
7. "Sea of Tranquility" at "Ren Mai 17" (Conception Vessel) – This point is located on the sternum about 4 finger-widths up from the base. Use caution when palpating the base of the sternum because the xiphoid process is fragile. Sit or stand straight while using this pressure point. Pressure applied here helps alleviate nervousness, anxiety and depression. It is a point that calms and relaxes the body.
8. "Sea of Vitality" at "Bladder 23 and 47" – These 4 points can be located on the back along the waist, to the sides of the spine. Pressure here relieves sacral tension and soreness as well as improves digestion and abdominal discomfort.
9. "Upper Crevice" at "Bladder 31-34" – These 8 points run vertical along right and left side of the sacrum. Using these pressure points alleviate low back pain, sciatic pain and menstrual cramping.
10. "Pool at the Crook" or "Crooked Pond" at "Large Intestine 11" – This point can be found in the outside edge of the crease on the elbow while bent. Applying pressure here has many benefits, besides bringing relief to elbow pain, some of the other benefits are alleviating constipation and other intestinal imbalances, indigestion, skin problems, sore throat, colds, hayfever and heat stroke.
11. "Inner Gate" at "Pericardium 6" – This point is located at the wrist, about 3 fingers below the crease of the wrist. This point is well-known for alleviating nausea and motion-sickness -- that's why the wristbands were developed, ever used one? If so, did it work? It also helps calm anxiety, headaches and carpal tunnel syndrome.
12. "Spirit Gate" at "Heart 7" – You can find this point at the outer wrist crease, below the little finger. It is used for alleviating anxiety and assists with public speaking.
13. "Central Islet" at "Triple Warmer 3" – This point can be located between 4th and 5th fingers on the top of the hand. Pressure here can assist with relieving neck, upper back and shoulder pain.

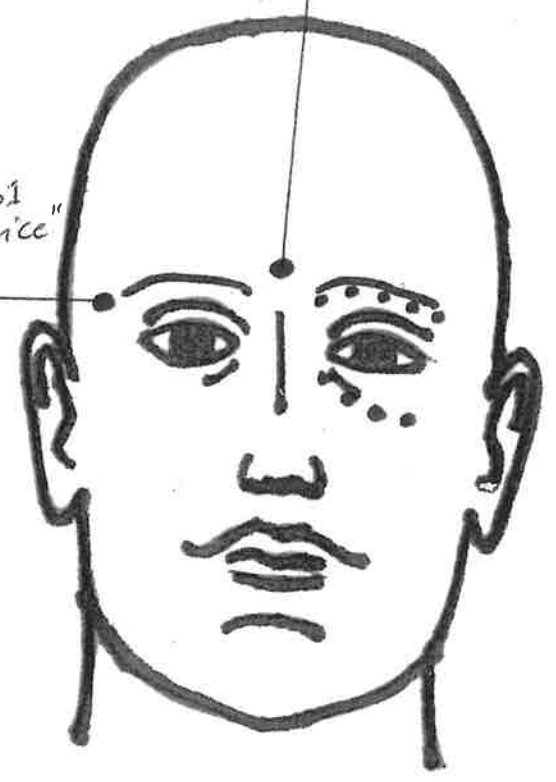
14. "Joining Valley" at "Large Intestine 4" – This very popular point has many uses and can be found at the muscular part of the thumb and index finger junction on the palm of the hand. Pressing here can alleviate menstrual cramping, reduce headaches, facial/jaw/neck pain (TMJ), as well as reduce stress.
15. "Rushing Pass" at "Triple Warmer 1" – Located at the outside lower corner of ring fingernail, this point is known for dispersing negative emotions and headaches.
16. "Three Miles" at "Stomach 36" – This point can be located on the shin, just below the knee, a bit to the outside. It's most easily found by moving the foot up and down. Pressure on this point helps relieve symptoms of nausea, indigestion, gas, bloating, fatigue and stress.
17. "Three Yin Intersection" at "Spleen 6" – This point is about four finger-widths above the ankle, in a depression under the tibia. This is a good pressure point for helping relieve insomnia and menstrual cramps.
18. "Kunlun Mountains" at "Bladder 60" – Find this point between the ankle and achilles tendon. When pressure is applied, tension in the neck/back/shoulder areas will lessen.
19. "Supreme Rush" at "Liver 3" – This point is located at the top of the foot. It's helpful to press on this point from both the top and bottom of the foot. This point is useful for reducing discomfort in the low back, increasing focus and concentration (GREAT for studying!), alleviating insomnia, irritability, stress and emotional upset.
20. "Bubbling Spring" at "Kidney 1" – This point can be found on the sole of the foot, immediately below the upper pad, between the 2nd and 3rd toe. Press here to alleviate headache, nausea and feeling faint.



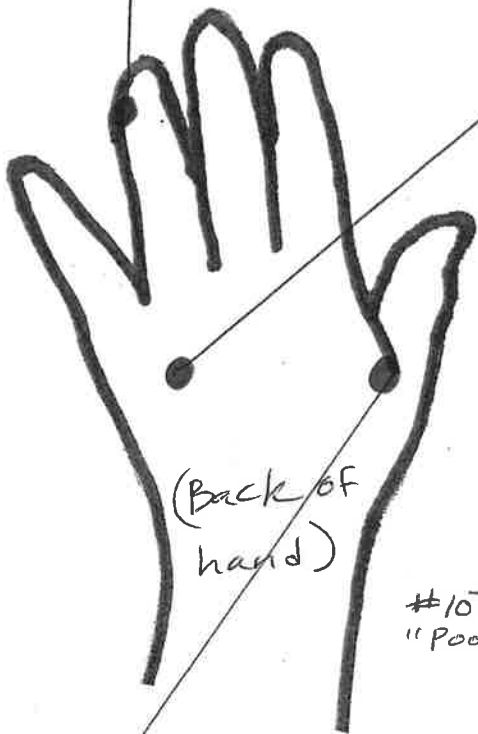
#3: GV 24.5 or DU 16
"Third Eye"

#4: GB 1
"Pupil Crevice"

#5:
"Sympathetic
Autonomic"



#15: TW 1
"Rushing Pass"



#13: TW 3
"Central 1st let"

#7: Ren Mai 17
"Sea of Tranquility"
* on front
of body

(front)

#10: L I 11
"Pool at the Crook"

(back)

#8: BL 23 & 27
"Sea of Vitality"
on back
of body

(back)

#14: L I 4
"Joining Valley"

#9: BL 31-34
"Upper Crevise"
on back
of body



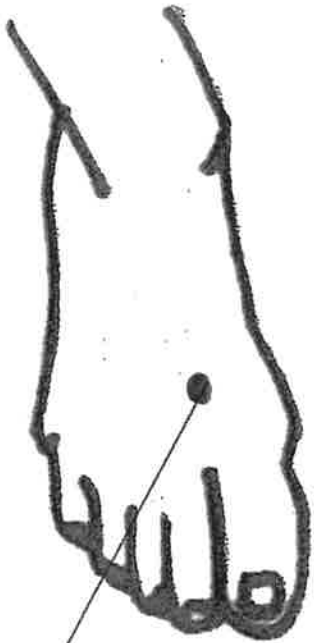
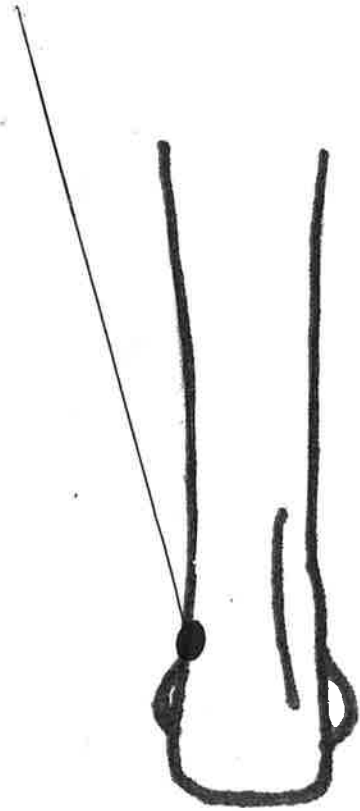
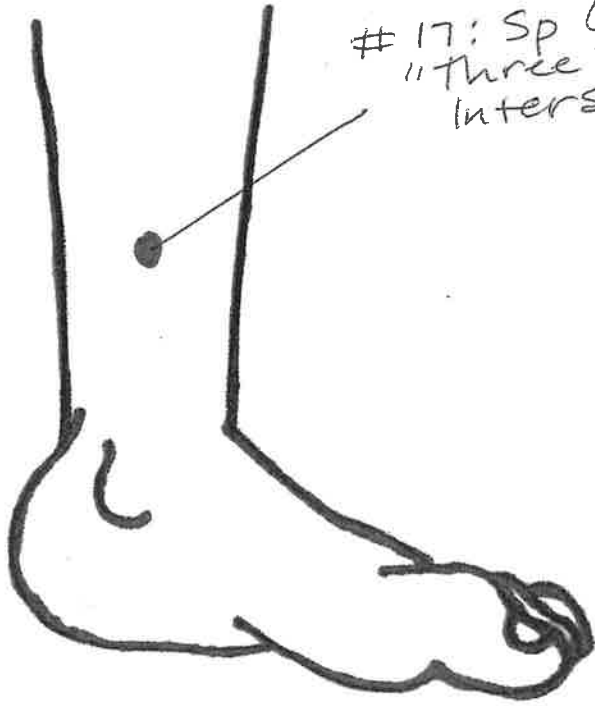
#16: S I 36
"Three Miles"

(front)

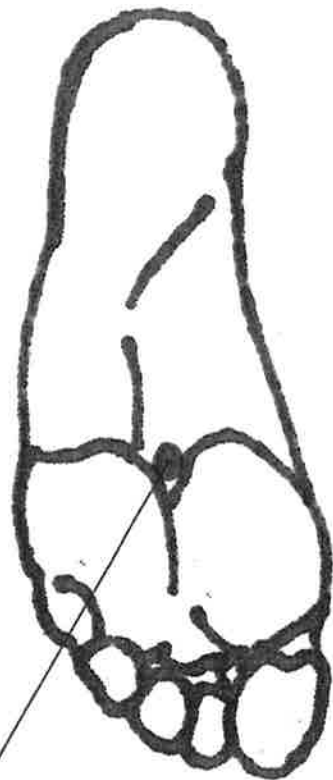
#12: H 7
"Spirit Gate"

#11: P 6
"Inner Gate"

#18: BL 60
"Kunlun Mountains"



#19: L3
"Supreme Rush"



#20: K1
"Bubbling Spring"