

# Acupressure

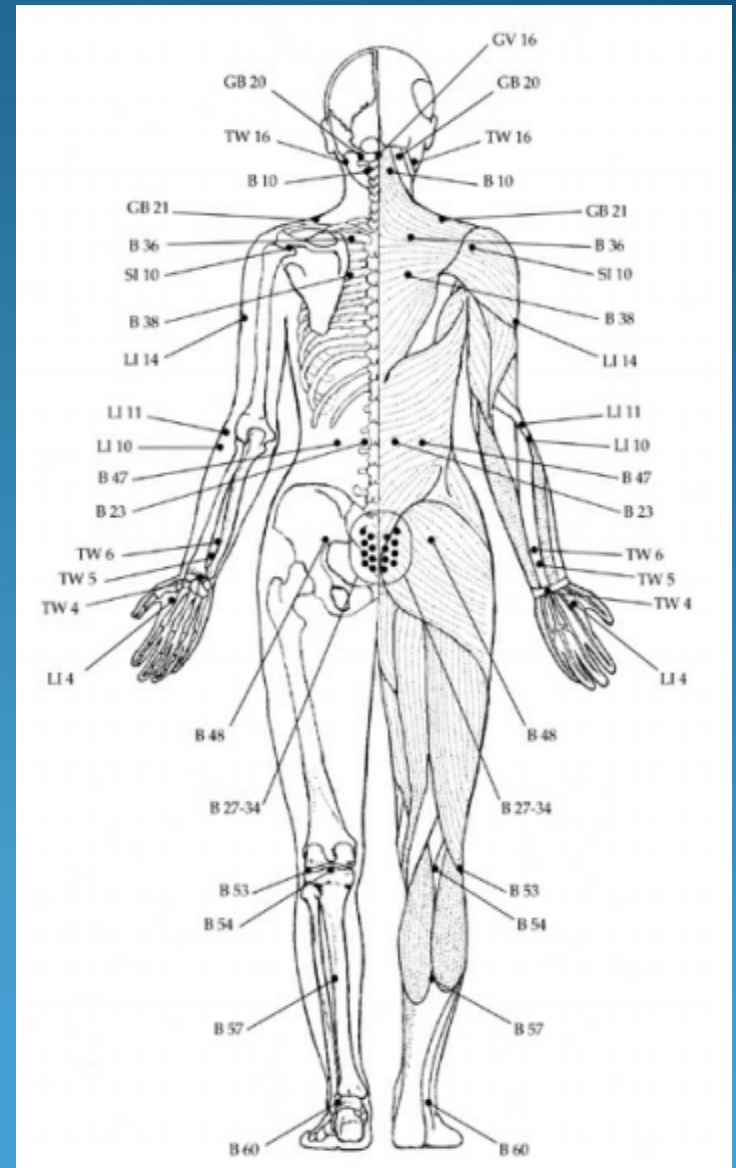
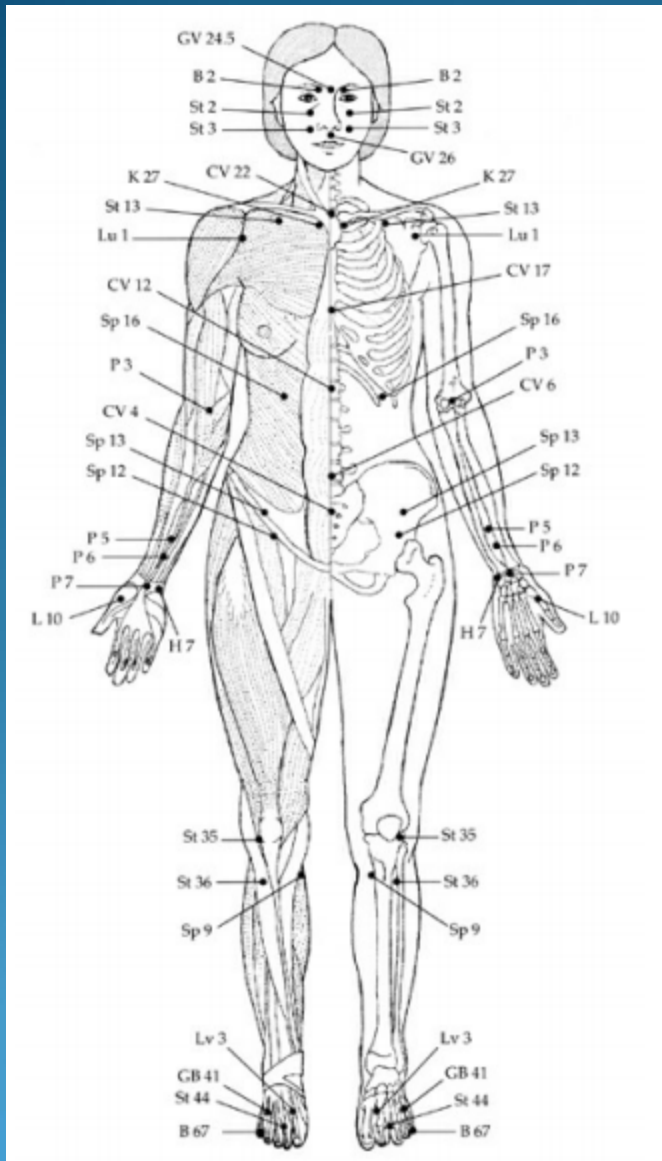
# What is Acupressure ?

- An ancient healing art that uses fingers
- Key healing points are gradually pressed
- This activates the body's self-healing abilities
- It helps the "Chi" to flow through the Meridians
- Releases tension, increases circulation

# Meridians

- Meridians are pathways that connect the acupressure points and the internal organs
- Life energy known as “qi” or “Chi” flows through the Meridians
- Traditional Chinese Medicine (TCM) believes all diseases are caused by improper flow of Chi in one or more meridians

# Acupressure points



# Acupressure points

- Acupressure points are located on the meridians
- Pressing the acupressure points removes the blockage of the meridians and promotes flow of Chi and stimulates the organs of the body to function properly

# Where are they located

- Some lie underneath major muscles
- Those near bone structure usually lie in an indentation
- Muscular points lie within a muscular cord, band, or knot of tension

# Local point & Trigger Point

- When you stimulate a point in the same area where there is pain or tension, then it is LOCAL point
- The same point can also relieve pain in a part of the body that is away from the point. Then it is called a TRIGGER point

# How do you stimulate

- Firm pressure
- Slow motion
- Brisk rubbing
- Quick tapping.



# Twelve Principal Meridians

- **Each of them is related to an important organ of the body**

- **First, the Six meridians of the Yin group**

- Arm Group

- Lung
    - Heart
    - Pericardium

- Leg Group

- Spleen
    - Kidney
    - Liver

# Twelve Principal Meridians

- **next, the Six meridians of the Yang group**

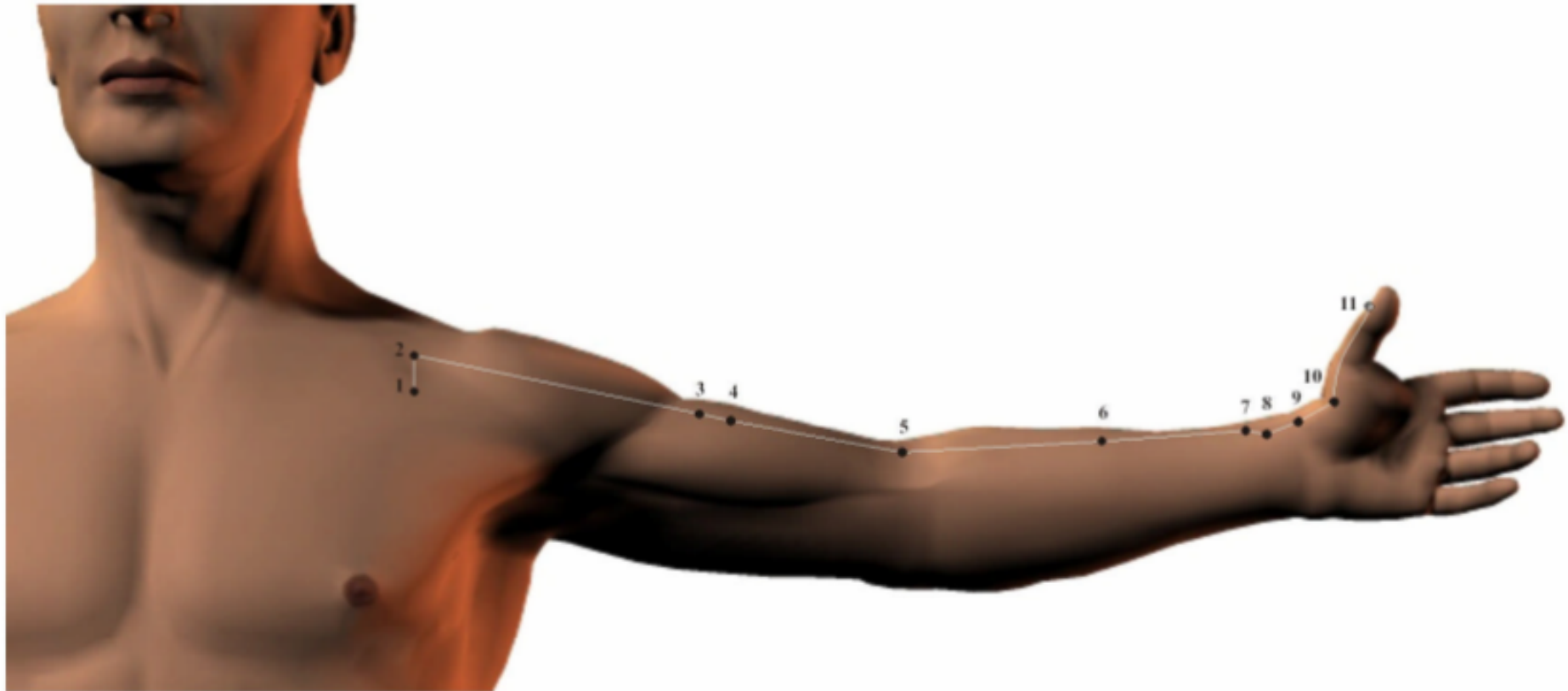
- Arm Group

- Large Intestine
- Small Intestine
- Triple Warmer

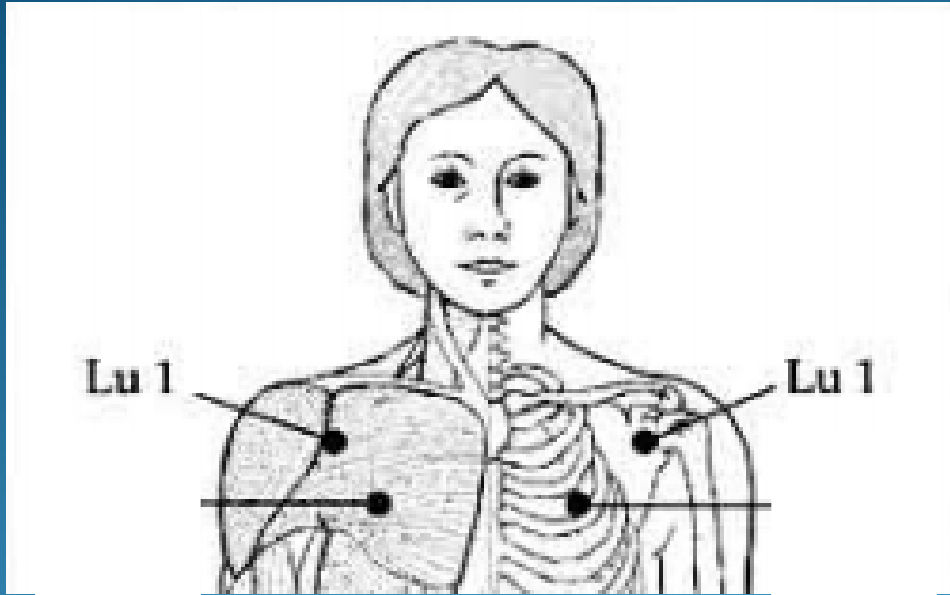
- Leg Group

- Stomach
- Bladder
- Gall Bladder

# Lung Meridian Yin - Arm



# Letting go Lu 1



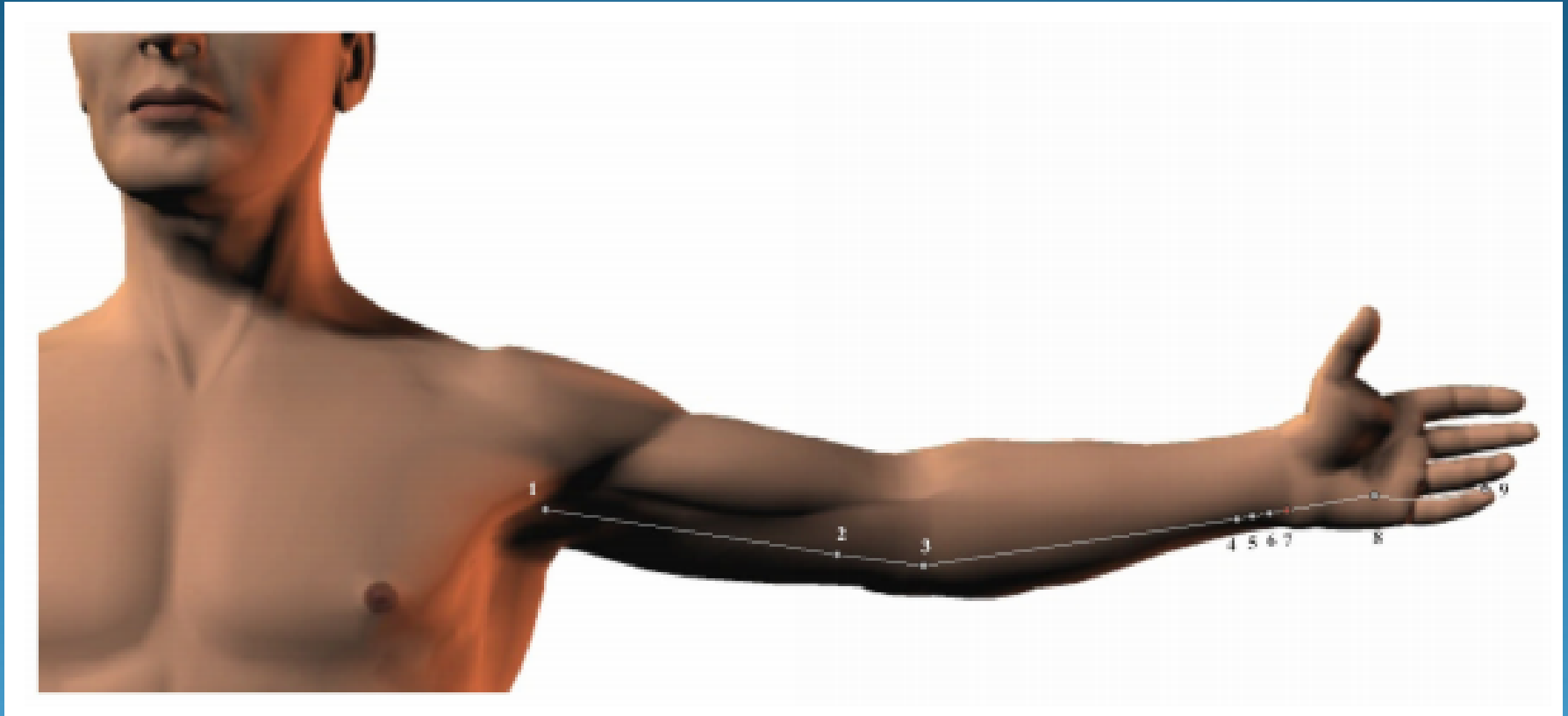
- Three finger width below collar bone.

- Breathing difficulties
- Fatigue
- Confusion
- Chest tensio
- Repressed emotion
- Depression
- Grief
- Coughing
- Asthma
- Hiccups



# Heart Meridian

## Yin - Arm



# Spirit Gate H 7

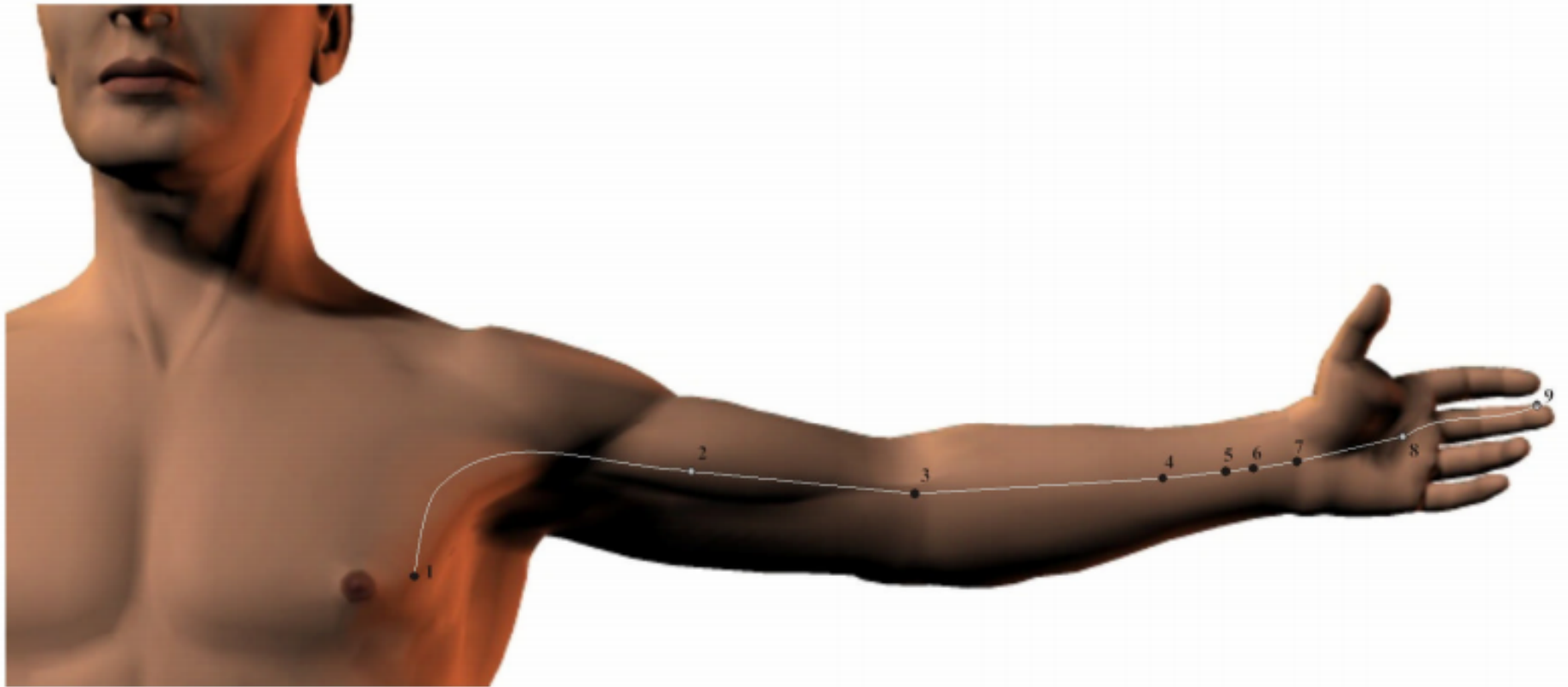


- On the little finger side of the fore arm at the crease of the wrist

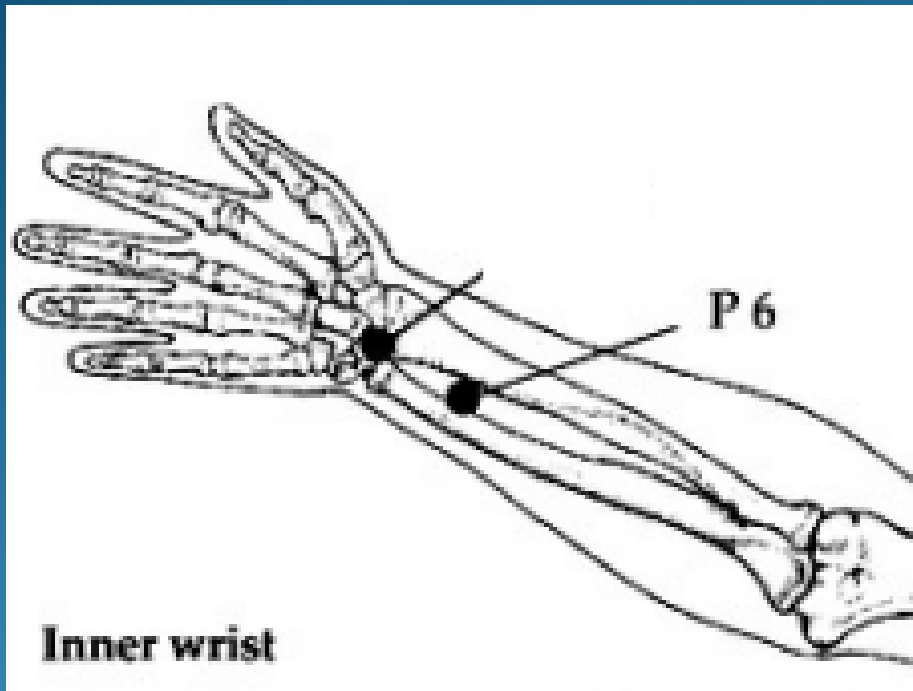
- Regulates Heart
- Insomnia
- Anxiety
- Cold sweat
- Fear
- Nervousness
- Forgetfulness
- Emotional imbalance

# Pericardium Meridian

## Yin - Arm



# Inner Gate P 6



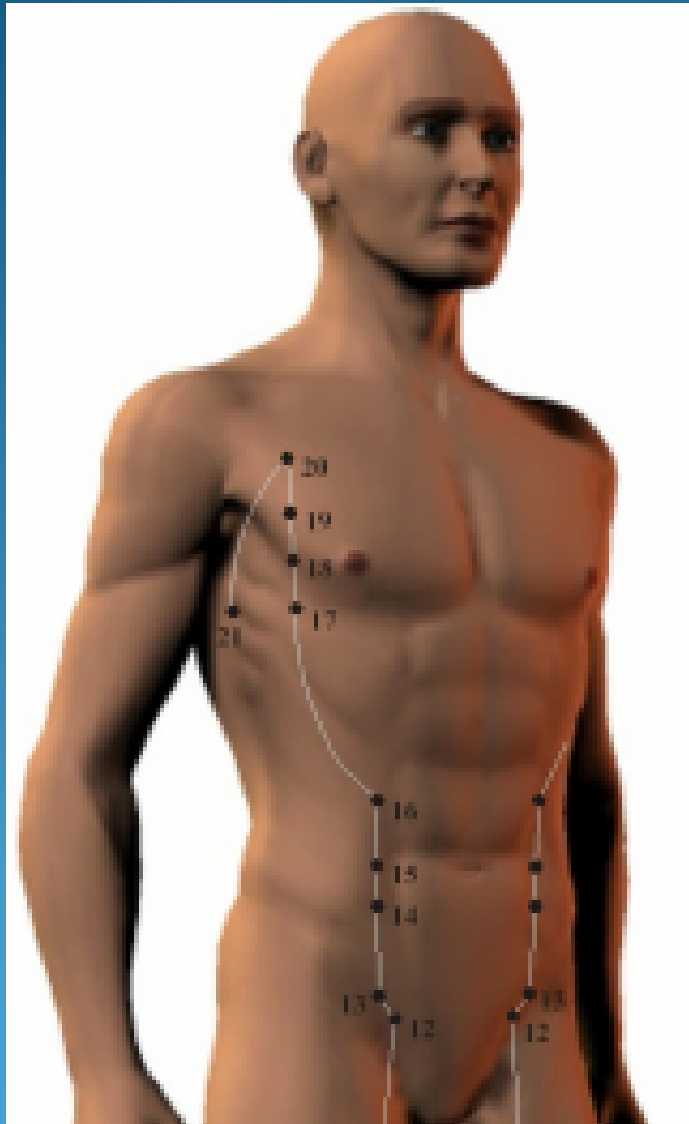
- Middle of inner side of forearm, 2 ½ finger width below wrist crease

- Nausea
- Anxiety
- Wrist pain
- Stomach ache
- Indigestion
- Insomnia
- Palpitation
- Nervousness

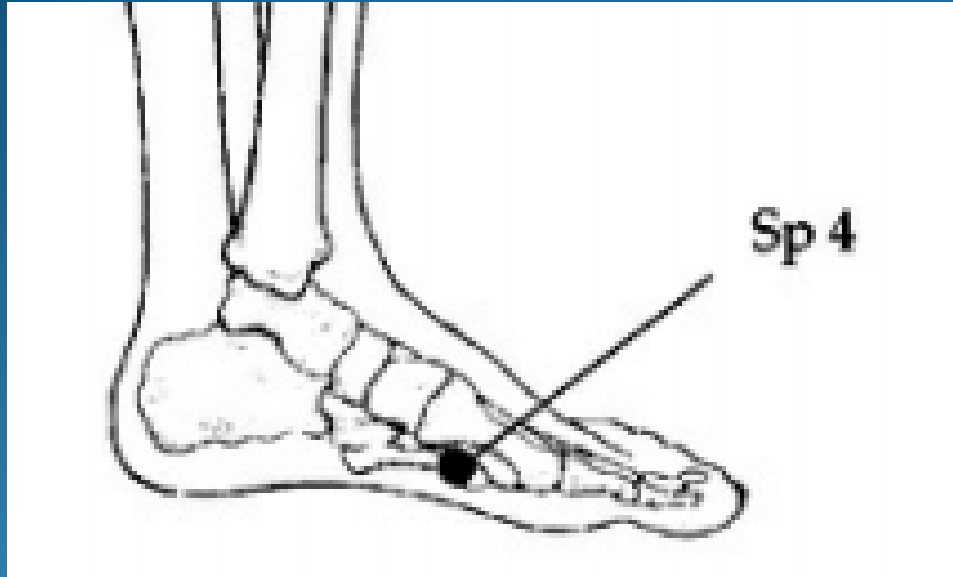


# Spleen Meridian

## Yin - Leg



# Grandfather Grandson Sp 4

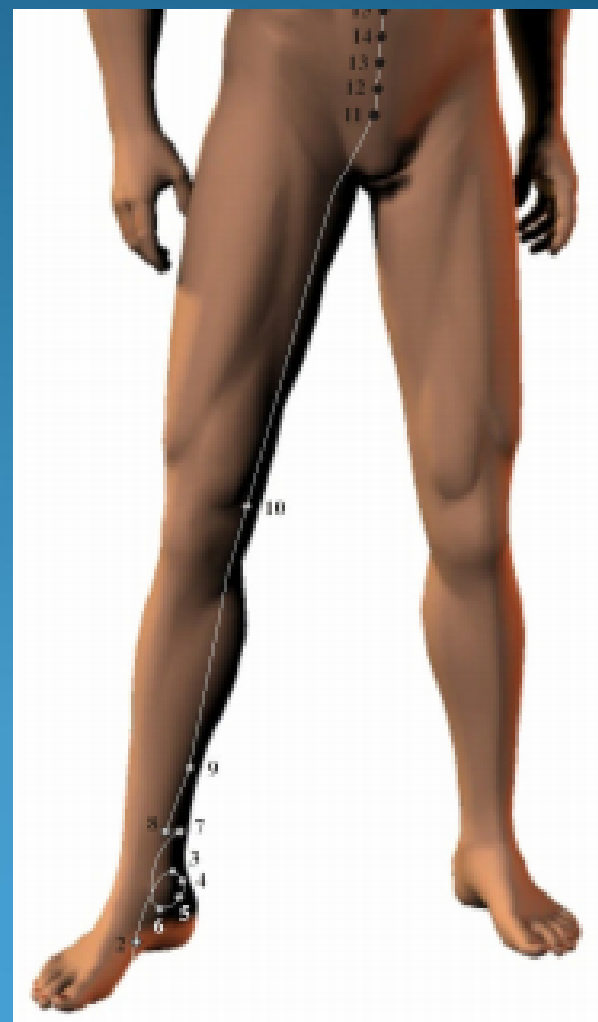
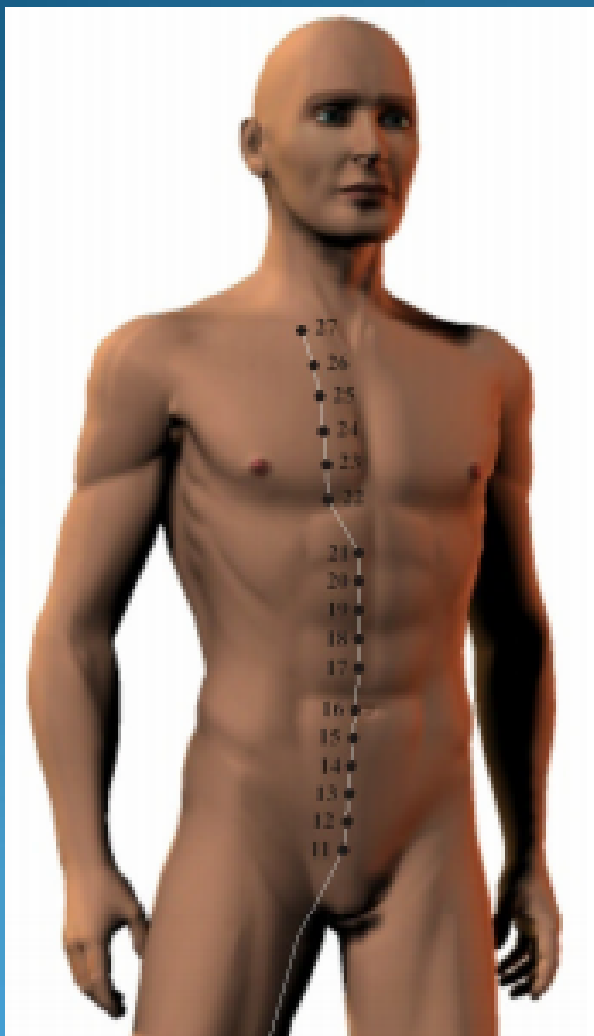


- Anxiety
- Hypochondria
- Abdominal Cramps
- Stomach ache
- Indigestion
- Diarrhea

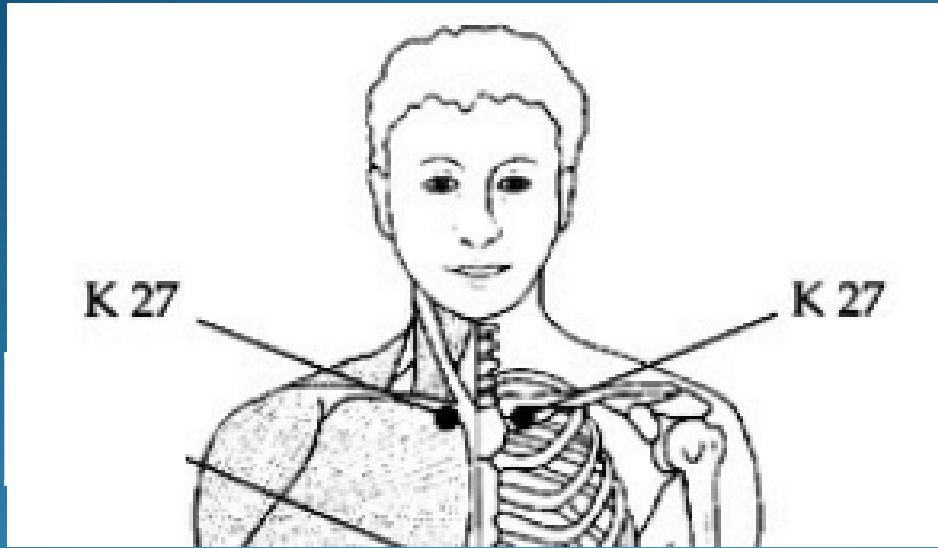
- On the arch, one thumb width from ball of feet towards heel.

# Kidney Meridian

## Yin - Leg



# Elegant Mansion K 27

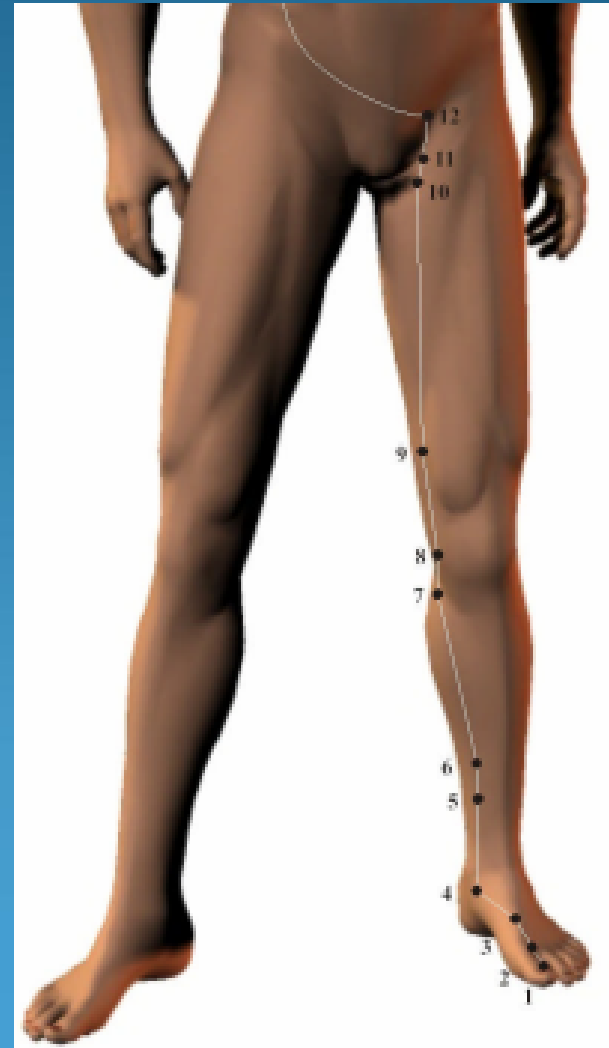
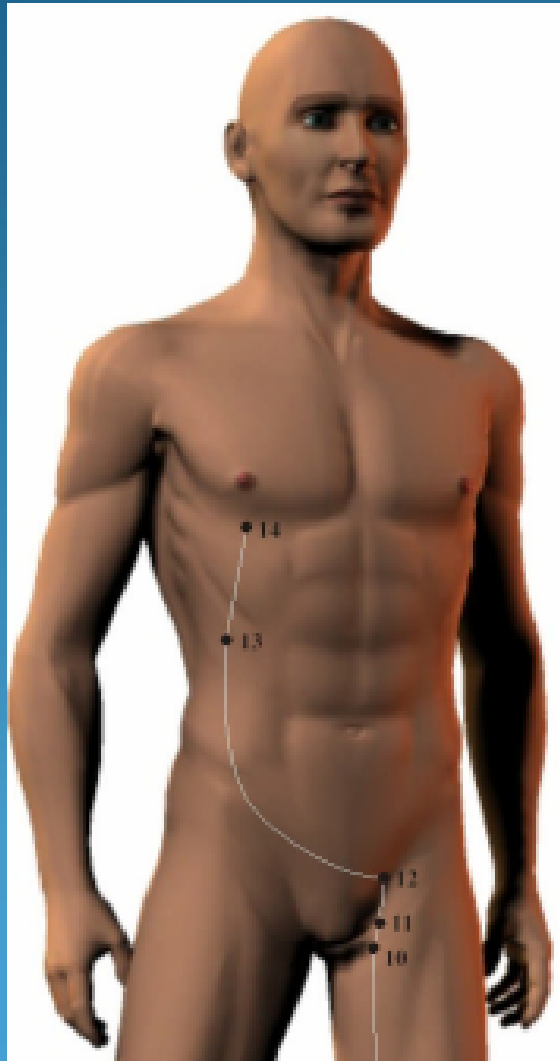


- Asthma
- Coughing
- Chest congestion
- Breathing difficulty
- Strengthens immunity
- Anxiety
- Depression

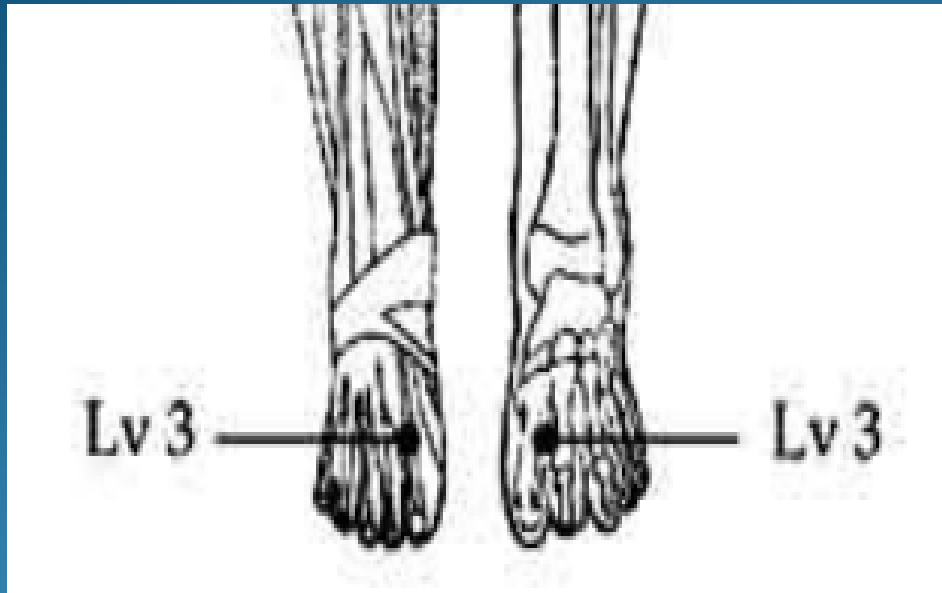
- In the depression directly below the protrusion of Collar bone

# Liver Meridian

## Yin - Leg



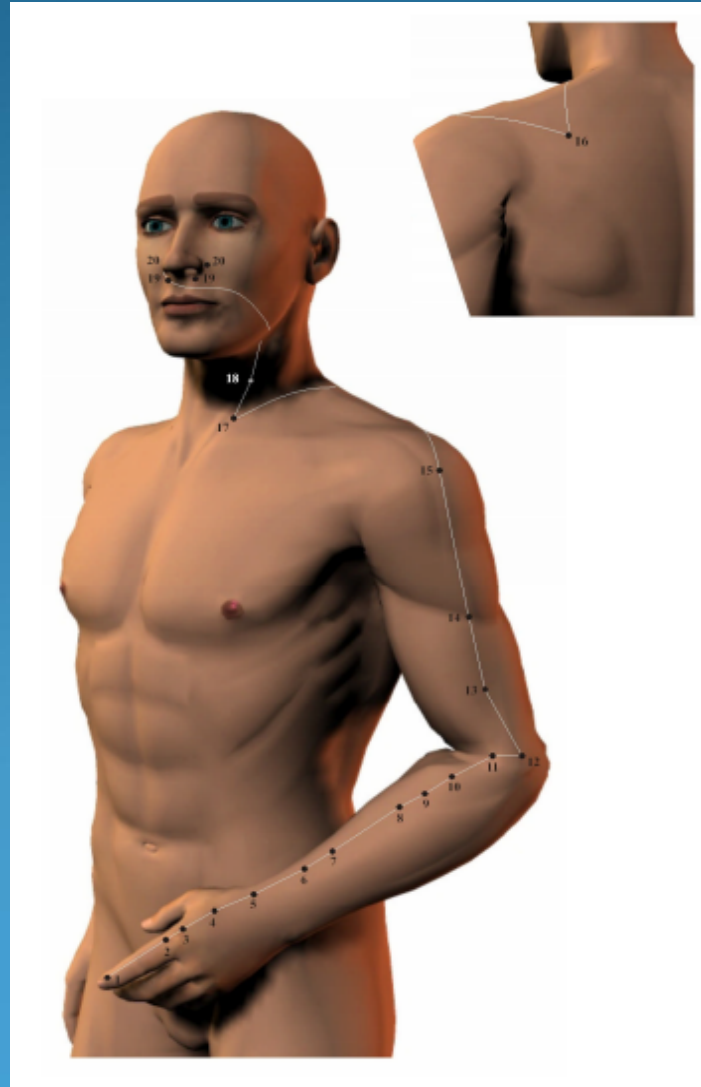
# Bigger Rushing Lv 3



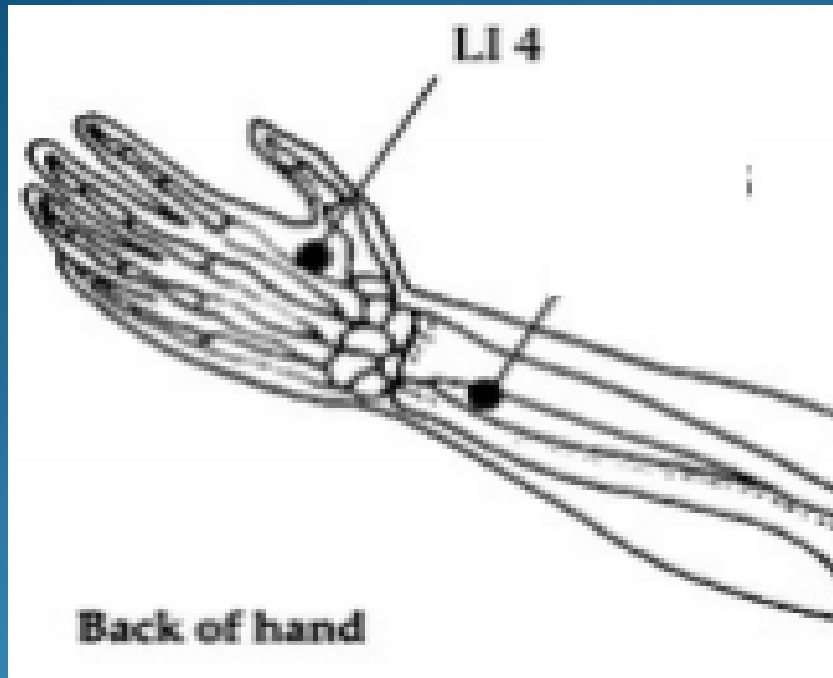
- On the top of the foot, in the valley between big toe and second toe

- Poor memory
- Head ache
- Hangover
- Fatigue
- Poor concentration
- Foot Cramps
- Eye fatigue
- Boosts immune system
- Arthritis

# Large Intestine Meridian Yang - Arm



# Joining the Valley LI 4

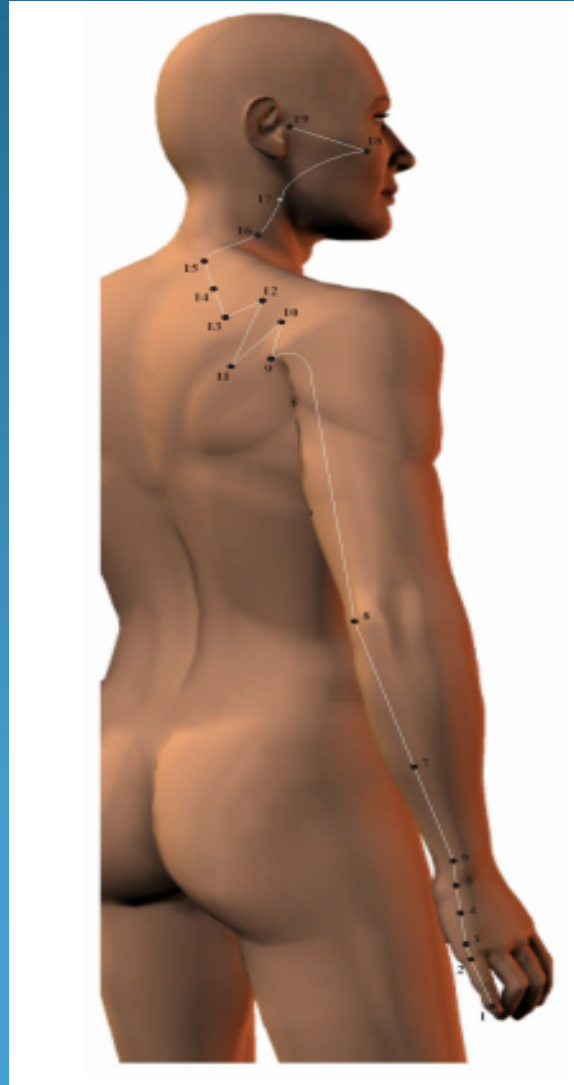


- All kinds of Allergy
- Hay fever
- Sneezing
- Itching
- General pain reliever
- Anti-inflammatory
- Tooth ache
- Arthritis
- Shoulder pain
- 

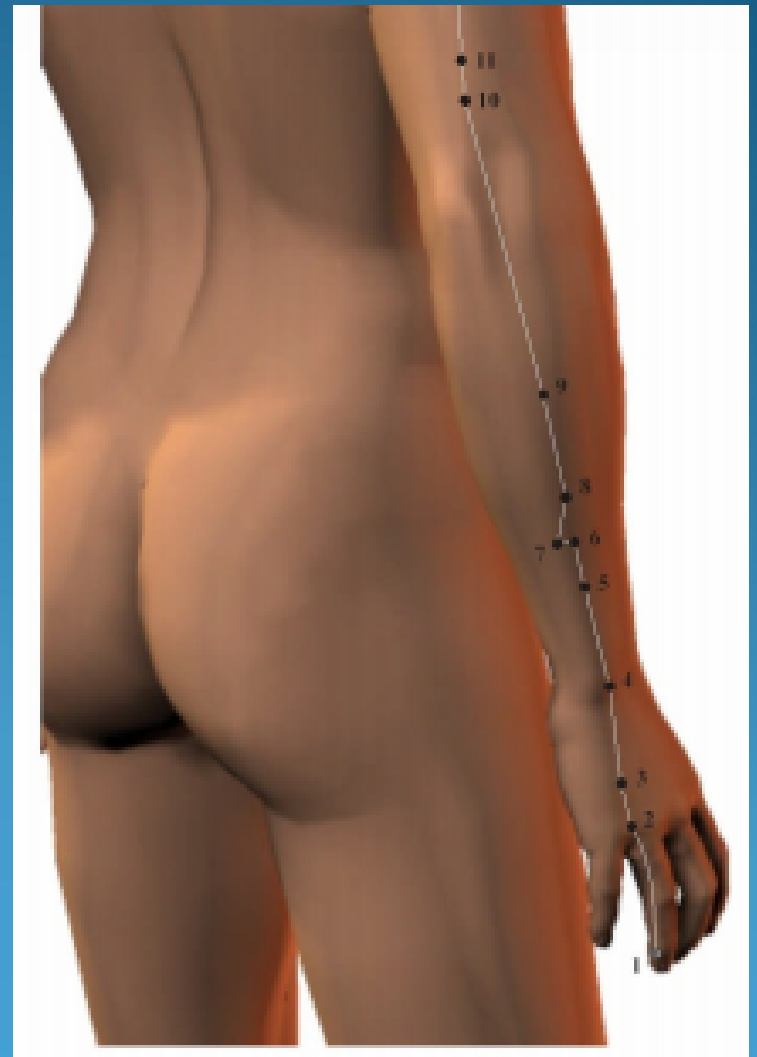
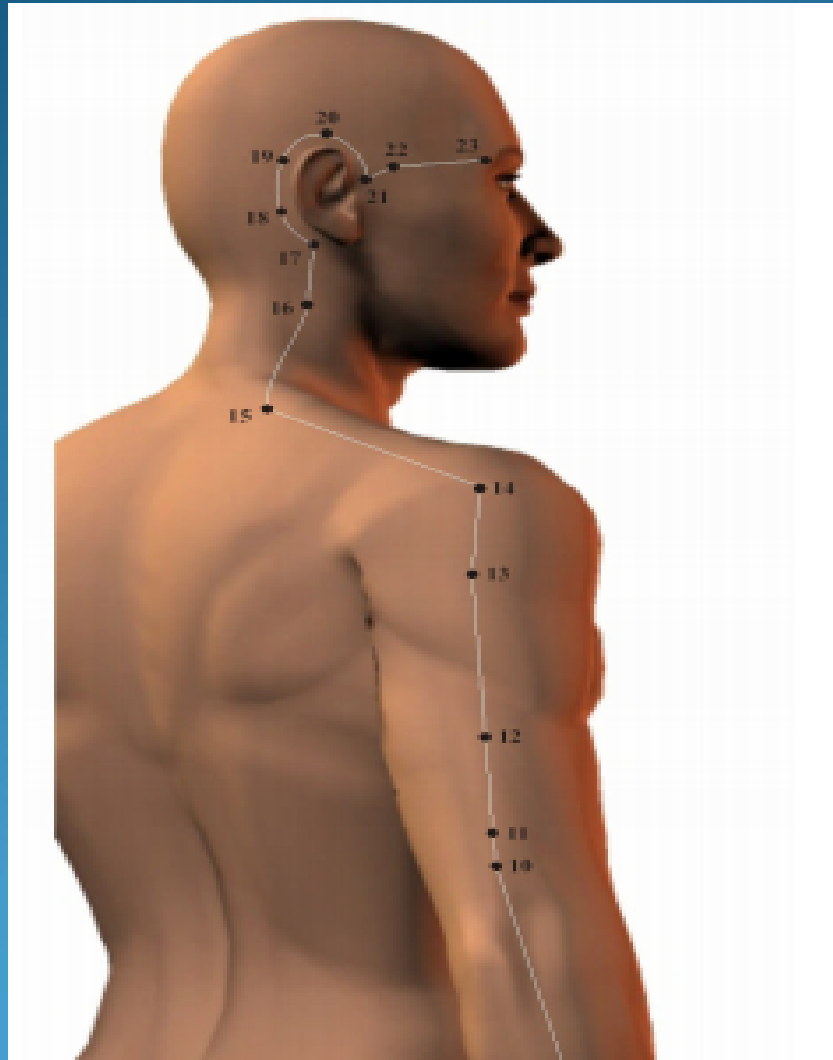
- In the webbing between thumb and index finger
  - at the highest point where they join



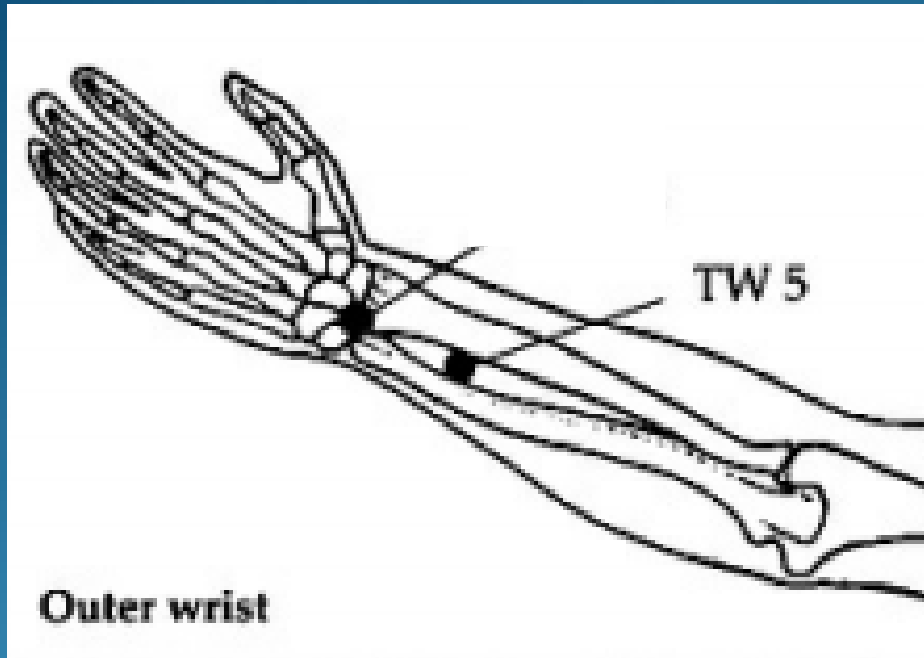
# Small Intestine Meridian Yang - Arm



# Triple Warmer Meridian Yang - Arm



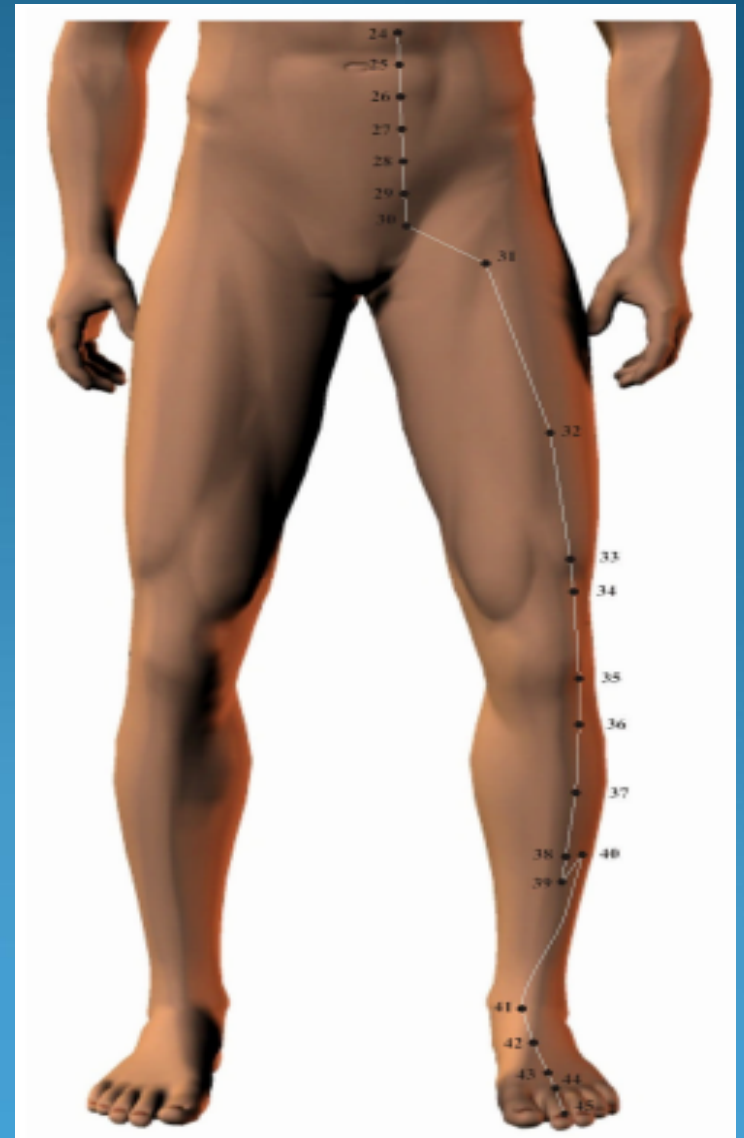
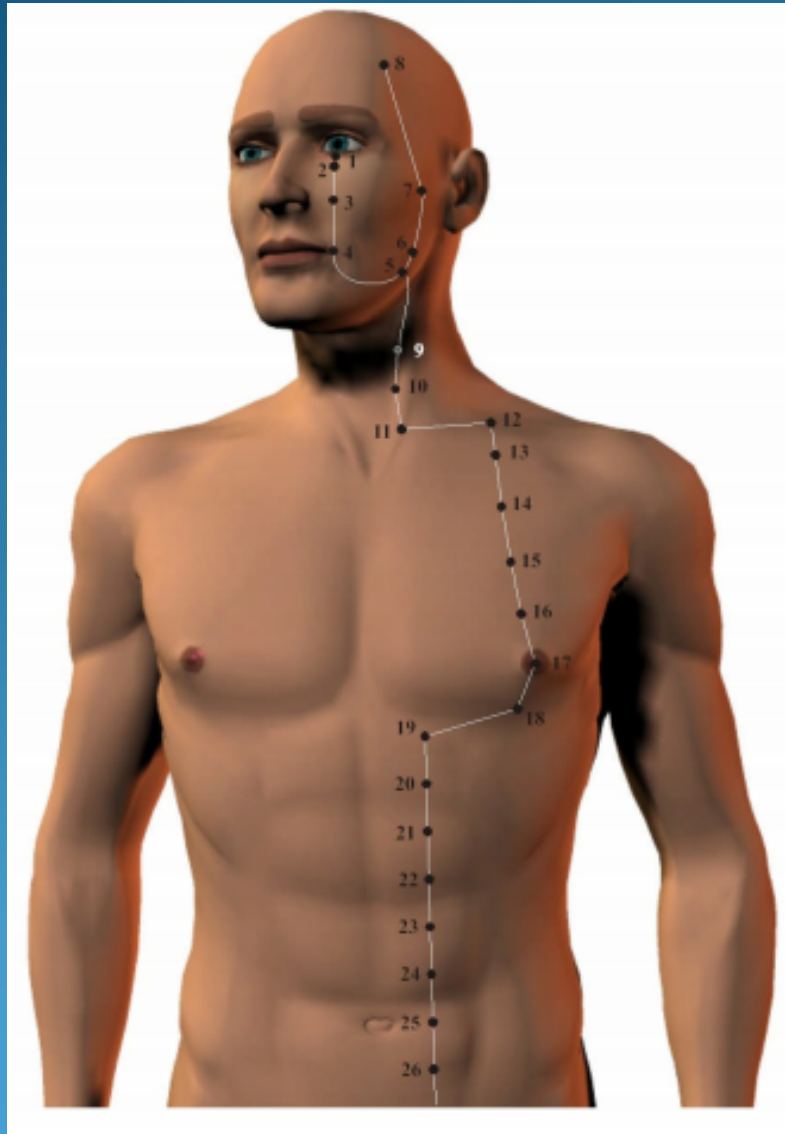
# Outer Gate Tw 5



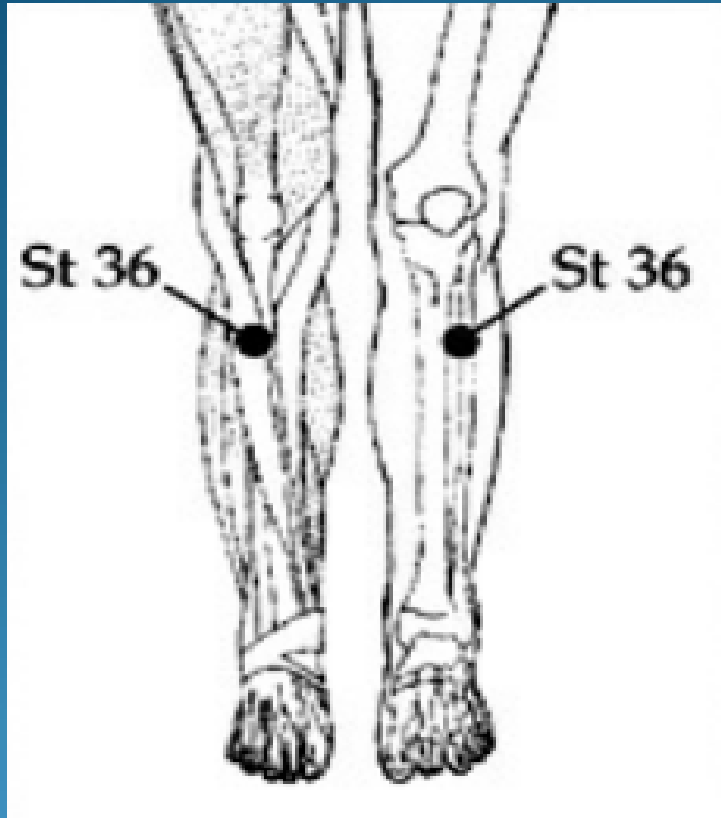
- Outer side of forearm, midway between two bones, 2 ½ finger width below wrist crease.

- Rheumatism
- Tendonitis
- Wrist pain
- Shoulder pain
- Resistance to Cold
- Relieves allergic reactions by strengthening immune system

# Stomach Meridian Yang - Leg



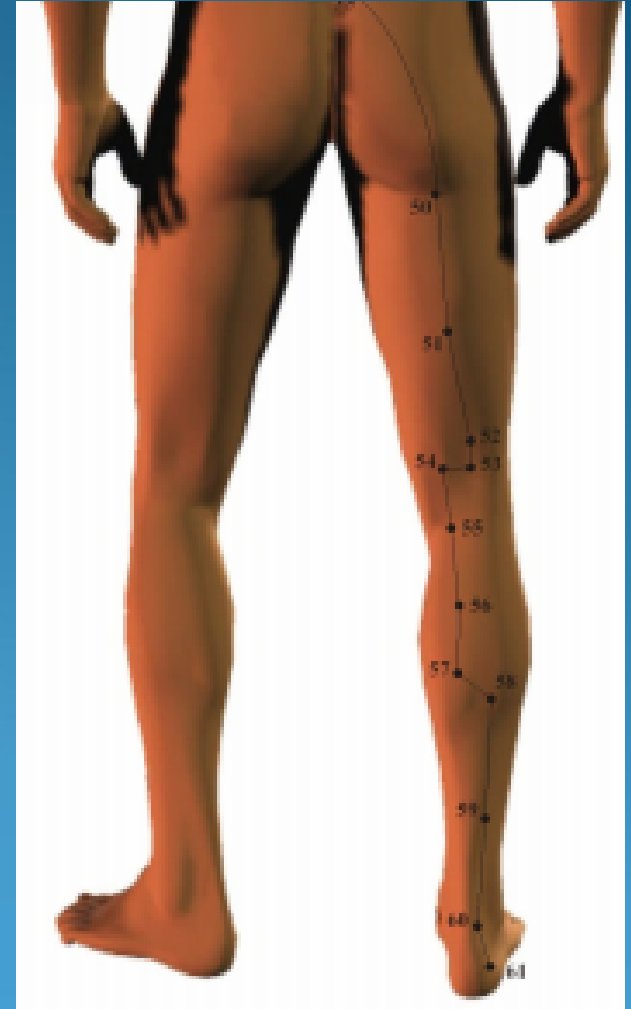
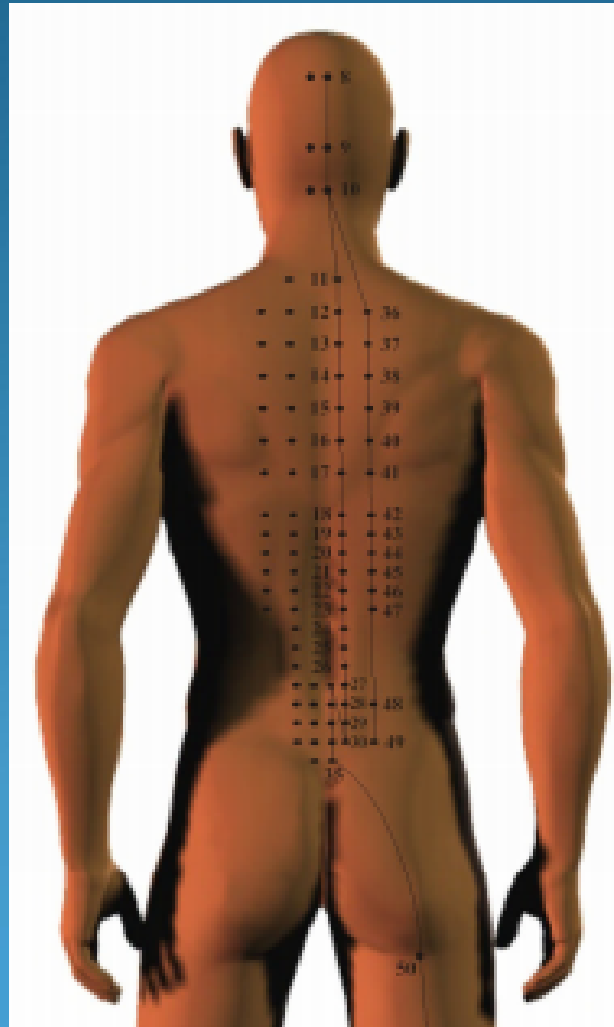
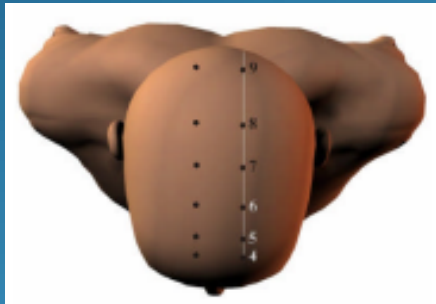
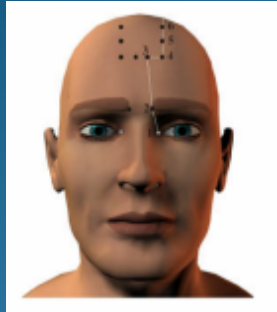
# Three Mile Point St 36



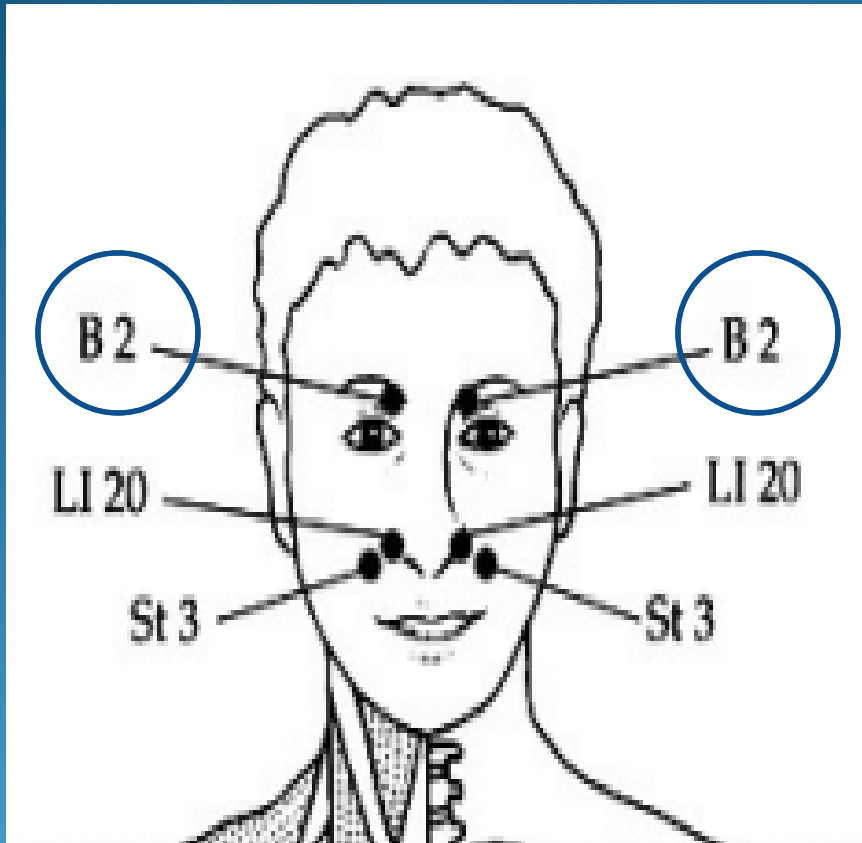
- Strengthens whole body
- Tones muscles
- Knee pain
- Poor digestion
- Fatigue
- Stomach disorders
- Impotency
- Depression

• Four finger width below knee cap, one finger width to the outside of shin bone.

# Bladder Meridian Yang - Leg

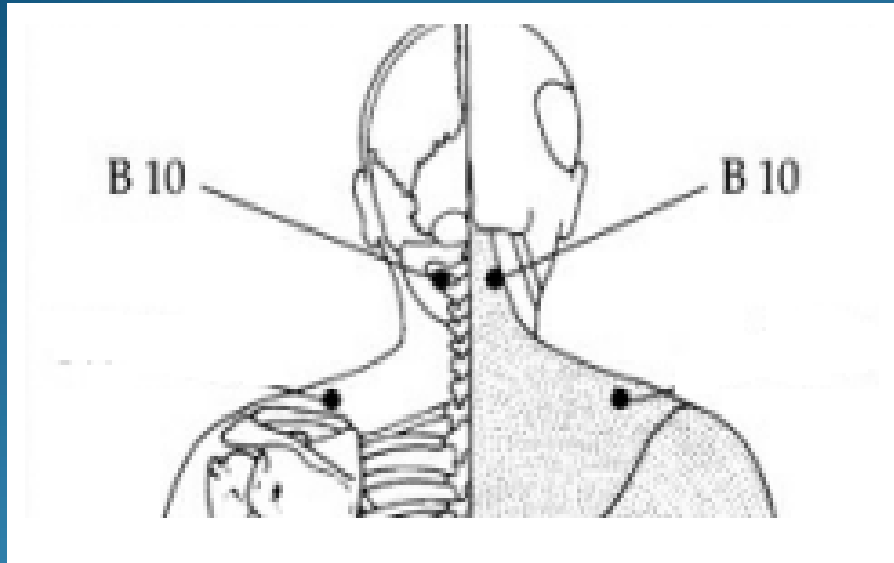


# Drilling Bamboo B 2



- Relieves Colds,
- Sinus, Hay fever
- Frontal headaches
- Hangover
- Tired eyes
- Foggy vision

# Heavenly Pillar B 10

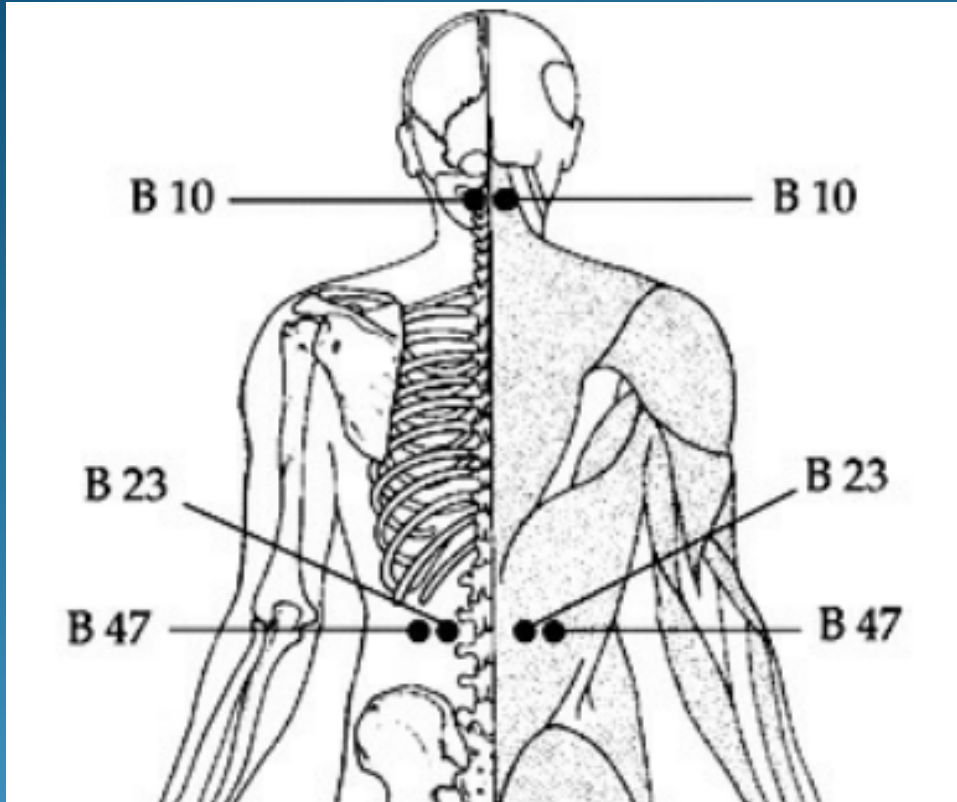


One finger width below the base of the skull on the ropy muscles 1 1/2 inch outward from the spine.

- Skin problems
- Allergy
- Anxiety & Nervousness
- Colds & Flu
- Eye strain
- Hangover
- Insomnia
- Memory
- Neck tension
- Pregnancy, Fertility
- Sinus, Hay Fever

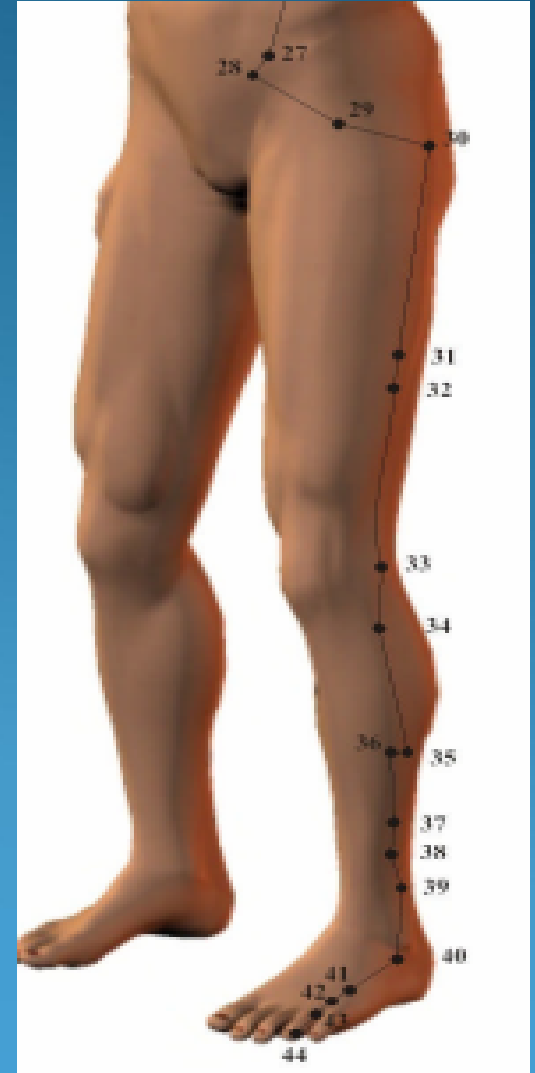
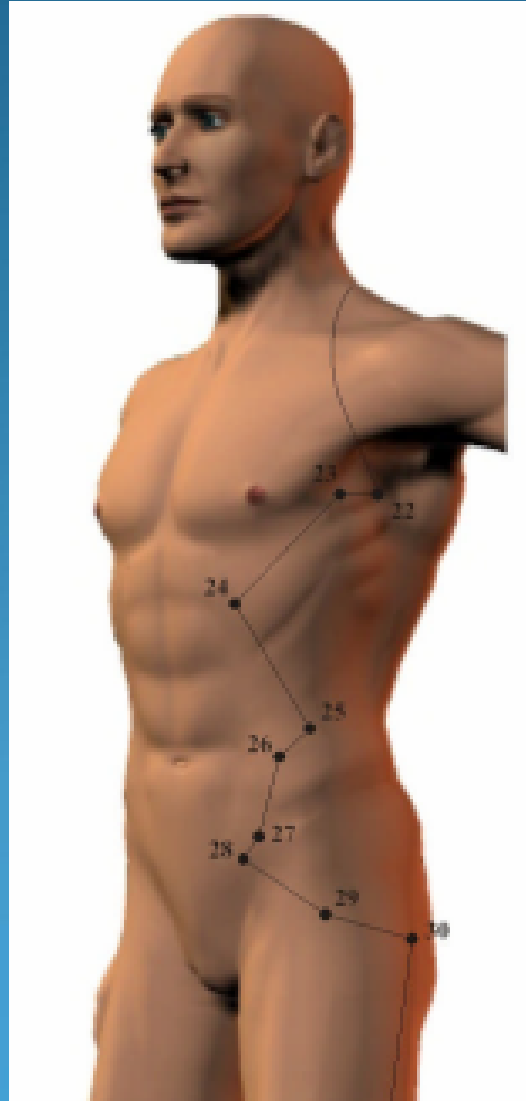
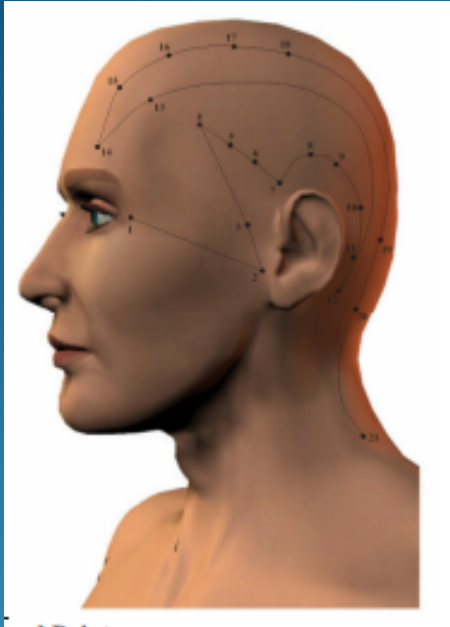


# Sea of Vitality B 23, 47

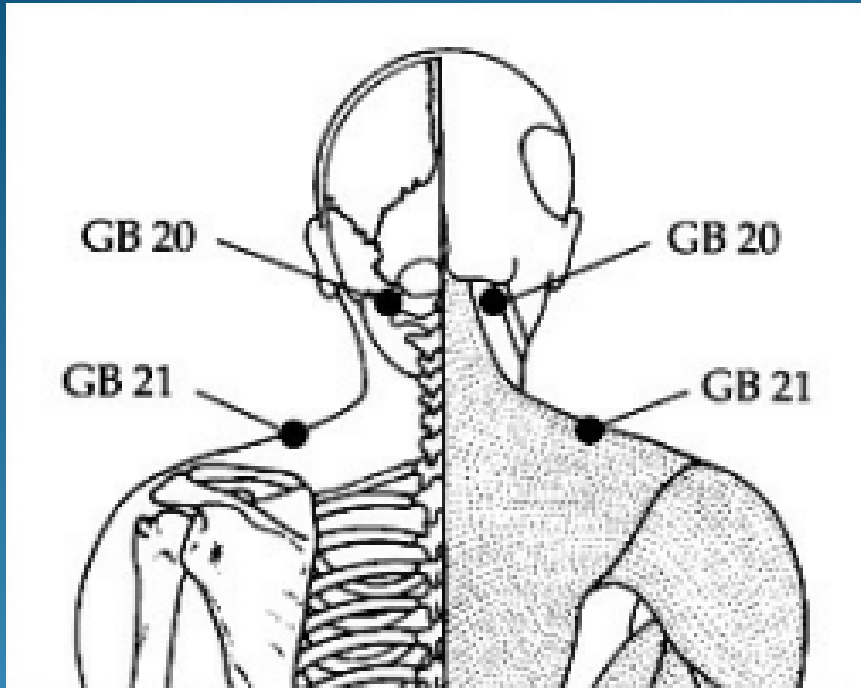


- Acne
- Eczema
- Lower Back ache
- Fatigue
- Impotency
- Fortifies
  - Digestion
  - Kidneys
  - Immune system

# Gall Bladder Meridian Yang - Leg



# Gates of Consciousness Gb 20



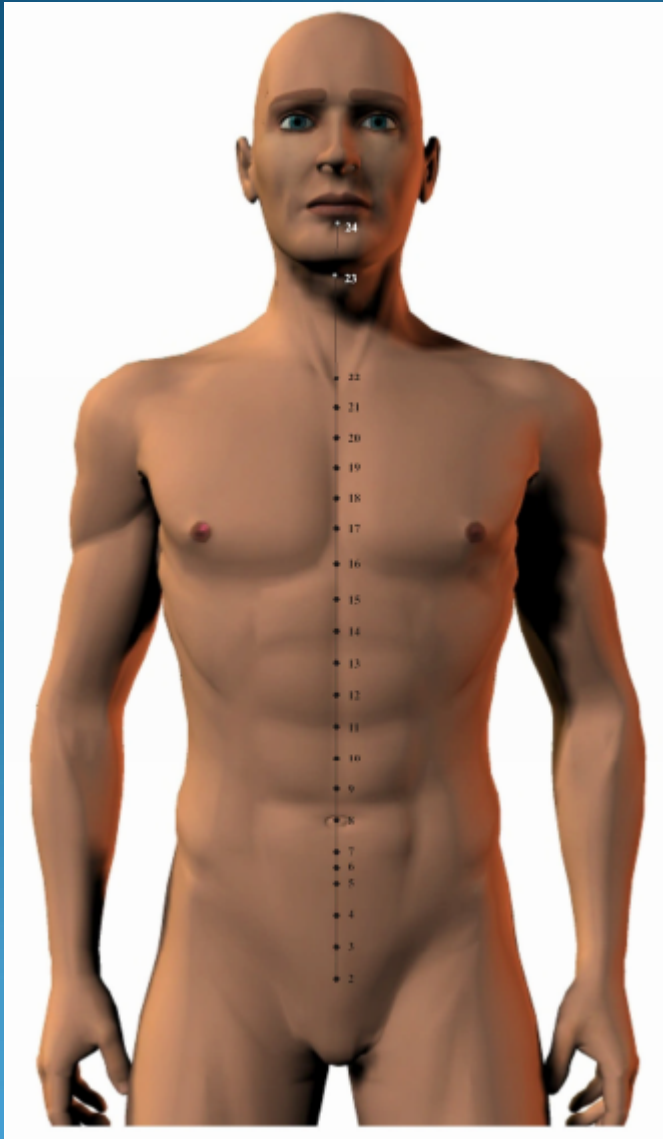
- In the hollow between two large neck muscles, 2 to 3 inches apart depending on the size of head

- Arthritis
- Trauma
- Hypertension
- Shock
- Neck pain
- Stiff neck
- Headache
- Insomnia
- Eye strain
- irritability

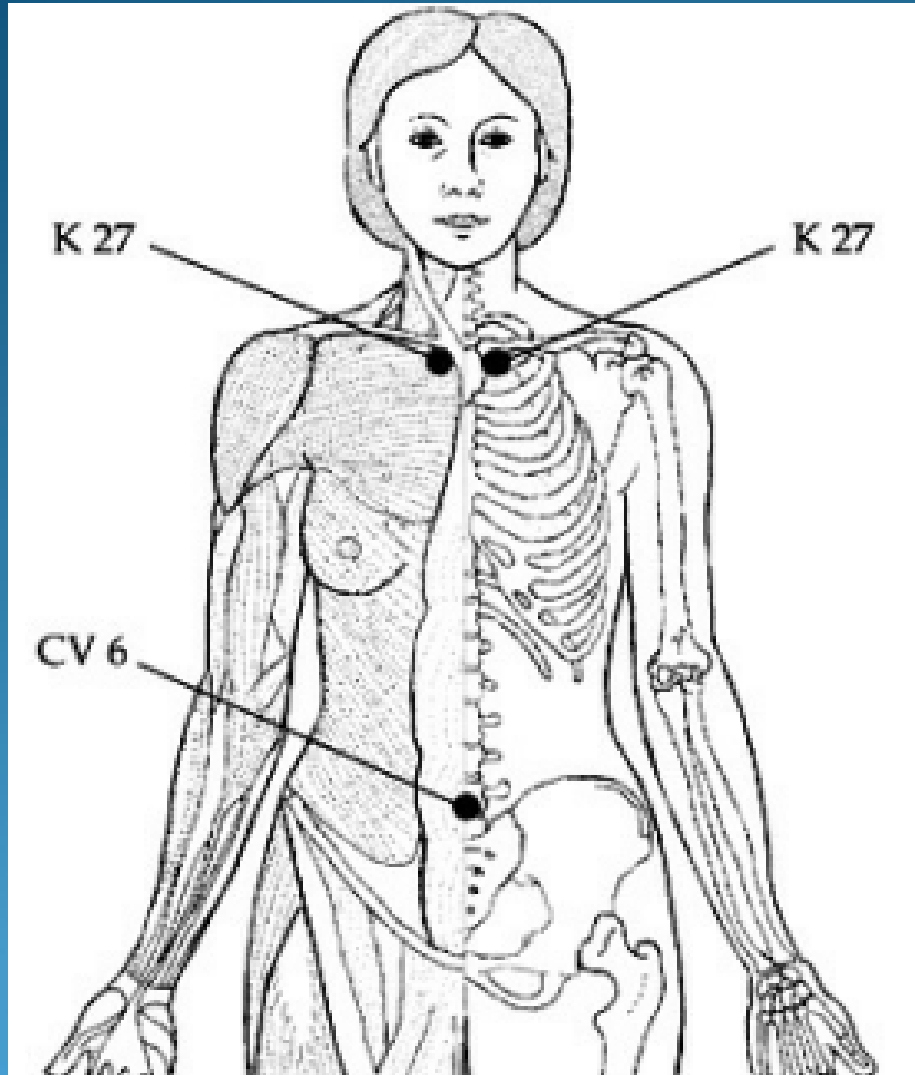
# Conception Vessel Meridian

Apart from those twelve principal Meridians, there are two other important Meridians.

Conception Vessel Meridian runs in the front of the body

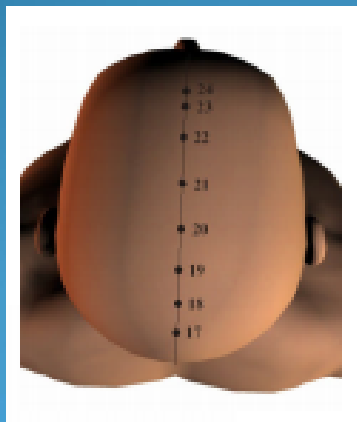
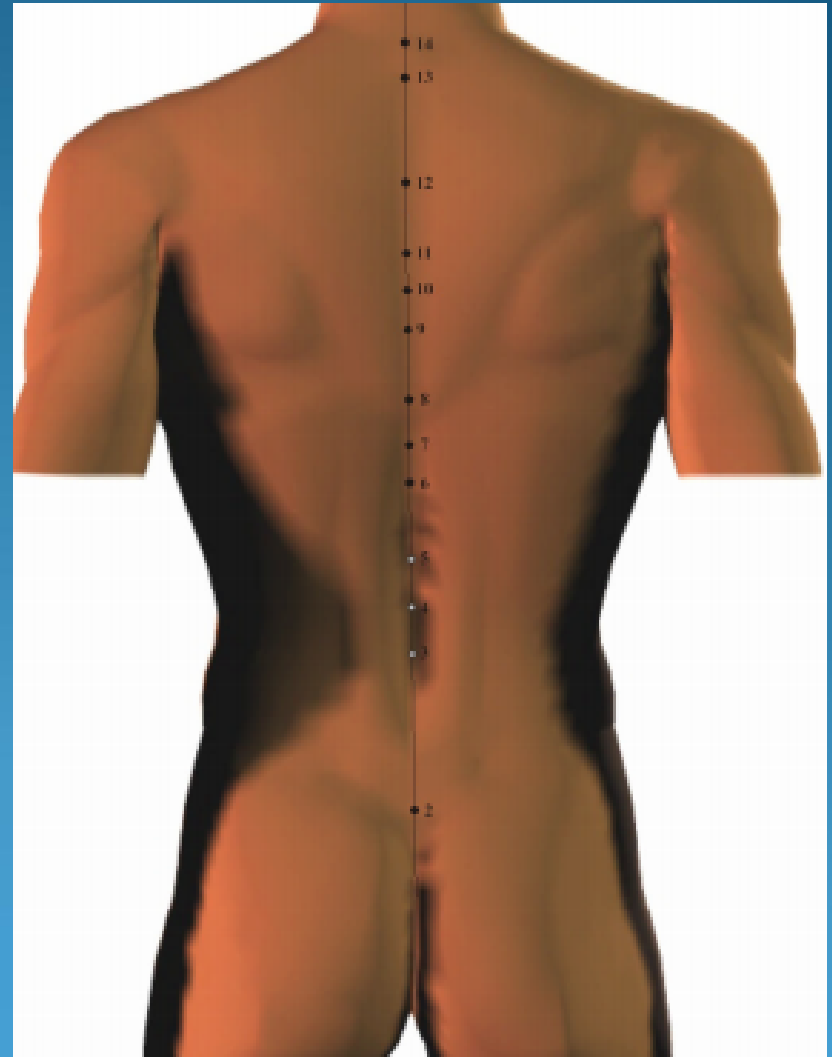
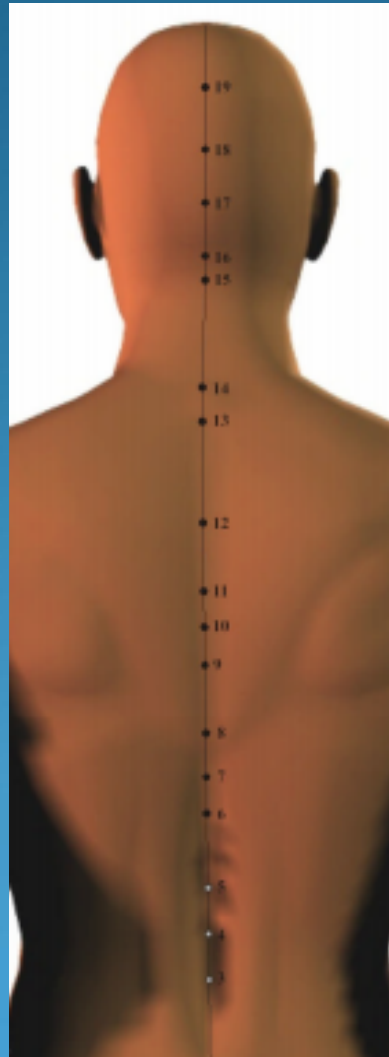
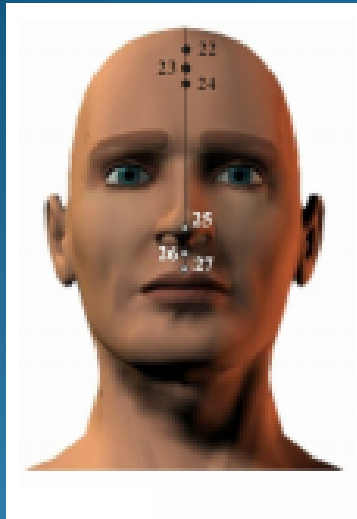


# Sea of Energy CV6

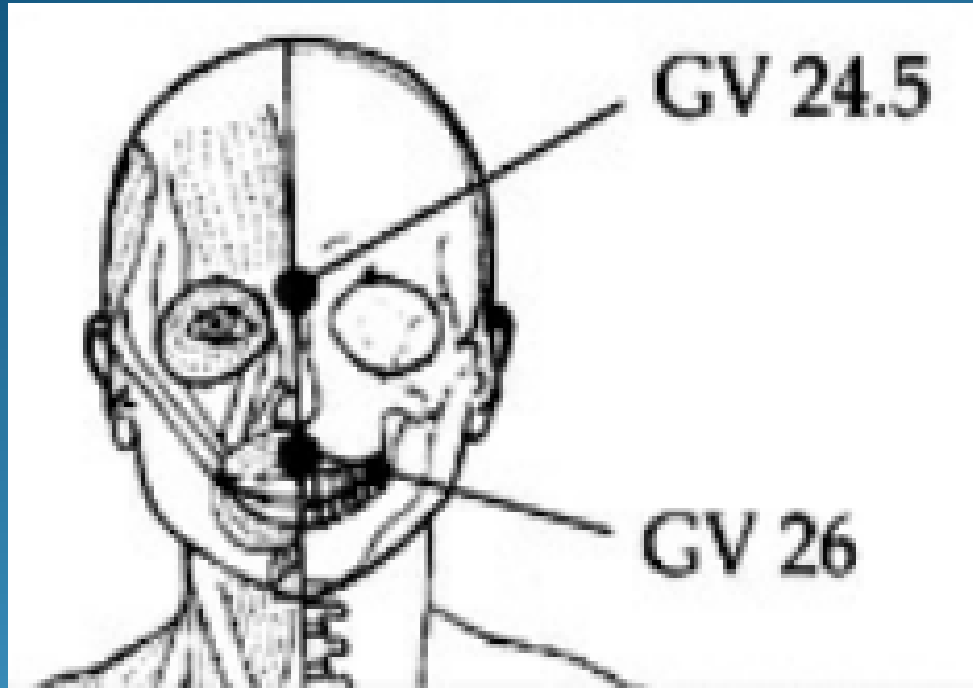


- Lower back weakness
- Constipation
- Gas
- Impotence
- Strengthens low back
- Replenishes energy reservoirs

# Governing Vessel Meridian



# Third Eye Point GV 24.5



- Glandular imbalance
- Irritability
- Depression
- Confusion
- Stimulates immunity
- Calms the spirit
- Hay fever
- Sinus congestion
- Improves memory
- Indigestion, Ulcer

# A word of caution

- Patients with life-threatening diseases and serious medical conditions should always consult their doctor before using acupressure or any alternative therapies.



# Credits

- Acupressure's potent points
  - by Michael Reed Gach.
- Atlas of Acupuncture points
  - Published by  
[www.acupunctureproducts.com](http://www.acupunctureproducts.com)

Thank you