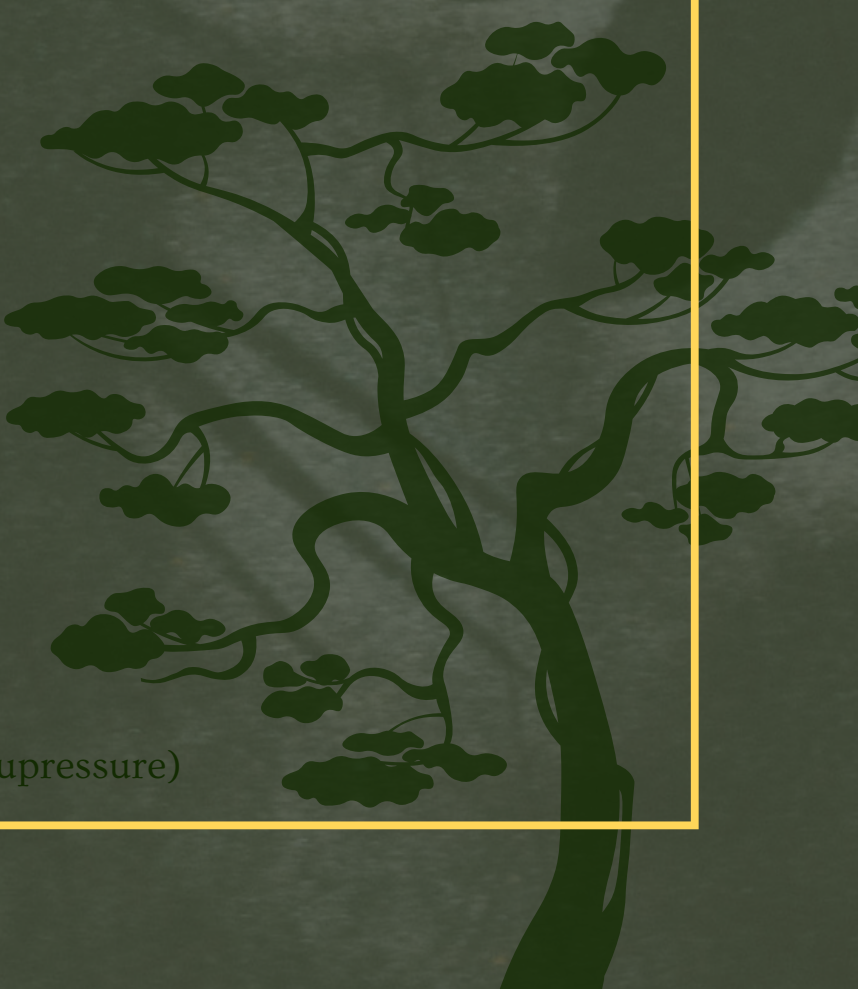




INTRO TO AT-HOME ACUPRESSURE

A quick guide to using Traditional Chinese
Medicine practices to treat yourself at home



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What is Acupressure?

Acupressure is a form of Traditional Chinese Medicine (TCM) that facilitates your body's natural healing processes by stimulating qi at specific points of the body. Qi is energy and life force, and flows through meridians in the body, each associated with specific organs and health functions. Health issues arise when this flow is disrupted or unbalanced. Acupuncture points are selected based on their ability to influence the qi and blood flow within these meridians, addressing the root cause of symptoms. Acupuncture and Acupressure use the same points, but stimulate the points in different ways. Acupuncture uses needles, acupressure uses your fingers.

Acupressure is safe to practice at home. You can stimulate acupressure points yourself, or have someone else stimulate points for you to treat different symptoms.

Acupoints are organized by meridian/organ and number. Meridians are:

(LI) Large Intestine
(LU) Lung
(ST) Stomach
(SP) Spleen
(H) Heart
(SI) Small Intestine
(UB/BL) Bladder
(KI) Kidney
(P) Pericardium
(GB) Gallbladder
(LV) Liver
(CV) Conception Vessel
(GV) Governing Vessel
(TW) Triple Warmer

Technique

To stimulate an acupoint, press on the point with your finger, an acupressure tool, or the soft end of a pencil. Hold each point for 30 seconds to 3 minutes.

Because every body is different, the location of acupoints is a little different for everyone. Instructions for finding acupoints are measured by “cun”, or a “body inch”. Unlike standard measurements, like inches, a cun is specific to the person doing acupressure.

1 cun = the width of your thumb at the knuckle

1.5 cun = the width of two fingers (pointer, and middle)

3 cun = the width of four fingers

* if you are pregnant, be cautious with using acupressure. Avoid: GB-21, LI-4, SP-6, UB-31, UB-32, UB-33, UB-34

Acupressure Treatments

The next section is grouped by symptom and lists acupoints to use for each symptom. At the end are drawings of acupoint locations.

General Pain

LI-4-back of hand between thumb and index
B-63-outer foot near sole
B-60-back of heel
SI-5-outer wrist/side of hand
EX-UE-7-back of hand
GB-3-face near ear

Constipation

SP-6-inner leg near ankle
LU-10-palm near thumb
LI-11-outer arm near elbow
B-24-lower back near spine
ST-25-stomach beside navel
CV-6-stomach below navel

Diarrhea

ST-25-stomach beside navel
ST-36-lower leg beside shin
ST-37-lower leg beside shin
SP-6-inner leg above ankle
GV-20-top of head

Cough

LU-7-inner wrist
LU-9-inner wrist
P-6-inner forearm
K-27-collarbones
ST-36-lower leg beside shin
K-6-inner ankle

Headaches

LI-4-back of hand between thumb and index
TW-5-forearm on back
B-2-face inner eyes
EX-HN-5-face beside eye
GB-20-back of neck under skull
ST-8-face on hairline

Stomach Pain and Nausea

CV-11-stomach above navel
EX-UE-10-inner middle knuckles
ST-36-lower leg beside shin
P-5-inner forearm
ST-44-top of foot between 2nd and 3rd toe

Fever

LU-10-palm near thumb
LU-11-thumb
LI-11-outer arm near elbow
SI-5-back of forearm near wrist
ST-44-top of foot between 2nd and 3rd toe

Nasal Congestion

LI-20-beside nose
GB-20-back of neck under skull
LV-3-top of foot between big toe and 2nd toe

Detox Support

SP-5–inner foot near ankle
LI-4–back of hand between thumb and index
KI-1–bottom of foot in center
H-8–palm below pinky and 4th finger
LV-3–top of foot between big toe and 2nd toe

Fatigue

GV-20–top of head
ST-36–lower leg beside shin
H-7–inner wrist
GB-13–face above hairline
GB-12–back of neck behind ear

Period Pain

LV-3–top of foot between big toe and 2nd toe
SP-6–inner leg above ankle
LI-4–back of hand between thumb and index
SP-8–inner calf below knee
SP-9–inner knee

Insomnia

KI-1–bottom of foot in center
H-7–inner wrist
EX-HN-3–face in between eyebrows
P-6–inner forearm

Sore Throat

LU-10–palm near thumb
LI-1–pointer finger

Depression

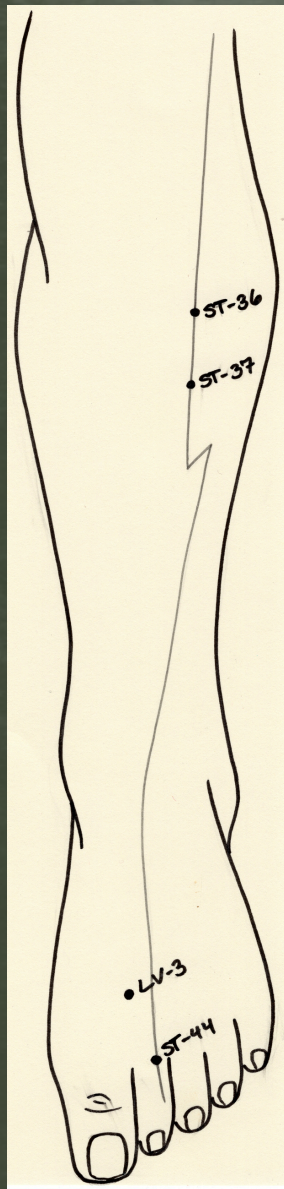
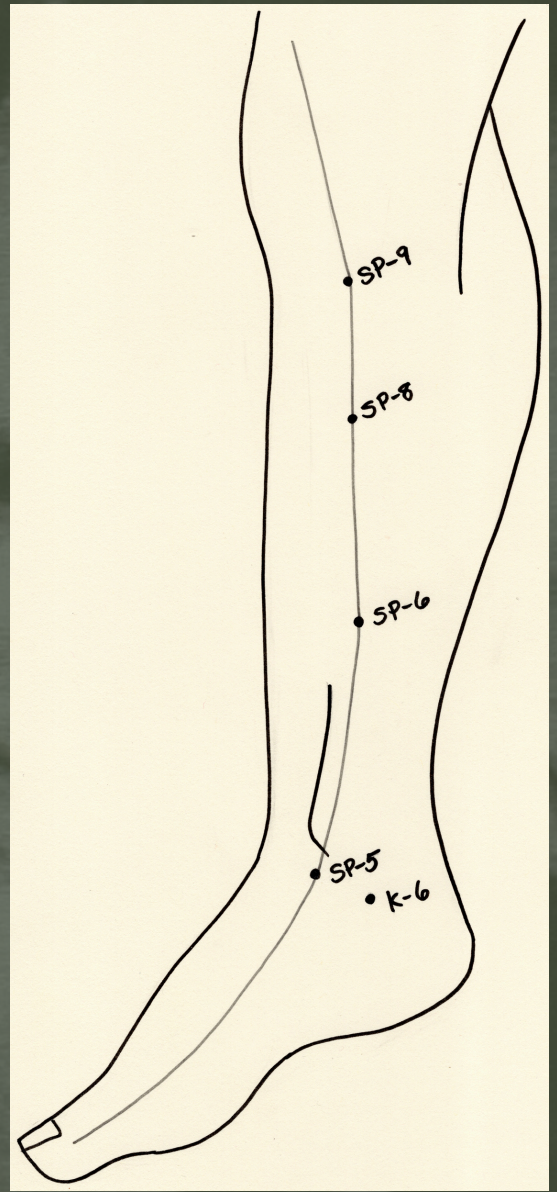
P-7–inner wrist
ST-36–lower leg beside shin
SP-6–inner leg near ankle
LV-3–top of foot between big toe and 2nd toe
LI-4–back of hand between thumb and index

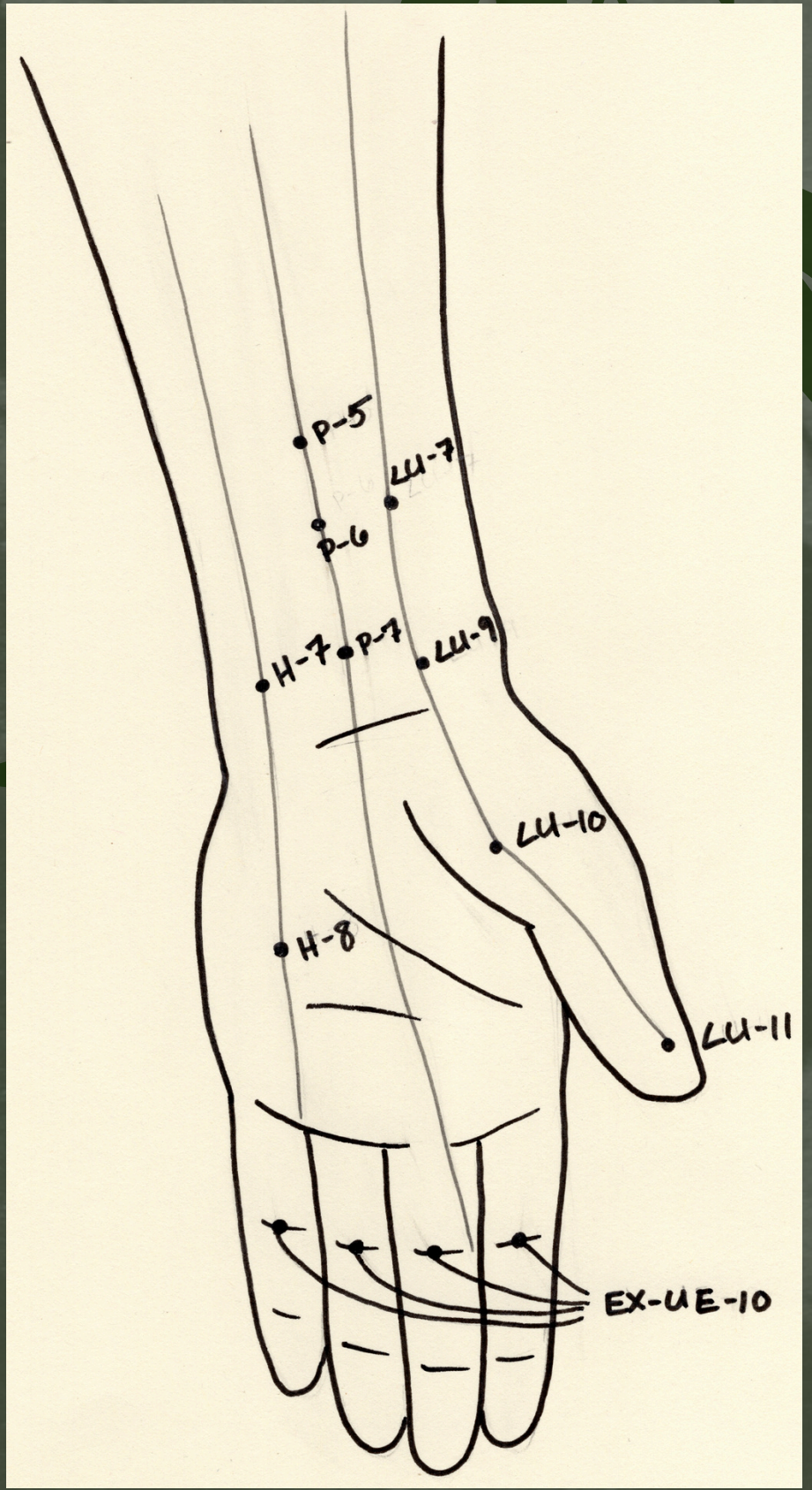
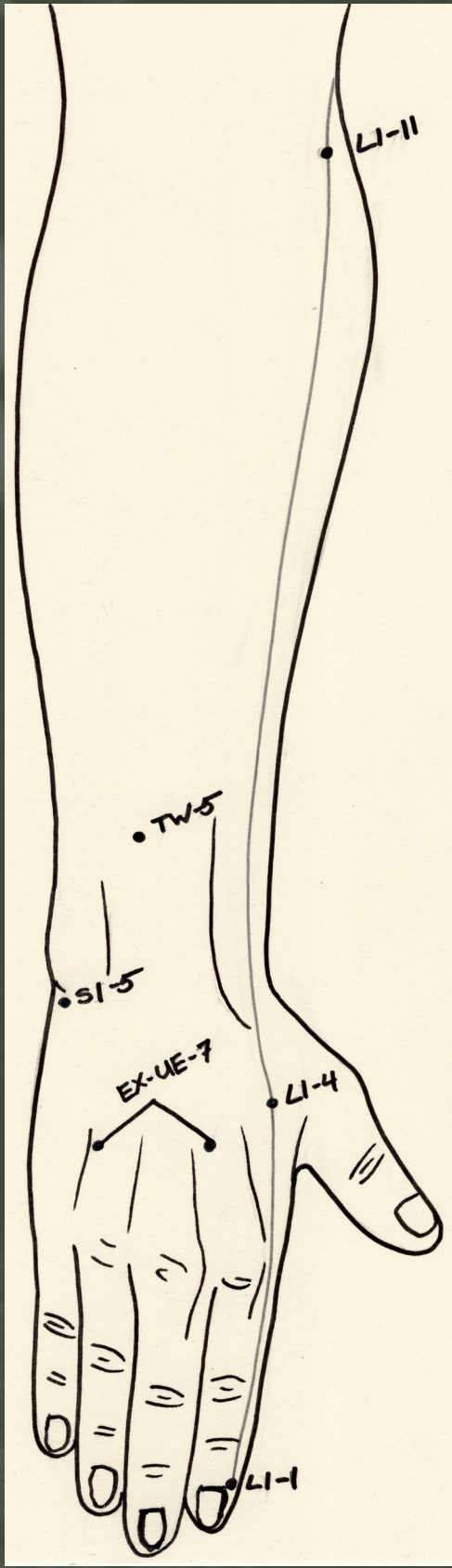
Stress and Anxiety

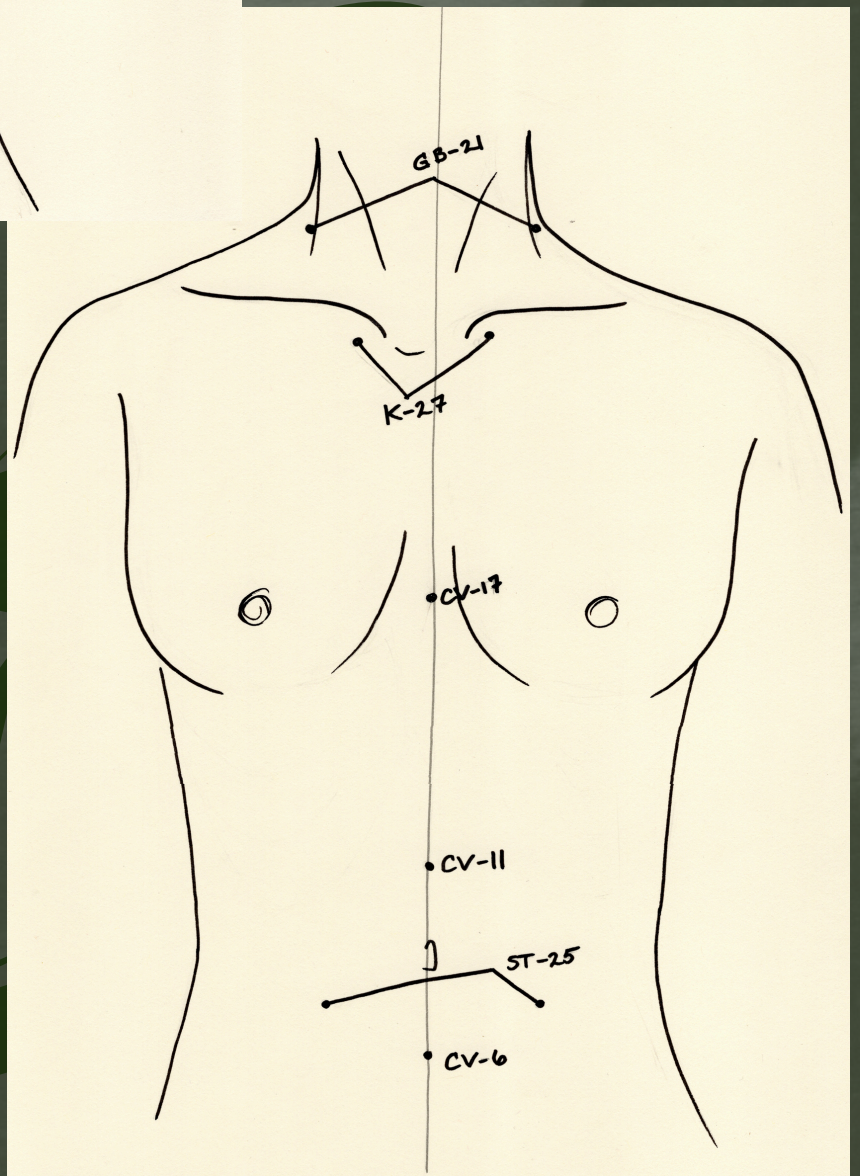
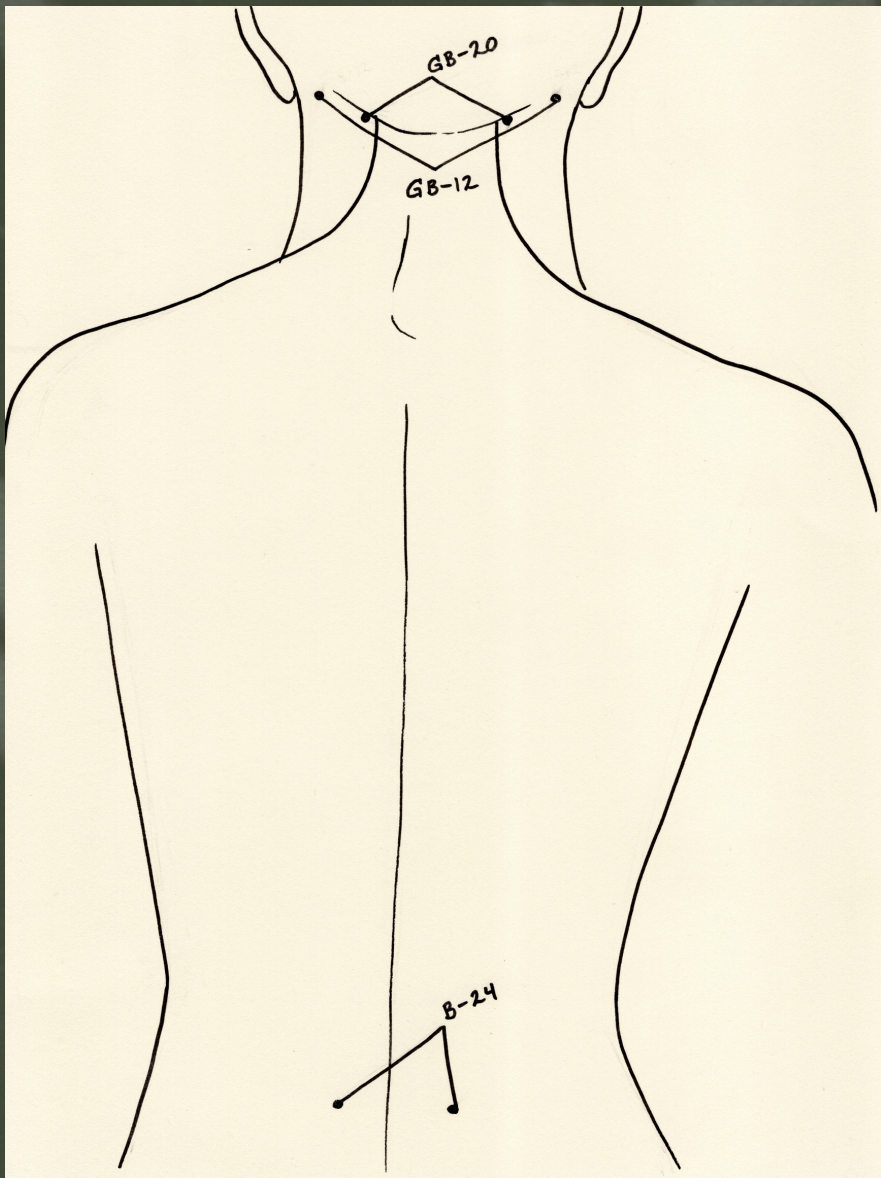
H-7–inner wrist
CV-17–chest
EX-HN-3–face between eyebrows
EX-HN-5–face beside eye
GB-21–back of shoulder
GB-20–back of neck under skull

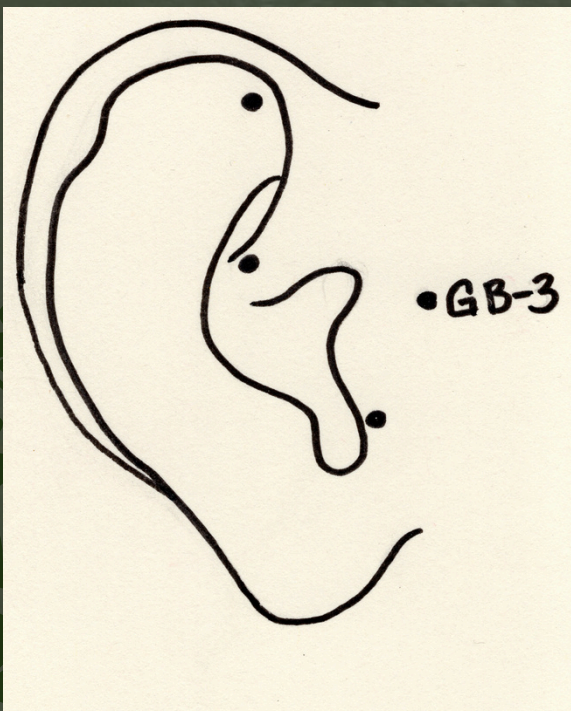
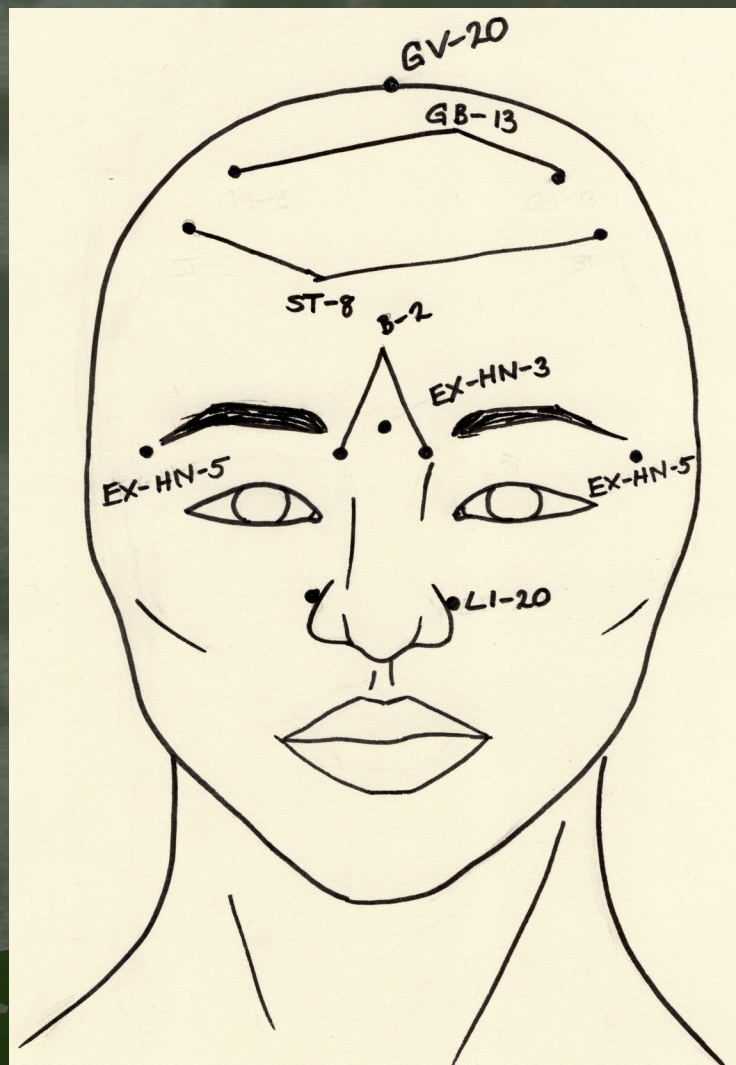
Ear Acupressure

Auricular acupressure is a subset of acupressure, with points on the ear corresponding to points on the body. For ear acupressure, apply ear seeds to acupoints on ears. You can leave ear seeds on for several days. The ear acupoints shown are for headaches, tension, and stress.









Sources

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