ACUPRESSURE

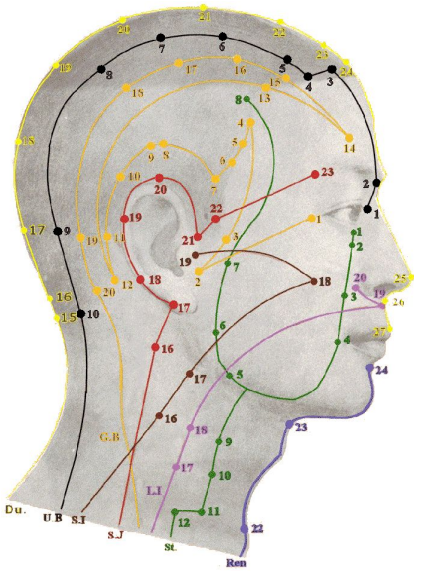
Stress Relief & Immune Boost

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ACUPRESSURE

A system of integrative medicine, based on the principles and philosophy of Traditional Chinese Medicine, that utilizes specific points called “acu-points” located along energetic pathways known as channels or meridians. Qi, our vital life force flows through these meridians.



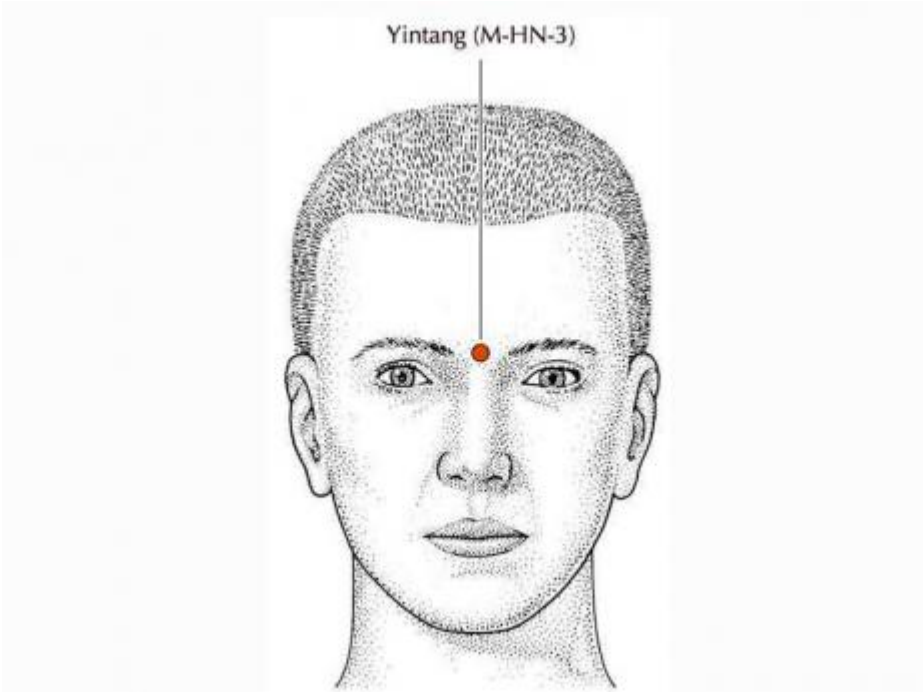
Acupoints:

- Each acu-point has more than one action
- Each acu-point corresponds to a specific body part or system
- Apply medium pressure directly on to the point
- Hold for 15 seconds; then apply circular pressure for an additional 15 seconds

Yintang
Hall of Impression

Location:

At the glabella, at the midpoint between the medial extremities of the eyebrows.



Actions:

Calms the mind

Benefits the nose

Alleviates pain

Clinical Applications:

Insomnia, anxiety, agitation, mental clarity, frontal headache, nasal congestion.

Shanzhong – Ren 17
Chest Center

Location:

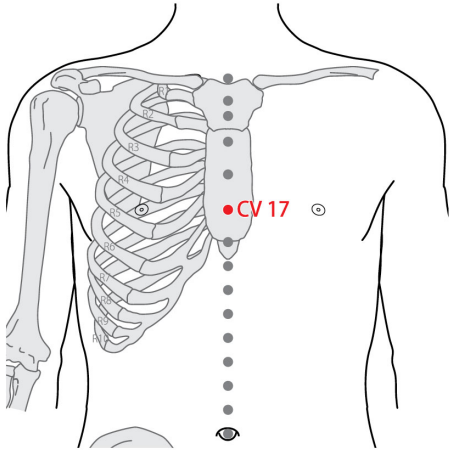
On the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum.

Actions:

Regulates qi and unbinds chest

Descends rebellious qi

Clinical Applications: shortness of breath, inability to speak, acid reflux

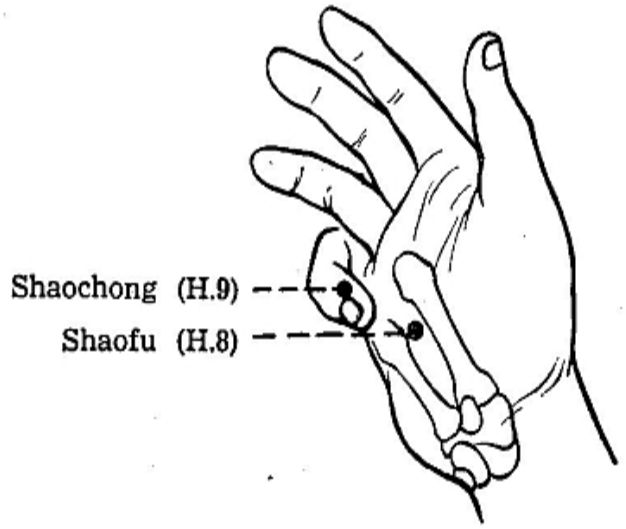


CV17

Shaofu – Heart 8
Lesser Palace

Location:

On the palm, in the depression between the 4th and 5th metacarpal bones. Where the tip of the little finger rests when a loose fist is made.



Actions:

Calms the spirit

Regulates Heart qi

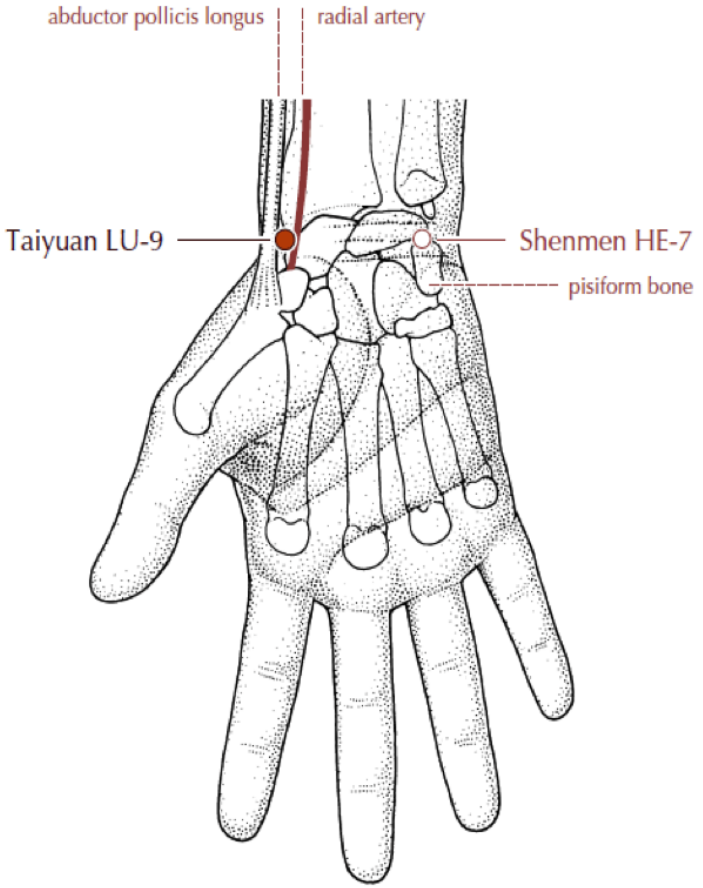
Activates the channel and alleviates pain

Clinical Applications: palpitations, fear, sadness and worry, fear of people and agitation.

Taiyuan – Lung 9
Supreme Abyss

Location:

At the wrist joint, in the depression between the radial artery and tendon of abductor pollicis longus.



Action:

Strengthens Lung Qi

Activates channel

Alleviates pain

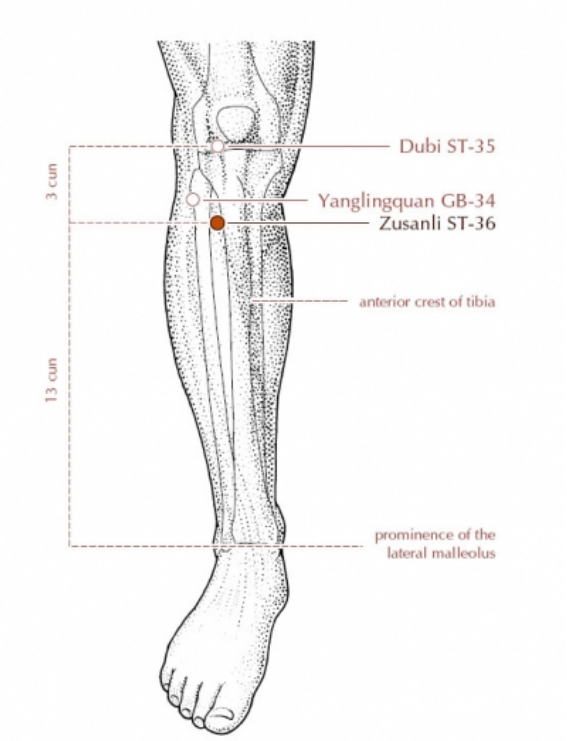
Clinical Applications:

Immune boost, cough and phlegm

Zusanli - Stomach 36
Leg Three Miles

Location:

Below the knee, 3 cun inferior to the lateral "eye of the knee", one finger-breadth lateral To the anterior crest of the tibia.



Actions:

Harmonizes the Stomach

Resolves dampness

Tonifies qi and blood

Clears pain along the channel

Revives yang

Clinical Applications: fatigue, indigestion, constipation, edema, muscle pain.

Resources

- Deadman, P. Al-Khafaji, M. & Baker, K. (2007). A manual of acupuncture. East Essex, England: Journal of Chinese Medicine Publications.
- Ladas, E. J. & Kelly, K. M. (2012). Integrative strategies for cancer patients. Singapore: World Scientific Publishing Co.