# ACUPRESSURE

## PART 2

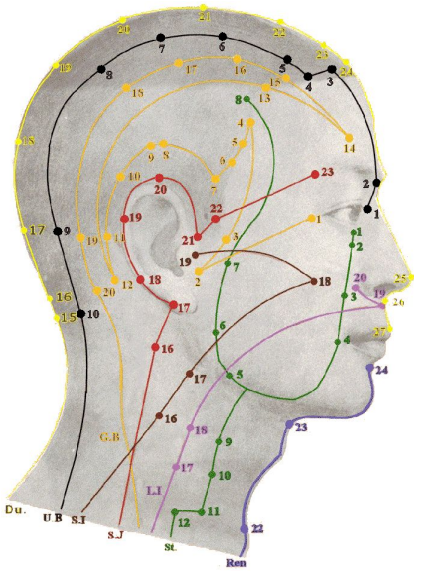
## Stress Relief & Immune Boost

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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

# Laogong - Pericardium 8
## Palace of Toil

**Location:**

Between the second and third metacarpal bones, in the depression, where the tip of the middle finger rests when a loose fist is made.




**Actions:**

Calms the spirit

Cools blood

Harmonizes the Stomach

**Clinical Applications:** depression, fright, sadness mouth ulcers, throat pain, vomiting.

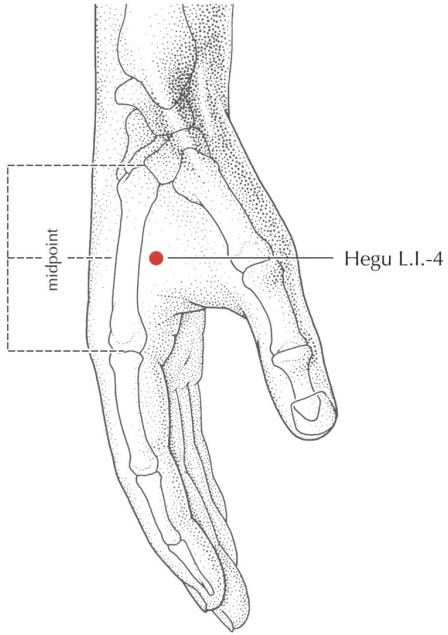
# Hegu - Large Intestine 4
## Joining Valley

**Location:**

On the dorsum of the hand,

Between the first and second metacarpal

Bones, at the midpoint.




**Actions:**

Alleviates pain

Regulates face

Expels wind

**Clinical Indications: headache, eye pain, jaw pain, nasal congestion, body pain.**

***Caution**: Contraindicated in pregnancy*

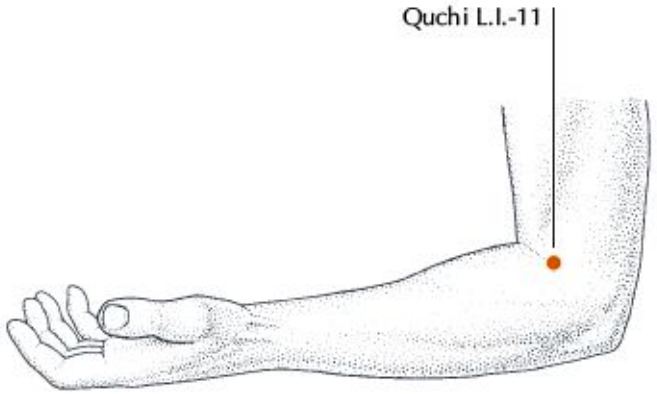
# Quchi - Large Intestine 11
## Pool at the Crook

**Location:**

At the elbow, midway between the lateral epicondyle

of the humerus and the transverse cubital crease.

**This point should be located with elbow flexed.*




**Actions:**

Clears heat

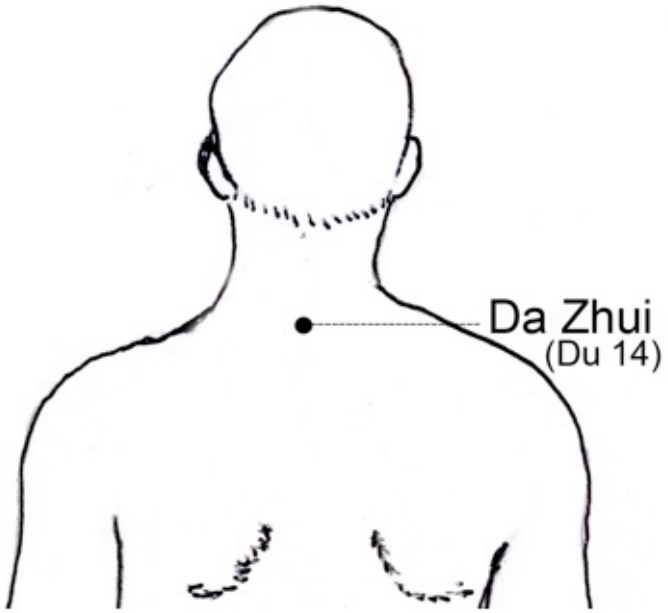
Dispels wind

Regulates qi and blood

**Clinical Applications:** increases circulation, alleviates pain, decreases inflammation (sore throat, tooth pain and itching).

# Da Zhui – DU-14
## Great Vertebra

**Location:** On the midline at the base of the neck,
in the depression below the spinous process
of the seventh cervical vertebra.
**Extend neck: C6 can't be felt, C7*
*is palpable and rotates and T1 remains static.*




**Actions:**

Expels wind and firms the exterior

Clears heat

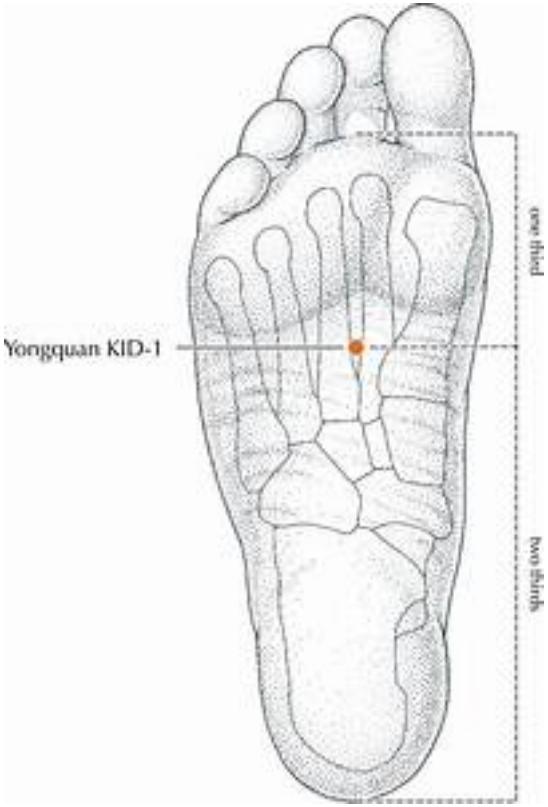
Tonifies deficiency

**Clinical Applications:** Clears chills and fever, sore throat, night sweats, boosts energy and immune system, strengthens voice.

# Yongquan – Kidney 1
## Gushing Springs

**Location:**

On the sole of the foot, between the second and third metatarsal bones, approximately one third the distance between the base of the second toe and the heel.




**Actions:**

Descends excess from the head

Calms the spirit

Rescues yang

**Clinical Applications:** fright, headache, dizziness, agitation, insomnia, cough, constipation, poor memory.

# 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.