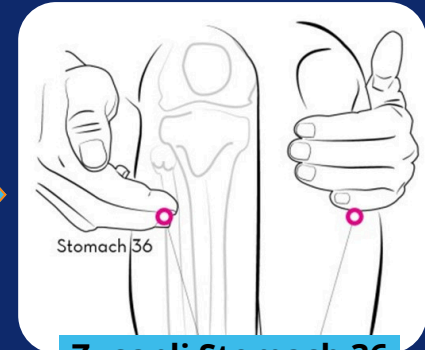


Understanding Acupressure Points & their Benefits

ST-36, also called Zusanli

Benefits: Immune system, Aides digestion, Boosts endorphin production, & stimulates stomach & spleen
Good for/Relieves: Anxiety, Depression, Chronic pain, Fatigue

To use this as an acupressure point at home, first locate the point (four finger widths down from bottom of knee cap, confirm area by moving foot up and down). Use your thumb or index finger to massage the acupoint with deep and steady pressure. Massage the point in a circular or up and down motion. Do this for one to two minutes.

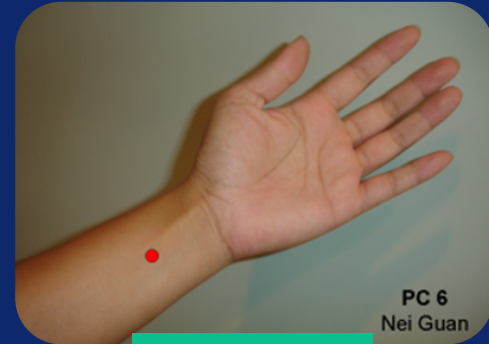


Zusanli Stomach 36

Pericardium 6 (PC), also called Inner Pass/Nei Guan

Benefits: Chest pain, Asthma, Angina, & Insomnia
Good For/Relieves: Wrist Pain (local point) & Axillary Swelling (distal point), Motion Sickness, Nausea & Vomiting
Helps with stress-related conditions: Febrile disease, Headache, Neck or head pain

To find this point, look at the inner aspect of your wrist and find the crease. Measure two thumb widths up towards your elbow. Locate the point between the two tendons in the middle of your forearm. Apply pressure for 30 seconds, then hold for up to 2 minutes, gradually increasing and decreasing pressure in 30-second increments.

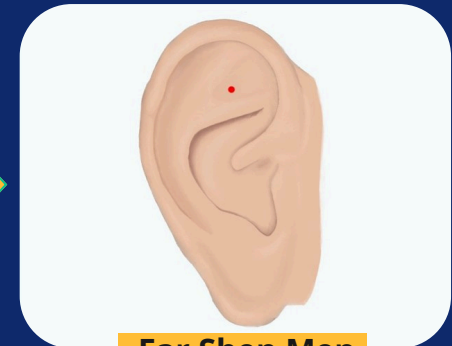


Pericardium PC 6

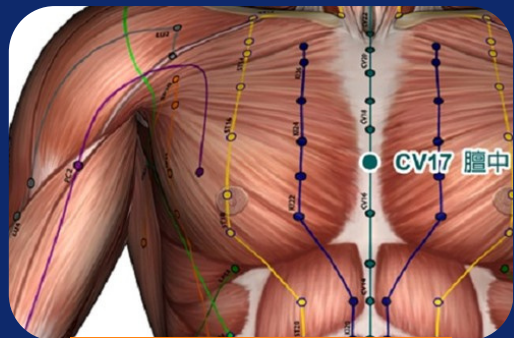
Shen Men “Spirit Gate” Divine Gate” “Wonder Point”

Benefits: Pain & tension, Insomnia, Restlessness & sensitivity
Good for/Relieves: Stress, Anxiety & Depression, Coughs, Fever, Inflammation & high blood pressure

This point is located slightly superior and central to the curving tip of the Triangular Fossa. Gently massage this point throughout the day to activate. Apply light pressure using your thumb or index finger in circular motions.



Ear Shen Men



Conception Vessel 17 (CV 17) - Shanzhong “Within the Breast”

Benefits: Lungs & heart, Facilitates breathing

Good for/Relieves: Chest Tightness, Chronic Coughing, Heartburn, Acid Reflux, Anxiety & Stress (Heart Chakra)

Use your 2nd or 3rd finger and apply very light pressure and hold that point. Or you can use the palm of your hand. You can do this before bedtime to help you sleep, or during moments of anxiety and stress. This point can also be used when you are practicing deep breathing and meditation.

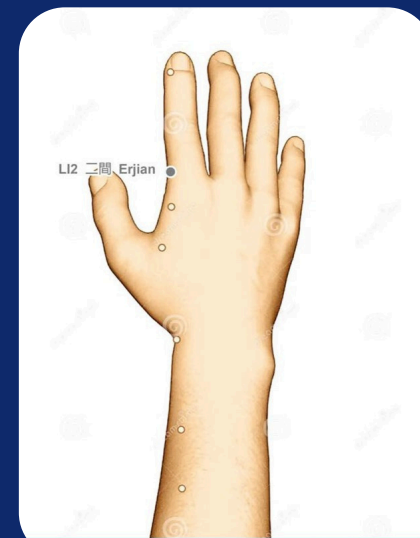
Conception Vessel CV17

Large Intestine 2 (LI-2) Erjian - Second Space

Benefits: Stimulating salivary glands

Good for/Relieves: Toothache, Dry Mouth, Pain & swelling of lower cheek, Deviation of the mouth & eye, Nosebleeds, Rhinitis, Sore throat, Cloudy vision

LI-2 is located on the radial border of the index finger, in a depression just distal to the metacarpo-phalangeal joint. This point is easier to find if the index finger is relaxed in a slightly flexed position. Use the thumb nail of the opposite hand to press into the “cove” between the index finger & base of the knuckle. Apply pressure several times throughout the day for 30 plus seconds at a time.



Erjian LI-2

Disclaimer: The information presented here is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment.