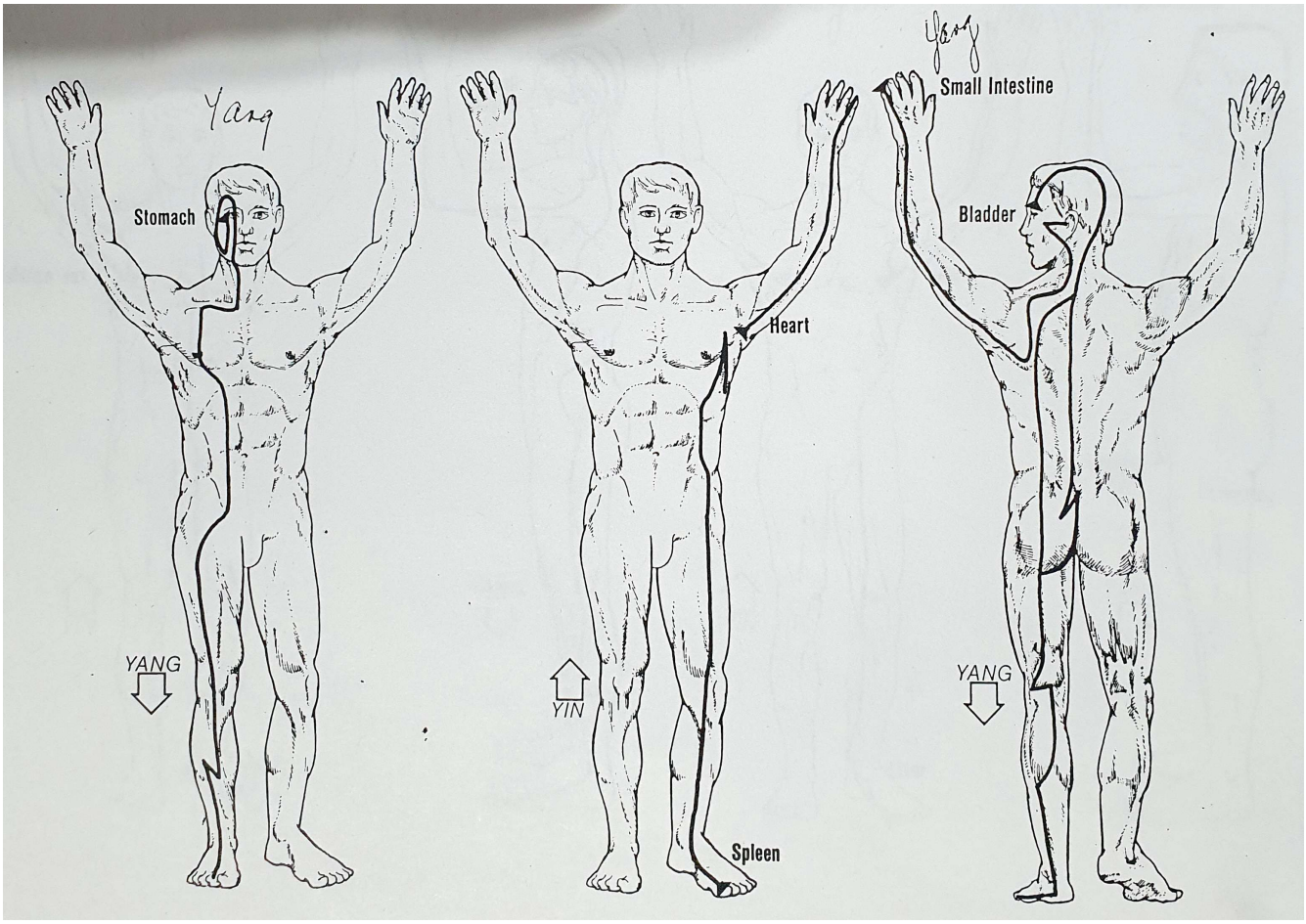
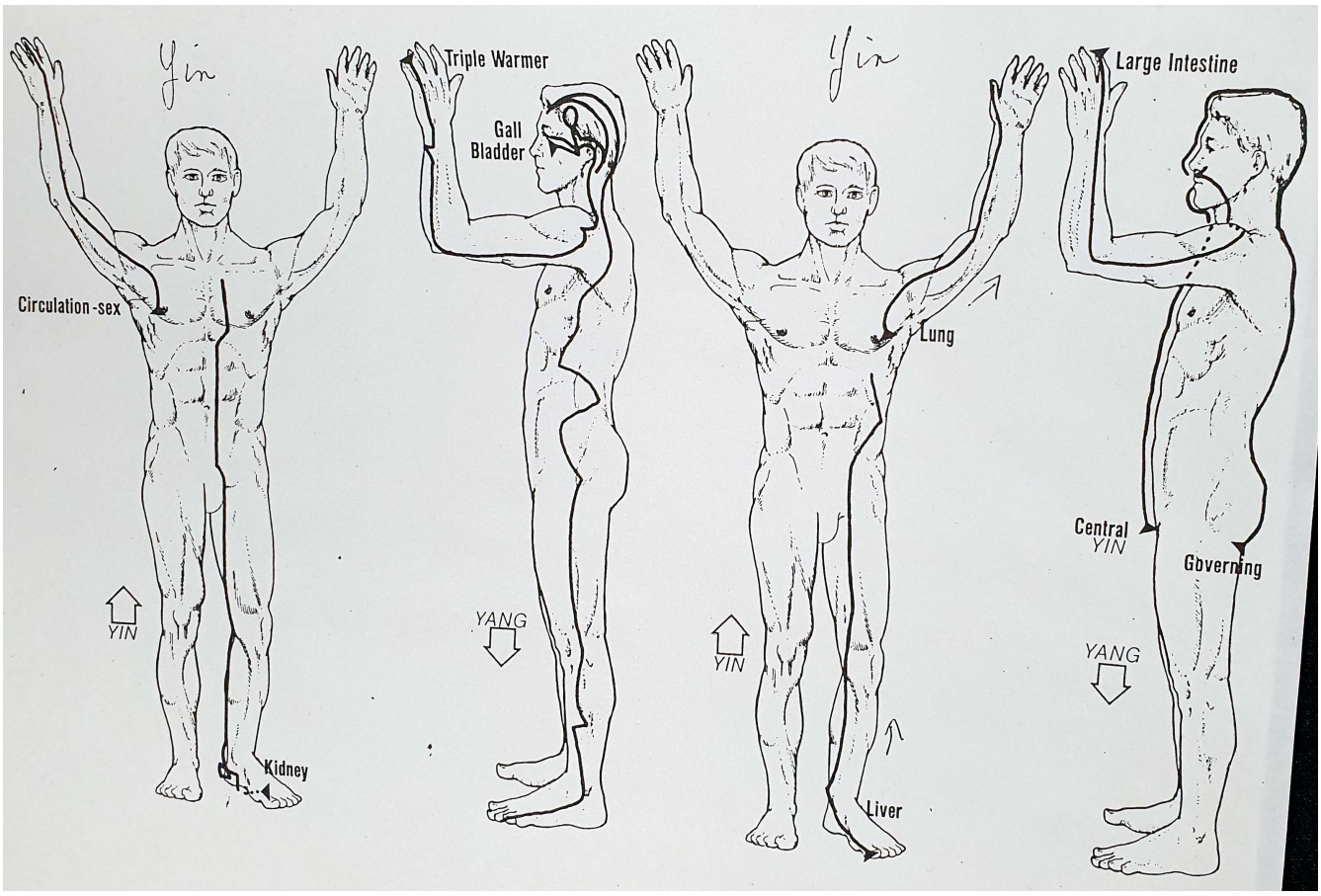
ACUPRESSURE

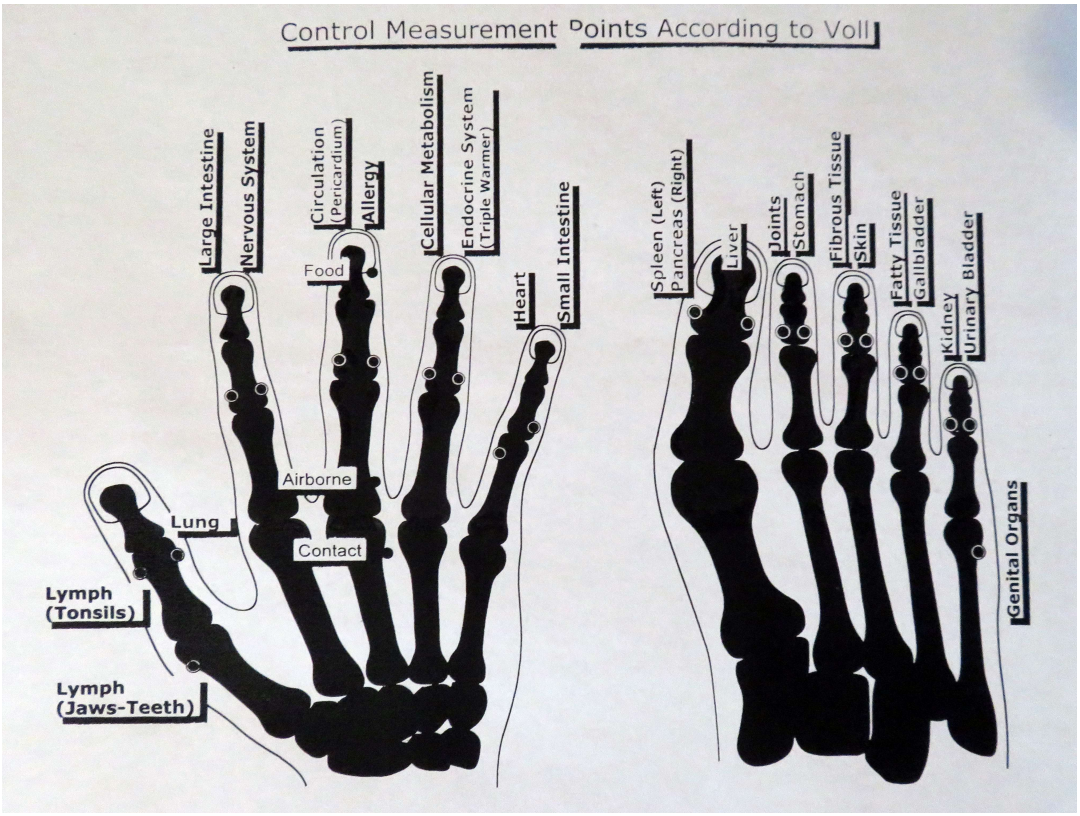
Acupressure can help treat neck pain, back pain, headaches, insomnia just to mention a few. You need to be licensed to use acupuncture using needles. But you can effectively put pressure on the points using your finger tips or any other type of instrument that doesn't puncture the skin.

How can this help you.? To begin with, if you get a problem eg. Skin outbreak, and it is falling on the line of the small intestine for example, it might give you a clue as to where you can put your efforts to help the body heal.





Here is an image of the points on hands and feet and the place they reflex to.



Meridian Abbreviations:

Hollow organs - Yang:

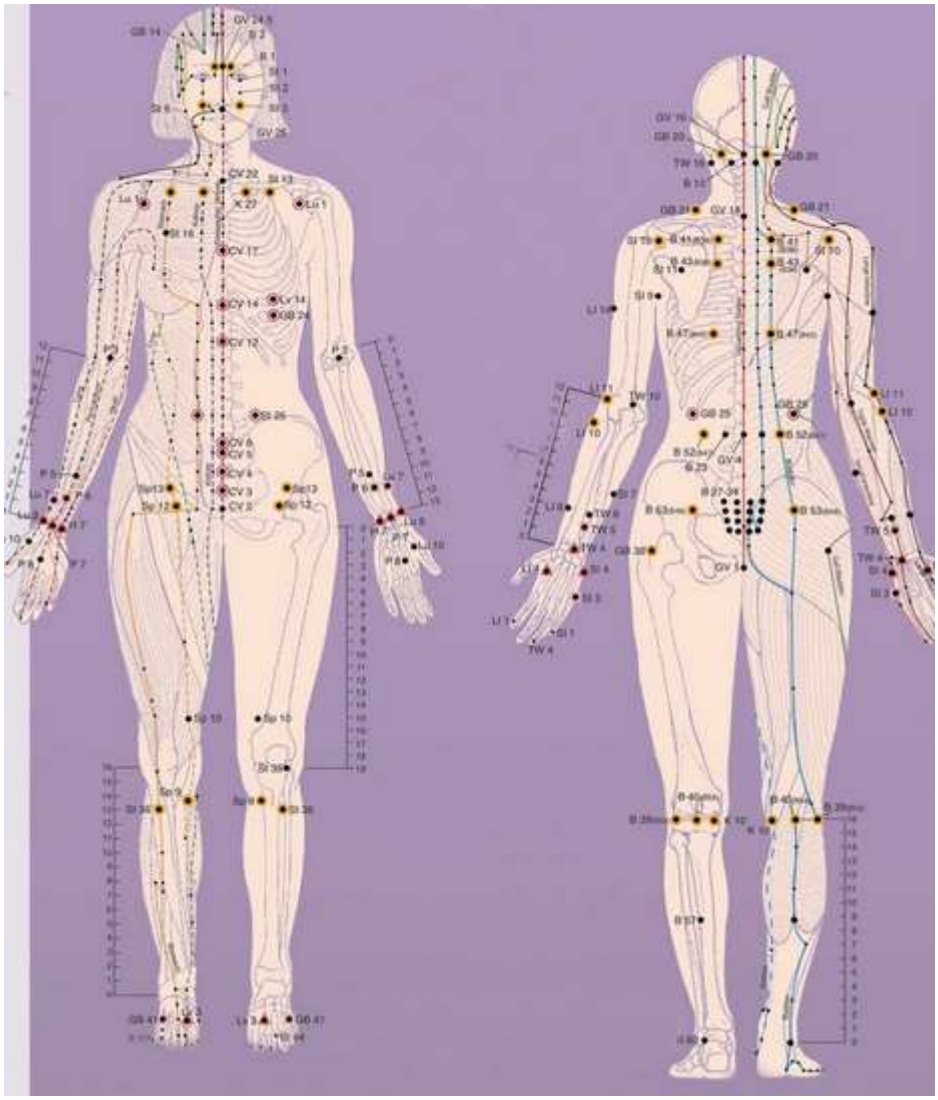
LI, CO = Large Intestine
ST = Stomach meridian
SI = Small Intestine meridian
UB, BI = Bladder meridian
GB = Gallbladder meridian

Solid Organs (Yin)

LU = Lung meridian
SP = Spleen meridian
HT, HE = Heart meridian
KI = Kidney meridian
LV, LI, LIV = Liver meridian

Other:

P, PC, HC = Pericardium, Heart Constrictor meridian
TW, TH, SJ = Triple Warmer, Triple Burner
CV, VC, Ren = Central/Conception Vessel meridian
G, GV, Du = Governing Vessel meridian



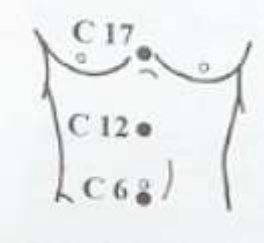
HEALING POINTS FOR ACUPRESSURE

Here are the placements of the most important points.

CENTRAL

C6 **1.5” below the navel. Considered center of the human body.**

C17 **In men it is on the midline of the chest between the two nipples. In women, on the midline of the chest between the fourth and fifth ribs.**



C12 **see above. 4” above the navel, along the midline. Midway between the navel and the bottom of the breast bone.**

GOVERNING

G/GV 26 **Midway between nose and upper lip.**



GALLBLADDER

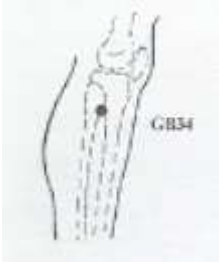
GB20 **Right under and against base of skull in the 2 small muscular grooves at the back of the neck, 2-3 thumb widths apart depending on the size of the head.**



GB21 **On top of shoulder, 1-2 thumb widths from side of the neck.**



GB34 **Slightly below the level of the bottom of the kneecap on the outer side of the leg. In the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.**



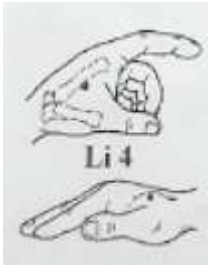
HEART

H7 **Palm facing you on the wrist crease closest to the hand, in the hollow directly in line with the inside of the little finger to form a small mound and marking an imaginary point.**



LARGE INTESTINE

Li4 **On back of hand, midway on metacarpal bone that connects the index finger to the wrist on the thumb side. Easy to find by squeezing 2 fingers together.**



LUNGS:

Lu5 **In hollow, but more toward the outside (direction of the thumb) of inner elbow crease.**



Lu7 **On thumb edge of the wrist 1.5 thumb widths toward elbow from wrist crease nearest hand. Difficult point to find, but easily found by linking hands, find point beneath index finger lying along top of wrist, deep in a**

small hollow.





LIVER

Lv3 2 thumb widths above separation between biggest and second toes on top side of foot.



PERICARDIUM

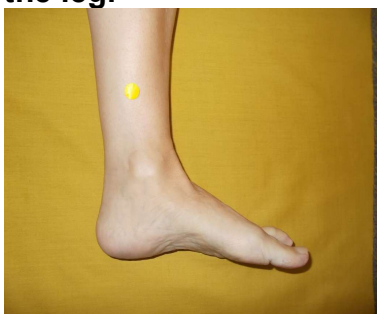
P6 Width of 2 thumbs above the most prominent crease on the inner wrist in line with the middle finger.





SPLEEN

Sp6 Width of one hand (3 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.



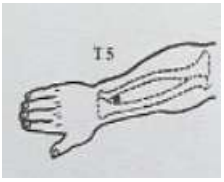
STOMACH

St36 Width of one hand below the bottom of the kneecap and width of one thumb toward the outside of the leg (direction of the small toe(, In the valley between the most prominent bones of the calf where they come together.

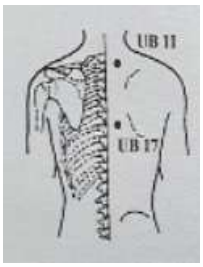


TRIPLE BURNER

T5 Width of 2 thumbs above the most prominent crease of the upper wrist, in line with the middle finger. On outside of the forearm.

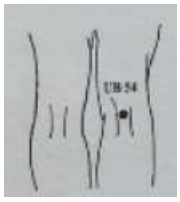


UB11 1.5 thumb widths from the spine midline, 1 thumb width below a line level with the top of the shoulder blades.



UB17 **see above. 1.5 thumb widths from the spine midline, along an imaginary line drawn between the bottoms of the shoulder blades (scapula).**

UB54 **In center of crease at rear of the knee, between the two ligaments. Don't use this point if you have varicose veins.**



UB60 **In the hollow behind the crown of the outer ankle.**



Abdomen:
Upper (stomach, sm. Intestine): St36 C12
Lower Li4 Sp6 C6 St36
Pain C12 G26 Sp6 C6 Li4 St36
Acne Lv3 UB17 Li11 P6 Sp6 St36
Addictions C17 GB20 Li4 Lv3 P6 Sp6 St36
Food GB34
Tobacco Lu7
Alcohol Lv3
Drugs UB17
Allergies UB17 Li4 Li11 St36 Sp6
Anger C6 C12 C17 Lv3 P6 Sp6 St36
Ankle: UB60
Anus: C6 C12 Li4 Sp6
Anxiety C17 H7 St36
Appetite balancing: C12 Sp6 H7 St36
Arms: Li4 Li11 P67 Lu5
Arteriosclerosis GB 20 GB21 UB17 St36 Li4 Li11 Sp6 H7
Arthritis GB20 P6 T5 UB11 UB60- Li4 Li11 St36 SP6 also do the part affected
Asthma C17 GB20 Li4 Lu5 Lu7 St36 T5 P6 UB11 UB17
Back:
Upper: St 36 G26 UB54 UB60
Lower: UB54 UB 60 G26 St36
Bladder St36 Sp6 C6
Bleeding/Blood problems UB17 St36 T5 Lv3 Sp6
Blood Li4 Sp6 St36 UB17
Bones St36 UB11
Bowels Li4 Sp6
Brain C6 Li4 Lv3 GB20
Breast C17 GB21 Sp6 Lv3
Breathing difficulty P6 St36 UB17 Li4 C17
Bronchitis P6 Lu5 St36 UB11 H7 C17 Li4
Bursitis shoulder Lu5 Li11
knee Lu5 UB60
Buttocks UB54
Cheeks Li4 Li11 St3
Chest C17 St36 P6 Lu7
Coccyx (tailbone) Uba54
Cold (common cold) GB20 SP6
Colitis C6 St36 Li4 UB54
Colon Li4 Sp6 C6
Concussion Li4 Lu7
Conjunctivitis Li4
Constipation St36 SP6 C12 C6 Li4 Li11
Convulsions Li4 Li11 G26 GB20 H7 UB54 Lu5
Cough GB20 GB21 St36 Lu5 Lu7 P6 Li4 Li11 C6 C12
Cramping GB20 Li4 Lv3 St36 Lia4 Lv3 St36
Foot Lv3
Calf UB54 Sp6
Menstrual Sp6 C6
Cystitis GB26 St36 C6 Sp6
Depression Lv3 P6 St36 C6 C12 G26 H7
Diabetes Sp6 St36 C12 P6 UB17 G26
Diarrhea Sp6 St36 P6 Li11 C6 C12
Digest disturbance Sp6 St36 P6 Li4 C12
Dizzy GB20 T5 C12 St36 Li4
Dysmenorrhea C6 C12 GB26 P6 Sp6 St36
Ear T5 Li4 Li11 St36
Eczema Li4 Li11 St36 Sp6 UB17 UB54
Elbows GB34 Li11
Esophagus Li4 Li11 P6 UB17
Eyes GB20 Li4 Li11 P6 St36
Face G26 Li4 Li11 St36
Face paralysis Li4 St36
Fainting G26 St36 Li4 UB17 Lv3
Fallopian Tube C6 Sp6
Fatigue C6 GB20 Li4 Li11 Sp6 St36
Fingers Li4 T5
Feet Sp6 UB60
Fever H7 Lu5 Li4 Li11 T5
Flu Sp6 Li4 Li11 Lu7 St36 T5
Forehead Li4
Gallbladder GB34 St36 C12 P6
Gas(bowel) Li4 Sp6
Gas(stomach or colon) C12 St36 Li4 Li11 Sp6
Gastritis Li4 Li11 C12 St36
Genito-Urinary Lv3 Sp6 C6
Glaucoma GB20 Sp6 Li4 T5
Grief C6 C12 C17 Li11 P6 GTB20 Li4 Li11
Gums Li4 Li11 St36
Hair GB20 Li4 Li11 Sp6 St36 UB54
Hands GB21 T5 Li4 Li11 P6
Hangover GB20 St36 C12 UB60
Headache Li4 GB20
Heart H7 P6
Hiccough UB17 P6 C6 C12 GB20 St36
High Blood Pressure Gb20 Lv3 C12 Li11 St36 UB54 Sp6
Hips UB60 UB54
Hives Li4 Li11 UB17 St36 Sp6
Hyperthyroid GB20 GB21 Li4 P6 UB11
Indigestion C6 C12 St36 P6 Sp6 Li4 UB17
Infection St36 Sp6 Li4 L11 UB17
Impotence C6 GB34 Li4 Sp6 Lv3 St36 UB17
Insomnia Sp6 P6 C6 C12
Intestines C12 Li4 Sp6 St36
Jaundice GB20 GB21 Li4 Lv3 St36 C12 UB7
Jaw GB20 Li4 St36
Joints St36 UB11
Kidneys Sp6 St36 UB54
Knees UB54 UB60 GB34
Leg GB34 UB54 UB60 Sp6
Laryngitis Li4 G26 GB20 GB21 P6 T5 Lu5 Lu7 UB60

Leukorrhea GB26
Limbs for pain or weakness St36
Liver Lv3 C12 St36
Low Blood Pressure Lv3 St36 C6 UB17 H7
Lumbar Lv3 GB34 UB54 G26
Lung Li4 P6 Lu5 Lu7 UB11 St36
Mastitis Lv3 P6
Measles Li4 Li11 Sp6 St36 UB60 GB21
Meniere's C12 GB20 Ll4 P6 St36 T5
Menstruation
- **Excessive** P6 Sp6 C6 Lv3 Li4
- **Insufficient** Sp6 C6 Lv3 Li4 St36 UB60
- **Painful** Sp6 C6 Lv3 Li4 G26

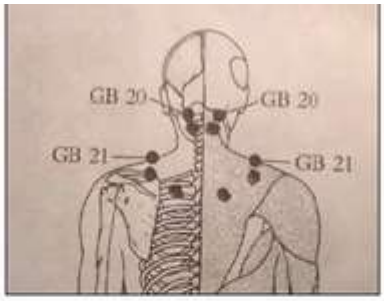
Migraine GB21 GB21 Li4 Li11 C12 Sp6 St36 C6 Lu7 Lv3
Motion Sickness P6 G26 Li4 T5 C6 C12 St36 Sp6 Lu5 H7
Mouth G26 Li4 Li11 St36
Muscles Sp6 UB54 GB34
Nausea C12 P6 H7 Lv3 Lu5 St36
Neck GB20 GB21 Li4 Li11 Lu7
Nervous System Lv3
Nervous anxiety with palpitations H7 Lv3 St36
Neuralgia
- **Lower back** UB54 Ub11 UB60
- **Upper back** UB60 UB11
- **Face** G26 Li4 Li11 St36
- **Intercostal** P6 C17 Lv3
- **Joints** UB11
- **Lower limb** G34 UB60
- **Upper limb** L11 Li4 T5 P6 Lu7 UB11
- **Neck/back of head** Lu7 Li1 UB60 Lv3

Nightmares Li4 C12 H7
Nocturia (frequent urination at night) Sp6 C6
Nose G26 GB20 GB21 Li4 Li11
Nosebleed GB20 GB21 Li4 Li11
Ovaries Li11 Sp6 C6 Lv3 St36
Pancreas P6 St36 C12 UB17
Pelvis C6 C12 GB34 Li11 Sp6 St36
Penis Sp6 C6
Pharynx (throat) Li4 Lu5 P6
Pneumonia C12 C17 T5 Li4 Li11 UB11 P6 Lu5 Lu7 St36
Pregnant Avoid using Sp6 Sp4 Li4 S36
Prostate Sp6 C6
Psoriasis GB20 GB21 H78 Lv3 Li4 Li11 P6 Sp6 UB54
Rectum Li4 Sp6 St36
Respiratory GB20 Li4 Li11 Lu5 T5 P6
Rhinitis (nasal inflam) G26 GB20 Li4 St36 UB54
Sciatica GB34 UB54 UB60 Sp6
Sea sick L4 T5 C12 St36 Sp6 P6 Lu5 H7
Seizures C12 GB20 P6 St36 H7 Li4
Sex organs C6 Sp6
Shoulders GB21 Li4 Li11
Skin prob. Li4 Li11 Sp6 St36 UB17 UB54
Smoking C18 Li4 Lu7 Lv3 P6 Sp6 St36
Spine
- **Neck** Lu7
- **Upper back** UB60
- **Lower back** UB54

Spleen Sp6 P6 C12 St36
Stomach St36 C12 Sp6 P6
Sweats(night) Li4 L11 St36 P6 C6 H7
Sympathetic Nervous System G26
Tachycardia C17 GB20 P6 H7 St36
Teeth G26 Li4 Li11 P6 St36
Testicles C6 Sp6 St36
Thigh UB54
Throat P6 UB54 Li4 Lu5
Tinnitis GB20 GB21 St36 Lu7 Li4 T5
Toes UB60
Tongue G26 H7 Li4 Li11
Tonsilitis GB20 GB21 P6 Li4 Li11 UB54 St36
Toothache G26 Lu7 Li4 Li11 P6 St36
Trachea C17 Li4 Lu7
Trigemenal facial neuralgia GB20 Lu7 Li4 Li11 Lv3 St36
Ulcers
- **Intestinal** Li4 C12 Sp6 GB21 St36
- **Stomach/Duodenal** C6 C12 H7 Li4 Li11 St36 P6

Urinary probl. SP6 C6
Vaginitis SP6 C6
Vomiting P6 C6 C12 C17 Li11 P6 Sp6 St36 UB17
Ureter Sp6 C6
Uterus Sp6 C6 UB54
Vagina Sp6 C6
Wrist Li4 Lu7 T5 UB60

Example of Treating Stress in shoulder and neck with Acupressure



Here are two methods for releasing these shoulder and neck pain points:

