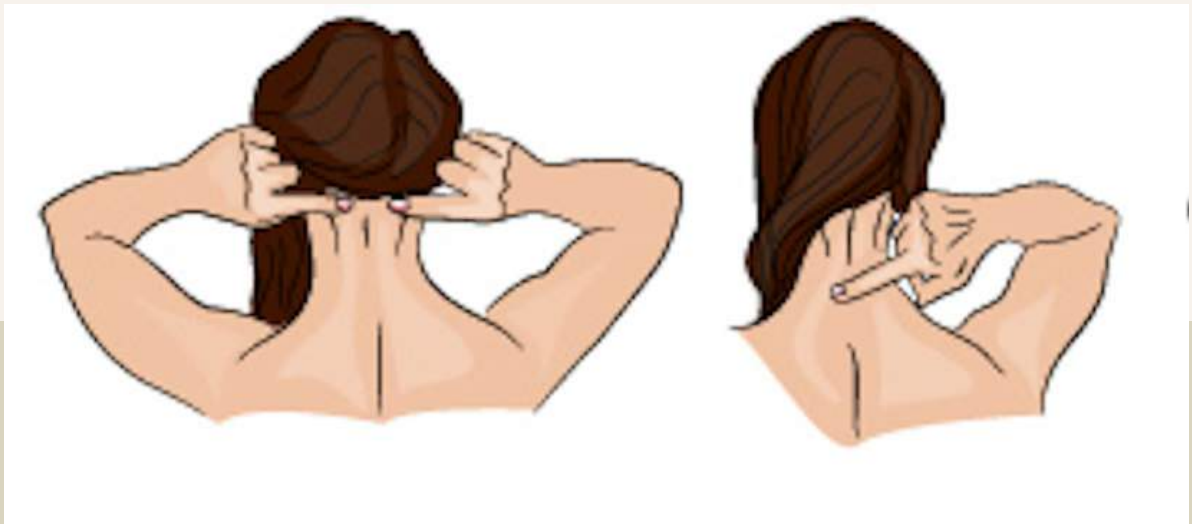


Chinese Medicine Healing Bundle

ACUPRESSURE



part 5



ACUPRESSURE

Acupressure involves applying gentle pressure to specific points on the body to stimulate the body's natural healing abilities. These points, known as acupressure points, are believed to be connected to pathways of energy called meridians, which correspond to different organs and systems in the body.

By stimulating these acupoints, acupressure helps to balance the flow of Qi within the body. Imbalances or blockages in the flow of Qi can lead to various physical and emotional ailments. By restoring balance to the body's energy flow, acupressure promotes health and well-being.

ACUPRESSURE POINTS FOR

1. Anxiety
2. Constipation
3. Delayed Period
4. Diarrhea
5. Dry Eyes and Tearing
6. Fatigue
7. Headache behind Eyes
8. Headaches
9. Heavy Menstrual Flow
10. High Cholesterol
11. Hypertension
12. Insomnia
13. Lower Back Pain
14. Migraines
15. Nasal Congestion
16. Neck Pain
17. Night Sweats
18. Period Pain
19. Shoulder Pain
20. Sciatic Pain
21. Sore Throat
22. Stomach Pain
23. Tinnitus
24. Vertigo



For the following
acupressure, please do it 3
mins both sides twice a day
for prevention.

If you are actively in pain,
please press with harder
pressure 5 mins both sides
until pain starts to fade.

You can use your finger, a
pen, or acupressure tool.

If it doesn't specify which
side, you can do either or
both.



ANXIETY

HT8: Make a loose fist. The tip of the little finger is where the point is.



CONSTIPATION

SP14: 3 fingers next to your belly button. One finger below. One point each side.



DELAYED PERIOD

Zhi wu: Divide this join on the thumb evenly into 4 pieces.



DIARRHEA

ST25: 3 fingers next to your bellybutton. One point each side.



DRY AND ITCHY EYES

SJ5: Back of the wrist. 3 fingers from the wrist line; in the middle.



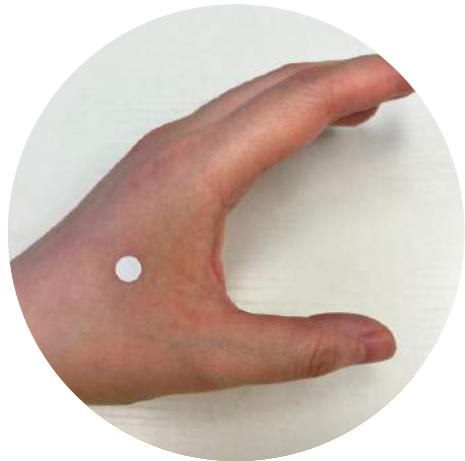
FATIGUE

Du20: On the top of the head. Where the tip of the ears connect.



HEADACHE BEHIND EYE

GB20: Back of your head, in the hollows on either side of the spine, level with your ears. Same side.



GENERAL HEADACHE

LI4: By the middle point of the index finger bone, on meaty part.



HEAVY/LONG PERIOD

SP1 and LV1: at the corner of the base of the big toe nail.



HIGH CHOLESTEROL

ST40: From bottom of kneecap to ankle line. In the middle. 2 fingers away from shinbone.



HIGH BLOOD PRESSURE

LI11: At the end of the elbow crease.



LOWER BACK PAIN

Yao tong xue: The depression where the ring finger and pinky bone meet. Same side.



MIGRAINE

On the outside of the 2nd joint of the ring finger. Same side as the migraine.



NASAL CONGESTION

SJ2: In the web between ring finger and pinky.



NECK PAIN

SJ3: Slide the finger down from the web of finger between ring and pinky, the first dip it falls into. Same side.



NIGHT SWEATS

KD7: Three fingers above the ankle bone. In the middle of the side of the lower leg.



INSOMNIA

HT7: In the depression on the wrist line in between pinky and ring finger.



PERIOD PAIN

The second joint of middle finger, on that side that is closer to index finger.



SHOULDER PAIN

San jian: By the bone of the thumb, evenly divide the bone into 4 parts.

Acute: opposite side.

Chronic: same side.



SCIATIC PAIN

Ling gu: In the depression where thumb and index finger bone meets.

Use the opposite of the sciatic pain.



SORE THROAT

LU10: In the middle of the thumb bone, between the bone and the meaty area.



STOMACH PAIN

PC6: 3 fingers from the wrist line, right in the middle.



TINNITUS

SJ2: In the web between ring finger and pinky. Same side.



VERTIGO

GB8: One finger above the tip of the ear.

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Follow me @Oldtown_acupuncturist

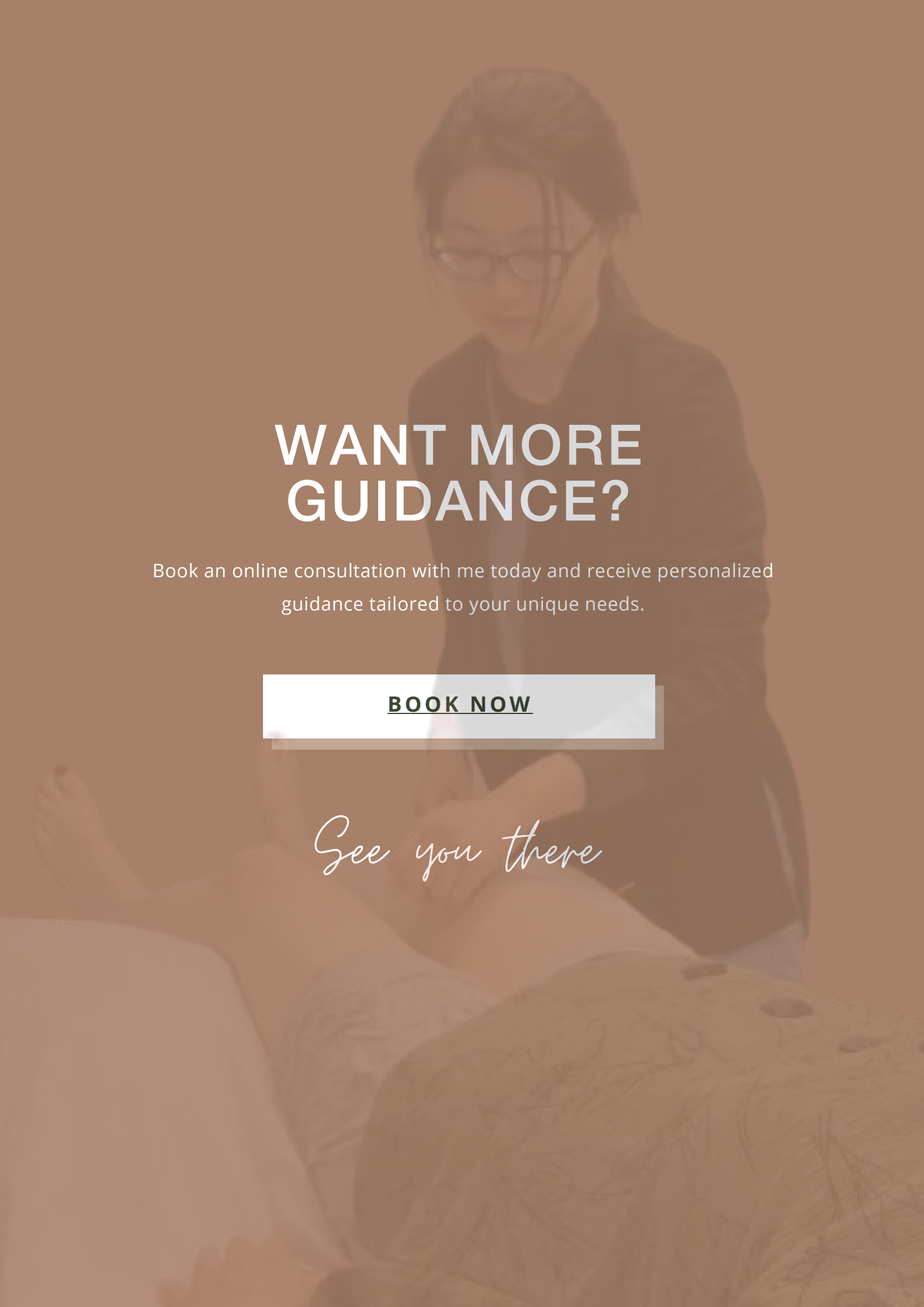


Thank you for finishing Chinese Medicine Healing Bundle!

I'm thrilled to embark on this journey of holistic wellness with you.
By investing in this guide, you've taken the first step toward
understanding your body's unique needs and embracing natural
remedies rooted in Traditional Chinese Medicine (TCM).

Qianlei xoxo



A woman with glasses is performing a massage on a person lying on a massage table. The background is a solid brown color.

WANT MORE GUIDANCE?

Book an online consultation with me today and receive personalized guidance tailored to your unique needs.

BOOK NOW

See you there