Self Healing – Potent acupressure points

Ankle Pain
Arthritis Pain
Asthma & breathing problems
Back Pain
Colds & Flu
Constipation
Cramps & spasms
Headaches & Migraine
Insomnia
Jaw Pain
Knee Pain
PMS
Motion sickness
Morning sickness
Nausea
Neck Pain
Low body pain
Shoulder pain
Swelling & water Retention
Sinus & Hayfever
Water retention & Swelling
Wrist pain

Acknowledgement:
The following information has been taken from:
Acupressure's Potent Points - A guide to self-care for Common Ailments
Author: Michael Reed Gach - Author of Arthritis Relief at your fingertips.
Bantam new age books. Published December 1990
Ankle Pain

Ankle sprains are a common occurrence and although more common in athletes, sprains can occur to the old and young as well.

The best way to perform these points is to apply pressure on the acupressure point, hold it for 40 seconds and repeat this by 3 times on each of the points.

For maximum healing benefit hold each point until you feel an even pulse in the area. You may feel some discomfort when pressing on these points however; this discomfort will help you relieve your pain in the area of dysfunction.

CAUTION: Point K-3

This point is forbidden to be strongly stimulated after the 3rd Month of Pregnancy.

How to find the points:

**K-3 Location:** In the hollow midway between the protrusion of the inside ankle bone and the Achilles tendon which joins the back of the calf muscle to the back of your heal.

**K-6 Location:** One thumb width below the inside of the Ankle bone

**B-60 Location:** Between the outer ankle bone and the Achilles tendon

**B-62 Location:** In the first indentation directly below the ankle bone

**GB-40 Location:** In the large hollow directly in front of the outer ankle bone

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.
Benefits: Helps to relieve swollen feet and ankle pain and strengthen the ankle joint. It also helps to Relieve heel pain, insomnia, and general foot pains, toe cramps and sciatic pain that travel’s into the side of the foot.

Arthritis

Acupressure points are a wonderful way of also relieving arthritic pain also helps in the reduction of inflammation that accompanies arthritis. If these points are stimulated on a regular basis they increase circulation which then reduces the inflammation and also increases your joint mobility.

The best way to perform these points is to apply pressure on the acupressure point hold it for 30-40 seconds and repeat this by 3 times on each of the points. Do one side first the other side where appropriate.

For maximum healing benefit hold each point until you feel an even pulse in the area. You may feel some discomfort when pressing on these points however; this discomfort will help you relieve your pain in the area of dysfunction.

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

CAUTION: Point LI-4

This point is forbidden for pregnant women until labour because its stimulation can cause premature contractions in the uterus.

How to find these points:

LI-4  In the webbing between the thumb and the index finger at the highest point of the muscle when the thumb and the index finger are brought together

TW-5  Two and a half finger widths above the wrist crease on the outer forearm midway between the two bones of the arm

St-36  Four finger widths below the knee cap one finger to the outside of the Leg

GB-20  Below the base of the skull, in the hollow between the two large, vertical neck muscles, about 8cm on either side of your neck spine.
Benefits: Relieves arthritis, as well as the following common complaints that often accompany arthritic pain: headaches, insomnia, stiff neck, neck pain, fatigue and general irritability.

Asthma

Breathing difficulties can cause the body to become toxic, sluggish, and incapable of healing. All of the cells, organs, and systems of our body need oxygen to carry out their functions. A person with Asthma experiences difficulty breathing, tightness in the chest, wheezing, and may cough up mucus. The walls of the bronchial tubes spasm and the air passages narrow making it hard to exhale. Emotional stress, hormonal imbalances, and minor infections can make a person more susceptible to allergic reactions and Asthma attacks.

The best way to perform these points is to apply pressure on the acupressure point hold it for 30-40 seconds and repeat this by 3 times on each of the points. Do one side first the other side where appropriate.

For maximum healing benefit hold each point until you feel an even pulse in the area. You may feel some discomfort when pressing on these points however; this discomfort will help you relieve your pain in the area of dysfunction.

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

How to find these points:
B-13  One finger width below the upper tip of the shoulder blade, between the spine and shoulder blade.

K-27  In the hollow below the collarbone next to the breastbone
Lu-1  On the outer part of the chest, three finger widths below the collarbone
Lu-9  In the groove of the wrist fold below the base of the thumb
Lu-10 On the palm side of the hand in the centre of the pad at the base of the thumb.

*Benefits:* Helps relieve asthma, coughing, sneezing and severe muscle spasms in the shoulder neck; it also relieves shallow breathing, and swollen throats.

**Back Ache- Lower Back & Sciatica Pain**

The Following points stimulate the lower back to strengthen and heal it.

**Caution: B-23 & B-47.**
If you have a weak back these points may be very tender to touch. In this case a few minutes of light pressure, stationary touch instead of deep pressure can be very healing. If pain persists please see your GP.

The best way to perform these points is to apply pressure on the acupressure point hold it for 30-40 seconds and repeat this by 3 times on each of the points. Do one side first the other side where appropriate.

For maximum healing benefit hold each point until you feel an even pulse in the area. You may feel some discomfort when pressing on these points however; this discomfort will help you relieve your pain in the area of dysfunction.

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.
How to find these points:

B-23 & B-27  In the lower back (between the second and third lumbar vertebrae) two to four finger widths away from the spine at waist level.

B-48  One to two finger widths outside the sacrum (the large bony part at the base of the spine) and midway between the top of the hipbone (iliac crest) and the base of the buttock.

B-54  In the centre of the back of the knee crease

CV-6  Two finger widths directly below the belly button

Benefits: These points help to relieve lower-back pain, sciatica, and the fatigue that often results from the pain. It also helps to relieve pelvic tension, hip pain, and tension. It can also benefit knee pain, back stiffness, and arthritis in the knees.

Colds & Flu

Colds are mainly caused by viruses that thrive in your nose and throat when the temperature acidity and moisture suit them. When you are run down and your resistance is low, your ability to adapt to environmental changes weakens, making it easier to catch a cold, and the mucus membranes become a perfect breeding place for viruses.

Caution: LI-4 this point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.

Although acupressure cannot cure your cold, working on certain points can help you get better quicker and increase your resistance to future colds.

For maximum healing benefit hold each point until you feel an even pulse in the area. You may feel some discomfort when pressing on these points however; this discomfort will help you relieve your pain in the area of dysfunction.

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.
How to find these Points:

**B-2**  
In the indentations of the eye sockets, on either side of where the bridge of the nose meets the ridge of the eyebrow

**St-3**  
At the bottom of the cheek bone, directly below the pupil

**LI-20**  
On either cheek, just outside the nostril

**LI-11**  
At the outer end of the elbow crease

**LI-4**  
At the highest spot of the muscle on the back of the hand that protrudes when the thumb and index finger are close together

**GB-20**  
Below the base of the skull, in the hollows in both sides 7-8cm apart depending on the size of the Head.

**GV-24.5**  
Directly between the eyebrows, in the indentation where the bridge of the nose meets the centre of your forehead.

**K-27**  
In the hollow below the collarbone next to the breastbone.

**Benefits:** Helps to relieve colds, sinus congestion, frontal headaches, and tired eyes. It also helps to relieve stuffy nose, head congestion, eye fatigue and eye pressure.

**Cramps & Spasms**

Acupressure points help relieve muscle cramps in two ways: by using a specific point associated with cramps and by pressing points directly on the muscle. If you get a cramp immediately press GV-26 strongly. Prolonged firm pressure on this point quickly releases the cramp.

**Diet:**

Certain foods are associated with cramps. Foods that tend to constrict and tighten the muscle lay a foundation for potential cramping problems.

Meats and salts are foods that have a contracting effect on the muscles. When eaten in excess, these foods contribute to tension. Salt causes water retention and meat when eaten in excess can cause constipation. Cramps can also be caused by calcium deficiency.

Vitamins D and E assist in the assimilation of calcium and its important to gen enough of them. Fresh Lemon juice in a glass of warm water, for example, provides the body with these vitamins.

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

How to find these points:
GV-26  Two thirds of the way up from the upper lip to the nose

B-57  In the centre of the base of the calf muscle, midway between the crease behind the knee and the heel, at the bottom of the calf muscle bulge.

Lv-3  On the top of the foot in the valley between the big toe and the second toe.

Benefits include:

\((Gv-26)\) The first aide revival point has traditionally been used for cramps, fainting, and dizziness.

\(B-57\) Also helps relieve leg cramps especially in the calf muscle, knee pain, Lumbago, and feet swelling.

\((Lv-3)\) Relieves foot cramps, headaches, tired eyes, and hangovers, as well as allergies and arthritis

**Headaches & Migraine**

Most headaches are normally caused primarily by tension in the muscles of the head, neck, and shoulders, which constricts the blood vessels that supply oxygen to the nerve cells in the brain.

The headache is the body’s warning signal that the brain may not be getting enough oxygen. Too often we chose to repress these signals by taking aspirin, instead of relieving the stress and tension in the muscles causing the headache.

If you have a bad headache that persists for more than several days you should always consult with your Doctor.

There are a number of different types of Headaches some of these are listed below: Vascular, cluster, migraine, and tension headaches are but a few too mention.

**Caution:** LI-4 this point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus
You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

How to find these points:

**GB-20**  Below the base of the skull, in the hollow between the two vertical neck muscles.

**GV-16**  In the centre of the back of the head in a large hollow under the base of the skull.

**B-2**  In the indentations on either side of where the bridge of the nose meets the ridge of the eye brows.

**GV.24.5**  Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead.

**St-3**  At the bottom of the cheekbone, below the pupil

**LI-4**  Forbidden for pregnant women, in the webbing between the thumb and the index finger, at the highest point spot of the muscle that protrudes when the thumb and the index finger are brought close together.

**Lv-3**  On the top of the foot, in the valley between the big toe and the second toe.

**GB-41**  On the top of the foot, about 3cm above the webbing of the fourth and fifth toes in the groove between the bones.

**Benefits:**

**GB-20**  Relieves arthritis, headaches including migraines, dizziness, stiff neck, neck pain, neuromotor co-ordination problems, eye strain, and irritability

**GV-16**  Relieves pain in the eyes, ears, nose, and throat, as well as mental problems, headaches, vertigo and stiff necks.

**B-2**  Relieves eye pain, headaches, Hayfever, eye fatigue, and sinus pain.

**GV 24.5**  This point balances the pituitary gland, and relieves Hayfever, headaches, indigestion, ulcer pain, and eye strain.

**St-3**  Relieves eye fatigue and pressure, nasal and head congestion, eye strain and toothaches

**LI-4**  Relieves frontal headaches, toothaches, shoulder pain, and labour pains.
**Impotency**

Chronic muscular tension in the pelvic region can contribute to impotency, lack of sexual drive, weak erection, premature ejaculation, vaginal infections and menstrual cramps. When the muscles of the pelvic area are chronically tense, circulation to the genitals is decreased. Various factors, such as restrictive clothing, poor posture, and lack of exercise chest and shoulder tension, emotional stress and frustration often contribute to pelvic and abdominal tension.

**Caution:** K-3 should not be stimulated strongly after the third month of pregnancy.
**B-23 & B-47 Caution**

Do not press on disintegrating discs or fractured broken bones. If you have a weak back, a few minutes of stationary, light touching instead of pressure can be very healing. See your Doctor if you have any questions or need medical advice.

How to find these points:

**B-23 & B-47**

On the lower back between the second and third lumbar vertebrae two to four finger widths away from the spine at waist level, in line with the belly button.

**B-23 & B-47 Benefits:** Relieves lower back aches, fatigue, sexual-reproductive problems, impotency and premature ejaculation

**K-1**

On the centre of the sole of the foot, at the base of the ball of the foot, between the two pads:

**Benefits:** Relieves Hot flushes as well as impotency.

**K-3**

Midway between the inside ankle bone and the Achilles tendon in the back of the ankle.

**Benefits:** Relieves sexual tensions, semen leakage menstrual irregularity, swollen feet, ankle pain and fatigue.

**St-36**

Four finger widths below the kneecap, one finger width on the outside of the shinbone. If you are on the correct spot a muscle should flex as you move your foot up and down.

**Benefits:** Strengths the whole body, especially the muscles, and aids the sexual-reproductive systems. It normally takes months of daily practice to relieve impotency

**CV-4**

Four finger widths directly below the belly button.

**Benefits:** Relieves impotency, uro-reproductive problems, irregular vaginal discharge, irregular menstrual periods and urinary incontinence

**B-47 & B-34**

The acupressure points on the base of the spine also help relieve menstrual cramps and lower back pain. Steady, Firm pressure on these sacral points which are directly related to the reproductive system – can help impotency

**Benefits:** Relieves uroreproductive problems, irregular vaginal discharge, irregular periods and impotency.

**Sp-12 & Sp-13**

These two points are especially effective for releasing menstrual discomforts. Location both points are in the pelvic area in the middle of the crease where the leg joins the trunk of the body.

**Benefits:** These points are particularly good for relieving impotency, menstrual cramps, and abdominal discomfort.
You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

**Insomnia**

Insomnia can be an agonizing experience and because sleeping pills are unhealthy and only increase sleep problems, acupressure can be a valuable resource. Stress, pain, grief, and anxiety can exacerbate sleeping disorders. Peace of mind is essential to falling asleep. If pain is causing insomnia, you must relieve the pain to promote a relaxed beneficial sleep.

**Diet:** Foods that are high in Saturated fat and cholesterol increase blood cholesterol levels. The blood carries these fatty deposits, which attach to the walls of blood vessels, narrowing the passageways. The heart is forced to work harder to pump the blood through narrowed vessels. Overconsumption of fat and cholesterol is a major contributing factor to coronary heart disease.

**Natural ways to induce sleep:**

**Stretching:** Stretch and exaggerate a few yawns to help relax your body and prepare it for sleep.

**Eye Exercises:** While sitting or lying in bed, look up as far as you can, and then slowly move your eyes in a circle around the periphery of your vision three times, then repeat in the opposite direction.

**Deep Breathing:** Close your eyes and concentrate on your belly button then take three deep breaths each time following your breath from your belly button to your mouth and nose. Remember to breathe in through your nose and breathe out through your mouth.

**Deep Relaxation:** Lie on your back, close your eyes, concentrate on your toes, and mentally tell each muscle or that part of your body to relax, as you take log, deep breaths.
How to find these points:

B-38: Between the shoulder blades and the spine at heart level.
P-6: In the middle of the inner side of the forearm, two and 1 half finger widths from the wrist crease.
H-7: On the inside of the wrist crease in line with the little finger
B-10: About 3cm below the base of the skull on the ropy muscles located about 3cm outward from the spine.
GV-16: In the centre of the back of the head in a large hollow under the base of the Skull
GB-20: Below the base of the skull, in the hollow between the two large vertical neck muscles, about 6-8cm depending on the size of the head
GV-24.5 Directly between the eyebrow, in the indentation where the bridge of the nose meets the forehead.
CV-17 On the centre of the breastbone three thumbs up from the base of the bone
K-6 Directly below the inside of the anklebone in a slight indentation
B-62 In the first indentation directly below the outer anklebone

Benefits:
B-38: Relieves insomnia and calms high emotions such as anxiety which can inhibit sleep. P-6: helps to relieve insomnia as well as anxiety, palpitations, nausea, and Indigestion. H-7: Help relieve anxiety, cold sweats, and insomnia due to overexcitement. B-10: Relieves stress, burnout, and exhaustion. GV-16: Helps relieve mental stress. GB-20: Relieves arthritis, headaches, and neck pain that causes insomnia: .K-6 Relieves insomnia, heel and ankle pain, hypertension and anxiety.
B-62: Relieves insomnia and the back pain that makes it difficult to sleep.