

Points and Areas to Work On

Here is a complete list so that when you want to work on any condition you can easily see the areas to work and also the points and their locations.

STRESS RELIEVING POINTS

Use these points when there is pain associated with stress such as neck pain and headaches.

CV 17 Sea of Tranquility

This point is often considered to be the best point to relieve worry and anxiety. It helps to deepen your breathing and stimulates your thymus gland.

This area is located four finger widths up from the base of the breastbone, almost directly at the center of the chest. Basically between the nipples for most people.

Here's how to locate the CV 17, also known as the Sea of Tranquility in Chinese medicine. Use your fingertips to slowly rub up and down the center of the breastbone. You are feeling for a small indent in this area.

Yintang

Yintang is one of the best acupressure points for calming and also sleep apnea treatment that calms the mind, clarifies ideas and stimulates restful sleep. This point is also called the Third Eye Point, and it is located directly between the eyebrows, in the bend where the bridge of the nose meets the forehead.

Heart 7:

At the ulnar end of the distal wrist crease when the palm faces upward, on the radial side of flexor carpi ulnaris tendon.

HEADACHES/MIGRAINES

Work the head, face and neck and shoulder areas

Points

Taiyang:

On the temples

Du 20:

Go up the angle in front of the ears to the top of the head.

Gallbladder 20 :

(GB20) is located by feeling for the mastoid (ear) bone and following the groove back to where the neck muscles attach to the skull.

Bladder 10:

About 1/2 inch out from the spine on the trapezius muscles right next to GB 20

Gallbladder 21 :

This is an easy acupoint to locate. If you have ever massaged someone's shoulder area, you have definitely contacted GB 21. It is at the half-way mark between the side of the neck and the edge of the shoulder, just slightly toward the back side.

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

It is contraindicated for use in pregnancy

Liver 3:

The point is located between the big toe and the second toe. Slide your finger along the space between the first and second toe to the tip of the joint. The point is located in the depression before your finger touches the bone (metatarsal joint).

SINUS/HAYFEVER/FLU HEADACHES

Do the same treatment as the above headache treatment. Also do Gua Sha down the large intestine and lung channels along the arms

Bladder 2:

On the medial edge of the eyebrow in the depression (for frontal headaches)

Yintang:

3rd eye point between the eyebrows (frontal headache)

Stomach 3:

At the bottom of the cheekbone below the line of the pupil

Large intestine 20:

On the edge of the nostrils

Extra point:

1/2 inch above Large intestine 20 point.

Lung 1 and Lung 2:

On the front shoulder crease on the chest below the clavicle

Lung 5:

On the elbow crease by the biceps tendon (for dry cough)

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

It is contraindicated for use in pregnancy

TREATING EMOTIONAL PROBLEMS

Work the foot area always on all emotions!

ANGER

Anger is related to the liver.

Treat the person with their symptoms. For example, if they have anger and have neck tension then work the head, face and neck areas. If they have digestive problems then work that area etc. **Work the foot area always!**

Liver 3:

The point is located between the big toe and the second toe. Slide your finger along the space between the first and second toe to the tip of the joint. The point is located in the depression before your finger touches the bone (metatarsal joint).

Kidney 1:

On the sole of the foot, in the depression below the ball of the foot.

Also use the stress relieving points.

WORRY

Work chest area and other affected areas.

Spleen 6:

4 finger widths up from center of inside ankle just behind the shin bone

Stomach 36:

4 finger widths below the kneecap one finger width out from the shin bone

FEAR

Treat the lower back

Rub the Kidney area with fists to create warmth

Kidney 3

Between the ankle and the achilles tendon

SADNESS/HEARTBROKEN/NO JOY

Work chest back and neck and affected areas

Work down the inside of the arm from the armpits down the heart and pericardium channels

Heart 7:

At the ulnar end of the distal wrist crease when the palm faces upward, on the radial side of flexor carpi ulnaris tendon.

GRIEF AND LOSS

Chest area and other affected areas. Work all along the lung channel.

Lung 1 and Lung 2:

On the front shoulder crease on the chest below the clavicle

INSOMNIA

Work the head face and neck areas and feet, also the stress relieving points and also along heart and pericardium channels.

Due to frustration

Liver 3:

The point is located between the big toe and the second toe. Slide your finger along the space between the first and second toe to the tip of the joint. The point is located in the depression before your finger touches the bone (metatarsal joint).

Excess worry

Spleen 6:

4 finger widths up from center of inside ankle just behind the shin bone

Stomach 36:

4 finger widths below below the kneecap one finger width out from the shin bone

Kidney 1:

On the sole of the foot, in the depression below the ball of the foot.

Also use the stress relieving points.

Du 20:

Go up the angle in front of the ears to the top of the head.

POOR ENERGY LEVELS

Work head, neck and chest areas

Spleen 6:

4 finger widths up from center of inside ankle just behind the shin bone

Stomach 36:

4 finger widths below below the kneecap one finger width out from the shin bone

CV 6:

2 finger widths below the center of the navel

RESPIRATORY PROBLEMS/COLDS/FLUS

Work head, neck, shoulders and chest areas. Work all along the lung and large intestine channels

Large Intestine 4

(LI4) is located on the highest spot of the muscle when the thumb and index fingers are brought close together and press towards the finger

Stomach 36:

4 finger widths below below the kneecap one finger width out from the shin bone

Dingchuan:

1 cm out from the C7 spinal process, both sides

CONSTIPATION

Work the lower back and stomach sequence, also along the large intestine channel

Large Intestine 11

On the end of the crease at the outer elbow when the elbow is bent

Stomach 36:

4 finger widths below the kneecap one finger width out from the shin bone

Spleen 6:

4 finger widths up from center of inside ankle just behind the shin bone

DIARRHEA

The same as for constipation but also add stomach 25, level with the navel 3 finger widths out