

AcuPressure for Health

Using the concepts of Traditional Chinese Medicine to support your health at home.

Michelle Wright, MSAOM, Licensed Acupuncturist at Dansville Acupuncture Center

Introduction

Michelle Wright, MSAOM, Licensed Acupuncturist

- Dansville Acupuncture Center - located in Dansville, NY at Main Street Health & Wellness
 - Provide services in Acupuncture and Herbal Medicine using both Eastern and Western Herbal formulations
 - Support local Herbalists and Herb Growers in on-site Apothecary
- Background: Graduated in 2010 from Finger Lakes School of Acupuncture & Oriental Medicine at NY Chiropractic College. Certified Diplomat of the NCBAHM



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FOR ACUPUNCTURE & HERBAL MEDICINE

What is Acupressure?

- Applying pressure to specific points on the body with the intention to activate a physiological change
- Based upon Traditional Eastern medical philosophy that recognizes “Meridians,” or channels in the body through which all our “Qi” travels to nourish and energize us
- Practitioners utilize acupressure and other ways to stimulate points, including acupuncture with fine filiform needles, heat, application of herbal substances, etc.
- Acupressure is just 1 part of a much larger medical paradigm that includes: Acupuncture, Herbal Medicine, Movement, Nutrition, and Bodywork
- Acupressure is accessible to everyone, no tools or equipment needed
- Much of acupressure is instinctual - finding sore/tender points that relieve symptoms

Why use Acupressure?

- To feel more comfortable and address mild to severe symptoms associated with illness or injury
- It's free
- It's safe - only side effects could be bruising if you press areas too hard
- Brings you to a present moment of awareness in your body
- Goal - Move Qi - moving qi away from an area it is stuck (pain); moving qi to an area of deficiency (organ)

How to do Acupressure

- **Basic technique**

- Locate the acupoint you wish to address
- Use your thumb or finger to apply pressure straight onto the point
- Pressure should be noticeable, but not painful
- Hold the pressure for about 30 seconds and release
- Repeat 3-5 times
- You can use tools - stones, crystals, pens, silverware, weighted rice bags, essential oils....just make sure not to apply so much pressure that you bruise or cause pain
- Sometimes movement is more effective and feels better than constant pressure - pulsing, rotating, tapping, rubbing, etc.

Tools for Acupressure

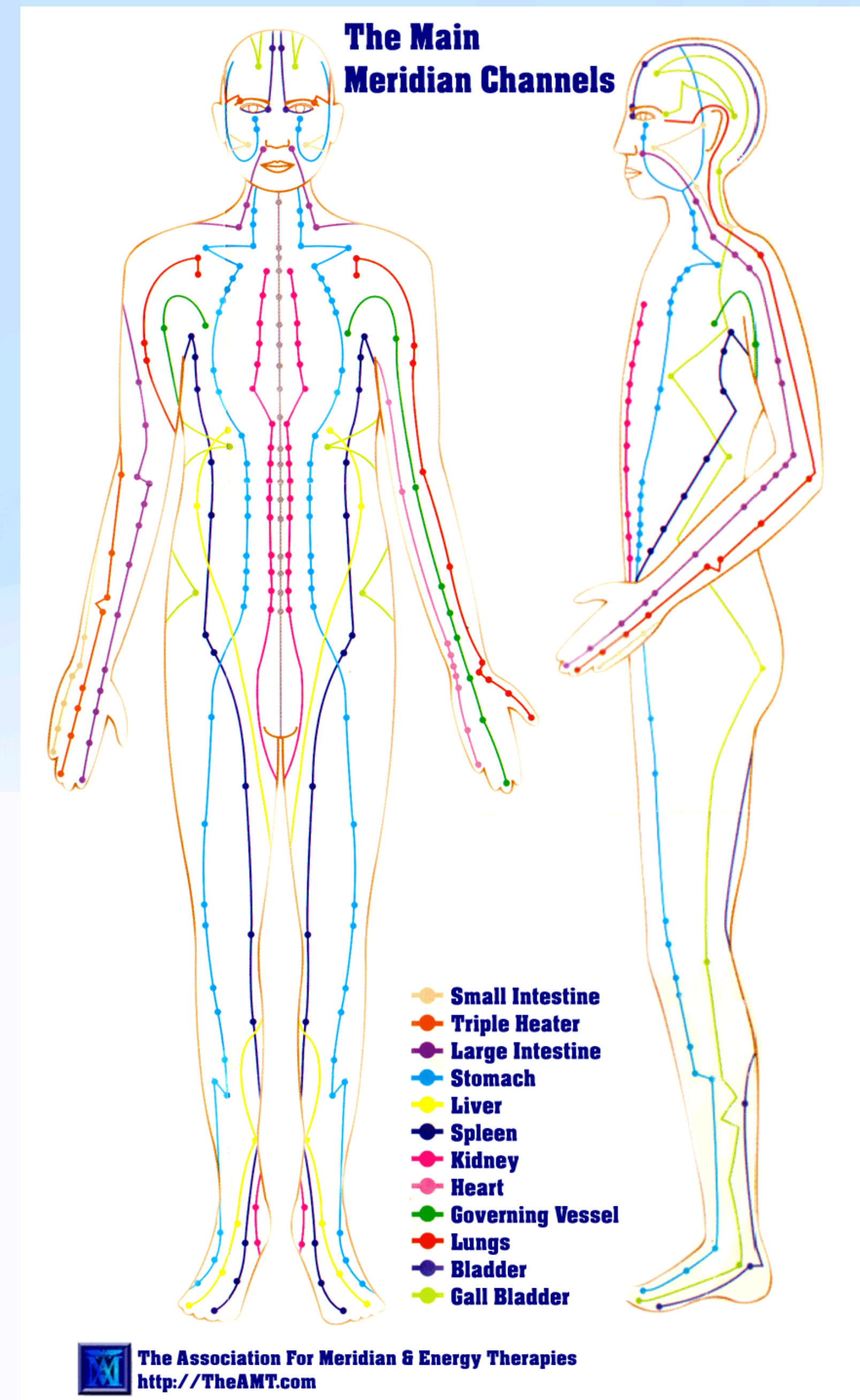
- Anything can really be used
 - Your own hands
 - Gua sha tools - stones (quartz, jade), metal, soup spoons
 - Tei shin - Japanese acupressure tools (any dull-pointy object - retractable pens)
 - Magnets - (+) closest to torso, (-) distal/ extremities
 - Seeds
 - Heat - Moxabustion, infrared light, cat toy lasers



Locating and Using Acupoints

Meridian System

- Every organ has a Meridian/Channel associated with it, and on each channel there are multiple acupoints
- Thousands of points - anywhere on the body will produce a change, it is the predictability of the change that has made each numbered point known.
- Most tender or uncomfortable spots on the body fall on a channel. An acupuncturist is trained to know the channels and which points reliably produce specific results.



Locating Acupoints for Common Ailments

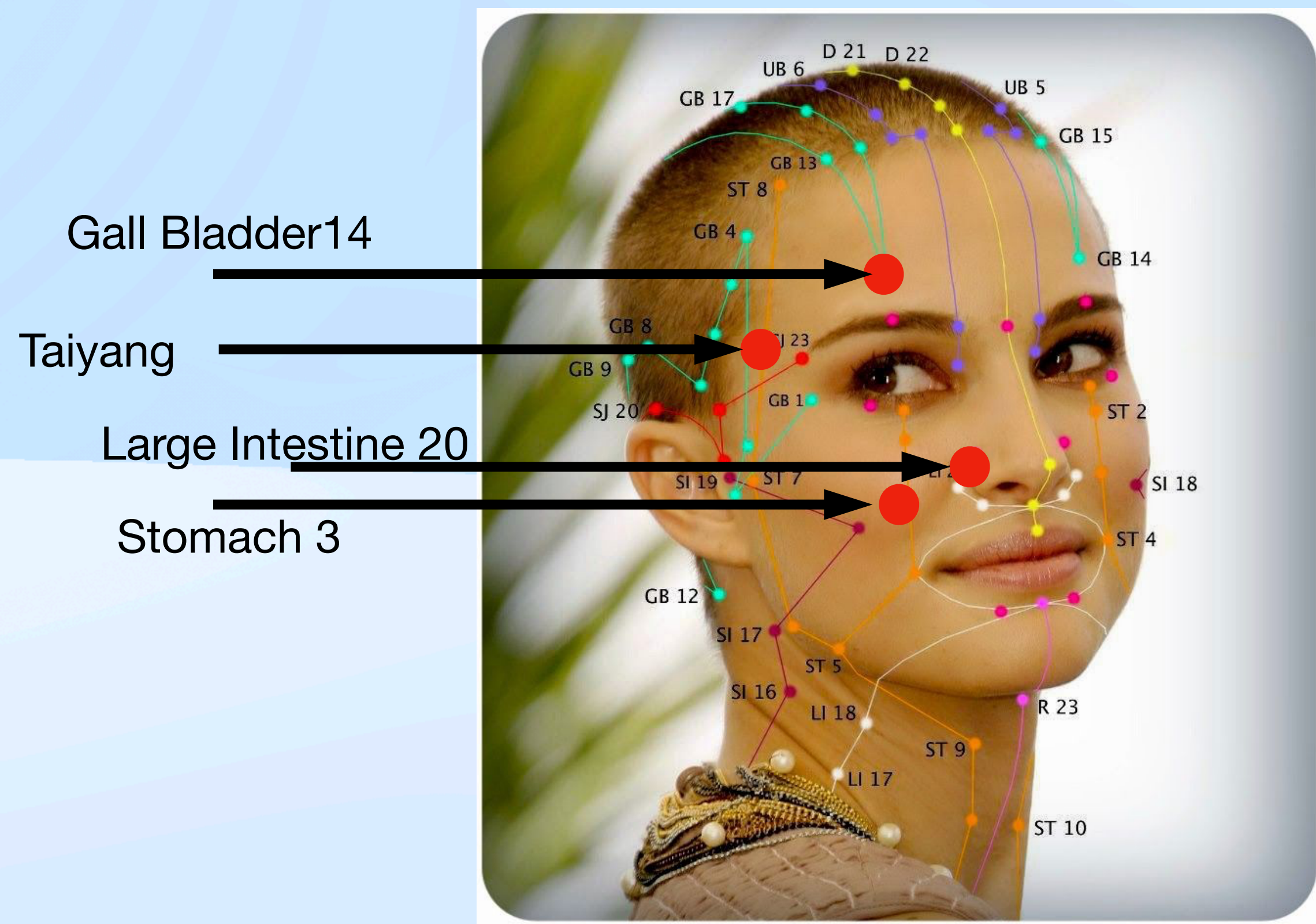
Common Cold/Flu



- Common Symptoms - fever/chills, sinus congestion, headache, irritated eyes, body aches, digestive upsets (diarrhea, nausea/vomit, constipation, etc), fatigue
- Goal is to “release the exterior”, induce sweat, move qi and fluids to reduce congestion and pain, promote elimination through bowels
- Best points: Lung 7, 5; Large Intestine 4, 11, 20; Stomach 3, 36; Gallbladder 14, 20

Locating Acupoints for Common Ailments

Common Cold/Flu



Other Tips for Cold/Flu

Goal: release the pathogen, boost the “wei” defensive Qi

- Avoid “phlegmy” things - dairy, sugar, orange juice
- Include: Clear broths, easy to digest foods, acrid foods/herbs
 - Miso & Scallion soup (add ginger, garlic, tamari to taste)
 - Eastern herbs
 - ‘Gui zhi tang’ (cinnamon twig formula) for Wind-Cold presentation - with Congee (rice porridge) - drink/eat, then bundle up to sweat
 - Yin Xiao San - for Wind-Heat presentation
 - Chai tea (real, not powdered sugar drink)
 - Western herbs: Peppermint, Yarrow, Elderberry, Licorice, Echinacea

Other Tips for Cold/Flu

Recipes

Warming Ginger Tea

1-2" Fresh ginger root sliced (peeling optional)

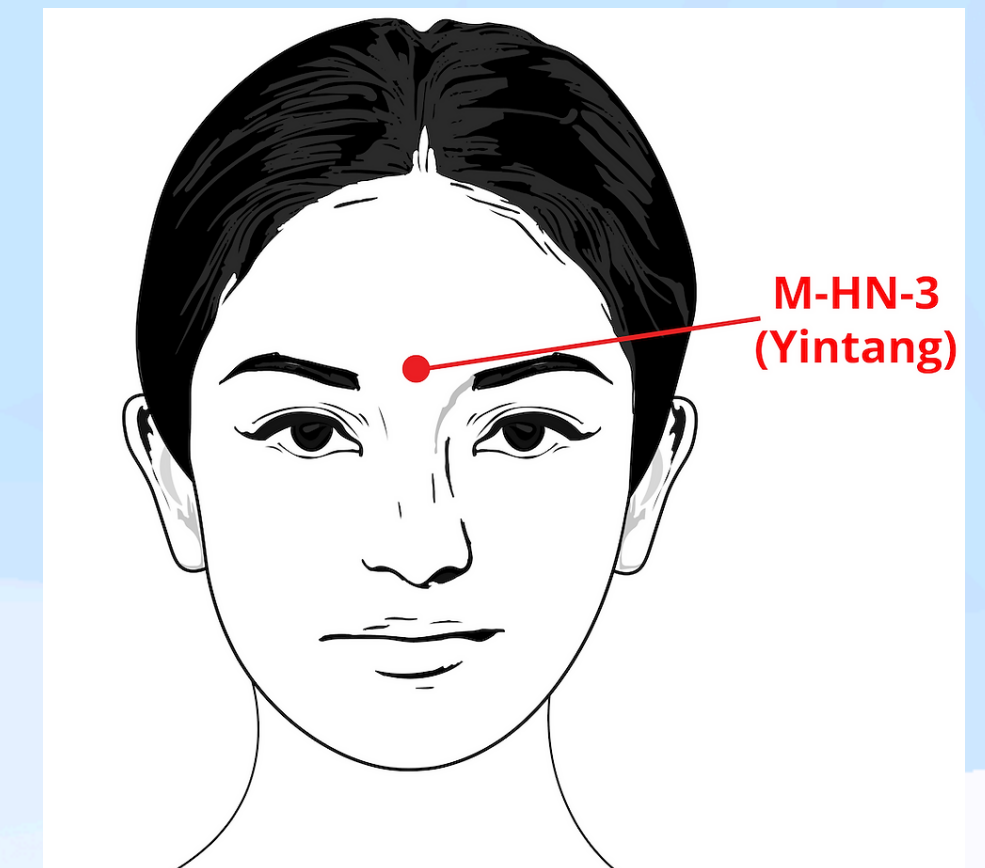
1 clove garlic chopped, 4-5 peppercorns, 2-3 cloves, 1-2" cinnamon stick broken (or 1/2tsp powdered cinnamon)

Bring 1 Qt water with above ingredients to boil, turn down heat, cover & simmer at least 20 min. Strain 1c. at a time and add fresh Lemon juice & Honey to taste. Can keep topping off the water throughout the day, reheating and drinking

Locating Acupoints for Common Ailments

Stress/Anxiety

- Stress comes from many sources - relations, over-work, physical/emotional trauma, lack of movement
- Results in constriction/constraint of Qi and hinders smooth flow leading to a lack of nourishment to organs and areas of the body and friction that generates heat/inflammation - Qi stagnation
- Goal - Promote smooth Qi flow
- Common points: Yintang, Gov. Vessel 20, Gov. Vessel 17, Taiyang, Gallbladder 20, Large Intestine 4 + Liver 3, Ear Shenmen



Stress/Anxiety tips

- All Qi gong and meditation helps
- Soothing vagus nerve - warm rice bag on sternum
- Deep breathing - magic number is 4 breaths/minute
- Grounding
- Acupuncture
- So many herbs....common TCM formulas Xiao Yao San, Gan mai da zao tang, Gui pi tang
- Western herbs - valerian, chamomile, lavender - teas, aromatherapy, etc

Locating Acupoints for Common Ailments

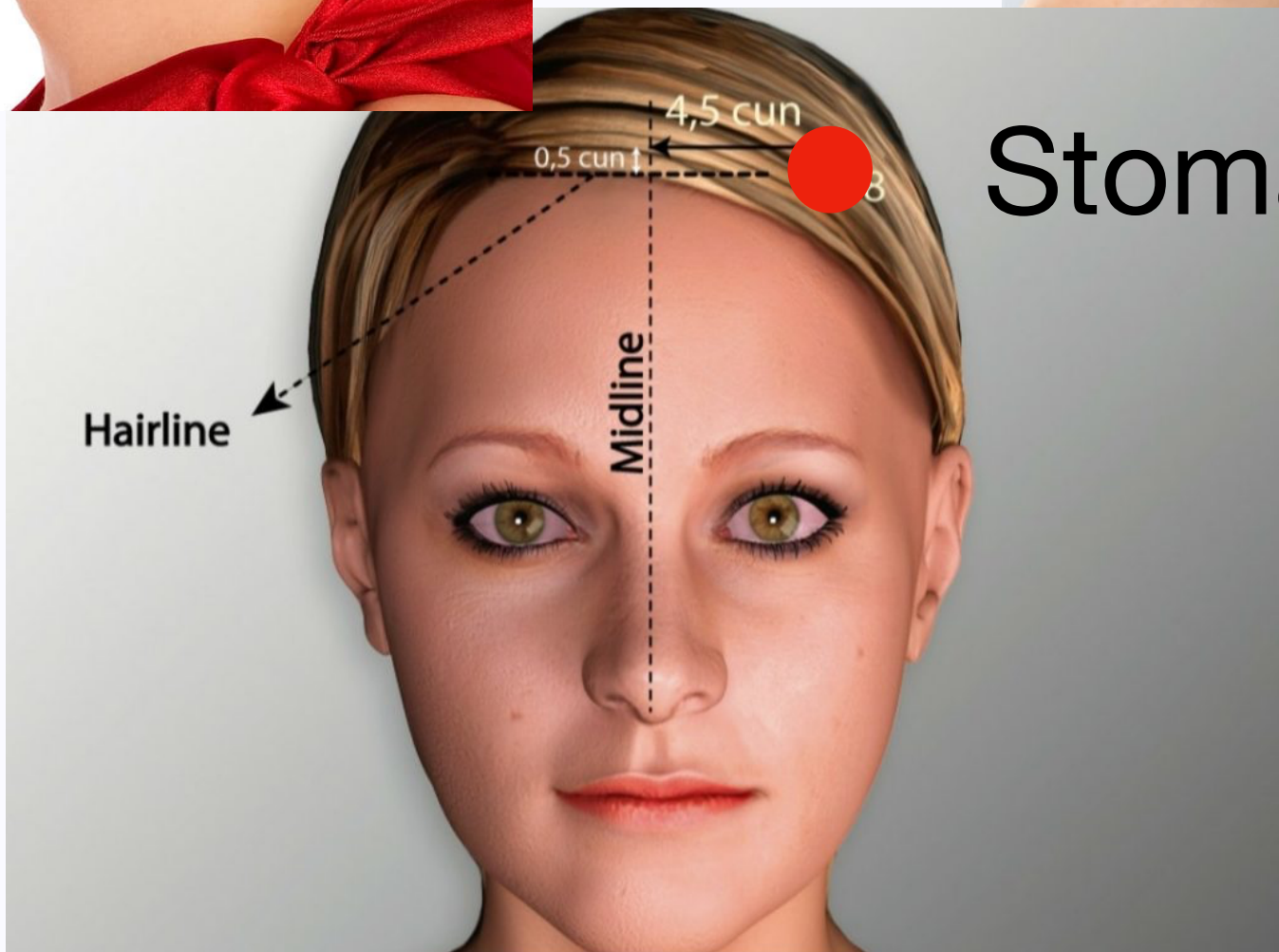
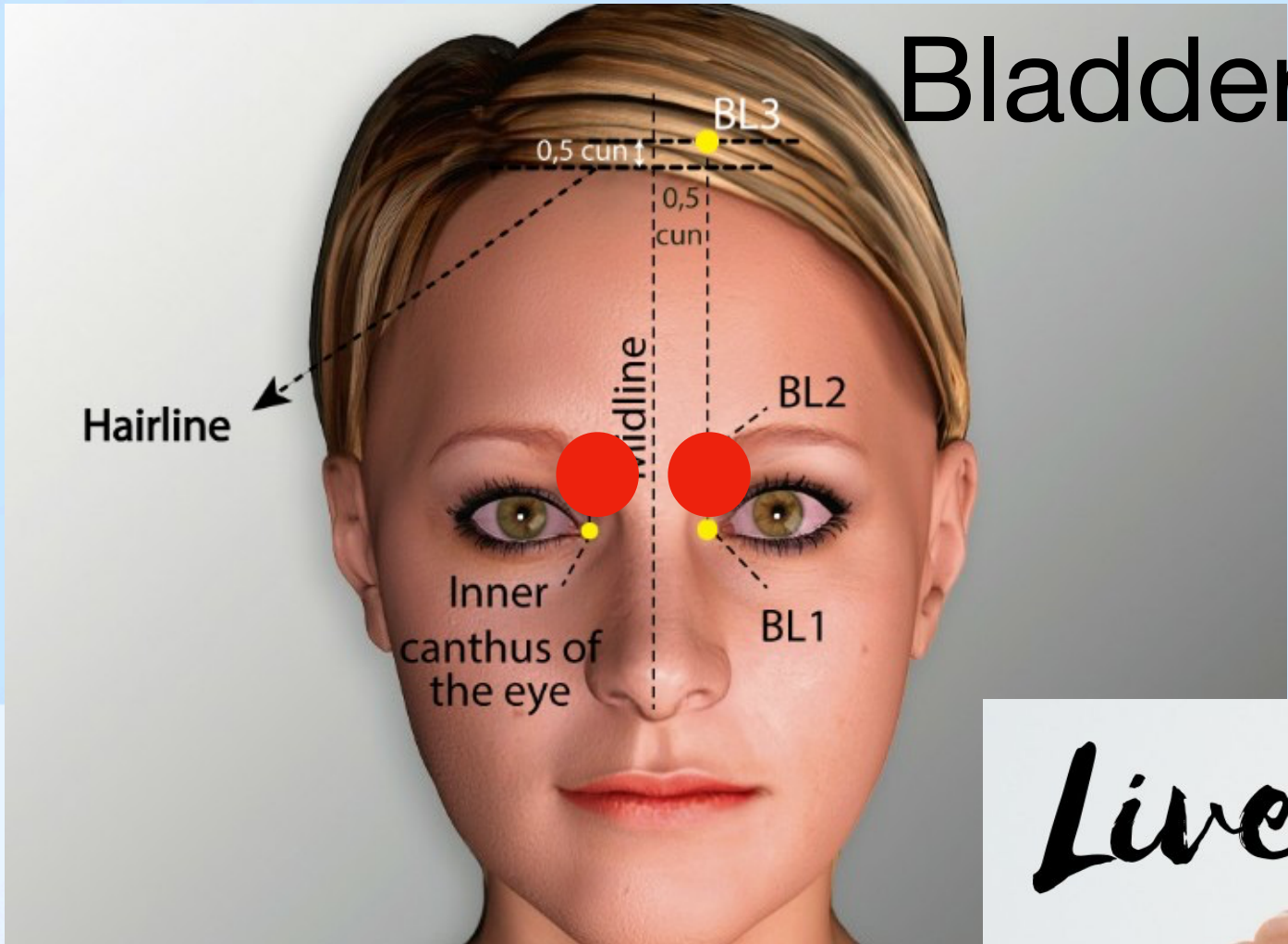
Neck pain/Headache

- Head tension, Migraine, Eye fatigue, Sinus congestion, Neck tension, Stiffness, Arthritis, Whiplash
- Goal - move qi/blood, stop pain
- Common points - Neck pain - Gallbladder 20, Urinary Bladder 10, Sm.Intestine 3, Governing vessel/Du 20



Locating Acupoints for Common Ailments

Headache points: Bladder 1 & 2, Tailing, Large Intestine 4 & 20 (sinus), Stomach 8, Liver 3 (pinch with Kidney 1)



Neck Pain / Headache

Other Tips

- Heat on neck - rice bag, heat pad
- Gua sha / Scraping from Gallbladder 20-21 - occiput to upper trapezius
- Qi gong - Wise Owl Gazes Backwards, Hold up Heaven, Heavenly drumming, Cooling the Fire
- Grounding - barefoot on Earth, roll foot on tennis ball (Kidney 1 acupressure point), Stomp feet

Locating Acupoints for Common Ailments

Low Back pain

- From injury or chronic (arthritis)
- Goal: Move qi/blood, stop pain
- Common points: Urinary Bladder 23, 40, 60; Sm. Intestine 3, Gov. vessel 20



Low Back Pain

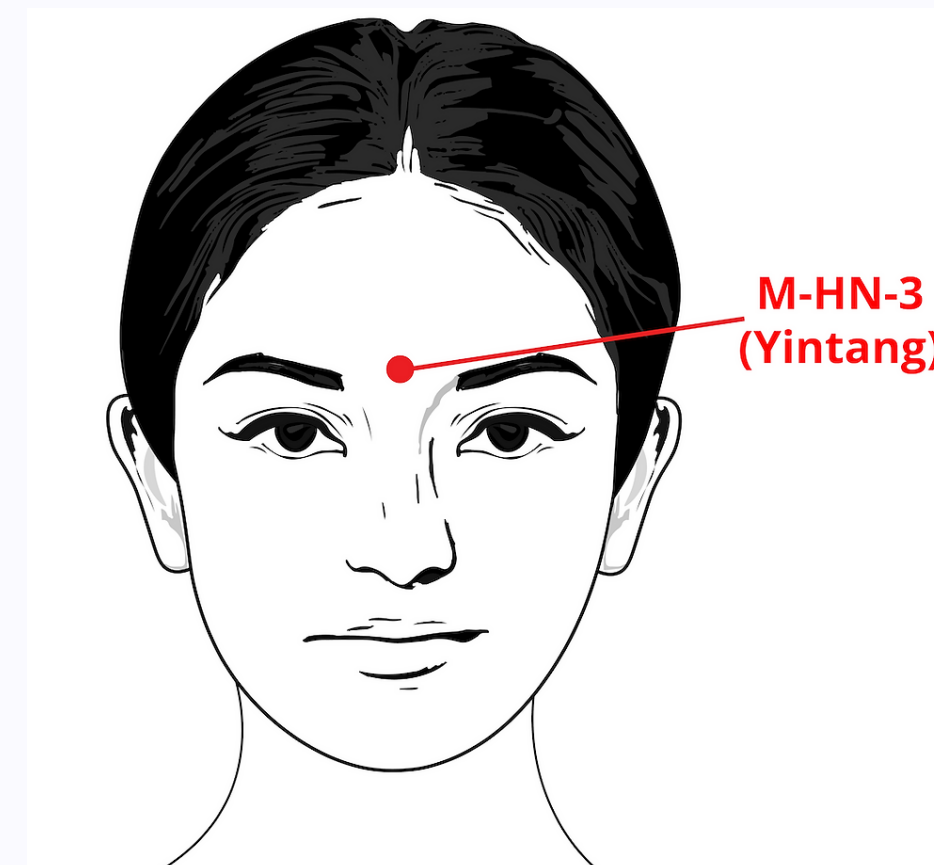
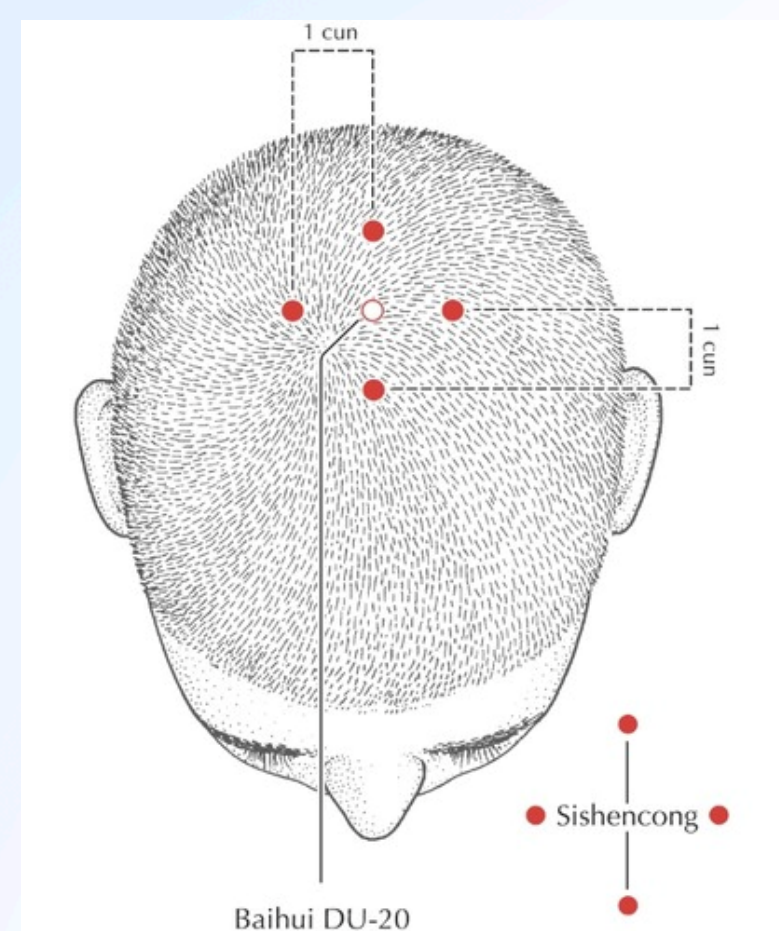
Other Tips

- Cat/Cow yoga pose
- Rubbing Bladder 23 vigorously until warm
- Castor oil packs - heat in general (Ice is for Dead People)
- Liniments (Evil Bone Water/Zheng gu shui)

Locating Acupoints for Common Ailments

Insomnia

- Insomnia is caused by lots of different things - stress, nutritional deficiencies, pain, hormones, etc - responds very well to herbal medicine and acupuncture
- General points: Heart 7, Gov. vessel 20, Si Shen Cong, Ear Shenmen, Yintang, An mien (not shown - near Gallbladder 20 - use a rice bag around neck)
- Use warm rice bags on head, eyes, sternum, can buy seeds for ears



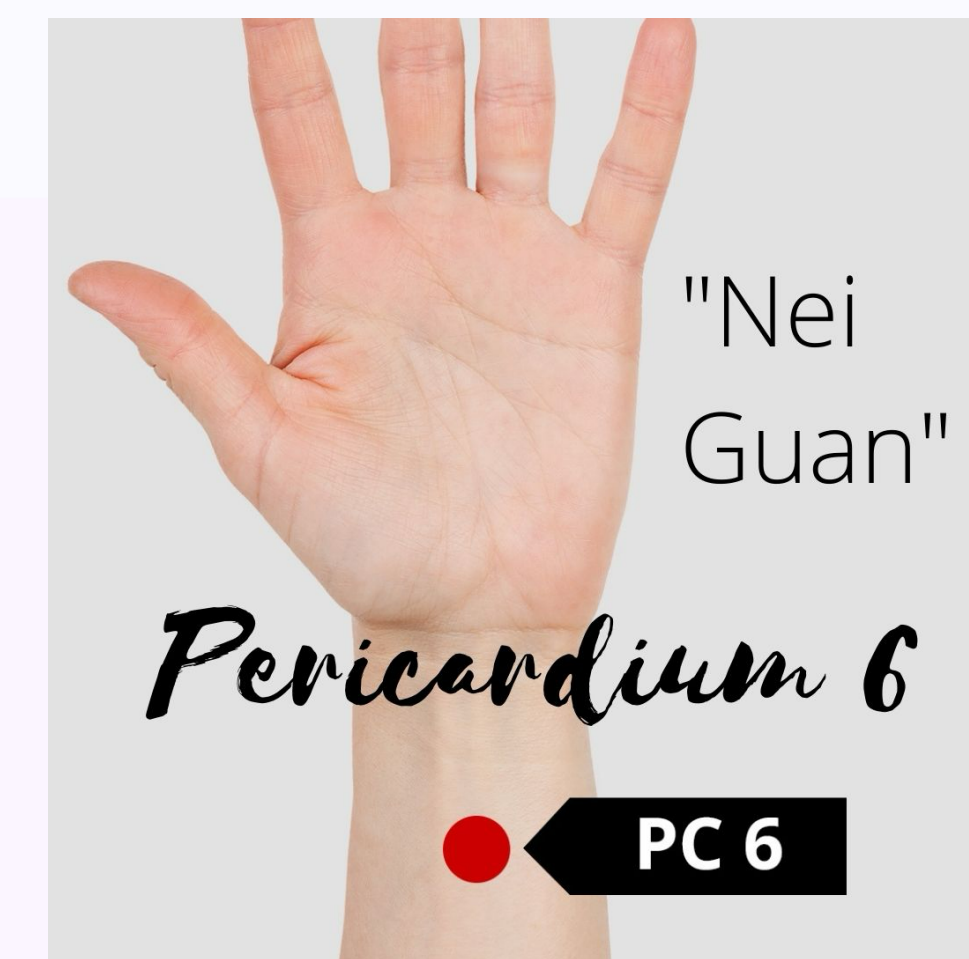
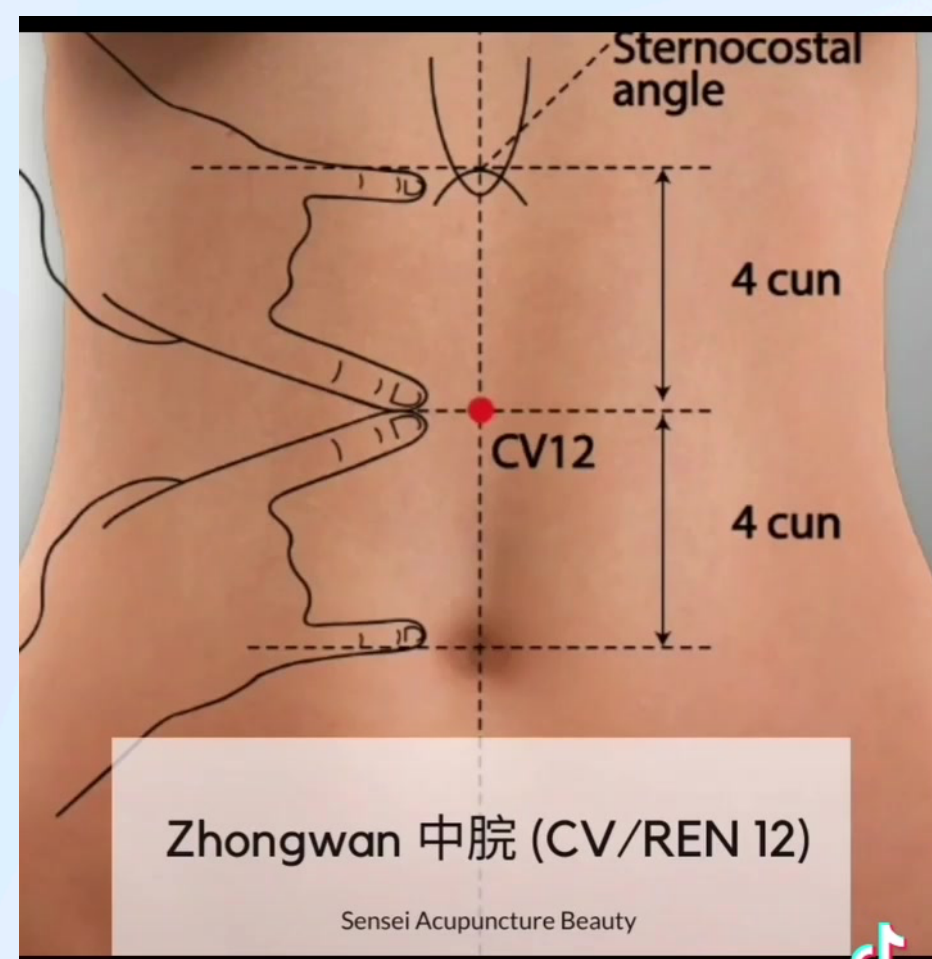
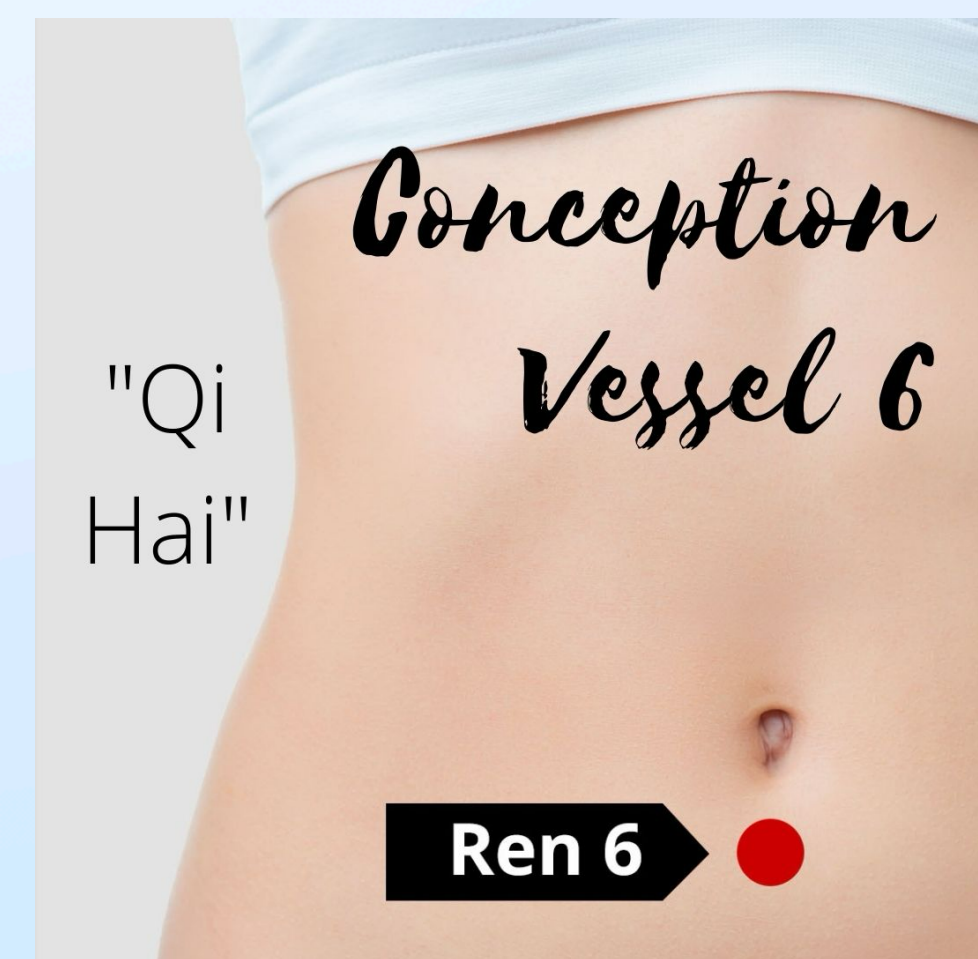
Insomnia tips

- Consistent bed time before 11pm - Liver/Gallbladder time
- No electronics for 1 hour before bed
- Calming herbs/teas
 - West - Chamomile, Lavender,
 - East - Suan Zao ren (jujube date seed), licorice, barley water
 - Golden Milk - tons of recipes - easy....1/2 tsp powdered turmeric, 1/2 tsp “pumpkin spice” to 1 c. water and 1/2-1c. milk/coconut milk, warmed and sweetened with honey
- Deep breathing and visualization

Locating Acupoints for Common Ailments

Digestive upset

- Heartburn/GERD, Diarrhea, Constipation, Indigestion, Bloat, Nausea/vomit
- Goal: Harmonize the digestive system, send good Qi up and waste Qi down
- Common points: Conception Vessel 12, 6; Stomach 25, 36; Pericardium 6



Digestion Tips

- Heartburn - 1 Tbsp Apple cider vinegar: 1Tbsp water - sip slowly over 10 min after meal - if helps, you are deficient in stomach acid (common) and this is a therapy. If worsens, don't do again, this is true excess acid (rare). Baking soda/water can help with too much acid.
- Indigestion / Food Stagnation - Ginger, Peppermint, Bao he wan, Po chai pills, moxa pole around belly
- Diarrhea - moxa pole directly over belly button, white rice, Huo xiang zheng qi tang, ginger (understand this is your body eliminating something it doesn't like)
- Constipation - HYDRATION, salt water, Cannibus seed formula, warm water enemas, Magnesium

Questions????