

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

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- 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



NATIONAL CERTIFICATION BOARD™
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)

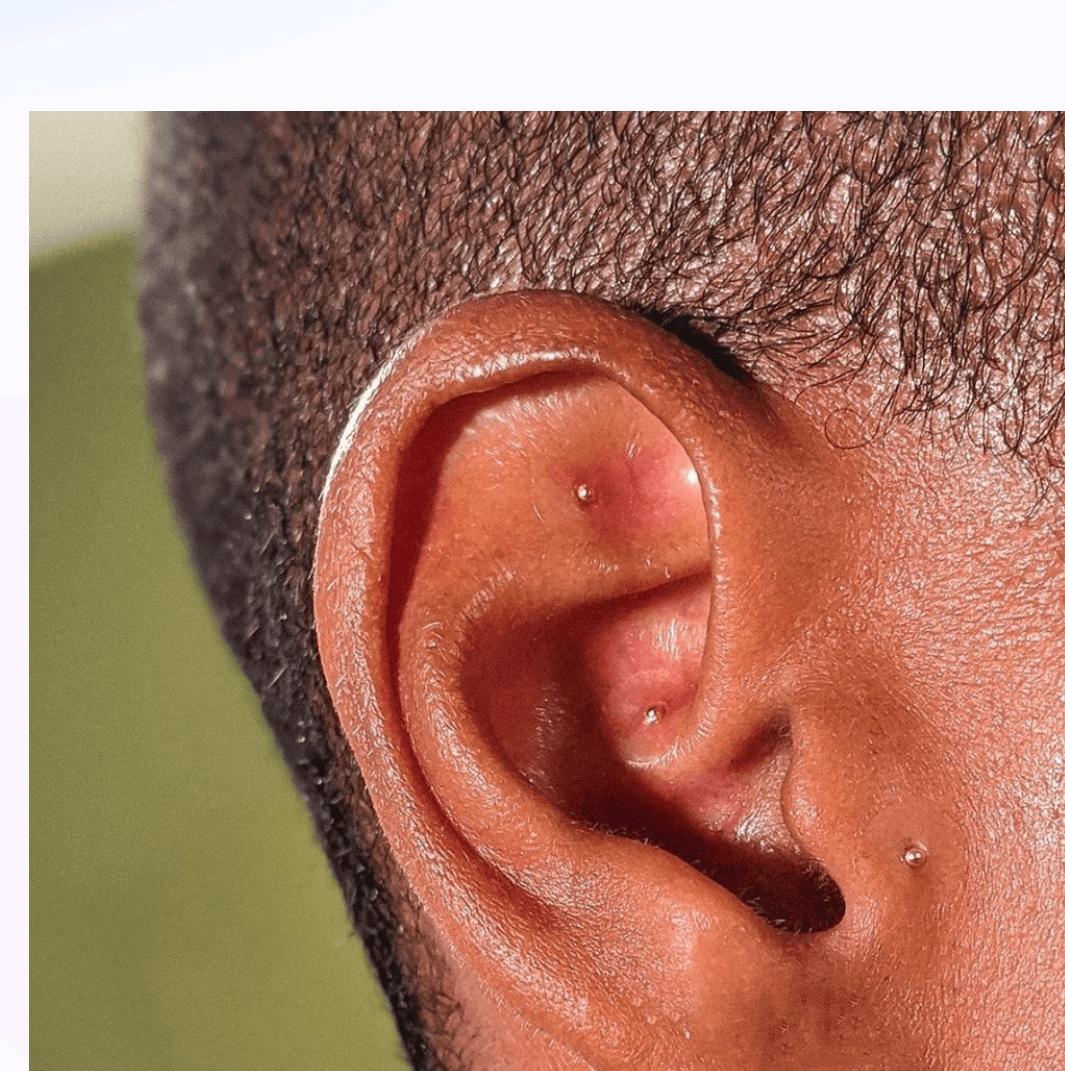
How to do Acupressure

- **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

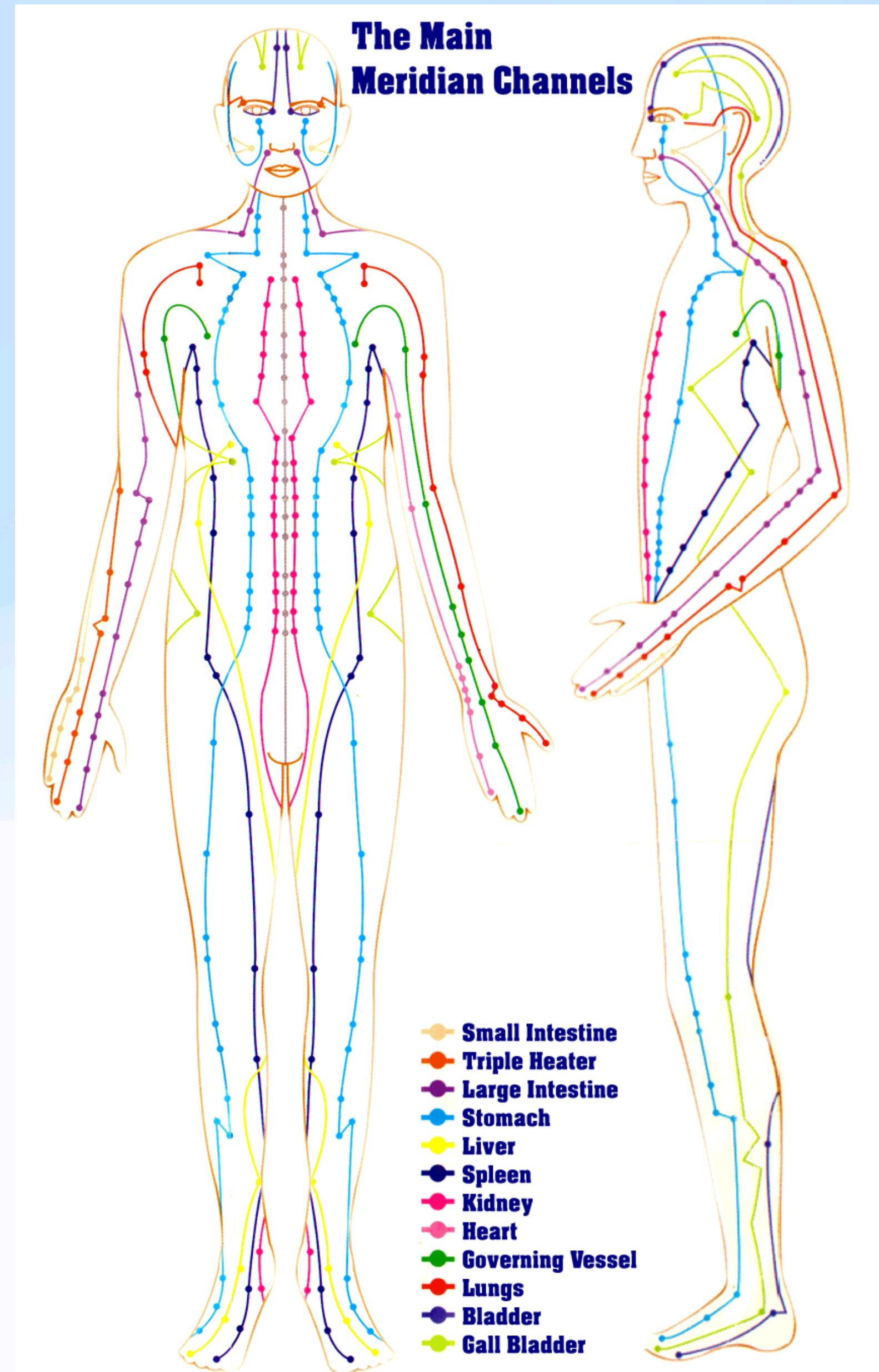
- Your own hands
- Gua sha tools - stones (quartz, jade), metal, soup spoons
- Tei shin - Japanese acupressure tools (any dull-pointy object - retractable pens)
- Magnets - (+) closest to torso, (-) distal/ extremities
- Seeds
- Heat - Moxabustion, infrared light, cat toy lasers



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

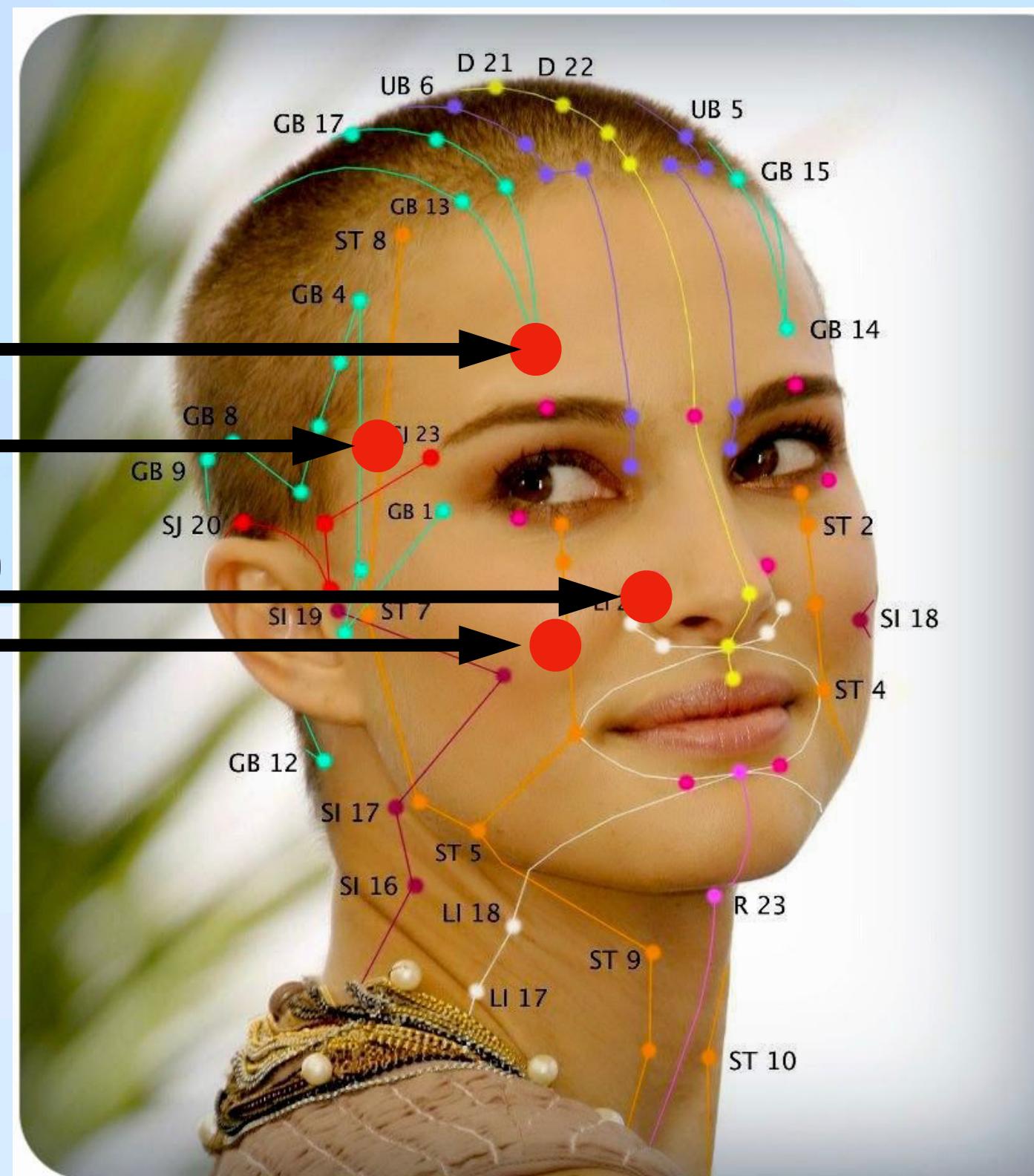
Common Cold/Flu

Gall Bladder 14

Taiyang

Large Intestine 20

Stomach 3



Gallbladder 20

GB 20
"Feng Chi"

Lung 7

LU 7
"Lie Qui"

Large Intestine 4

LI 4

"He Gu"

Lung 5

LU 5

"Chi Ze"

"Qu Chi"



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)

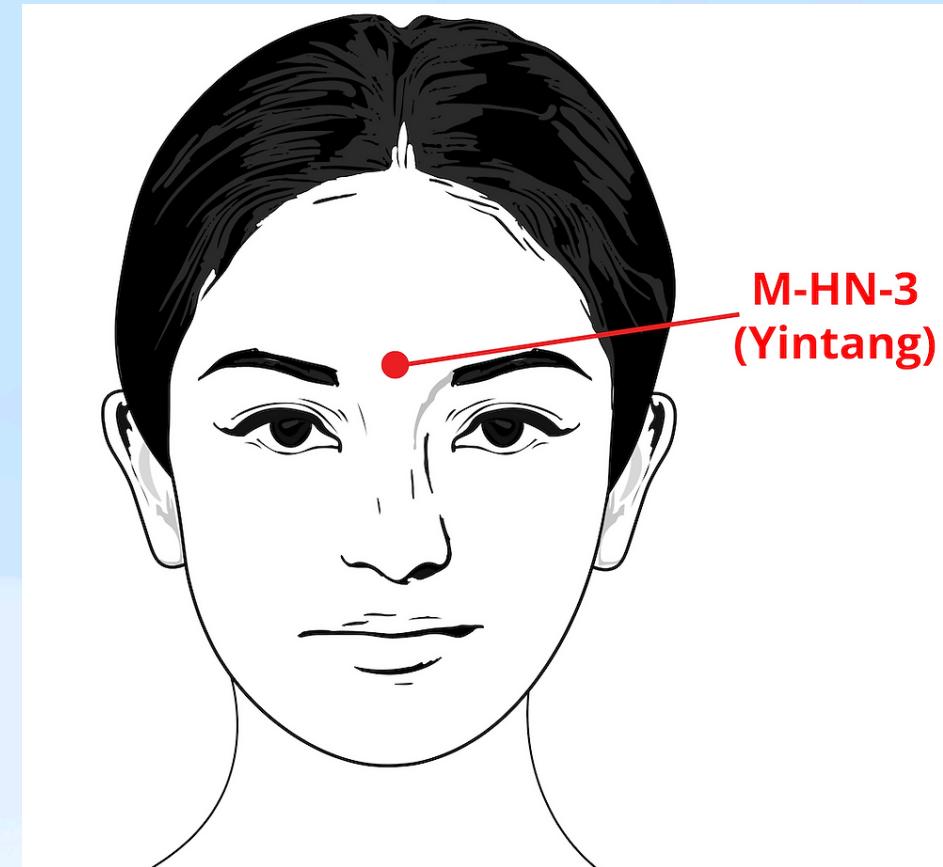
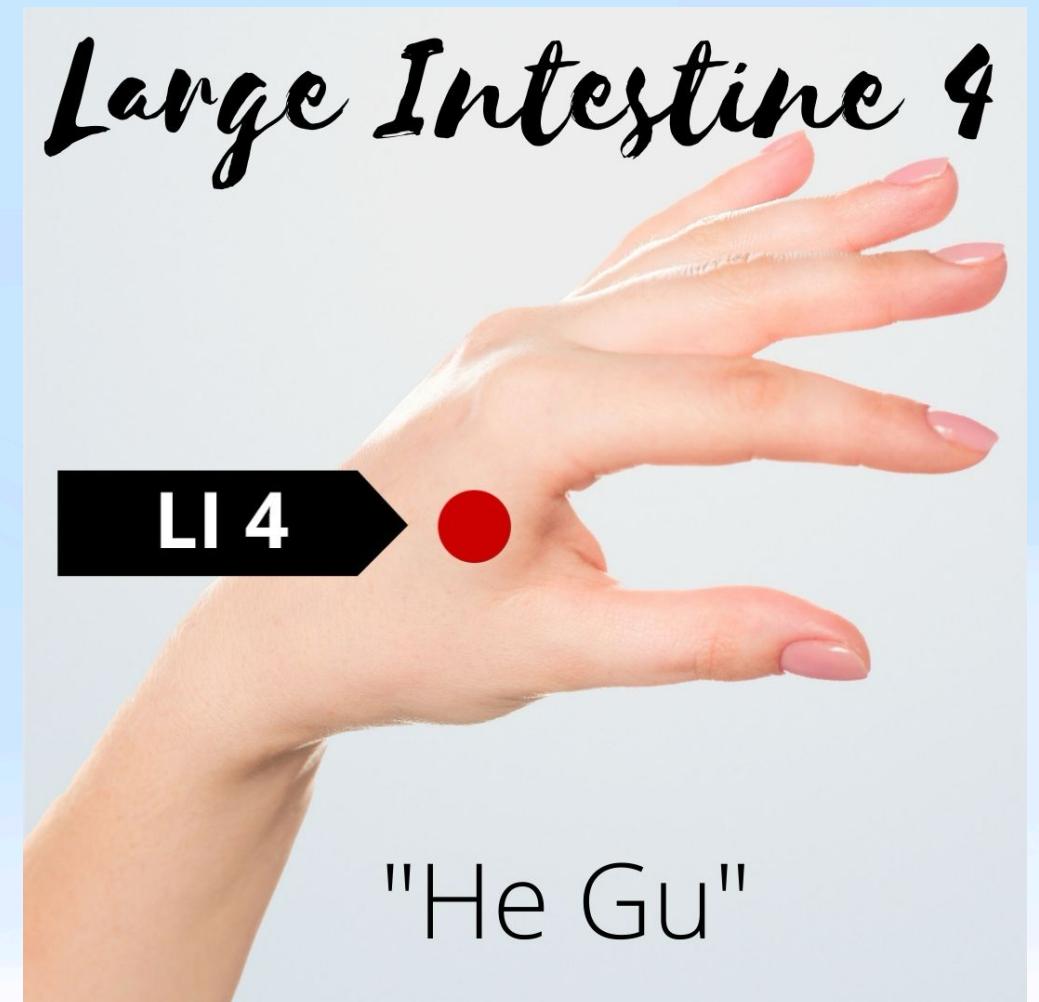
1 clove garlic chopped, 4-5 peppercorns, 2-3 cloves, 1-2" cinnamon stick broken (or
1/2tsp powdered cinnamon)

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

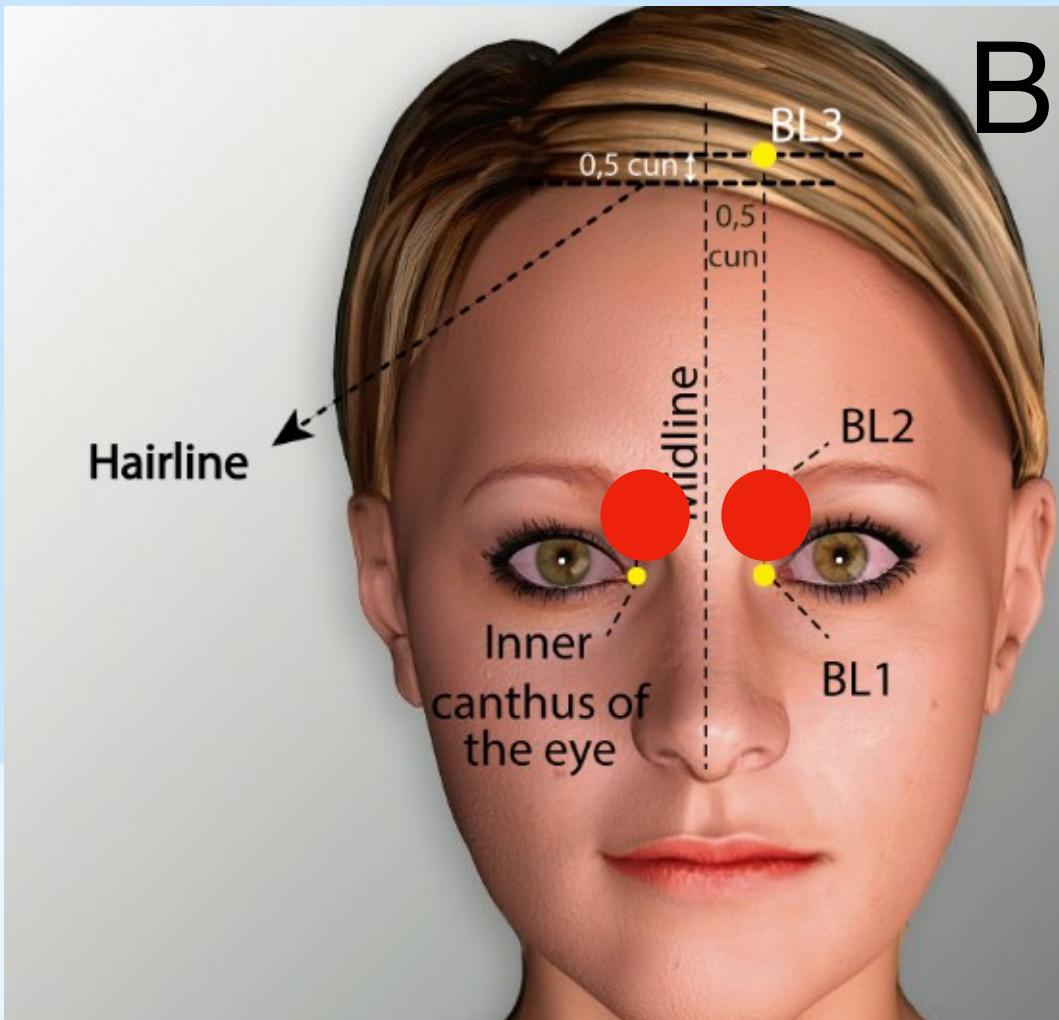
Neck pain/Headache

- 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



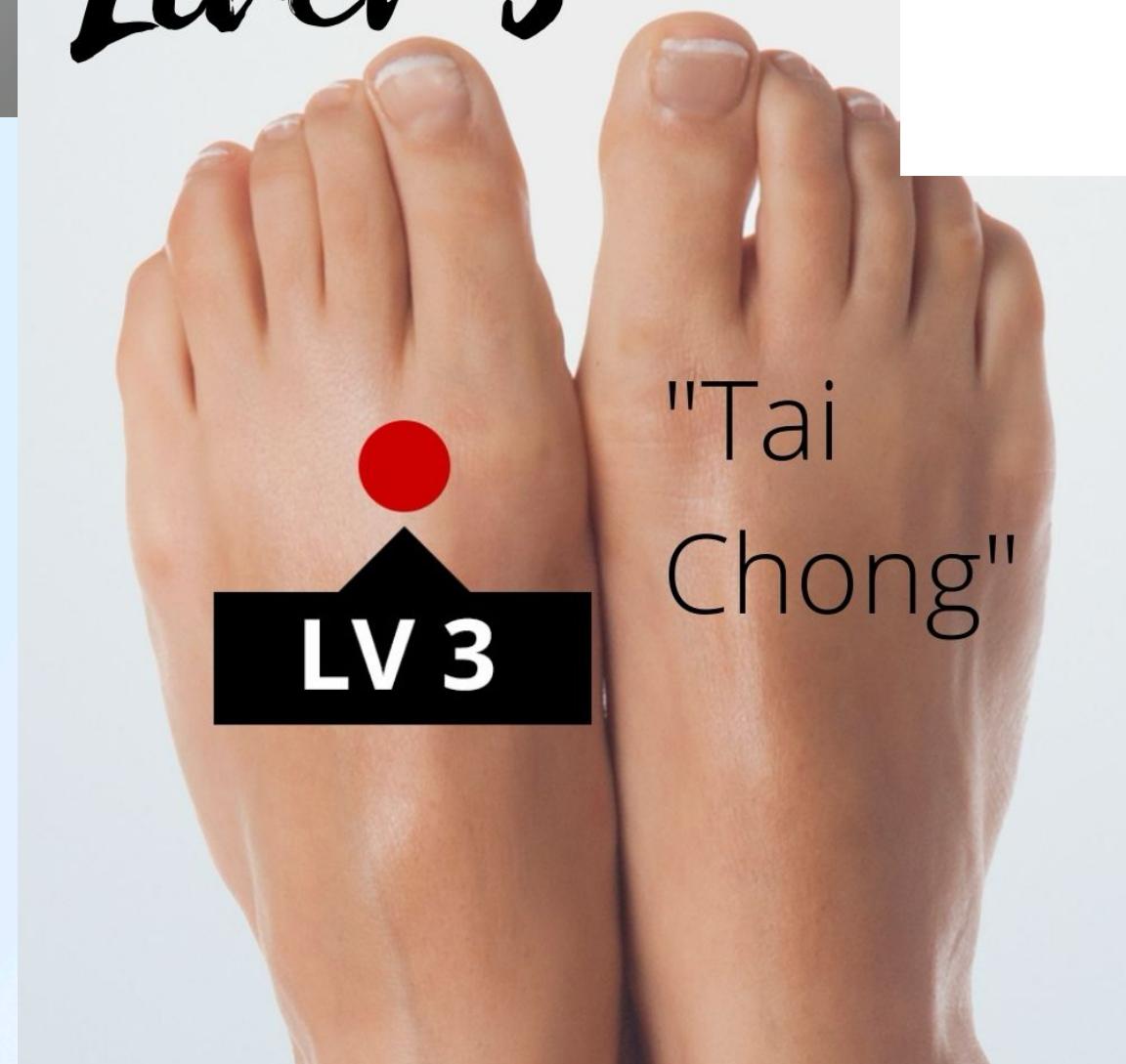
Locating Acupoints for Common Ailments

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



Bladder 2

Liver 3



LV 3

"Tai Chong"



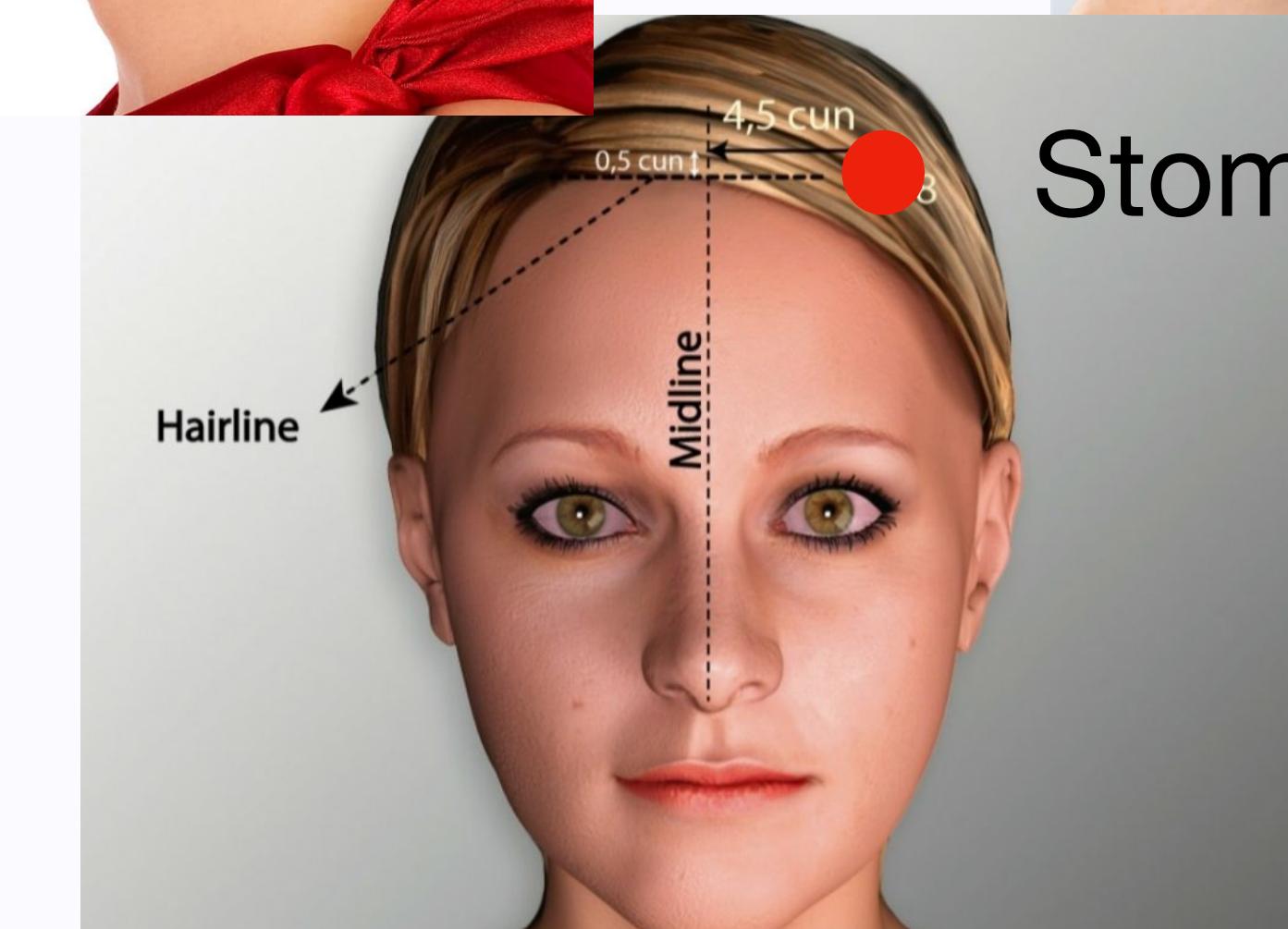
EX-HN 5
(Taiyang)

KANJO

Large Intestine 4

LI 4

Stomach 8 "He Gu"



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

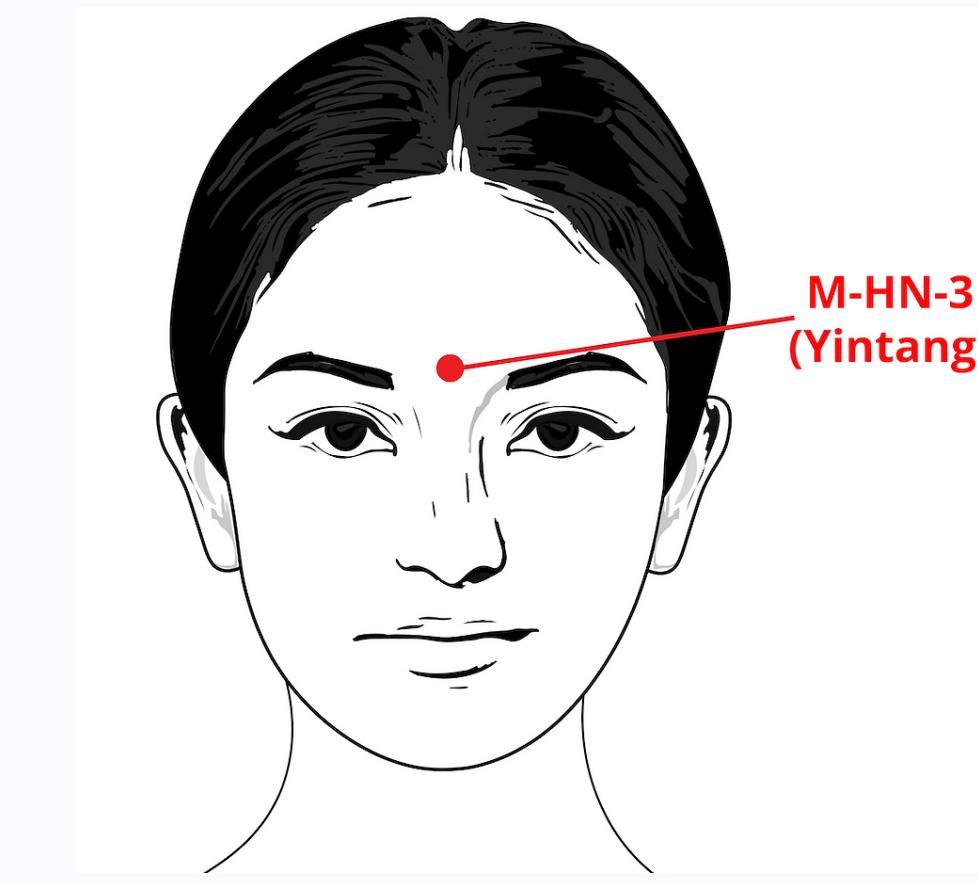
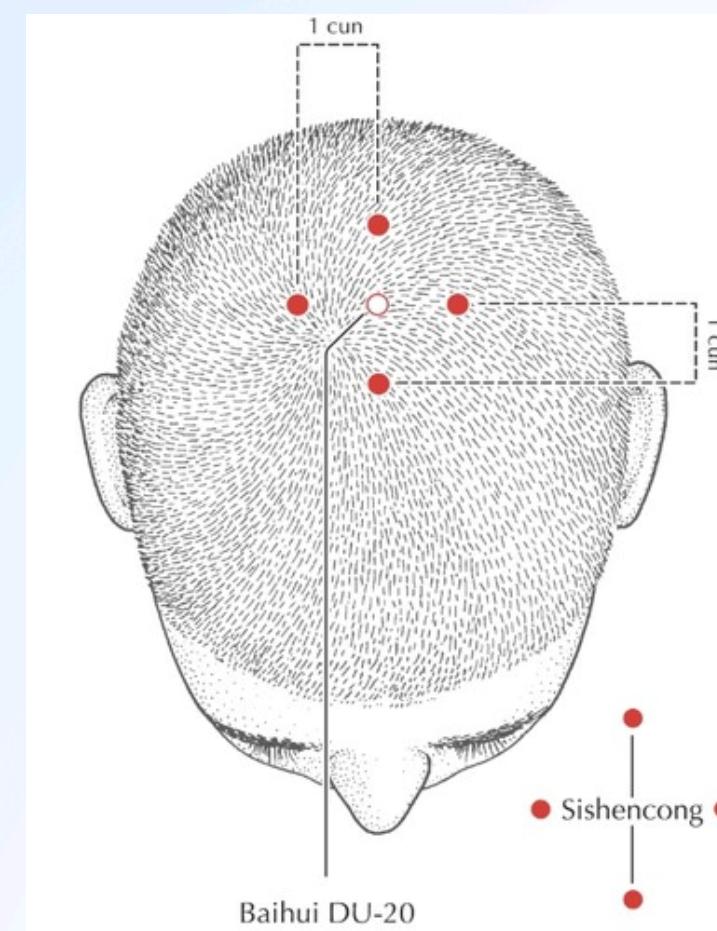
Other Tips

- 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, Cannabis seed formula, warm water enemas, Magnesium

Questions????