

Best Acupressure Points

Knowing where key acupressure points are located on your body can assist you in a variety of situations. One key point located on the hand can quickly alleviate headaches.

Locations of Best Acupressure Points

Stomach 36: *Leg Three Miles*

- Ancient physicians believed this point could treat all diseases
- Restores and builds energy in stomach and spleen
- Strengthens stomach and alleviates abdominal pain
- Improves digestion and all digestive problems
- Alleviates distention, coldness, and numbness in legs
- Chinese soldiers used to stop every three miles to massage this point for renewed energy

Spleen 6: *Three Yin Intersection*

- Meeting point of the three yin channels: liver, spleen, and kidneys
- Important treatment for all gynecological, sexual, urinary, digestive, and emotional imbalances
- Nourishes and builds blood
- Treats abdominal pain, anxiety, diabetes, headaches, insomnia, menstrual cramps
- Avoid during pregnancy

Liver 3: *Great Surge*

- Main road for Qi activity
- Source point of liver meridian
- Releases built-up energy that causes anger, anxiety, depression, irritability, tension headaches, and PMS
- Releases caged energy
- Soothes aggressive and nervous energy
- Nourishes tendons and ligaments by alleviating tightness, tension, and spasms
- Especially effective when used with Large Intestine 4

Gallbladder 30: *Jumping Circle OR Jumping Round*

- Strengthens and comforts lower back, legs, and leg joints
- Alleviates hip pain, sciatic pain, and rheumatism
- Relaxes tendons
- Restores joint mobility

Kidney 1: *Gushing Spring*

- Very important point for grounding, connecting with earth, and rooting energy downward
- Helpful to calm someone in a disturbed state of restlessness or shock
- Useful for anxiety, diarrhea, headaches, hypertension, and insomnia

Bladder 23: *Back Shu Point of the Kidney OR Sea of Vitality*

- Powerful place to strengthen both yin and yang kidney energy
- Replenishes body during times of personal transformation
- Builds core energy
- Fortifies digestive organs and immune system
- Strengthens lower back and knees
- Alleviates low back pain and fatigue

Small Intestine 11: *Celestial Gathering*

- Alleviates sore shoulders and back

- Reduces stiffness in neck
- Helps pain and numbness in arms
- Helps gather scattered or manic Qi in the body
- Sorts the real from the dream

Large Intestine 4: *Union Valley*

- Command point for face, mouth, and head
- Treats allergies, fever, headaches, sinus congestion, sore throat, and toothaches
- Strengthens body's defensive Qi
- Helpful for colds, sneezing, runny nose, and sore eyes
- Alleviates pain in shoulders and arms
- Avoid during pregnancy

Lung 1: *Central Treasury*

- Collecting point for all energy of the lungs
- Helps lung Qi descend downward to connect with kidneys
- Supports lungs
- Tackles acute coughs, asthma, and tight chest
- Alleviates pain in shoulders and upper back

Heart 7: *Spirit Gate OR Mind Door*

- Relaxes and eases anxiety
- Calms mind from overactive thinking
- Relieves insomnia due to overexcitement
- Regulates the heart and strengthens the spirit

Acupressure specialists recommend breathing deeply, visualizing the point's benefits, and silently repeating the point's name while pressing it.

Links

Photos of points along with descriptions

<http://www.eclecticenergies.com/acupressure/indexemotional.php>

Hand chart

Note: image is backwards

http://www.katking.com/Wisdom/App_ReflexChartsHand.html

Foot chart

http://www.katking.com/Wisdom/App_ReflexCharts.html

Many points listed by diseases, areas of body, and symptoms

http://www.geocities.com/jrh_iii/acupressure/acupoints.html