

## Chinese Medicine Acupressure Points

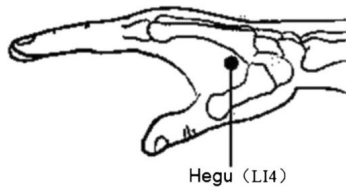
Here are some acupressure points to hold for 30 seconds to 2 minutes. Majority of them will be tender but you don't want the pressure to be causing intense pain.

### ***Congestion:***

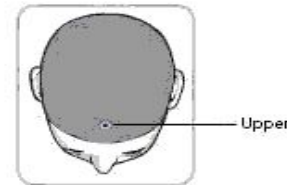
Bitong: Pressure pointed downwards for relieve congestion.  
 Then upwards to stop a runny nose.



### Large Intestine 4



### Du23

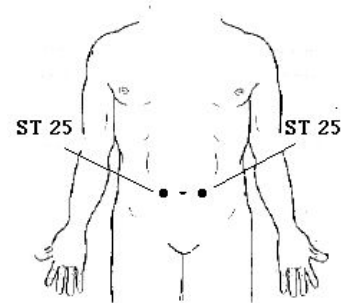


### ***Constipation:***

Stomach 25 and you can also do a clockwise circle around the belly button. You can make a cup with your hand follow a circle around the belly button using the outside of your hand.

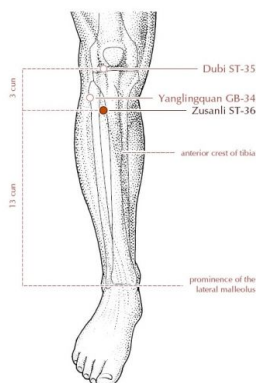
### ***Diarrhea:***

Stomach 25 and you can also do a counterclockwise circle around the belly button. You can make a cup with your hand follow a circle around the belly button using the outside of your hand.

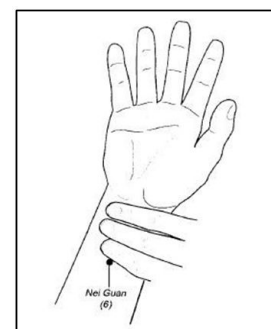


### ***Any Digestive Issues and to Boost Immunity:***

#### Stomach 36



### ***Hiccups/ Nausea: Paracardium 6***



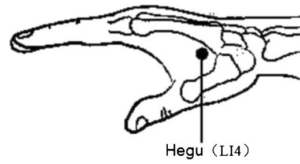
**Hormonal Issues:**

Spleen 6

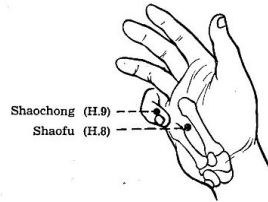


**Headaches:**

Large Intestine 4



Heart 8



Paracardium 8

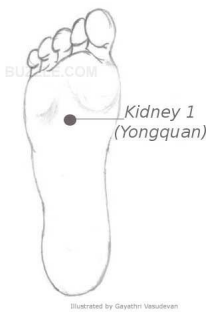


**Stress and Sleep:**

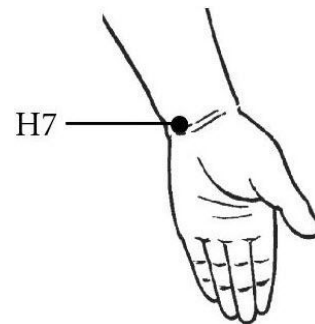
Liver 3



Kidney 1



Heart 7



**Influential Points:**

**Zang (Yin Meridians):** Lung, Spleen, Heart, Liver, Kidney : Liver 13

**Fu (Yang Meridians):** Large Intestine, Small Intestine, Stomach, Gallbladder & Bladder: Ren 12

**Qi:** Ren 17

**Blood:** Urinary Bladder 17

**Bones:** Urinary Bladder 11

**Marrow:** Gallbladder 39

**Vessels:** Lung 9

Email me at: [infinitewellnessacu@gmail.com](mailto:infinitewellnessacu@gmail.com) or call 970-930-1809 with any questions or to schedule, or schedule online at: [www.infinitewellnessacu.com](http://www.infinitewellnessacu.com)

**Sliding scale: only \$35-75**