

18 Acupressure Points for Fast Acting Pain Relief and Treatment



Lucky Flow
Acupuncture

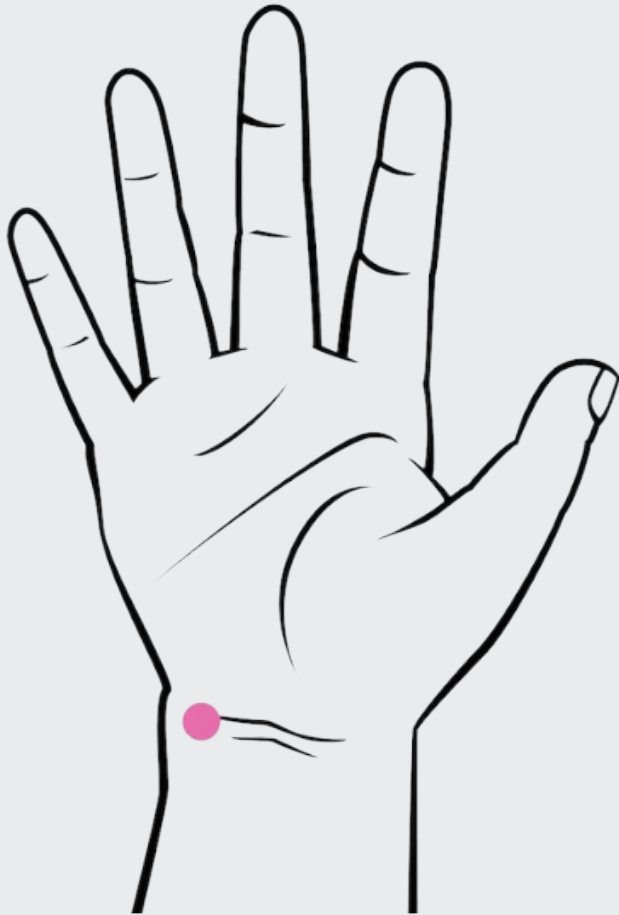
By Dr. Lucky Aaron Li & Rachael Asher

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Heart 7

Great for insomnia and sleeping issues. The alternate name for this point is shen men, which means to calm.



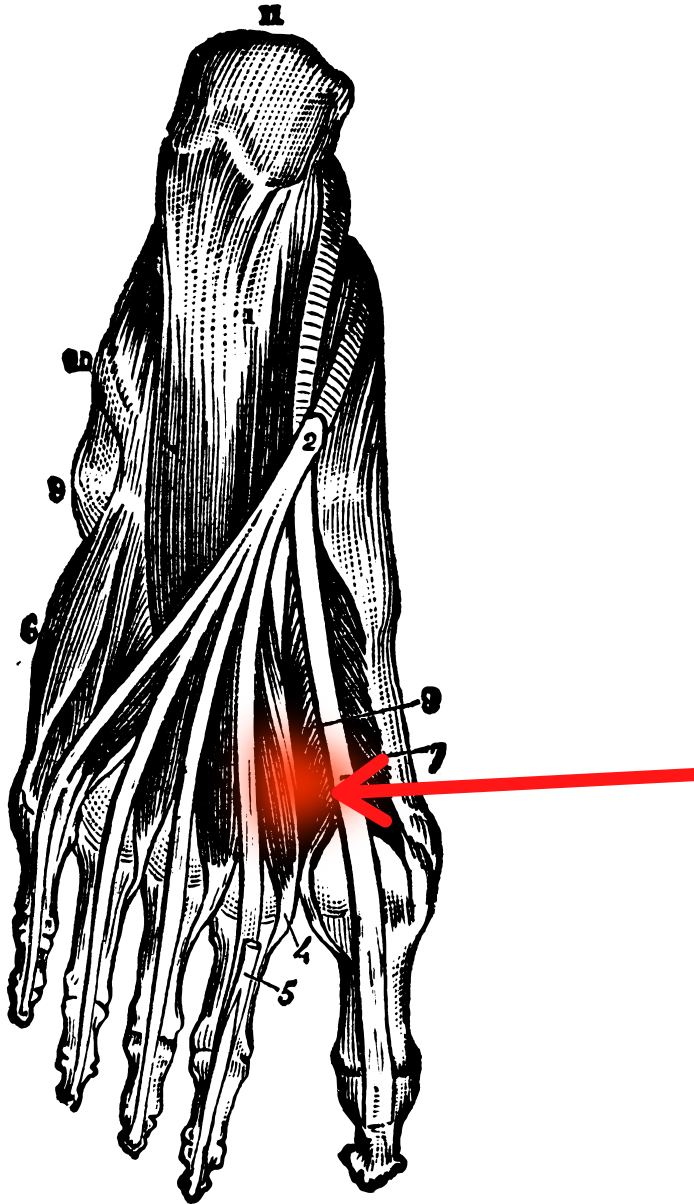
Gallbladder 20

This point is recommended for headache, migraine, eye blurriness or fatigue, low energy, and cold/flu symptoms. It is located by feeling the mastoid (ear) bone and following the groove back to where the neck muscles attach to the skull.



Liver 3

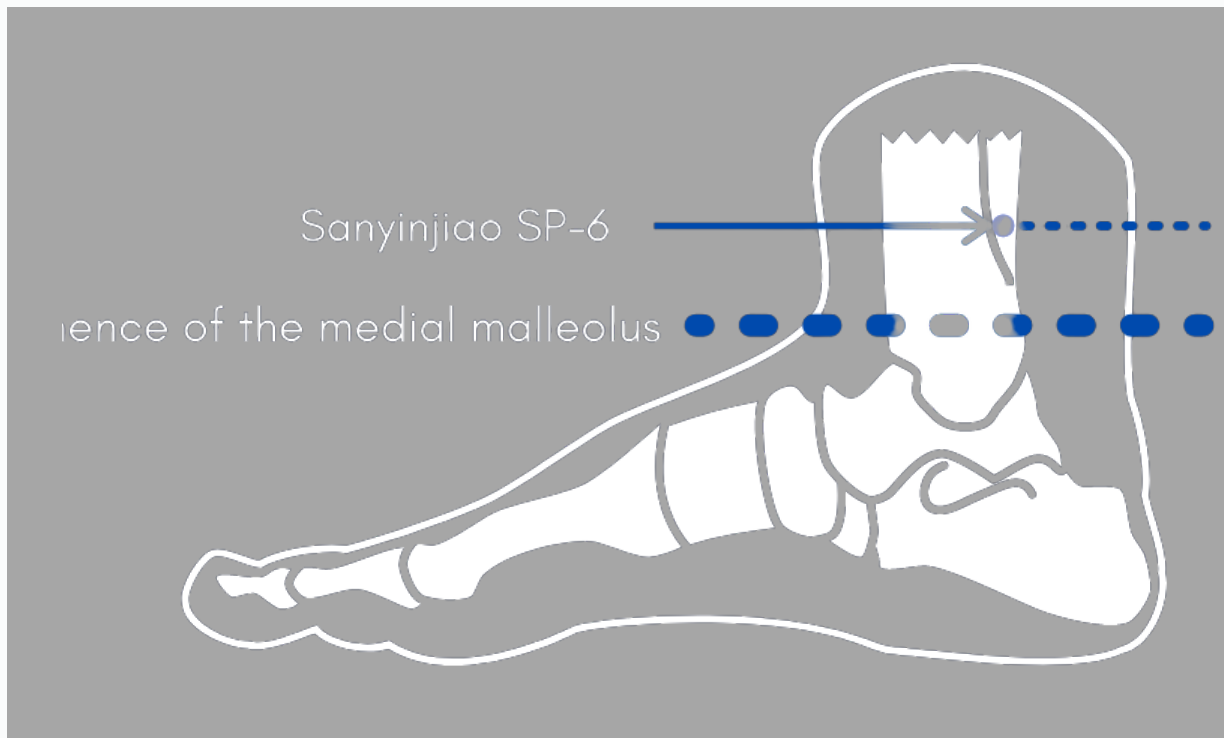
You need to take off your shoe to find this point. This is an excellent area to stimulate for stress, low back pain, high blood pressure, limb pain, insomnia and emotional upset.



Spleen 6

Clinical applications:
Tonify Yin and Blood, all
Spleen disorders

Digestive disorders,
sinking/prolapse



Gynecological issues, male sexual issues, difficult labor (expel fetus)

Menstrual issues (irregular, amenorrhea, dysmenorrhea)

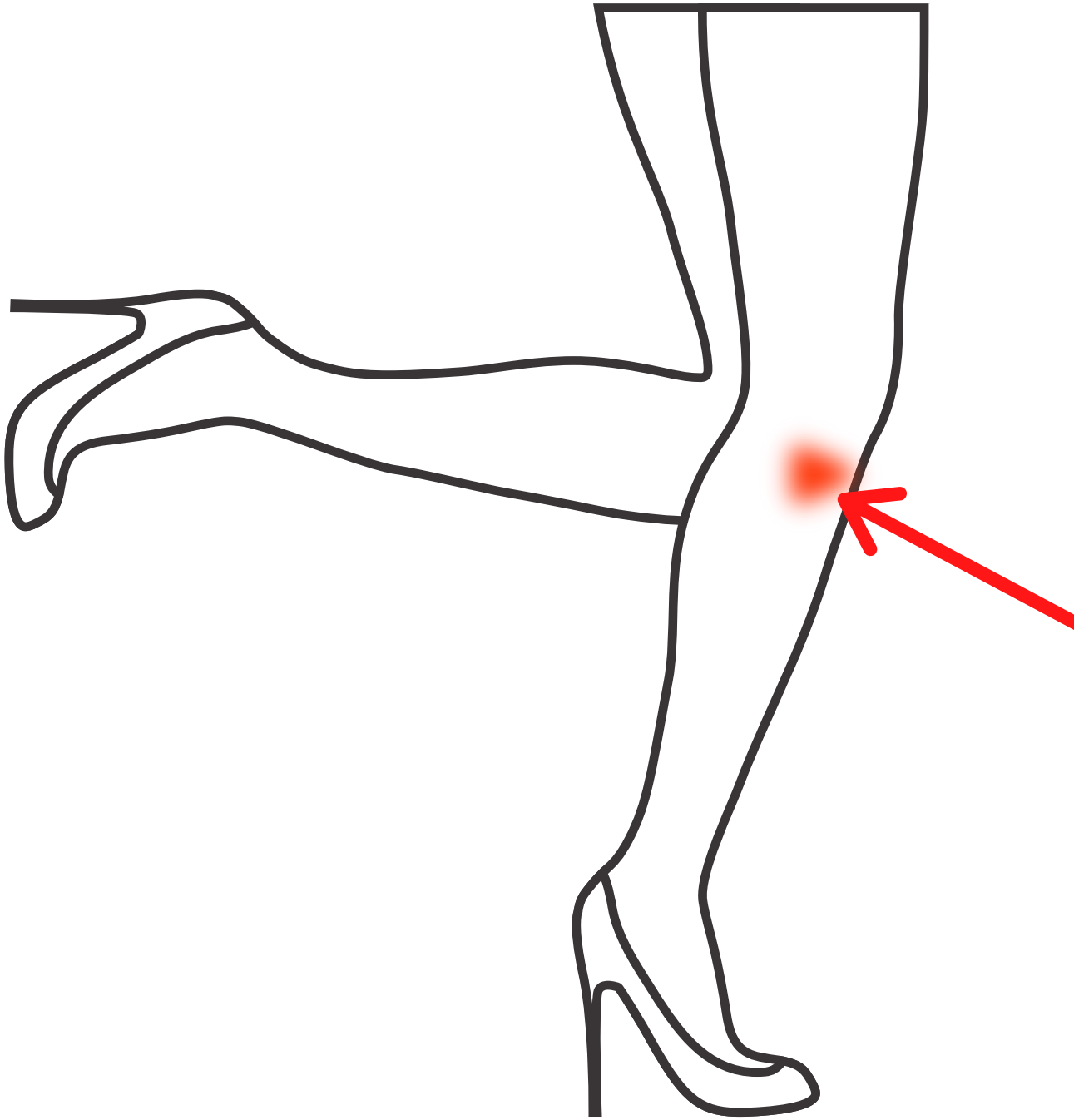
Bleeding disorders, uterine bleeding, cool blood in hot skin diseases

Insomnia, palpitations, and other anxiety related emotions.

Dizziness, hypertension

Stomach 36

You can find this point useful for fatigue and depression as well as knee pain and gastrointestinal discomfort. Asians frequently stimulate this point for health promotion and longevity.



Large Intestine 4

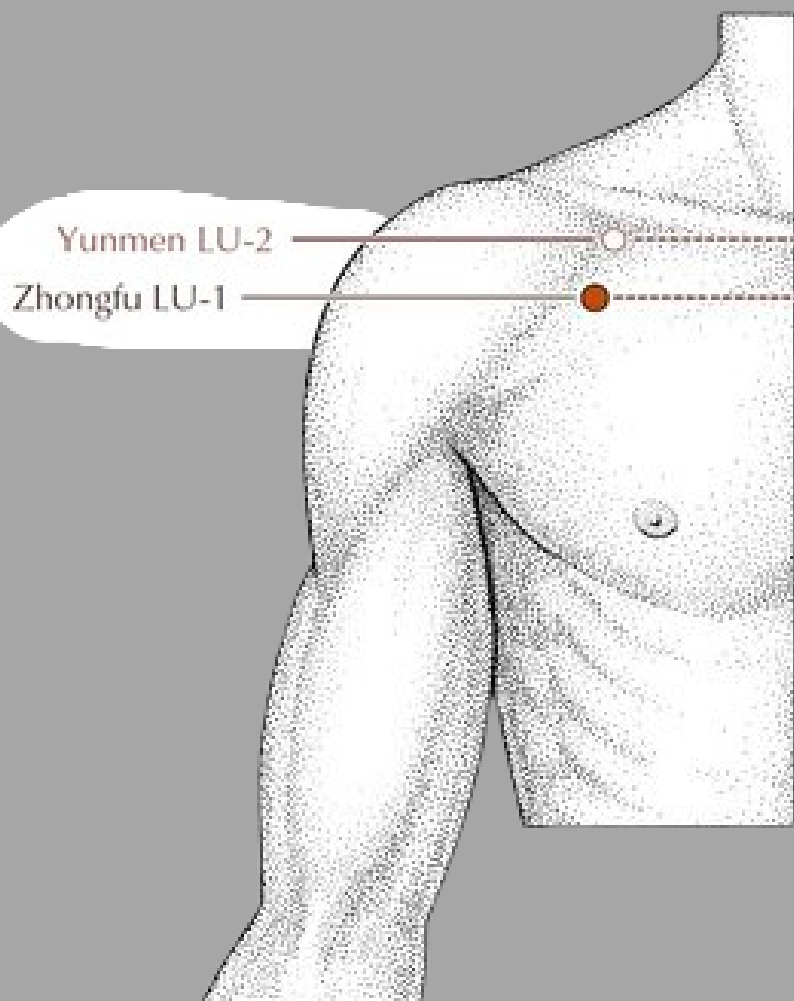
This point is good for stress, headaches, toothaches, facial pain, constipation, and neck pain. However, as a word of precaution, it can induce labor and must never be used during pregnancy.

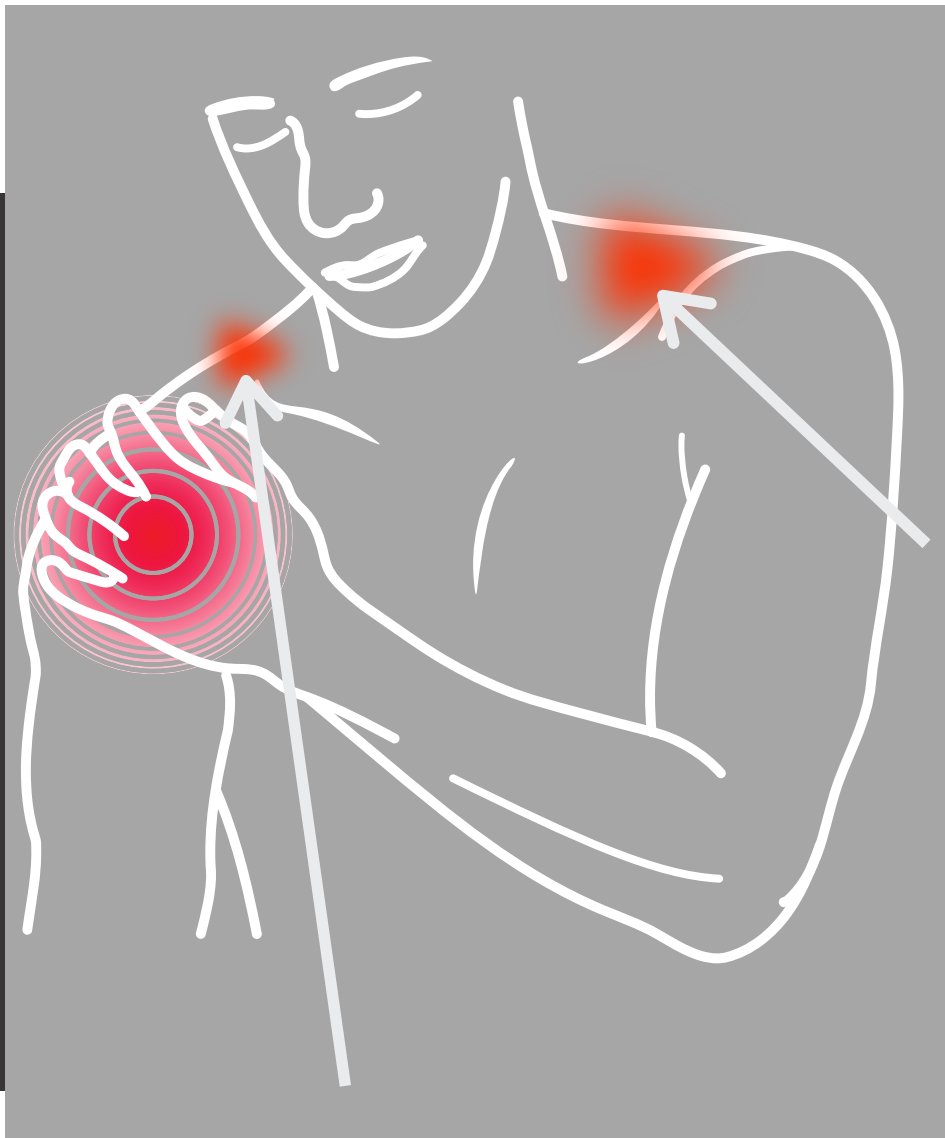


Lung 1 & 2

These two points are great for breathing problems, including catarrh on the chest, symptoms of respiratory infections, those times when you feel like you can't catch your breath, or have a tight/full-feeling chest.

How to find them: These two points are either side of a little bone slightly below your collarbone, in line with the top edge and bottom edge of your first rib. When you find them, you'll probably feel it right away—they'll usually have a slightly tender feeling (which is the case with quite a few acupressure points, especially when they need work). So just tune into what your body's telling you.





Gallbladder 21

Situated halfway between the top of the neck and shoulder, this acupoint may ease neck and shoulder stiffness and pain, and headaches.

Stomach 25

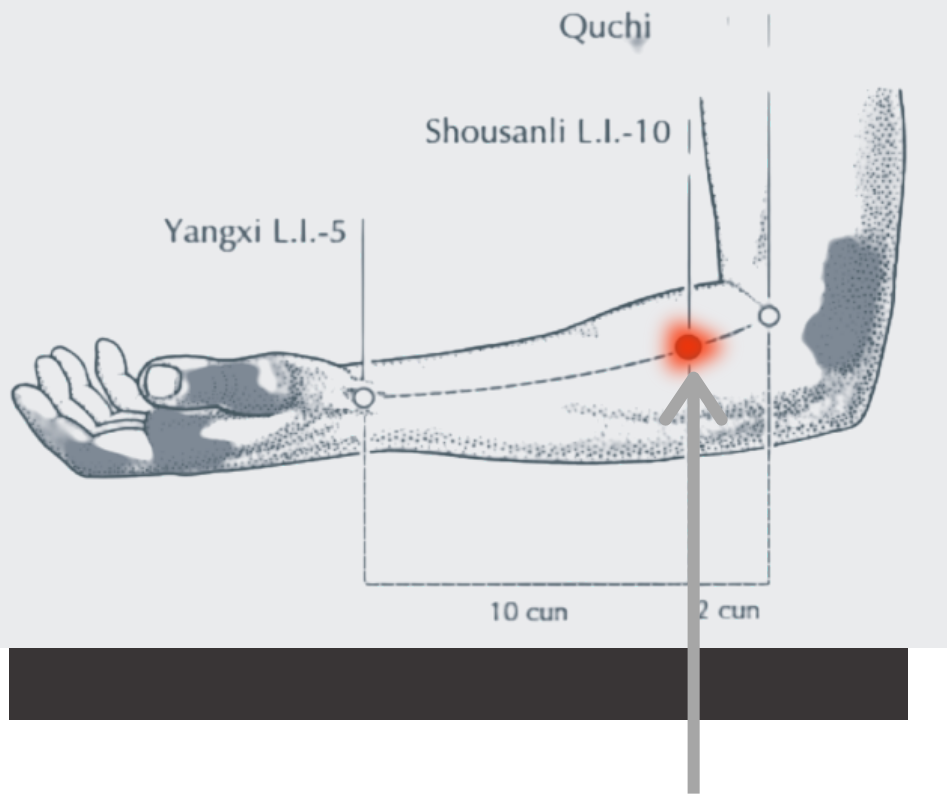
This point is good for digestive issues of most kinds, and some menstrual problems. It can be used to treat constipation, diarrhea, abdominal pain, gas, indigestion, late, irregular or absent periods.



How to find it: It's located 3 fingers' width to the side of your naval, and as there's one on each side, you can work one or both at once.

Large Intestine 11

Located on the front side of the elbow, this point may be pressed to relieve shoulder pain and neck tightness.



Spleen 6

Located inside your leg above your ankle, this point may be targeted if you have pelvic pain, fatigue, or sleep problems.



CV 6

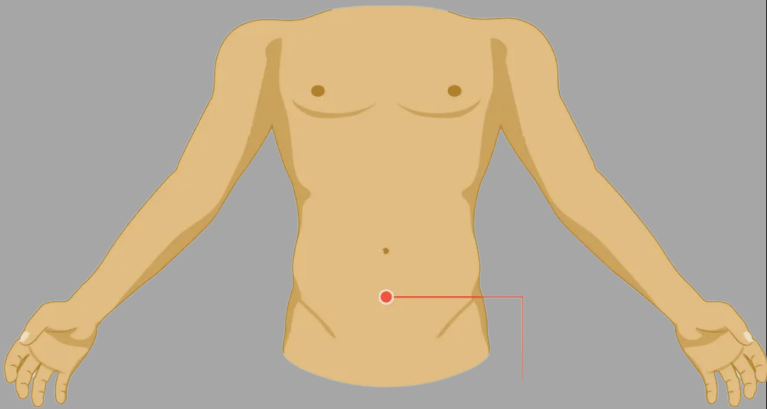
Qihai, also known as CV6, is located on the conception vessel meridian and is thought to influence:

- lower abdominal organs
- overall energy

Point location: Roughly 1 1/2 inches below the navel.

To massage this point:

1. Place two to three fingers on the point location.
2. Using gentle pressure, move fingers in a circular motion. Make sure not to press too hard, as this area can be sensitive.
3. Massage for 2–3 minutes.



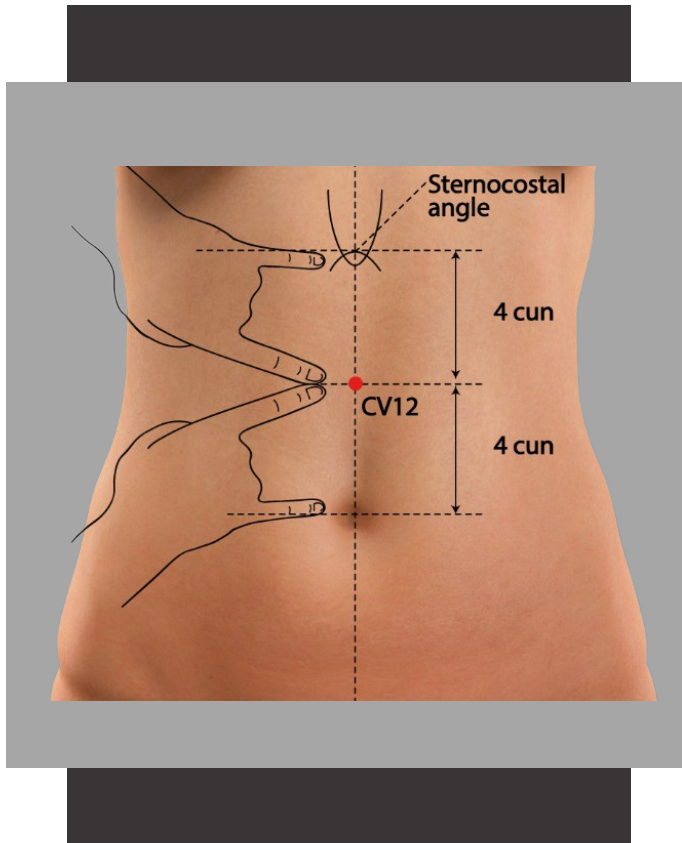
CV 12

Zhongwan, also known as CV12, is also located on the conception vessel meridian and is believed to influence: upper abdominal organs, yang organs, including the bladder and gallbladder

Point location: Roughly 4 inches above the navel.

To massage this point:

1. Place two to three fingers on the zhongwan point.
2. Apply gentle pressure in a circular motion, making sure not to press too hard.
3. Massage for 2–3 minutes.



Large Intestine 11

Used for: sore throat, toothache, redness and pain of the eye, scrofula, urticaria, motor impairment of the upper extremities, abdominal pain, vomiting, diarrhea, febrile diseases.



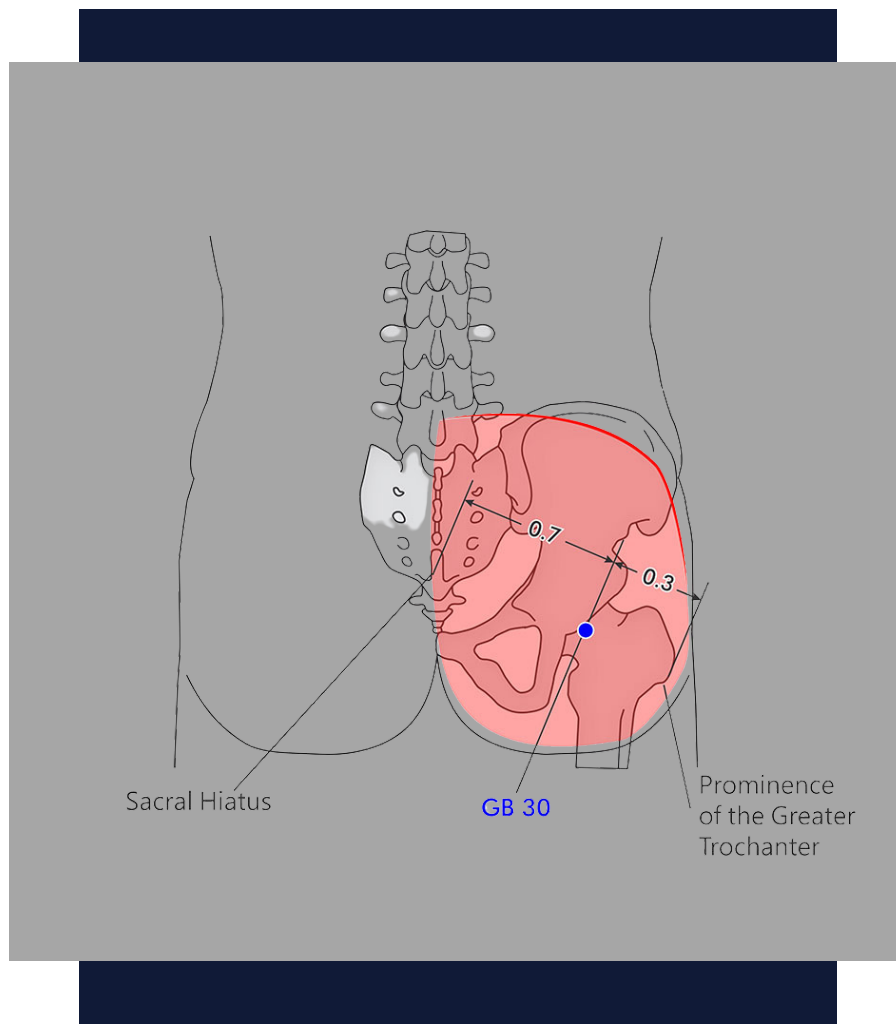
Gallbladder 30

Indications:

- Weakness, numbness and pain of the lower extremities
- Pain of the lumbar and leg, hemiplegia

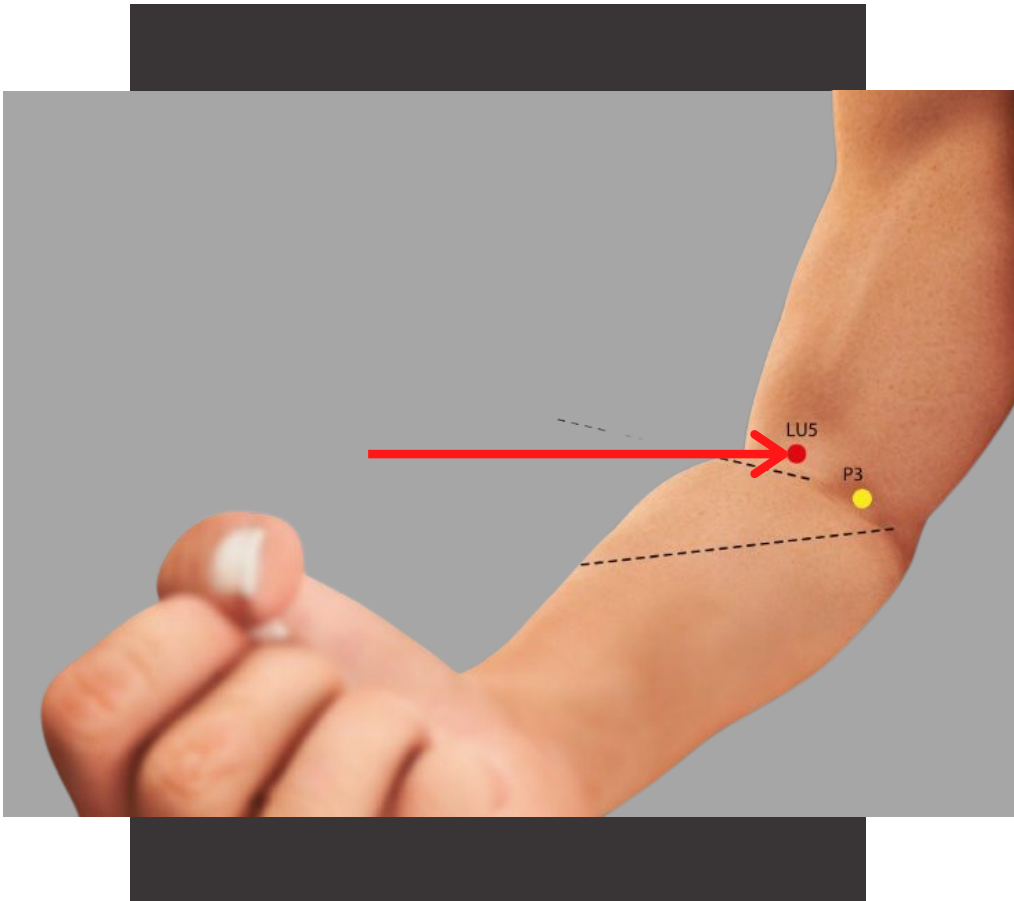
Functions: Activates the meridian and removes obstructions, benefits the hips and legs, resolves Wind-Damp, relieves pain.

Notes: GB 30 is a common and important point in the treatment of sciatica.

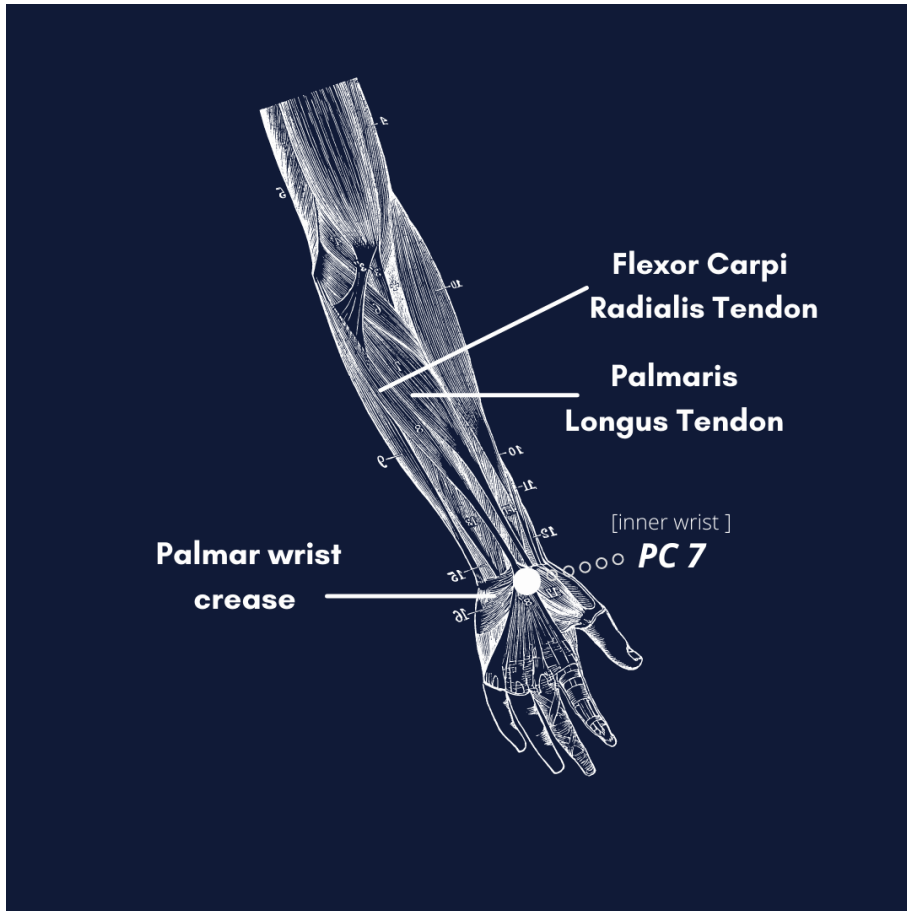


Lung 5

Useful for Lumbar pain. for hot skin conditions, upper body edema, local point for tendonitis, relaxes the sinews and frees water passages.



Pericardium 7



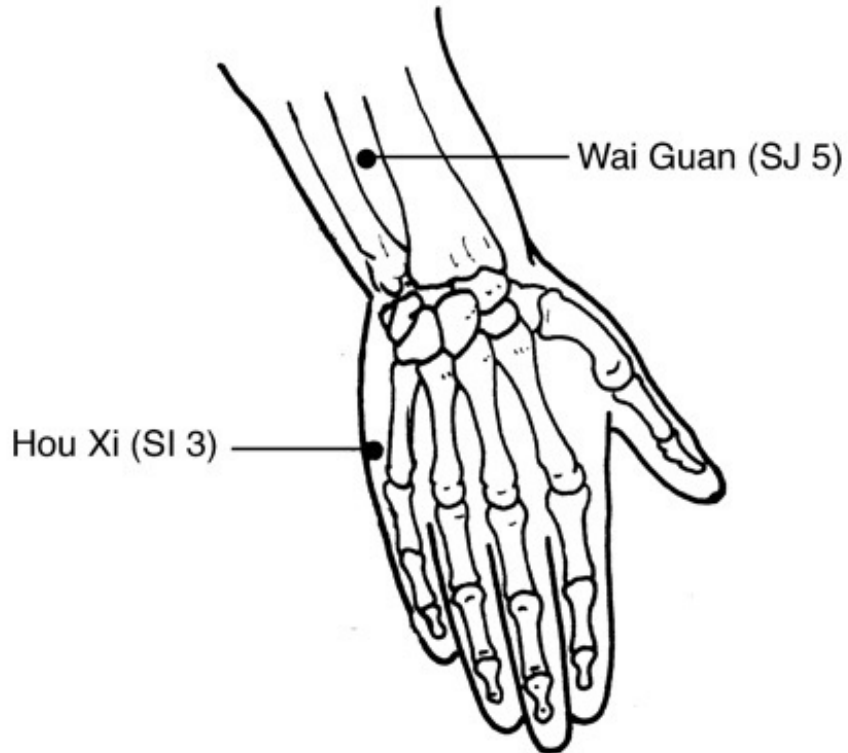
◆ Known as the ‘King’s Bodyguard’, the pericardium is the heart’s protective sack. In Chinese Medicine it is a Fire organ whose special job is to protect the heart. Not only does the pericardium physically protect the heart, its energy also protects the heart energetically from damage and disruption by excessive emotions from other organs and external sources. In the Chinese system of health, extreme emotional outbursts are seen as powerful disruptors of balance and a major cause of disease. Without the pericardium to protect it, the heart could be gravely injured by every-day emotional fluctuations.

◆ Pericardium Consciousness Issues:

Heart Protection, Joy, Vulnerability, Love, Self Love, Self-Acceptance, Self-Expression, Relation to self, Relation to Others, Openness, Armoring.

◆ The Source Point of the Pericardium Meridian is PC-7, Daling, Great Mound, at the inner wrist joint. Massaging or needling this point helps to access the laughter of the Heart. It is a powerful portal to Heart’s qualities of joy, contentment, radiance, equanimity, love hilarity, and fun

San Jiao 5



Useful for Febrile disease,
headache, redness, swelling and
pain of the eye

Tinnitus, deafness

Pain in the hypochondrium,
spasm and pain of the upper
extremities

About the Authors

Dr. Lucky Aaron Li

Upon graduating from The University of Michigan, Lucky obtained certification in acupuncture from The China Academy of Chinese Medical Sciences – Beijing 2009. During these in-depth studies at the China Academy of Chinese Medical Sciences, he had the privilege of shadowing China's leading acupuncturist Dr. Hu Guang, the primary researcher of Tung's Extraordinary Points (董氏奇穴).



Rachael Asher

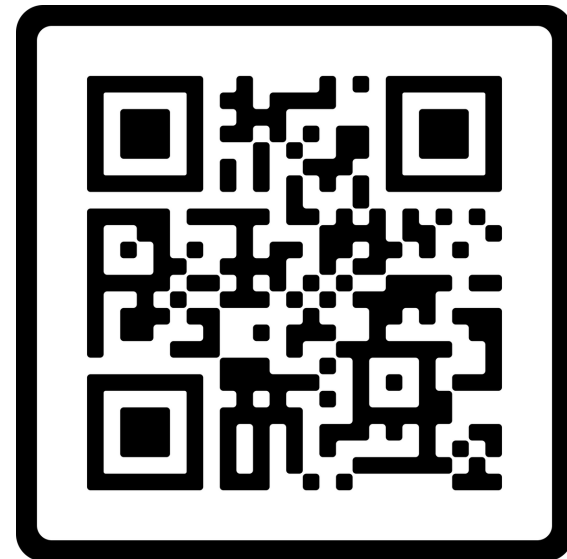
Meet Rachael! Rachael joins our team as a Clinic Director, with a background in TCM. She studied Acupuncture at a top university in the US for four years. You'll see Rachael organizing and overseeing people and programs at our facility, training and supervising team members, running events and expos, and planning and implementing budgets and strategies. She has experience in balance method acupuncture, is trained under Lucky's mentor in California, and studied Business at Eastern Michigan.



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- Insomnia
- IBS
- Constipation
- Ulcers
- Diarrhea
- Pain
- Injuries
- Migraines
- Neuropathy
- Fertility
- PMS
- Hormone Imbalance
- Common Cold
- Rhinitis
- Allergies
- Hypertension
- Inflammation
- Fatigue
- Cold Hands and Feet
- Poor Circulation
- Skin Issues

According to the principles of Traditional Chinese Medicine, invisible pathways of energy called meridians flow within the body. At least 14 meridians are thought to connect our organs with other parts of the body. Acupuncture and acupressure points lie along those meridians and can assist with a wide array of health concerns.



Lucky Flow
Acupuncture