

TCM Bundle for Common Acupressure Points

Dr. Cindy Dowsett
Doctor of Acupuncture & TCM, Reiki Master

Using the descriptions and photos below, find the tender spot and hold the acupressure point for 1-3 minutes. Put enough pressure that it feels tender, but not enough to bruise yourself. Points marked with “*” are contraindicated during pregnancy.

1. Large Intestine 4 (LI4) - "Hegu"*

- **Location:** Between the thumb and index finger, on the back of the hand.
- **Description:** Commonly used for pain relief, headaches, and stress reduction.



2. Liver 3 (LV3) - "Tai Chong"

- **Location:** On the top of the foot, in the depression between the first and second toes.
- **Description:** Helps with stress, anxiety, headaches, and menstrual cramps.



3. Pericardium 6 (PC6) - "Nei Guan"

- **Location:** On the inner forearm, about two finger-widths above the wrist crease, between the two tendons.
- **Description:** Used for nausea, anxiety, palpitations, and motion sickness.



4. Stomach 36 (ST36) - "Zusanli"

- **Location:** Four finger-widths below the kneecap, along the outer edge of the shinbone.
- **Description:** Boosts energy, supports digestion, and strengthens the immune system.



5. Spleen 6 (SP6) - "San Yin Jiao" *

- **Location:** Four finger-widths above the inner ankle bone, behind the tibia.
- **Description:** Helps with digestion, menstrual issues, insomnia, and anxiety.



6. Governing Vessel 20 (GV20) - "Bai Hui"

- **Location:** At the top of the head, in line with the tips of the ears.
- **Description:** Used to treat headaches, dizziness, stress, and concentration problems.



7. Gallbladder 20 (GB20) - "Feng Chi"

- **Location:** Below the base of the skull, in the hollows on either side of the spine.
- **Description:** Helps relieve headaches, neck pain, and stress.



8. GALLBLADDER 2 (GB2) - "TINGHUI"

- **Location:** In front of the ear, in the hollow that forms when you open your mouth.
- **Description:** This point helps reduce ringing in the ears (tinnitus), earaches, and hearing issues. Applying gentle pressure to this point can relieve ear discomfort and improve ear health.



9. Kidney 1 (KD1) - "Yongquan"

- **Location:** On the sole of the foot, in the depression that appears when the toes are curled.
- **Description:** Calms the mind, reduces anxiety, and helps with insomnia.



10. Heart 7 (HT7) - "Shenmen"

- **Location:** On the inner wrist crease, in line with the little finger.
- **Description:** Alleviates anxiety, insomnia, and emotional imbalances.



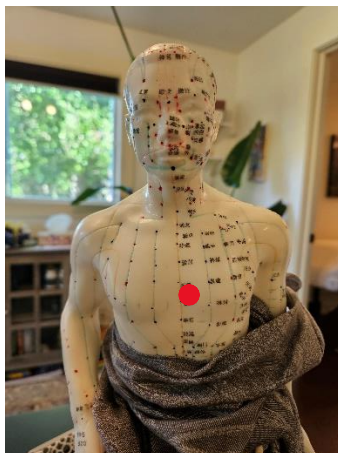
11. Bladder 23 (BL23) - "Shenshu" *

- **Location:** On the lower back, two finger-widths away from the spine at the waist level.
- **Description:** Strengthens the kidneys, reduces lower back pain, and boosts energy.



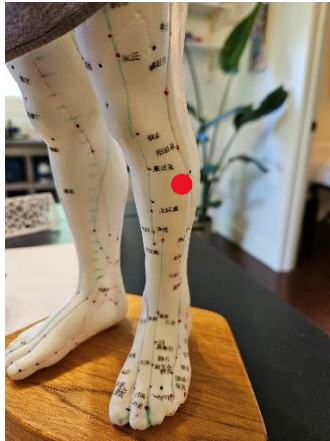
12. Conception Vessel 17 (CV17) - "Shanzhong"

- **Location:** In the center of the chest, level with the fourth intercostal space (around the middle of the sternum).
- **Description:** Helps with emotional stress, anxiety, and respiratory issues.



13. Gallbladder 34 (GB34) - "Yanglingquan"

- **Location:** Below the knee, in a depression on the outside of the leg, anterior and inferior to the head of the fibula
- **Description:** Relieves pain, improves digestion, and supports liver function.



14. Bladder 40 (BL40) - "Weizhong"

- **Location:** At the midpoint of the crease behind the knee.
- **Description:** Helps with lower back pain, leg pain, and muscle stiffness.



15. Lung 7 (LU7) - "Lieque"

- **Location:** On the inner forearm, about 1.5 inches above the wrist crease, towards the thumb, above the styloid process of the radius.
- **Description:** Useful for respiratory issues, colds, and boosting immunity.



16. Triple Energizer 5 (TE5) - "Waiguan"

- **Location:** On the back of the forearm, two finger-widths above the wrist crease.
- **Description:** Used for headaches, neck pain, and fever.



17. Stomach 25 (ST25) - "Tianshu" *

- **Location:** Two finger-widths on either side of the navel.
- **Description:** Helps with digestive issues, constipation, and abdominal pain.



18. Spleen 9 (SP9) - "Yin Ling Quan"

- **Location:** On the inner side of the lower leg, below the knee, in the depression posterior and inferior to the medial condyle of the tibia.
- **Description:** Reduces swelling, supports digestion, and relieves knee pain.



19. Ren 6 (CV6) - "Qihai" *

- **Location:** About two finger-widths below the navel.
- **Description:** Boosts energy, strengthens the core, and supports digestion.



20. Bladder 60 (BL60) - "Kunlun" *

- **Location:** Behind the ankle, in the depression between the ankle and the Achilles tendon.
- **Description:** Relieves back pain, headaches, and labor pain.



21. Large Intestine 11 (LI11) - "Quchi"

- **Location:** At the outer end of the elbow crease when the arm is bent.
- **Description:** Commonly used to clear heat and toxins from the body, which can help with skin issues such as acne, eczema, and rashes. It also supports the immune system and promotes detoxification.



22. Ear Apex (Allergy Point) - "Erjian"

- **Location:** The very top of the ear, at the uppermost point of the ear helix. To locate it, gently fold the ear in half lengthwise; the point is at the highest point of the fold.
- **Description:** This point is commonly used for treating allergic reactions, especially those related to the respiratory system, such as hay fever, sinus congestion, and allergic rhinitis.

