

ACUPRESSURE POINTS FOR UTERINE HEALTH

Uterine Fibroids

In Chinese medicine, masses, such as tumors and cysts, result when chi, the life force energy, becomes stagnant. Unblocking the flow of chi in the liver and other meridians constitutes the solution. Treatment of LV3, on the top of the foot between the great toe and the second toe, and LV, in the rib interspace directly below the nipples is recommended by Info-Junction.net. Additionally, CV4, between the pubic bone and the navel, and SP6, about three thumbs width above the inner ankle bone are used to draw energy away from the uterus and get the energy moving properly through the meridians.

ALSO TRY

FRONT OF BODY

Ren 12 (Conception Vessel) : Located halfway between the belly button and the sternum, 4 inches above the belly button, below Ren 14. Associated with the spleen and stomach. Supports proper fluid balance and mucus production. May help to reduce fluid buildup in the uterus or fallopian tubes and support cervical mucus production.

Ki 16: Also known as Kidney 16. Located 1 inch on either side of the belly button. This point is directly stimulating for the kidney, which is considered the seat of fertility health. Stimulation of this point is also used to improve immunological response, which may be useful for those with autoimmune-related infertility issues. Supportive for general fertility health and boosts fertility for those with lowered fertility.

Ren 6: Located 1 and a half inches below the belly button, midline on the lower abdomen. This point is supportive of overall body vitality and energy. Useful for those who feel exhausted, ready to give up, or need more energy. Supportive for overall health of the body.

Zigong (Rn 3): Located 4 inches below the belly button, 3 inches from the centerline of the body, just at the ovaries. Stimulation of this point is promotes healthy circulation to the uterus and ovaries. Supports proper function of the uterus and ovaries. Improves the menstrual cycle and may be used for those with irregular menstrual cycles or even absent menstruation.

Ren 4: Located midline, along the conception meridian, 2 inches below the belly button. Stimulating to the uterus, bringing circulation and energy to the uterus

BACK OF BODY

DU 4 (Governing Vessel): Known as the “Life Gate”, this point is located midline on the spine, at the 2nd thoracic lumbar vertebra. Used to support the uterus and infertility. This point improves energy to the reproductive organs and kidneys.

UB 31, UB 32, UB 33: These three points are supportive for lower back pain associated with menstrual cramps, infertility and irregular menstrual cycles. They also increase circulation to the reproductive organs for improved fertility.

LI 4: Located in the webbing between the thumb and forefinger; press against the forefinger bone. Improves circulation to the uterus and stimulates uterine contractions, which may helpful for toning the uterus in preparation for pregnancy. Avoid after ovulation if trying to conceive. Helps the uterus to work smoothly and efficiently without spasm

LOWER BODY

Sp 6 Three Yin Crossing - This point is located four finger widths above the inner ankle bone, close to the back of the shinbone. Stimulating these points relieves water retention, menstrual cramps, irregular vaginal discharge, and genital pain. A regular stimulation of this point can open all your clogged meridians and release proper blood flow by reducing menstrual cramps.