

## Immune Boosting Points

**B-36** - Bearing Support governs resistance, especially resistance to colds and flu. (Tip of Shoulder Blades)

(I think Gach is wrong with this one and it's B-42)

**B-42** Door of Corporeal Soul - Tonifies & Nourishes Lungs

**GB-20** Wind Pool - Where pathogens enter the body

**B-23 & 47** Sea of Vitality (Lower Back opposite belly button) Rub with back of hands

**K-27** Elegant Mansion

**Lu-1** w crossed Hands (Meeting point of the Lung and Spleen)

**Lu-2** Cloud Gate w crossed Hands

**St-36** Three Mile Point

**Lv-3** (Earth Point for Liver) & **K-3** (Earth Point for Kidney) (inside of ankle)

**K-1** Bubbling Spring

**LI-4** Hegu Point

**Baxie Points** - Eight Pathogens - between Fingers (pain, swelling, stiffness, numbness or spasm of the fingers & hand)

**TW-5** Outer Gate (opposite P-6 Inner Gate)

**LI-11** Qu Chi - Antibiotic Point - Allows pathogens to escape and clears heat

**CV (Ren)-17** Sea of Tranquility - Meeting point of the CV with the Spleen, Kidney, Small Intestine and Sanjiao channels w **CV-6** Sea of Qi (2 fingers below belly button)

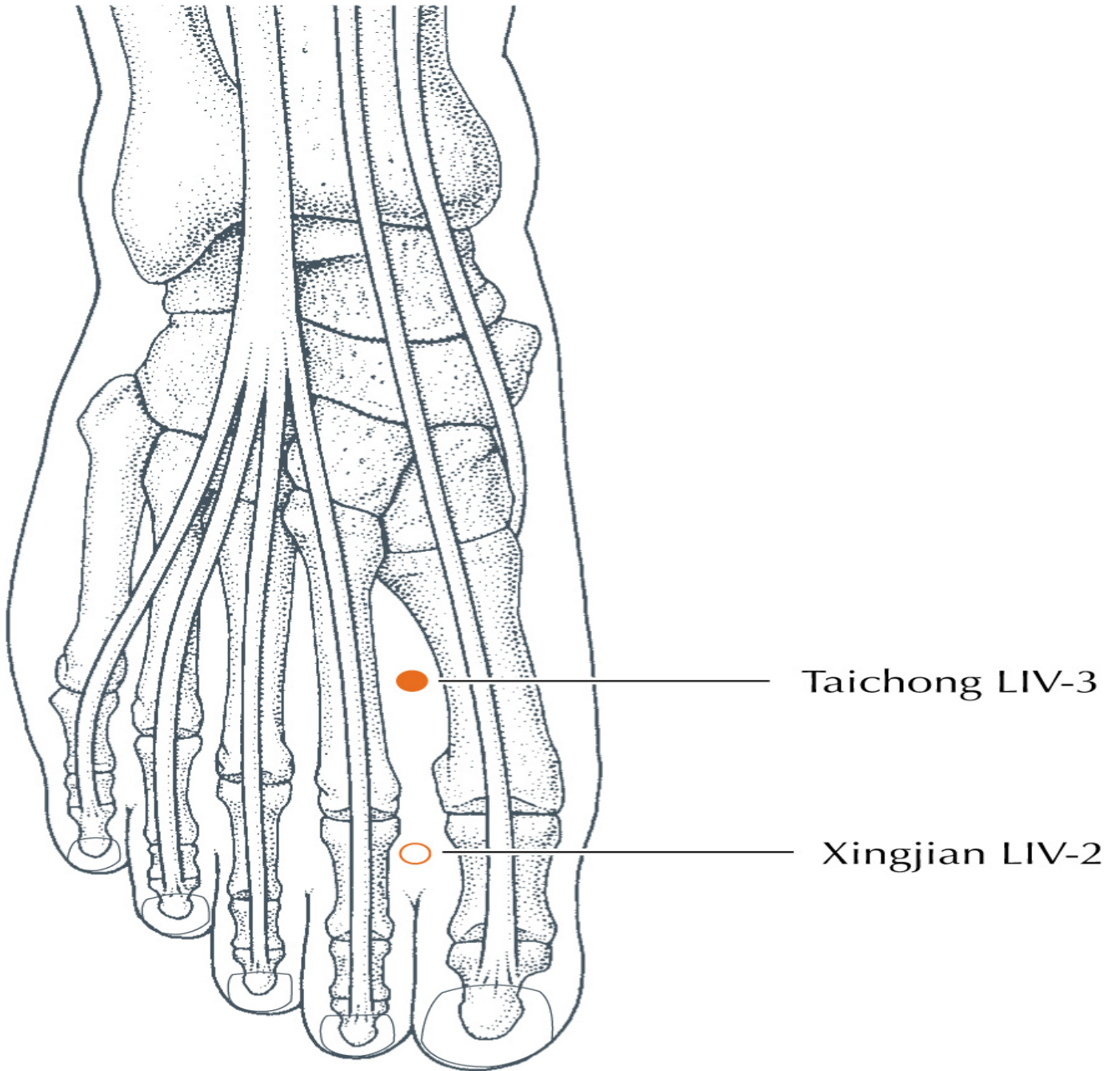
# Immune Boosting Points

Mostly from Gach

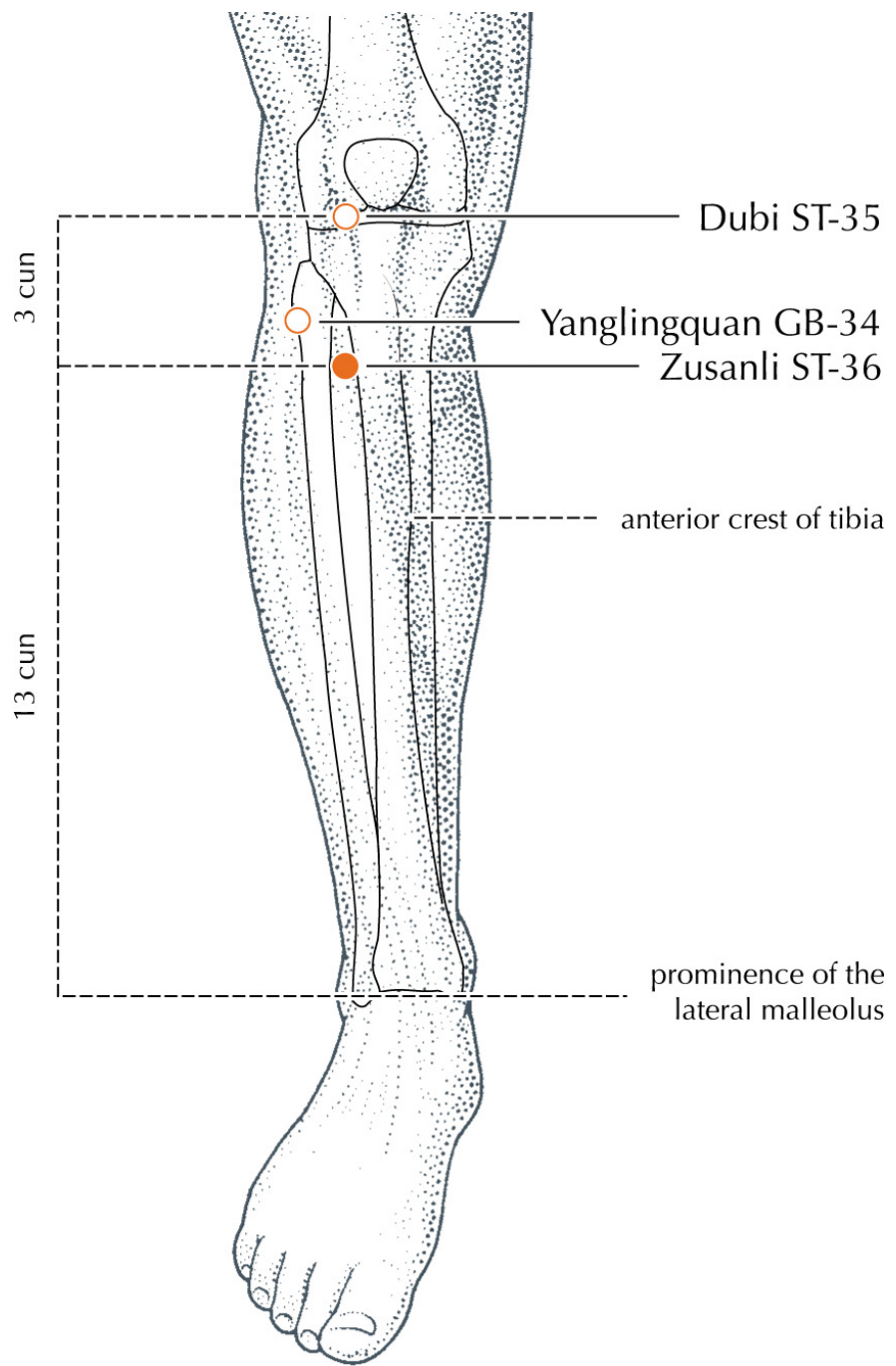
- *Elegant Mansion* (**K 27**) reinforces immune system functioning by strengthening the respiratory system.
- Steady, firm pressure on the *Sea Of Vitality* points (**B 23 and B 47**) fortifies the immune system, rejuvenates the internal organs, and relieves pain associated with lower back problems.
- The *Sea of Energy* (**CV 6**) tones the abdominal muscles and intestines, and helps fortify the immune, urinary, and reproductive systems.
- Firm pressure on the *Three Mile Point* (**St 36**) immediately boosts the immune system with renewed energy. It helps tone and strengthen the major muscle groups, providing greater endurance.
- *Bigger Stream* (**K 3**) on the inside of the ankle helps balance the Kidney Meridian and strengthen the immune system.
- *Bigger Rushing* (**Lv 3**) and *Crooked Pond* (**LI 11**) are important points for relieving pain and strengthening the immune system.
- The *Outer Gate* point (**TW 5**) helps to balance the immune system and strengthen the whole body.
- *Hegu* (**LI 4**) is a famous decongestant and anti-inflammatory point; it relieves arthritic pain and strengthens the immune system.
- Last, and most important of all, the *Sea of Tranquility* (**CV 17**) governs the body's resistance to illness and decreases anxiety by regulating the thymus gland.
- **PC 6** is an extremely popular and useful point. It is very helpful in treating insomnia and calming the Shen. It also is *the* point to use for nausea and vomiting. Furthermore, it can be used for any condition related to the chest

See the following [website](#) for additional information and images.

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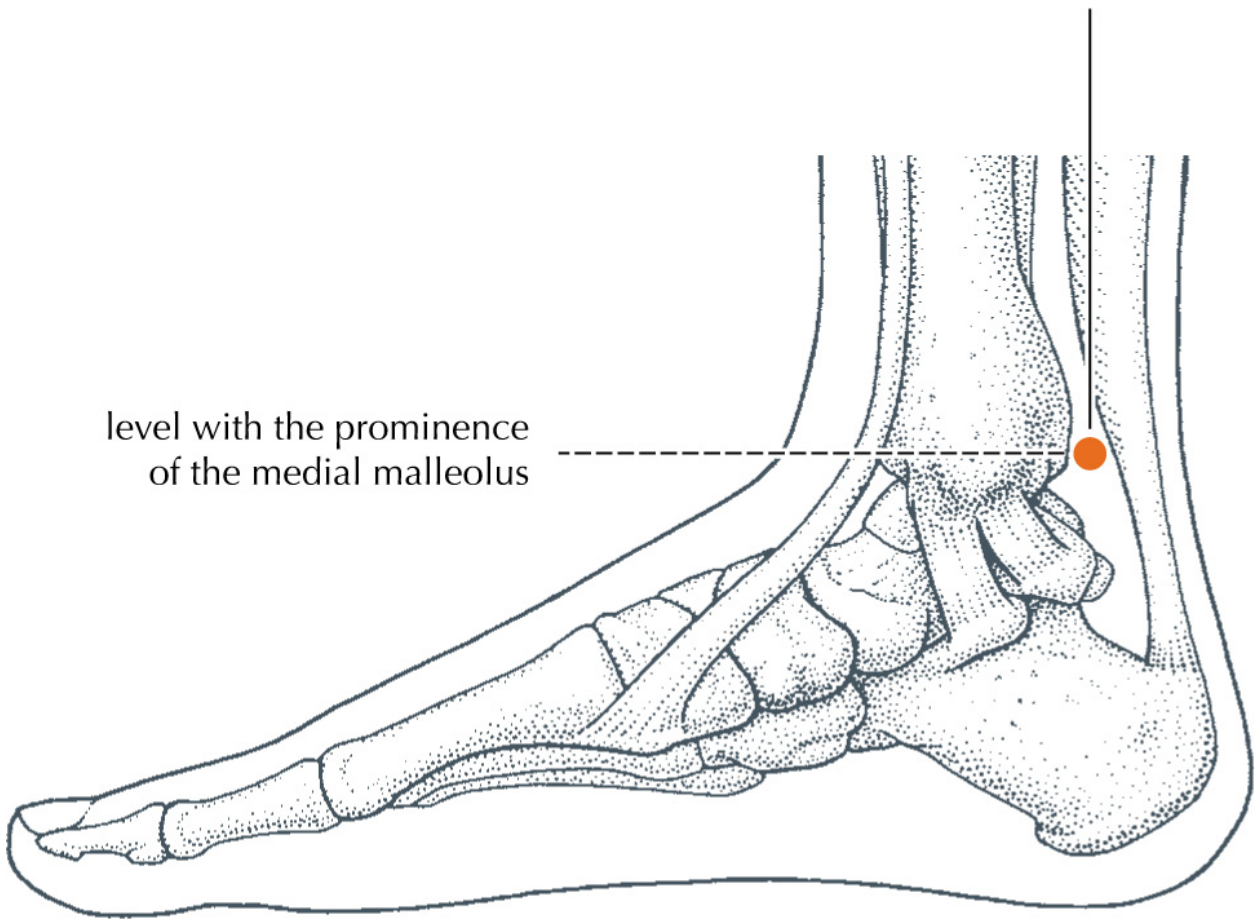
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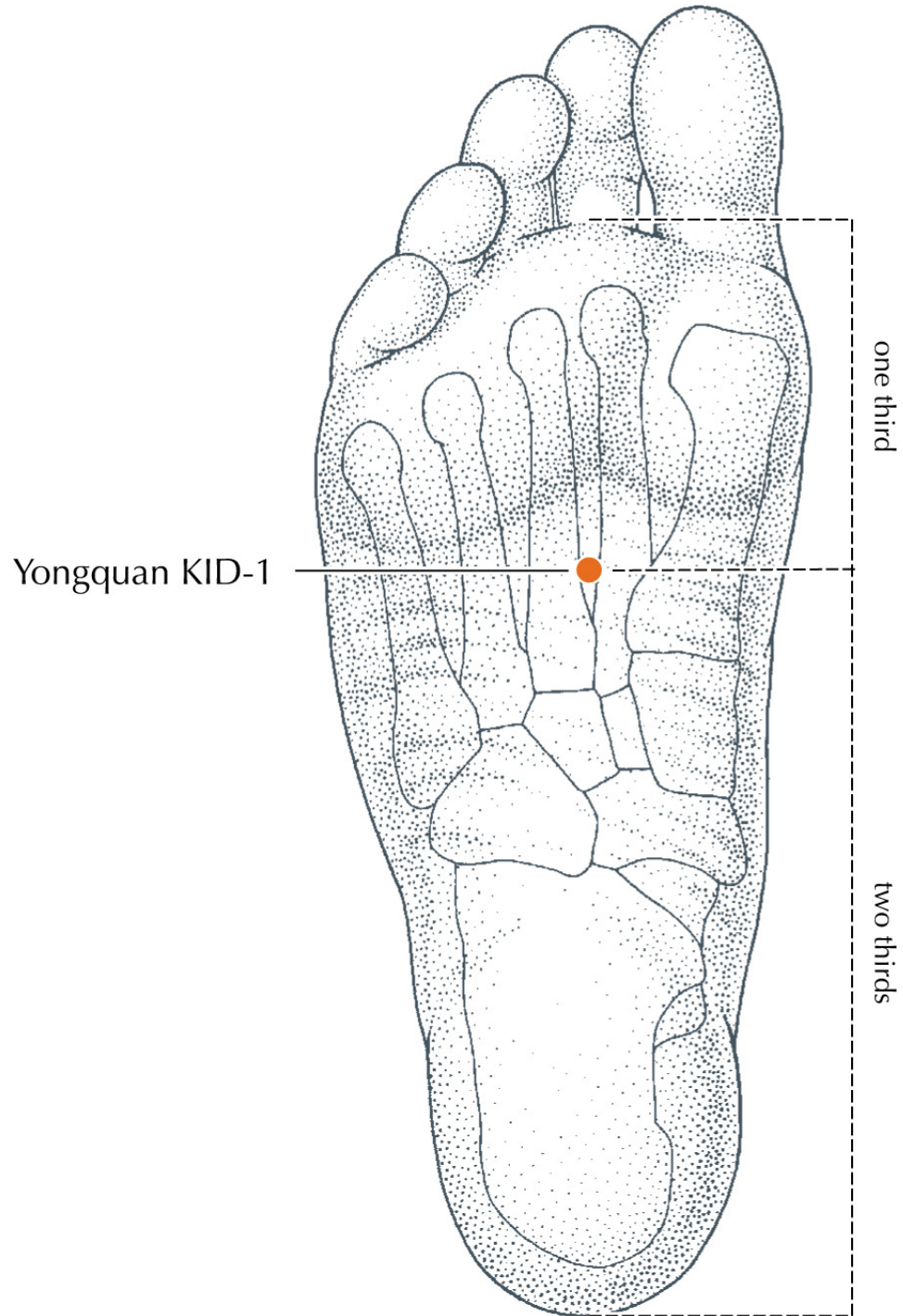
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Taixi KID-3

level with the prominence  
of the medial malleolus

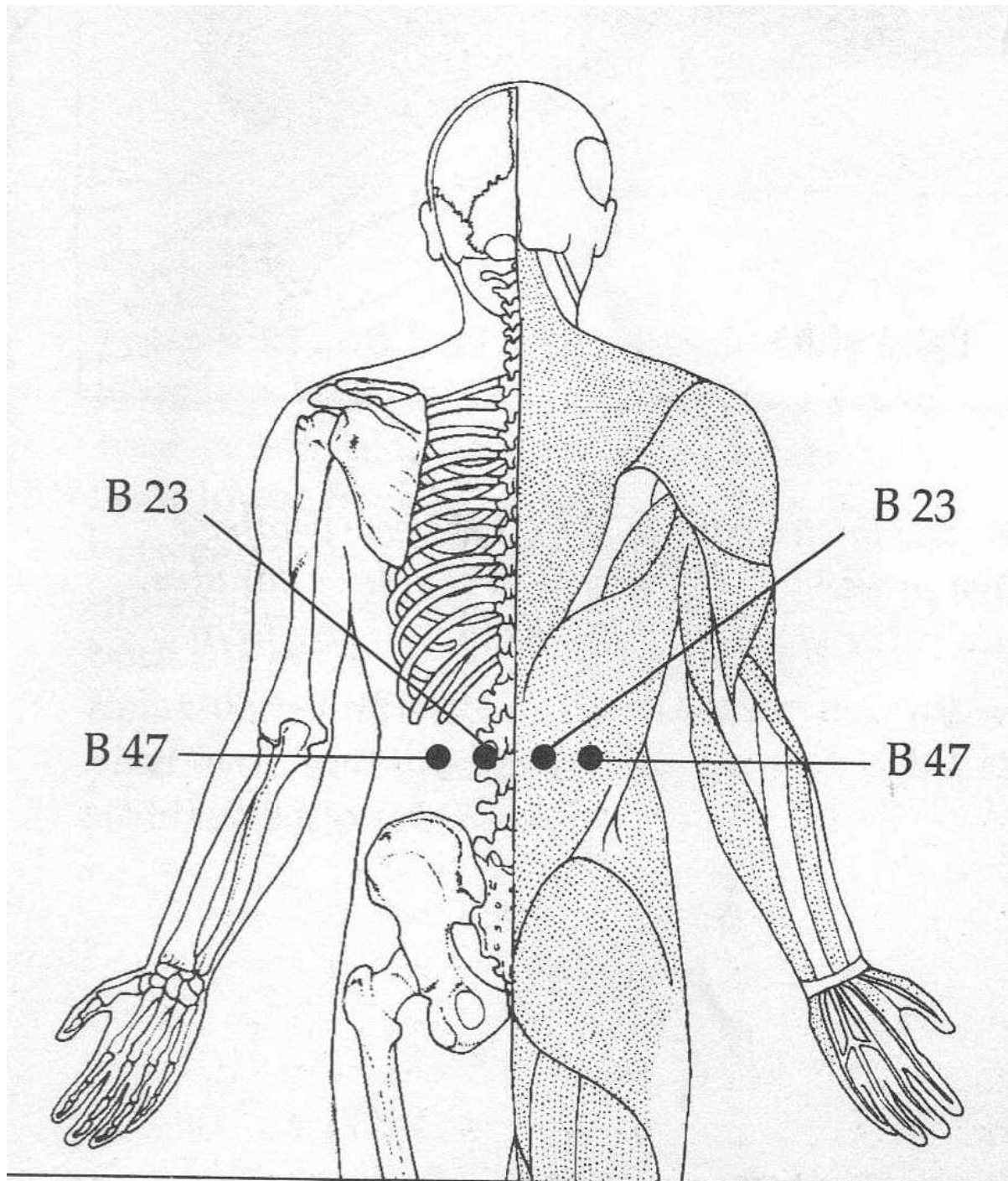


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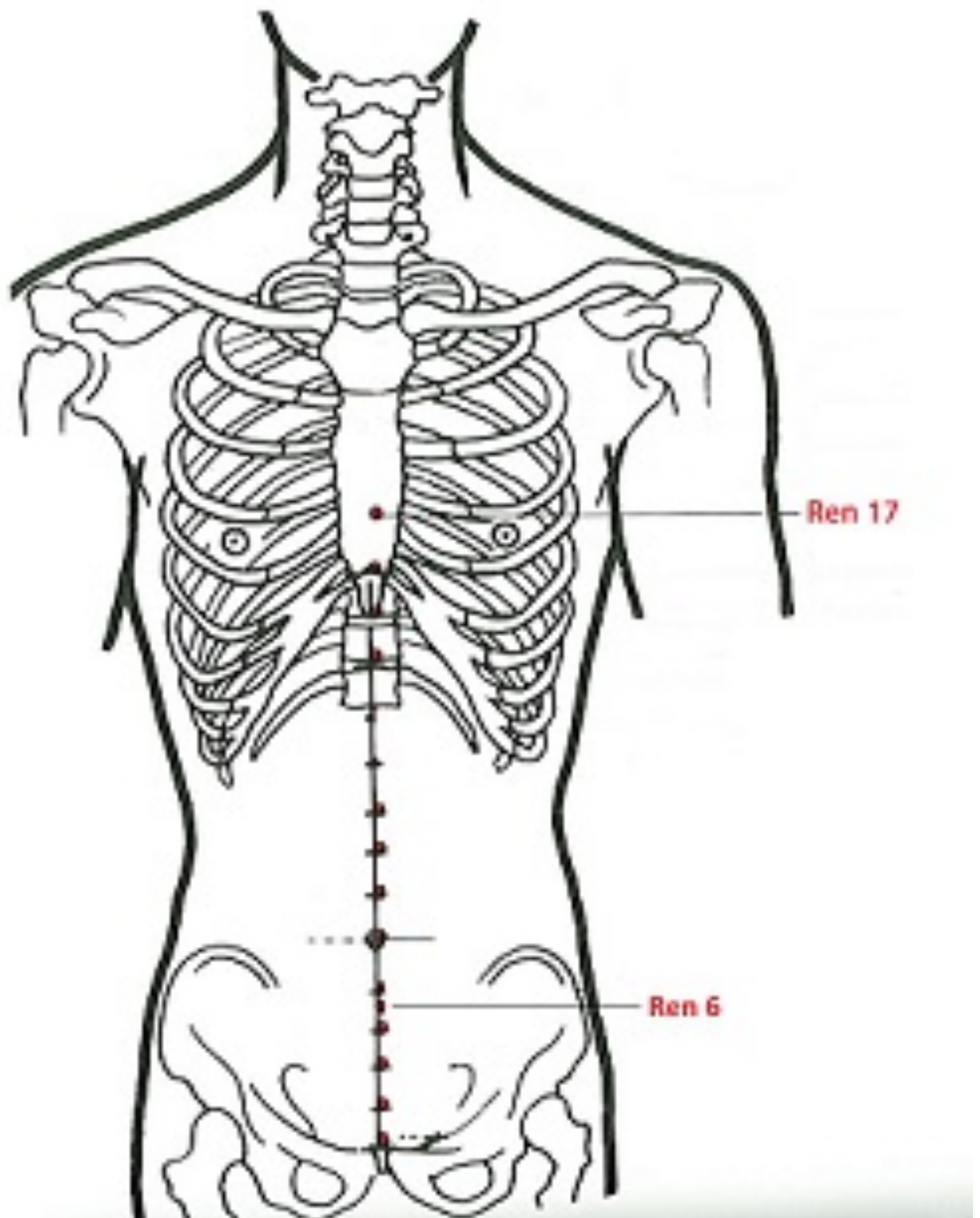




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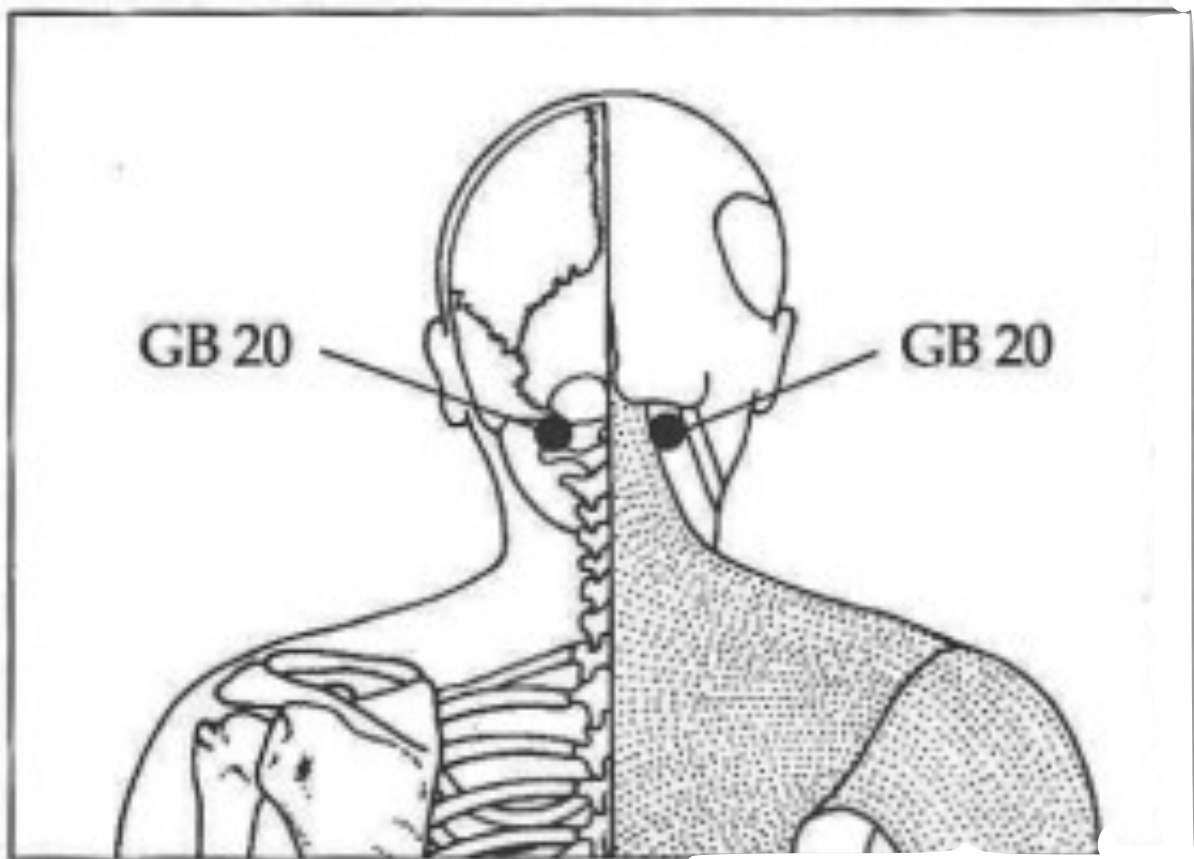
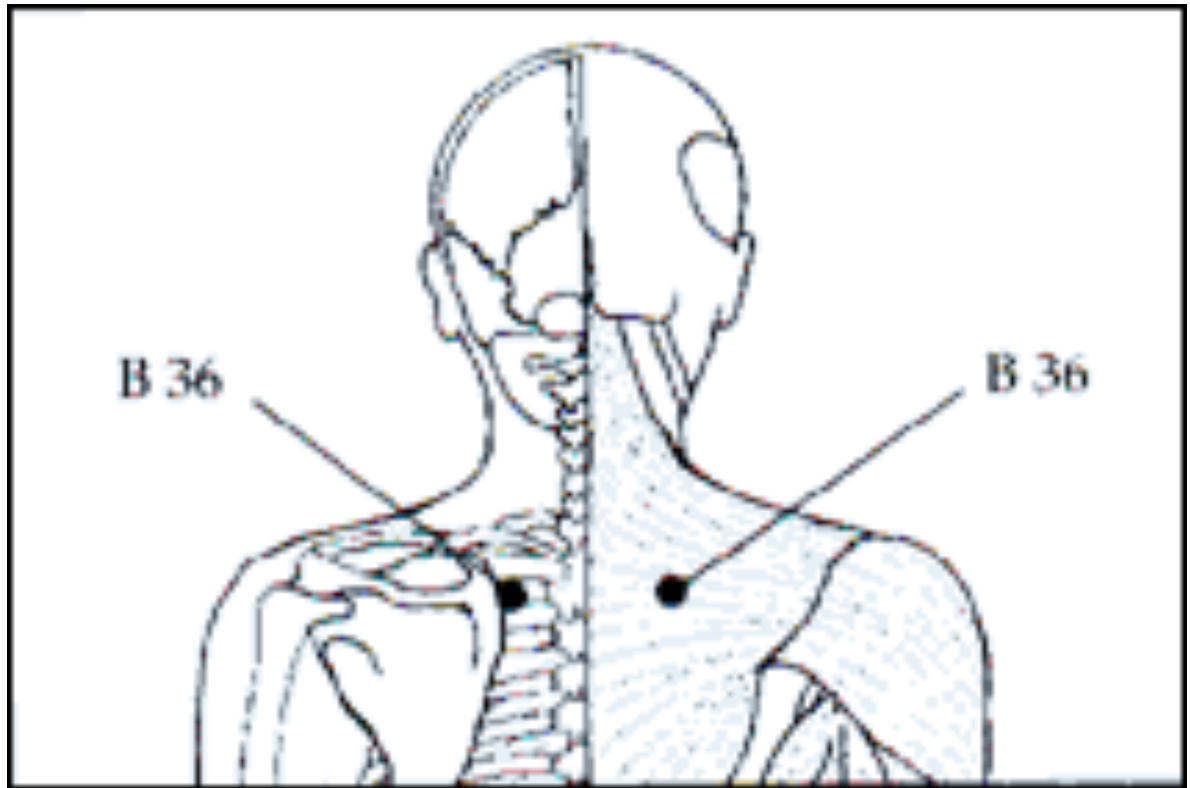


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