

Wellness & Immune Boosting Acupressure Points

Discover how to find and use the top eight Acupressure points for treating yourself, family, friends and others.



Michael Reed Gach, Ph.D.

Acupressure Therapy International Author

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The Official Website for Acupressure Therapy

Wellness & Immune Boosting

Acupressure Points

Each wellness acupressure point fortifies your body's vital systems: the lymph, digestive, eliminatory, respiratory, nervous, reproductive, and endocrine systems. Discover how to find and use these eight potent points for yourself and others. Here's a summary of their extraordinary benefits for enhancing your wellness.

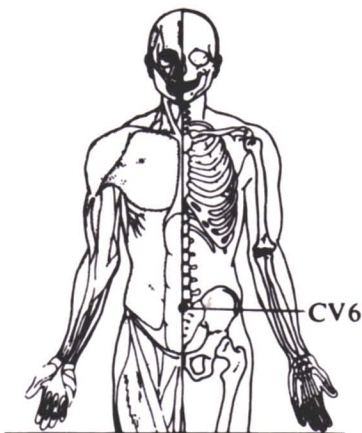
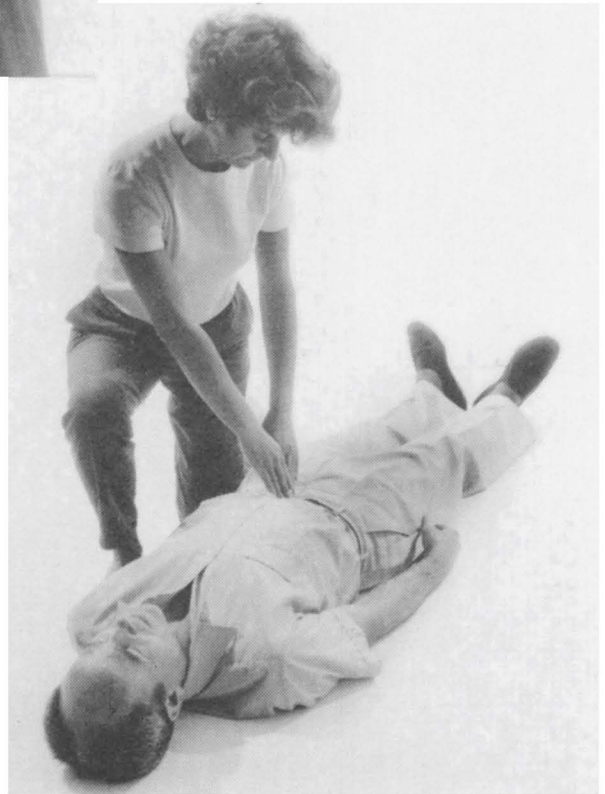
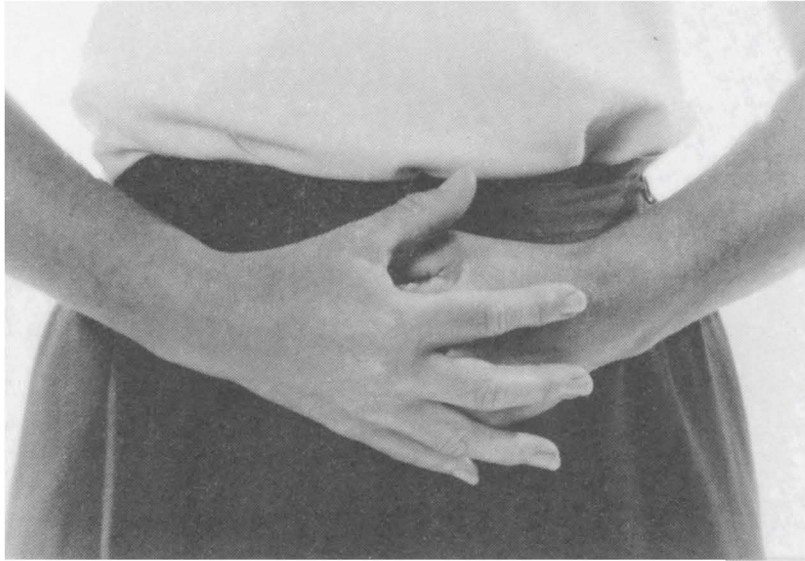
POINT #	POINT NAME & LOCATION	WELLNESS BENEFITS
CV 6	<i>Sea of Energy</i> - Three finger widths below the navel. One to two inches deep inside the center, lower abdomen.	Strengthens the abdominal muscles, intestinal functions, reproductive organs, and sexual functions.
B 23, B 47	<i>Sea of Vitality</i> - in the lower back a few inches out from the spine at the level of the navel. Press on the ropey muscles.	Rejuvenates all the internal organs. Strengthens the sexual organs, and relieves lower back problems.
St 36	<i>Three Mile Point</i> - Measure four finger widths below your kneecap, one finger width outside of the shinbone.	The instant energy point. Tones and strengthens the muscles, enabling you to have greater endurance.
LI 10	<i>Upper Vitality Point</i> - Bend your arm to form a crease. One inch from the crease, on your forearm muscle.	This strengthening tonic point brings energy into your upper body. Provides rejuvenation.
TW 5	<i>Outer Gate</i> - Outside of the forearm, 3 finger widths from the wrist crease, midway between the forearm bones.	Strengthens resistance to colds and flu, relieves wrist pain, rheumatism, carpal tunnel pain, and tendonitis.
K 3	<i>Bigger Stream</i> - Press between your inner anklebone and Achilles Tendon. Press underneath the anklebone.	Good for relieving swollen feet, fatigue, bedwetting, genital pain, and sleep disorders.
TW 15	<i>Heavenly Rejuvenation</i> - One-half inch below the tops of the shoulders, above the tips of your shoulder blades.	Increasing the resistance to colds and flu, reducing high fevers, stiff necks, and relieving shoulder pain.
GV 24.5	<i>Third Eye</i> - Between the eyebrows, where the bridge of your nose meets the lower ridge of your forehead.	Balances the endocrine system; relieves hay fever, headaches, ulcer pain, eyestrain, and indigestion.

Press any of these points for 1 to 3 minutes once or twice a day. Get lots of daily exercise and eat whole foods, avoiding excess sugar, fat, and salt intake to cultivate your wellness.

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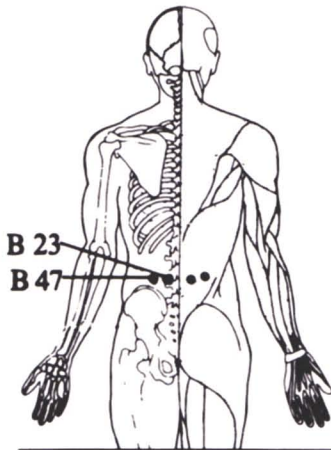
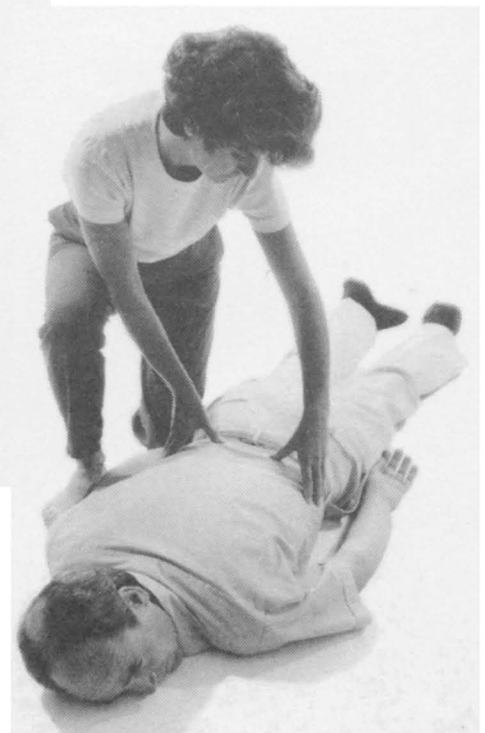
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1. *Sea of Energy* (CV6) *



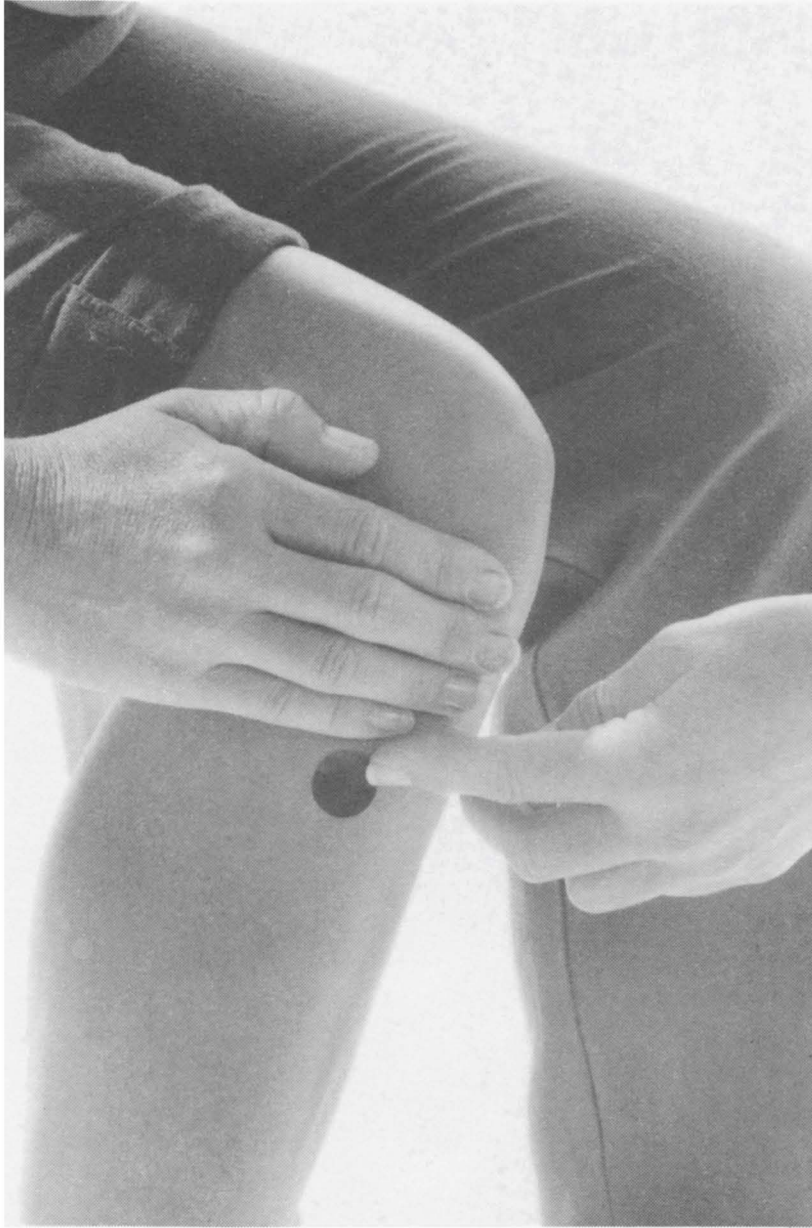
Benefits: This point tonifies the abdominal muscles, intestines, and helps to fortify the uro-reproductive system. **Location:** Three finger-widths below the navel (belly button) and one to two inches deep inside the abdomen.**

2. *Sea of Vitality* (B23, B47)



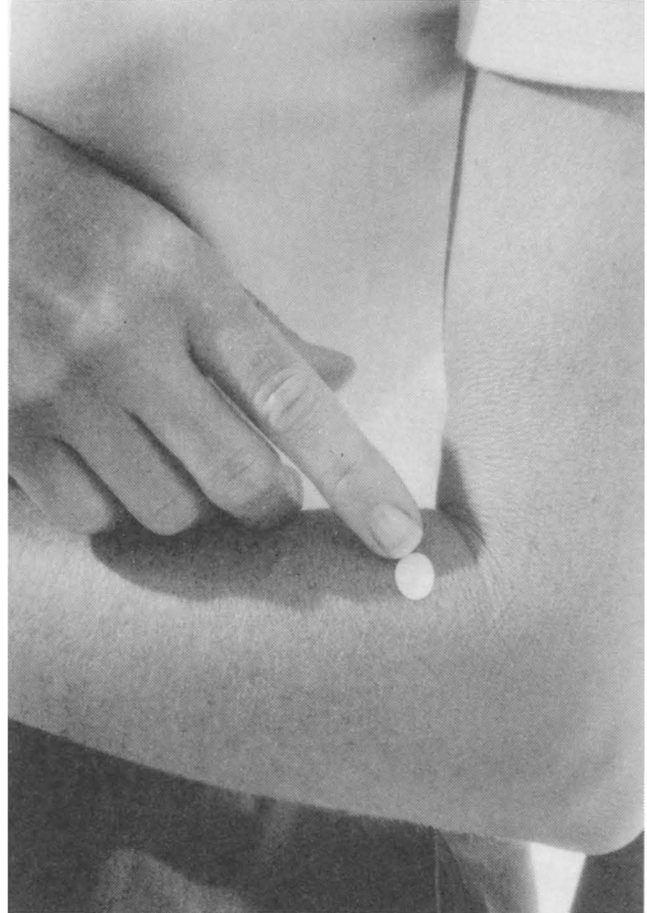
Benefits: These points help to rejuvenate the internal organs and relieve lower back problems.
Location: In the lower back, a few inches out from the spine at the level of the waist. Press the outer edge of the muscles that run alongside the spine, in toward the center of the vertebrae.

3. *Three Mile Point* (St 36)



Benefits: Firm pressure on this instant energy point helps to tone and strengthen major muscle groups enabling one to have greater endurance. **Location:** Measure four finger-widths below your knee cap, one finger-width outside of your shin bone.

4. *Upper Vitality Point* (LI 10)



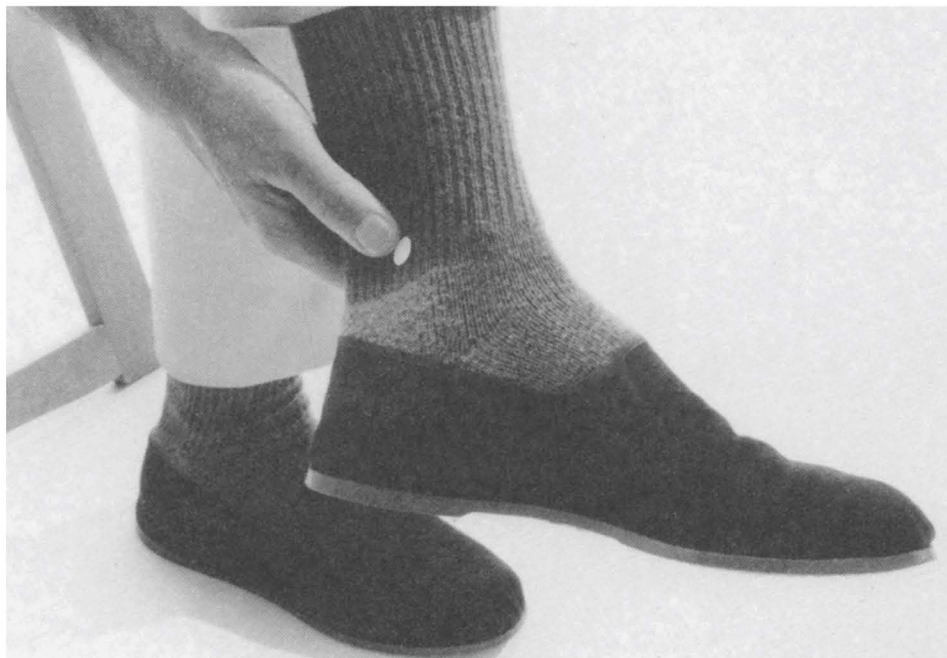
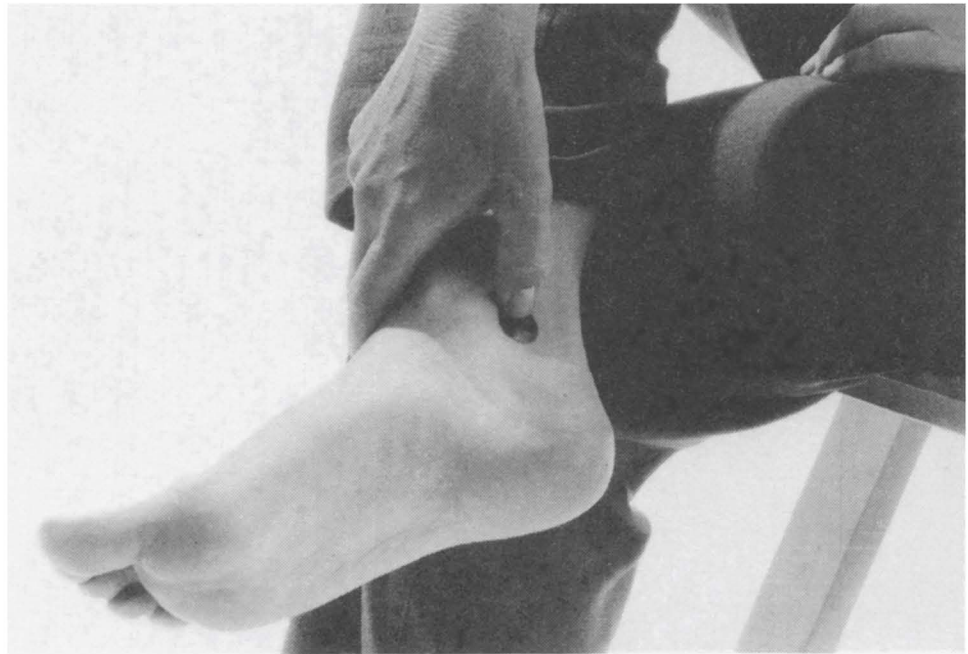
Benefits: This is a great tonic point for developing vitality in the upper portion of your body. **Location:** First bend your arm to form a crease at the elbow joint. The point is located on the outer forearm, one inch toward your hand from the end of this crease, on a muscle.

5. *Outer Gate* (TW 5)



Benefits: This point has been traditionally used for rheumatism, tendonitis, wrist pain, colds and flus. **Location:** First flex your hand backward. The point is on the outside of the forearm, 1½ inches from the wrist crease. Press firmly between the forearm bones.

6. *Bigger Stream* (K 3)



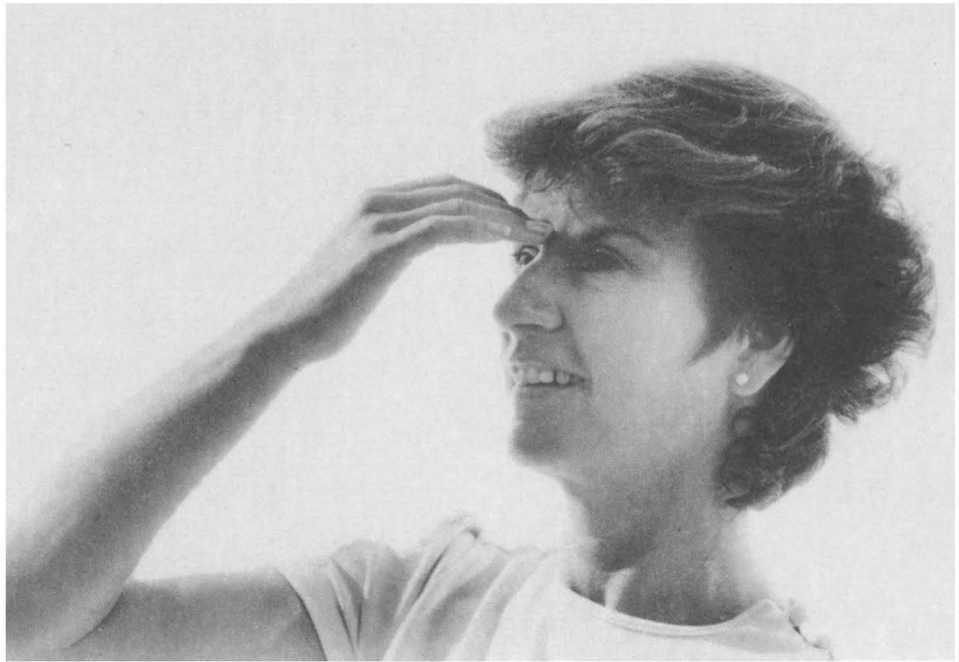
Benefits: This point has been traditionally used for swollen feet, insomnia, and general fatigue. **Location:** Press midway between the inside of your ankle bone and your achilles tendon in back of your ankle. Press in firmly, angling your pressure in the direction underneath your inner ankle bone.

7. *Heavenly Rejuvenation* (TW 15)



Benefits: This point has traditionally been used for nervous tension, stiff neck, increasing resistance to colds and flus, reducing fevers, high blood pressure, and shoulder pain. **Location:** Midway between the outside base of your neck and the outside of your shoulders, one-half inch directly below the tops of the shoulders.

8. *Third Eye Point*

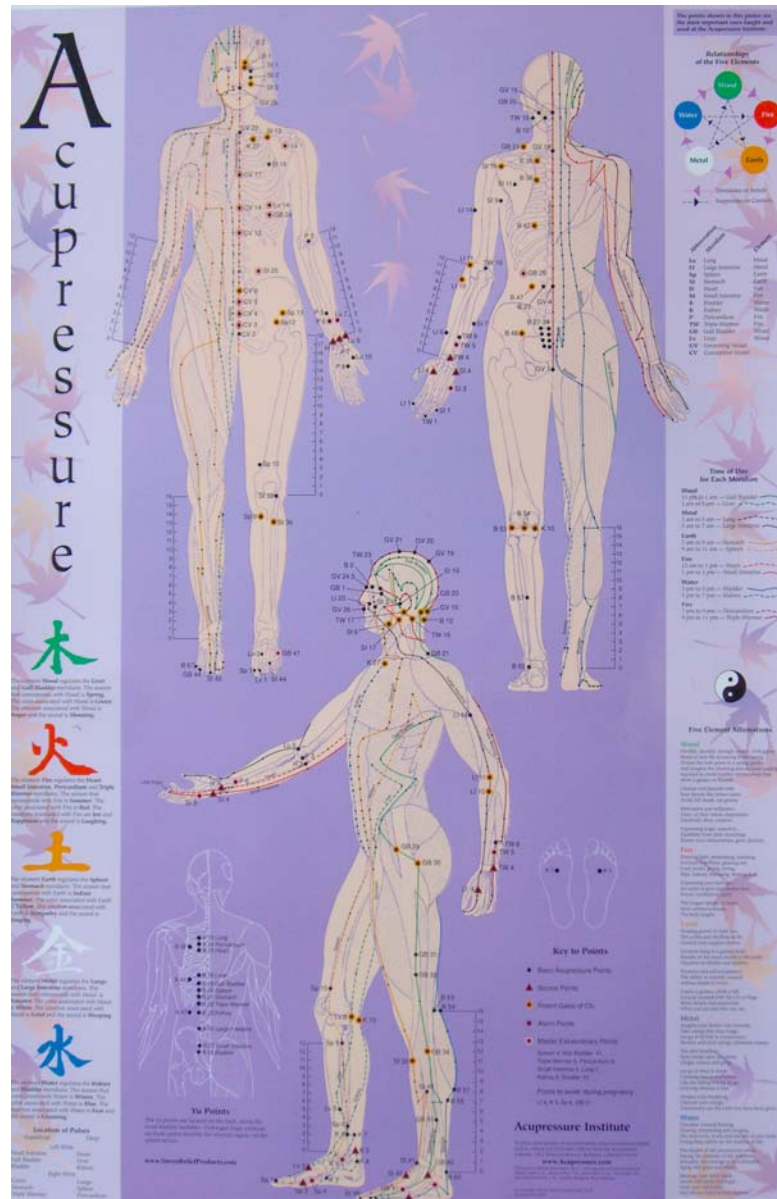


Benefits: This point has traditionally been used for relieving hay fever, headaches, ulcer pain, eye strain and indigestion. **Location:** Directly between your eyebrows, in the indentation where the bridge of your nose meets the lower center ridge of your forehead. Close your eyes, focusing all your attention where you are touching between your brows.

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