

# Acupressure for Calm

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For NBCR and Anna Jaques Hospital

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Faye Cornish. <https://unsplash.com/photos/Uq3gTiPiaRo>

# *Agenda*

*What is  
Acupressure*

*How to Apply  
Acupressure*

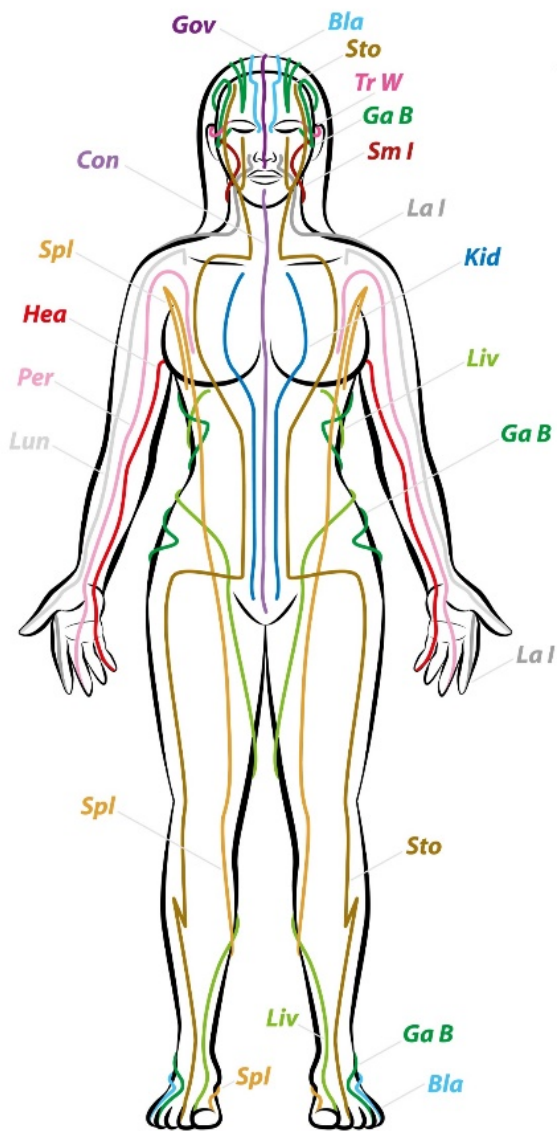
*Where to Apply  
Acupressure*

*Other Resources*

# What Is Acupressure?

- Acupuncture and Acupressure are integral to the practice of Traditional Chinese medicine.
- Traditional Chinese medicine works with the movement of energy and qi/chi in the body.
- Chi/Qi moves along very particular and specific meridians or pathways through the body.
- When these meridians or channels are open health and vitality are optimal.
- When energy pathways are blocked, imbalance exists and the body is compromised and vulnerable.
- One of the goals of TCM is to free blocked Qi.
- To achieve this needles or pressure are applied to specific areas.
- In this way, the body is brought back into balance and in a better position to self-regulate and heal.
- There are over 2000 acupuncture and acupressure points in the body. Attention to a particular area produces a specific and general health benefit.
- Western providers use acupuncture, as well. Many view acupuncture points as places to stimulate nerves, muscles and connective tissue to stimulate and boost the body's natural painkillers.
- Points may be stimulated with finger, thumb, knuckle, device, edge of fingernail.
- Techniques compliment, but do NOT replace medical supervision and treatment

# The Body Meridians



anterior view

## Two Centerline Meridians:

Conception Vessel  
Governing Vessel

## Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian

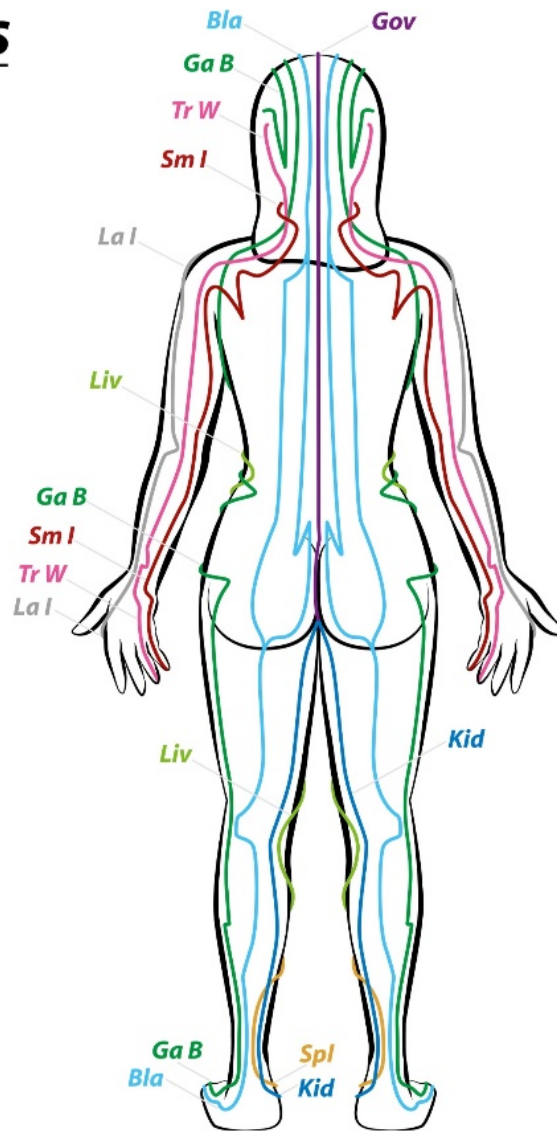
Small Intestine Meridian  
Heart Meridian

Bladder Meridian  
Kidney Meridian

Pericardium Meridian  
Triple Warmer Meridian

Gall Bladder Meridian  
Liver Meridian

Lung Meridian  
Large Intestine Meridian



posterior view

# Acupressure Point Considerations

- Applying gradual pressure for 30 seconds to 3 minutes is ideal.
- Breathe and allow rhythm, speed and depth of breathing to respond
- Be gentle but firm. How much pressure depends what feels good to you
- Points may feel tender, tense, sore or achy. They should never be excruciating.
- When in doubt back off and ask you doctor.
- At the beginning hold pressure steady, with direct finger pressure.

Apply pressure at a 90 degree angle into the center of the area you're working on.

Acupressure measurement considerations: 1 cun = 1 fingerwidth (your finger)

Use fingertips to apply pressure: The middle finger is strongest. Thumbs are strong, but not as sensitive as fingers.

If your hands hurt when you apply pressure , try:

- Pencil eraser

- Heel of the hand

- Knuckle

- Foot

- A small ball (like a golf ball or super ball)

- A clean avocado pit

Everybody is different.

The 9 points we're learning this evening are general and helpful for calming the body

Your body may have specific needs.

Acupuncturists in your area

# Contraindications and Cautions

*When in doubt,  
check with your provider*

- Open wounds (fragile skin)
- Swelling, inflammation or bruising
- Blood Clots or a History of Blood Clots
- Tumor Activity
- Recent (12 weeks) Chemotherapy
- Lymphedema
- Scar Tissue
- Varicose veins
- Pregnancy (some points)
- Bone Disease





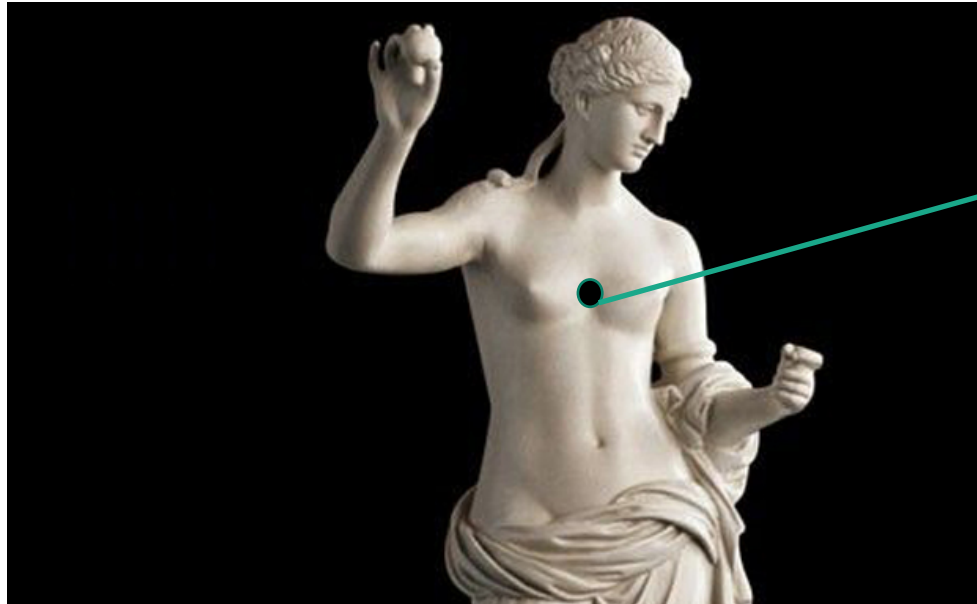
**GV 24.5**

*The Third Eye* - Located directly between the eyebrows in the indentation where the bridge of the nose joins the forehead. Helps with irritability, depression and confusion. Calms the spirit.

**GV16**

*Wind Mansion* - 1 cun (fingerwidth) above the hairline on the back of the neck directly below the large bone on the back of the skull. You'll feel a little dip at the site of the point. Helps with neck pain, headaches. Clears the head and nose





**CV17**

*Sea of Tranquility*

Located on the center of the breastbone about 3 thumb widths up from the base of the bone. For many people this point is level with the nipples. Relieves nervousness, depression, grief and emotional trauma; balances the emotions and calms the spirit.



**GV4**

*Mingmen – Fire for the Gate of Life*

At the level of the navel on the midline/  
center in the back. Between the 3<sup>rd</sup> and  
4<sup>th</sup> lumbar vertebrae. Helps with re-  
vitalization, courage and engagement  
after periods of retreat or unconfidence.

## **CV6**

*Sea of Energy*

Located 3  
fingerwidths (cun)  
below navel, half-  
way between the  
navel and the  
pubic bone. Helps  
with lower back  
issues.

Replenishes  
energy. Helps with  
constipation.

**AVOID IF  
PREGNANT**

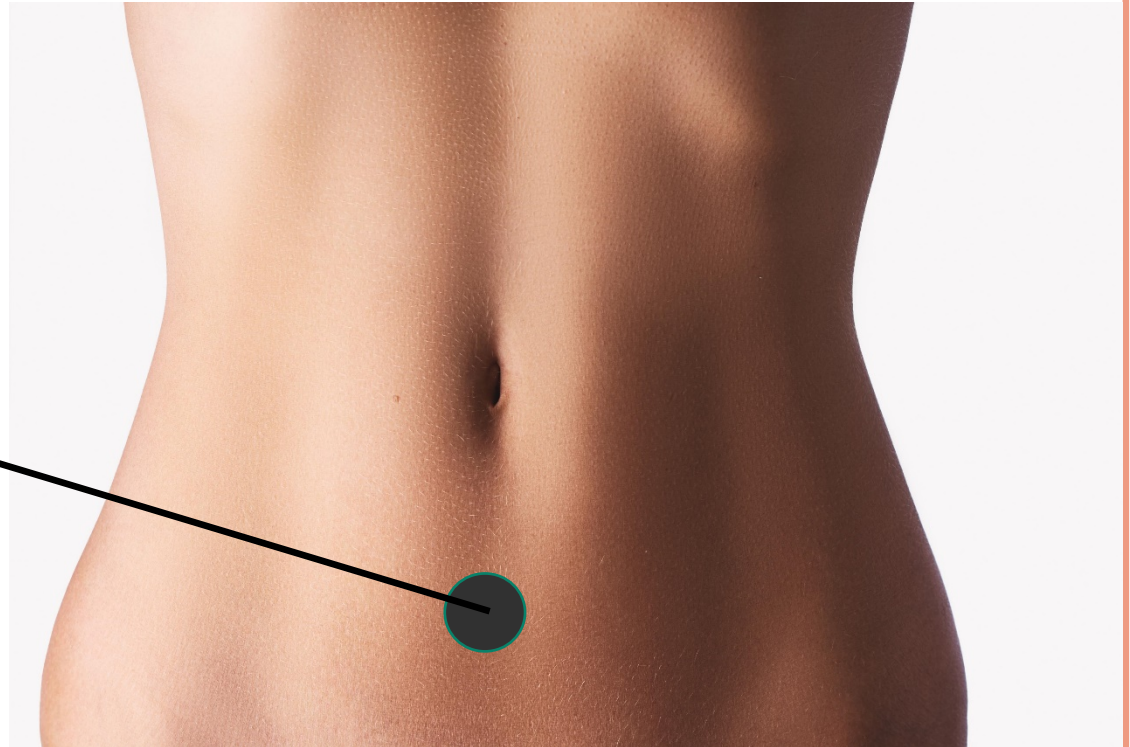
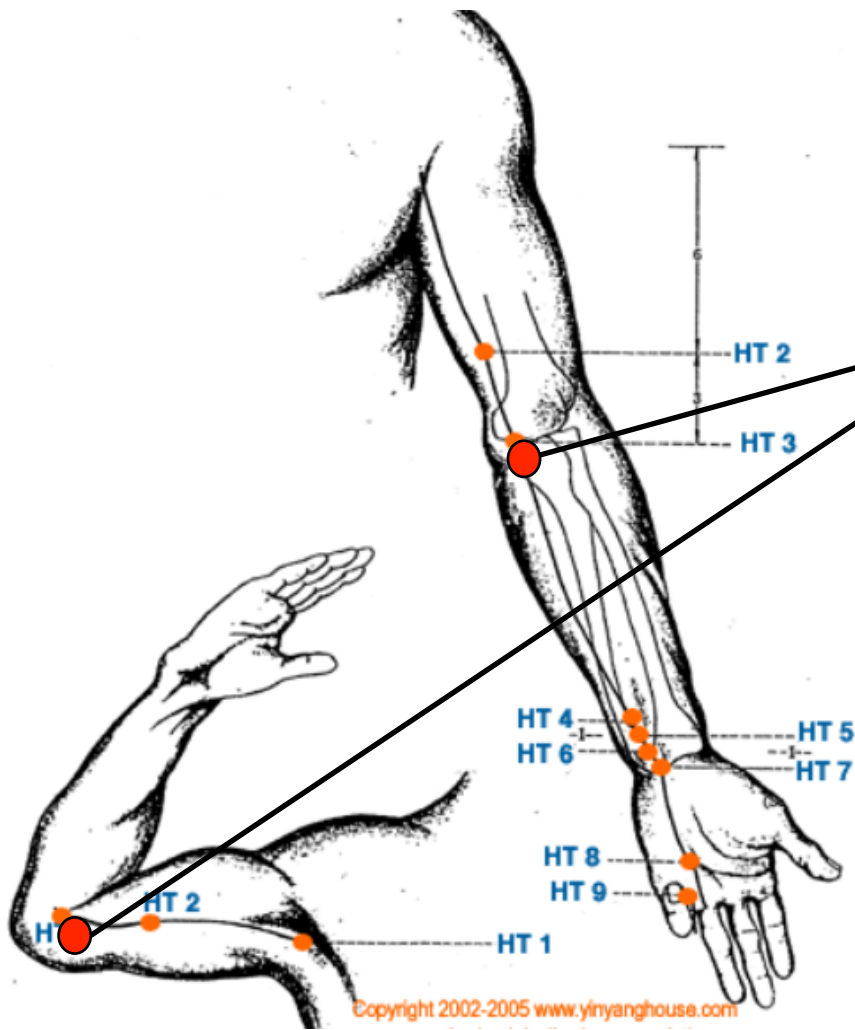


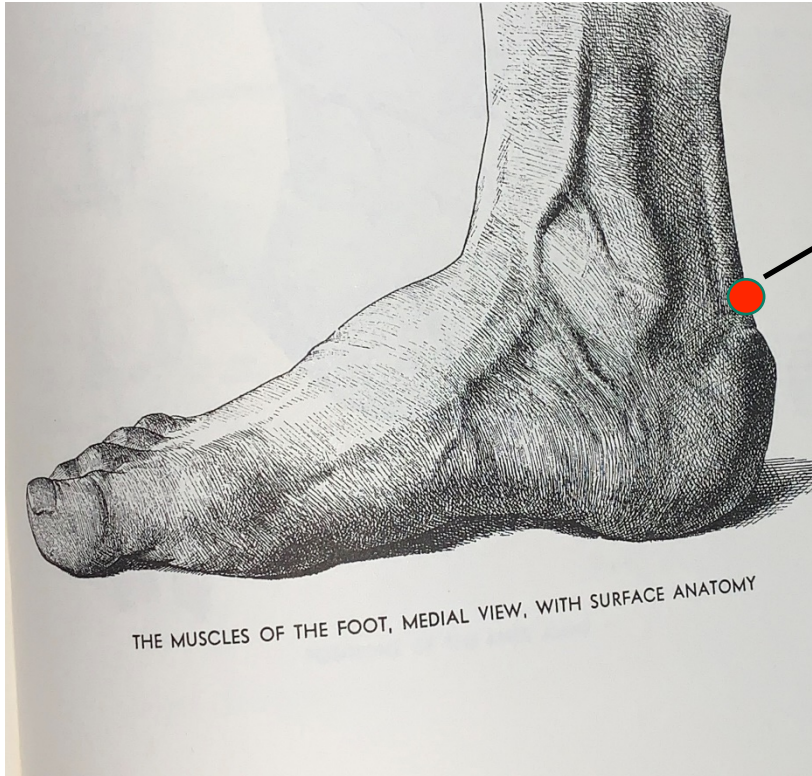
Photo courtesy of Shutterstock



### HT3

#### *Lesser Sea*

To locate, flex/bend the elbow, and identify the elbow crease. This is the line that is created when the elbow is bent. The point is at the edge of the innermost part of that crease. Helps with insomnia, dream disturbance and depression. Can increase heart energy and vitality.

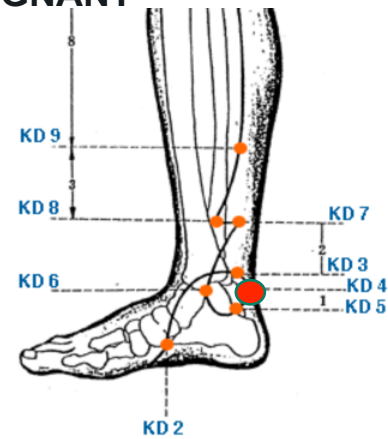


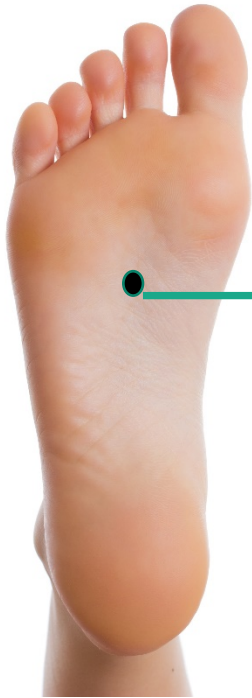
#### KD4

#### *Large Goblet*

This point is located on the inner ankle. It is behind and below the inside (medial) ankle bone in a depression (dip) in front of where the Achilles tendon attaches to the heel. Helps with somnolence, reluctance to interact with other, fright and fear. **AVOID**

**IF PREGNANT**





## **KI**

### *Bubbling Spring*

Located on the sole of the foot. To locate, point your toes away from you (plantar flex) The point is in a valley between the 2<sup>nd</sup> and 3<sup>rd</sup> toes in the middle of the foot. Helps with impotence, hot flashes, stimulates the kidneys and rejuvenates the spirit.

Photo courtesy of Shutterstock

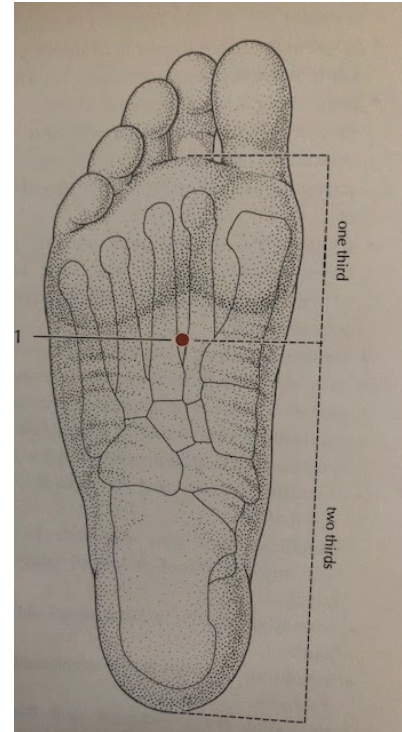
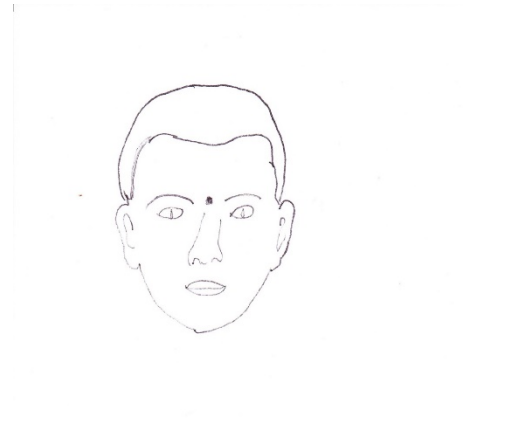
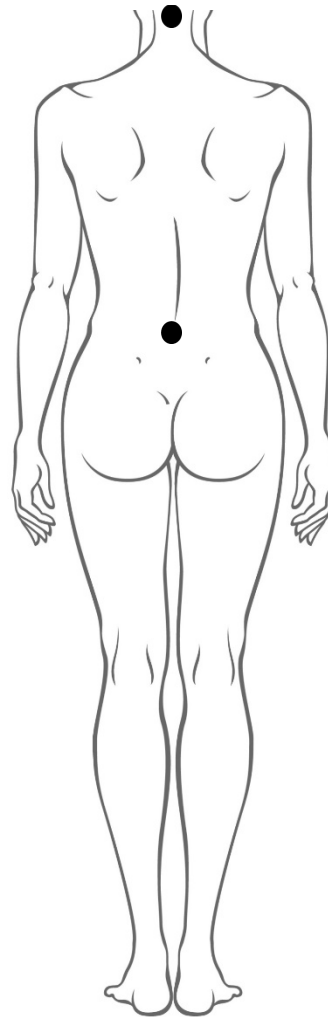
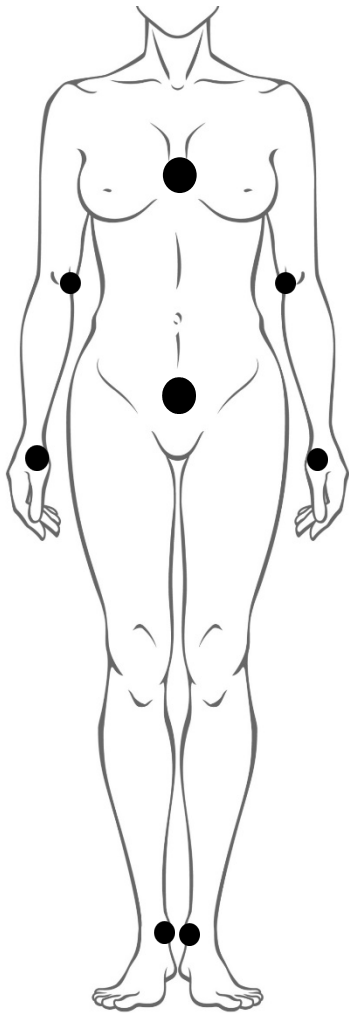
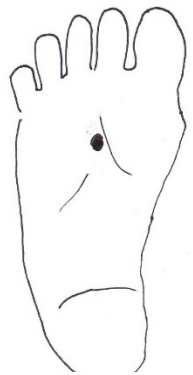


Photo courtesy of The Manual of Acupuncture by Peter Deadman.



This point is contraindicated if you are pregnant





# ACUPRESSURE'S POTENT POINTS

*A Guide to Self-Care  
for Common Ailments*



**MICHAEL REED GACH**

*Author of Arthritis Relief at Your Fingertips*

Recommended  
Reading

Acupressure's Potent  
Points

By  
Michael Reed Gach

# Using Acupressure Finger Rollers

Place finger roller on finger and roll it back and forth.

Little nubs in the roller stimulate the energy in your fingers or toes

You might feel a little tingle, muscle relaxation, change in breathing, mood shift or less pain.

Finger rolling can be synchronized with breathing. Roll on with Exhalation, Pull off with Inhalation.



# Acupressure Videos

<https://www.youtube.com/watch?v=Nf76rlzMj5Q>

<https://www.wellspring.global/acupressure>

**Thank You.**

**Please feel free to reach  
out:**

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org**