

Introduction to Acupressure
With Fall Season Points

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“Every point has the potential to balance physiological functioning simultaneously in physical, emotional, and spiritual realms of being.”

~ *The Clinical Practice of Chinese Medicine* by Lonny Jarrett

Metal Element: Lung & Large Intestine

Earth Element: Spleen & Stomach

LI4 - He Gu, Joining of the Valleys

Source point on Metal channel of Large Intestine

Location: In the fleshy part of the web between the thumb and index finger of both hands.

Image: the valley is the symbol of emptiness, which is the symbol of being able to be receptive to the essential nature of life; the valley receives all that erodes into it.

“At LI4, the functions of receiving (lung) and letting go (large intestine) are joined. ... a point for empowering us to let go of all that no longer serves in every domain of being. Letting go can also mean relaxing or helping us to let down our iron mask* and begin to relinquish our attachments to suffering and all aspects of self that have lost value.” ~L. Jarrett

(*Iron mask is a good metaphor, as physically this point treats any pain or pathologies having to do with the face.)

Removes blockages, the Great Eliminator, frontal headache with constipation, detoxifies poisons of body, mind, and spirit; great for any pain or disorders of the face: ear aches, teeth pain, sinuses, jaw pain; great for cold, flu symptoms. Helps childbirth by promoting uterine contractions: **CONTRAINDICATED IN PREGNANCY**



LU7 Lie que, “Broken Sequence”

Luo point

Location: On the radial aspect of the forearm, about 1.5 cun proximal to the cleft the thumb/wrist border.

This point helps to open and clear the lungs, can create “inner clarity by venting stagnation from the lungs and directing the mind inwardly toward emptiness and essence.”

Psychologically, one can use this point for loss, grief, or longing that are connected to childhood.

In the acupuncture clinic, we use this point to dispel pathogens - great if you feel like you are getting sick or even when you have a cold, flu, or any upper respiratory infection. Treats cough, mucus, sore throat, asthma, shortness of breath, sweating (with URI), stiff neck and tight occiput, one sided headache, tension of the chest or ribs, and of course wrist or hand pain.



SP3 TaiBai “Supreme White” or “Venus”
Earth and Source point on Spleen channel

Location: On the medial side of the foot in the depression proximal and inferior to the head of the first metatarsal bone.

TaiBai is the name for Venus in Chinese.

Strengthening this point, supports the Earth element and digestive processes as well as strengthens the Metal element (as the mother (earth) feeds the child (metal)).
Metal = lung, large intestine

The earth element and its health is influenced by the relationship we have to our own mother and is indicative of the “integrity of our own centers in life without being excessively needy or ingratiating.” These two behaviors can weaken the Spleen and digestive function. SP3 helps to support our capacity to be in our center and self-reliant and less dependent on the sympathy and caretaking of others.

Sweet cravings, excessive or diminished appetite, constipation or diarrhea, heaviness of the body, bloating, undigested food in the stool, abdominal pain, stomach pain, cold hands and feet, swelling are some earth element symptoms treated by SP3.



ST36 Zu San Li - Leg Three Miles Earth point and “Sea of Nourishment”

The name signifies that this point supports endurance and overall energy when we are on a long journey (such as life). This point “empowers us to identify our needs as defined by inherited essence, seek out and acquire appropriate sources of nourishment, diets and assimilate acquired nourishment, create qi and blood from them, and finally to build ourselves anew out of the resources.

It supports us to engender the virtues of stability and grounding.

This point can treat earth element pathologies such as:

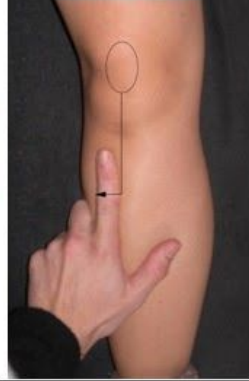
Stomach pain, nausea, vomiting, bloating and gas, distention, appetite issues, indigestion, diarrhea, overall weakness in qi, fatigue, recovery after long illness, emotional issues especially mania-depression, tendency to sadness



Locate the kneecap



Measure 1 hand width down



Measure 1 finger width out



Location of St 36