

ACUPRESSURE POINTS & HELPFUL SUGGESTIONS FOR SPECIFIC DISCOMFORTS



Headache: LI4, LV3, Taiyang, KI1, GB20, GB21, LU7

At the first sign of a migraine, many people find it helpful to warm the feet with a heating pad or warm water to reduce inflammation of the blood vessels in the head.

Sinus Issues: LI4, LU7, LI 20, UB2, LI11

Use of a Neti pot (small specialized pot to rinse the nasal passages) or nasal lavage system helps many people by keeping sinuses clear of excess phlegm or allergens.

Cough: LU7, any tender points beneath the collarbone & between the ribs of the chest. Tapping the upper chest and back with a cupped hand helps stimulate the lungs and clear phlegm that often accompanies a cough.

Digestive Distress: ST36, SP9, P6, LI11

Gently rubbing the abdomen in a circular pattern around the navel can help regulate the digestive system (clockwise for constipation/counter-clockwise for diarrhea).

Arthritis: LI11, GB 34, areas of tenderness around the afflicted joint

For osteo-arthritis, exercise and external herbal liniments can help decrease pain and inflammation.

High Blood Pressure: LV3, LI4, LI11, ST36, KI1, Blood Pressure Groove (Back of Ear) This point combination should be used as an addition to any Western medication to control blood pressure and not as a replacement.

Stress/Frustration: LI4, LV3, Yintang, Taiyang, P6

Warming the hands and feet during stress can help ease tension by shifting the body into the more relaxed mode of the para-sympathetic nervous system.

Immune support: LI4, ST36, LU7, LI 11

Regular exercises that involve tapping the upper back and chest are also helpful to keep blood and lymph moving.

Note: Pregnant women should seek the advice of a qualified practitioner before doing acupressure.

Norah McIntire, L.Ac. • Acupuncture Center of La Jolla

8950 Villa La Jolla Drive Suite B129 • La Jolla CA 92037

(858) 450-0620 • www.MyAcupuncturist.com

LOCATIONS AND FUNCTIONS OF MAJOR ACU-POINTS

Gallbladder 20 (GB20)

Located at the base of the skull, in the depression approximately halfway between the spine and the back of the ear. Good for sinus issues, neck pain, headaches, and eye problems.



Gallbladder 20 (GB20)

Gallbladder 21 (GB21)

Halfway between the outside edge of the shoulder and the spine, at the high point of the muscle. Good for neck and shoulder tension and headaches.

Gallbladder 34 (GB34)

On the side of the lower leg, just in front of and beneath the small bone at the knee (fibula). Good for joint pain, knee pain, calf pain, gallbladder problems, and disorders of the connective tissue.

Kidney 1 (KI1)

The lowest point in the body, this point is located on the sole behind the ball of the foot in the depression formed when you clench your toes. This point can be easily stimulated by a tennis or golf ball. Good for insomnia, high blood pressure, headaches, and emotional agitation.

Large Intestine 4 (LI4)

Located on the padded area of the back of the hand between the index finger and thumb. Good for headaches, sinus problems, stress, and immune support.

Large Intestine 11 (LI11)

Located at the bend of the elbow on the outside of the arm, where the elbow crease ends. Good for immune support, the common cold, and digestive complaints.



Gallbladder 34 (GB34)

Large Intestine 20 (LI20)

Located on either side of the outside of the nose in the “smile line.” Good for sinus issues.

Liver 3 (LV3)

Located in the depression on top of the foot between the big toe and second toe. Good for headaches, stress, irritability, and overall energy circulation.

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LOCATIONS AND FUNCTIONS OF MAJOR ACU-POINTS (CONTINUED)

Lung 7 (LU 7)

Located approximately two finger-widths above the crease of the wrist on the same side of the wrist as the thumb. Good for sinus problems, immune support, neck pain, and respiratory problems.



Lung 7 (LU 7)

Pericardium 6 (P6)

(Use the index and second finger of one hand to measure the location of this point on the opposite wrist.) The point is located between the tendons of the inside wrist, approximately two finger-widths up the arm from the crease where the hand and wrist meet. Good for nausea, stomach pain, stress, insomnia, and anxiety.

Spleen 9 (SP9)

On the inside of the knee, at the depression beneath the bony protrusion marking the knee joint. Run your finger along the groove next to the bone of the inside calf until reaching the depression next to the bone. Good for digestive issues, edema, and knee pain.



Spleen 9 (SP9)

Stomach 36 (ST36)

On the front of the lower leg, in the depression in the muscle tissue approximately one hand-width below the bottom edge of the knee cap. Good for digestive issues, fatigue, knee pain, and immune support.

Taiyang

Located in the depression midway between the hairline on the side of the head and the outer eye. Good for headache, stress, and eye problems.

Urinary Bladder 2 (UB2)

Located in the depression on the inner edge of the eyebrow, along the ridge of the eye. Good for eye problems and sinus issues.

Yintang

The midpoint between the inner edges of the eyebrows. Good for stress, insomnia, headache, and sinus issues.

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