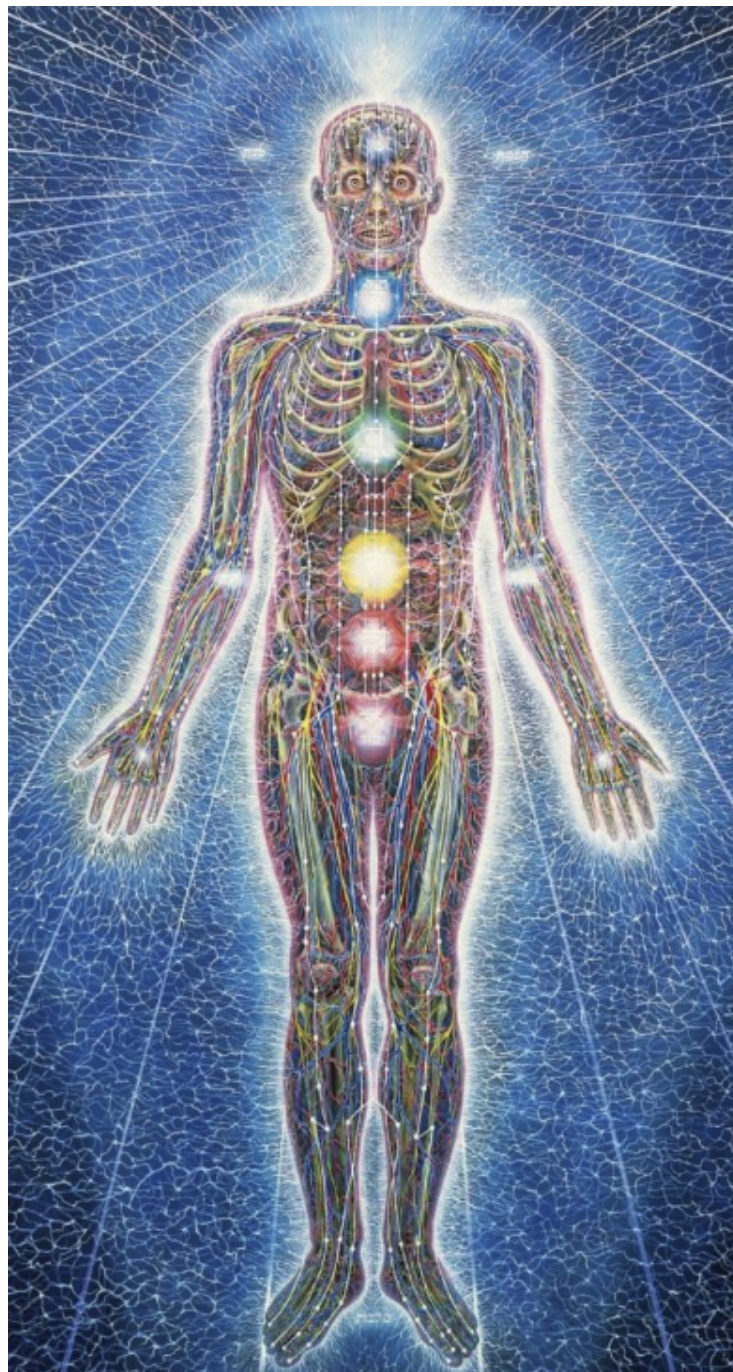


10 Life Changing Acupressure Points!

Key Reteff



These are 10 of the most powerful acupressure points in the body. To make them truly effective, relax fully, breathe slowly with long exhales, and press the point until you feel a physiological change. Add steady pressure with micro-movements for maximum benefits in the least amount of time. You may feel a twitch, pain elsewhere, sweating, or teary eyes — all signs of energy release.

You're moving qi, unlocking blockages, resetting muscle spindles, activating channels, and releasing deep trigger points. If it hurts, that's where healing is needed. Use your breath and mind to exhale pain and emotion consciously. Let it go.

Use whatever tool works — thumbs, fingers, knuckles, elbows — find what fits the area. I mostly use my thumbs. With time, your body will guide you.

Don't limit yourself to these points. "Where there's pain, there's a point." Go above, below, and anywhere your hands are drawn — that's your body asking for healing.

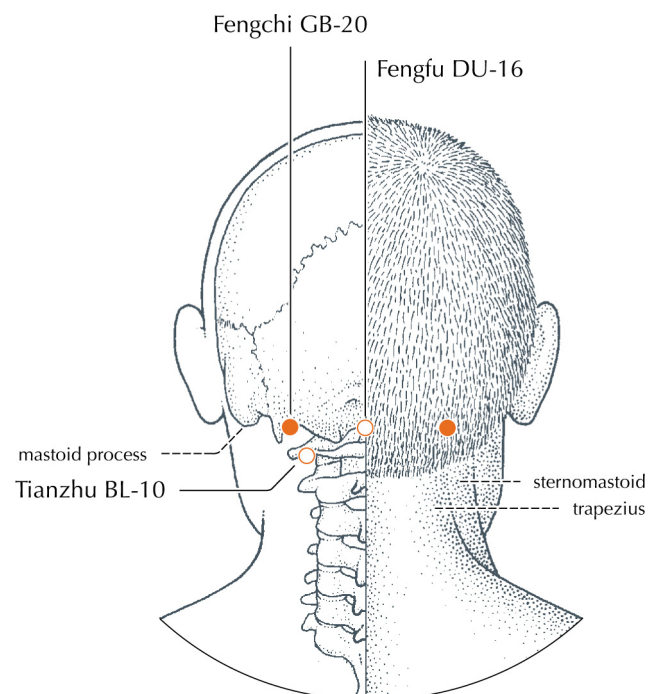
Practice daily, even for 2 minutes. It's powerful self-care that prevents symptoms before they start. You are your own best healer, and every act of intentional self touch is an act of self love, and self love relaxes the nervous system and is essential in the healing process.

Now let's get into the points!

1. Gallbladder 20 - Feng Chi - Wind Pool

Location - In the hollow between the origins of the sternomastoid and trapezius muscles, You will find a little pocket your finger will fall into, I like to slide my finger up the lateral upper trap till it stops in its little pocket.

Commentary - This point is definitely one of my favorites, it's said this point treats all diseases of the head, brain, and sense organs, especially the eyes, it's also the go-to local headache point. With enough pressure, it can even induce a euphoric feeling. If you or someone you know has strong enough hands to do so, breathe through the sensation and enjoy the ride!

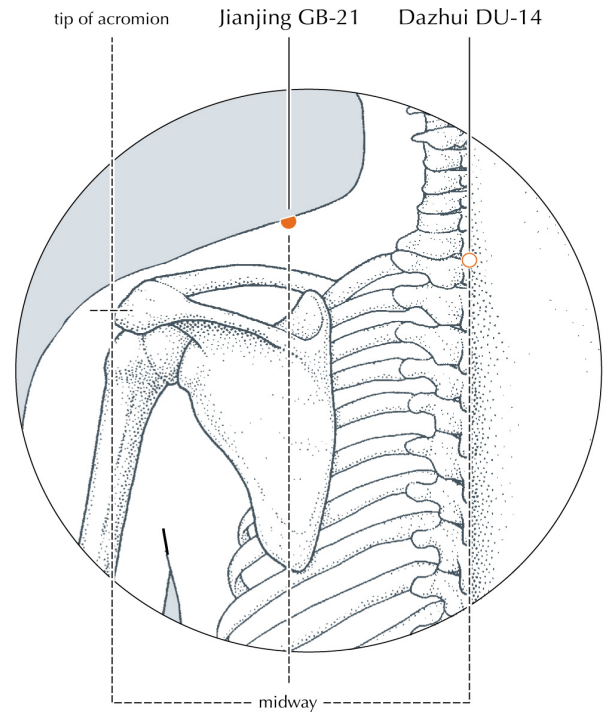


2. Gallbladder 21 - Jian Jing - Shoulder Well

Location - Palpate and find the most tender point in the area, it's usually the highest point of the upper trap between the tip of the acromion and the spinous process of C7 but varies from person to person (photo on the following page)

Caution - This point is so powerful that it's contraindicated in pregnancy. It can be used to induce labour at the end of the third trimester.

Commentary - This is where most people hold their stress. I've treated hundreds of individuals and everyone has trigger points in this area. It's amazing for headaches, shoulder/neck tension, decreasing stress, and dealing with emotions related to anger and frustration. The gallbladder itself deals with decisiveness, so releasing this point along with GB21 can help with your ability to make decisions. Massage it and stretch your neck to the opposite side, if you have a partner get them to rest their elbow on the point as you breathe and stretch your neck!

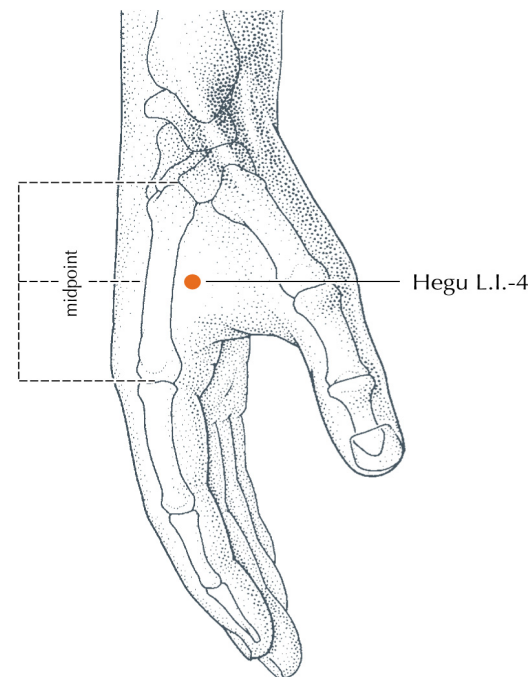


3. Large Intestine 4 Hegu - Joining Valley

Location - In the web of the thumb, find the most painful spot

Caution - This is another point that is so powerful it's contraindicated in pregnancy, my friend and fellow massage therapist used it to induce labor on week 40 of his partner's pregnancy along with SP6, GB21, and BL60.

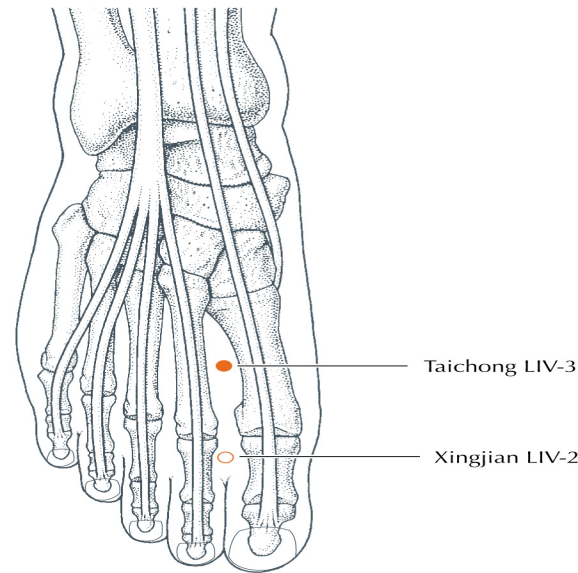
Commentary - This point works as a pain killer, the large intestine channel is coupled with the stomach and has a powerful effect on circulating blood and qi throughout the body, LI4 is one of the most famous points and widely used, give it a squeeze when you have a headache or any pain at all, it's the most important distal point for headaches, It also treats the eyes, nose, and ears and is the command point of the mouth and face, LI4 also releases heat and treats skin issues. Combine this point with liver 3 on both sides to activate full body circulation, this is known as the 4 gates!



4. Liver 3 - Tai Chong - Great Surge

Location - This point is a mirror of LI4, but on the foot, find the most tender point between the 2 biggest metatarsals.

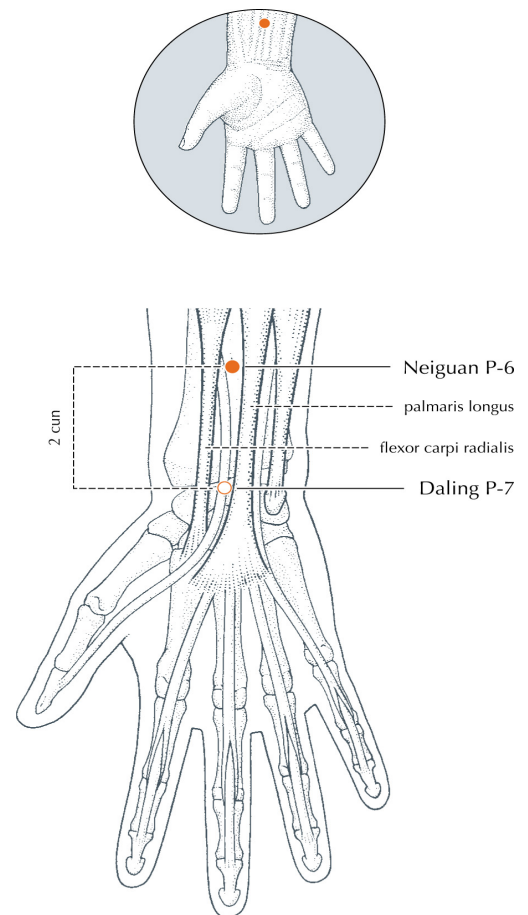
Commentary - As mentioned above use this point with LI4 to activate the 4 gates, this is the best distal point to use for any eye issues as the liver opens into the eyes, it also helps you detox, lower blood pressure due to its grounding effects, treats insomnia, abdominal pain, and deals with any anger issues. This point is also great for any menstrual issues, it energizes the liver to spread qi, which results in better blood flow. The more it hurts, the more you need it, that's a rule for anywhere on the body, if you find a tender spot, press it till the pain decreases, doing this will save you from future problems and increase your present health.



5. Pericardium 6 - Nei Guan - Inner Gate

Location - 3 fingers above the crease of the wrist in between the 2 flexor tendons, you may use your thumbnail to get in there, don't be shy.

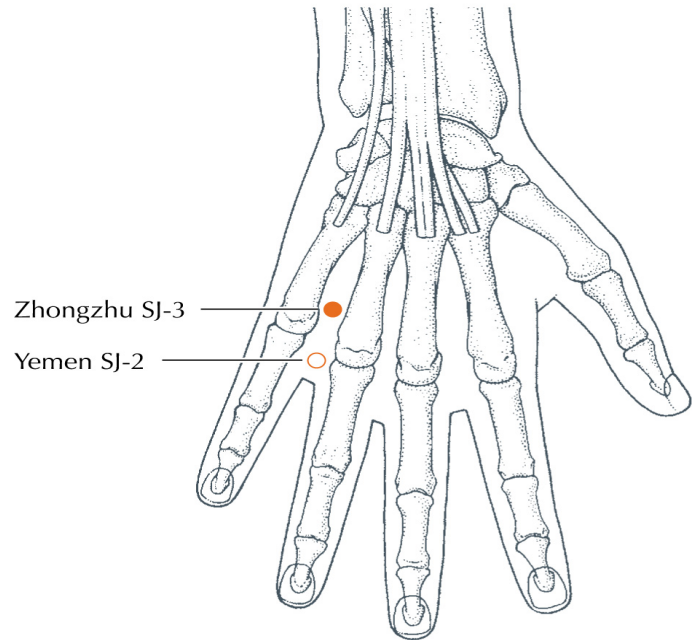
Commentary - The pericardium is the house of the heart, the protective capsule, PC6 is the command point of the chest, and the button of the heart. It is widely used for nausea, they even place stick on seeds or needles here during cruises to press and prevent sea sickness. PC6 will also unbind the chest, calm the spirit, treat palpitations, and help with lung issues such as asthma and dyspnea. It also has a powerful effect on emotional issues such as freight, sadness, and fear, and helps with concentration and memory issues. In Chinese medicine, it's said the heart houses the soul. Therefore this point has a direct connection to your innermost being. The median nerve lies deep, to get the best effects of PC6, stimulate it with your nail, an electric sensation is common when you stimulate the nerve, once elicited, just maintain still pressure until sensation decreases.



6. Sanjiao 3 - Zhong Zhu - Central Islet

Location - On the dorsal aspect of the hand between the 4th and 5th metacarpals, half the distance between the knuckles and base of the metatarsals, find the most tender point to press.

Commentary - The san jiao (three burners), is a concept organ that distributes water and qi throughout the upper middle and lower areas of our core. It aids in the functioning of all organs. The channel itself circles the ear, which is why it's one of the best points on the body for treating ear issues like tinnitus and earache, it also releases wind from the body and clears heat.

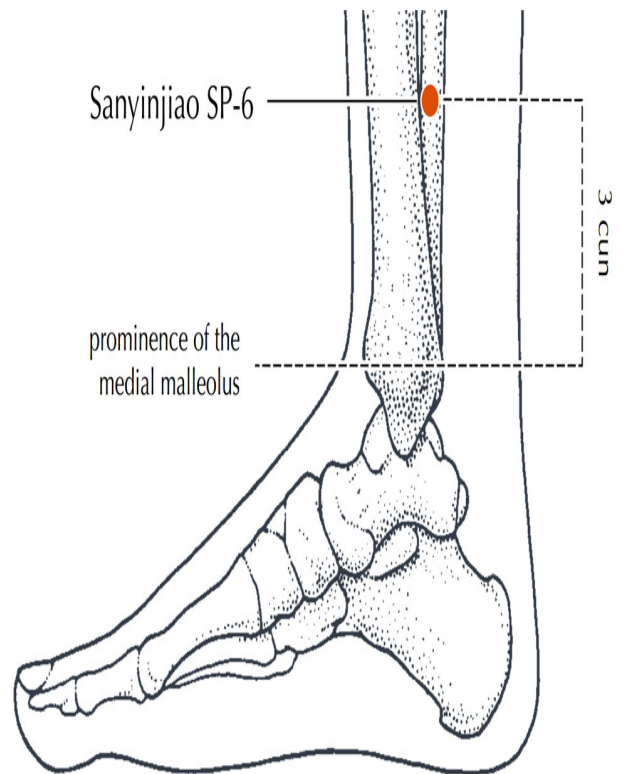


7. Spleen 6 San Yin Jiao - Three Yin Intersection

Location - One-hand width above the medial malleolus. Find the most tender point in the area just behind the tibia.

Caution: contraindicated in pregnancy

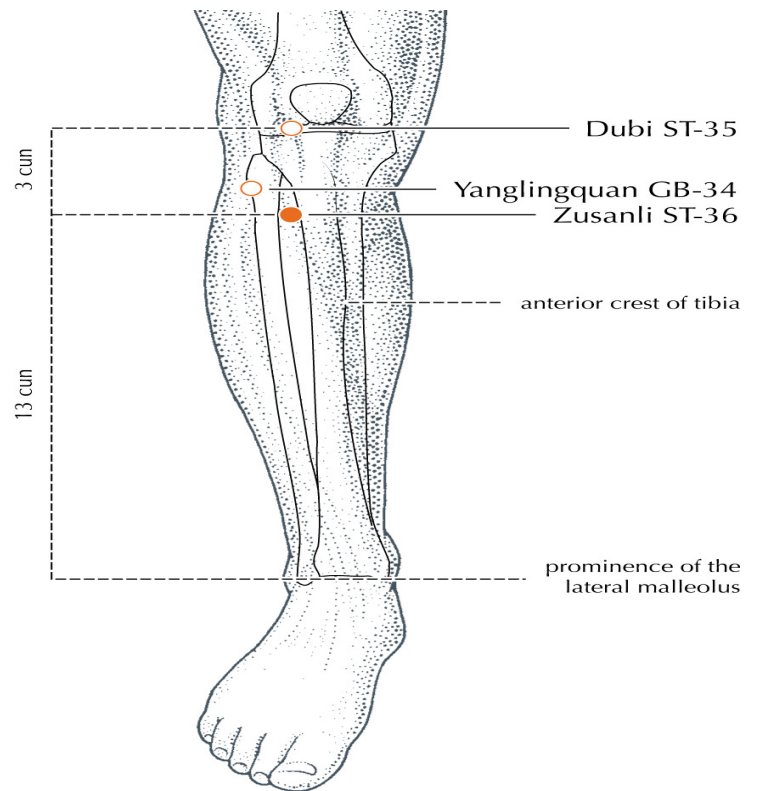
Commentary - Another celebrity point in China, SP6 is the meeting point of the spleen, liver, and kidney channels hence the name. It is very powerful and is used for treating countless issues with digestion, menstruation, urination, swelling, abdominal pain, and almost anything that relates to the three organs. Find the most tender points on both legs in the area and massage them till the pain decreases, this will harmonize all the major yin organs of the body and strengthen the digestive relationship of the stomach and spleen.



8. Stomach 36 - ZusanLi - Leg Three Miles

Location - One hand width from the bottom of the patella, just outside of the crest of the tibia, find the tender point.

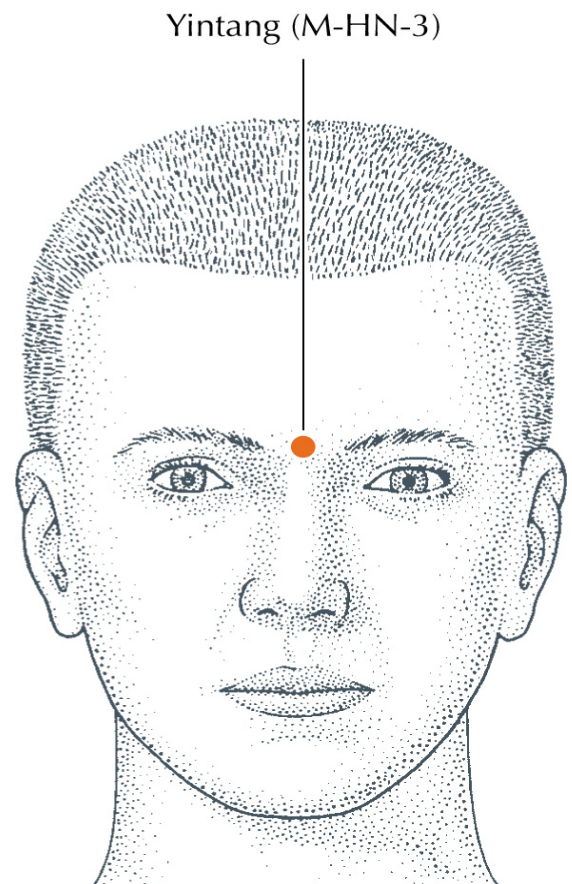
Commentary - Another superstar point, is the command point for the stomach, some texts even say it increases stomach acid. The name leg three miles refers to the fact they used say if you needle this point you gain the ability to walk another 3 miles. It is the motor point of the tibialis anterior, nourishes qi, blood, and yin, boosts digestion, calms the spirit, and harmonizes the stomach and spleen. Any digestive issues or leg pain, always treat this point on both sides for some relief.



9. Yin Tang – Hall of Impression - Third Eye

Location - Directly between the eyebrows

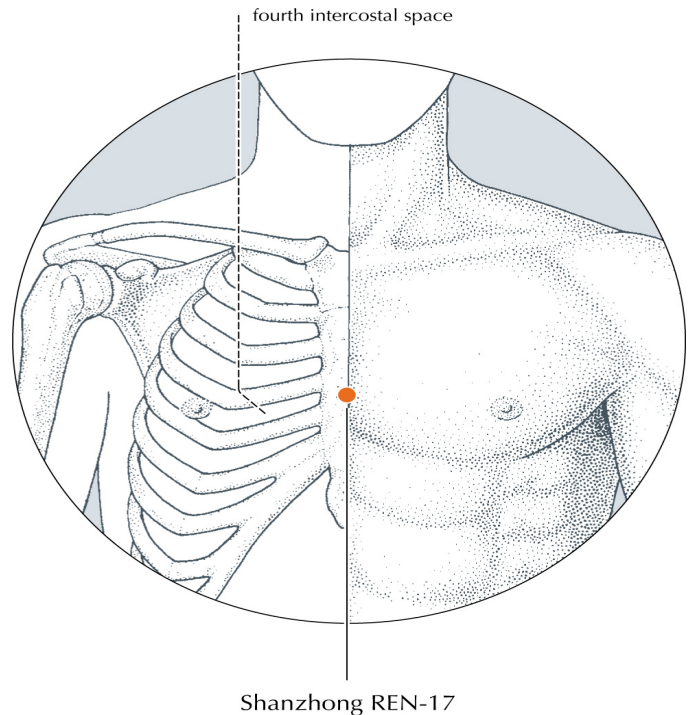
Commentary - This point has a powerful effect on calming the spirit, it helps with chronic fatigue, Insomnia, anxiety, and other related psycho-emotional issues. Use your middle finger (pericardium channel) or thumb (lung channel) to compress the point, you will likely notice being more grounded instantaneously. Use this point anytime you want to connect with your mind and with source itself, or as a way to sleep peacefully and release negative emotions from your life. Remember to connect with your breathing. Due to its location, it also helps treat nasal congestion, headaches, and the eyes. I use this point anytime I feel overwhelmed or agitated.



10. Conception Vessel 17 - Ren17 Shan Zhong -Chest Centre

Location: In the center of the sternum, between the nipples of men and most women depending on breast size.

Commentary - This point is known as the Sea of Qi and is the collecting point for the pericardium. Due to its location, it benefits the chest, lungs, and heart. This point brings harmony to the body, mind, and spirit. Use both hands to stimulate it, say aloud positive affirmations, and feel and feel the energy of said beliefs and emotions flow through your body, mind, and spirit. Combine it with Yintang at night to help with insomnia and to release anything that doesn't serve you.



Conclusion - There are 365 primary points, over 200 ear points, 100's of extraordinary points, and 1000's of ashi points on the body, this is just 9 primary points and 1 extraordinary point, each point described has more actions and indications than mentioned, I encourage you to explore deeper if you got something from this paper! It's cool stuff to know and very helpful! Next time someone you know has a headache, give their LI4 (Hegu) a squeeze and cure it for them, squeeze hard for time and show them you care (yes it will hurt)! You will be amazed at how well it works! I really appreciate you taking the time to read this, give yourself a pat on the back, or better yet, maybe massage "Ren17" with both hands while saying things you love about yourself, thank yourself for expanding your knowledge and learning useful skills you can benefit from yourself and share with others! It feels really good to help someone get out of pain, we are all healers and teachers, jump on the opportunity to help someone out of pain, you will also help yourself in the process! Thanks for reading and make it a Great Day

Acupoint photos shared are from "**A Manual of Acupuncture**" by Peter Deadman, Mazin Al-Khafaki, and Kevin Baker - This book/app is widely used by acupuncture and Chinese medicine students across the globe and is the most comprehensive text in English about the main acupuncture meridians and points.

Thank you so much for reading and taking control of your health! I hope to work with you one day at one of our retreat centers. Wishing you many blessings and powerful healings

-Key