

acupressure points chart pdf

acupressure points chart pdf can be an invaluable resource for anyone seeking natural relief from a variety of ailments. This comprehensive guide delves into the world of acupressure, exploring its ancient origins and its modern applications. We will unpack what acupressure is, how it works, and why a readily accessible acupressure points chart PDF is such a sought-after tool. Discover the key acupressure points for common issues like headaches, back pain, stress, and digestive problems, and learn how to effectively locate and stimulate these potent energy pathways. Whether you're a seasoned practitioner or a curious beginner, this article aims to demystify acupressure charts and empower you with the knowledge to harness its therapeutic benefits.

Understanding Acupressure and Its Benefits

What is Acupressure?

Acupressure is a traditional Chinese medicine (TCM) technique that involves applying firm pressure to specific points on the body to stimulate healing and promote well-being. It is closely related to acupuncture, but instead of needles, it utilizes finger pressure, thumbs, elbows, or specialized tools. The underlying principle is based on the concept of Qi (pronounced "chee"), the vital life force energy that flows through pathways in the body called meridians. When Qi is blocked or imbalanced, it can lead to various physical and emotional symptoms. Acupressure aims to unblock these meridians, restore the smooth flow of Qi, and thus alleviate pain and discomfort.

How Does Acupressure Work?

The effectiveness of acupressure is attributed to its ability to influence the nervous system and promote the release of endorphins, the body's natural pain relievers. By stimulating specific acupoints, signals are sent to the brain, which can then trigger a cascade of physiological responses. This includes improved circulation, reduced muscle tension, and a calming effect on the mind. While scientific research is ongoing, many individuals report significant relief from conditions such as migraines, nausea, anxiety, and insomnia through regular acupressure practice. The precise mechanisms are still being explored, but the holistic approach to bodywork suggests a complex interplay between physical stimulation and the body's innate healing capabilities.

Why is an Acupressure Points Chart PDF So Useful?

A high-quality acupressure points chart PDF serves as a portable and easily accessible guide to the body's critical acupoints. These charts typically provide detailed diagrams illustrating the location of various points and often associate them with specific conditions or benefits. Having a digital or printable PDF version allows individuals to reference it quickly at home, at work, or even while traveling. This accessibility is crucial for consistent self-care, enabling users to apply acupressure whenever needed without relying on external appointments or complex equipment. A well-designed PDF chart can be a fundamental tool for both learning and practicing acupressure effectively.

Key Acupressure Points for Common Ailments

Acupressure Points for Headache Relief

Headaches are a pervasive issue, and acupressure offers a gentle, drug-free approach to finding relief. Several key acupoints are particularly effective for alleviating tension headaches, migraines, and sinus headaches. The most well-known is LI4 (Hegu), located in the fleshy web between the thumb and index finger. Applying firm pressure to this point can help reduce pain and pressure in the head and face. Another beneficial point is GB20 (Fengchi), found at the base of the skull, in the hollows on either side of the trapezius muscles. Stimulating these points can help to relax the neck and shoulder muscles, which are often contributors to headaches.

Locating and Stimulating Head-Relief Acupoints

To effectively use an acupressure points chart PDF for headaches, focus on precise location. For LI4, ensure you are pressing firmly on the peak of the muscle when the thumb and index finger are brought together. For GB20, place your thumbs in the depressions at the base of your skull. The pressure should be firm but not painful, held for 30 seconds to 2 minutes, or until you feel a release or sensation. Many people find that combining these points with others on the forehead or temples can enhance the headache-relieving effects.

Acupressure Points for Back Pain Management

Lower back pain is another common complaint that can be addressed with acupressure. Certain points can help to release muscle tension, improve circulation to the affected area, and reduce inflammation. Points like BL23 (Shenshu), located on either side of the spine about two finger-widths from the midline at waist level, are vital for addressing kidney and lower back issues. Another effective point is BL40 (Weizhong), found in the center of the popliteal crease (the crease behind the knee). Applying sustained pressure to these areas can provide significant relief for chronic and acute back pain.

Self-Treatment of Back Pain with Acupressure

When using an acupressure points chart PDF for back pain, focus on consistent, gentle pressure. For BL23, you can use your thumbs or fists to apply pressure while lying down. For BL40, you can reach behind your knee with your fingers. It is often beneficial to work on both sides of the body. Remember to breathe deeply during the acupressure session, as this can further enhance the relaxation response and pain relief. Combining acupressure with gentle stretching can also be highly effective for managing back discomfort.

Acupressure Points for Stress and Anxiety Reduction

In our fast-paced world, stress and anxiety are prevalent. Acupressure offers a calming and grounding experience by stimulating points that help to soothe the nervous system and promote a sense of tranquility. PC6 (Neiguan), located on the inner forearm about three finger-widths from the wrist crease between the two tendons, is a renowned point for alleviating nausea and also has a significant calming effect. Another powerful point is HT7 (Shenmen), found in the crease of the wrist on the little finger side. This point is known for its ability to calm the mind and ease emotional distress.

Finding Calm with Acupressure for Mental Well-being

Utilizing an acupressure points chart PDF to locate PC6 and HT7 can be a game-changer for managing daily stress. For PC6, find the two large tendons on the inside of your forearm and place three finger-widths up from the wrist crease. For HT7, locate the crease of your wrist on the side of your little finger, just below the fleshy bulge of the hand. Gentle, circular massage on these points can induce a sense of peace and relaxation. Many individuals also find it helpful to apply acupressure to points on the head, such as DU20 (Baihui) on the very top of the head, to further clear the mind.

Acupressure Points for Digestive Health

Digestive issues, from bloating and indigestion to constipation, can be effectively managed with acupressure. Specific points can help to regulate the digestive system, relieve discomfort, and promote healthy gut function. ST36 (Zusanli), located about four finger-widths below the kneecap and one finger-width to the outside of the shin bone, is a crucial point for overall digestive health and energy. Another important point is CV12 (Zhongwan), located on the midline of the abdomen, halfway between the navel and the sternum. This point is excellent for relieving stomach pain and bloating.

Stimulating Acupoints for a Healthy Gut

An acupressure points chart PDF can guide you to these vital digestive points. For ST36, find the prominent bone below your knee and measure down approximately four finger-widths. For CV12, locate your belly button and your sternum, and find the midpoint. Gentle, firm pressure, often in a circular motion, applied to these points can help to ease digestive upset. It's often recommended to stimulate these points regularly, especially before or after meals, to support optimal digestive function.

Creating and Using Your Acupressure Points Chart PDF

Choosing the Right Acupressure Points Chart PDF

When searching for an acupressure points chart PDF, prioritize clarity, accuracy, and comprehensiveness. Look for charts that are well-illustrated, clearly labeling each acupoint with its numerical designation (e.g., LI4) and common name. The chart should ideally provide concise descriptions of the conditions each point addresses and instructions on how to locate and stimulate

them. Some charts focus on specific ailments, while others offer a general overview of the major acupoints. Consider your primary needs and select a PDF that best aligns with your goals for using acupressure.

Tips for Effective Acupressure Self-Care

To maximize the benefits of using an acupressure points chart PDF, several tips are essential. Ensure you are in a relaxed environment before beginning. Use firm, consistent pressure with your thumb, index finger, or elbow. The sensation should be noticeable but not painful. Breathe deeply throughout the process, as this aids in relaxation and energy flow. For most points, hold the pressure for 30 seconds to 2 minutes, or until you feel a release of tension or a pulsing sensation. Experiment with different points and durations to discover what works best for your body.

Integrating Acupressure into Your Wellness Routine

An acupressure points chart PDF can be a gateway to integrating this ancient practice into your daily life. Consider dedicating a few minutes each day to stimulate key acupoints relevant to your health concerns or general well-being. For example, spending a minute on LI4 and HT7 can help manage daily stress. Regularly applying acupressure to digestive points can support a healthy gut. By making acupressure a consistent part of your routine, you can proactively manage discomfort, enhance your body's natural healing abilities, and cultivate a greater sense of balance and vitality. The accessibility of a well-chosen acupressure points chart PDF makes this integration straightforward and rewarding.

Frequently Asked Questions

What are the benefits of using an acupressure points chart PDF?

Acupressure charts, especially in PDF format, offer a convenient and accessible way to learn and locate acupressure points for self-care. Benefits include understanding how to relieve common ailments like headaches, stress, nausea, and muscle pain, promoting relaxation, improving circulation, and empowering individuals to manage their well-being.

Where can I find a reliable and accurate acupressure points chart PDF for free?

Reliable sources for free acupressure charts in PDF format often include reputable alternative health websites, acupuncture schools offering educational resources, and sometimes even well-established health and wellness blogs. Look for charts that are clearly labeled, visually appealing, and accompanied by descriptions of the points and their uses.

What is the most effective way to use an acupressure points chart PDF?

To effectively use an acupressure chart PDF, first identify your ailment or desired outcome. Then, locate the corresponding points on the chart, paying attention to anatomical landmarks. Practice gentle but firm pressure on these points for a few minutes, repeating as needed. It's also helpful to combine acupressure with deep breathing and relaxation techniques.

Are there specific acupressure points charts PDFs for different conditions like insomnia or anxiety?

Yes, many specialized acupressure points charts PDFs cater to specific conditions. You can find charts focused on insomnia, anxiety, digestive issues, pain relief (back pain, migraines), and even beauty-related benefits. Searching for terms like 'acupressure chart for insomnia PDF' will yield relevant results.

What are the key features to look for in a good acupressure points chart PDF?

A good acupressure chart PDF should be clear, well-organized, and easy to read. Look for detailed illustrations or diagrams showing the precise location of each point, numbered or labeled points, and accompanying descriptions of the conditions they address and how to apply pressure. Professional-looking designs and clear anatomical references are also indicators of quality.

Can I use an acupressure points chart PDF for babies or children?

While some acupressure techniques can be adapted for infants and children, it's crucial to use charts specifically designed for pediatric acupressure. These charts will indicate gentler pressure points and techniques suitable for younger individuals. Always consult with a qualified healthcare professional or a pediatric acupuncturist before applying acupressure to children.

What is the difference between acupressure and acupuncture, and how does a chart PDF help with acupressure?

Acupuncture involves the insertion of fine needles into specific points, while acupressure uses manual pressure. An acupressure chart PDF serves as a guide to identify the correct points on the body where pressure should be applied to stimulate energy flow and achieve therapeutic effects, mimicking the general principles of acupuncture without the needles.

How can I print and use an acupressure points chart PDF effectively?

Once you've downloaded a suitable acupressure points chart PDF, you can print it in a size that's easy to refer to. Consider laminating it for durability or keeping it in a binder. You can also save it to your phone or tablet for on-the-go access. The key is to have it readily available when you need to locate points for self-treatment.

Are there any contraindications or precautions to be aware of when using acupressure points from a PDF chart?

Yes, it's important to be aware of contraindications. Avoid applying pressure to open wounds, varicose veins, or inflamed areas. Pregnant women should exercise caution and consult with a healthcare provider, especially regarding points that may induce labor. If you have any underlying health conditions, it's always advisable to consult with a doctor before starting acupressure.

What are some commonly sought-after acupressure points for stress relief that would be found on a chart PDF?

Commonly sought-after points for stress relief found on charts include LI 4 (Hegu) on the hand, ST 36 (Zusanli) on the leg, PC 6 (Neiguan) on the wrist, and GV 20 (Baihui) on the head. These points are often indicated on charts for their calming and balancing effects on the nervous system.

Additional Resources

Here are 9 book titles related to acupressure points chart PDF, with short descriptions:

1. The Complete Acupressure Guide: Charts and Techniques for Healing

This comprehensive guide offers detailed charts illustrating the precise locations of key acupressure points across the body. It provides step-by-step instructions for applying pressure to alleviate a wide range of common ailments, from headaches and digestive issues to stress and pain management. The book serves as an excellent resource for both beginners seeking an accessible introduction and practitioners looking for a handy reference.

2. Acupressure for Beginners: Your Personal Chart to Pain Relief

Designed for those new to acupressure, this book simplifies the practice with easy-to-understand explanations and clear visual aids. It focuses on the most effective points for immediate pain relief and common discomforts. The inclusion of printable charts makes it convenient for users to follow along

and apply techniques at home.

3. Atlas of Acupressure Points: A Visual Encyclopedia for Self-Treatment

This extensive atlas acts as a definitive visual encyclopedia for acupressure enthusiasts. It meticulously maps out hundreds of acupressure points, offering detailed anatomical illustrations alongside their therapeutic indications. The book is invaluable for anyone wanting to delve deep into the nuances of acupressure point selection and application for a variety of health concerns.

4. Holistic Healing with Acupressure: Everyday Charts for Well-being

Emphasizing a holistic approach to health, this book connects acupressure practices to overall well-being. It presents everyday charts designed to address common imbalances and promote vitality, covering areas like energy levels, sleep quality, and emotional balance. The accessible language and practical advice empower readers to integrate acupressure into their daily self-care routines.

5. Acupressure Point Locator: A Practical Chart for Common Conditions

This practical guide functions as an efficient acupressure point locator, specifically tailored for addressing a range of common health conditions. It features simplified charts that highlight the most relevant points for specific symptoms, making it easy to find the right technique quickly. The book is ideal for individuals seeking targeted solutions for everyday aches and pains.

6. The Art of Acupressure: Discovering Your Body's Healing Points

Delve into the art and science of acupressure with this insightful book that guides you to discover your body's innate healing potential. It provides detailed charts of acupressure points, explaining their energetic pathways and how to stimulate them for therapeutic benefits. The book encourages a mindful approach to self-healing through the precise application of pressure.

7. Pocket Guide to Acupressure Charts: Essential Points for Quick Relief

This portable pocket guide offers essential acupressure charts for quick and convenient relief from a variety of ailments. It distills the most crucial acupressure points into an easily digestible format, perfect for on-the-go use. The book is a fantastic resource for anyone who wants immediate access to effective acupressure techniques for common discomforts.

8. Acupressure for Sports Injuries: Charts for Recovery and Performance Enhancement

Focusing specifically on athletes and active individuals, this book provides specialized acupressure charts for the prevention and treatment of sports injuries. It details points that aid in recovery, reduce inflammation, and enhance athletic performance. The practical charts and techniques are designed to help athletes get back to their training faster and stronger.

9. Ancient Wisdom, Modern Relief: Acupressure Charts for Stress and Anxiety

Drawing on ancient healing traditions, this book offers a modern approach to managing stress and anxiety through acupressure. It presents carefully selected charts of acupressure points known for their calming and restorative effects. The guide provides practical techniques and insights to help readers find natural relief from the pressures of modern life.

Acupressure Points Chart Pdf

Acupressure Points Chart PDF

Ebook Title: The Complete Guide to Acupressure: A Practical Chart and Handbook

Ebook Outline:

Introduction: What is Acupressure? Benefits, History, and Precautions.

Chapter 1: Understanding the Body's Energy System (Meridians): Explanation of Meridians, Qi, and their role in health.

Chapter 2: Locating Acupressure Points: Detailed instructions with illustrations (included in the PDF), and techniques for self-acupressure.

Chapter 3: Acupressure Points Chart (PDF): A comprehensive visual guide to key acupressure points, organized by body region and ailment. (This is the core of the PDF ebook itself)

Chapter 4: Acupressure Techniques: Pressure application, duration, frequency, and self-massage techniques.

Chapter 5: Treating Common Ailments with Acupressure: Specific points and techniques for headaches, back pain, anxiety, insomnia, and more.

Chapter 6: Advanced Acupressure Techniques: Including combinations of points and sequences for more complex conditions. (Optional, for a more comprehensive ebook)

Chapter 7: Precautions and Contraindications: When to avoid acupressure and potential side effects.

Conclusion: Summary, further learning resources, and encouragement for continued practice.

The Complete Guide to Acupressure: A Practical Chart and Handbook

Acupressure, an ancient healing modality rooted in Traditional Chinese Medicine (TCM), offers a drug-free approach to pain management and overall well-being. This comprehensive guide provides you with a readily accessible acupressure points chart (PDF) alongside detailed explanations to empower you to harness the therapeutic potential of this time-tested practice. This article delves into the key aspects of acupressure, providing a foundation for understanding and effectively utilizing the accompanying PDF chart.

1. Introduction: What is Acupressure? Benefits, History, and Precautions.

Acupressure involves applying pressure to specific points on the body, known as acupressure points or acupoints. These points are located along meridians, invisible energy pathways believed to run throughout the body. By applying pressure to these points, you aim to stimulate the flow of Qi (vital energy), promoting balance and healing. Acupressure shares similarities with acupuncture, but instead of needles, it utilizes finger pressure, thumbs, or specialized tools.

The historical roots of acupressure trace back thousands of years to ancient China and are interwoven with the development of TCM. Early texts depict its use for various ailments. Its popularity has grown significantly in recent years due to increasing interest in holistic and complementary therapies.

Benefits of Acupressure: While more research is needed to fully understand its mechanisms, acupressure is believed to offer numerous benefits, including:

- Pain relief (headaches, back pain, menstrual cramps)
- Stress and anxiety reduction
- Improved sleep quality
- Increased energy levels
- Boosted immune function
- Digestive system regulation

Precautions: While generally safe, acupressure should be approached with caution. It's not a replacement for conventional medical treatment. Consult your doctor before using acupressure, especially if you have any underlying health conditions, are pregnant, or are taking medication. Avoid applying excessive pressure, which can cause bruising or discomfort.

2. Understanding the Body's Energy System (Meridians):

The foundation of acupressure lies in the concept of meridians. These are pathways through which Qi, the body's vital life force, flows. In TCM, an imbalance or blockage in the flow of Qi is considered a root cause of illness. Acupressure aims to restore this balance by stimulating specific points along the meridians. There are twelve primary meridians, each associated with a specific organ or organ system. Understanding the meridian system provides a framework for understanding the location and function of acupressure points. For instance, the Liver meridian is related to emotions, the Lung meridian to respiration, and the Kidney meridian to energy reserves. The intricate network of meridians connects every part of the body, creating a holistic approach to healing.

3. Locating Acupressure Points:

Precise location of acupressure points is crucial for effective treatment. The accompanying PDF provides detailed illustrations and anatomical references. However, it's important to understand the techniques for locating these points:

Using anatomical landmarks: Many points are located relative to bony prominences, muscle insertions, or other anatomical structures. The PDF chart will provide these references.

Measuring distances: Some points are located a specific distance from a landmark. Accurate measurement is crucial.

Palpation: Gently palpating the area can help identify a point by feeling a slight tenderness, depression, or change in tissue texture.

Using a fingertip: For self-acupressure, use the tip of your index or middle finger to apply pressure.

4. Acupressure Points Chart (PDF):

This is the core of the ebook - a visually rich and detailed chart, organized by body region (head, neck, torso, limbs) and ailment (headache, stress, digestive issues etc.). The PDF will feature clear illustrations, point names (in both English and potentially traditional Chinese characters), and a brief description of the associated benefit for each point. The organization ensures quick and easy navigation to find relevant points for specific needs.

5. Acupressure Techniques:

Applying the right pressure is essential for effective acupressure. The techniques detailed in the ebook will cover:

Pressure: The pressure should be firm but comfortable, avoiding excessive force that could cause pain or injury. A gentle, sustained pressure is generally preferred over harsh, rapid pressure.

Duration: The duration of pressure application varies depending on the individual and the specific

point. A good starting point is 1-3 minutes per point.

Frequency: The frequency of treatment also depends on the condition being treated. Some points can be stimulated daily, while others may only require treatment a few times a week.

Self-massage: Gentle circular massage around the point can enhance the effects of pressure.

6. Treating Common Ailments with Acupressure:

This section of the ebook will provide specific examples of how acupressure can be used to address common health concerns:

Headaches: Points like LI4 (Hegu) and GB20 (Fengchi) are often used for tension headaches and migraines.

Back pain: Points along the Bladder meridian are commonly targeted for lower back pain and sciatica.

Anxiety and stress: Points like PC6 (Neiguan) and HT7 (Shenmen) are known for their calming effects.

Insomnia: Points like AN1 (Yongquan) and EX-HN1 (Yintang) can promote relaxation and improve sleep quality.

Digestive problems: Points like ST36 (Zusanli) and SP6 (Sanyinjiao) can aid in digestion and alleviate symptoms like bloating and nausea.

7. Advanced Acupressure Techniques (Optional):

This section (optional depending on the scope of the ebook) could explore more complex techniques:

Point combinations: Using multiple points simultaneously for synergistic effects.

Sequences: Applying pressure to points in a specific order to achieve a particular outcome.

Acupressure tools: Introducing the use of specialized tools, such as acupressure mats or massage balls.

8. Precautions and Contraindications:

It's crucial to emphasize the importance of safety:

Pregnancy: Some points should be avoided during pregnancy.

Underlying health conditions: Certain conditions may contraindicate acupressure.

Medication interactions: Acupressure may interact with certain medications.

Excessive pressure: Avoid applying excessive pressure, which can cause bruising or injury.

9. Conclusion:

Acupressure offers a powerful, non-invasive tool for self-care and well-being. The PDF chart and accompanying guide provide a valuable resource for learning and applying this ancient healing art. Remember that consistency and proper technique are key to achieving optimal results. Consult with a healthcare professional for any serious health concerns.

FAQs

1. Is acupressure painful? No, acupressure should not be painful. The pressure should be firm but comfortable.
2. How often should I use acupressure? The frequency depends on the condition and individual response.
3. Can acupressure cure diseases? Acupressure is a complementary therapy and not a cure for diseases.
4. Is acupressure safe during pregnancy? Some points should be avoided during pregnancy; consult a healthcare professional.
5. How long does it take to see results from acupressure? Results vary, but some people experience relief quickly, while others may need more time.
6. Can I learn acupressure by myself? Yes, this ebook provides a comprehensive guide for self-acupressure.
7. What if I press the wrong point? Pressing the wrong point is unlikely to cause serious harm but may not be effective.
8. Can I use acupressure with other treatments? Acupressure can often be used alongside other therapies.
9. Where can I find more information on acupressure? You can find additional resources online or through books on TCM and acupressure.

Related Articles:

1. Acupressure for Headaches: Exploring specific acupressure points and techniques for migraine and tension headache relief.
2. Acupressure for Anxiety and Stress: Focusing on points and techniques to alleviate anxiety, stress, and promote relaxation.
3. Acupressure for Insomnia: Detailed instructions on acupressure points to improve sleep quality and address insomnia.
4. Acupressure for Back Pain: Exploring the effective use of acupressure for lower back pain, sciatica, and other back problems.
5. Acupressure for Digestive Problems: Addressing common digestive issues like bloating, constipation, and nausea using acupressure.
6. Meridian System Explained: A detailed explanation of the body's energy system and its

significance in acupressure.

7. Choosing the Right Acupressure Tools: A guide on selecting and using acupressure tools like mats, balls, and sticks.

8. Acupressure for Menstrual Cramps: Focusing on specific points and techniques for alleviating menstrual pain and discomfort.

9. Understanding Qi and its Role in Health: An exploration of the concept of Qi, its importance in TCM, and how it relates to acupressure.

acupressure points chart pdf: 361 Classical Acupuncture Points, The: Names, Functions, Descriptions And Locations Stuart T Lightbody, 2020-01-15 This book provides detailed information on the 361 Classical Acupuncture Points in a concise and accurate format. It is an essential working textbook for all acupuncture students. It is also designed for use in the treatment room to enable the practitioner to quickly and confidently select the most effective point(s) for the patient in front of them. The format is such that on the left hand side are found the names, functions and descriptions of each point. On the right hand side corresponding to it is the needle depth, number of moxas, a description of how to locate the point together with crystal clear diagrams illustrating their location on the body. This format is unique. It can be utilised by practitioners and students from the various acupuncture traditions including TCM, Stems and Branches, The Five Elements and the Japanese and Korean schools.

acupressure points chart pdf: The Acupuncture Points Functions Charts and Workbook Erica Siegel, 2019-04 A straightforward learning resource, covering the different acupuncture points in the body and their functions. Perfect for visual learners, it shows the primary meridians, extraordinary meridians and known extra points, in an easy to understand format with blank charts for students to make their own notes.

acupressure points chart pdf: Atlas of Acupuncture Claudia Focks, 2008-01-01 Providing clear information on the full range of acupuncture points and main channels in a systematic and clear way, this acupuncture atlas not only provides beginners with an overview of the most important acupuncture points, but can also be used by experienced practitioners to extend their knowledge.

acupressure points chart pdf: Acupuncture Points Handbook Deborah Bleecker, 2017-01-11 Point location book written in easy to understand terms, for the layperson.

acupressure points chart pdf: Clinical Acupuncture and Ancient Chinese Medicine Jingduan Yang, Daniel A. Monti, 2017 This title weaves together historical perspectives, ancient wisdom, and modern medicine to provide a holistic, effective, and rewarding way to understand and apply acupuncture in clinical practice

acupressure points chart pdf: Chinese Scalp Acupuncture Jason Jishun Hao, Linda Lingzhi Hao, 2011 This new book could make a difference in the life of a patient when no other therapies will help. The authors, who have a combined 60 years of experience using Chinese scalp acupuncture, have composed a thorough clinic manual for practical clinical applications of scalp acupuncture to treat patients who suffer from seriously debilitating conditions such as the sequelae of stroke, phantom limb pain, PTSD, Meniere's syndrome, multiple sclerosis, herpes zoster, seizures, essential tremor, and Parkinson's Disease. The authors begin with an introduction to the neuroanatomy and neurophysiology of the brain and scalp for non-Western medical practitioners. They review Chinese medical theories supporting the use of scalp acupuncture, provide thorough explanations of area locations and uses, and include details of needling technique specific to scalp acupuncture. There are over 40 case studies with treatment details, as well as excellent illustrations of each treatment area.

acupressure points chart pdf: A Proposed Standard International Acupuncture Nomenclature WHO Scientific Group on International Acupuncture Nomenclature, 1991-01-01 With the unprecedented expansion of interest in acupuncture around the world, the need for a standard international nomenclature has become increasingly apparent. Practitioners and

researchers every-where must speak a common language as they attempt to ascertain the clinical benefits of acupuncture and elucidate the underlying physiological mechanisms. This report records the consensus reached by a Who Scientific Group on a standard international acupuncture nomenclature which met in Geneva from 30 October to 3 November 1989. Building on the proposals of expert meetings organized by the Who Regional Office for the Western Pacific since 1981, the Scientific Group agreed that the standard international nomenclature should comprise an alphanumeric code as well as the Han character names of meridians and acupuncture points, along with their transliterations into the Chinese phonetic alphabet (Pinyin) and their English translations. The experts went on to propose standard nomenclature for the 14 main meridians, the 361 classical acupuncture points, the 8 extra meridians and the 48 extra points, and for scalp acupuncture lines.

acupressure points chart pdf: Energetics in Acupuncture Radha Thambirajah, 2010-10-29 New title by the author of *Cosmetic Acupuncture*! Energetics is an area of growing interest and importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance. Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides relevant lines of questioning and reasoning. FEATURES *Treatments are described for over 80 different diseases. *Innovative visual 'towers' show clearly what an energy imbalance looks like * Case studies illustrate imbalanced states.

acupressure points chart pdf: The Acupuncture Points Functions Colouring Book Rainy Hutchinson, 2015-06-15 Learn the functions of acupuncture points by colouring and doodling your way through the sequence of images on the twelve primary and eight extra channels. Imaginative illustrations will help students from a wide range of schools and traditions to remember point names, with handy text providing a quick cross reference of their main functions.

acupressure points chart pdf: Meridians and Acupoints Bing Zhu, Hongcai Wang, 2011-02-15 An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

acupressure points chart pdf: Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain

and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

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phonetic alphabet (Pinyin) name, and the Han (Chinese) character. The original form of the writing is shown first followed by a simplified form of the character. Each entry also provides a brief comment on the point explaining the meaning of the Han character and the significance of the point's location. Use of the nomenclature is facilitated by the inclusion of two indexes. The first lists the equivalent names and code names of the acupuncture points as used in English French Japanese Korean and Vietnamese. The second lists the Han characters for the 361 points.

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Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortnier recommends to try it on any challenging issue. In *The Tapping Solution*, Ortnier describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortnier opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortnier outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

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