



ACUPUNCTURE CHANGES LIVES

Billy Zachary, L.Ac.

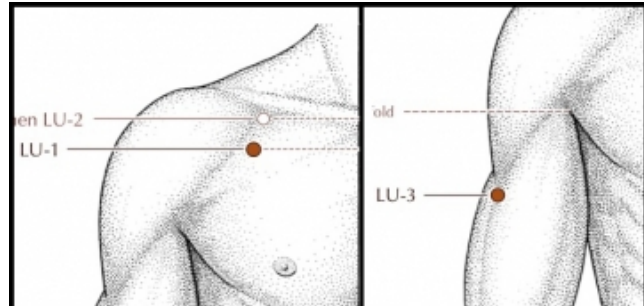
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Acupressure....

Here's the set of the most commonly used acupuncture points on the Lung and Large Intestine meridians. Some of these make for great acupressure points. I hope that by reading this you might be able to use some of these for yourself.

Points on the meridian. What's a meridian?

First though, let's talk about what exactly a meridian is. It is described, understood, and used a pathway, or line that qi travels in the body, connecting, or networking, our deepest internal organs with points at our hands and feet. Meridians are named for the organ that have the most connection to, and the ones they have the most profound effects on. Since it is fall, and the qi of the Lung and Large Intestine are most active, let's talk about some of those points. In the United States, we refer to the points by their meridian, followed by a number, indicating where they fall. However, in China, each point had its own name, which alluded to ideas about its function and uses.



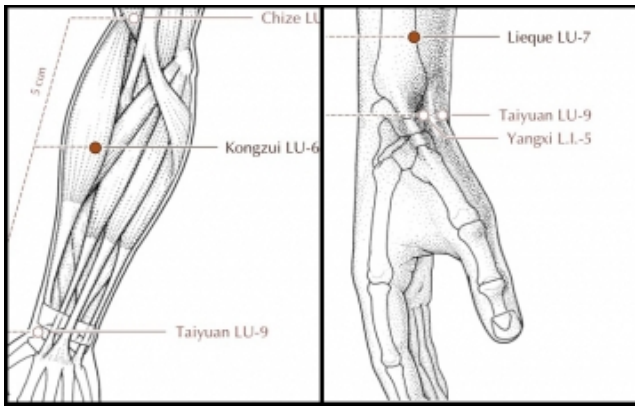
Lung 1, the "Middle Palace" and Lung 3, the "Palace of Heaven"

Middle Palace - Lung 1

Just inside the shoulder, and inch or so under the collar bone, this point can help alleviate wheezing...my shiatsu (acupressure) teacher taught that this point can be used to help offset an asthma attack (catch it the earlier the better, and don't skip an inhaler or emergency services). To do this point on yourself, put the fingers of one hand into the arm pit of the opposite arm; now the point should be about where the thumb naturally falls; if you are using this in an urgent situation, the point should be sore! Press firmly in pulses until symptoms abate. Its name, Middle Palace, refers to the connection of the Lung's qi, to the Stomach's (though to be at the middle, or center of qi in the body); the digestive organs should supply qi to the Lungs, and their failure to do this properly can result in a weakened immune system, or excessive phlegm in the lungs.

The Palace of Heaven - Lung 3

This is a very significant point to acupuncturists who treat stress, and emotional burdens. Thought to connect to the very part of our soul that grieves, and helps us let go of our past, using acupuncture on this point can profoundly touch the psyche. Given all this, I find it interesting, that when we want to comfort someone, and show them with a gesture that we are there for them, this is where our hand goes on someone's upper arm / shoulder; I suspect this is a sort of intuitive acupressure, long since built into learned behavior of how to express support and compassion.



Lung 6, "Maximum Opening" and 7, "Broken Sequence"

How to press acupressure points

When you are pressing acupressure points, it is important to stop doing other things! You are working on qi, stimulating it to correct imbalance and restore health to the body. Now is not the time to be on the phone, or online, or attempting to do other things that take your attention. Where your attention goes, qi follows; while you are doing or receiving acupressure, to yourself or others, stay focused, and in the present. Press firmly enough to get your attention, but not so hard as to wince, bruise or feel that you are having to "tolerate" it.

Maximum Opening - Lung 6

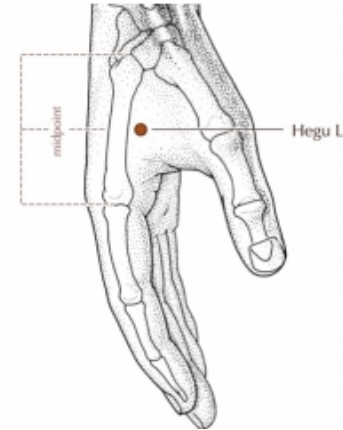
This point can be used to dry cough, loss of voice, or hiccups. This point is found on the inner side of the arm, just less than half way from the elbow to the wrist, inline with the index finger.

Broken Sequence - Lung 7

The name of this point, Liequi in Chinese, can also mean lighting; and how a thunder storm that clears the sky, this point can clear congestion, stuffiness, heaviness associated with cold, allergies, headaches and more. This is a point that books could be written about, and depending on how it is combined with other points, can be used for allergies, colds, but also men's fertility, forgetfulness and more. During the era of the barefoot acupuncturists, it was considered one of the four most important points, used for treating all problems of the neck and back of the head.

What is an acupuncture point?

An acupuncture point is where a meridian comes closer to the surface of the body, and while meridians run the entire course of our arms, legs, torso and head; doing acupuncture and acupressure at these points is typically more effective. (Though there are times when the focus is much more on the line, than on the points). Some points come to the surface and open up, and are places where the body exchanges qi with the world around it, and some stay relatively deep, requiring longer needles or more time and pressure with acupressure.



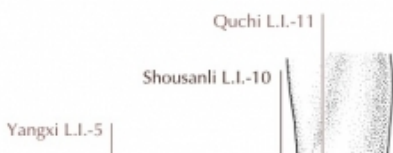
Large Intestine 4, "Joining Valley"

Joining Valley - Large Intestine 4 (see precaution below)

Another point that volumes could be written about, for acupressure it is best at addressing sinus pressure and congestion, and headaches that are centered near the checkbones. (Other type of headaches have other points that are more effective, a topic for another news letter.) Martial artists will recognize this point a place you can attack to cause pain (Ki Bon Soo #2 for you Kuk Sool Won folk) and discomfort; for a real zing, try to hold on to an object or squeeze your hand while your practice partner nails this point. Ow. Depending on which other point they combine it with acupuncturists will use this point for headaches, stress, sinus discomfort, toothaches, digestive disorders and more inducing labor and more.

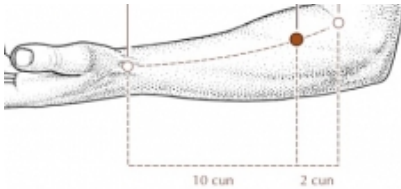
NOTE: Because of it's inducing effect, this point **SHOULD NOT BE USED DURING PREGNANCY.**

(Spiderman fans may notice, in the recent movies, this is the location that Peter Parker is bit by the spider that imbues him with his powers.)



What happens when we press on the point?

When points are needled, or pressed, the body responds by working to correct whatever balances are in the qi are at that point. If the imbalance is one of "stuck" qi, then a brisk pressure is more effective, and for weakness or deficiency, a slower steady pressure



Large Intestine 10, "Arm Three Miles" and 11, "Pool at the Crook"

is more appropriate. Martial artists using these points may just be trying to cause pain or discomfort, or may be going further to attempt to cause imbalance of qi in their attacker.

Arm Three Miles - Large Intestine 10

This point boosts the immune system. It works well in combination with a point in a depression on the top outside of the shin, a few inches below the knee, just beside the shin bone.

Pool at the Crook - Large Intestine 11

Another point martial artists will recognize, it's can be used for elbow pain, but also congestion, allergies, and digestive discomfort, particularly gas, bloating, or constipation. Acupuncturists may also use it treating colds, flues, toothache, atrophy, or shoulder pain, depending on other points it is combined with.

Martial artists may find that intermittent massage on acupressure on this point will help their arms avoid fatigue when training with swords, staves, or other heavy weapons.

Pop Quiz for the Kuk Sool Won folk....

This point is used in at least the following sets of techniques, which numbers? Ki Bon Soo, Som Mok Soo, An Som Mok Soo, Maek Chi Gi, any others you know?

Welcome Fragrance - Large Intestine 20

As implied by it's name, this point relieves congestion. Chronic allergic congestion can make it tempting to overpress this point when suffering. Try alternating this point, with one located at the web of the toes, between the second and third toes (Big toe counts as number one. The point is called [Stomach 44](#) if you want to look it up online.)



Yingxiang L.I.-20

Large Intestine 20,
"Welcome Fragrance"

Credits

Illustrations copied from *A Manual of Acupuncture* by Peter Deadman.

Fall Hours

Monday: 12:45pm to 4:30pm

Tuesday: 12 noon to 7:30pm

Wednesday: 12:45pm to 4:30pm

Thursday: 12 noon to 7:30pm

Friday and Saturday: Emergency only, call to schedule.

Sunday: 9am to 4:30pm

Early voting has started in Austin. Fast, easy... [locations](#).

Another Hakomi training will be starting soon. If you are interested in participating, I can put you in touch with Loreena Monda, one of the (brilliant) teachers who will be running the class. (Hakomi is the mindfulness based technique I've begun incorporating into my sessions.) It is oriented towards therapists, bodyworkers, and practitioners, but appropriate also for those on a course of increasing self awareness and willing to do the (sometimes hard) work of the internal journey.

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