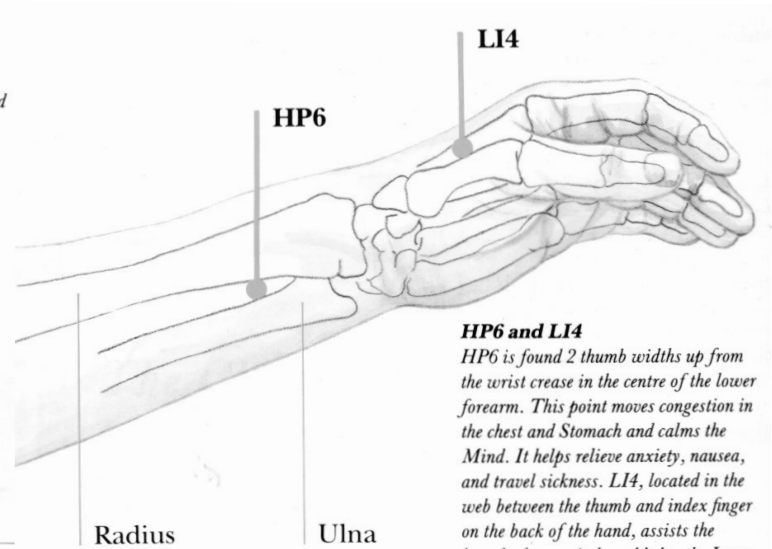




Sp6
 Locate this point 4 finger widths above the inside ankle bone, just behind the tibia. This point connects with the Liver and Kidney Channels and strengthens the Yin Channels in the legs. It stimulates the circulation and production of Qi and Blood, and eliminates Dampness. It is good for poor digestion, period problems, sterility, difficult labour, insomnia, and anaemia.
CAUTION Never use Sp6 during pregnancy.

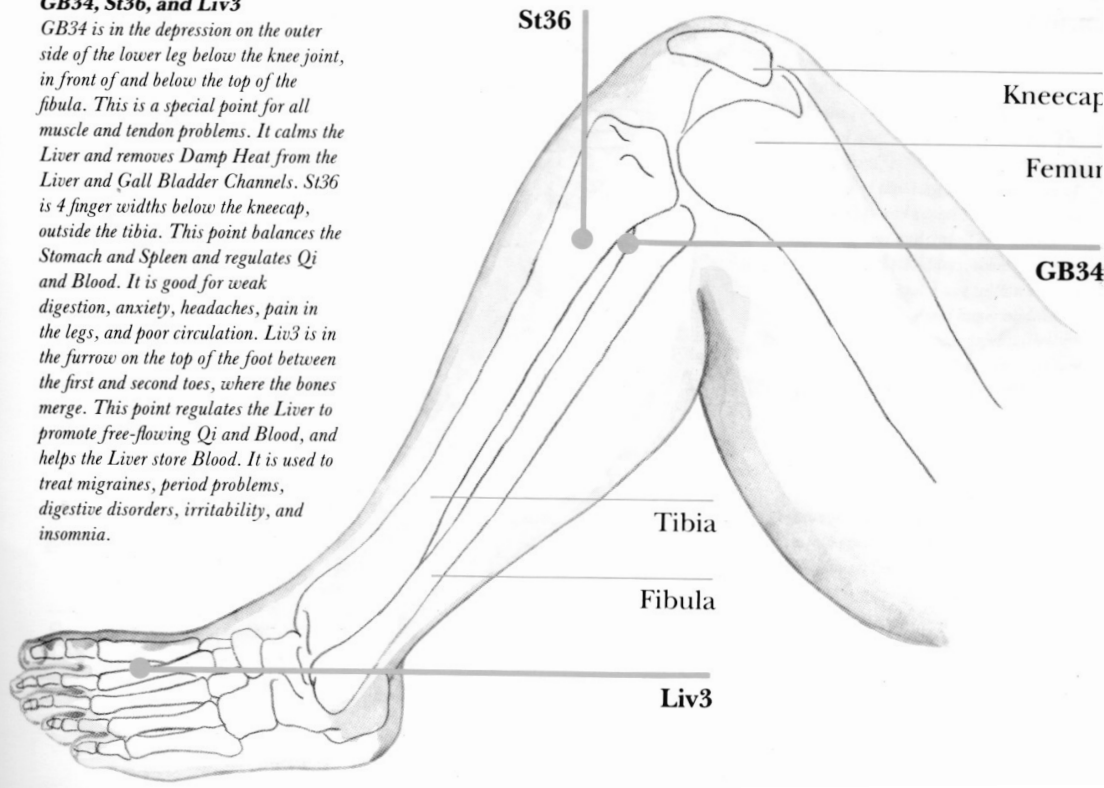
Lyrea's Note: St 36 is especially good for immunity.



HP6 and LI4
 HP6 is found 2 thumb widths up from the wrist crease in the centre of the lower forearm. This point moves congestion in the chest and Stomach and calms the Mind. It helps relieve anxiety, nausea, and travel sickness. LI4, located in the web between the thumb and index finger on the back of the hand, assists the bowel, clears wind, and helps the Lung take Qi to the body surface. It is good for headaches, toothache, sinusitis, colds, and pain in the upper body.
CAUTION Never use LI4 during pregnancy.

GB34, St36, and Liv3

GB34 is in the depression on the outer side of the lower leg below the knee joint, in front of and below the top of the fibula. This is a special point for all muscle and tendon problems. It calms the Liver and removes Damp Heat from the Liver and Gall Bladder Channels. St36 is 4 finger widths below the kneecap, outside the tibia. This point balances the Stomach and Spleen and regulates Qi and Blood. It is good for weak digestion, anxiety, headaches, pain in the legs, and poor circulation. Liv3 is in the furrow on the top of the foot between the first and second toes, where the bones merge. This point regulates the Liver to promote free-flowing Qi and Blood, and helps the Liver store Blood. It is used to treat migraines, period problems, digestive disorders, irritability, and insomnia.



A Few Major Acupressure Points

Diagrams taken from
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