ACUPRESSURE POINTS by Michelle Wilkinson www.movingnaturally.co.uk

HEAD:

GV20 – crown of head (clears mind & resuscitation point)

BL2 – depression just under inner eyebrows (sinus & headaches)

LI20 – groove at sides of nose (cold & hay fever)

GB1 – lateral depression to eye orbits (benefits eyes & migraine)

TH23 – depression lateral end of eyebrows (eyes & headaches)

SI19 – depression by ear when mouth open (benefits ear)

BL 10 – base of skull/2 fingers lateral to spine(eyes/neck/headaches)

GB 20 – base of skull/4 fingers lateral to spine (eyes/ears/brain)

SHOULDERS:

GB21- middle top of shoulder (neck & shoulder/not in pregnancy)

SI10 – below lateral scapular spine (shoulder)

SI11 – centre of junction of upper & mid-third of scapular (shoulder)

HANDS:

HP8 – Palace of Anxiety in centre of palm (calms)

HT7 – medial side of wrist crease/palm up (calms)

LU9 – lateral side of wrist crease/palm up (benefits lungs)

LI4 – web between thumb & index finger (stops pain/ sinus/ toothache frontal headache/ not in pregnancy)

CHEST:

LU1 – 1inch below hollow under lateral end of clavicle (lungs)

CV17 – sternum between nipples (heart & lungs)

ABDOMEN:

ST25 – 3 fingers each side of navel (benefits the intestines)

CV points down midline from bottom of sternum to pubis that (benefit stomach/heart/intestines/bladder/kidneys)

SPINE:

YU points either spine of the vertebrae in ribcage/lower back & sacrum (points benefit organs located near them)

HIPS:

GB30: sides of hips (hip alignment & tension release)

KNEES:

ST36 – 4 fingers below & lateral to kneecap (strengthens body)

ANKLES:

KD3 – depression medial to Achilles tendon (kidneys/womb/knees)

BL60 – depression lateral to Achilles tendon (back/neck/bladder)

SP6 – 4 fingers above tip of ankle, press behind tibia bone (nourishes blood/ promotes sleep/ not to use in pregnancy)

FEET:

KD1 – depression centre of sole (revival point/calms)

LV2 & 3 – web between large toe & second toe (calms/headaches)