



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Acupressure for Immune System Support


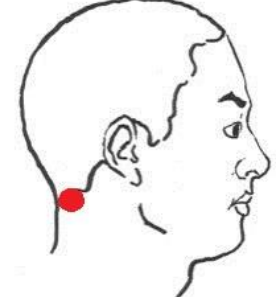
This is a short guide to teach you some gentle acupressure techniques to help support the immune system. Acupressure is a gentle, noninvasive way to stimulate acupuncture points on the body. These are great self-care tools you can use on yourself, a loved-one or patient if you are a health care provider.



There are exact locations for acupuncture points, however, when doing acupressure you do not need to worry about exact location. You should apply gentle pressure to the area, either pressing straight down, rubbing in a circular motion, or even tapping with the fingertips. At no time should the pressure be painful. However, you may feel some tenderness or soreness in the area of the point. This is a normal reaction and often means you are in the correct location.


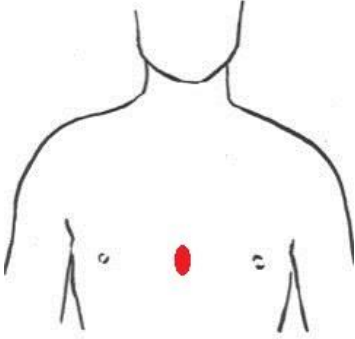
It is recommended to perform acupressure on this sequence of points, starting from the head and working your way down the body, ending with the points on the legs. Spend anywhere from a few seconds to a few minutes on each point. As you move along the body, you may take extra time at any location where you feel is needed. You may skip points along the way, and try different combinations to see what feels good for your individual body and situation. You can do this several times throughout the day. Throughout the entire process, maintain gentle and relaxed deep breathing.

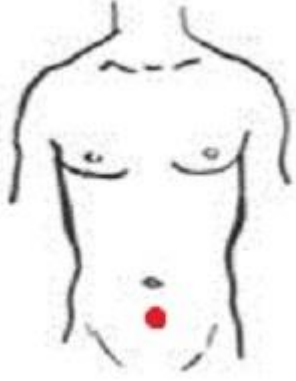

*The content of this hand out is not intended to diagnose, treat, or cure any disease, nor is it a substitute for medical care. If at any time you are experiencing pain or discomfort associated with this practice, please discontinue and consult with your physician.



 A line drawing of a human head from the front. A small red dot is placed on the forehead, between the eyebrows, just above the bridge of the nose.	<p>Yin Tang - Above the bridge of the nose, midway between the eyebrows. Press inward and slightly down.</p>
 A line drawing of a human head in profile, facing right. A small red dot is placed on the back of the head, at the base of the skull, between the two large depressions.	<p>Gb 20 – On the back of the head, In the two deep depressions just below the base of the skull.</p>

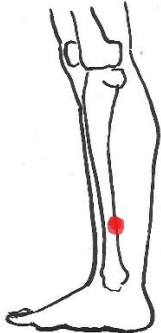
	<p>Tb 5 - From the back of the hand, three finger widths up from the crease of the wrist, between the bones on the forearm.</p>
	<p>Li 4 - In the middle of the muscle on the web of the hand, between the thumb and index finger. This point is easily stimulated by pinching from both sides, into the muscle.</p> <p>*Do not massage this point if you are pregnant.</p>

 A line drawing of a right hand and forearm. A red dot is marked on the radial side of the forearm, approximately two finger widths above the wrist crease.	<p>Lu 7 – About two finger widths up from the crease of the wrist, on the radial (thumb) side of the wrist.</p>
 A line drawing of a human torso from the neck to the upper abdomen. A red oval is marked on the midline of the sternum, approximately halfway between the two nipples.	<p>Ren 17 - On the midline of the sternum, located approximately level with and midway between the nipples. Find the tender spot.</p>

	<p>Ren 6 – About two finger widths below the navel.</p> <p>*Do not massage this point if you are pregnant</p>
	<p>St 36 - Approximately four finger widths below the knee cap, just off the outside edge of the bone (tibia) in the tender spot of the muscle.</p>



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 A line drawing of a human leg from the knee down to the foot. A red dot is placed on the tibia, approximately four finger widths above the inner ankle bone.	<p>Sp 6 – About four finger widths above the inside ankle bone, just off the edge of the bone (tibia) in the tender spot.</p> <p>*Do not massage this point if pregnant</p>
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