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# Acupressure - Heart Meridian

(Wash Hands Before Acupressure)

The Heart (HT) channel/meridian is often used for treating pain of the chest and Heart, and disorders of Heart rhythm, such as palpitation; regulating and calming the spirit; treating disorders of tongue and speech, including loss of voice, stiffness of tongue, painful and swollen tongue; treating disorders of throat and eyes. The HT meridian points in this acupressure exercise are more likely to be congested / stuck therefore the exercise is good to maintain the regular energy flow of the channel. The primary Heart channel pathway is shown in Figure 1, so are all the acupuncture/acupressure points (9 in total). **Please consult your doctors and acupuncturist when you need medical treatments. This exercise does not replace any professional treatments.**

Each session repeats 32 (4x8) to 64 (8x8) times. The pressure should be gentle but firm.

1. Push HT-4, HT-5, HT-6 and HT-7 (Figure 2): push along the meridian direction from HT-4 to HT-7. If any of these specific points are tender then you press and make small circles on those points. HT-7 is located at the wrist joint, on the radial side of flexor carpi ulnas, in the depression at the proximal border of the pisiform bone. HT-6 is located on the radial side of the tendon of flexor carpi ulnaris, 0.5 Cun proximal to HT-7. HT-5 is located on the radial side of the tendon of flexor carpi ulnaris, 1 Cun proximal to HT-7. HT-4 is located on the radial side of the tendon of flexor carpi ulnaris, 1.5 Cun proximal to HT-7. These points calm the spirit, benefit the voice, regulate Heart rhythm, reduce Heart pain and reduce night sweat.

2. Press HT-1 (Figure 3): This point is located in the depression at the center of the axilla. Use the thumb to press and make small circles.

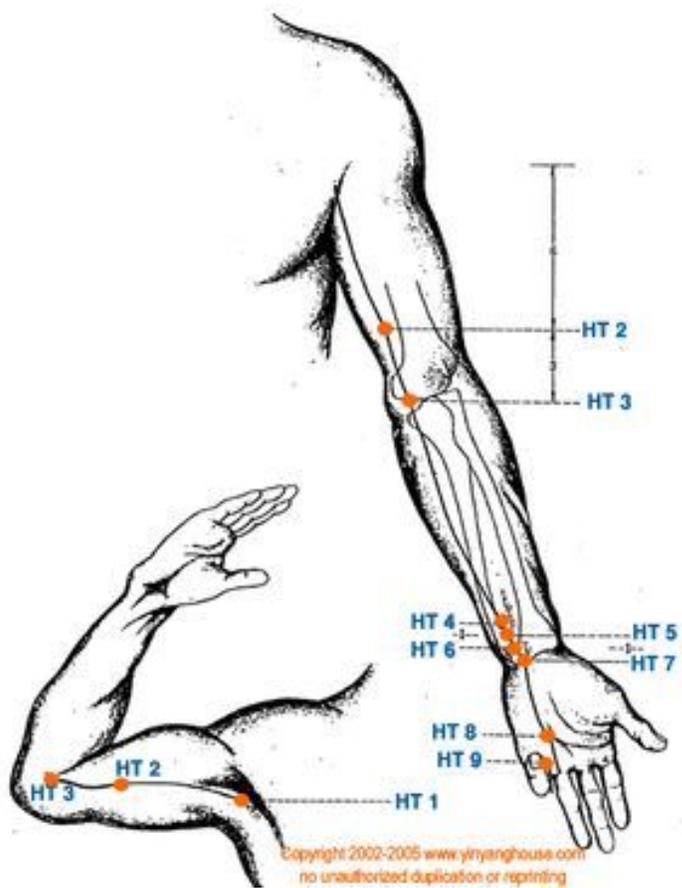


Figure 1

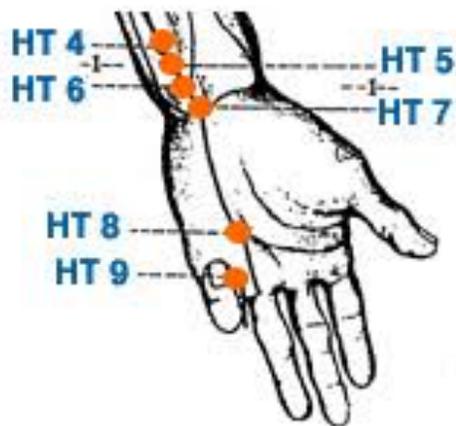


Figure 2