

Xin Tian, L.Ac.

xintianacupuncture@gmail.com

224-707-0998

June 22, 2020

# Acupressure - Small Intestine Meridian

(Wash Hands Before Acupressure)

The Small Intestine (SI) channel/meridian is often used for clearing heat and reducing fever, especially malarial fever; treating mania disorder; cooling heat and fire and alleviating pain along the meridian in the arm, axilla, shoulder, scapula, neck, throat, jaw, mouth, teeth, tongue, nose, cheek, eyes and ears. The primary Small Intestine meridian pathway is shown in Figure 1, so are all the acupuncture/acupressure points (19 in total). **Please consult your doctors and acupuncturist when you need medical treatments.**

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

1. Press SI-3 (Figure 2): This point is located on the ulnar border of the hand, in the substantial depression proximal to the head of the fifth metacarpal bone. The point benefits occiput, neck and back; clear heat and treats malaria; clam the spirit. Use index finger to press and make small circles.
2. Press SI-19 (Figure 3): With mouth open, this point is located in the depression between the middle of the tragus and the condyloid process of the mandible. It benefits hearing, treats discharge of the ears and tinnitus. Use the index finger to press and release.

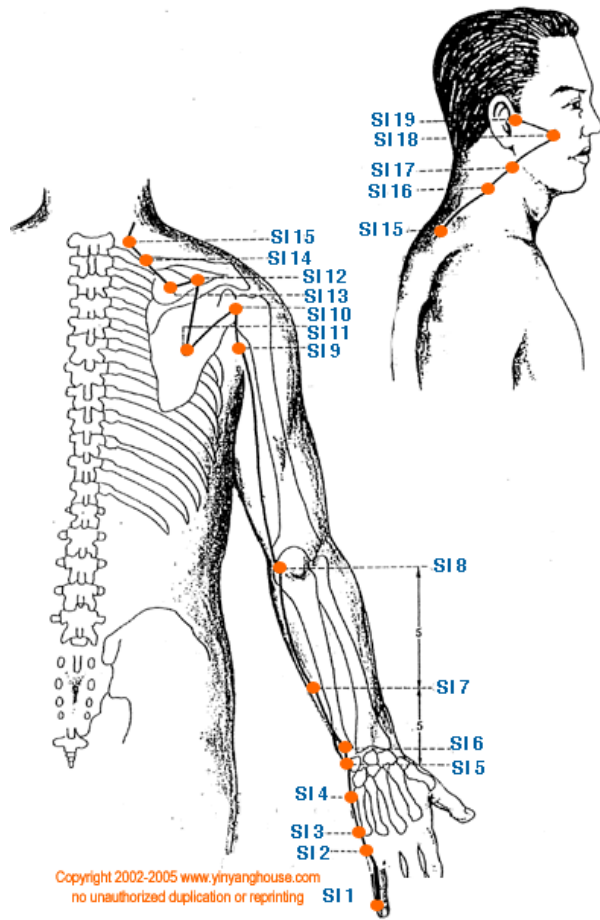


Figure 1

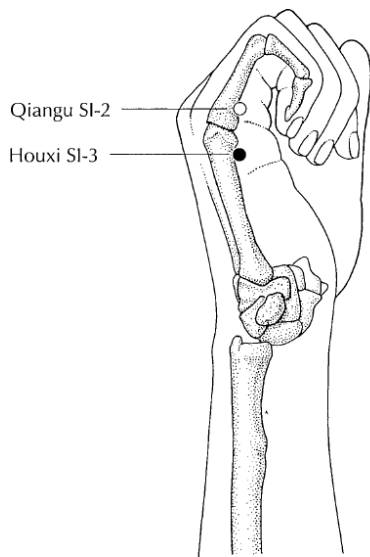


Figure 2

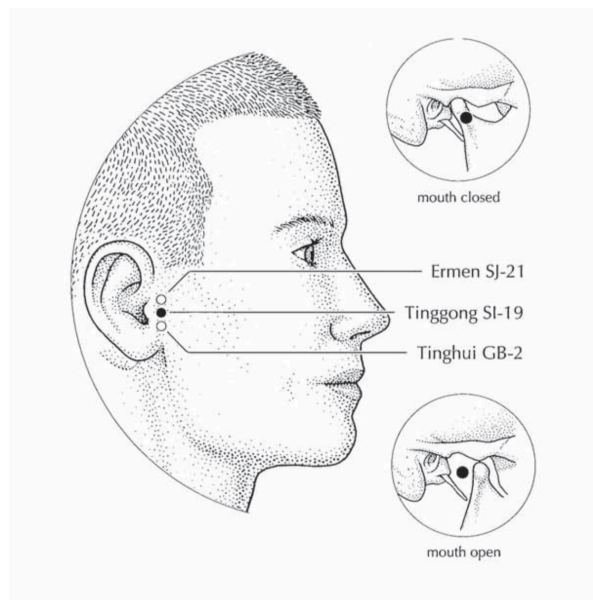


Figure 3