

Xin Tian, L.Ac.

<https://xintianacupuncture.weebly.com>

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# Acupressure 15 - Introduction

## (Wash Hands Before Acupressure)

**Please consult your doctors and acupuncturist when you need medical treatments. Acupressure DOES NOT replace any medical treatments.**

**The pressure should be gentle but firm.**

### 1. What is acupressure?

Acupressure is massage/press on the acupuncture points, without using the needles. Acupuncture points are the points on the meridians of the body. According to Traditional Chinese Medicine (TCM), meridians are the pathways that run throughout the body to connect organs and body parts and transport Qi blood fluid and essences. There are 12 primary meridians.

### 2. Why do it?

Acupressure is health maintenance done by oneself. It keeps body energy flow better. It releases some symptoms, for examples, pain, seasonal allergy symptoms, etc.

### 3. How does it work?

Like Tai Chi, TCM is based on the ancient Chinese philosophy of Yin Yang and Five Phases. The key of health is to keep the body Yin and Yang in balance, keep meridians flow smoothly. Acupressure helps to maintenance the Yin and Yang balance and keep body energy flow better by removing the obstructions along meridians via pressing and massaging the points.

### 4. Which part of the body or the whole body?

Acupressure has targets, which are the symptoms. It could involve one meridian or more than one meridians. Some meridian goes from head to toe, which is more like whole body involvement. Some meridian only go through arms it looks like partial body involvement. However, our body is a whole. Every part is connected one way or another to other part of the body. Even though the points look like involve less areas of the body the effect is the whole body.

#### 5. When to do it / not to do it?

When you have some symptoms or you have the tendency to have some symptoms you can do acupressure to release them or prevent the symptoms getting worse. For example, if you look at the screens all day long then your eyes tend to get tired. You should do the eye acupressure exercises to protect your visions. You don't need to do it if you don't have any symptoms. For example, you don't need to do the stuffy nose one if you don't have stuffy nose.

The biggest "not to do it" is that when you have medical issues that need your doctors involvements. Do consult your doctors with any medical concerns.

#### 6. Cautions

- Do not work on any areas that have skin lesions.
- Do not press too hard to make it swollen.
- Check with an acupuncturist before doing it on a pregnant woman.

#### 7. Acupressure exercises for this semester

- Season change symptoms - for example, common cold symptoms
- Any interests from the audience - Please email me your requests at [xintianacupuncture@gmail.com](mailto:xintianacupuncture@gmail.com)