

Xin Tian, L.Ac.

<https://xintianacupuncture.weebly.com>

224-707-0998

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# Acupressure 18 - Indigestion and Heartburn

(Wash Hands Before Acupressure)

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

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

This acupressure exercise helps with indigestion and heartburn. If you have any digestive tract abnormalities please do not do it before you contact your doctors.

1. CV-13, CV-12 and CV-10 (Shang Wan, Zhong Wan, Xia Wan) (Figure 1). All 3 points are located on the midline of the abdomen. Ren-12 is midway between the umbilicus and the sternocostal angle. Ren-13 is located one thumb-breadth above Ren-12. Ren-10 is halfway between Ren-12 and umbilicus. Put your palm or three fingers along the midline of abdomen and slide down from Ren-13 to Ren-10. Repeat 32 or 64 times.
2. ST-36 (Zu San Li) (Figure 2). Located below the knee, 3 Cun (4 finger-breadth) inferior to ST-35 and one finger-breadth lateral to the anterior crest of the tibia. Press and make small circles 32 or 64 times.

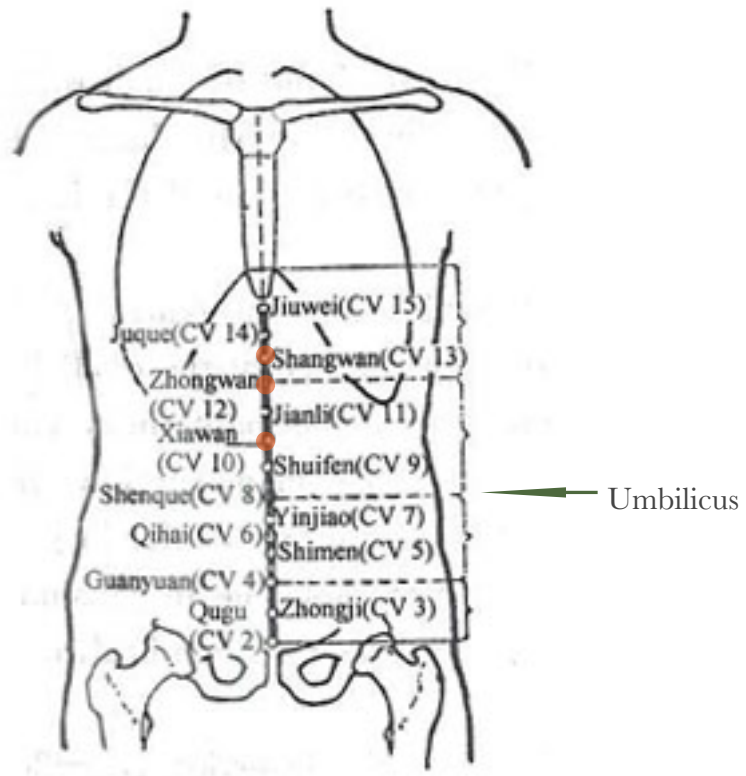


Figure 1

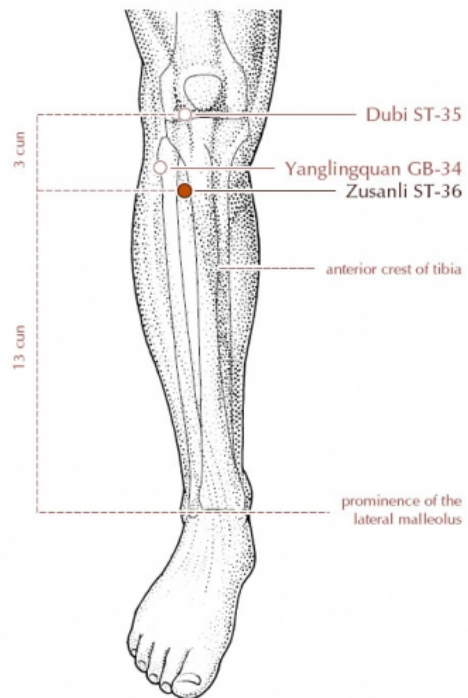


Figure 2