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Acupressure 19 - Hypertension 2

(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 reduced headaches and dizziness due to hypertension, especially when the temperature changes, especially wind and cold. This exercise can be done when the symptoms show up, or once a day.

1. BL 60 (Kun Lun) (Figure 1). This point is located on the foot, behind the external malleolus, in the depression between the tip of the external malleolus and the achilles tendon. Press with thumb and make small circles.
2. GB 41 (Zu Lin Qi) (Figure 2). This point is located in the depression distal to the junction of 4th and 5th metatarsal bones, on the lateral side of the tendon of muscle extensor digitorum longus. Press with the tip of a finger and make small circles.
3. SI 3 (Hou Xi) (Figure 3). This point is located on the ulnar border of the hand, in the substantial depression proximal to the head of the 5th metacarpal bone. Press with thumb and make small circles.

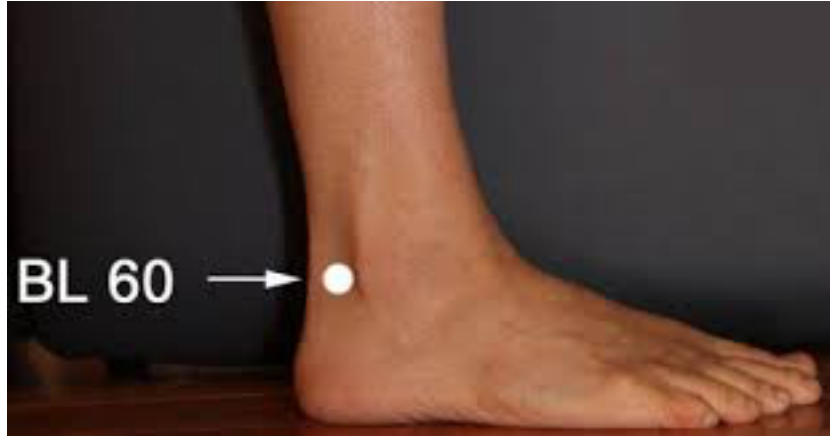


Figure 1

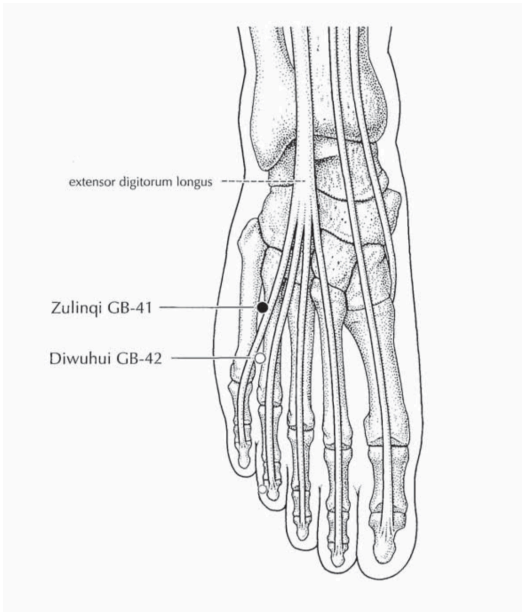


Figure 2

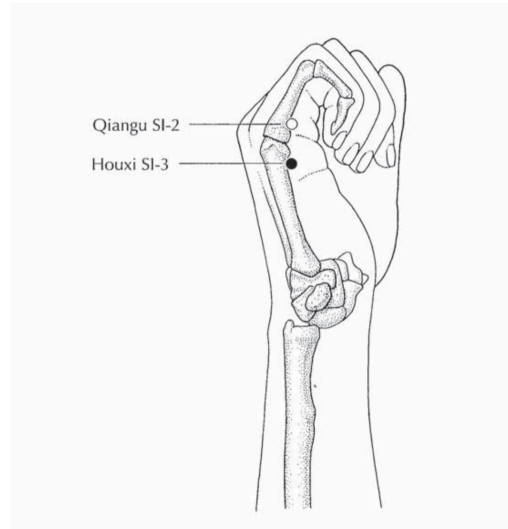


Figure 3