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Acupressure 34 - Swelling and Water Retention 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 relieving as well as preventing swollen feet and ankles, and other swelling caused by water retention.

1. KD 7 (Fu Liu Xue) (Figure 1). KD 7 is located on Kidney meridian, on the medial side of the lower leg, in the depression 2 Cun superior to KD 3 (level with medial malleolus), on the anterior border of the achilles tendon. Press with the thumb and make small circles for 32 or 64 times.
2. REN 9 (Shui Fen Xue) (Figure 2). REN 9 is located on REN meridian, on the midline of the abdomen, 1 Cun above the umbilicus. Press with the thumb and make small circles for 32 or 64 times.

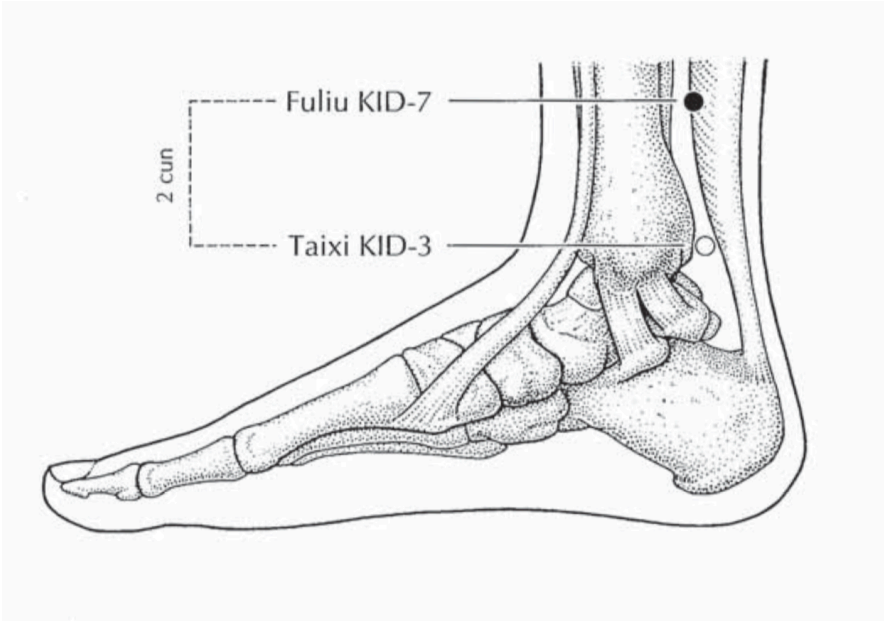


Figure 1

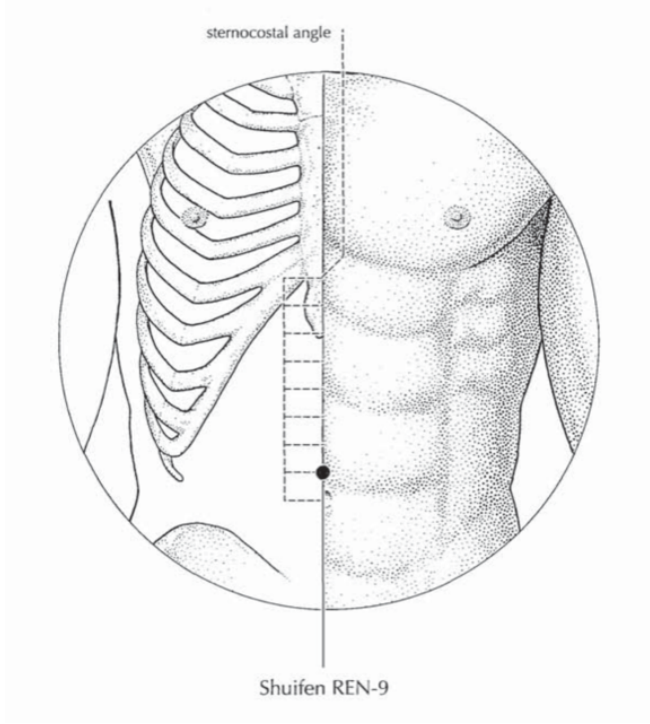


Figure 2