

Xin Tian, L.Ac.

<https://xintianacupuncture.weebly.com>

224-707-0998

May 12, 2021

Acupressure 37 - Immune System 3

(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 strengthening immune system, via moving the Qi and Blood in the body, tonifying Qi, digestive system, and body essence.

1. Ren 17 (Shan Zhong Xue) (Figure 1). Ren 17 is located on Ren meridian, on the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum. Press with 3 mid fingers of both hands and make small circles for 32 or 64 times.
2. Ren 6 (Qi Hai Xue) (Figure 2). Ren 6 is located on Ren meridian, on the midline of the abdomen, 1.5 Cun inferior to umbilicus. Press Ren 6 and Ren 4 together with the palms and make small circles for 32 or 64 times.
3. Ren 4 (Guan Yuan Xue) (Figure 3). Ren 4 is located on Ren meridian, on the midline of the abdomen, 3 Cun inferior to umbilicus. Press Ren 6 and Ren 4 together with the palms and make small circles for 32 or 64 times.
4. ST 36 (Zu San Li Xue) (Figure 4). ST 36 is located on Stomach meridian, below the knee, 3 Cun inferior to ST 35, one finger-breadth lateral to the anterior crest of the tibia. ST 35 is in the depression below the patella and lateral to the patella ligament. Press with any finger and make small circles for 32 or 64 times.

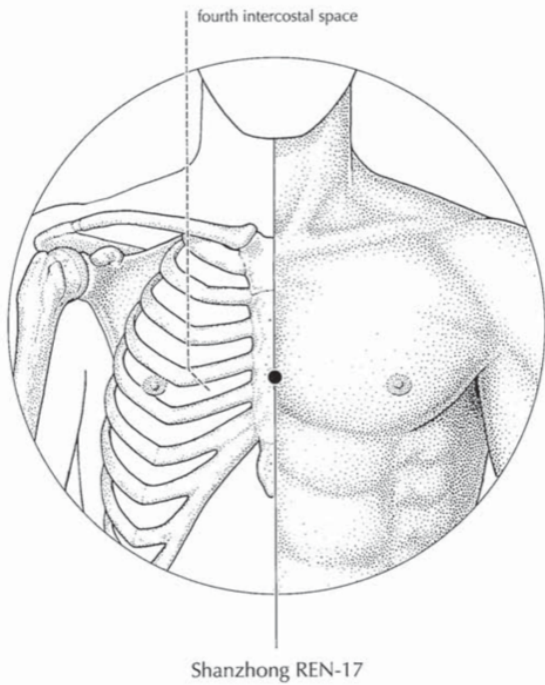


Figure 1

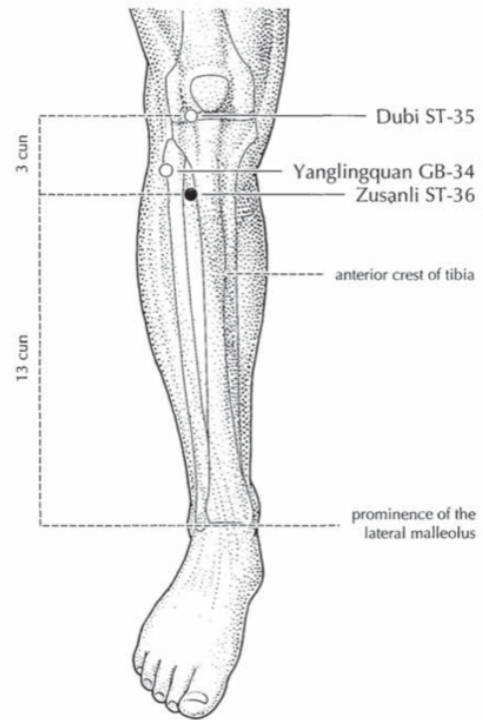


Figure 4

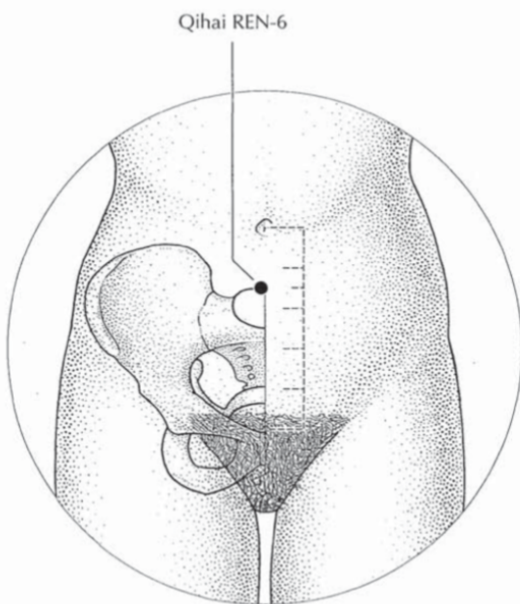


Figure 2

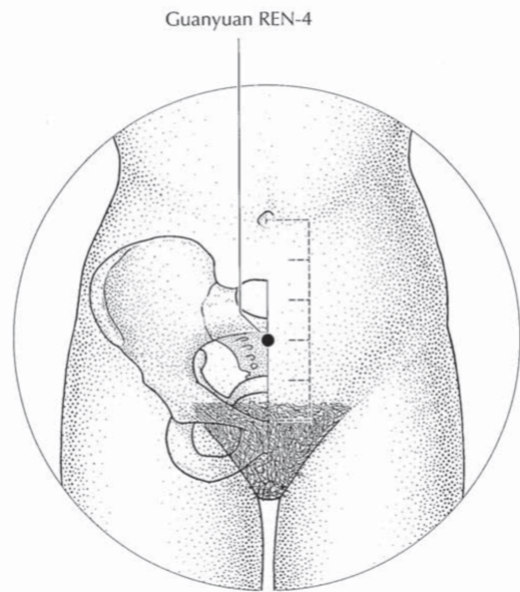


Figure 3