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Acupressure 38 - Immune System 4

(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. KD 27 (Shu Fu Xue) (Figure 1). KD 27 is located on Kidney meridian, in the depression on the lower border of the clavicle, 2 Cun lateral to the midline. Press with middle fingers of both hands and make small circles for 32 or 64 times.
2. KD 3 (Tai Xi Xue) (Figure 2). KD 3 is located on Kidney meridian, in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus. Press with thumb and make small circles for 32 or 64 times.
3. Kidney massage, as we do in Tai Chi class.

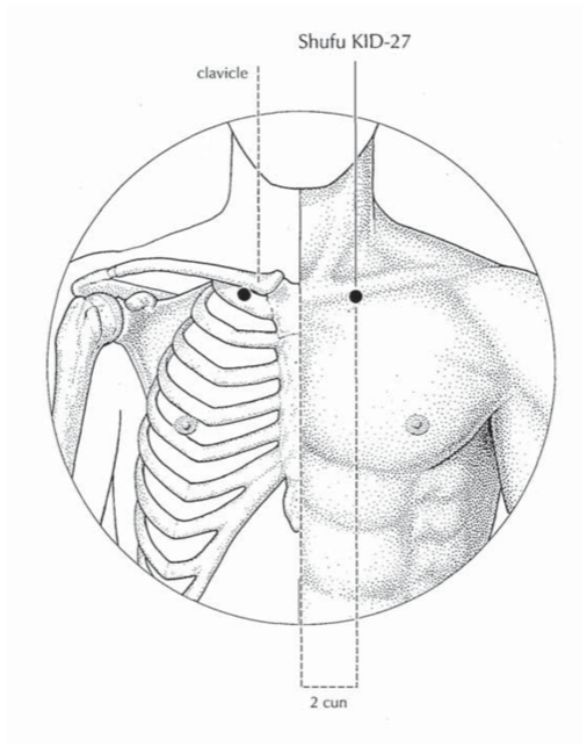


Figure 1

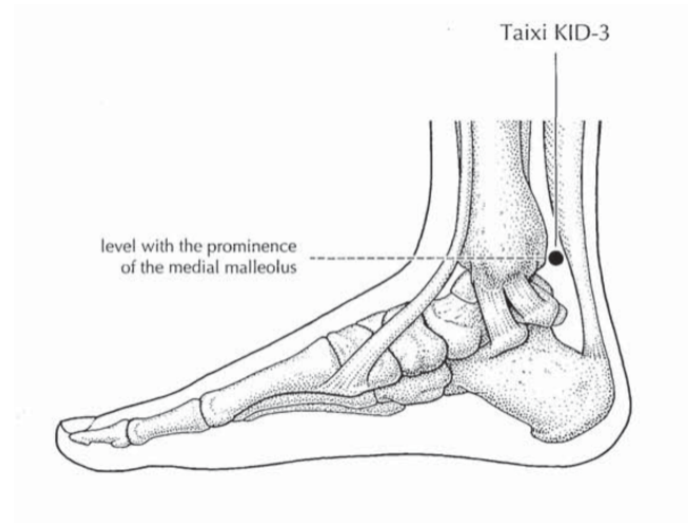


Figure 2