

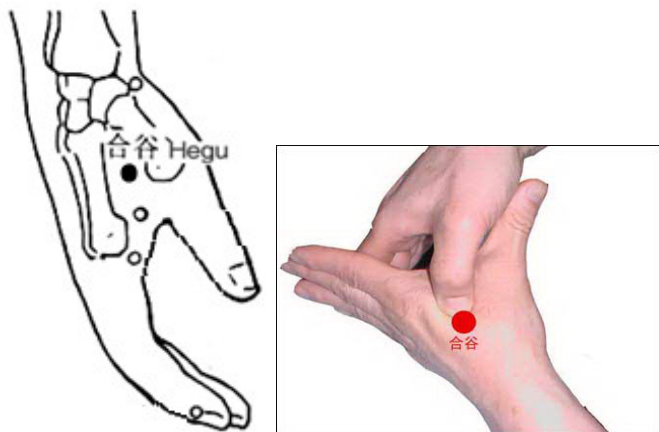
# ACUPRESSURE FOR BETTER DIGESTION

References: Kim, H.B. (2013). Minibook of Oriental Medicine, 2<sup>nd</sup> Edition. AcupunctureMedia.com.  
TCM Wiki: Traditional Chinese Medicine <http://www.tcmwiki.com/wiki/acupoints>

## 1. Four Gates Points – for stress & pain relief

### LI4 Hegu (合谷 Union Valley)

Yangming Large Intestine Meridian of Hand



<http://www.tcmwiki.com/wiki/li4>

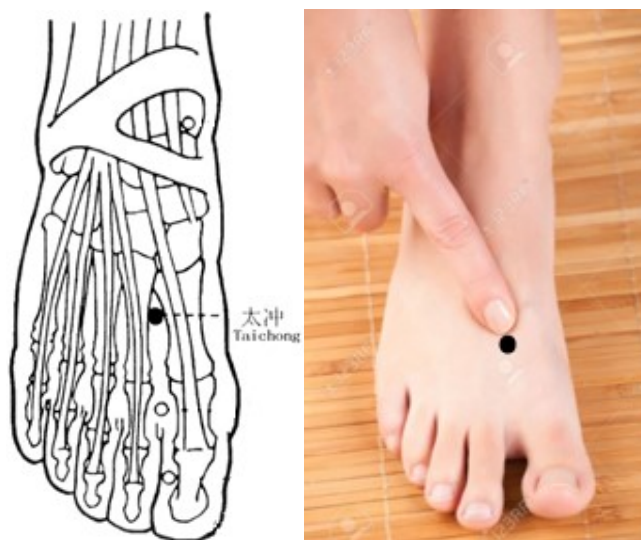
Location: On the dorsum of the hand, midway between the 1st and 2nd metacarpal bones, approximately in the middle of the 2nd metacarpal bone on the radial side.

#### Benefits:

- Tonifies Qi and harmonizes ascending & descending; removes obstruction from channel.
- Reduces muscle tension and relieves stress, especially of the upper extremities.
- Relieves pains and aches of the head, face, and the five sense organs, as well as toothache.
- Good for lowering blood pressure.
- Also, indicated for constipation.

### LV3 Taichong (太冲 Great Surge)

Jueyin Liver Meridian of Foot



Left: <http://www.tcmwiki.com/wiki/lr3>

Right: <http://previews.123rf.com/images/amaviael/amaviael1303/amaviael130300034/18596738-Acupressure-acupuncture-Finger-on-point-called-Great-Rushing-TAICHONG-LIV-3-Presentation-on-how-to-f-Stock-Photo.jpg>

Location: On the dorsum of the foot, in the depression distal to the junction of the 1st and 2nd metatarsal bones.

#### Benefits:

- Main point for calming the Liver.
- Helps to open up blockages and promote smooth flow of Qi through the Liver channel.
- Good for lowering high blood pressure, fainting and headache caused by high blood pressure, dizziness & vertigo, convulsion, or epilepsy.
- Helps to calm the Mind and relieve headache caused by Liver Yang uprising, associated with redness and pain of the eye.

**\*\*Note:** The combined use of LI4 Hegu + LV3 Taichong is superb for balancing Yin and Yang, and also regulating Qi and Blood. Together, these points are termed as the Four Gates (Si Guan), a classically used acupuncture point combination used to enhance the whole body circulation.