

2. Leg Points – for better digestion & energy

ST36 Zusanli (足三里 Leg Three Miles) Yangming Stomach Meridian of Foot



Left: <http://www.tcmwiki.com/wiki/st36>

Right: <http://www.damazen.com/blog/wp-content/uploads/2012/08/1.jpg>

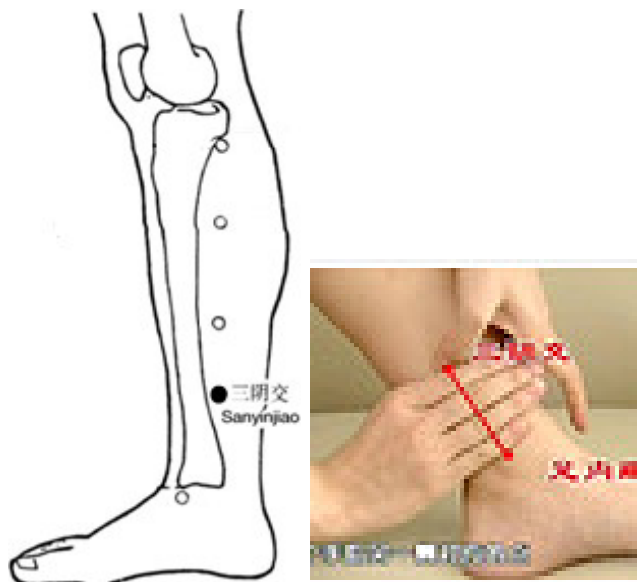
Location: 3 cun below Dubi (lower border of the kneecap), one finger breadth from the anterior crest of the tibia, in m. tibialis anterior.

Benefits:

- Increases and regulates energy flow, relieves fatigue, and helps in increasing concentration.
- Main point for the gastro-intestinal diseases.
- Used to treat cough, asthma, etc.
- Used to lower or raise blood pressure.
- Used to treat fainting and insomnia.
- Main point for strengthening the body's resistance and restoring vital energy.
- Treats diseases of the head, face and five sense organs, often used with LI4 Hegu point.
- Main point for paralysis of the lower extremities.

****Note:** Many practitioners avoid using ST36 on children, believing that the strongly descending action of this point can prevent upward growth.

SP6 Sanyinjiao (三阴交 Three Yin Crossing) Taiyin Spleen Meridian of Foot



Left: <http://www.tcmwiki.com/wiki/sp6>

Right: https://c1.staticflickr.com/7/6079/6076101430_09b3d12666_s.jpg

Location: 3 cun directly above the tip of the medial malleolus, on the posterior border of the medial aspect of the tibia.

Benefits:

- Strengthens the Spleen, resolves Dampness, promotes Liver function & smooth flow of Liver Qi, nourishes the Blood & Yin, strengthens the Kidney.
- Calms the Mind; useful for inducing sedation and tranquilization by lowering the blood pressure.
- Main point for gastro-intestinal diseases, often used in combination with ST36 Zusanli.
- Main point for diseases of urinary system, such as retention of urine, edema, enuresis, etc.
- Main point for diseases of genital system, such as impotence, spermatorrhea, amenorrhea, dysmenorrhea, vaginal discharge, etc.
- Invigorates Blood & removes stasis; important point for relieving pain of the lower part of the abdomen, as well as lower extremities.

****Note:** SP6 is contraindicated during pregnancy.