

NEW APPROACHES TO STRESS REDUCTION RESOURCES

From April 22, 2020 Recorded Webinar | Self Care Strategies from the Traditional Chinese Medicine (TCM) Playbook with Joe Davis, LAc, Sahar Ghasemi, LAc & Cong Nguyen, LAc Acupuncturists at Crossover Health

Press-and-Pulse Method of Acupressure Point Stimulation

Locate the most tender point in the recommended area by pressing around the general region. Use your thumb, fingertip, fingernail, knuckle, elbow, or another tool such as the eraser end of a pencil to press on the point with a good amount of pressure. Press firmly, but not with enough force to break the skin.

Spend 30 seconds to 3 minutes per point, vigorously pressing and ‘pulsing’ the point, alternating the frequency of your pulsing from fast, to slow, and back again. Press into the point until symptom relief is achieved, or the point starts to feel too uncomfortable. Give the spot a rest and move on to a different point.

Locating Acupressure Points

Points that are not on the midline can be found in the same location on the right and left sides of the body, so feel free to alternate points while seeking relief. Points on the back are best reached with a Lacrosse ball, foam roller, Thera Cane or similar tool, or ask a housemate!

Cautions and Practical Considerations

- Acupressure sessions can be applied up to 3 times per day.
- Use caution when attempting to stimulate a point on or around visible superficial veins, or in red, swollen areas.
- Do not perform acupressure over open wounds, scabs, or other skin lesions.
- Results can vary. You may feel quick relief, or it may take several applications depending on what is going on in your individual case.

OTHER ACUPRESSURE TECHNIQUES

These other techniques might be used in place of the main ‘Press-and-Pulse’ method to create specific effects. Please work with your Crossover Acupuncture Provider on how and when to apply these techniques:

Tonify/Strengthen – apply pressure and move the finger in small clockwise circles.

Calm/Sedate – apply pressure and move the finger in small counterclockwise circles.

Press-and-Release – press down slowly until it’s sore, hold for 30 sec. – 1 min. and release.

Yin Tang

Chinese Name: Yin Tang (English translation: Hall of Impression)

Indications: Stress, Anxiety, Allergies

Point location: At the midpoint between the eyebrows, where the bridge of the nose meets the forehead

Ren 17

Chinese Name: Shan Zhong (English translation: Chest Center)

Indications: Stress, Tightness in the Chest, Immunity

Point location: On the flat part of the center of the chest, roughly midway between the nipples, the point will be tender when pressed

BUDDHA'S TRIANGLE: HEART 7, PERICARDIUM 6, LUNG 9**Heart 7**

Chinese Name: Shen Men (English translation: Spirit Gate)

Indications: Stress, Insomnia, Poor Memory

Point location: Palm facing upward, go to the little finger side of the wrist crease, the point is in the depression just towards the center of the wrist.

Pericardium 6

Chinese Name: Nei Guan (English translation: Inner Gate)

Indications: Stress, Sadness/Grief, Nausea

Point location: Palm facing up, the point is 3 finger-widths from wrist crease, towards the elbow in the center.

Lung 9

Chinese Name: Tai Yuan (English translation: Great Abyss)

Indications: Stress, Shallow Breathing, Immunity/Lung Health

Point location: Palm facing up, the point is on the thumb side of the wrist crease, in the first depression towards the center of the wrist