



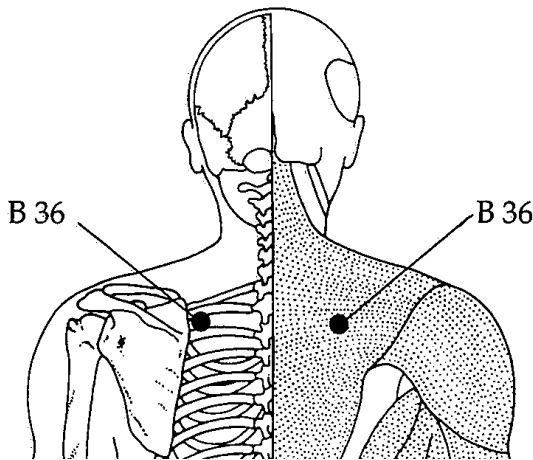
Philip Lai Qi Gong Association

Acupressure for Colds and Flu

In the winter season, people tend to congregate indoors in environments that are warm and dry which are ideal opportunities to share the germs for cold and flu. The coughs and runny nose symptoms are the attempts by the body to shed the germs. Here are acupressure techniques to help clear your sinuses and increase your resistance to colds and flu.

NOTE: Information below does not replace the services of a trained health care professional. Consult your health care professional before following these practices. Any application of the methods described below is at the reader's discretion and sole risk.

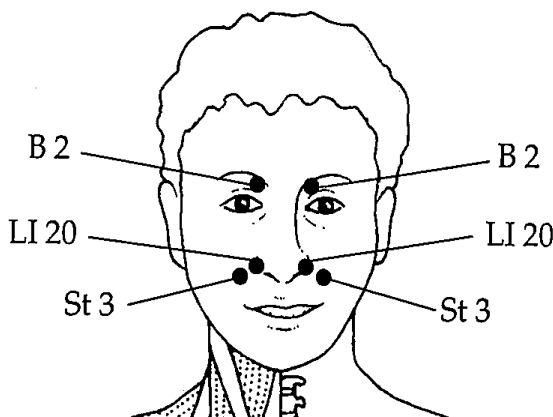
Potent Points for Relief of Cold and Flu



Bearing Support (Bladder 36)

Location: near the spine off the tips of the shoulder blades

Benefits: stimulates the immune system



Drilling Bamboo (Bladder 2)

Location: In the indentations of the eye sockets on either side of where the bridge of the nose meets the ridge of the eyebrows

Benefits: Relieves colds, sinus congestion, eye pressure

Welcoming Perfume (Large Intestine 20)

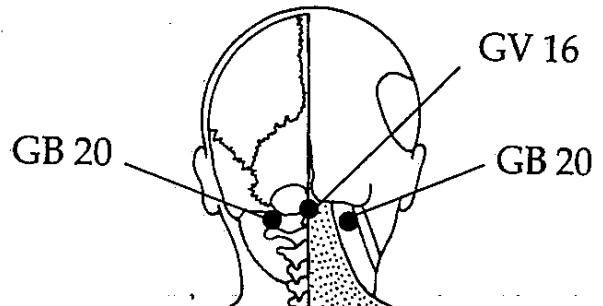
Location: on either cheek just outside each nostril

Benefits: Relieves nasal congestion and sinus pain

Facial Beauty (Stomach 3)

Location: at the bottom of the cheekbone directly below the pupil

Benefits: Relieves stuffy nose, head congestion and eye pressure



Gates of Consciousness (Gall Bladder 20)

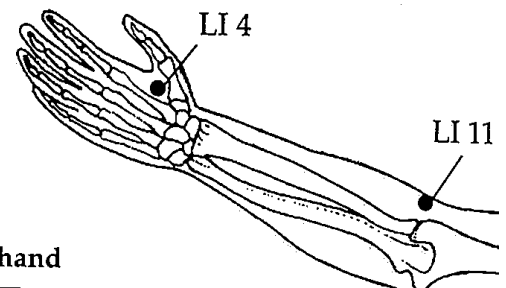
Location: Below the base of the skull in the hollows on both sides two to three inches apart

Benefits: Relieves headache and head congestion P1

Wind Mansion (Governing Vessel 16)

Location: In the centre of the back of the head in the large hollow under the base of the skull

Benefits: Relieves headache, head congestion, red eyes and stiff neck



Back of hand

Hoku (Large Intestine 4)

Warning: do not use if pregnant

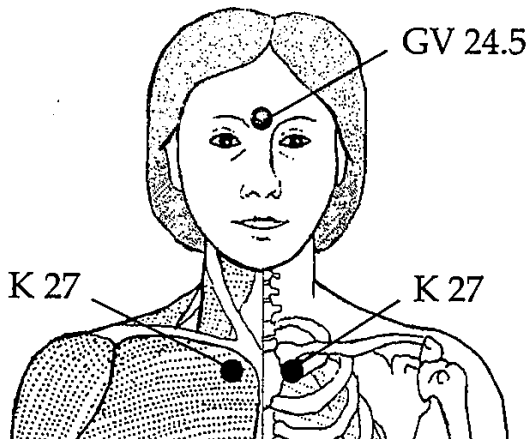
Location: at the highest spot of the muscle on the back of the hand that protrudes when the thumb and index fingers are close together

Benefits: Relieves colds, flu, head congestion and head ache

Crooked Pond (Large Intestine 11)

Location: at the outer end of the elbow crease

Benefits: Relieves cold symptoms, fever and boosts the immune system



Elegant Mansion (Kidney 27)

Location: in the hollow below the collarbone next to the breastbone

Benefits: Relieves chest congestion, breathing difficulties, coughing and sore throat

Third Eye Point (Governing Vessel 24.5)

Location: directly between the eyebrows in the indentation where the bridge of the nose meets the centre of the forehead

Benefits: relieves head congestion, stuffy nose and headaches

Acupressure Exercises for Cold and Flu

Lie on your back or sit comfortably for these exercises.

Press Bladder 2

Use your thumbs on the upper ridges of the eye sockets and press into the slight hollows near the bridge of the nose (bladder 2 points) for one minute. Close your eyes and take a few deep breaths letting your head relax forward onto your thumbs.

Press Stomach 3 and Large Intestine 20

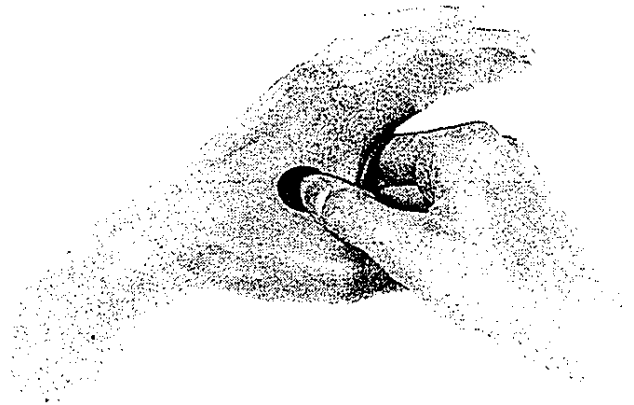
Place both middle fingers beside your nostrils and your index fingers next to them. Gradually press up

and underneath the cheekbones for one minute.

Press Large Intestine 11

Bend your arm and place your thumb at the end of the elbow crease on the outside of the forearm. Curve your fingers to press firmly into the elbow joint for one minute. Repeat on the other arm.

Press Large Intestine 4



Spread your left thumb and index finger apart. Place your right thumb in the webbing on the back of your left hand and your fingertips on the palm directly behind your thumb. Firmly squeeze your thumb and index finger of the right hand together to press into the webbing. Angle the pressure toward the bone that connects with your left index finger and hold for one minute. Switch and do the same on the other hand.

Press Gall Bladder 20

Close your eyes and place your thumbs underneath the base of your skull two or three inches apart. Slowly tilt your head back and apply pressure gradually for one minute.

Press Governing Vessel 16

Place the tips of your middle fingers into the hollow in the centre of the base of your skull. Keep your fingers on this point and inhale as you relax your head forward. Slowly rock your head back and forth and breathe deeply for one minute to relieve head congestion.

Press Governing Vessel GV 24.5

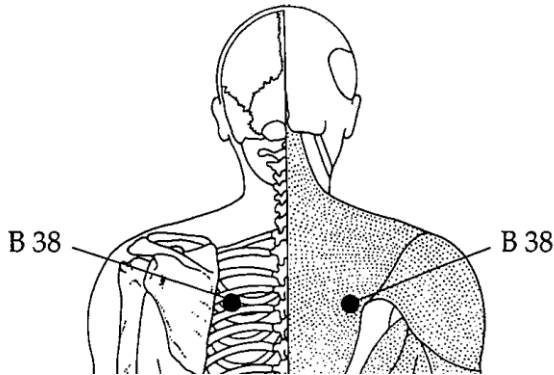
Bring your palms together touch your Third Eye lightly with your middle and index fingers. Breathe deeply for a minute to strengthen your immune system.

Press Kidney 27

Place your fingertips on the protrusions of your collarbone then slide them down and outward to the first indentations in between the bones. Press into the

hollow and breathe deeply as you visualize that your congestion is clearing.

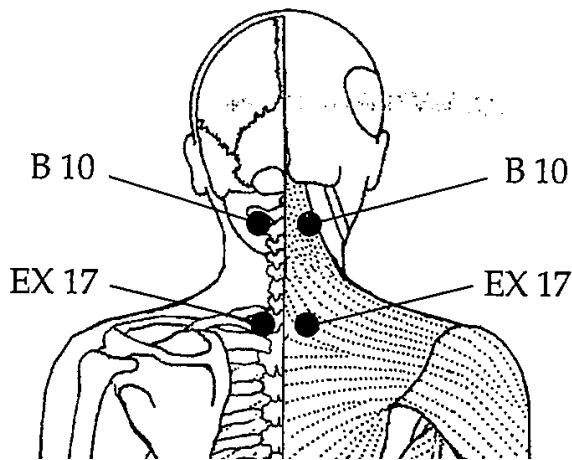
Potent Points for Relief of Coughing



Vital Diaphragm (Bladder 38)

Location: Between the shoulder blade and the spine at the level of the heart

Benefits: Relieves coughing and breathing difficulties



Heavenly Pillar (Bladder 10)

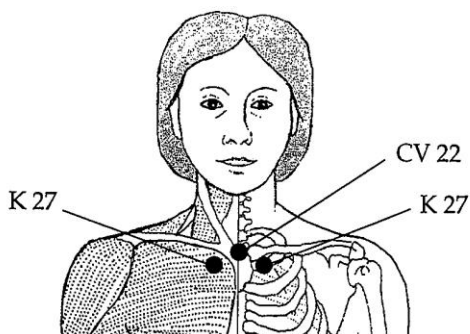
Location: half an inch below the base of the skull on the rosy muscles half an inch on either side of the spine

Benefits: Relieves sore throat and heaviness of the head

Ding Chuan (Extra point 17)

Location: to the side and above the vertebra that protrudes at the top of the spine when the head tilts down

Benefits: Relieves sore throat and coughing



Elegant Mansion (Kidney 27)

Location: in the hollow below the collarbone next to the breastbone

Benefits: Relieves chest congestion, breathing difficulties, coughing and sore throat

Heaven Rushing Out (Conception Vessel 22)

Location: at the base of the throat in the large hollow directly below the Adam's Apple

Benefits: Relieves chest congestion, coughing and sore throat

Acupressure Exercises for Relief of Coughing

Lie on your back comfortably for these exercises.

Hold Kidney 27 points

Place your fingertips on your chest and firmly press into the indentations directly below the protrusions of the collarbone for one minute as you breathe.

Press Bladder 38 points

Place two small rubber balls together on a carpet. Lie down, placing the balls between your shoulder blades at the level of your heart. Close your eyes and take three long deep breaths as you continue to press the Kidney 27 points on your upper chest.

Press Extra Point 17 point

Slowly roll the rubber balls a few inches higher toward the base of your neck. You could also press this point with the tips of your middle fingers. Close your eyes and take three long deep breaths as you do this.

Hold Bladder 10 and Conception Vessel 22 Points

Press Bladder 10 on the upper neck with one hand using the fingertips. Use your other hand to lightly hold Conception Vessel 22 one inch below the Adam's Apple pressing at a downward angle. Close your eyes and breathe deeply as you visualize healing energy soothing your throat.