



Philip Lai Qi Gong Association

February Newsletter 2020

My dear Qi Gong friends:

Acupressure and the Kidney Meridian

Acupressure is an easy, gentle and safe method to treat many health complaints. Here are some examples using potent points on the Kidney Meridian. For more instruction and training, please attend Acupressure with Qi Certificate Course Feb 8 & 22 <https://www.facebook.com/events/305204350399880/>.

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.

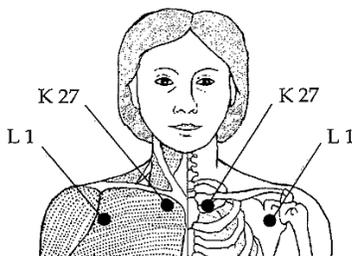
Asthma and Breathing Difficulties

Elegant Mansion (Kidney 27)

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

Benefits: relieves chest congestion, breathing difficulties, asthma, coughing and anxiety

Use your thumbs to press the indentations directly below your collarbone. Apply gradual, firm pressure on both of these upper chest points as you take five long, deep breaths.



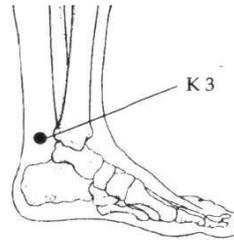
Acupressure for Earaches and Ringing

Bigger Stream (Kidney 3)

Warning: do not use if pregnant

Location: midway between the inside of the anklebone and the Achilles tendon in the back of your ankle

Benefits: relieves earaches and ringing in the ears
K 3 is located between the inside of your anklebone and the Achilles tendon, toward the back of your ankle. Use your right thumb to press the point on your right ankle and your left thumb to press the same point on your left foot. Apply firm pressure for one minute on both sides.



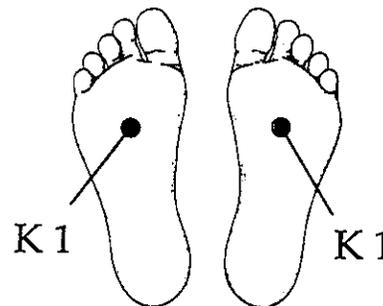
Hot Flashes

Bubbling Spring (Kidney 1)

Location: at the base of the ball of the foot, between the two pads

Benefits: relieves hot flashes, fainting and convulsions

Use your thumb to gradually press K1 on the bottom of your foot. Hold for one minute and then switch to the other foot.



Acupressure for Insomnia

Joyful Sleep (Kidney 6)

Location: directly below the inside of the anklebone in a slight indentation

Benefits: relieves insomnia, heel and ankle pain, high blood pressure and anxiety

Use your thumbs to hold the K6 points on the inside of each ankle in an indentation directly below the inner ankle bone. Hold these points and breathe deeply for one minute.

