PART TWO -- WORKING THE POINTS

Finding and Using the Points

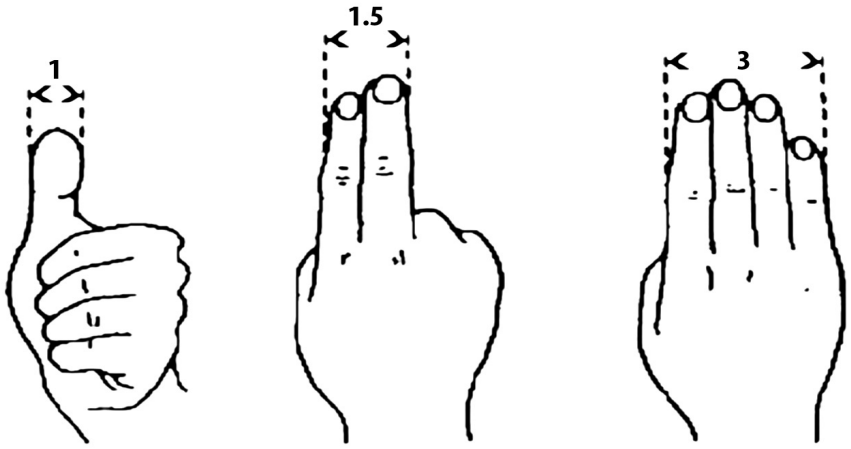
Finding the right point can be very confusing because different authors recommend different points for the same condition. To add to the confusion, a single author may list between 20 and 30 points per condition. There are 163 different points recommended for headaches that are found in the literature.

We've eliminated this confusion by taking only the consensus points (agreed upon important points) from hundreds of top experts in the field of Acupuncture. (See *the Acupuncture Comprehensive Prescription Index* by Ralph Allen Dale.[16]) Remember also that acupuncture and acupressure use the same acupoints. So, for each condition listed in this book, you will find only those points that the experts agree upon.

Some points are hard to find and difficult to reach by yourself. Since self treatment is emphasized and a point is hard to find and can't be stimulated easily with one of the tools, you should leave it out of your initial treatments. If the accessible points do not give you the help you are seeking, have of another person assist with the hard to reach points. Illustrations of the points and written descriptions are listed alphabetically. Some points are not defined because the illustration is clearer than a definition. The points, used most frequently, that you may want to learn have more detailed illustrations in the table of points.

Acupressure Measurements

The measurements of acupressure relate to the body inch. One "body inch" or "cun" equals one thumb width at the base of the fingernail. Measurements are individual since each person's hands and fingers are different sizes. The width of your four fingers at their widest point is equal to your three body inches. The thumb width of the person being treated should always be used. These measurements are approximate.



When you find the general area on your skin, gently probe with your **Acu-Ki** until you find that point which gives you a "funny bone" feeling, or is sensitive, tender and sore. Then press hard enough to make the point hurt. A steady pressure is easiest and what is usually used. Alternating pressure for five seconds on and five seconds off can be effective as well. Sometimes none of the points are sore for me. I just work the points that seem to give relief. For some conditions relief is immediate and others I must do six to twelve treatments before I achieve relief.

Information on a more detailed description of points for symptoms is available through our computer analysis. This computer program has evolved over twenty years. When I first realized that many of our results were based on stimulation of acupressure points, I began collecting different points for different conditions. I noticed also that there were different points recommended by different authors for the same conditions. This was very confusing. Who was right? After several years of trying to figure out why they were different and which points were “right” I discovered Dale’s monumental work *Acupuncture Comprehensive Index.*[14] His work gathers the points from more than two hundred and thirty authors. This is where I first learned that there were 163 different points recommended for headaches. He also highlights the points they agree on as primary points. These primary points are the ones that are selected in this program and are the major points used in this text. As in this book, the points for different conditions are described in user-friendly terms but there is also a listing of the technical medical descriptions that one can use. The free printout offered with this book uses the user-friendly terminology.

Pictures of the points are shown on the screen or you can make a printout of just the points and point descriptions for one specific condition. This eliminates having to go back and forth to a

larger picture to find the points related to the condition. They are all listed on one page. The pictures for each point are in much more detail than can normally be offered in general texts on acupressure. For the general use I have selected only sixteen points for each condition although there are sometimes many more points. When first starting, it could be overwhelming if you had to pick the points from all the recommended points, e.g., headaches. You can get another listing of additional points or people who purchase the computer program can see the additional points listed sixteen at a time (sixteen can be printed easily on one page so that is the number we do on each listing).

Another feature that is offered in the program is a point summary for different conditions. When I started looking at conditions for myself I found there were several I was interested in. Sometimes the same points were recommended for different conditions. To me this made those points more important because they treated several problems. I began ranking the points on the frequency they were used within each group of problems. So if Li4 is used for four of the eight conditions I am working with, I stimulate it as often as I can. The program ranks all the points as to frequency of use within any group of conditions. If you have eight conditions you are working with, there could be as many as one hundred and twenty-eight primary points to select from. The frequency summary narrows that down to priority points that you work on more often than the other group combinations.

Besides summarizing the different points, the program combines the macro- and micro-systems for different problems. If you have a shoulder problem, the printout includes important macro-points and micro-points using the ear, hands and foot. A printout from this program is available free on the web site or the program can be purchased to be used by professionals, businesses or family use. Sometimes it is easier to get someone to try using acupressure from one printed sheet for their condition rather than hunting for the points from a listing. A sample printout of the points for headaches that is printed on the next page, lets you see how it is presented for one condition. Written descriptions are also printed with each symptom.