

BLUSABOOKS · ACUPRESSURE

The Pressure *Point* Handbook

*Acupressure at home: 40 everyday complaints, the points
and how to find them with your own fingers*

40
COMPLAINTS
WITH 3D POINTS



AN ILLUSTRATED GUIDE · MMXXVI

The Pressure Point Handbook

Acupressure at home: 40 everyday complaints, the points and how to find them with your own fingers

HOW TO READ EACH COMPLAINT

<i>What is going on</i>	the complaint in plain words
<i>The points</i>	code, Chinese name and location
<i>How to find it</i>	step by step, with finger measures
<i>How to press</i>	pressure, time, sides, how often
<i>Tradition and research</i>	both sides, honestly
<i>Take care</i>	when not to press and when to see a doctor

EVIDENCE LEVEL

● ● ● <i>WELL STUDIED</i>	several good trials and reviews
● ● ○ <i>PROMISING</i>	some trials with a positive signal
● ○ ○ <i>TRADITION</i>	centuries of practice and experience

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Foreword

Your hands are the oldest first-aid kit you own. Long before tablets and heat patches, people pressed the place that hurt, rubbed a tense neck or held the web of the thumb during a headache. Acupressure takes that instinct and gives it a map: a few dozen small, well-described places on the body where firm, patient pressure often brings relief.

This book is a practical handbook, not a promise of miracles. It covers forty everyday complaints, from a tight neck and tired eyes to nausea, poor sleep and period pain. For each one you will find the points with their standard international codes, clear steps for finding them, how hard and how long to press, what the Chinese tradition says, and what modern research actually shows. Every point also has a short list of situations when you should not press, or when you should see a doctor instead.

Read the first part before you begin. It explains how to measure the body with your own fingers, the three kinds of pressure, and the safety rules that matter most. After that, the chapters can be used in any order, like a cookbook.

Acupressure is gentle, free and always with you. Used sensibly, alongside medical care rather than instead of it, it is one of the kindest things you can do for yourself.

What acupressure is

Acupressure is the practice of pressing specific points on the skin with the fingers, thumbs or knuckles to ease discomfort and help the body relax. It grew out of traditional Chinese medicine, the same tradition that gave the world acupuncture, which uses fine needles on the same points. Pressure is simply the needle-free, do-it-yourself version.

Meridians and points

In the classical Chinese view, vital energy called qi flows through the body along channels known as meridians. There are twelve main meridians, each linked to an organ system, and two central vessels that run along the front and back midline of the body. Points sit along these channels like stations on a railway line. Each has a name, often poetic, such as "Joining Valley" or "Inner Gate", and a code used by practitioners worldwide: LI4 is the fourth point of the Large Intestine meridian, PC6 the sixth point of the Pericardium meridian. Points that lie outside the classical channels carry the prefix EX, for "extra".

According to the tradition, pain and illness arise when qi is blocked or out of balance, and pressing the right point helps it flow again.

How it might work

Modern science does not find meridians as physical structures, but it offers several possible explanations for why pressing certain places can help. Many traditional points lie where nerves, blood vessels or tendons run close to the surface. Firm pressure stimulates nerve fibres that can dampen pain signals travelling to the brain, an idea known as the gate control theory of pain. Pressure and massage can also trigger the release of the body's own pain-relieving substances, such as endorphins, and shift the nervous system towards its calm, "rest and digest" mode.

There is also the power of attention and expectation. Taking a quiet minute, breathing slowly and caring for your own body changes how pain feels. Researchers

call part of this the placebo effect. It is not a trick: it is a real, measurable response, and it is one reason honest studies must compare real points with sham points.