

Acupressure Points for Labor

Acupressure Techniques: Pressing and Reducing Points

There are two ways that acupressure points are manipulated: pressing (reinforcing) and reducing them. Most are probably familiar with the first, but not with the second method.

To press points, use something blunt. Usually the fingers are used to press, but I find that for many points the fingers may be a bit too thick, so you'd have to press quite long and firmly. Ideal would be something 3 to 4 mm thick, like a (preferably used) pencil eraser that's on the other side of a pencil. Some points can be pressed using a fingernail.



Pressing points for less than half a second can already have a distinguishable effect. So for just trying out a point you could press it only briefly.

To get a full effect however, pressure should be applied for at least half a minute, but preferably longer. One to two minutes should do.



To reduce a point, turn a finger over it in counter-clockwise direction, also for one to two minutes.

Acupressure point SP-6

Acupressure point SP-6. Increases oxytocin. Calms, relaxes and reduces irritability. Reduces fear.

SP-6

Name: Three Yin Intersection (Spleen 6)

Location: On the inside of the lower leg, one hand width (four fingers) above the tip of the ankle bone, on the back of the shin bone.

Use: Press.

Warning: Don't use this point until the end of pregnancy.

Effects: Calms, relaxes and reduces irritability. Heals effects on the body of too much fear, worrying and thinking. (Also used for gynecological conditions.)



Acupressure point ST-36

Acupressure point ST-36. Use for emotional well-being, grounding, over thinking and increasing stamina.

ST-36

Name: Leg Three Miles (Stomach 36)

Location: On the front of the leg, one hand width (four fingers) below the kneecap, on the outside, in the depression between the shinbone and the leg muscle. What can go wrong is that you may be locating it somewhat too low on the leg. The point is

immediately one hand breadth below the kneecap, so if you'd use something thick, like a finger, you might get half a finger breadth to low. It's at the outside of the bone that's on the front of the lower leg, one finger breadth from the crest of that bone.

Use: Press. A fingernail or thumbnail is particularly suited for this point, as you will be able to press more closely to the bone and on a broad range.

Warning: Using this point to go beyond your limits (e.g. overwork) will damage your health even further.

Effects: Increases stamina and energy. Provides stability and grounding. Heals effects on the body of too much worrying and thinking.



Acupressure point KI-3

Acupressure point KI-3. Use for emotional well-being, fear and lower back pain.

KI-3

Name: Supreme Stream (Kidney 3)

Location: On the inside of the foot, halfway between the Achilles-tendon and the side of the ankle-bone.

Use: Press.

Effects: Heals effects on the body of too much fear. (Also for lower back pain.)

