

## Wellness with Acupressure and Essential Oils

Greetings and welcome!

Acupressure (a blend of "acupuncture" and "pressure") is a complementary medicine technique derived from acupuncture which originates from Traditional Chinese Medicine (TCM) practices.

In acupressure physical pressure is applied to acupuncture points by the hand, elbow, or with various devices.

Two major philosophies underpin TCM Theory:

- ☉ The Duality Principle of Yin (阴) and Yang (阳)
- ☉ The 5 Phase (五行) Transformation Theory of Water (水), Wood (木), Fire (火), Earth (土) and Metal (金).

Subtle energy (气) flow in the body via specific pathways called meridians/channels (经络). This flow can actually be sensed by every individual.

The Ancient Chinese has mapped 12 meridians and 8 extraordinary vessels in the human body. The 12 meridians are as follows:

Element	Yin Organ	Yang Organ
Water	Kidney (KD)	Urinary Bladder (UB)
Wood	Liver (LV)	Gall bladder (GB)
Fire	Heart (HT)	Small Intestine (SI)
Subtle / Inner Fire	Heart Protector Heart Governor Pericardium (PC)	Triple Heater Triple Burner Triple Warmer (TH)
Earth	Spleen / Pancreas (SP)	Stomach (ST)
Metal	Lung (LU)	Large Intestine (LI)

A good website to review the points is:

[http://www.yinyanghouse.com/acupuncturepoints/locations\\_theory\\_and\\_clinical\\_applications](http://www.yinyanghouse.com/acupuncturepoints/locations_theory_and_clinical_applications)

Understand that acupuncture points can be used symptomatically; however there is a deep relationship between the interplay of the 5 phase transformation. Two basic relationships are:

### Creative Cycle 生

- ⊙ With Water, seeds sprouts into plants which grow into trees (Wood)
- ⊙ Wood burns to give Fire
- ⊙ Fire burns down to ashes (Earth)
- ⊙ From Earth, we extract minerals/ores (Metal)
- ⊙ In the early morning, dew condenses on metal – forming Water

### Control Cycle 克

- ⊙ Water extinguishes Fire
- ⊙ Fire melts Metal
- ⊙ Metal chops the Wood
- ⊙ The roots of the trees (Wood) penetrate the Earth
- ⊙ When it floods, we use sandbags to dam Water

When using essential oils, after applying one essential oil, you can use acupressure techniques for about 2 minutes to allow the essential oil to be absorbed by the body before using the next essential oil.

Having discussed the background, let's look into some specific points with some essential oils suggestion to help manage life challenges.

### Metal – Large Intestine Meridian

- ⊙ LI 4 – Suitable for alleviating headaches, migraine and tension in neck and shoulders. Helpful when constipated.
- ⊙ Suggest essential oils of Copaiba, Peppermint, DiGize blend.
  
- ⊙ LI 10 – Especially useful when deskbound and operating on computers.
- ⊙ Suggest essential oils of Peppermint, Majoram, Aroma Siez blend.

### Metal – Lung Meridian

- ⊙ LU 1 – This point is right on the chest, it is the first point of the Lung meridian. Massage gently with one essential oil.
- ⊙ LU 8 – This point is usually sore when someone has respiratory and sinus challenges. Make a fist, raise the centre knuckle. Place this point on top of the knuckle and massage by pressing the palm down to the knuckle.
- ⊙ Suitable single oils for respiratory challenges:

- Balsam Fir (Especially suitable with infection)
- Eucalyptus Blue (Helpful for managing phlegm)
- Eucalyptus Globulous (Quite invigorating)
- Eucalyptus Radiata (Suitable for children)
- Peppermint (Clears the nasal passages)
- Pine (Penetrates to the lower lobe of the lung)
- Spruce (Very cleansing)
- Breathe Again Blend Roll On
- R.C. Blend
- Raven Blend

#### Earth – Stomach Meridian

- ⊙ ST 36 – This point is a great point for supporting various digestive challenges. You can press with your knuckles or you stimulate it by tapping it vigorously with your fists.
- ⊙ Suitable oils are Copaiba, Peppermint, DiGize blend.

#### Earth – Spleen/Pancreas Meridian

- ⊙ SP 6 – I find this point an indicator for female hormonal imbalances, it tends to be active in ladies with challenges in their monthly cycle.
- ⊙ Suitable oils are Geranium, Endoflex blend, Dragontime blend
  
- ⊙ SP 9 – I find this point an indicator for the blood sugar imbalance, it tends to be especially active in diabetics.
- ⊙ Chose one essential oil of Coriander, Dill or Fennel to massage on the inside of the calves along this meridian at least twice daily. Swap to a different oil the next day.
- ⊙ Ingest 3 drops of Ocotea under the tongue 3 times daily
- ⊙ Drink NingXia Red
- ⊙ Replace high Glycemic Index food with PowerMeal

#### Inner Fire – Heart Governor Meridian

- ⊙ PC 5 – This point is suitable for managing motion sickness. Suggest essential oils of Peppermint.
- ⊙ When PC 5 is really sore (reflex point), it tends to indicate an imbalance in the blood, especially blood pressure.
- ⊙ For hypertension, use gentle holding techniques with one essential oil of Lavender, Peace and Calming blend, Valor blend.
- ⊙ For low blood pressure, stimulation with an invigorating essential oil like Peppermint, Aroma Life blend, Longevity blend are helpful

*The information provided here is for education only and is NOT intended to replace proper medical advice. It is not provided to diagnose, prescribe, or treat any condition, illness or disease. Every individual is different, thus what may work for one may not work for another person.*

*Consult with the professional health authorities of your choice. Remember, taking responsibility for your health is your own personal decision: Do your research and choose wisely.*

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