Pressure Point Tuina (PPT)

• Manual healing method based on centuries old Chinese medicine principles used to bring health and well-being to the whole body through balance

• Uses Qi (Vital Energy flow) points to stimulate the body’s natural healing abilities

• These Qi Points are located on 12 main body meridian channels
Meridian Channels

The 12 Meridians
- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver
Qi – Vital Energy

• Qi flows through the meridians and stimulates healing externally as well as internally by increasing the flow of Lymph, Blood and Qi or Vital Energy

• Chinese Medicine views disease as an imbalance in circulation caused by blockages in Qi flow and relies on the concept of Yin and Yang, balance and harmony

• Acupressure Techniques can restore the flow of Qi (Vital Energy) that can affect health and the way one feels

• Qi is impacted by physical and emotional factors (stress, overwork, overeating, toxins in dead foods, lack of exercise and not enough sleep)
Signs of Qi Deficiency

- Pale or Congested Skin
- Edema
- Pale Tongue
- Irritability
- Depression
- Physical Weakness
- Burnout and Stress
Yin and Yang

- Yin and Yang represent the ancient Chinese understanding of how things work.
- Outer circle represents "everything"
- Black and white shapes within the circle represent the interaction of two energies, called "yin" (black) and "yang" (white)
- “Yin" would be dark, passive, downward, cold, contracting, and weak, "yang" would be bright, active, upward, hot, expanding, and strong
- The shape of the yin and yang sections of the symbol, represents continual movement of these two energies, yin to yang and yang to yin, creating balance and harmony
Meridian Channels

The six yin meridians are distributed on the inner side of the limbs and on the chest and abdomen. The six yang Meridians are distributed on the outer side of the limbs and on the head, face and trunk.
<table>
<thead>
<tr>
<th>Meridian</th>
<th>Action</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung (Lu)</td>
<td>Intake of Qi</td>
<td>Structure and Vitality</td>
</tr>
<tr>
<td>Large Intestine (LI)</td>
<td>Elimination</td>
<td>Ability to Release and Vitality</td>
</tr>
<tr>
<td>Stomach (St)</td>
<td>Intake of Food and Digestion</td>
<td>Nurturing, Fertility and Grounding</td>
</tr>
<tr>
<td>Spleen (Sp)</td>
<td>Digestive Secretions and Hormones</td>
<td>Nurturing, Fertility and Intellect</td>
</tr>
<tr>
<td>Heart (H)</td>
<td>Governs CNS, Emotions, Interpreter</td>
<td>Adaptation, Emotional Stability, Spirit</td>
</tr>
<tr>
<td>Small Intestine (SI)</td>
<td>Assimilation and Absorption</td>
<td>Assimilation and Absorption</td>
</tr>
<tr>
<td>Bladder (B)</td>
<td>Governs Autonomic Nervous System</td>
<td>Purification of Qi, Fluidity</td>
</tr>
<tr>
<td>Kidney (K)</td>
<td>Governs Endocrine System</td>
<td>Impetus, Flexibility and Synchronization</td>
</tr>
<tr>
<td>Heart Constrictor (P)</td>
<td>Circulation and Vascular System</td>
<td>Spirit via Dreams, Emotional Stability</td>
</tr>
<tr>
<td>Triple Warmer (TW)</td>
<td>Governs Lymphatic System</td>
<td>Protection</td>
</tr>
<tr>
<td>Gall Bladder (GB)</td>
<td>Distribution of Qi</td>
<td>Accomplishment, Spiritual</td>
</tr>
<tr>
<td>Liver (Lv)</td>
<td>Detox, Storage and Distribution of Qi</td>
<td>Detoxification, Control</td>
</tr>
</tbody>
</table>
Qi Points on the Face

1: Small intestine
2: Bladder
3: Liver
4: Heart
5: Kidney
6: Gallbladder
7: Stomach
8: Lung
9: Colon
10: Genitals
11: Pancreas
Pressure Points of the Ear
Cautions of PPT

- Hemophilia
- Pregnancy
- Under Influence of Drugs and Alcohol
- Severe Psychosis
- Acute Cardio-vascular disorder
- Blood Thinning Prescription Drugs
- Caution with Metal Implants
The Benefits of Acupressure

• Improves appearance and skin tone
• Boosts Immune System
• Releases endorphins to relieve stress and pain
• Restores harmony and balance to the body
• Promotes Self Healing and Wellness
• Improves Emotional Health
Facial Acupressure Points

10-15 minute Facial Acupressure Technique Prior to Facial/Massage

1. S8 Skulls Safeguard
2. GB14 Yang Brightness
3. BL1 Eye Brightness
4. GB1 Pupil Bone
5. S1 Receiving Cures
6. LI 20 Welcome Fragrance
7. GV 26 Middleman
8. GV 24 Receiving Fluids
9. S7 Lower Hinge
10. S4 Stomach Granary
11. S6 Mandible Wheel
12. CV 23 Anger Spring
13. S9 Greeting Welcome
Arm and Shoulder Pain

- Locate Source of Blockage
- Start at Hand and Work up Arm (Triple Warmer, Elbow, Bicep, Shoulder, Spleen Point, Lung Point, on Upper Arm, Kidney Channel from Upper Chest to Lower Abdomen)
- Adjust Touch and Pressure and Technique
- Focus on Blockage until surrounding tissue softens
- Repeat Sequence until flow is re-established

Arm, Neck & Shoulder Pain Can Often Caused by Stress
Skin Congestion (Acne, Rosacea, Eczema)

• Kidney, Lung, Stomach and Liver Channels in general

• Key Points:
  - Three Mile Point (S36) four finger widths below kneecap and outside shinbone (overall skin)
  - Third Eye Point (GV 24.5) directly between eyebrows (stimulates pituitary gland (master endocrine gland) improves overall skin
  - Four Whites (St 2) finger width below iris (acne, blemishes)
  - Facial Beauty (St 3) Below pupil bottom of cheekbone (acne, blemishes, sagging cheeks, facial circulation)
Skin Congestion Continued

- Wind Screen (TW17) behind earlobe (balances thyroid and relieves hives, increase skin luster)
- Heavenly Appearance (SI 17) behind earlobe behind jawbone below TW 17 (same benefit TW17)
- Sea of Vitality (B23) lower back, either side of 2nd and 3rd lumbar vertebrae and (B47) next to B23, (acne, eczema, bruising)
- Heavenly Pillar (B10) either side spine ½ inch below skull (acne)
Respiratory Challenges

• Determine blockage by working lung, kidney and bladder channel points

• Key Points for Breathing Difficulties
  – Lung Associated Point (B13), finger below upper tip of shoulder blade between spine and scapula
  – Elegant Mansion (K27) Hollow between collar and breast bone
  – Letting Go (Lu1) Outer part of chest 3 fingers below collarbone
  – Great Abyss (Lu9) wrist crease below base thumb
  – Fish Border (Lu10) palm side base of thumb
“In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is power to do it.”

~ Marianne Williamson
Time to Find Your Power

Keeleybotanicals@yahoo.com
989-321-1438