



Philip Lai Qi Gong Association

March Newsletter 2020

My dear Qi Gong friends:

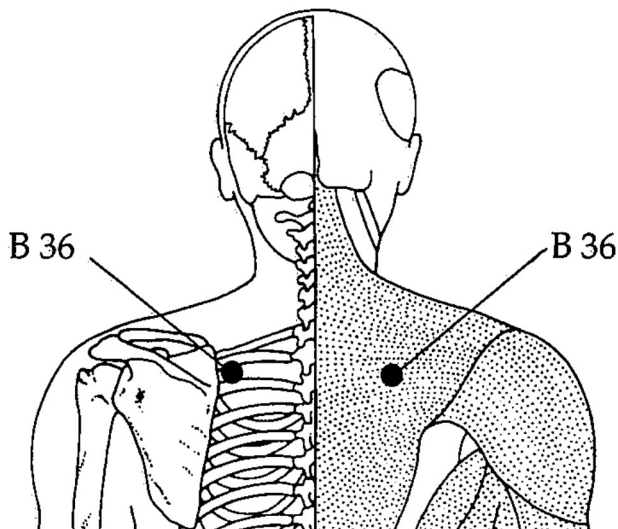
Acupressure for Colds and Flu

Acupressure is an easy, gentle and safe method to treat many health complaints. Here are some acupressure techniques to help clear your sinuses and increase your resistance to colds and flu.

For more information, attend my Acupressure with Qi course.

NOTE: Information below does not replace the services of a trained health care professional. Consult your health care professional before following these practices. Any application of the methods described below is at the reader's discretion and sole risk.

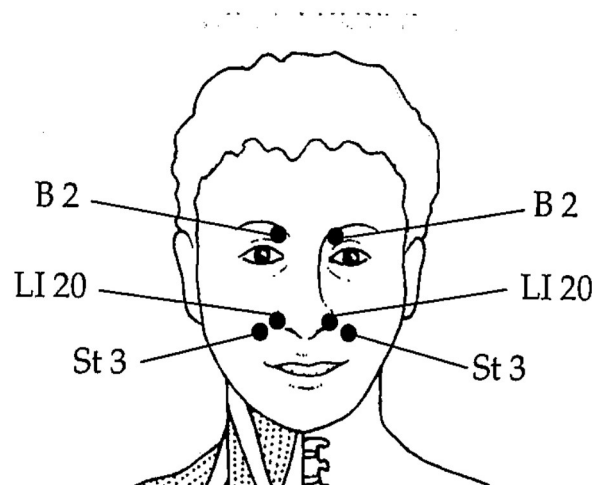
Potent Points for Relief of Cold and Flu



Bearing Support (Bladder 36)

Location: near the spine off the tips of the shoulder blades

Benefits: stimulates the immune system



Drilling Bamboo (Bladder 2)

Location: In the indentations of the eye sockets on either side of where the bridge of the nose meets the ridge of the eyebrows

Benefits: Relieves colds, sinus congestion, eye pressure

Welcoming Perfume (Large Intestine 20)

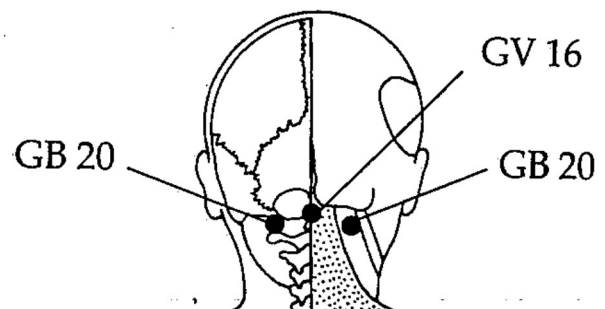
Location: on either cheek just outside each nostril

Benefits: Relieves nasal congestion and sinus pain

Facial Beauty (Stomach 3)

Location: at the bottom of the cheekbone directly below the pupil

Benefits: Relieves stuffy nose, head congestion and eye pressure



Gates of Consciousness (Gall Bladder 20)

Location: Below the base of the skull in the hollows on both sides two to three inches apart

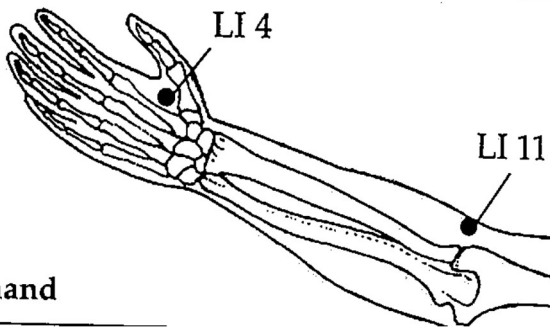
Benefits: Relieves headache and head congestion

March Newsletter 2020 – Page 2

Wind Mansion (Governing Vessel 16)

Location: In the centre of the back of the head in the large hollow under the base of the skull

Benefits: Relieves headache, head congestion, red eyes and stiff neck



Back of hand

Hoku (Large Intestine 4)

Warning: do not use if pregnant

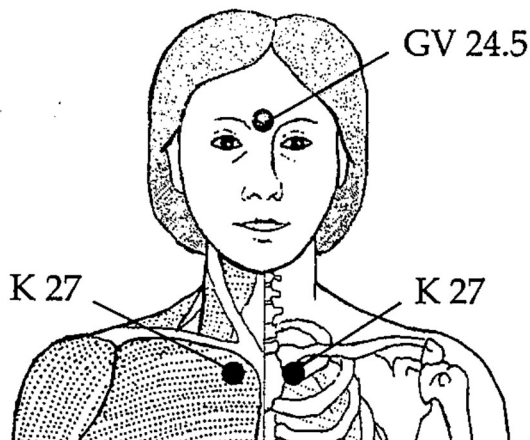
Location: at the highest spot of the muscle on the back of the hand that protrudes when the thumb and index fingers are close together

Benefits: Relieves colds, flu, head congestion and head ache

Crooked Pond (Large Intestine 11)

Location: at the outer end of the elbow crease

Benefits: Relieves cold symptoms, fever and boosts the immune system



Elegant Mansion (Kidney 27)

Location: in the hollow below the collarbone next to the breastbone

Benefits: Relieves chest congestion, breathing difficulties, coughing and sore throat

Third Eye Point (Governing Vessel 24.5)

Location: directly between the eyebrows in the indentation where the bridge of the nose meets the centre of the forehead

Benefits: relieves head congestion, stuffy nose and headaches

Acupressure Exercises for Cold and Flu

Lie on your back or sit comfortably for these exercises.

Press Bladder 2

Use your thumbs on the upper ridges of the eye sockets and press into the slight hollows near the bridge of the nose (bladder 2 points) for one minute. Close your eyes and take a few deep breaths letting your head relax forward onto your thumbs.

Press Stomach 3 and Large Intestine 20



Place both middle fingers beside your nostrils and your index fingers next to them. Gradually press up and underneath the cheekbones for one minute.

Press Large Intestine 11



Bend your arm and place your thumb at the end of the elbow crease on the outside of the forearm. Curve your fingers to press firmly into the elbow joint for one minute. Repeat on the other arm.