

ACUPOINTS THAT BOOST THE IMMUNE SYSTEM

Which acupoints are known to boost our immune system? Try the following points – give them a daily massage for 1 minute, or until you breathe a sigh of relief: a sign that obstructed energy is flowing again.

Kidney 27 “Shu Mansion”

Supports the immune system. Reduces pressure on the chest. Provides space for breathing, reduces cough, tension and restlessness. Relaxation, both physical and mental, is crucial for the proper functioning of the immune system.

Location: in the cavities directly below the sternoclavicular joint.

Application: rub until warm or give acupressure.



Gallbladder 20 “Wind Pool”

Supports the immune system and helps protect against viruses. Reduces headaches, neck tension, dizziness and high blood pressure.

Location: below the base of the skull, in palpable cavities halfway between the earlobe and the atlas bone.

Application: gently tap with the fingertips, or give acupressure with the thumbs.



Lung 1 “Central Treasury”

Provides breathing space. Transforms mucus from the lungs so that you cough less. Lung 1 also helps deal with grief. Unprocessed emotions can consciously or unconsciously cause tension. Tensions, in turn, burden the immune system.

Location: below the collarbone in the space between the ribs. 6 Cun (a Cun is a traditional Chinese unit of length and is equal to the width of your thumb tip) from the centerline.

Application: massage this area until it feels warm. Do you notice that your breathing is deepening?



Lung 10 "Fish Border"

Deepens breathing, reduces coughing and sore throat. Harmonizes the temperature in the lungs: gives heat to the lungs when they are energetically cold, and cools the lungs in case of fever.

Location: on the 1st metacarpal at the midpoint of the bone at the junction of the red and white skin.

Application: massage / acupressure.



Triple Heater 3 "Central Islet"

Reduces fever, headache, sore throat. Commonly used "anti-flu point"

Location: on the back of the hand, between the metacarpals of the little finger and the ring finger.

Application: rub warm, tap with the fingertips, or give acupressure.



Triple Heater 5 "Outer Pass"

Makes more resistant to all types of outside invaders, such as viruses.

For Highly Sensitive Persons: helps to protect from the wishes and opinions of others.

Location: 2 Cun (thumb widths) behind the increase of the wrist, on the outside of the forearm.

Application: tap with the fingertips, or give acupressure.

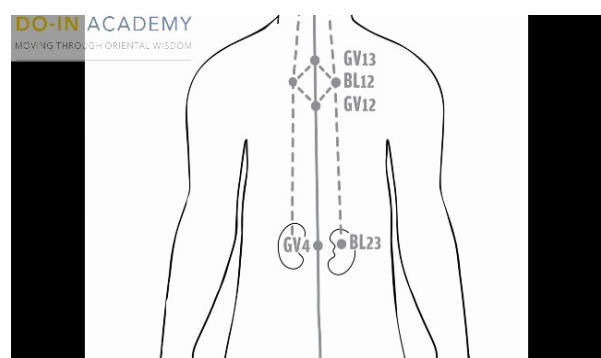


Bladder 23 "Kidney Shu"

Strengthens vitality. Rubbing this area, also stimulates other acupoints that support vitality, such as Bladder 47 (located next to Bladder 23) and Governing Vessel 4 (on the spine).

Location: on the lower back at waist height, about 1.5 Cun from the spine.

Application: tap with relaxed fists or warm the area with palms.

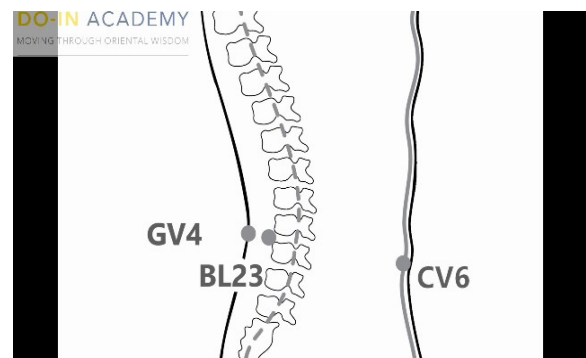


Conception Vessel 6 "Sea of Ki"

Strengthens the immune system, strengthens the organs, reduces abdominal pain, constipation, and general weakness.

Location: 1.5 Cun below the navel.

Application: rub warm with the palm of your hand or give acupressure.



Stomach 36 "Leg Three Miles"

Strengthens the body, especially the immune system. Reduces fatigue, strengthens muscles, improves digestion.

Location: three Cun below the kneecap, on the lower leg just outside the shinbone.

Note: avoid this point in pregnant women.

Application: rub this area until warm, or give acupressure by placing your fingers on it.



Conception Vessel 17 "Chest Center"

Calms, strengthens the immune system, supports the thymus gland which plays an important role in the defense against viruses. Because of the deep peace that this point gives, it is a nice acupoint to end the series in a relaxed, meditative atmosphere.

Location: on the center of the sternum, on the nipple line, 3 Cun from the bottom edge of the sternum.

Application: give acupressure, or place your palm on this area and massage in calm circles. Breathe calmly and deeply.

