



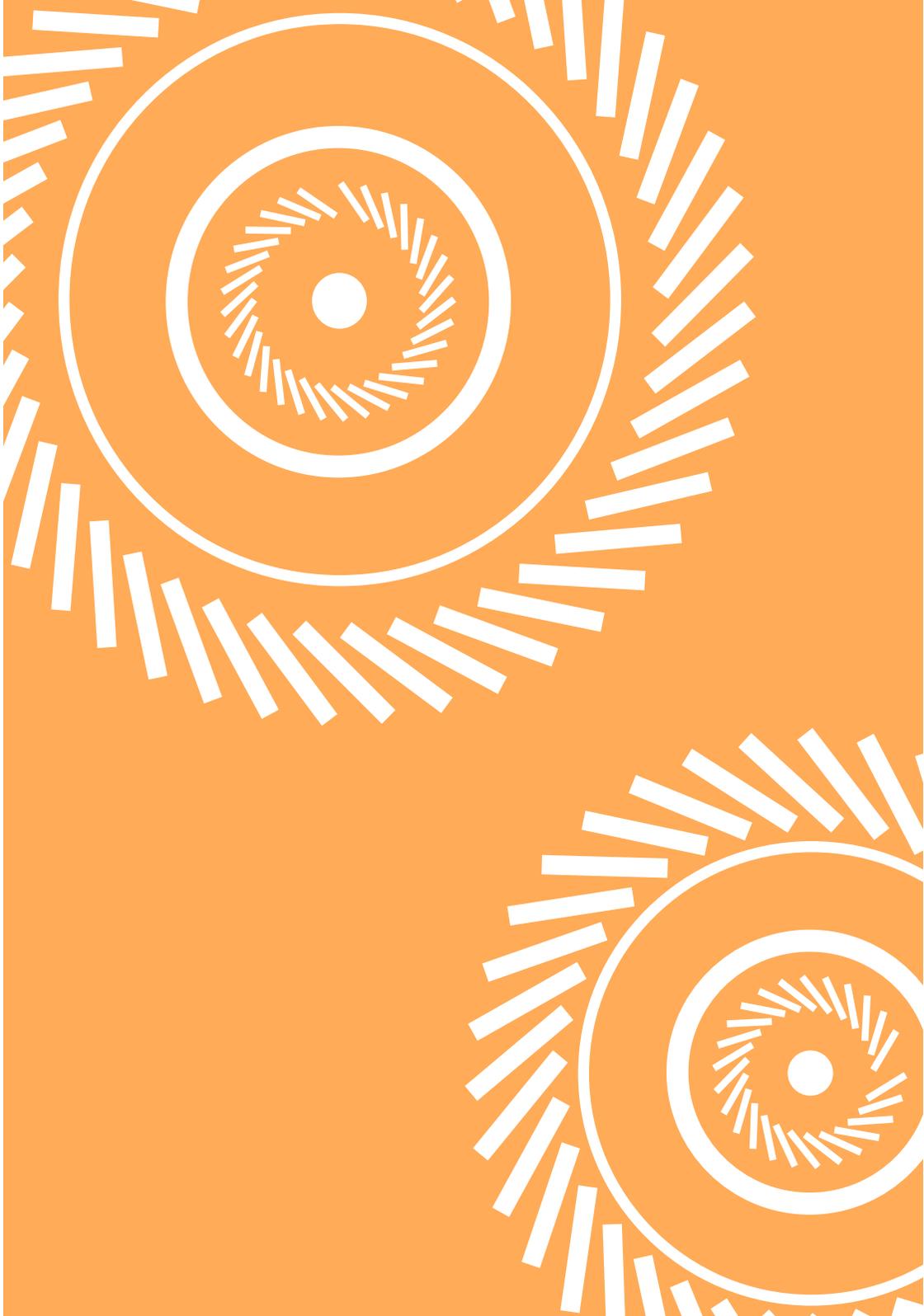
Easy

Acupoints

for Cold

and Flu

A handbook for everybody



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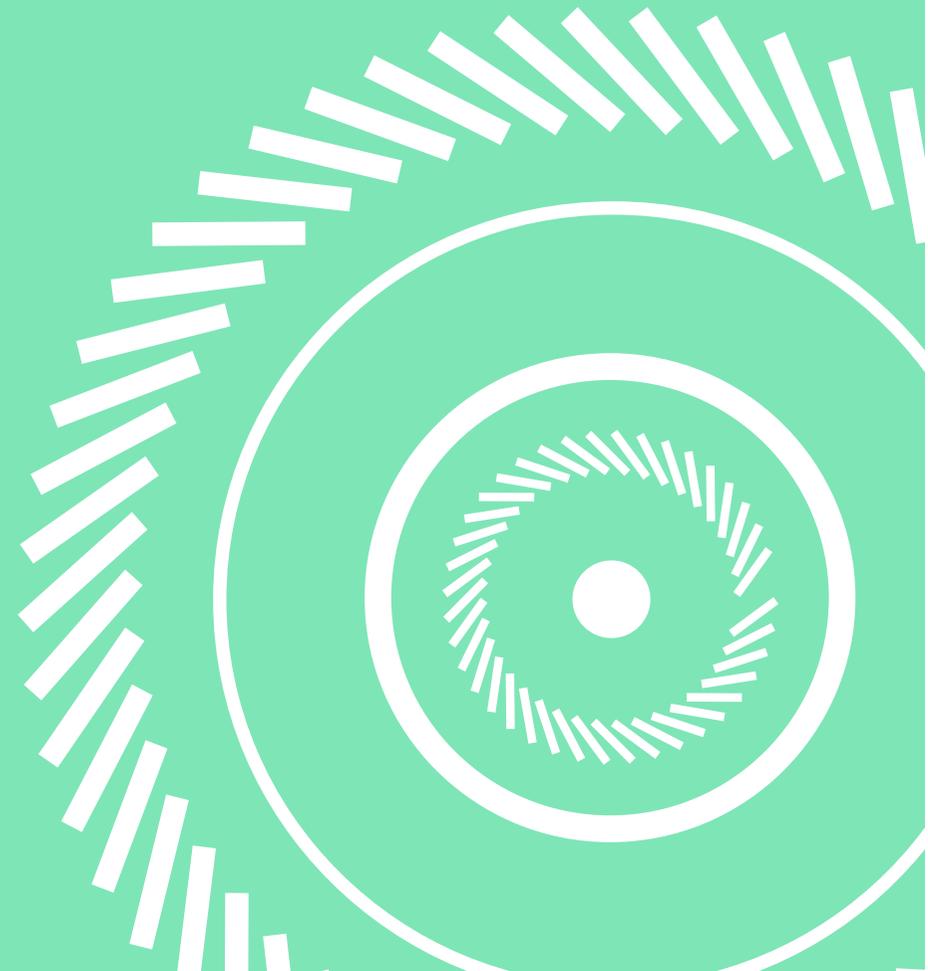
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Introduction

Bacteria and viruses are natural, they are found everywhere. They cause illness when they overcome the body's natural immune defences. By stimulating acupuncture points we can strengthen our immune system.

This simple handbook lists a small number of easily located, powerful acupoints that can be used:

- for prevention of illness
- to stop illness progression in the early stages
- to assist recovery during advanced stages



All the techniques used for each point are simple, can be easily practiced at home, travelling or in any other setting, and require little or no specialist equipment. No needles are required!

While we would always advise consulting a medical professional about your condition, the information contained in this handbook enables self-management that can be used on its own or in conjunction with professional care.

Prevention

The following 2 points are excellent for strengthening the immune system when regularly stimulated. Either point or both may be used as desired.

1. Acupoint Name:

Stomach 36 (Zusanli)

How to find it:

Located by the outer edge of the shin bone (the tibia) near the knee. Trace the bony ridge of the shin bone up towards the knee. Stop where it begins to flare out. The point is at a level of about four finger widths below the bottom of the kneecap.



How to use it:

Tap the point firmly with the inside of your fist or press and release it firmly at least 36 times.

Repeat this process on at least 9 occasions at various intervals throughout the day.

2. Acupoint Name:

Ren 17 (Shanzhong)

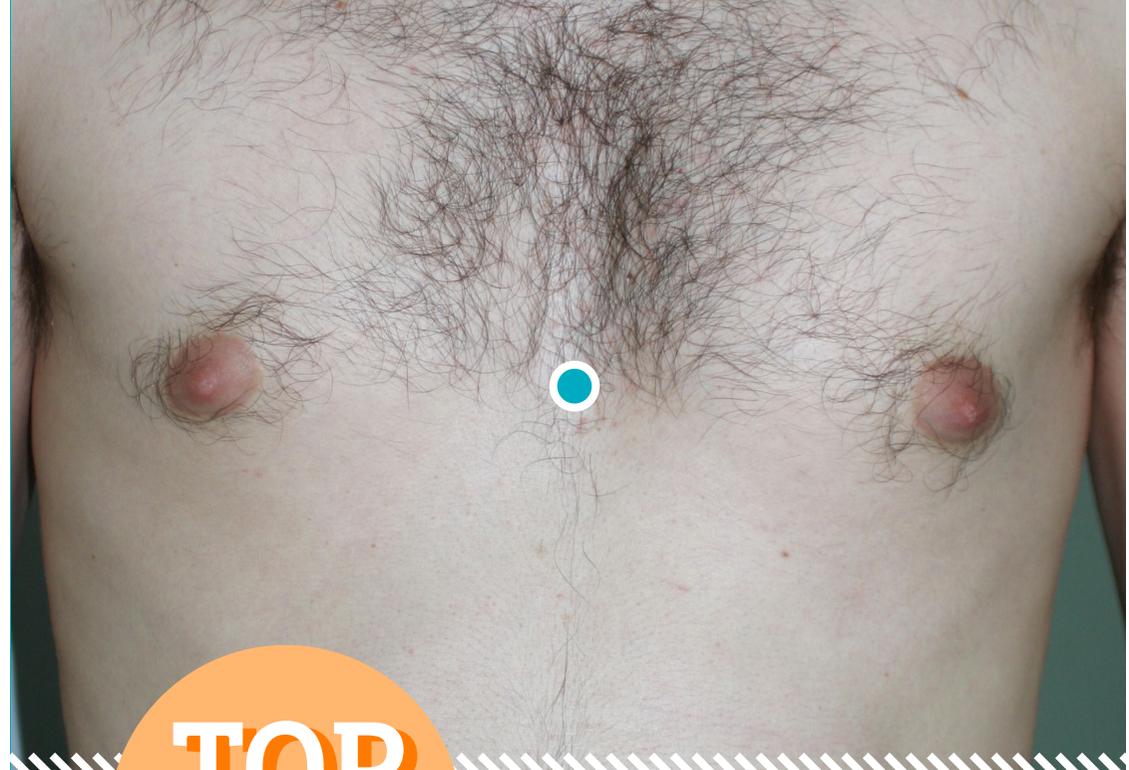
How to find it:

Located in the centre of the chest on the breastbone (sternum). On a man it is level with the nipples.

How to use it:

Join the tips of all four fingers and your thumb together and use them to tap the acupoint repeatedly until you feel that the chest feels clearer.

Repeat this process at least 9 times at various intervals throughout the day.



**TOP
TIP!**

Be firm with your tapping!

Acupoints are best activated with quite strong stimulation. The point should feel a little tender but not too painful.

Early Stages

Symptoms:

Shivering, runny nose, tired and/or achy.

Acupoint Name:

Colon 4 (Hegu)

How to find it:

Located in the middle of the fleshy part between the base of the thumb and index finger. Spread out the thumb and index finger. Then place the thumb of the other hand so that the first joint overlies the web that connects the thumb and index finger. The thumb tip should be pointing towards the wrist. The tip of your thumb is now on the acupoint.



How to use it:

Press firmly with the tip of the thumb. Continually press and release for one or two minutes repeating the process at least 9 times at regular intervals throughout the day.

It is common for this acupoint to feel sore.

Symptoms:

Shivering, runny nose, tightness in chest, tired and/or achy.

Acupoint Name:

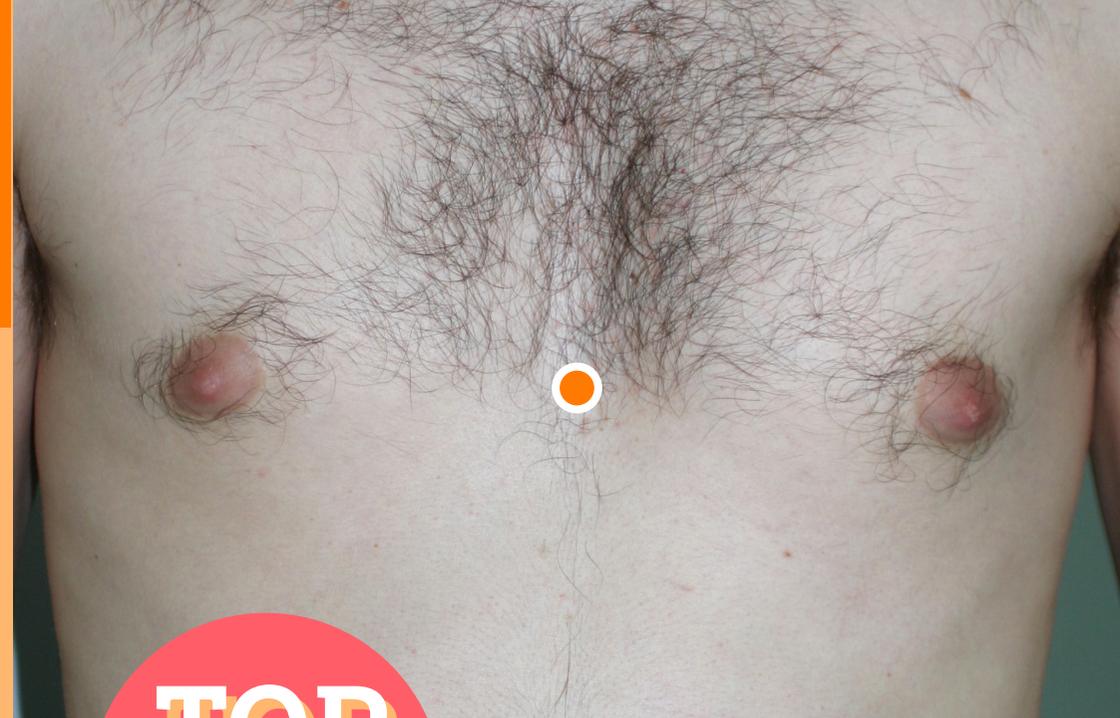
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Join the tips of all four fingers and your thumb together and use them to tap the acupoint repeatedly until you feel that the chest feels clearer. Repeat this process at least 9 times at various intervals throughout the day.



**TOP
TIP!**

Keep warm but not hot!

Ensure that the back of the neck, lower back, knees and feet are all kept warm. Do not expose these areas to draughts, damp or cold. Wear slippers or thick socks!

Advanced Stages

Symptoms:

High temperature, fever.

Acupoint Name:

Du 14 (Dazhui)

How to find it:

Located on the back of the neck. Feel down the middle of the back of neck from the hairline. The point is found below the first large vertebra at the bottom of the neck.

How to use it:

Take a wooden or porcelain spoon and scrape quite firmly over the acupoint from above to below. A small amount of oil spread over the

area will help this to feel more comfortable. Repeat the process until the area becomes reddened. Darker red or purple patches may appear; this is normal and is a sign that the treatment is working. They will fade in a few days. (The marks should be localised to the area treated; if rashes appear elsewhere please seek medical advice).



Symptoms:

Chesty cough, chest pain, difficulty breathing.

Acupoint Name:

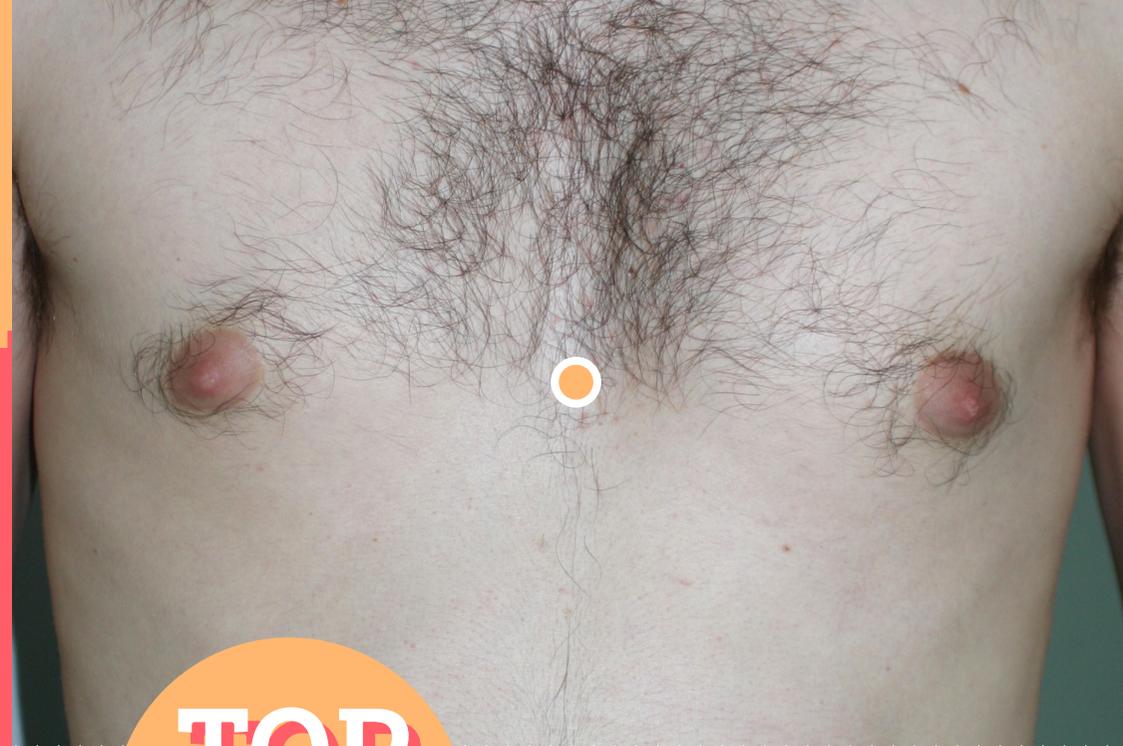
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Located in the centre of the chest on the breastbone (sternum). On a man it is level with the nipples.

How to use it:

Join the tips of all four fingers and your thumb together and use them to tap the acupoint repeatedly until you feel that the chest feels clearer. Repeat this process at least 9 times at various intervals throughout the day.



TOP TIP!

Don't overexert yourself!

Give yourself time to recover fully. Proper rest involves allowing the body and mind to be calm. Try to limit physical and mental activity - exercise, television, work...

Symptoms:

Head ache, cough, sore throat, runny nose, stomach ache, diarrhoea.

Acupoint Name:

Colon 4 (Hegu)

How to find it:

Located in the middle of the fleshy part between the base of the thumb and index finger. Spread out the thumb and index finger. Then place the thumb of the other hand so that the first joint overlies the web that connects the thumb and index finger. The thumb tip should be pointing towards the wrist. The tip of your thumb is now on the acupoint.



How to use it:

Press firmly with the tip of the thumb. Continually press and release for one or two minutes repeating the process at least 9 times at regular intervals throughout the day.

It is common for this acupoint to feel sore.

Symptoms:

Fever, nausea, vomiting, fatigue and aching joints.

Acupoint Name:

Stomach 36 (Zusanli)

How to find it:

Located by the outer edge of the shin bone (the tibia) near the knee. Trace the bony ridge of the shin bone up towards the knee. Stop where it begins to flare out. The point is at a level of about four finger widths below the bottom of the kneecap.

**TOP
TIP!**

Drink plenty of warm water!



How to use it:

Tap the point firmly with the inside of your fist or press and release it firmly at least 36 times. Repeat this process on at least 9 occasions at various intervals throughout the day.

Warm water is better for hydration and digestion.

Symptoms:

Shock, severe pain, loss of consciousness.

Acupoint Name:

Du 26 (Renzhong)

How to find it:

Located between the bottom of the nose and the upper lip. It is found on the midline between the two grooves.

How to use it:

Press firmly with the index finger, use the fingernail if possible. This should feel sore. Maintain constant pressure until relief is obtained.



**TOP
TIP!**

Practice belly breathing!

Belly breathing is relaxing and gives you more oxygen. Rest the hands on the belly and breathe deeply and softly into this area.

General Tips

Drink plenty of warm water.

Drink water with a tiny pinch of sea salt in the morning.

Keep your feet warm.

Use hot foot baths in the evening.

Wear appropriate clothing to maintain an even temperature.

Don't overexert yourself.

Ensure that you give yourself proper time to rest and recover - don't try to be active or engage in work too soon!

Ensure the room you are in doesn't become stuffy.

While resting, sit or lie with the hands over the belly and breathe gently and deeply into this area.

Symptoms Record

You may find it helpful to keep a note of your symptoms and the tips and techniques you have applied.

Day/ Time	Symptoms	Tips and Techniques Applied

Day/ Time	Symptoms	Tips and Techniques Applied

About Us



The Shen Foundation is a Registered Scottish Charity dedicated to restoring harmony on the Earth according to the guiding principles of ancient Daoist wisdom.



Classical Chinese Medicine Society is a Social Enterprise and UK representative of the World Federation of Acupuncture-Moxibustion Societies (WFAS). Based in Forres, Scotland, CCMS works to share its vision through international events, professional training and courses for everyday living.

Everyday use of Classical Chinese Medicine for prevention and treatment of colds and flu.

In this handbook you will learn simple tips and techniques to boost your immunity. The easily located acupressure points can be applied to yourself or others.

