



Self-Help Acupressure for Hepatitis C



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Chinese Medicine Theory

Acupressure began five thousand years ago. The ancients of this culture paid great attention to the life flow in the body which they called "qi," which is pronounced "chee." They compared the qi circulating through the body to underground rivers. These rivers are called meridians, and there are twelve meridians in the body. The ancients noted areas where the energy in these rivers bubbled close to the surface of the body, and saw that at these points it was easier to contact the qi. They also saw that whenever there was a blockage in the flow of the qi, it created an imbalance that could lead to illness. To regain and maintain health, it is crucial to keep the qi flowing smoothly. Stimulating these special points improve the flow of qi.

An Introduction to Acupressure

Acupressure, meaning "finger pressure," uses the human touch on special places, or points on the body. The advantages of this type of Chinese Medicine is it is very relaxing and nourishes the recipient, and can be done, with guidance, by individuals at home.

With the stress of our daily lives, muscular tension increases and accumulates around the 360 acupressure points. By touching these points in a focused and nurturing manner, acupressure improves the flow of blood and energy thus allowing nutrients to feed our cells, and toxins to be removed. When circulation is free-flowing, you feel a greater sense of ease, health and well being. Studies show that stimulating different points increases endorphins, a natural pain relieving substance, and reduces stress hormones in the body.

Where to begin?

A few pointers to help prepare before you give yourself a session. Remember, this is a time for *You*, pamper yourself, you deserve it! There are little rituals that I do that help to make it more special.

- Turn off the outside world, i.e., your phone, and t.v. Let your family or house-mates know that you do not want to be disrupted for the next 30 - 60 minutes. This is your time to replenish yourself.
- Light some candles.
- Put on some soft, calming music.
- Often times I lay down and/or sit on my bed when I work on myself. Make yourself comfortable.
- Have a glass of water nearby.
- Have a blanket handy in case you get cold.
- Before starting, do some deep breathing and/or meditation. Letting go of your day and relaxing is the best way to begin doing Acupressure.

How much pressure do you need? Experiment with this. Some areas of the body like deeper pressure, some areas only need very light pressure, and sometimes it might feel best by not making physical contact with your body. More is not necessarily better, use the amount of

pressure which is most comfortable for you. When working a few inches above the body you're working within the energy body, which holds the physical body.

The last pointer is the "exact location of the point." Within Jin Shin Jyutsu, which is a style of Japanese bodywork that has many similarities to Acupressure, the philosophy is the point is a diameter of 3 inches. Touch within this 3 inch area. Wherever it is the tightest or most painful is where you need to be for that moment. You may find if you hold a point for 5 or 10 minutes that you may be "called" to move several times within that 3 inch diameter.

Relax, release, replenish, rebalance, and enjoy yourself!

Bibliography and Resources

The Hepatitis C Help Book, by Misha Cohen, O.M.D., L.Ac., & Robert Gish, M.D. Thorough handbook blending Western and Chinese medicine together.

Acupressure's Potent Points - A Guide to Self-Care for Common Ailments, by Michael Reed Gach. Written by the founder of the Acupressure Institute, this book lists ailments and suggests acupressure points and exercises for their relief. A practical guide for self-healing.

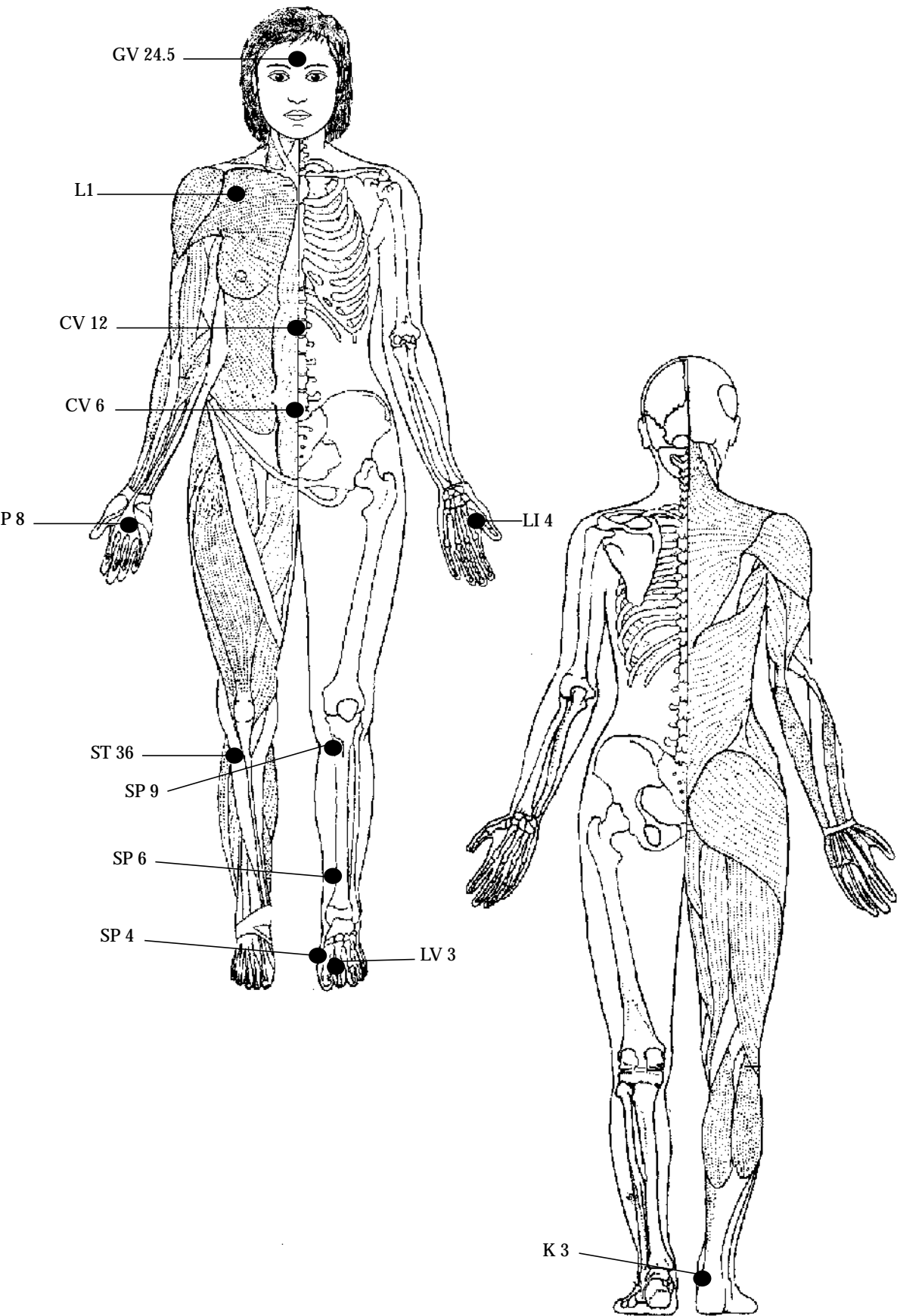
The Touch of Healing, by Alice Burmeister with Tom Monte. This is a comprehensive guide to the ancient art of Jin Shin Jyutsu. This Japanese bodywork unlocks the natural energy of the mind and body for increased health and happiness.

Staying Healthy with the Seasons, by Elson M. Haas, MD. This book combines Chinese medicine theory with diet. A practical guide for the health conscious person.

Four Paws, Five Directions - A Guide to Chinese Medicine for Cats and Dogs, by Cheryl Schwartz, DVM. An easy to use guide for both lay people and practitioners to help our four legged friends.

** This guide is not intended as a substitute for medical advice from physicians. Readers should regularly consult a physician for medical attention.

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Self Help for Hepatitis C

These Acupressure points help with fatigue, rebuild the immune system, support the liver, relieve water retention, nausea, indigestion, headaches, confusion, depression, and pain, and will increase your energy.

Hold each point bilateral.

1. P 8 Palm of hand. Fatigue, nausea, indigestion.
2. LI 4 Thumb & index finger web. Pain, headaches, depression.
3. GV 24.5 Third Eye. Clears headaches & confusion, energizes. Hold with CV 6.
4. L 1 Above the armpit. Fatigue, breathing, chest pain.
5. CV 12 Above the belly button. Fatigue, nausea, indigestion. Hold w/ CV6
6. CV 6 Below the belly button. Builds immune system, increases energy.
7. ST 36 Below outer knee. Builds immune system, fatigue.
8. SP 9 Below inner knee. Supports the liver, water retention.
9. SP 6 Four fingers up from the inner ankle. Supports the liver, fatigue.
10. SP 4 Arch of the foot. Fatigue, nausea, indigestion.
11. LV 3 Top of foot, between 1 & 2 toe. Supports the liver, immune system.
12. K 3 Inner backside of ankle. Increases energy & immune system, fatigue.

Abbreviations:

P = Pericardium L = Lung K = Kidney
ST = Stomach SP = Spleen LV = Liver
CV = Conception Vessel LI = Large Intestine