

Illustrations Of Special Effective Acupoints For Common Diseases

Acupuncture is an ancient Chinese healing practice that involves the insertion of thin needles into specific points on the body. It is believed that these points are located along energy channels, or meridians, that run throughout the body. By stimulating these points, acupuncturists can help to promote healing and relieve pain.

Special effective acupoints are specific acupuncture points that have been shown to be particularly effective in treating certain common diseases. In this article, we will provide illustrations of special effective acupoints for a variety of common diseases, as well as instructions on how to locate and stimulate these points.

The following are some of the most common diseases that can be treated with acupuncture:



Illustrations Of Special Effective Acupoints for common Diseases by Changqing Guo

★★★★★ 5 out of 5

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- **Headaches and migraines:** The following acupoints can help to relieve headaches and migraines:
 - LI4 (Hegu): Located on the back of the hand, between the thumb and index finger.
 - GB20 (Fengchi): Located at the base of the skull, on either side of the spine.
 - ST36 (Zusanli): Located on the lower leg, four finger-widths below the kneecap.

- **Neck pain:** The following acupoints can help to relieve neck pain:
 - GB21 (Jianjing): Located at the base of the skull, on either side of the spine.
 - SI15 (Jianyu): Located on the back of the shoulder, at the edge of the trapezius muscle.
 - BL10 (Tianzhu): Located at the base of the skull, in the center of the neck.

- **Back pain:** The following acupoints can help to relieve back pain:
 - BL23 (Shenshu): Located on either side of the spine, at the level of the second lumbar vertebra.
 - BL40 (Weizhong): Located on either side of the spine, at the level of the fourth lumbar vertebra.
 - BL54 (Zhiyang): Located on either side of the spine, at the level of the sacrum.

- **Arthritis:** The following acupoints can help to relieve arthritis pain:
 - LI11 (Quchi): Located on the outer forearm, two finger-widths below the elbow crease.
 - GB34 (Yanglingquan): Located on the lower leg, four finger-widths above the ankle crease.
 - SP6 (Sanyinjiao): Located on the inner leg, four finger-widths above the ankle crease.

- **Digestive problems:** The following acupoints can help to relieve digestive problems:
 - ST36 (Zusanli): Located on the lower leg, four finger-widths below the kneecap.
 - PC6 (Neiguan): Located on the inner wrist, three finger-widths above the wrist crease.
 - BL21 (Weishu): Located on either side of the spine, at the level of the eighth thoracic vertebra.

- **Insomnia:** The following acupoints can help to promote sleep:
 - GV20 (Baihui): Located at the top of the head, in the center of the crown.
 - SP6 (Sanyinjiao): Located on the inner leg, four finger-widths above the ankle crease.
 - HT7 (Shenmen): Located on the inner wrist, at the crease of the wrist.

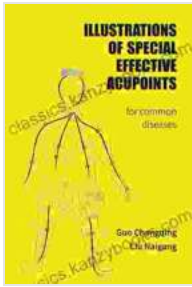
To locate an acupoint, you can use your fingers to palpate the area around the point. The point will be tender to the touch. Once you have located the point, you can stimulate it by applying pressure with your finger or a blunt object. You can also use a needle to insert into the point.

It is important to note that acupuncture should only be performed by a trained professional. If you are considering acupuncture, be sure to consult with a licensed acupuncturist.

Acupuncture is generally safe, but there are some precautions that you should take. These precautions include:

- **Do not insert needles into areas of the body that are numb or have open wounds.**
- **Do not insert needles into areas of the body that are close to major blood vessels or nerves.**
- **Do not insert needles into areas of the body that are swollen or infected.**
- **If you are pregnant, be sure to tell your acupuncturist before receiving treatment.**
- **If you have any bleeding disorders, be sure to tell your acupuncturist before receiving treatment.**

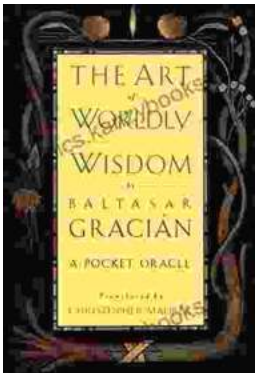
Acupuncture is a safe and effective way to treat a wide range of common diseases. By stimulating special effective acupoints, acupuncturists can help to promote healing and relieve pain. If you are considering acupuncture, be sure to consult with a licensed acupuncturist.



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