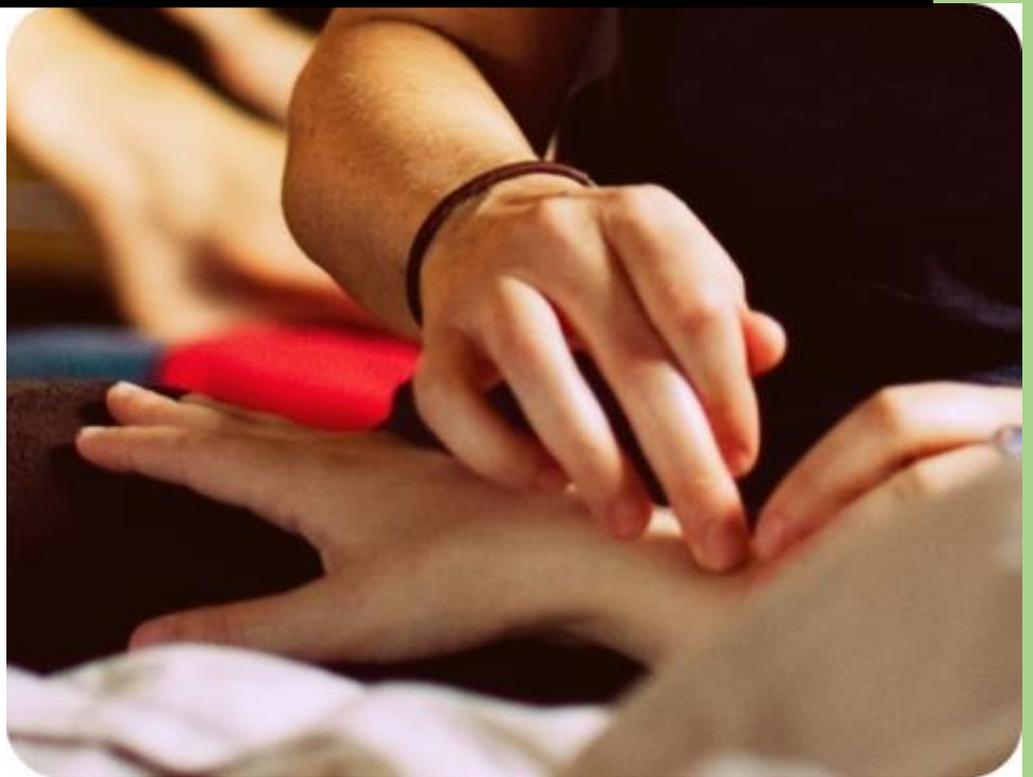


# Immune Boosting Acupressure



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## IMMUNE BUILDING ACUPRESSURE

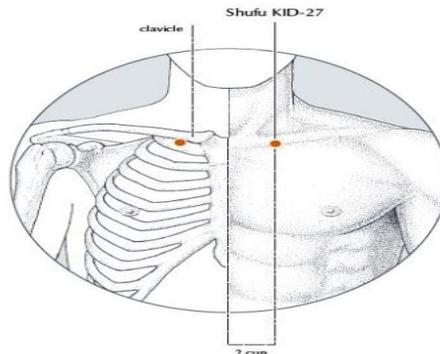
Acupuncture is a time-tested form of medicine. It is a wonderful preventive tool to add to your health and wellness arsenal. In between regular appointments you can use acupressure on these points daily. A quick 3 minutes (30 seconds each point) can help anyone – kids included.

Ideally, we will all eat a healthy diet, get enough sleep and find ways to reduce our stress load. Realistically, all these won't happen every day – but this routine, which can be done almost anywhere, can give your body a boost.

Start with the point highest on your body – Kidney 27 and work your way down. Use your thumb or index finger to apply gentle, consistent pressure to each point for 30 seconds. Remember to breathe deeply throughout the routine. For maintenance you can use this twice a day, in the morning and again in the evening. If you feel you're fighting off a bug, repeat 3 times a day.

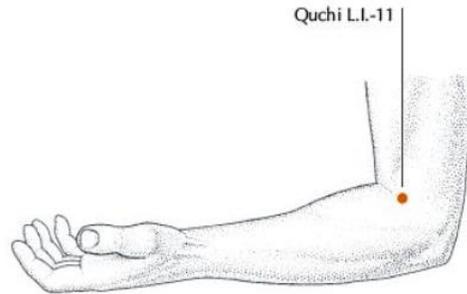
\*I love any opportunity I can get to accomplish multiple things at once. Adding essential oils to this routine can give you that wonder glow of efficiency and effort combined. These options are all great for immune boosting: On Guard (DoTerra), Thieves (Young Living), Frankincense, Tea Tree.

### KIDNEY 27



Located just below the clavicle, about 1 inch from the midline. This point is an immune boosting powerhouse. It is also a great point for upper respiratory issues.

## LARGE INTESTINE 11



This point is located at the lateral side of the elbow crease, easily found by bending the arm slightly toward your torso. Feel for a tender point at the outer edge of the elbow crease. This point is used often in acupuncture to remove excess heat from the body and is a key immune building point.

## STOMACH 36

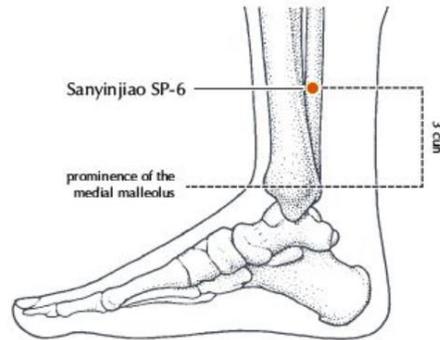


Stomach 36 is the go to “boosting” point in acupuncture. It is highly effective for boosting digestion, energy levels and immune system function. I use it in every acupuncture treatment because I believe everyone can use a boost in one if not all those areas. It can be found by using your four fingers (index finger through pinky) as a unit of measurement. Place your index finger against the lower edge of your knee cap. The point is found at the opposite edge of your fingers, just next to the bone.



This form of measurement can be used for both Stomach 36 and Spleen 6.

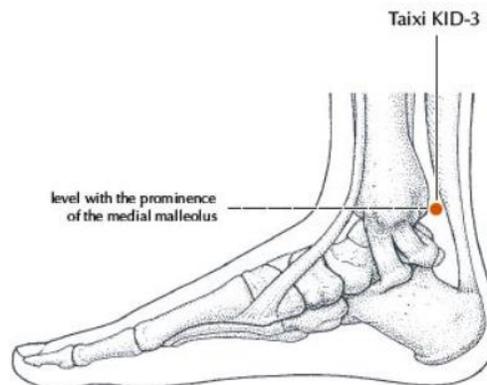
## SPLEEN 6



To find this point, place the pinky side of your four fingers (see diagram above) against the high point of your medial malleolus (inner ankle bone). Spleen 6 is located at the other edge of the four fingers next to the bone.

This point is good for general wellness, stress reduction and reproductive health.

## KIDNEY 3



Located between the high point of the inner ankle bone and the achilles tendon, this point is key in acupuncture for strengthening your "life force energy".

Stay hydrated. Incorporate a good supplement regimen. Check out the Wellbridge website for other immune boosting tools. Wishing you a healthy year!