



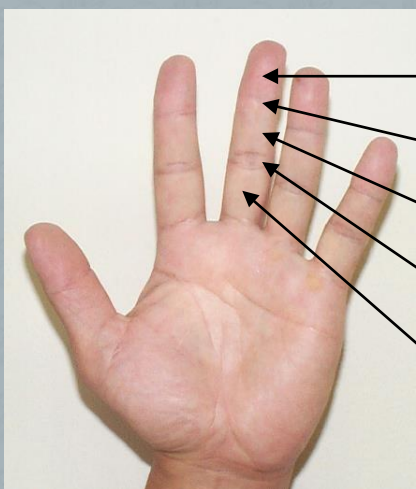
“Simple Acupressure Remedies for Colds and Flu”

Acupressure is very easy to use, and it will not produce side effects. That is why it has had mass appeal for thousands of years. The worst thing it can do is not help. On the other hand, if it helps, that’s great! Self-acupressure is easy to do and requires no equipment.

There are many acupressure remedies for colds and flu that require knowledge of acupuncture meridians and points, but what I will teach you is only about the points that are all located on the middle finger. Is it very simple? You bet! Look at the hand below:

The middle finger is divided into 3 sections by the 2 horizontal creases. The upper section represents the head/face. The middle section represents the neck, and the lower 3rd represents the chest.

Draw a face on the upper 3rd section, with the nose positioned in the middle of the finger pad. Now you are ready to work. You will be using the thumb tip of the same hand to apply the pressure on the points. You do not have to press hard for it to work. Maintain contact for a few minutes or until you feel better.



- a. Nose: Located on the center finger pad.
- b. Upper throat: Located on the crease.
- c. Mid throat: Located between the two creases.
- d. Lower throat: Located on the crease.
- e. Chest: Located between the crease and the base of the finger.

All points are located along the mid-line of the middle finger.

- ✿ For sinus congestion or runny nose: Place your thumb tip on the point corresponding to “a” above.
- ✿ For upper throat soreness, pain and congestion: Place your thumb tip on Pt. “b”.
- ✿ For mid throat soreness, pain or congestion: Place your thumb tip on Pt. “c”.
- ✿ For lower throat congestion, soreness, pain or asthmatic symptoms: Place your thumb tip on Pt. “d”
- ✿ For coughs, phlegm and heaviness in the chest: Place your thumb tip on the point “e”.
- ✿ For frontal headaches: Place your thumb tip on the point between the nose and of the fingertip.

The human electro-magnetic energy (called “chi” in China; “ki” in Japan; “prana” in India and “skah” in Lakota) links the surface of the body to the deepest levels: the brain and spinal cord. Besides the nervous system, inside the body are pathways not yet mapped by western health science called “meridians” in traditional Chinese medicine. There are over sixty meridians that integrate the body into a more expanded whole.

This energy has a negative and a positive charge, or binary force, that seeks to balance this negative and positive charge. The ancient Chinese medical theorists called this binary force Yin & Yang. It is this balancing dynamic already inherent within the human body that acupuncturist work with, by determining which force is out of balance then correcting it by acupressure or the insertion of needles into specific points on the body.

On the hand, the energy meridians and points are a miniature of the whole body’s meridians and points, a phenomenon known as a micro-system. There are similar micro-systems located on the scalp, ear, face, and nose and feet. That completes the body energetic channel system as we know it today. By applying needles or simple pressing certain points, improvements in health can be achieved. The significance of acupressure is that anyone can learn to apply this safely, even children.

So here’s to your health, take good care, and may peace be with you!

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