



# Acupressure Points for Relief

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## Acupressure Points That Relieve the Pain of Osteoarthritis

Osteoarthritis is one of those conditions that can affect numerous joints in the body, and there may be times when you feel that all of them hurt simultaneously! That's a bad day! But why not consider using acupressure points to relieve the pain of osteoarthritis and turn a bad day into a good one?

### How to Get Started Using Acupressure for Arthritis

Here's how this works:

- **Step 1.** You locate the points on the body that will be used. Acupressure points are the same as acupuncture points, as the same naming system is used.
- **Step 2.** You hold each point for about a minute, and then let go and move on to the next point.
- **Step 3.** You repeat the process twice daily or as often as needed if it's a bad day for the pain.

See how easy it is? Now let's go to the section on where these points are located, Step 1.

Oh, and one thing you should know – the points may not be located in the same area as the joints affected by your arthritis. That may sound like a conundrum, but what is happening in your body when you press these points is that you will be increasing your body's production of endorphins. Endorphins are your body's supply of aspirin without negative side effects.

### Acupressure Points to Use for Arthritis

1. **Liver 2 Acupressure/Acupuncture Point.** This point is right between the big toe and the second toe.
2. **ST 36 (Called the Leg Three Li Acupuncture Point).** To find this point, go to the inside part of your knee. Find the spot where the tibia and femur meet to make a joint. This point is ST35. Next place your hand at that spot with fingers pointing horizontally. Count 3 fingers downward towards the foot and one finger width towards the lateral side of the tibia. This point is great for low immunity, general weakness, bloating, nausea, diarrhea and constipation and poor digestion as well.
3. **Gall Bladder 41 Acupuncture / Acupressure Point.** This point is also on the foot. It's between the 4<sup>th</sup> and 5<sup>th</sup> toes, about halfway between the web of the toes and the ankle bone.
4. **Kidney 3 Acupressure / Acupuncture Point.** To find this acupressure/acupuncture point for osteoarthritis, you'll have to know that the Achilles tendon is the stringy tendon in the back of your lower leg that leads up to your calf muscle. You'll also need to know where your medial malleolus bone is, the bone on the inside of the ankle. The point is halfway between the medial malleolus and the Achilles tendon.
5. **Large Intestine 4 (Called Joining Valley).** This point is on the back of the hand, not the palm. It's located between the first and second metacarpal bones of the hand, in the middle of the second

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metacarpal bone, on the thumb side. This acupressure point for arthritis helps strengthen immunity.

Start using these points whenever you feel the pain of arthritis setting in. For example, as soon as you get up in the morning when arthritis pain tends to be the worst, stimulate these points before you even get out of bed. See what happens! You can even add new acupressure points to the mix.