

Illustrated locations of the 12 Acupuncture Points That Can Save Your Life

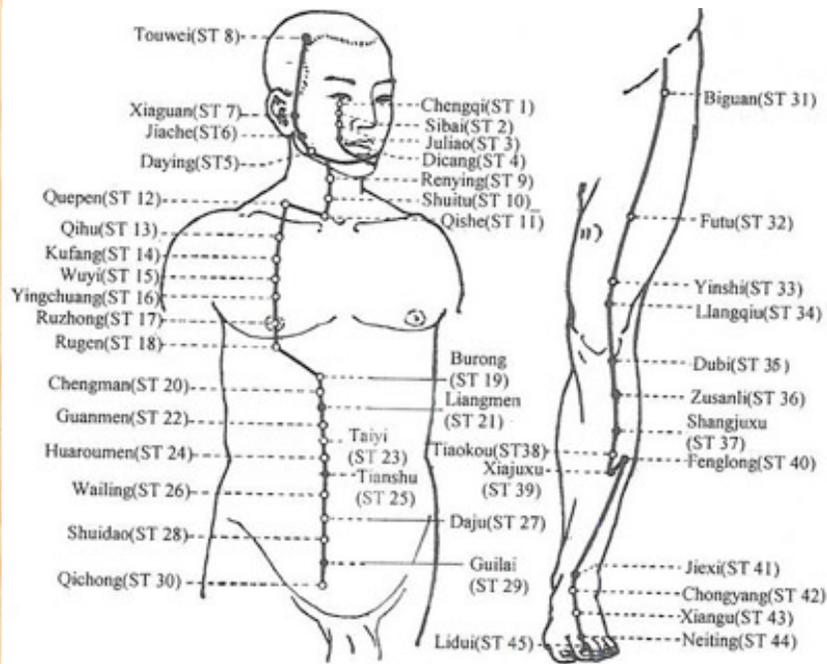
by David Fuess

How to measure to locate the points:

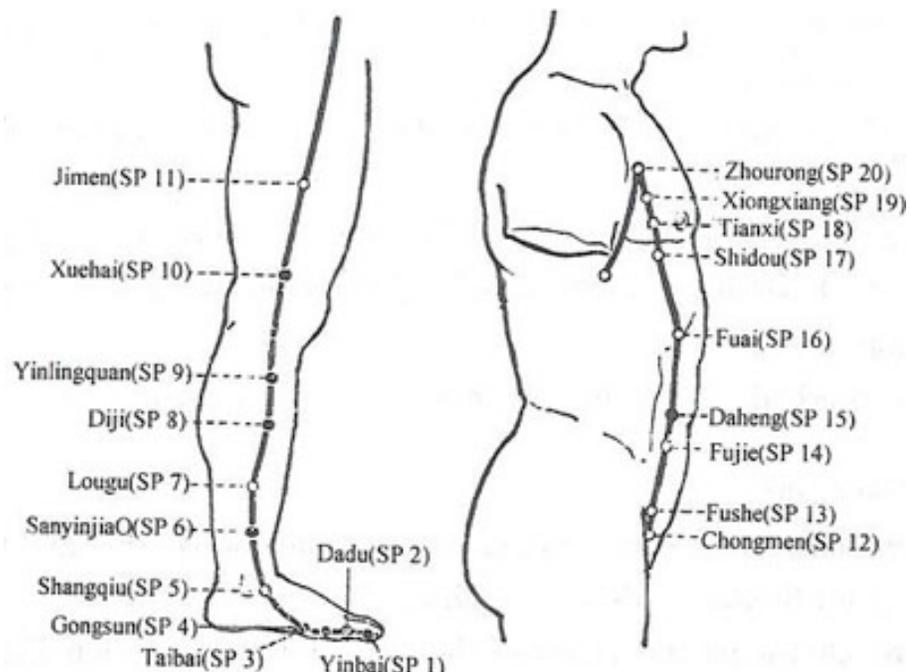
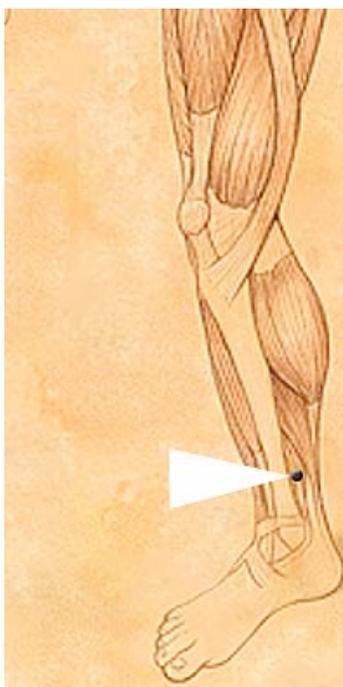
- 1 **cun** (ts'un) is the width of each person's thumb at the knuckle.
- 1.5 cun is the width of the index and middle fingers.
- 3 cun is the width of all fingers side-by-side.

All drawings <http://www.acuxo.com/meridianPictures.asp> & <http://www.acupuncture.com/education/points/index.htm>

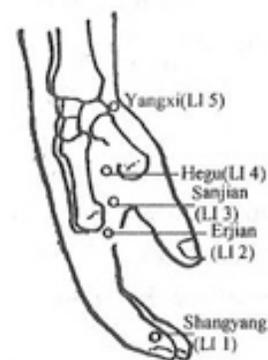
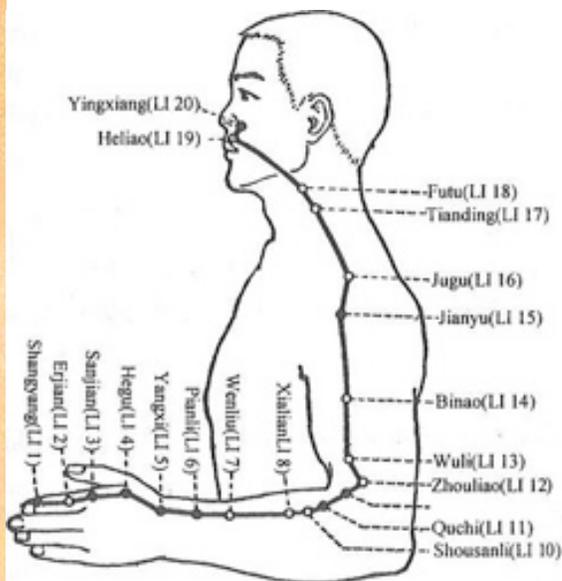
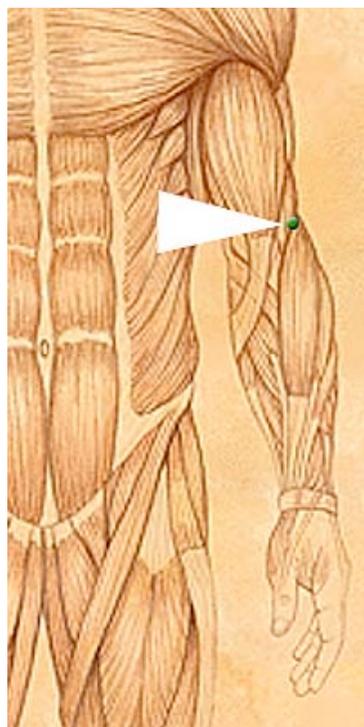
ST/Stomach 36 *On the leg, 1 thumb width lateral to the tibia's anterior crest, 3 cun below the depression on the lateral side of the patella (the outside 'eye of the knee' or calf's nose').*



SP/Spleen 6 *3 Yin Meeting (with Liver and Kidney Channels). On the medial leg, 3 cun above the medial malleolus (ankle bone), behind the tibia. Don't Needle If pregnant (or suspected).*



LI/Large Intestine 11 Pool at the Bend. *On the lateral side of the elbow (cubital) crease when the elbow is close to full flexion.*



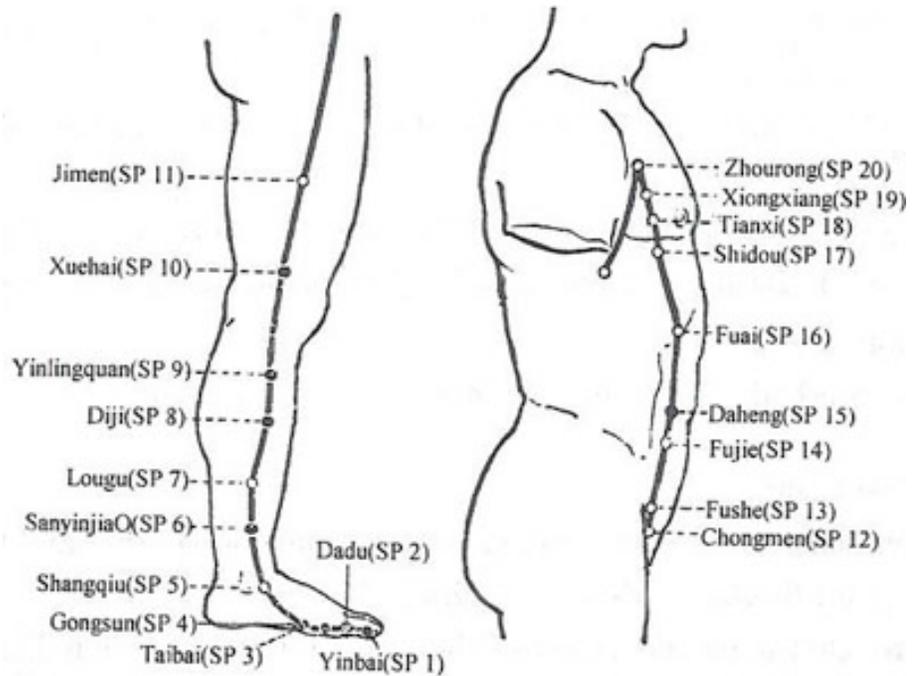
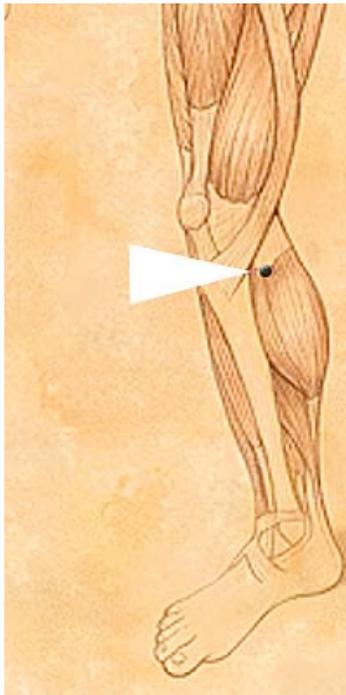
LI/Large Intestine 4 Joining Valley. Command Point of the Face and Mouth. *On the outside of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the muscle. **Contraindication:** Do Not Needle If Pregnancy is known or suspected*



SP/Spleen 9 Yin Mound Spring. Water Point on Earth Meridian.

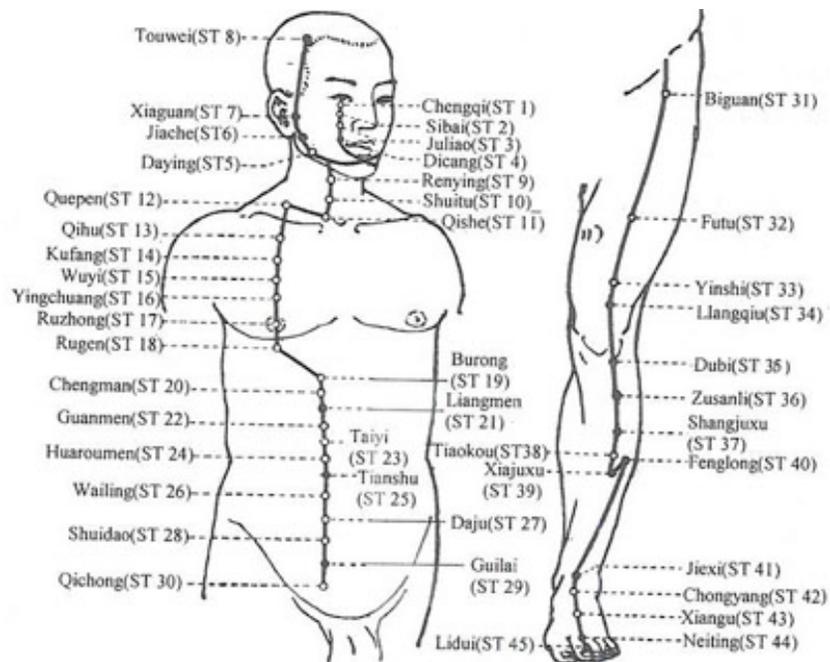
Location: *On the medial leg, on the inferior border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle.*

Working this point too hard can result in bruising.

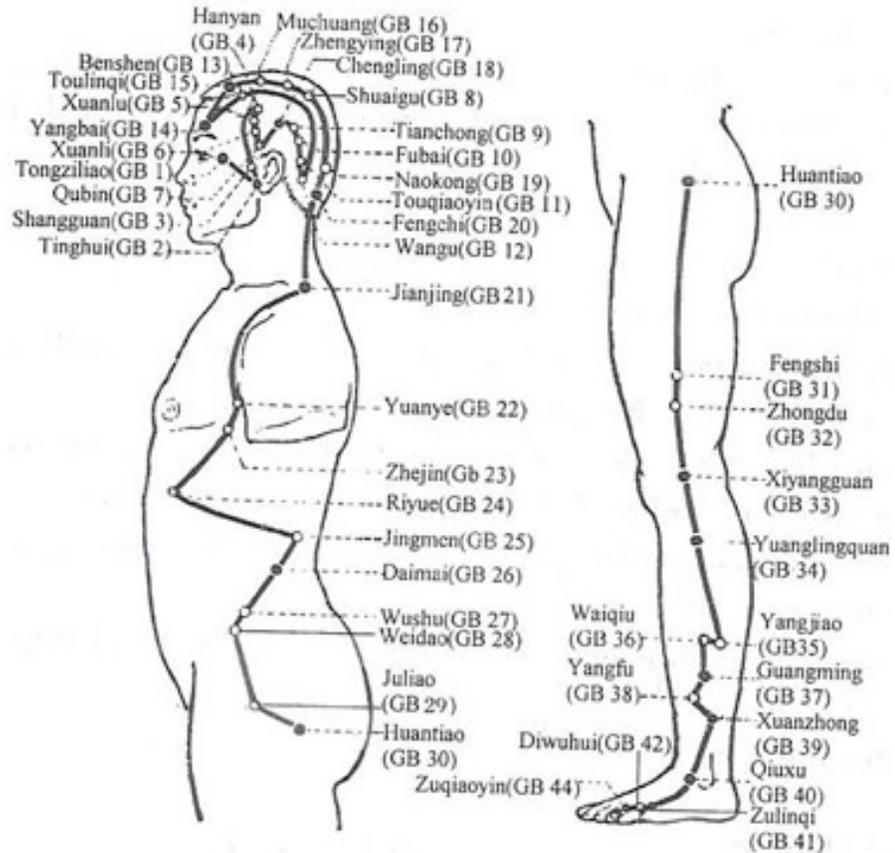
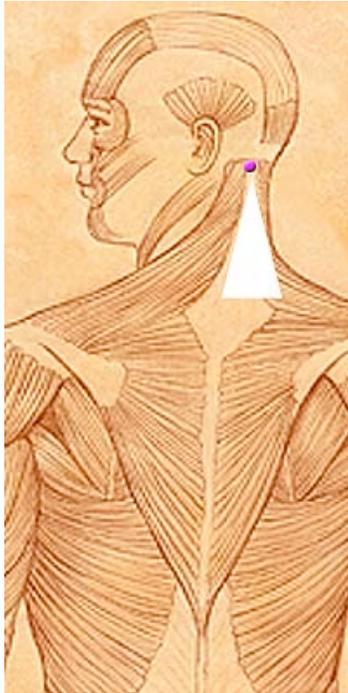


ST/Stomach 30 Surging Qi. *At the superior border of the pubic bone (pubic symphysis), 2 cun lateral to the midline, where you feel the 'qi' (artery) pulsing.*

Caution: delicate blood vessels, etc.—apply acupressure gently!



GB/Gall Bladder 20 Wind Pool. *Back of the head, below the occipital ridge at the top of the neck, in the 2nd depression out, between the Sternocleidomastoid and Trapezius muscles.*



GB/Gall Bladder 41 *On the top (dorsum) of the foot, in the depression between the fourth and fifth metatarsals – slide up as far as you can between the bones until they come together.*



Ht/Heart 7 Shen Men • Spirit Gate. Calms the Spirit/Shen *On the transverse wrist crease, in the small depression between the outer wrist bone (pisiform) and the outer arm bone (ulna).*

Ht/Heart 6 *On the palm-side (palmar) surface of the forearm, 0.5 cun (up the arm) proximal to the transverse wrist crease, on the radial (inside) side of flexor carpi ulnaris tendon.*

HE5 • Tong Li • Heart 5 Connecting Li. Luo Connecting Point on the Heart Channel to SI4.
Location: *On the palmar surface of the forearm, 1 cun proximal to the transverse wrist crease, on the radial side of flexor carpi ulnaris tendon.*



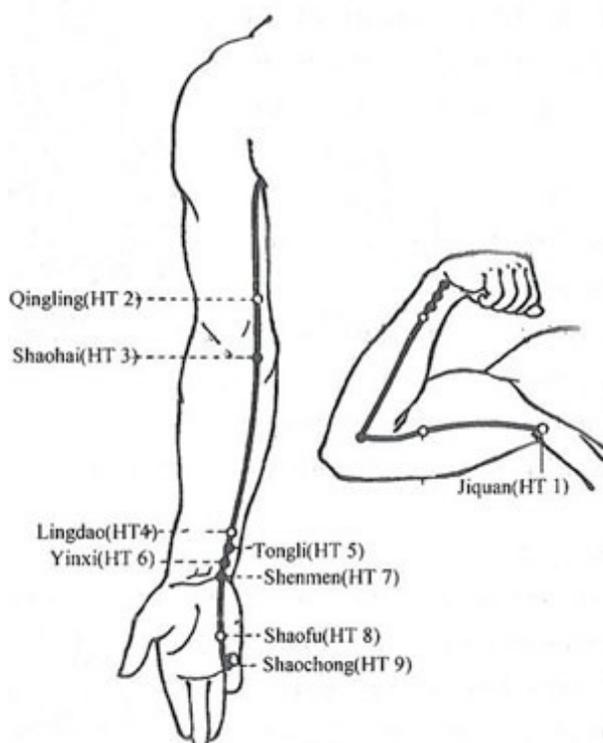
Ht. 7



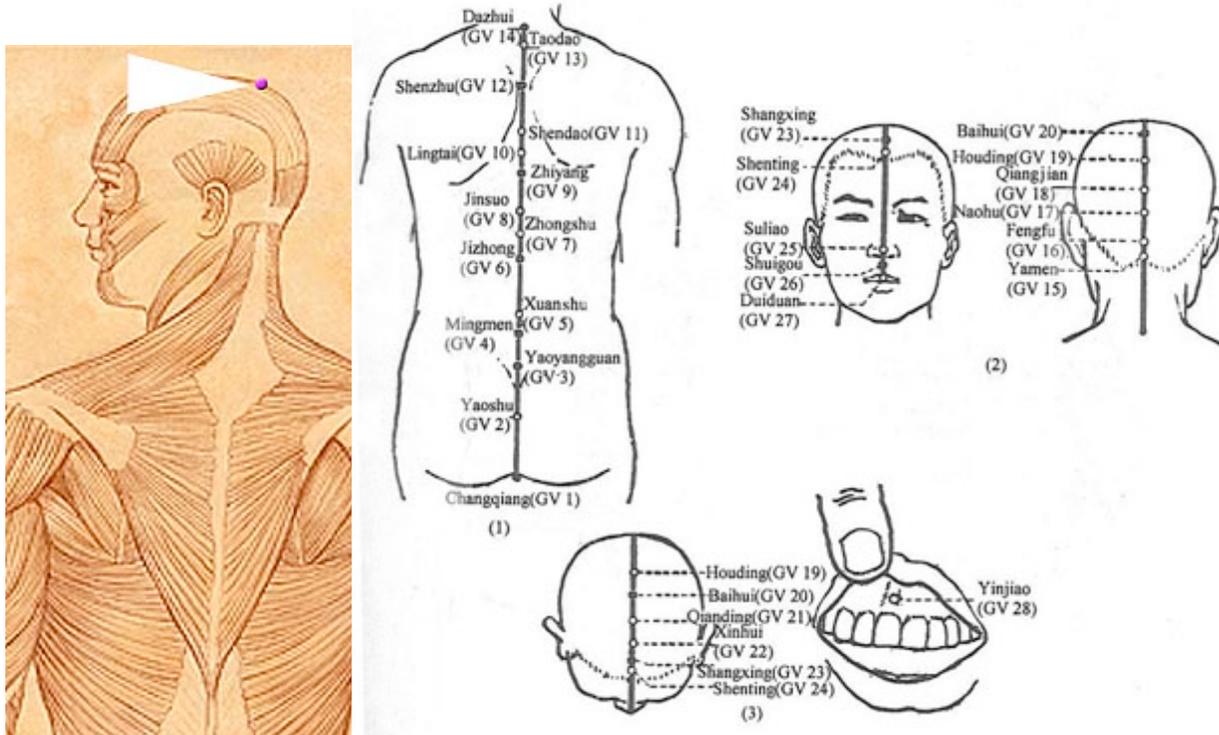
Ht. 6



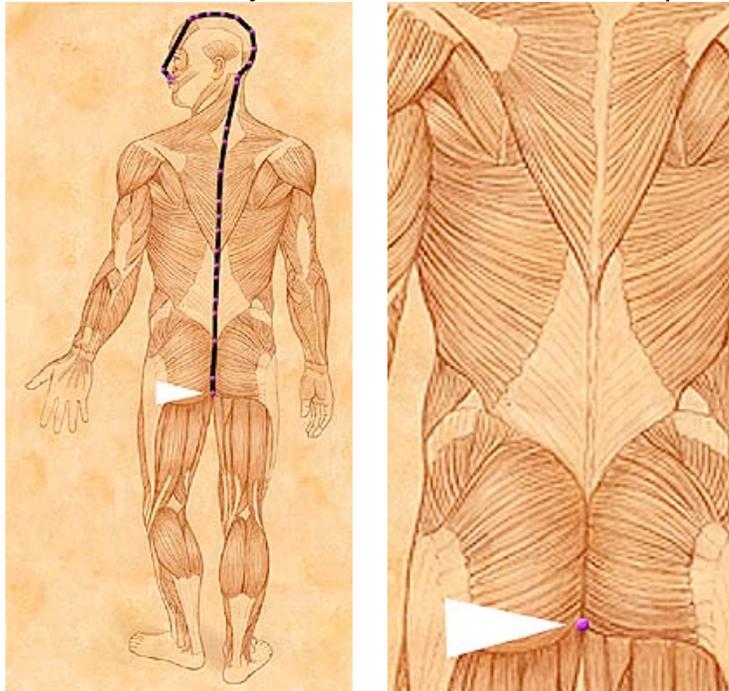
Ht. 5



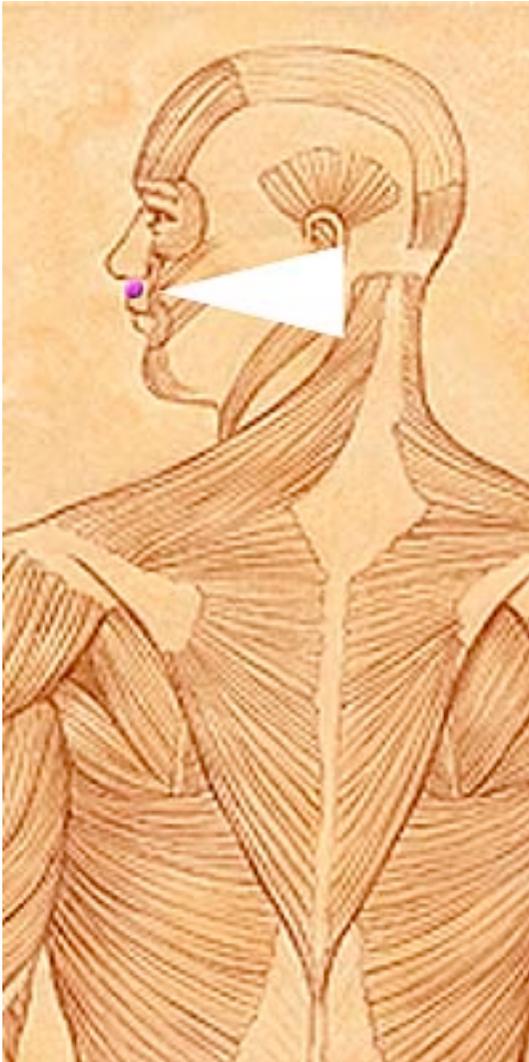
GV20/Governing Vessel 20 Hundred Meetings. Meeting Point on the Governing Vessel with the six yang channels. (In spiritual anatomy, this is where the soul enters at birth and exits at death, therefore an extremely important point for meditation.) *On the midline, at the intersection of a line connecting the right and left ear apices (tips). (There may be a hollow there, what remains of the fontanel, the soft spot in the baby's head before the bones of the skull grow together, 'sealing in the soul'.)*



GV1 • Chang Qiang • Governing Vessel 1 Long Strong. Luo Connecting Point of the Governing Vessel to CV1. Meeting Point on the Governing Vessel with the Conception Vessel. **Location:** *Midway between the anus and the tip of the coccyx.*



GV/Governing Vessel 26 *In the philtrum, 1/3 the distance from the nose and the top of the lip.*



Indications:

1. Syncope, heatstroke, coma, mental disorders, restrictions to the mouth's ability to open
2. Manic psychosis, epilepsy
3. Acute lumbar pain
4. Gastric pain, wry mouth, swelling of the face

Functions: Resuscitates, treats acute lumbar sprain, benefits the nose.

Notes: Du 26 is used for emergency treatment. Pressure upwards