

Managing Blood Pressure with Acupressure

Hopkins Medicine states “There are several points that help manage blood pressure, as recommended by Dr. Michael Reed Gach, acupressure expert. Two are described below.

To Prepare:

- 1) Wait an hour or so after eating before doing acupressure. This allows the blood to flow to the specific points (instead of to digesting your food).
- 2) Sit with your feet flat on the floor. If lying down, keep feet and legs uncrossed.
- 3) Relax. Take a few deep breaths into your lower belly.


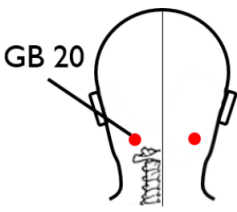
How Do I Apply Pressure?

The middle finger is best suited for applying pressure since it's the longest and strongest, but you can use any finger, your thumbs, knuckles, or palms. Quick Tip: If your hand gets tired from applying pressure, pause and shake out your hand.

*Precaution: Firm pressure shouldn't be applied for those with high blood pressure.

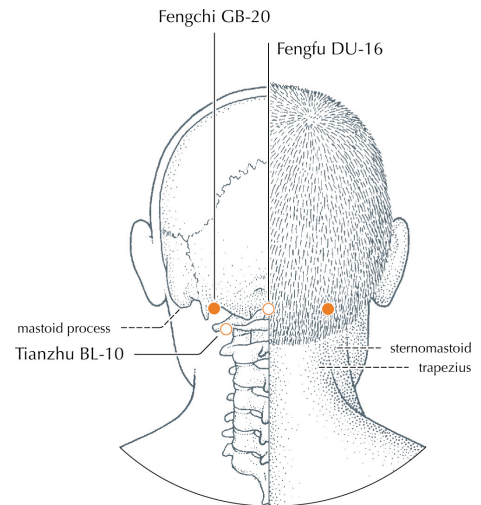
There are Two Methods of Applying Pressure:

- Apply steady pressure (hold until you feel “good pain”)
 - Or, Press down and release (apply pressure in a slow, rhythmic manner)
- Breathe deeply as you press on each point for 2-3 minutes with gentle to moderate pressure. You can practice 2-3 times per week, or daily.

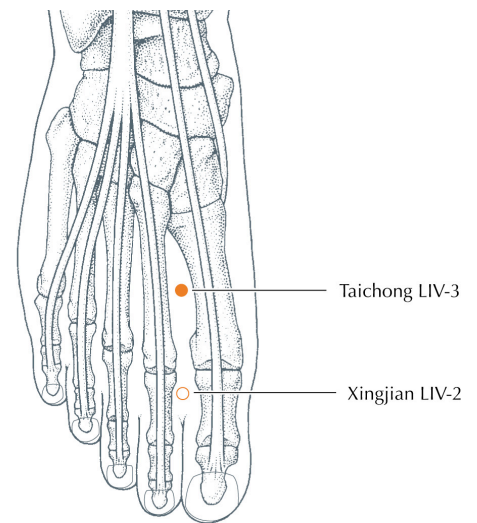
| Acupressure Point Name | Location Description | Location |
|--|---|---|
| GV 20 (Governing Vessel 20) | On the crown of the head in an indentation (or “soft spot”). Follow the line from the back of the ears to the top of the head. |  |
| GB 20 (Gall Bladder 20) | On the back of the neck at the base of the skull, where it sinks down on either side of the protruding bones. Decreases fluctuations between high and low blood pressure. |  |

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According to vinmec.com “GB 20 or wind pool is one of the fastest and most effective acupressure points to lower blood pressure. You can find these points just below the base of the skull, in the depressions on either side of the spine. Activate both points simultaneously by applying pressure on them with the thumb. Do acupressure for 1 or 2 minutes, you will feel the headache better.”



According to a [2016 small scale study](#) “The results of this study demonstrated that acupressure on the Taichong acupoint [LIV 3 located along the interspace between the first and second metatarsal bones towards the ankle, into the pronounced depression before the junction of the bases of the first and second metatarsals].was much more effective than acupressure on a sham acupoint in lowering systolic and diastolic BP in patients with hypertension. Further, acupressure on the Taichong acupoint immediately lowered BP, and the lowering effect lasted for at least 30 minutes.”



They explained “In traditional Chinese medicine, hypertension belongs to the categories of “dizziness” and “headache”. The Huangdi Neijing states that “all wind and dizziness disorders belong to the liver.” The Taichong acupoint is the yuan (source) acupoint of the liver meridian, and it has been documented in the literature that stimulation of the Taichong acupoint could spread liver Qi”.

Another study found that “Acupressure therapy at Taichong (Liver 3), Shenmen (HE 7), and Taixi (KID 3) acupoints is a good non-pharmacological therapy option to help in lowering blood pressure in patients with hypertension.”

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