

COVID ACUPRESSURE GUIDE

The following information is not supposed to be curative, or substitute other forms of medical intervention. It is meant to support at-home care, comfort, and body awareness <3

This is a live document that might be edited as folks make suggestions ;)

INTRO

LINEAGE

Acupressure is part of the lineage of [Traditional Chinese Medicine](#) or TCM (more resources on TCM at the end of this doc). This medicine in the United States has developed and has been used as mutual aid, as [poor people's medicine](#), as [movement medicine](#), and as a [form of resistance and harm reduction](#) for generations - It is in this spirit that the following information is shared.

The framework of Healing Justice is grounded in the work of movements for justice and liberation, and it has crystallized in the work of groups like [Kindred Southern Healing Justice Collective](#), [The People's Movement Center](#), [Healing By Choice Detroit](#), [Casa de Salud](#), and in movement spaces like the [US Social Forum](#) and [Allied Media Conference](#). I want to name here some of the architects of the movement for Healing Justice and the framework of Healing Justice like Cara Page, Charity Hicks, Anjaly Taneja, Mia Mingus, Shira Hassan, Susan Raffo, Tanuja Jagernauth, Adela Nieves Martinez, Stacy Erenberg, Mariame Kaba and the many others who have dreamed up possibilities for Healing Justice. For more information, please see [this discussion](#) led by the [National Queer & Trans Therapists of Color Network](#) and read [Healing Justice at the US Social Forum: A report from Atlanta, Detroit & Beyond](#) by Susan Raffo.

NOTES ON DOING HOME-CARE

I attempted to make this document as accessible as possible for folks with what you likely have at home. Know that things can be flexible. For example, use Acupressure if you don't have access to [Acupuncture Tacks](#), a [Hairdryer](#) if you don't have access to [Moxa](#), or a [lid](#) for [Gua-Sha](#) if you don't have access to [Cups](#) or a [Gua-Sha spoon](#).

If you are a TCM practitioner and have feedback or suggestions, please [get in touch](#) :)

CONSENT and TRAUMA-INFORMED CARE

Please listen to your body as you move through the information below, and make sure to have consent if you are administering care to anyone besides yourself <3

CONSIDERATIONS FOR SET-UP

As you set up to do care for yourself or others, consider how the room is set up. Can you adjust the lighting so it is more pleasant to you? Are there smells you like you could bring into the room? Is there music you wanna turn on (or off)? Are you comfortable?

PREGNANCY NOTES

Some of the points are contraindicated for pregnancy. Please avoid acupressure on [SP6](#), [LI4](#), [GB21](#)

NOTES on white supremacy and ableism within TCM in the US

I want to acknowledge that a lot of TCM videos and resources show white able-bodied folks, in a way that reflects medical bias and who has historically been able to access this medicine, both as a practitioner and a patient. It is my hope that this medical knowledge being shared can be a way to begin divesting from acupuncture and TCM being mostly used by and for people with racial, class, and ableist privilege in the United States.

BEFORE WE GET INTO IT...

Systemic health ⇌ individual health

Our health is deeply connected to the systems we live in

Our health is deeply connected to our experience within systems of power and oppression, and to our access to resources and adequate care

Nourishing individual health is inextricably connected to creating just worlds and dismantling racial capitalism, colonialism, patriarchal violence, eugenic ableism, transphobia and all systems of power-over and injustice

We can hold that we can care for ourselves and our kindred while pushing for systemic changes that move our whole societies toward justice

We can hold that we are deeply affected by systems that cause sickness, while being fully present to the power we have to affect our health positively in the present moment

COVID ACUPRESSURE CARE GUIDE

HOW TO ACUPRESSURE

- WHAT IS ACUPRESSURE? Acupressure means applying pressure with your fingers along acupuncture channels/meridians. Stimulating particular points along the meridians can relieve stagnation and blockages, thereby speeding up your body's own healing response
- HOW DO I DO IT? Using deep, firm pressure, massage the point in a circular motion, or hold steady pressure. Be gentle enough not to bruise or hurt yourself <3
- HOW LONG DO I DO IT FOR? Often a point will be tender when it needs stimulation. You can massage it until the tenderness lessens, anywhere from 10 seconds to a couple of minutes
- HOW OFTEN? Press the points as needed :)
- WHERE ARE THE POINTS? If you click on the name of a point in the guide, a link will open with an image of where the point is. Also googling the name of the point will get you lots of images if you need more guidance <3

SOME CONSIDERATIONS on COVID and how it affects the body

- ★ COVID-19 is a damp pathogen that creates lots of mucus, so avoid mucus-producing foods like dairy. Sugar, coffee, and alcohol are also damp-forming, so be mindful with those ;)
- ★ Do eat warm cooked food like miso soup, chicken soup or chili, lots of vegetables, stay hydrated.
- ★ Increase lung circulation, especially if you are prone to respiratory illnesses, asthma, phlegm, or cough. Breathing exercises, massage, cupping, guasha, and stretching can all be helpful in improving circulation and preventing build-up of phlegm and fluid

SYMPTOM-SPECIFIC SUPPORT

STRESS SUPPORT

- General Anxiety: [Tacks](#) or acupressure on [HEART 7](#) or ear massage (videos on using the ear for general anxiety in [English](#) and [Spanish](#))
- Chest Tightness: Tap/acupressure on [Ren17](#) or [KIDNEY 27](#). Press the point for a few seconds, or massage in circles to feel your chest open up. [Tacks](#) or acupressure on [PERICARDIUM 6](#)
- Palpitations/Agitation: Acupressure on [HEART 8](#), [Tacks](#) or Acupressure on [STOMACH 44](#).
- Body-wide tension: Acupressure on [LIVER 3](#)
- Stress Headache: Acupressure on [Yintang](#)
- Acupressure on [KIDNEY 1](#), and [hot water foot soaking](#) in the evening
- [Video](#) with several acupressure points for insomnia and anxiety <3

- Acupressure on [Anmian](#), [HEART 7](#), [KIDNEY 1](#), [SPLEEN 6](#)
- Deep belly breaths while massaging [Ren17](#)
- Frustration: Acupressure on [LIVER 3](#), [LIVER 2](#), [GALL BLADDER 34](#), [Yintang](#) or massage [the temples](#)
- Fight/flight agitation: You can use an [Ear seed](#) on [shenmen](#). Press the seed for a few seconds when you feel stressed to calm down your nervous system and flight/fight response, or press with a pen on the point for a few seconds if you don't have access to seeds. ([how to locate](#) the point video, and [how to place ear seed](#) video).

PREVENTION

[See vaccine support guide here](#)

- [Moxa ST 36](#), [REN12](#), [REN6](#) (Twice a day, once in the afternoon and once at night)
How to [Moxa video](#)
- Make your favorite tea to sip on throughout the day :) Ginger and Licorice root are both indicated.
- Add [Propolis](#) to your daily routine (not if you are pregnant)
- [Acupressure for daily health](#) video: LI4 (not if pregnant) ST36, Shenmen, DU20 and Yintang.
- Foods high in Zinc such as lentils, pumpkin seeds, chickpeas, chia seeds, almonds, cashews, oatmeal
- Foods high in Vit C such as chili peppers, citrus, leafy greens, broccoli, and red cabbage (fermented even higher). Be careful with Vit C supplements as they can cause digestive distress. If you start having looser stools, ease off for a few days :)

LUNG-SPECIFIC SUPPORT

- [Lung Channel massage Video](#)
- [Acupressure on 3 Scholars points](#) to help you breathe better and open the chest :)
- Also see "Shortness of Breath"

FIRST SIGNS OF SICKNESS

- [Gua sha neck](#) ([also use gua sha for neck tension or headaches](#)). You can use a [soup spoon](#) or a [lid](#) (clean before use, with alcohol or soap and water) for gua sha.
- [Moxa ST36](#) (Twice a day, once in the afternoon and once at night). How to [Moxa ST36 video](#)
- [Acupressure](#) on [GB20](#) and [GB21](#) (skip GB21 if you are pregnant)
- Sleep lots!
- Take a hot bath or hot shower

- Cover up to induce light sweating
- Make [fire cider](#) to have at the first signs of a sore throat/illness

FOODS

- Brothy foods with coriander seed, fennel seed, clove, cinnamon bark, nutmeg and star anise
<http://foodfromeast.com/category/tcm-categories/exterior-invasion/wind-invasion-external/>
https://blog.mountainroseherbs.com/fire-cider?hs_amp=true&fbclid=IwAR1L8iWoa1aF64mDE5mOIXHP08FIKhSYI9UUnKnkMpJLhBFXiVC2VurEfBI

SORE THROAT

- Mint tea (you can also gargle with Mint tea, or with warm salt water)
- [Salt gargling](#)
- Acupressure on [LU10](#) and [LI4](#) (don't do LI4 if you are pregnant)

FEVER

LOW FEVER

- [Gua sha neck](#)
- Acupressure on [LI11](#) (pinch up skin a few times a day, 3 times for 10 seconds [video here](#))
- Acupressure on [LI4](#) (not if you are pregnant)
- [Tea to reduce fever video](#)
- Mint tea

HIGH FEVER

- [Prick/bleed Ear Apex](#) or [LU11](#). You can use a [diabetic lancet](#).

FATIGUE/EXHAUSTION

- [Moxa ST36](#), [REN12](#), [REN8](#) (Twice a day, once in the afternoon and once at night)
- Moxa on low back/sacrum [video](#)

How to [Moxa video](#)

- [Stomach and Spleen Channel Acupressure](#)
- Chills + feeling cold: [Cinnamon tea](#)
- Daily Acupressure for daily health [video](#): LI4 (not if pregnant) ST36, Shenmen, DU20, and Yintang.

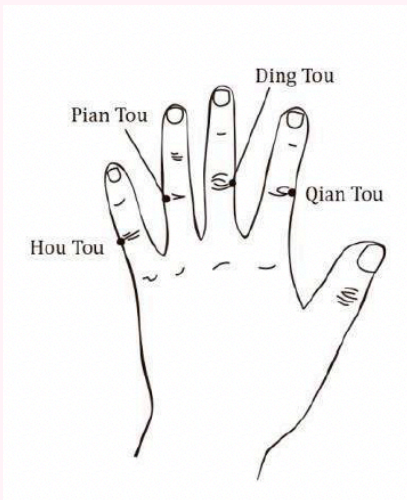
FOCUS

- Acupressure or tapping on [DU20](#) and [Si Shen Cong](#)

- If you feel unfocused because of frustration, add Acupressure on [LIVER 3](#)

HEADACHE

- [Gua sha neck](#)
- Stress Headache: Acupressure on [Yintang](#), [LV3](#), [DU20](#)
- Back of the head headache with stiff neck: Acupressure on [SI3](#) and [UB60](#), [GB20](#) and [GB21](#) (skip GB21 if you are pregnant)
- Band-around-the-head pressure headache: Drink a cupful of water with lemon juice + Acupressure on [ST40](#) and [SP9](#)
- One-Sided Headache: Acupressure on [GB41](#), check if [GB14](#) is tender also
- Any headache: Acupressure on [LI4](#), [Ling Gu](#) and [Da Bai](#)
- [Master Tung](#) Tou Points on the side of your knuckles (see pic below). Push on the points with a pen or your nail until pain subsides. Suggested by [Tulia Rubero L.A.c.](#)



INCREASE IN PHLEGM/MUCUS

- [Ginger compresses](#) or [Mustard Plasters](#) on the upper back, behind the lungs to move the phlegm.
- Gargle to flush out the phlegm in your throat
- Increase your water intake
- [Moxa](#) or Acupressure on [ST36](#) + [ST40 \(video\)](#) and [SP9](#)
- Reduce phlegm-producing foods like sugar and dairy

FOODS

GENERAL DIGESTIVE ISSUES

- [Moxa ST36](#), [REN12](#), [REN6](#) (Twice a day, once in the afternoon and once at night)
- [3 Emperors](#) acupressure video
- [Stomach and Spleen Channel Acupressure](#)

LOOSE STOOL

- [Moxa SP3](#), [ST36](#), [REN6](#), [REN8/belly button](#)
How to [Moxa video](#)
- Be mindful of your intake of Vit C, as it can induce loose stools
- Try adding more cooked foods and less raw foods in your diet, especially if you notice food-pieces in the stool (and if that's the case you can add warming teas like cinnamon and ginger to your daily routine)
- Increase your water intake to offset loss of fluids through loose stools
- Warm broths like Miso, chicken and bone broth. More warming foods ideas [here](#) and [here](#)

CONSTIPATION

- Acupressure on [ST36](#), [SJ6](#) and [LI10](#)
- You can massage the section of the Large Intestine and Stomach channel to move the stool, from [from LI11 to LI8](#) and from [ST36 to ST38](#).
- [Abdominal massage](#)
- Add a scoop of [Magnesium](#) once a day

NAUSEA

- [Tacks](#) or press on [PC6](#), massage downwards from [REN12](#) to [belly button/REN8](#)
- Ginger tea to sip on throughout the day
- Massage downward toward the foot from [ST36 to ST38](#).

COUGH

- [Cup behind the lungs](#), cupping for [children](#)
- [Differentiating between "hot" and "cold" coughs](#)

- Dry Cough points: [Tacks](#) or Acupressure on [LU1](#), [LU7](#), [LU9](#), [LI11](#), [SJ5](#), [KD3](#), [KD27](#), [Ren17](#)
- If you are feeling very thirsty/dehydrated, or if your mouth is dry add [KD6](#)
- Increase circulation in the chest with deep belly breaths, and [hot water steams](#) with expectorating herbs like eucalyptus or peppermint.
- If there is dry or wet phlegm in your throat or chest add [ST40](#), [SP9](#)
- FOODS for dry cough
Dry cough is often dry because of dried phlegm that is not moving. Foods for dry-phlegm cough include lemon, grape, onion, and cauliflower. Avoid cold raw foods, dairy products, greasy foods, and sugar for cough due to dry phlegm retention.
<http://foodfromeast.com/category/tcm-categories/phlegm/>
<http://foodfromeast.com/category/tcm-categories/phlegm/cold-phlegm-accumulating-in-lung/>
<http://foodfromeast.com/category/tcm-categories/phlegm/lung-phlegm-heat/>
- For burning sensation in the Lungs/chest
<http://foodfromeast.com/category/tcm-categories/exterior-invasion/wind-heat-invading-lungs/>

SHORTNESS OF BREATH

- [Cup behind the lungs](#) or [gua sha](#) (do gua sha very gently if you are feeling tired or wiped out)
- Tap/acupressure on [Ren17](#). Press the point for a few seconds, or massage in circles to feel your chest open up
- Increase circulation in the chest with deep belly breaths, and [hot water steams](#) with expectorating herbs like eucalyptus or peppermint.
- [Acupressure](#) or tacks on [PC6](#), [LU10](#), [LU1](#), add [ST40](#) if there is phlegm/mucus
- [Acupressure on 3 Scholars points](#) to help you breathe better and open the chest :)

RECOVERY PHASE

- [Moxa DU14](#), [ST36](#), (Twice a day, once in the afternoon and once at night)

How to [Moxa video](#)

- Add Acupressure on [LU6](#) for post-respiratory illnesses
- [Stomach and Spleen Channel Acupressure](#)
- Drink Bone Broth, Chicken Broth or Miso
- Moxa on low back/sacrum [video](#)

RESOURCES:

MOXA

- Get MOXA [HERE](#)
- How to [Moxa video](#)
- If you don't have Moxa, you can use a hairdryer [\(video here\)](#)

GUA SHA

- How to [Gua sha](#) video. You can use a [soup spoon](#) or a [lid](#) (clean before use, with alcohol or soap and water) for gua sha.

EAR SEEDS

- Get EAR SEEDS [HERE](#)

TACKS

- Get TACKS [HERE](#)

CUPS

- Get CUPS [HERE](#)

Where to read more about Acupuncture and Traditional Chinese Medicine

[Chinese Medicine and Cultural Appropriation](#)

[History of "Barefoot Medicine"](#)

"The Web That Has No Weaver" by Ted Kaptchuk

"A Barefoot Doctor's Manual" by John E. Fogarty

Created by [Chiara Francesca L.A.c](#)