

More than 25 acupressure points; more than 10 point combination routines. Feel confident using clinical acupressure in the comfort of your home.



Acupressure for Fertility

by Dr. Nicholas

A collection acupressure points to support vitality, hormone balance, and fertility

"Traditional Chinese Medicine concepts explained in simple terms, clear instructions on how to incorporate acupressure into your at home routine."

About Dr. Laura Nicholas



Dr. Laura Nicholas is a Naturopathic Physician based in Vancouver, BC. She has a practice focused in women's health, fertility, and gynecology. She holds licensure in Acupuncture. Dr. Nicholas uses a variety of techniques to balance hormones, regulate menstrual cycles, and support fertility. She believes that clinical acupuncture combined with at-home acupressure can help support your fertility, vitality, and overall health. She is excited to offer you this unique tool to bring the power of oriental medicine out of the clinic and into your home.

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Disclaimer

This manual was developed for educational purposes.

This content is not intended to be substituted or interpreted as medical advice and should not be used to diagnose, treat, or prevent any disease or health concern.

Please book a consultation with Dr. Laura Nicholas, ND or a qualified healthcare professional in order to assess your current health status and get an individualized treatment plan tailored to your needs.

By using this acupressure manual you are not entering into a doctor-patient relationship with Dr. Nicholas. She cannot make guarantees about the efficacy of doing acupressure at home in order to improve fertility, hormone balance, or overall health.

Dr. Nicholas cannot be held liable if you perform acupressure without benefit or cause yourself or someone else harm. Please understand that you are choosing to use this manual at your own risk.

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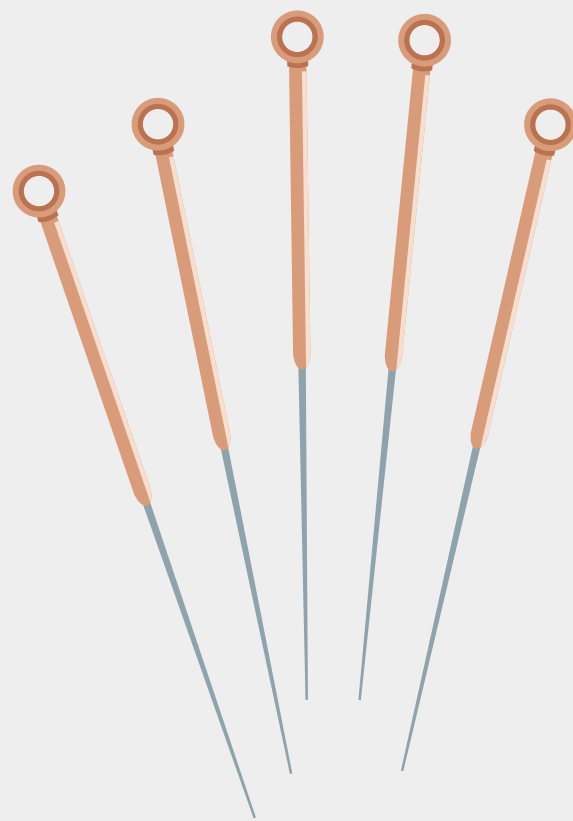
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Intro to Acupressure

From a Traditional Chinese Medicine (TCM) perspective, the body has meridians or channels that connect the internal organs of the body to one another. The function of TCM meridians is also to control the flow of energy (qi) throughout the body. This concept can be compared to channels like the nervous system and blood vessels in Western medicine.

Acupuncture, and acupressure, points are found along these designated meridians. The acupressure points are found in very specific spots on the body, and when pressed they are activated to carry out a function. Different points are associated with different functions. Some points are more activating, others are more calming, and some points have a balancing effects because they have the ability to both tonify and subdued.

The mechanism of action of acupuncture and acupressure is through the stimulation of the central nervous system, the increase in local blood flow, the release of endorphins, and the change in brain neurotransmitter synthesis.

Acupressure for Fertility

Acupuncture has been shown to improve pregnancy rates in women undergoing fertility treatment. Pelvic ultrasound studies have found that acupuncture treatment can improve pelvic blood flow, and that the increased blood flow may account for its efficacy in improved pregnancy rates. It is inferred that acupressure has the potential to improve pelvic blood flow much like acupuncture does.

In addition, it is understood that acupuncture has a favourable effect on gonadotropin-releasing hormone, thereby increasing the release of gonadotropins and increasing endometrial thickness. Acupuncture is considered helpful in improving sperm count, menstrual cycle regulation, ovulation induction (especially when electrostimulation is applied to the acupuncture needles), decreasing stress and depression. When performed by a licensed professional, experienced in fertility issues, it is proven to be safe, well tolerated and effective.

Acupuncture is best used as a piece in a comprehensive treatment plan, and may be less effective as a stand alone treatment.

Yin and Yang

There are four main components to yin and yang theory.

1. **Opposite** - yin and yang are opposites on a continuum, but they are always relative.
2. **Interdependent** - yin and yang cannot exist without the other, nothing is completely yin or completely yang.
3. **Mutual Consumption** - relative levels of yin and yang are constantly in flux, too much of one will weaken or "consume" the other.
4. **Transformation** - yin can turn to yang and vice versa, but there is harmony in the transformation, it is not random.



Yin

Feminine

Night

Moon

Rest

West

North

Right

Matter

Yang

Masculine

Day

Sun

Activity

East

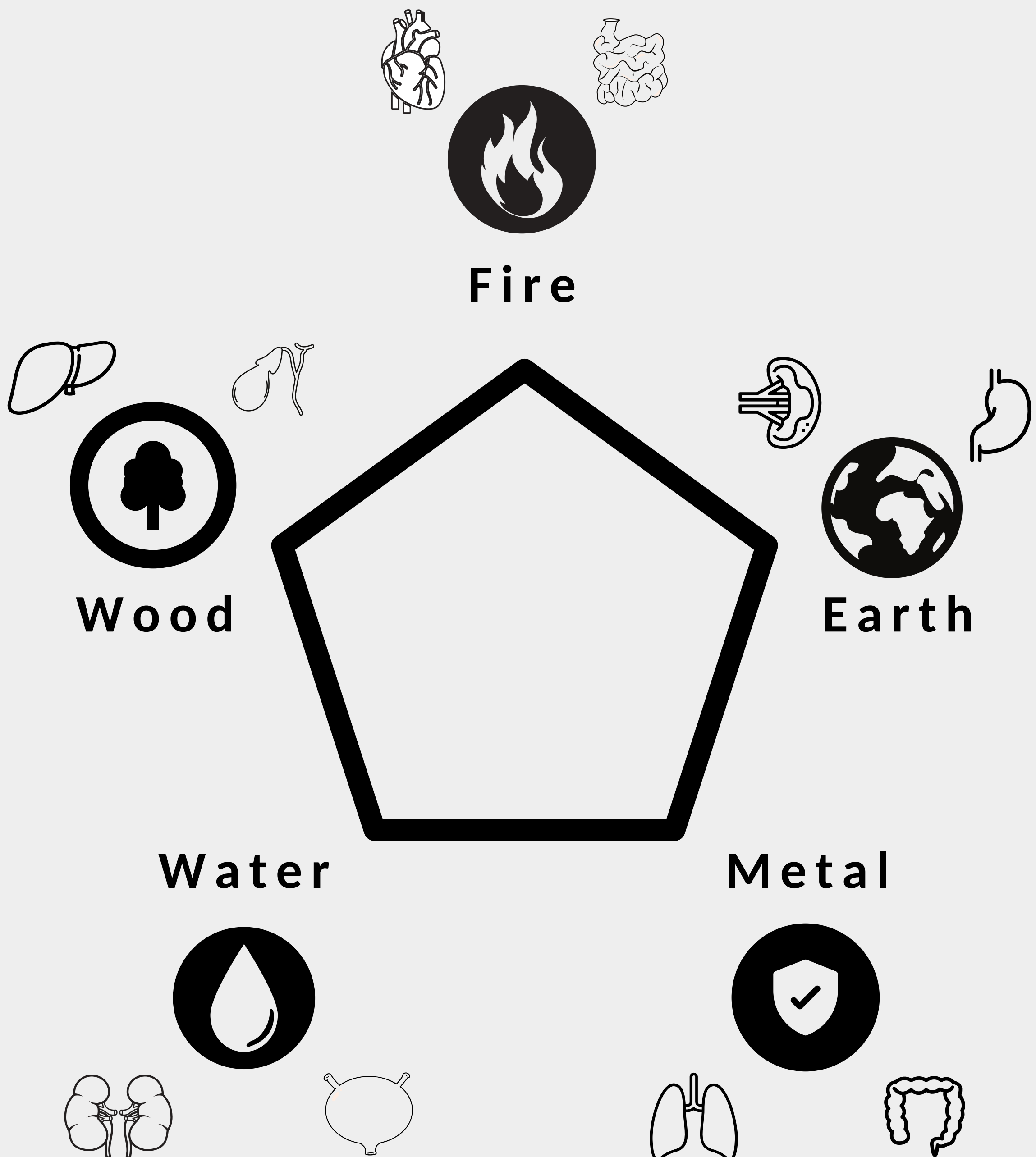
South

Left

Energy

Five Element Theory

TCM 5 elements theory is used to describe organs, meridians, and cycles. The theory also explains the relationship between the different organs and systems. When one system is out of balance it can impact all the other systems.



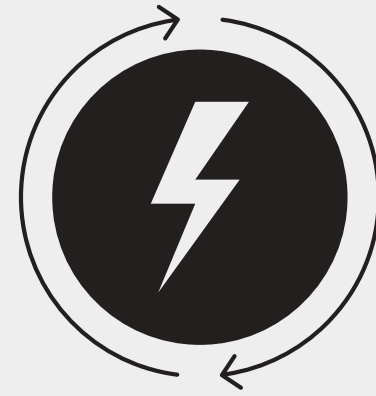
The Vital Substances

There are 4 vital substances in TCM. Similar to the balance of yin and yang, the vital substances must be in balance to maintain harmony and prevent disease. Qi and Blood have a particularly strong relationship in the body.



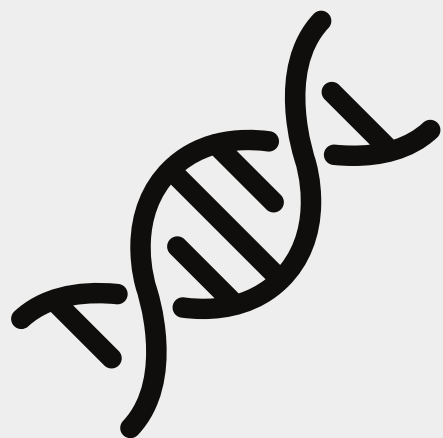
Blood

Blood nourishes the body. It has a close relationship with the Heart, Spleen, and Liver meridians.



Qi

Qi is energy, the vital force. It has a strong relationship with Lung, Liver, Kidney, Spleen, Stomach, and Heart meridians.



Essence

Essence is the basis of growth, development and reproduction. It is related to the Kidney meridian.



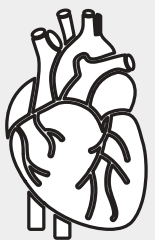
Body Fluids

Body Fluids moisten and lubricate. Related to the Stomach, Spleen, Lung, Kidney, Bladder, and San Jiao meridians.

Meridians

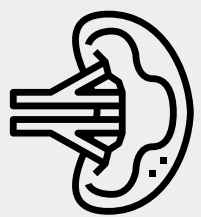
Organs and meridians have different TCM functions than the functions of these same organs from a Western medicine perspective. There are paired yin and yang meridians.

Yin



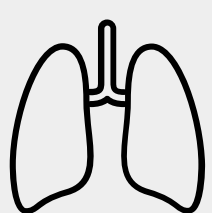
HT - Heart

moves blood,
controls mental
activity



SP - Spleen

regulates digestion
and energy,
produces blood



LU - Lung

controls immune
system and
respiration

Yang



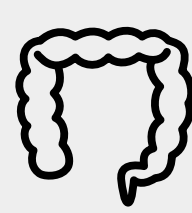
SI - Small intestine

seperates waste
from nutrients



ST - Stomach

digests and
metabolizes



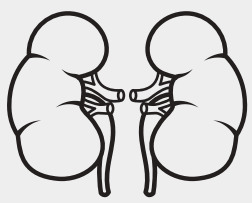
LI - Large intestine

eliminates waste,
let's go of emotion

Meridians

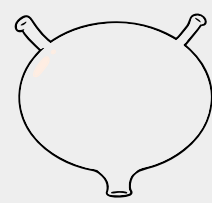
Yin

Yang



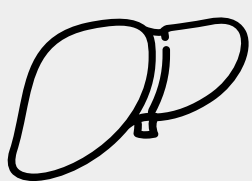
KD - Kidney

stores essence,
controls
reproduction



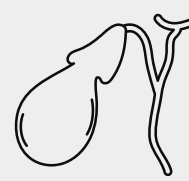
BL - Urinary bladder

regulates the
transformation of
fluids



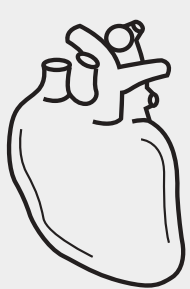
LV - Liver

regulates flow of
qi, stores blood



GB - Gallbladder

regulates tendons
and ligaments



PC - Pericardium

protects the heart



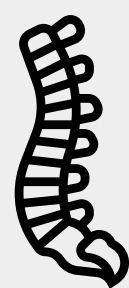
SJ - San Jiao

controls the flow of
fluid and heat



REN - Ren

regulates
reproduction,
uterus and blood



DU - Du

nourishes spine,
brain, and back

*** there are other points found on EX - Extra meridians

Acupressure at Home

Who to do it with?



Alone



Couple



Family

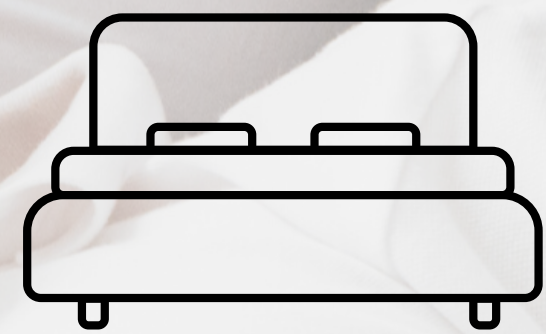
Where to do it?



Couch



Bath



Bed

How do to it?



Locate
point

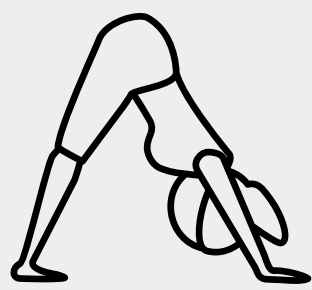


Apply pressure or
massage point

Acupressure at Home

Acupressure works by acting on the central nervous system (CNS). It has its greatest impact on restoring balance and function to the body from a state of rest. Acupressure affects the CNS by activating the parasympathetic nervous system, and calming down the sympathetic nervous system. The parasympathetic system is active in states of rest and calm. For this reason, acupressure should be done in environments that promote a state of rest, or paired with other activities that calm the mind and the body.

Acupressure pairs well with:



Yoga



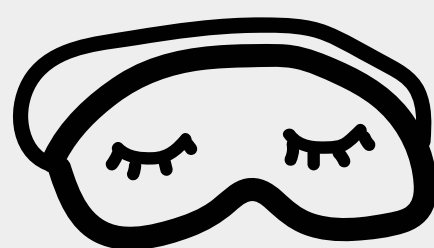
Meditation



Candles



Massage



Dim light



Rest

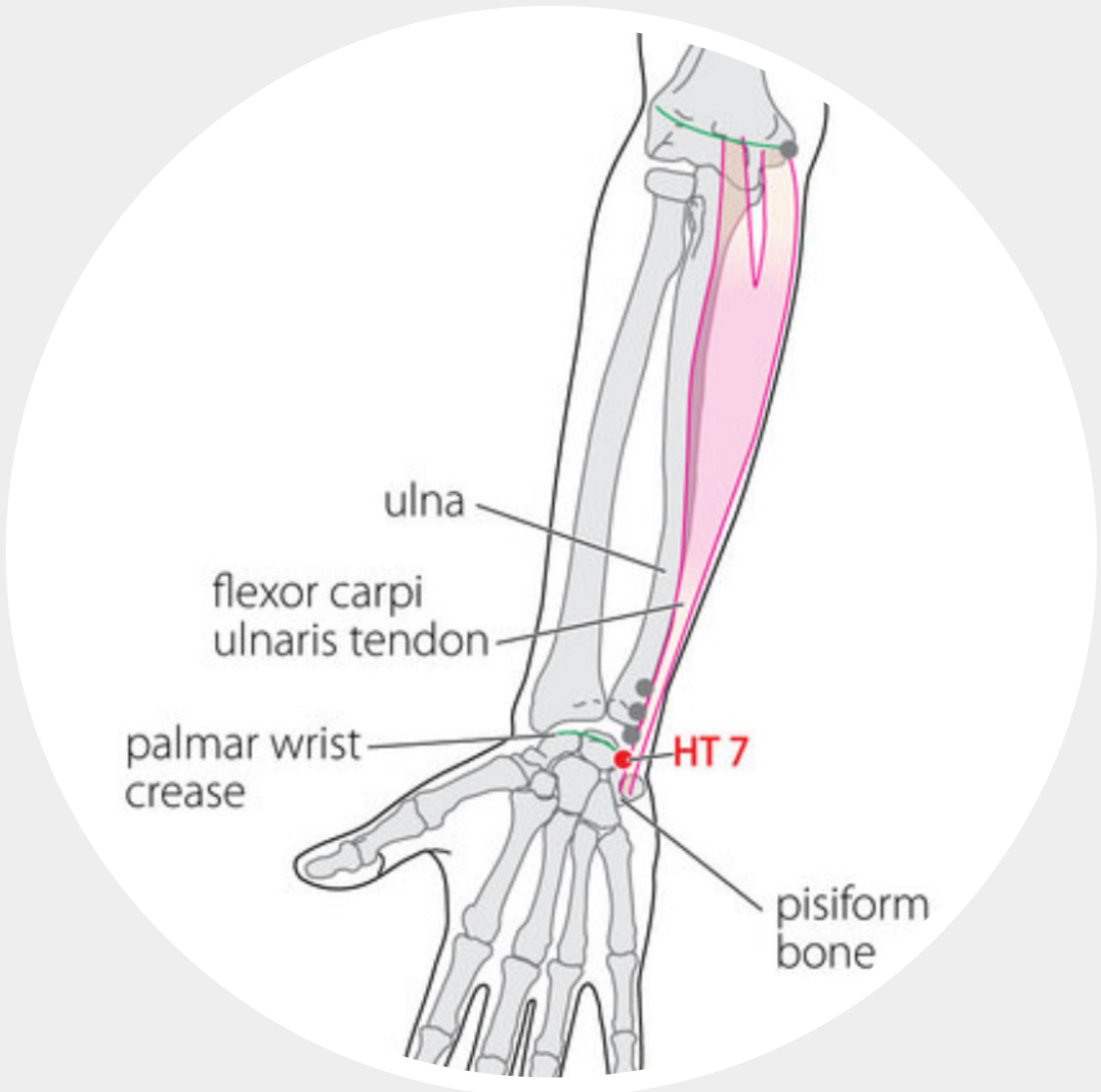
Acupressure Points



Each acupressure point includes:

- **Visual Point Location**
- **Point Location Description**
- **Point Function**

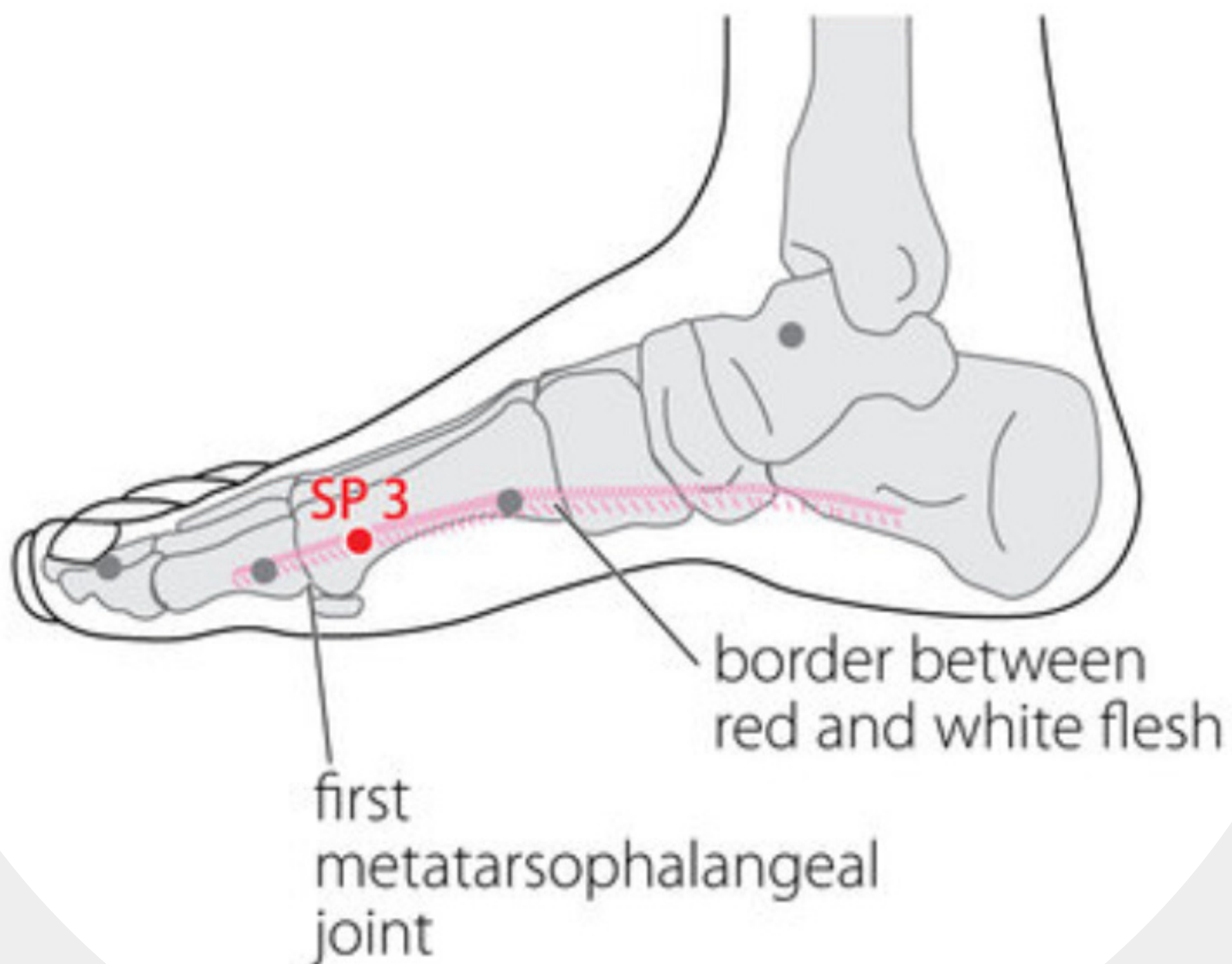
HT 7



Location - above the crease of the wrist, in the depression on the radial side of the flexor carpi ulnaris muscle.

Function - calms the mind

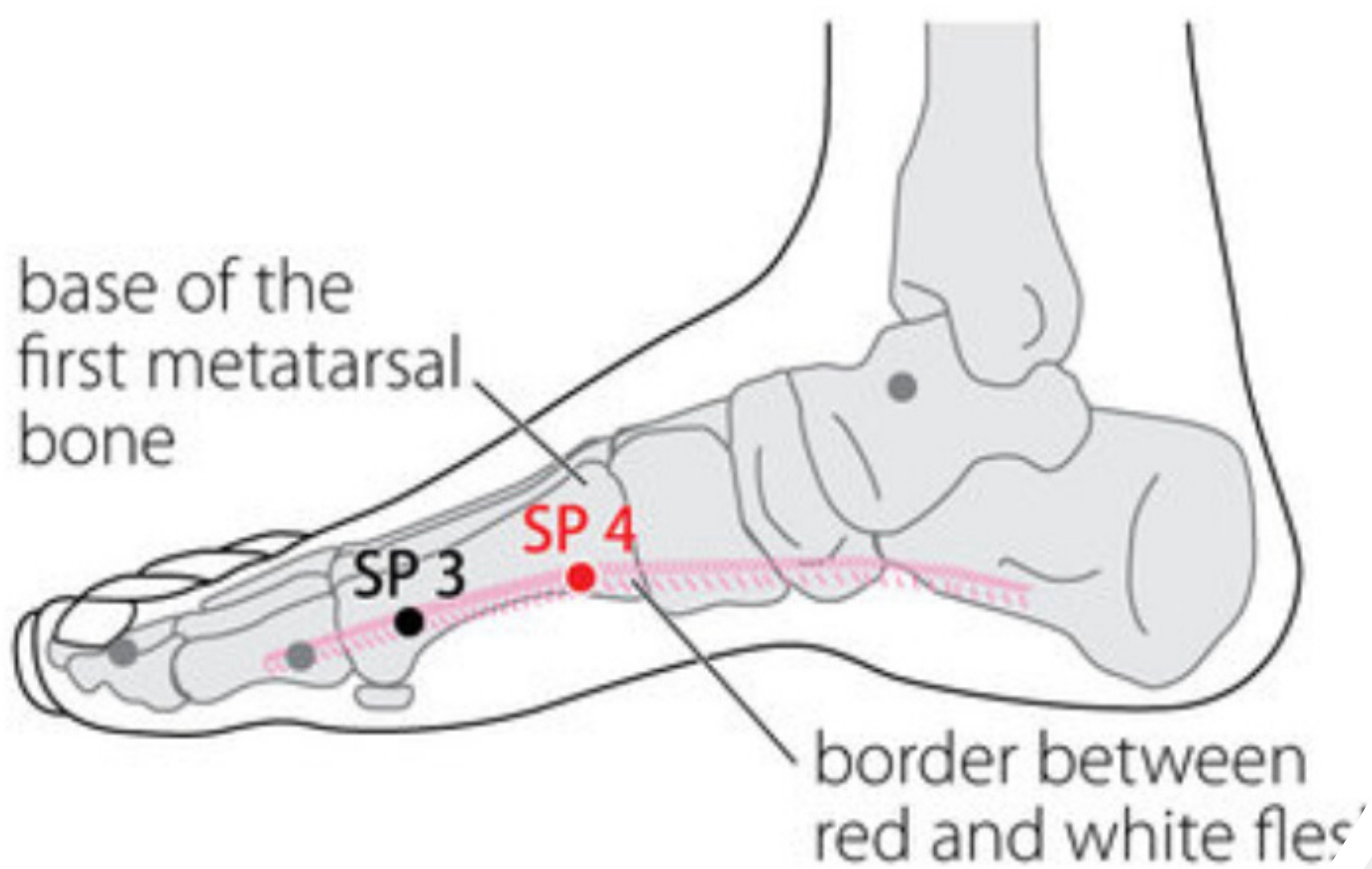
SP 3



Location - on the medial and inferior side of the 1st metatarsal bone

Function - tonifies SP deficiency, supports sluggish mental function

SP 4



Location - in the depression inferior to and at the base of the first metatarsal bone

Function - regulates menstruation and stops excessive bleeding, tonifies SP and ST

SP 6

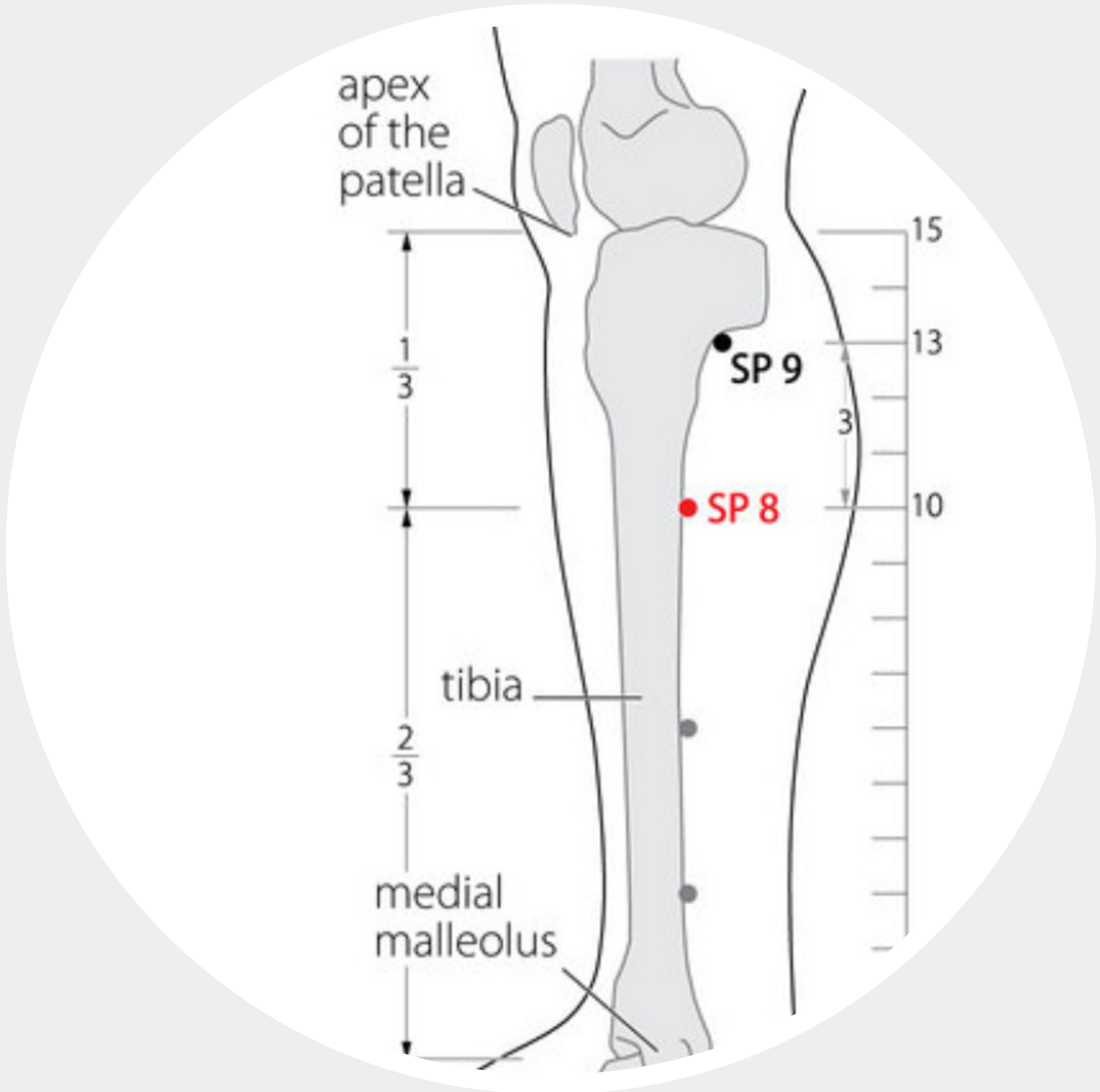


Location - 4 finger breadths above the medial malleolus, on the posterior border of the tibia bone

Function - regulates menses and reproduction, calms the mind, moves blood, stops pain, unblocks channels, harmonizes LV, tonifies SP and ST

DO NOT USE THIS POINT WHEN PREGNANT

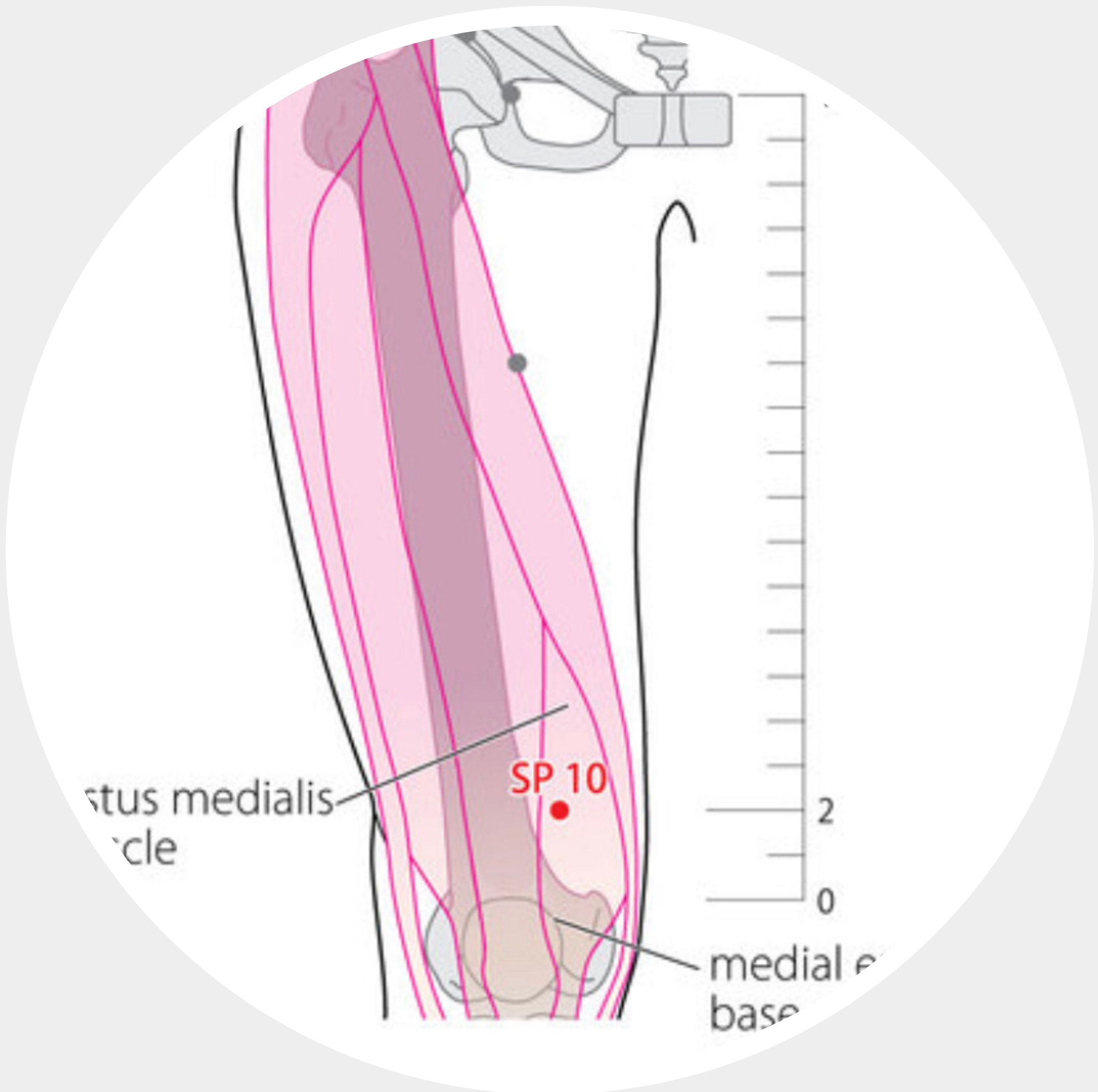
SP 8



Location - on the medial aspect of the tibia, below the knee by 1/3 of the length of the tibia (as measured by the distance between the knee and the ankle bone)

Function - removes obstruction and stops pain, regulates the uterus, moves blood, reduces stasis

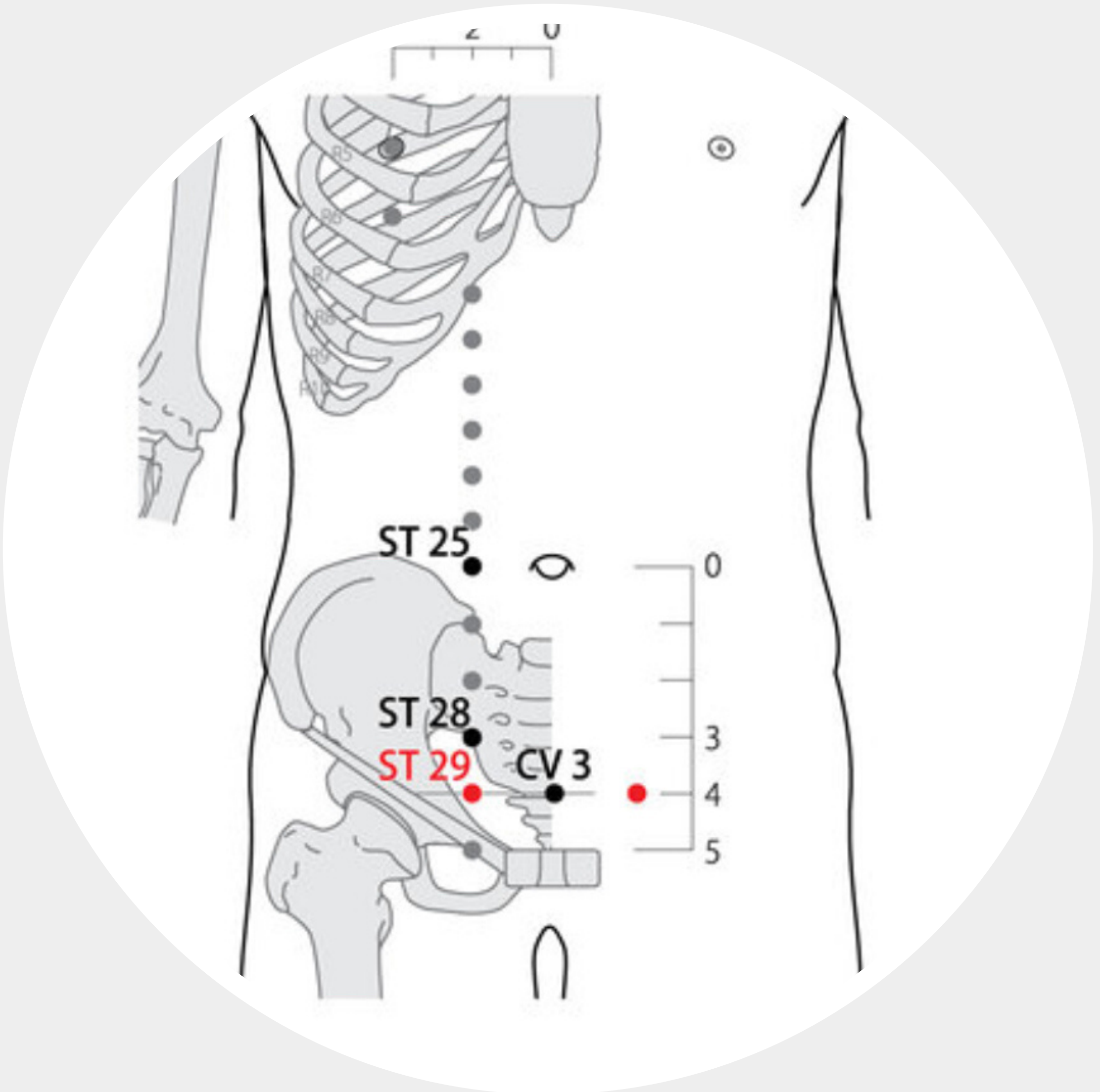
SP 10



Location - when the knee is bent, 3 finger breadths above the medial upper border of the patella bone, on the bulge of the quadriceps femoris muscle

Function - cools the blood, stops heavy bleeding, treats painful irregular periods, moves blood stasis

ST 29

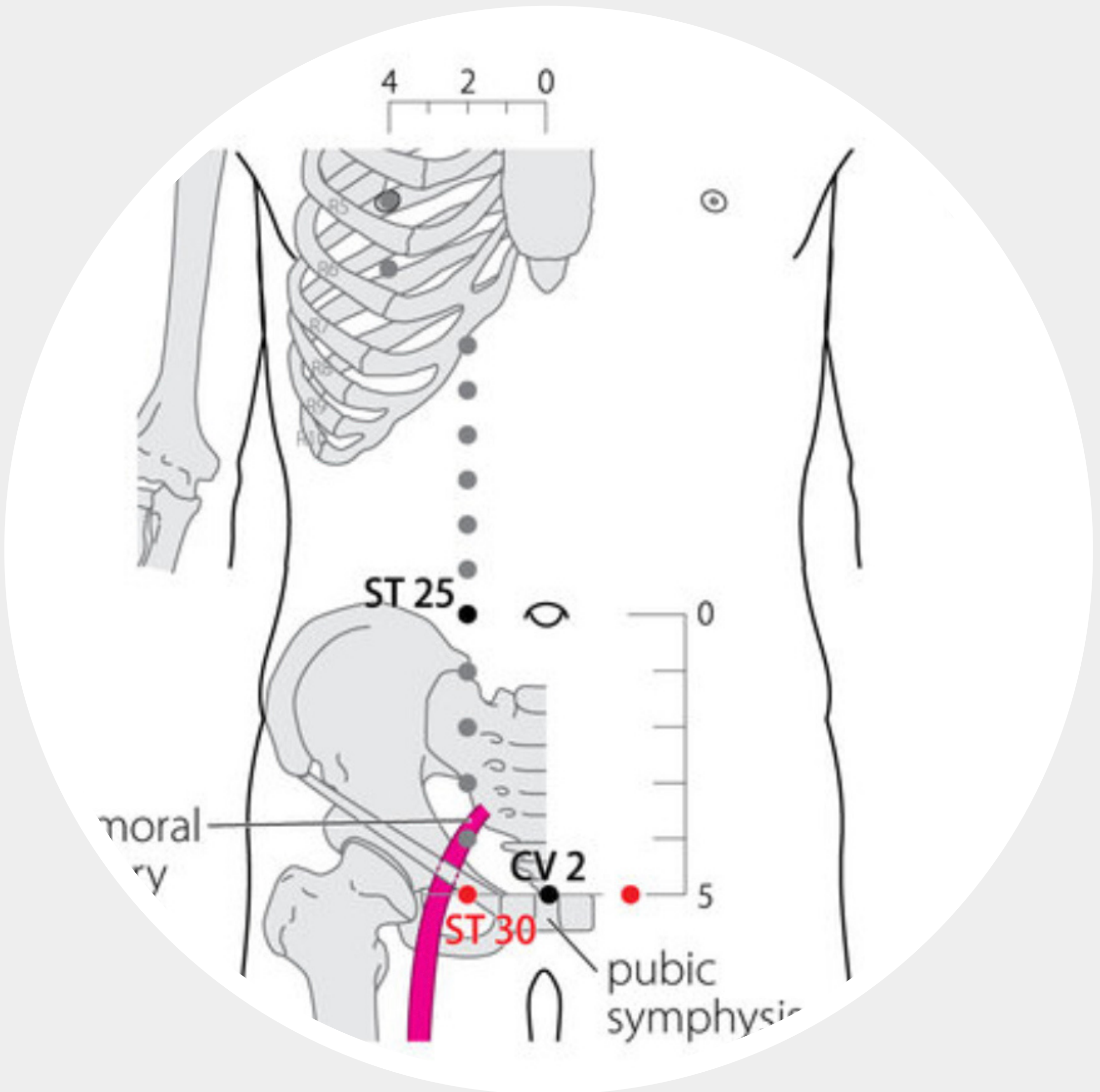


Location - 4 thumb widths below the umbilicus, and 3 finger breadths lateral from midline

Function - relieves blood clots in menses and pain in the uterus, treats irregular periods, prevents uterine prolapse

DO NOT USE THIS POINT WHEN PREGNANT

ST 30

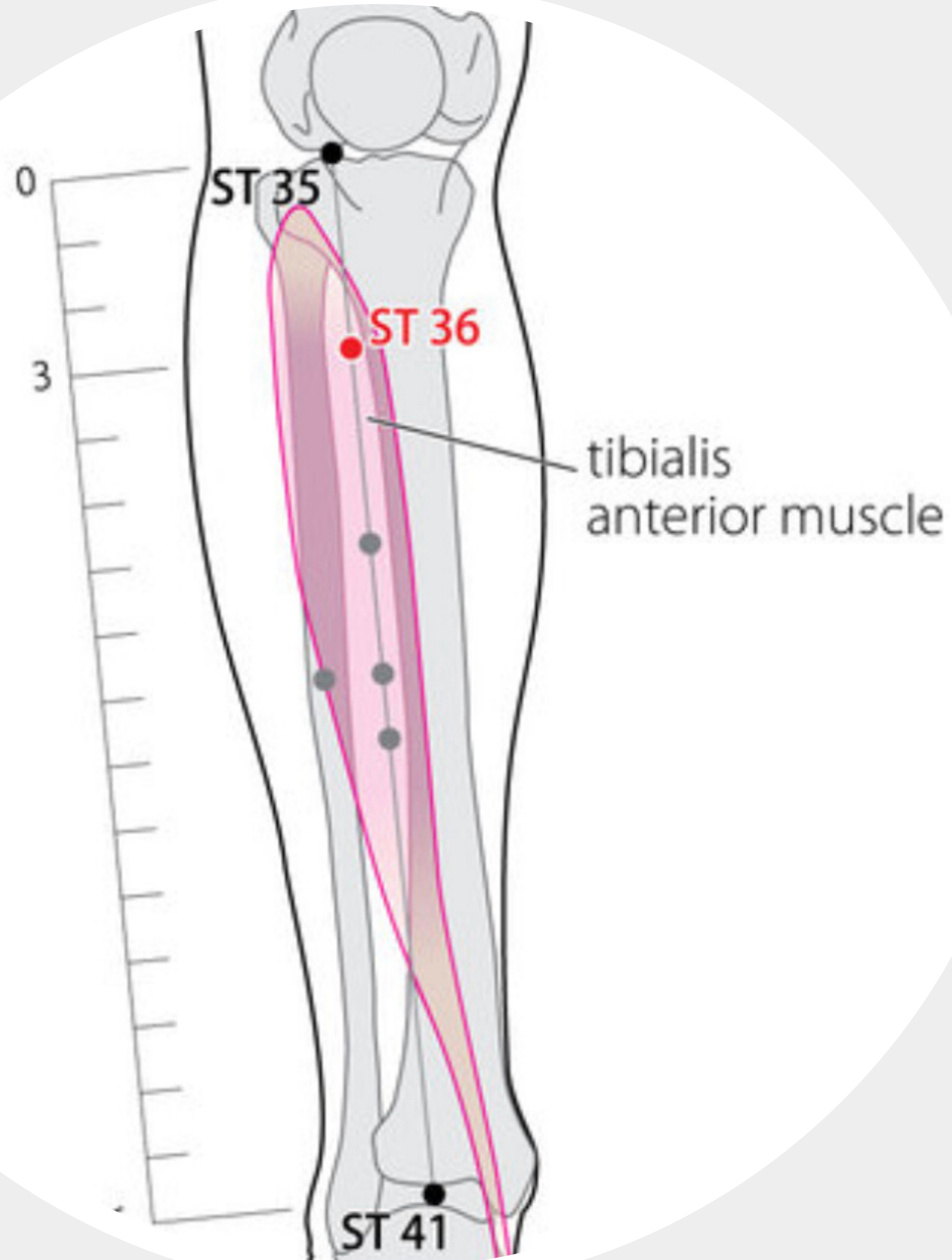


Location - 5 thumb widths below the umbilicus, and 3 finger breadths lateral from midline

Function - relieves abdominal pain in the lower abdomen, eases swelling of the penis and prostate, promotes KD Essence and treats impotence

DO NOT USE THIS POINT WHEN PREGNANT

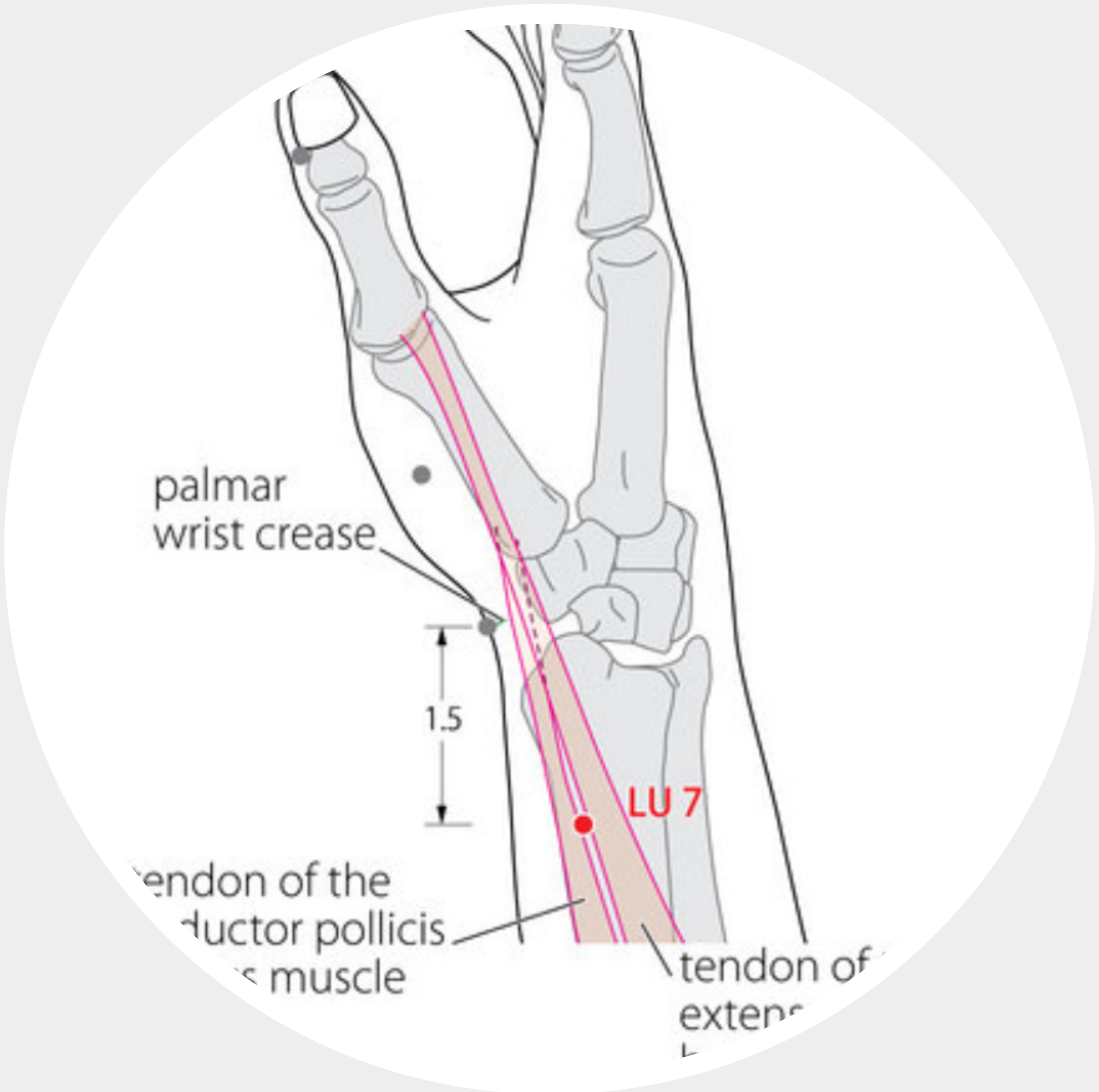
ST 36



Location - 4 finger breadths below the lateral lower border of the patella bone, in the tibialis anterior muscle

Function - prevents prolapse, tonifies Qi and blood, regulates intestines and abdomen

LU 7

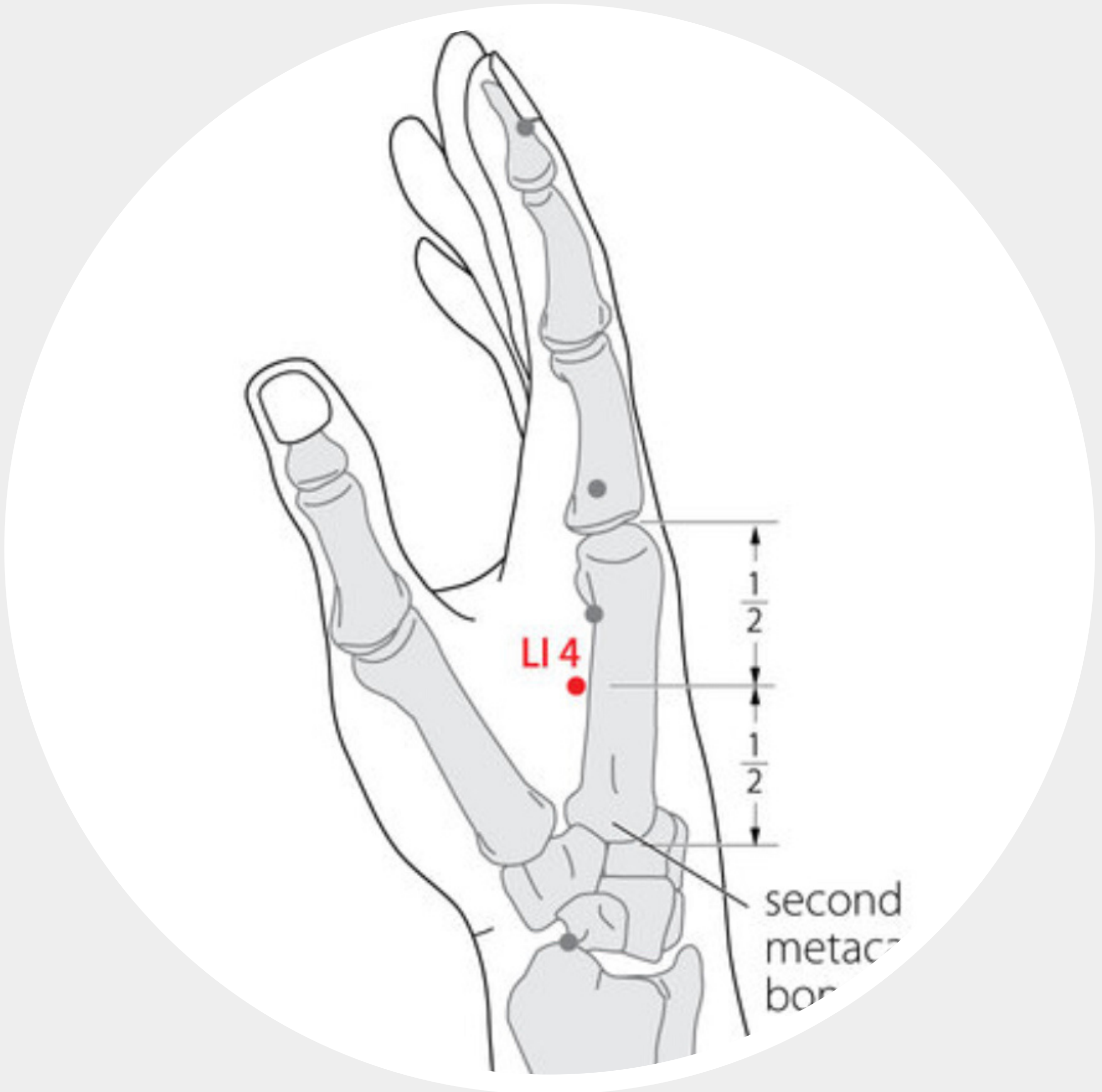


Location - 2 finger breadths above the crease of the wrist, in line with the styloid process of the radius bone

Function - treats grief, sorrow, repressed emotions, prevents water retention

DO NOT USE THIS POINT WHEN PREGNANT

LI 4

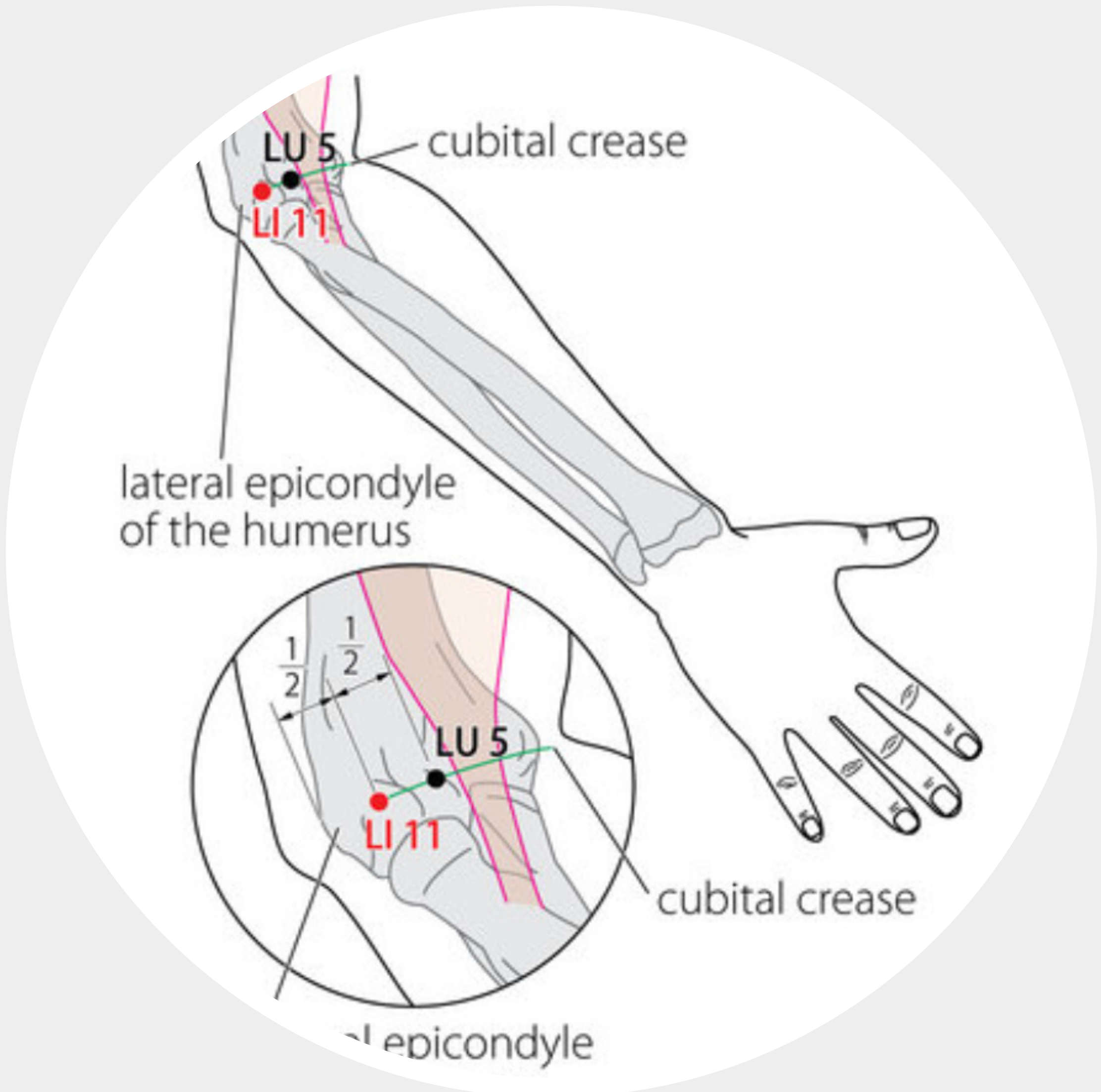


Location - on the back side of the hand, between the thumb and index finger, in the middle of the second metacarpal bone on the medial side

Function - stops pain, unblocks channels, promotes labour and delivery

DO NOT USE THIS POINT WHEN PREGNANT

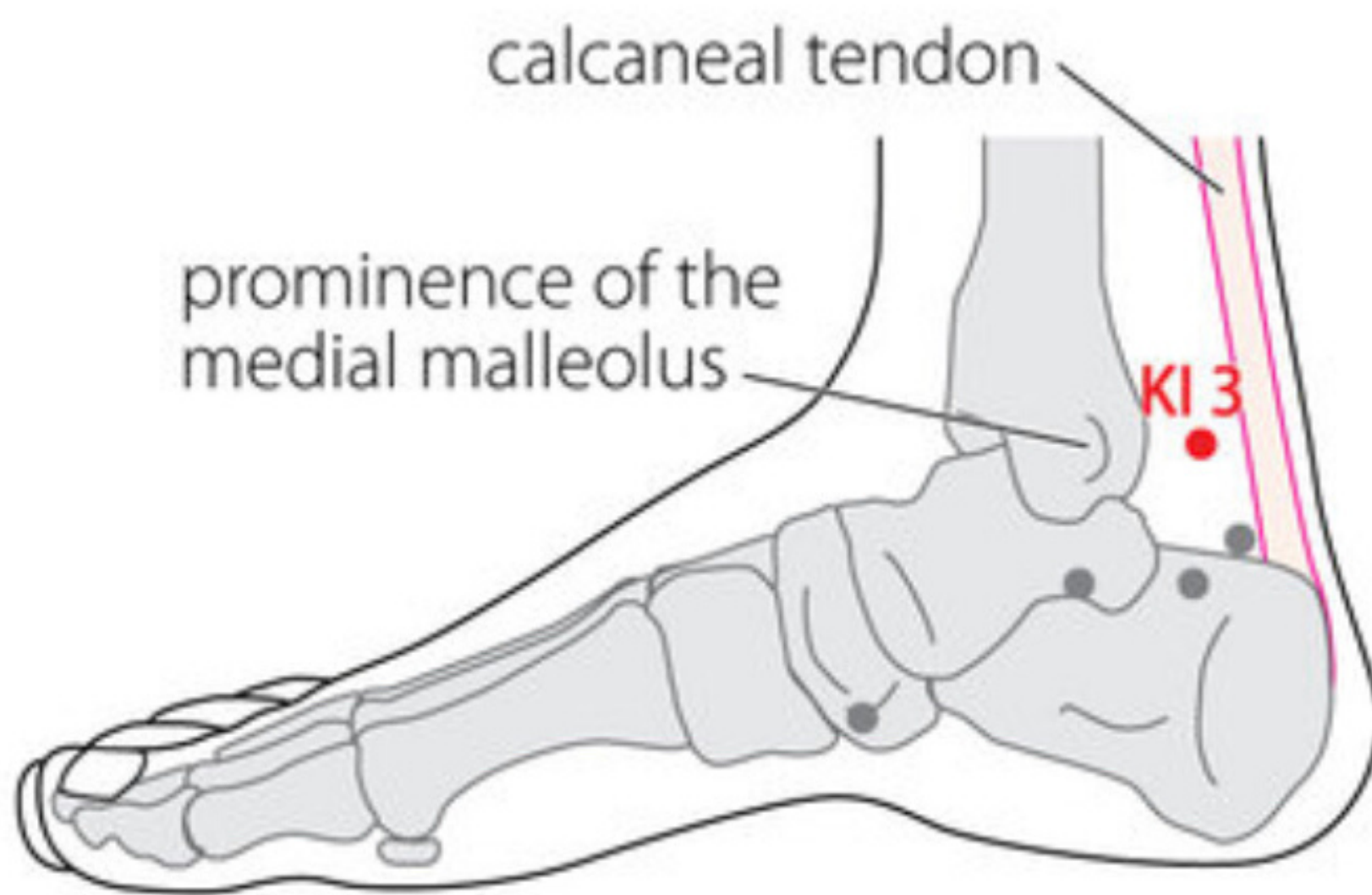
LI 11



Location - when the elbow is bent, in the midpoint between the lateral edge of the elbow crease and the lateral epicondyle of the humerus bone

Function - clears heat, cools blood, resolves dampness

KD 3



Location - in the depression between the medial malleolus and the Achille's tendon

Function - regulates the uterus (irregular periods, excessive uterine bleeding), tonifies KD and Essence

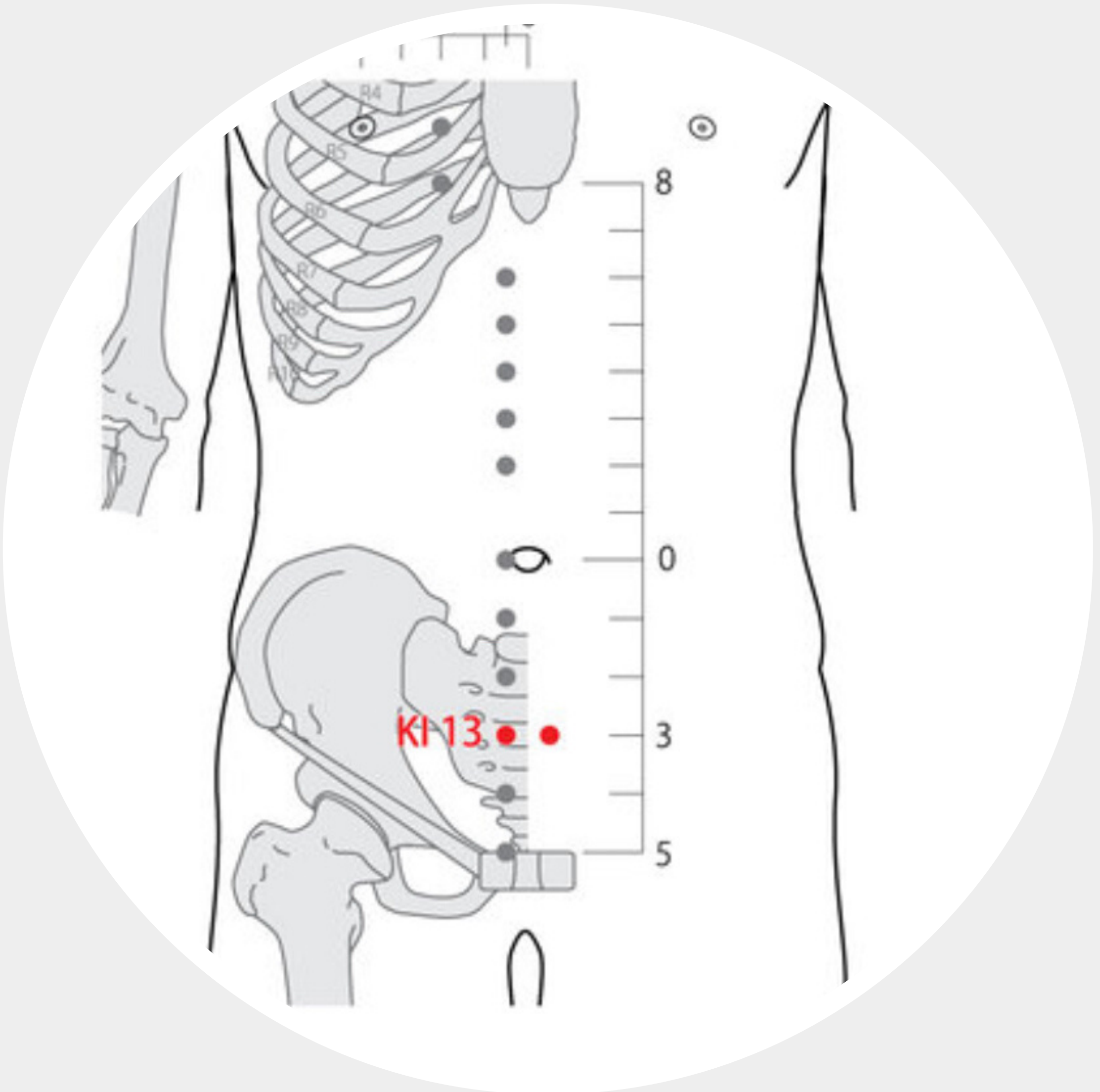
KD 6



Location - 1 thumb width below the centre of the medial malleolus

Function - nourishes Yin, calms the mind, regulates the uterus

KD 13

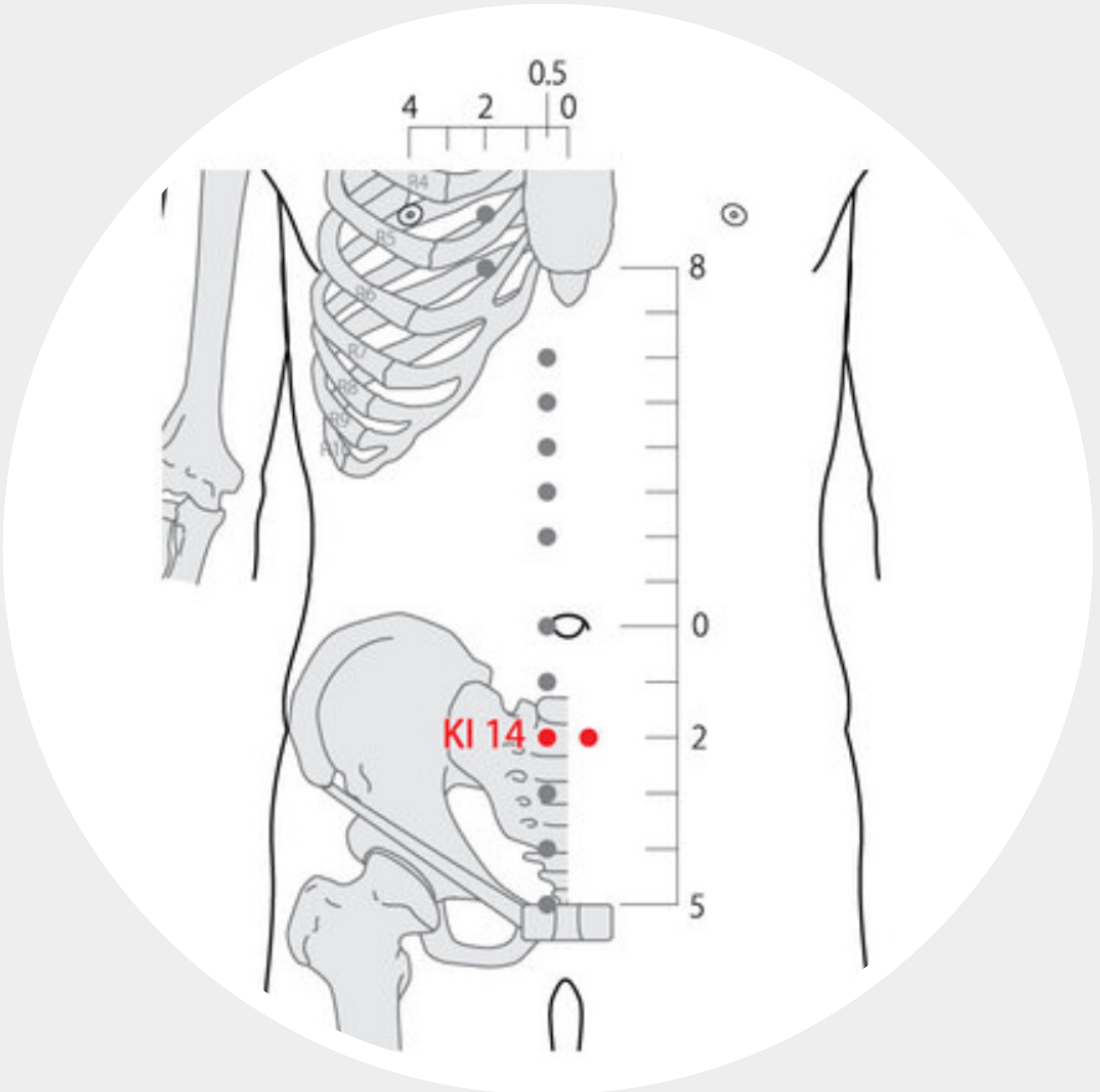


Location - 4 finger breadths below the umbilicus, and 0.5 thumb width lateral from midline

Function - tonifies KD and nourishes Essence, regulates menstruation, unblocks channels

DO NOT USE THIS POINT WHEN PREGNANT

KD 14



Location - 2 thumb widths below the umbilicus, and 0.5 thumb width lateral from midline

Function - regulates Qi, moves stagnation, strengthens lower abdomen, stops pain

DO NOT USE THIS POINT WHEN PREGNANT

BL 17



Location - 2 finger breadths lateral from midline, at the level of the lower border of the spinous process of T7 (landmark over from the bottom of the shoulder blade)

Function - nourishes blood, moves blood stasis, tonifies blood and Qi

BL 23

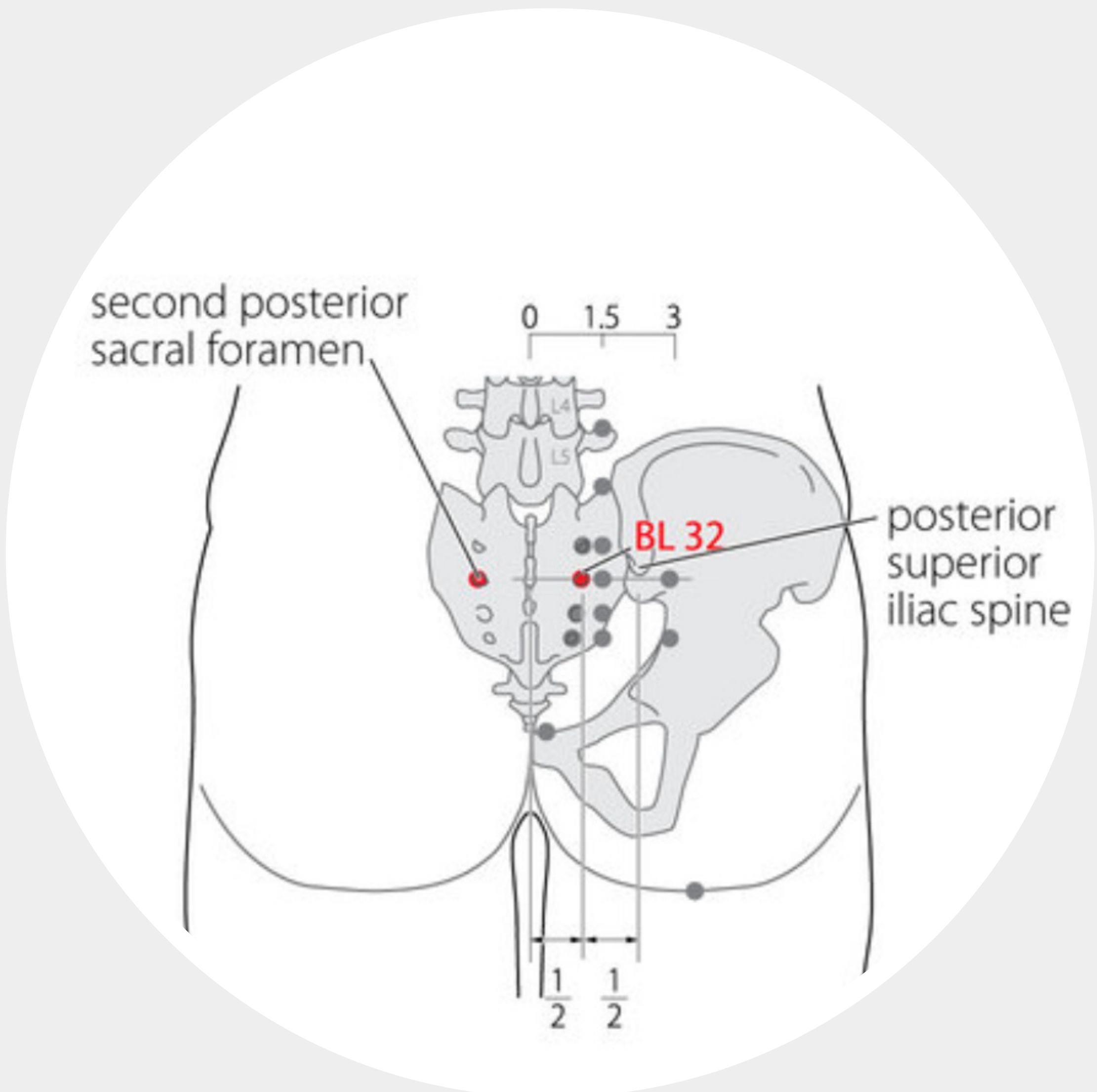


Location - 2 finger breadths lateral from midline, at the level of the lower border of the spinous process of L2 (count up 2 spinous processes from the level of the hip bone)

Function - nourishes KD Essence, treats infertility, lack of sexual desire

DO NOT USE THIS POINT WHEN PREGNANT

BL 32

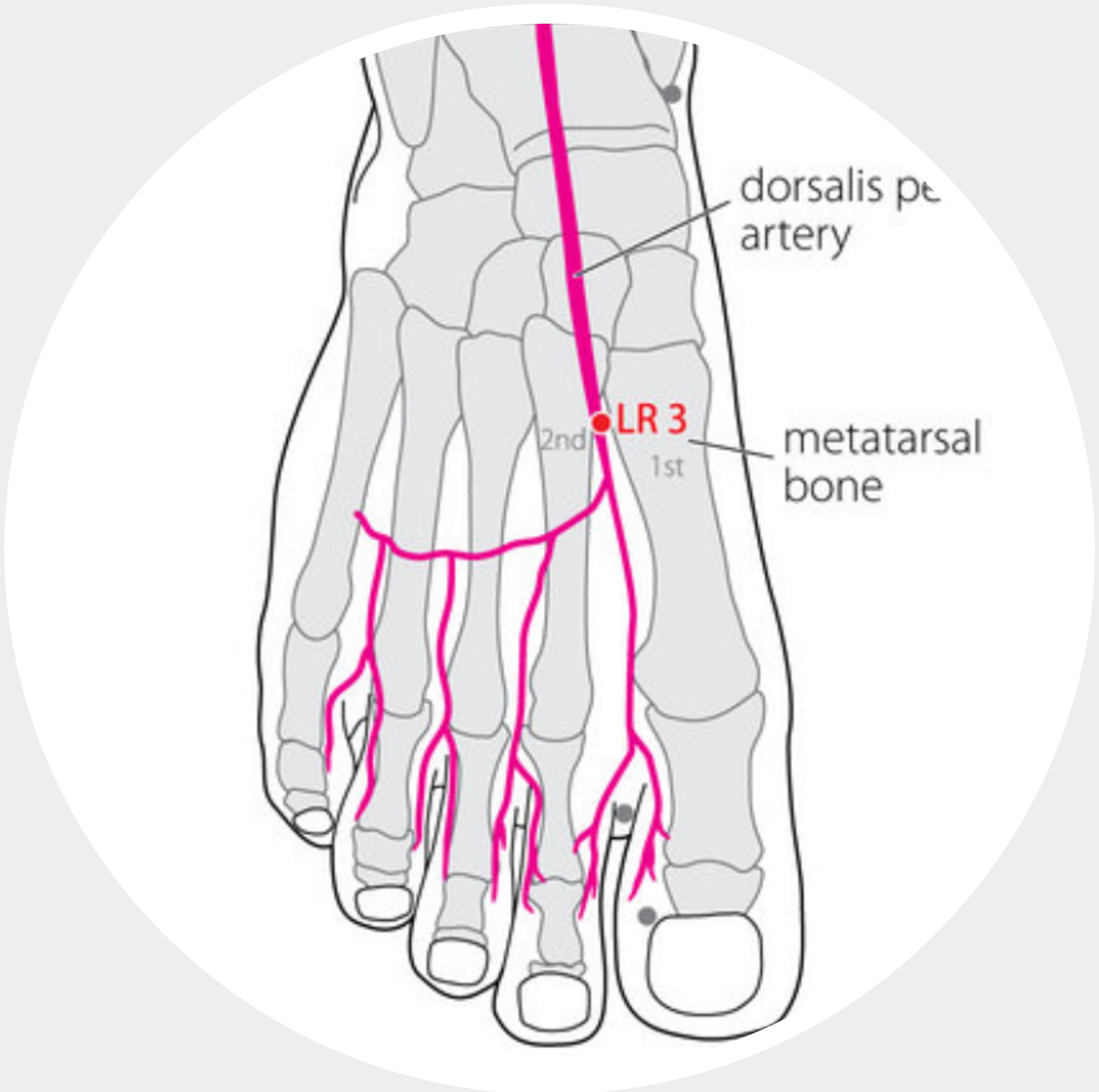


Location - on the sacrum, lateral from midline, in the 2nd posterior sacral foramen

Function - treats disorders of the genitals, vaginal discharge, impotence, swollen testicles and prostates, prevents prolapse

DO NOT USE THIS POINT WHEN PREGNANT

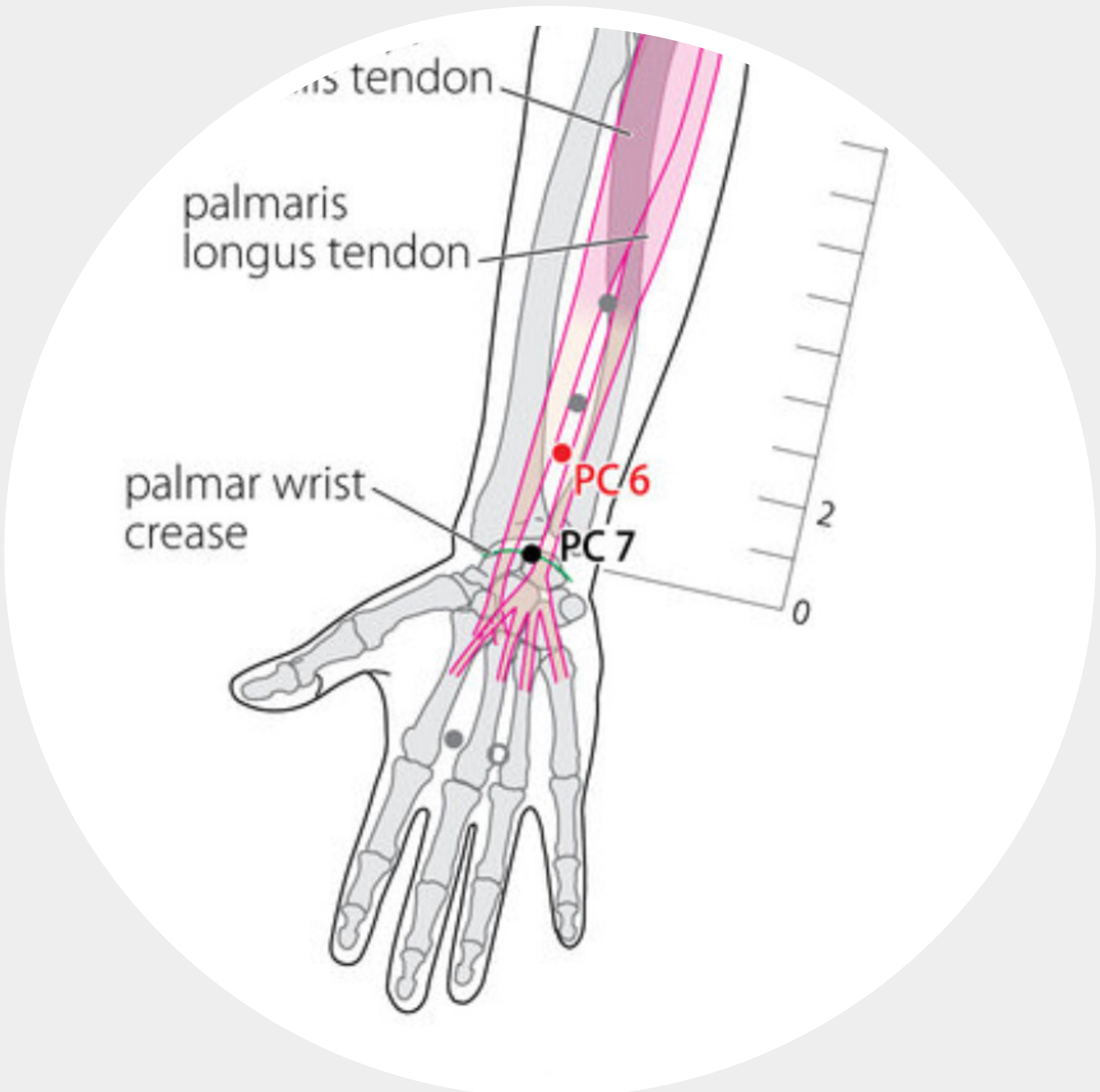
LV 3



Location - on the back side of the foot, in the depression distal to the junction of the 1st and 2nd metatarsal bones.

Function - eases cramps and spasms, calms the mind, eases irritability and anger, moves qi, reduces swelling of genitals

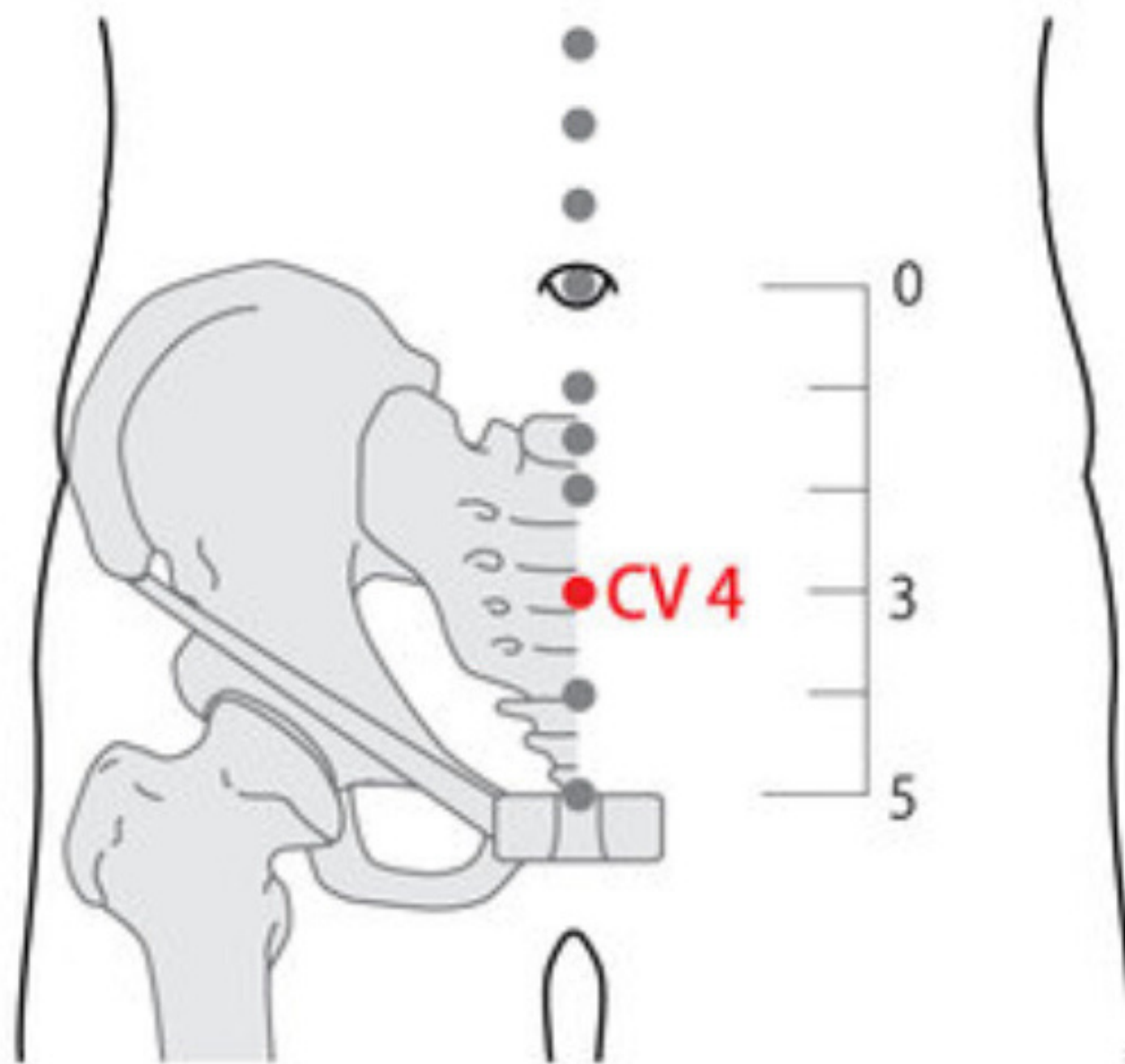
PC 6



Location - 3 finger breadths above the wrist crease, between the tendons of the palmaris longus and flexor carpi radialis

Function - calms the mind, regulates blood, treats irregular and painful periods

REN 4

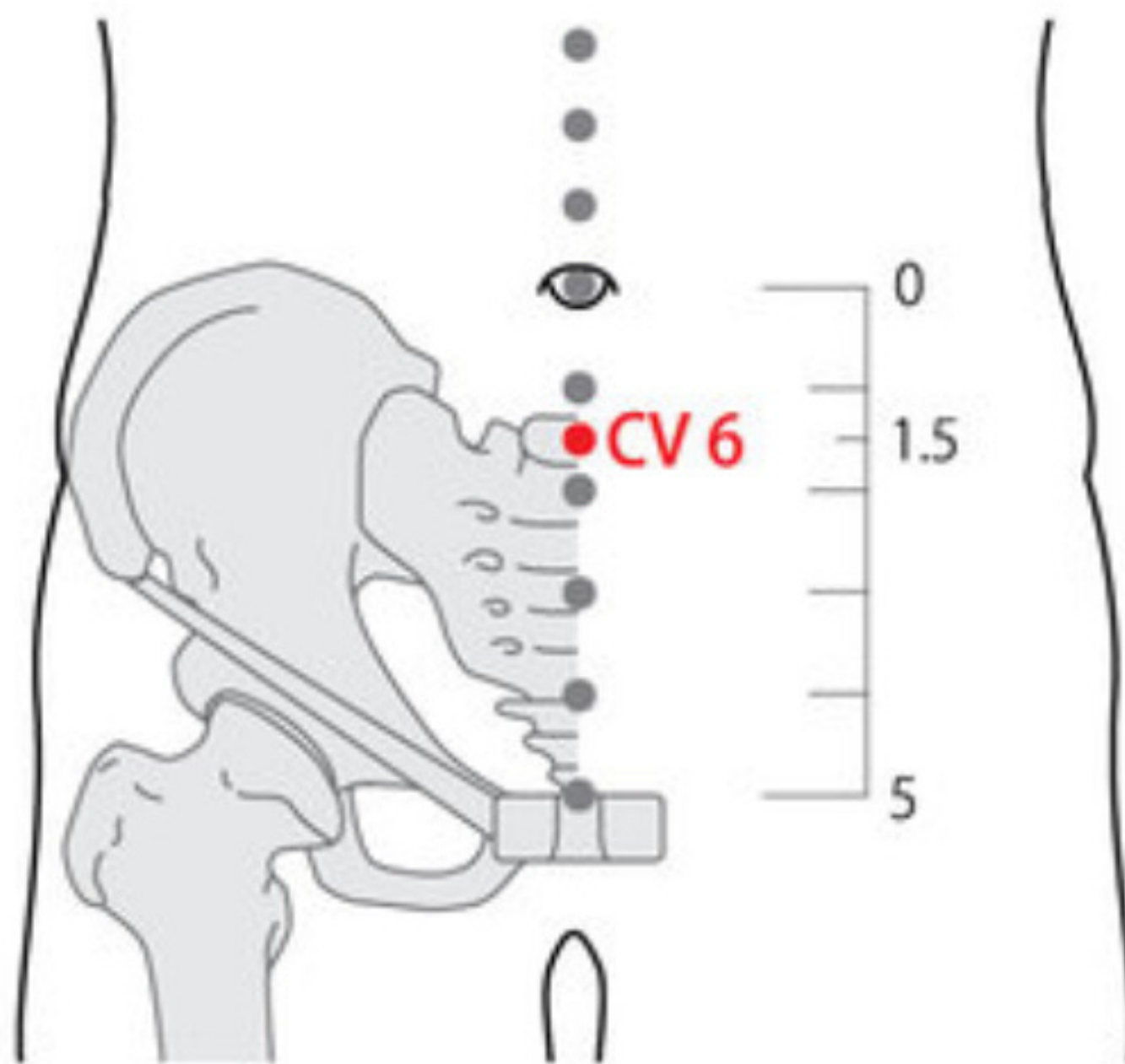


Location - midline, 4 finger breadths below the umbilicus

Function - nourishes Yin and Blood, regulates uterus and menses, calms the mind, tonifies KD

DO NOT USE THIS POINT WHEN PREGNANT

REN 6

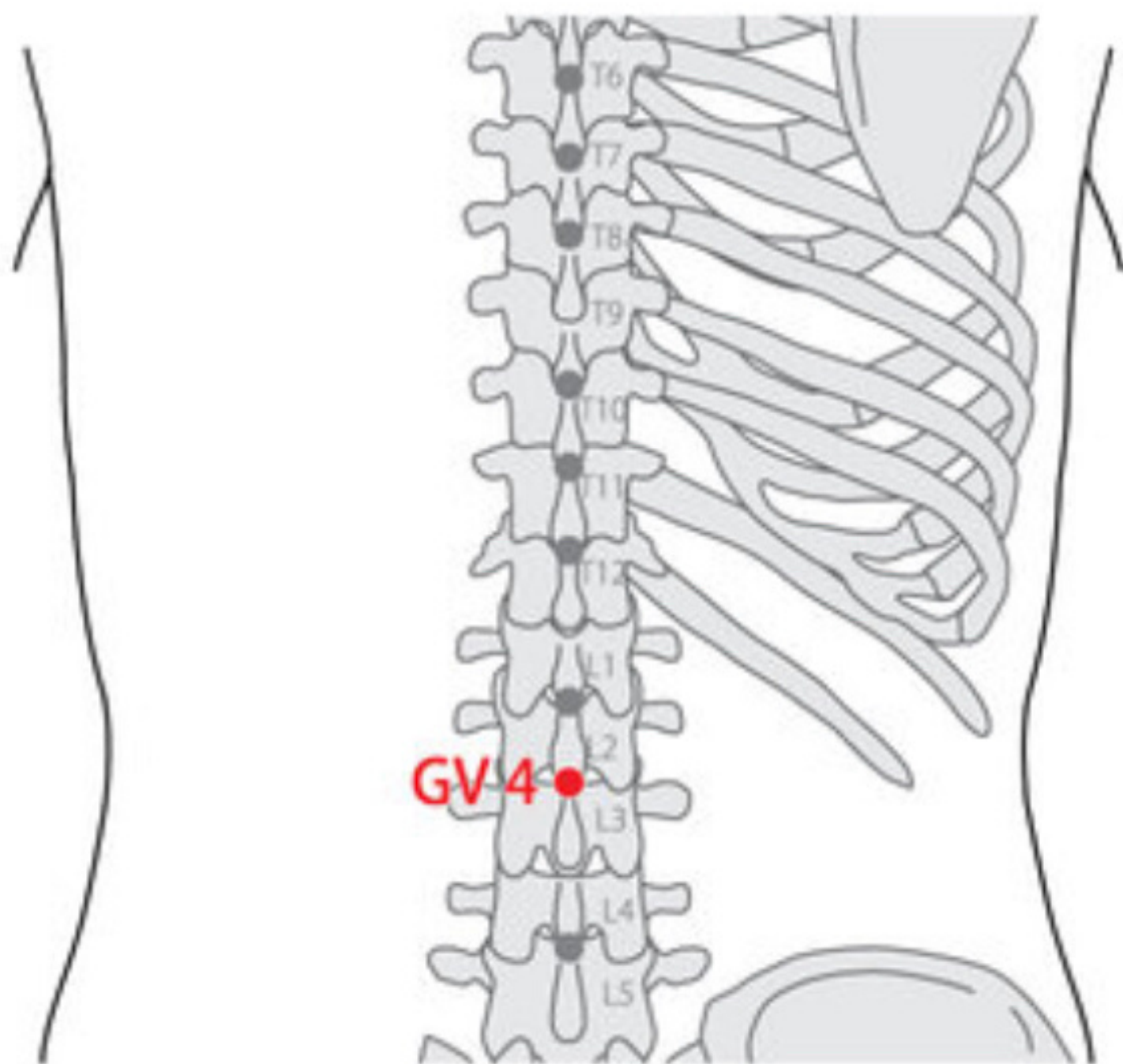


Location - midline, 2 finger breadths below the umbilicus

Function - regulates Qi, resolves dampness and vaginal discharge, treats irregular periods and impotence

DO NOT USE THIS POINT WHEN PREGNANT

DU 4

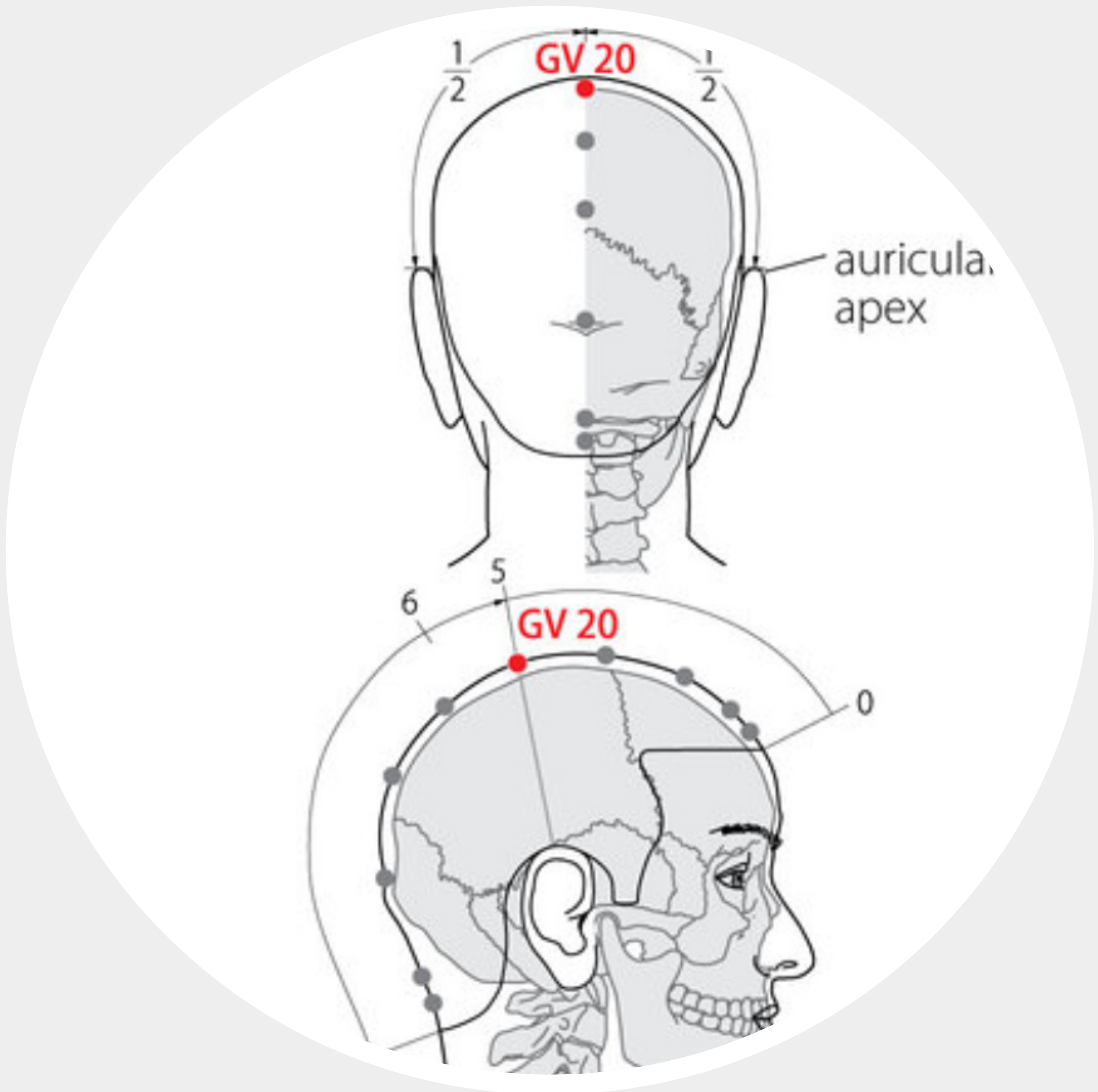


Location - midline, below the spinous process of the 2nd vertebrae (count up 2 spinous processes from the level of the hip bone)

Function - benefits Essence, treats impotence and premature ejaculation, tonifies KD Yang, supports fertility and painful periods

DO NOT USE THIS POINT WHEN PREGNANT

DU 20



Location - on the midline of the head, 7 thumbs widths forward from the posterior hairline at the base of the neck

Function - clears the mind, prevents prolapse of the uterus, vagina, bladder, and anus

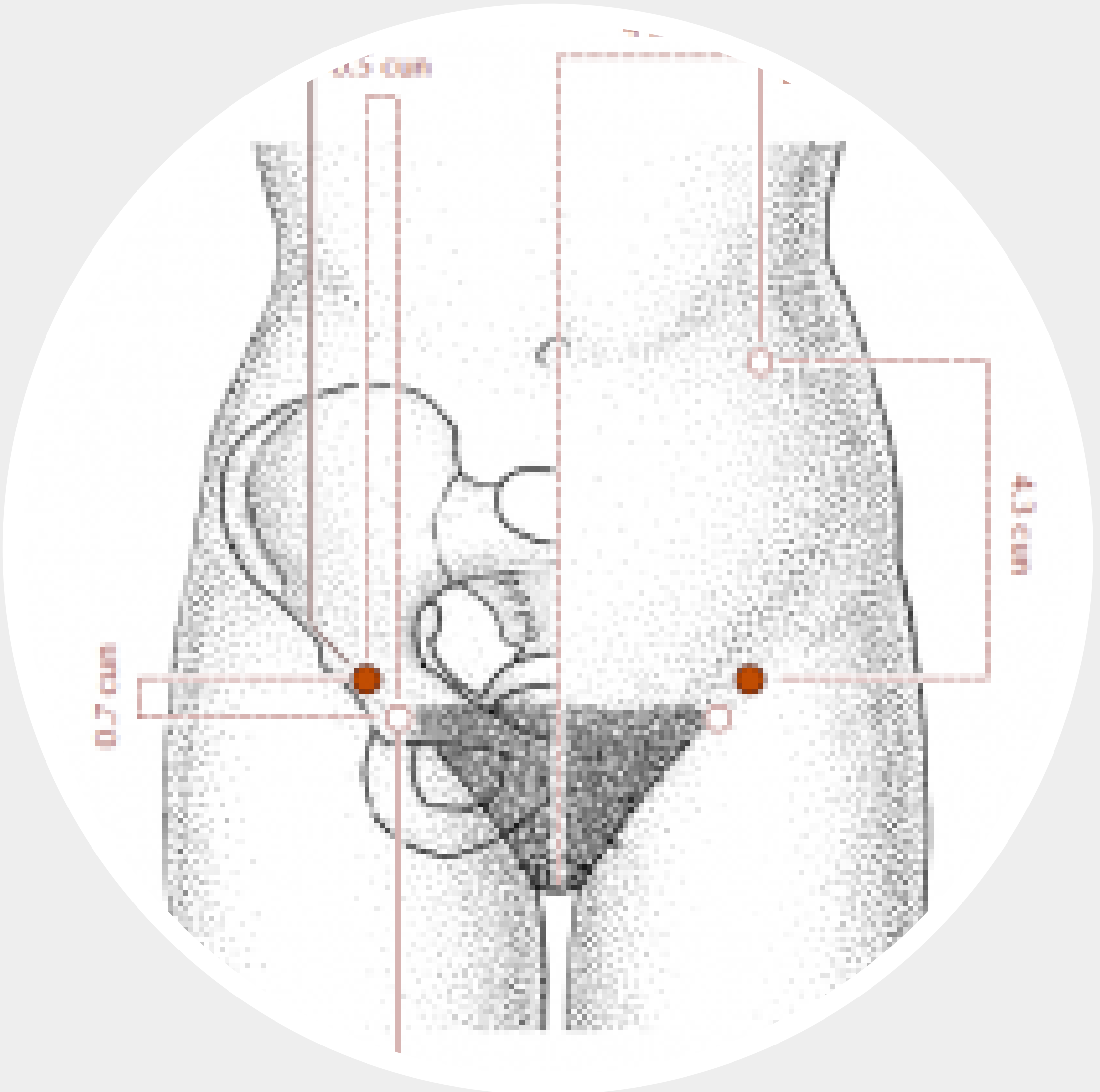
EX-Yintang



Location - midline, between the two eyebrows

Function - calms the mind, uplifts mood and energy,
stops pain

EX-Zigongxue



Location - 3 finger breadths above the wrist crease, between the tendons of the palmaris longus and flexor carpi radialis

Function - calms the mind, regulates blood, treats irregular and painful periods

DO NOT USE THIS POINT WHEN PREGNANT

Point Combinations

For each acupressure point:

- 1. Locate point on yourself or your partner's body**
- 2. Apply pressure or massage point for 1-2 minutes**



Choose ~6 points to use in combination

Most meridians are bilateral, meaning there is that point on both the right and left side of the body.

You can do each point unilaterally and repeat on the other side, or you can do the bilateral points at the same time on both sides of the body.

REN and DU points are located midline, and there is only one point location.

**Apply pressure to each point in the combination.
Then repeat whole combo for a total of 2 repetitions
of each point.**

Point Combinations

TCM Diagnosis

Blood deficiency

Symptoms

**Light menstrual flow,
short period <4 days,
pale menstrual blood,
fatigue, dizziness,
weakness,
pale complexion**

Point Combination

KD 13

REN 4, REN 6

ST 36

SP 3, SP 6, SP 10

BL 17, BL 23

EX-Zigongxue

TCM Diagnosis

Blood stagnation

Symptoms

**Dark/brown period
blood, with clots,
irritability, restlessness,
manic behaviour**

Point Combination

LV 3

REN 4, REN 6

KD 6, 14

SP 4, SP 6, SP 10

PC 6

LU 7

Point Combinations

TCM Diagnosis

Kidney Yang deficiency

Symptoms

**Long menstrual cycle,
back pain, feeling cold,
depression, sadness**

Point Combination

KD 3, KD 6, KD 13

ST 36

SP 3

BL 23

REN 4

DU 4

LU 7

EX-Zigongxue

TCM Diagnosis

Kidney Yin deficiency

Symptoms

**Long-term infertility,
night sweats, light
menstrual flow,
dizziness**

Point Combination

KD 3, KD 6, KD 13

ST 36

SP 6

BL 23

REN 4

HT 7

LU 7

EX-Zigongxue

Point Combinations

TCM Diagnosis

Liver Qi stagnation

Symptoms

**Irregular periods,
emotional stress,
abdominal pain with
periods, light flow, pale-
coloured menstrual
blood**

Point Combination

LI 4

LV 3

SP 6, SP 10

ST 36

REN 6

TCM Diagnosis

**Qi and Blood
stagnation**

Symptoms

**Painful periods, PMS,
swollen breasts,
irritability**

Point Combination

LI 4

LV 3

SP 4, SP 6

REN 4, REN 6

PC 6

KD 14

Point Combinations

TCM Diagnosis

Damp phlegm

Symptoms

Overweight, irregular menstruation, weight gain, white sticky vaginal discharge, dizziness, palpitations

Point Combination

SP 6, SP 9

ST 36

REN 6

HT 7

TCM Diagnosis

Damp heat in the lower burner

Symptoms

Irregular periods, adhesions/scar tissue, fibroids, feeling of heaviness, vaginal discharge

Point Combination

REN 4

SP 6, SP 9

ST 30

KD 6, KD 14

BL 32

LU 7

EX-Zigongxue

Book a Visit

To book an appointment with
Dr. Laura Nicholas, ND
for acupuncture or other services
please visit her website
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