Heart Spring Health

Do your own acupressure massage for digestive health

Outside of an acupuncture treatment, you can gain additional benefits from massaging specific acupressure points on your own. Many of these acupressure points can influence the stomach, intestines, and other abdominal organs. To apply acupressure, it's best to place two fingers on the point and move them in a circular motion using gentle and firm pressure. Massage for 2-3 minutes until moving on to the next point. Below are some key acupressure points to promote overall digestive health.

Zusanli (ST36)

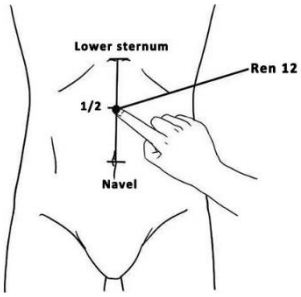
Location: Approximately 3 inches below the kneecap, about 1 inch toward the lateral edge

Sanyinjiao (SP6)

Location: Approximately 3 inches above the bone of the inner ankle

Zhongwan (CV12)

Location: Approximately 4 inches above the naval on the midline of your abdomen



Justin Long, LAc is an acupuncture practitioner at Heart Spring Health in Portland, Oregon who specializes in natural treatments of pain, stress, anxiety, insomnia, and digestive disorders. He creates a tailored healing experience using a variety of modalities based in Chinese medicine.

Interested in working with Justin?
Call (503) 956-9396 or complete this online form.

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