



THE TREATMENT ROOM

Courthouse Square, Straffan Road, Maynooth, Co. Kildare.
Tel: 086 879 0534. Web: www.treatmentroom.ie. Email: chris@treatmentroom.ie

8/3/21

Welcome, dear reader, to 'The Treatment Room' Acupuncture/Acupressure Point of the Week!

In association with, Tai Chi Your Way, www.taichiyourway.com

This week, we shall review the Acupuncture & Acupressure point, Large Intestine 4, (Aka LI-4, or more simply, 'Union Valley')
See the photo just below for the point's location.



Safety note - Contraindication!

Please, DO NOT USE this point, if you suspect you may be PREGNANT, or if indeed you are pregnant, as this is a very powerful point which influences the descent of matter in the body. This, in turn, promotes labour, rapidly!

It is, however, very useful in the latter stages of Pregnancy when stimulated by a qualified and cheerful practitioner.

THERAPIES OFFERED:

- Acupuncture
- Meditation Classes
- Quantum Coherence Therapy
- T'ai Chi Classes
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- Orthopaedic Massage



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Large Intestine 4 is quite an easy point to find and to utilise, and as Stuart has mentioned it twice recently, in his Friday morning Chi Kung classes, I thought some students might find it enjoyable to learn more about this very potent point.

Firstly, Large Intestine 4 can be used to calm our Mind. It's worth mentioning that all Acu-points possess intelligence and sentience, and even though they are small, they are each very capable of initiating healthy changes, or rebalancing certain functions within our bodies. Each point is different, and as such, each point has a different responsibility or governance over the wide range of functions that occur within us.

To benefit from an Acupuncture point, it simply has to be stimulated. Traditionally, we do this by applying pressure or indeed, by inserting a needle into the point. Just as a smart phone or computer uses differing programmes or 'apps', to improve, connect, update, refresh, or declutter its overall functionality and performance, so too could one look upon Acu-points as similar vehicles for change. Like computers, you just have to patiently learn how to use Acu-points, to get the best results from them.

Translation from the original Chinese word, which we have taken to mean 'Acupuncture', can also be interpreted as meaning 'cave or grotto where spirit dwells'. Thus, by using an Acu-point you are awakening, assisting or augmenting a fragment of your spirit or energetic body. Any Acu-point is more than happy to act as a surface accessible conduit or relay by which necessary changes can be made deep within our physical, mental or emotional bodies.

When stimulated, this point enables a host of actions. As I mentioned, it calms the Mind, and it does this by subduing what the ancient Chinese named 'rebellious Qi'. Rebellious Qi is sometimes described as Stomach-Qi rising upwards, (aka belching, burping, vomiting, acid reflux etc), or Lung-Qi rising (aka the alarming inability to enjoy or catch a deep or satisfying breath) or Liver-Qi rising (aka heat from the Liver, which can rise upwards internally, causing all kinds of problems for the mind, head, neck and face- not to mention causing us to succumb to anger much easier).

In addition to balancing rebellious-Qi, Large-intestine 4 is also known for its antispasmodic action, (eases spasms) and it benefits painful conditions of the stomach, intestines and uterus. This point even helps clear sinusitis, rhinitis, frontal headaches, facial paralysis, and even pains in your arms or shoulders.

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Finally, it regulates elimination, which is very helpful, particularly when you are sitting on the family “throne”, and badly in need of the sweet, sweet sound of a large, satisfying plop.

On a deeper level, this point supports our mind, body and spirit to allow change, and to let go of that which no longer serves us. To be honest, one of the hardest things to do in life is to surrender, let go, and embrace change. It is very challenging to let go of old hurts and habits, and to open up to the power of change. However, this particular point is very helpful. As such, it can help us let go of that which is old and stagnant and it helps us to open to receive that which is next. In short, it’s a very good point if you’re feeling stuck or constipated!

Stimulating Large Intestine 4 also helps us to breathe easier and deeper, and this has a very positive effect on our Lungs, and by virtue of that, upon our defensive Qi too (aka Wei-Qi, aka Immune system boundary markers) which is tremendous, especially during these Covid-19 times!

Finally, it is a paired point, meaning it is accessible on both of our hands, one side having a Yin aspect, while the other hosts its Yang counterpart.

The point is located on your hand, in the fleshy depression which lies between your thumb and the hand (metacarpal) bone which supports your index finger. (See the photo below for more detail). If you bring your thumb in right up alongside your hand and look at it carefully, you will notice a puckering or gathering of flesh here. The point is located at the highest point of this puckering. It’s just off the bone in the ‘V’ shape valley between our thumb and the metacarpal. If you like, you can stimulate the point by pressing into and out of it a hundred times, similar to as you might do to a pen that had a clicker on top of it. Alternatively, you can press into it and hold it at a depth of your choosing for up to one, two or even three minutes. In most cases, this will be sore, but don’t worry, using the point regularly and daily will help alleviate this discomfort and improve your overall health.

However, please don’t beat the bejesus out of yourself when applying Acupressure. Less is more, especially if you intend using the point daily. You can work the point when it is sore, but please be mindful of respecting your limits, and don’t forget to balance what you do on one side, by repeating the same on the other.

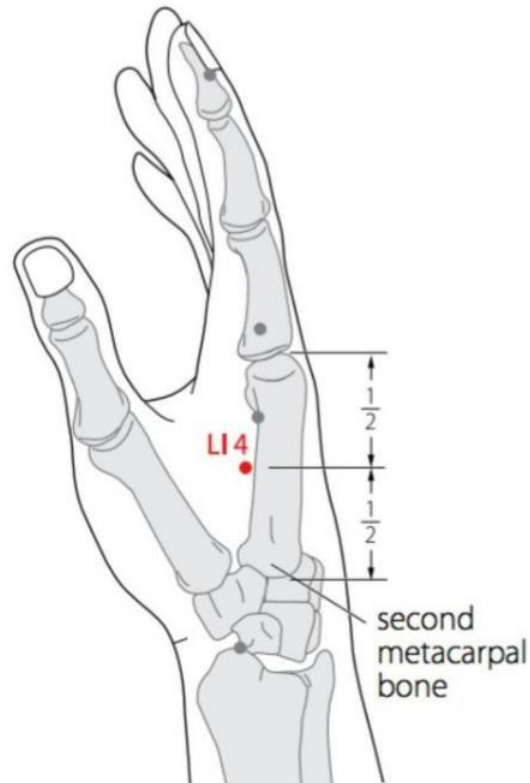
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LI4

Enjoy!

P.S. Do not try this while driving or while immersed in water!

The Treatment Room is accredited by The Acupuncture Foundation Professional Association. (AFPA Membership number: 8556) & by The Irish T'ai Chi Chuan Association (ITCCA).

Best wishes,
Chris Mc Mahon,
The Treatment Room.

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