

Therapists should get a set of index cards with alphabetical dividers and a card box to store information on each pathological condition that they run into in the field so they can have an easy reference to go to instead of looking through textbooks. On the back of each card you should write the point locations or draw a picture of the point location so you will not have to go back to your books constantly. You can also put information other types of treatments for the common conditions such as herbs, hydrotherapy, exercises to do, stretching, using internet links etc., etc.. If you get 4"x6" cards you will have plenty of room on the card to put useful information. This list is not by any means a complete list of acupoints used during pregnancy and we will be expanding this list as time goes on so check back for updates from time to time.

You can show your clients how to stimulate or sedate the points themselves so they can get faster relief.

Abdominal Pressure: LI 11

Anemia: Spleen Reflex Point on left foot

Breast Soreness: Stomach 13, Stomach 16, CV 17

Carpal Tunnel Syndrome: LI 11 and SI 3

Edema: Kidney 1

Fatigue: Pericardium 6&8, Heart 7, GV 20

Gastrointestinal Disturbance: Spleen 3

Headaches: Spleen 3, GV 20, SI 3, Kidney 1, B 59

Hemorrhoids: Spleen 3, heels of both feet, GV 20

Leg Cramps: B 59

Morning Sickness: PC 8, LI 11

Nasal and Sinus Congestion: GV 20, Lung 1

Sciatica: Bladder Points

Shortness of Breath: Lung 1, Lung 2

Varicose Veins: Stomach 32

Vomiting: Spleen 3

