

LOW BLOOD PRESSURE

You can support your healing between Acupuncture and Bioresonance sessions by stimulating the following acupressure points at home. Apply light to medium pressure in small circular motions for 1–3 minutes on each point, once or twice daily.

In Traditional Chinese Medicine (TCM), **Qi** refers to the vital energy that flows through the body, supporting health and balance. For cardiovascular health, the smooth flow of Qi is crucial for proper circulation, energy levels, and overall heart function.

Yin and Yang represent opposing yet complementary forces. **Yin** is associated with cooling, nourishment, and stability, while **Yang** relates to warmth, activity, and movement. In the context of the cardiovascular system, a balance between Yin and Yang is essential—Yin nourishes the heart and blood, while Yang promotes circulation and heart function. When Yin and Yang are in harmony, the heart operates efficiently, and blood flows freely.

For most acupressure points that appear on both sides of the body (like ST36, LI4, and PC6), you can stimulate either one side or both—whatever feels comfortable and manageable for you. Stimulating both sides may offer a more balanced effect, but working on just one side is still beneficial, especially if you're short on time or have limited mobility.

For single points along the body's midline (like DU20 and CV6), there's only one location, so those are naturally treated on their own.

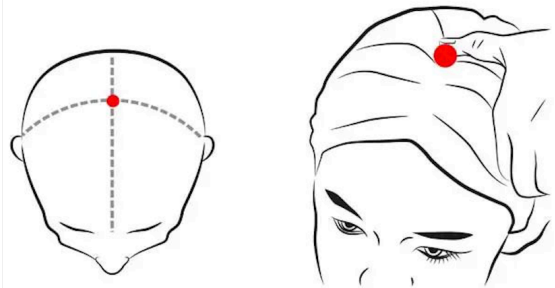
Disclaimer: This self-help guide is intended for informational purposes only and does not constitute medical advice. It is not a substitute for professional diagnosis, treatment or care. Always consult your doctor before starting any new health practice, especially if you have an existing medical condition or are experiencing persistent symptoms.

Hypotension - Low Blood Pressure

DU20 – Baihui

Location: Crown of the head; draw a line from the tops of both ears upward.

Function: Raises yang, clears the mind, revitalises energy.

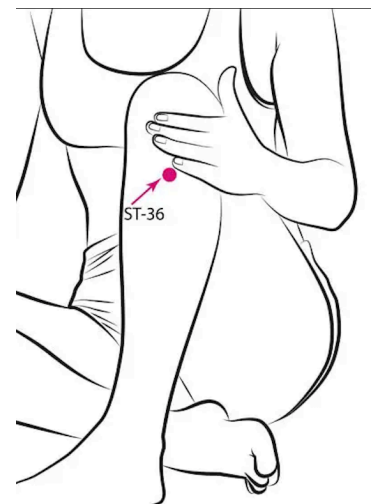


Stimulating DU20 helps promote circulation to the brain and lift low energy, especially in cases of dizziness or tiredness due to low blood pressure. It's safe and energising. Use your fingertips in a circular motion while sitting or lying down. You might feel a gentle lift in your mood and focus almost immediately.

ST36 – Zusanli

Location: Four finger-widths below the kneecap, one finger-width lateral to the shinbone.

Function: Tonifies Qi and blood, strengthens digestion, supports vitality.



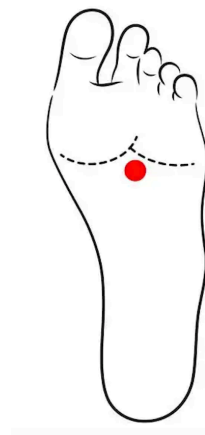
In Traditional Chinese Medicine (TCM) ST36 it is highly valued for its broad therapeutic effects, including enhancing energy levels, aiding digestion, and supporting the immune system. Additionally, it promotes healthy blood circulation and helps to warm the body, making it especially beneficial for relieving stiffness in cold weather. It can also be helpful in addressing cold extremities that result from a low heart rate or low blood pressure.

Cold Hands and Feet

K1 – Yongquan

Location: Sole of the foot, about one-third down from the toes in a natural depression.

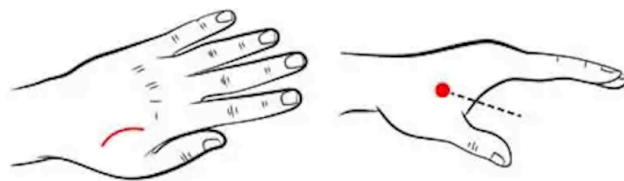
Function: Warms Kidney yang, promotes circulation.



This point helps to draw energy downward, promoting warmth throughout the entire body. It has a calming effect, making it especially beneficial before bedtime. Using your thumb or a rounded massage tool, apply gentle pressure while taking deep, slow breaths. As you do, you may notice a soothing warmth gradually spreading, helping to relax both the body and mind.

→ LI4 – Hegu

Location: Web between thumb and index finger.



Function: Moves Qi, opens channels, stimulates circulation.

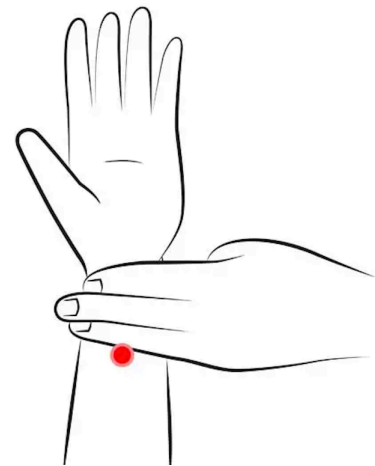
LI4 is invigorating and can be easily accessed at any time of day, making it a convenient point to stimulate whenever needed. Apply steady, consistent pressure using the thumb of your opposite hand. This point encourages improved blood flow to the extremities, helping to relieve coldness and tension. It also promotes a sense of warmth and relaxation, making it especially useful for easing discomfort in the hands and feet.

Low Heart Rate - Bradycardia (QI Deficiency)

PC6 – Neiguan

Location: Three finger-widths above the wrist crease, between the tendons.

Function: Regulates the Heart, calms the Shen, opens the chest.

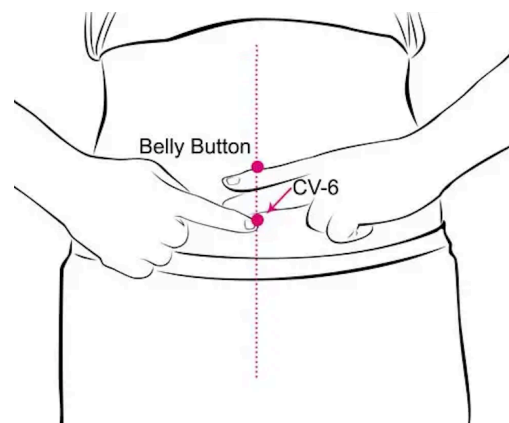


PC6 is a gentle yet profoundly balancing point, often used in acupressure to help steady the heartbeat and calm emotional stress. This point is particularly effective for promoting a sense of inner calm and balance. To stimulate it, use your fingertip or a soft-tipped acupressure pen, applying gentle, steady pressure. As you do, take slow, deep breaths to enhance the relaxing effects, helping to ease both physical and emotional tension.

CV6 – Qihai

Location: About 1.5 finger-widths below the navel.

Function: Strengthens original Qi, tonifies yang.



This is a key point for replenishing and restoring energy. It's both safe and deeply calming, helping to nurture vitality. To stimulate this point, lie down in a comfortable position and use your fingers or palm to apply gentle, circular pressure. Move slowly and with intention, allowing the pressure to gradually sink in. As you do so, focus on your breath, taking slow, deep inhales and exhales to enhance the relaxing and revitalising effects.

Several herbs can help warm the body and improve circulation

Ginger Known for its warming properties, ginger stimulates circulation and helps disperse cold. It can be consumed as tea or added to meals to promote warmth and energy.

Cinnamon (CEYLON) A warming herb that encourages blood flow, cinnamon is helpful for cold hands and feet. It can be added to teas or used in cooking to enhance circulation.

Dong Quai Often referred to as "female ginseng," Dong Quai helps tonify the blood and improve circulation. It's commonly taken as a tea or supplement to support warmth and vitality.

Ginseng Ginseng is widely used to boost Qi and Yang energy, improving overall vitality and circulation. It can be consumed in tea, tinctures, or capsules.

Schisandra This adaptogenic herb helps balance Qi and Yang, promoting energy and better circulation. It's typically taken in extract or powder form.

Turmeric Known for its anti-inflammatory and warming effects, turmeric stimulates blood flow and alleviates coldness. It can be added to teas, soups, or smoothies.

Epimedium (Horny Goat Weed) This herb tonifies Yang and invigorates circulation, making it useful for cold extremities and low energy. It's available in supplement form.

Red Dates These dates are commonly used to tonify blood and warm the body. They can be added to soups, teas, or stews to promote warmth and vitality.

Fennel Fennel helps move Qi and promote circulation, easing cold extremities. It can be consumed in teas or used in cooking to support warmth.

Chilli Peppers (Capsicum) Hot peppers, such as **CAYENNE**, are powerful warming agents that stimulate circulation and increase Yang energy. They can be added to meals or used in tinctures.

These herbs can be enjoyed as teas, supplements, or in cooking to warm the body and improve circulation.

Check out **FATIGUE** for more helpful information.

As always, consult with a healthcare provider before using these herbs, particularly if you have existing health conditions or are taking medication.