



Meridian Shortcuts

MERIDIAN NAME	SELF-CARE CHOICES
Lung	Hold same side 14 & 22 simultaneously.
Large Intestine	Hold same side 11 & 13 simultaneously.
Stomach	Hold same side 21 & 22 simultaneously.
Spleen	Hold 5 & tailbone simultaneously.
Heart	Hold 11 and opposite 22 simultaneously.
Small Intestine	Hold 11 and opposite 13 simultaneously.
Bladder	Hold 12 and opposite 25 simultaneously.
Kidney	Hold 12 and tailbone until the pulses balance, then hold tailbone and middle 13.
Diaphragm	Hold 14 and opposite 19 simultaneously.
Umbilicus	Hold 20 and opposite 19 simultaneously.
Gall Bladder	Hold 16 and opposite 22 simultaneously.
Liver	Hold 4 and opposite 22 simultaneously.

References

¹Palafox, C.A. and Hernández, T.D., (2012) Acupressure Self-Administration Proficiency Manual, University of Colorado, including adaptations from ^{4,7-8}.