



***AcuThai* Therapy**

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AcuThai Therapy

- **AcuThai** Therapy, is a therapeutic bodywork which is a synthesis of Eastern healing modalities. It is a holistic, healing art that combines Mindful Energy Flow (Yoga+Qigong+Energy Medicine) practice, Tuina (traditional Chinese Medicine massage) and Thai Massage techniques
- This is a holistic bodywork, which supports you to maintain optimum health, prevents and heals several ailments in the body
- **AcuThai** Therapy uses unique body movements and touching skills that take care of whole body and circulation, it simultaneously creates space for mindfulness and a relaxed mind
- **AcuThai** Therapy stimulates and activates more than 25 important and effective healing acupressure points
- It is practiced with comfortable clothing, without oil



Benefits of AcuThai Therapy

- Alleviates conditions, restores balance and promote positive health
- Helps to maintain wellness and improves overall health
- Activates energy flow in the energetic pathways
- Boosts energy and awakens inner healing energy
- Supports immune system and it is preventive for illnesses
- Improves circulation and range of motion
- Reduces muscle stiffness & pain and releases tension in the muscles
- Helps with good quality of sleep
- Relieves headaches
- Reduces stress, tension, anxiety and supports mental relaxation
- Creates new balance of cortisol and serotonin
- Activates the parasympathetic nervous system and cultivates feeling of relaxation and improved wellbeing



Qi, Meridians and Acupressure

- The Qi of the body is produced in the internal organs and circulated through the body in the energy channel system known as meridians (pathways). The meridians are extensions of the 10 internal organs and contain specific acupressure points along each pathway.
- The human body is like a map with key points that, when pressed, can stimulate the body's natural healing and self-curative abilities.
- Acupressure, the more than 5,000-year-old healing art of using the thumb and fingers to press on these key locations, is one of the most effective complementary modalities a massage therapist can employ.
- Acupressure can release muscular tension, promote circulation of both the blood and the body's vital energy (Qi) and enable the body to relax deeply. By relieving stress, acupressure strengthens the body's resistance to disease and promotes wellness.



- Acupressure points can be located easily via anatomical landmarks that either lie underneath major muscle groups or near a bony structure. There are hundreds of effective acupressure points that influence the functioning of the body.
- Points are located by proportional measurements called a “cun” — one cun is approximately equal to one thumb’s width. In order to assure accuracy, the width of the recipient’s thumb is the best determination of this measurement.
- The body has many more effective acupressure points that can address different imbalances.
- There are specific points along either side of the spine, on the bladder meridian, which reflexively influence every organ in the body.



- The points are sensitive to bioelectrical impulses in the body and conduct those impulses readily. Stimulation of these points with pressure releases endorphins. Endorphins are the neurochemicals that close the “gates” of the pain-signaling system. The closing of these gates prevents painful sensations from passing through the spinal cord to the brain.
- Points that are painful when pressed are considered to be areas where excessive energy has accumulated. Points that welcome touch are considered to be areas of energy deficiency. Points are typically addressed bilaterally.



What is Tuina?

- Tuina, literally meaning “pushing and grasping”, is a form of therapeutic bodywork, based on TCM acupuncture & channel theory
- Tuina includes: Massage, Manual stimulation of acupuncture points (i.e. acupressure), manipulations of bones, joints, and soft tissue, bone setting techniques (ZhengGu)
- Benefits of Tuina;
 - Balance yin and yang
 - Regulate the Zang-Fu organs
 - Dredge the channels
 - Promote circulation of Qi & Blood
 - Relax muscles and tendons
 - Dispel blood stasis



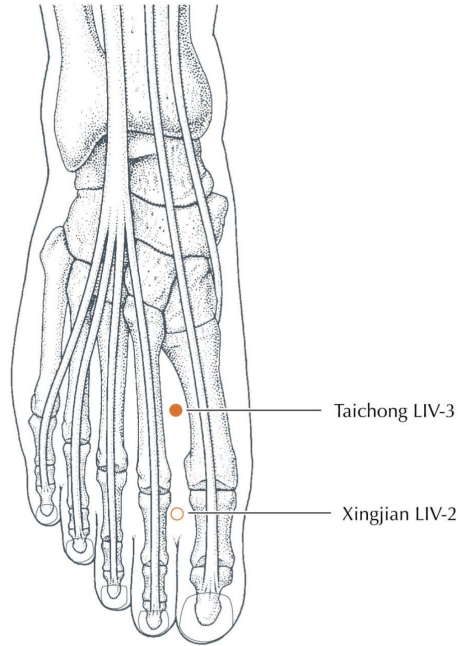
Important Acupressure Points used in AcuThai Therapy



Feet Acupressure Points

Liver 3

'Great Rushing'

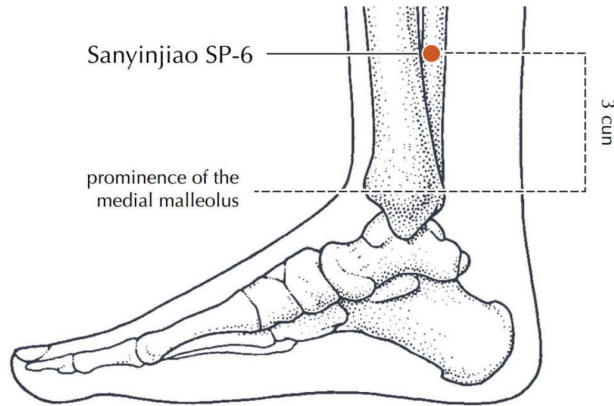


- This point is the source point of the liver meridian.
- It subdues liver yang, nourishes liver blood and extinguishes wind
- Releases pent up energy that causes anxiety, anger, irritability, tension headaches, depression and PMS.
- Liberates energy that is caged.
- Smooths energy that is aggressive and edgy.
- Nourishes tendons and ligaments by alleviating tightness, tension and spasms.
- Particularly effective in conjunction with Large Intestine 4.



Spleen 6

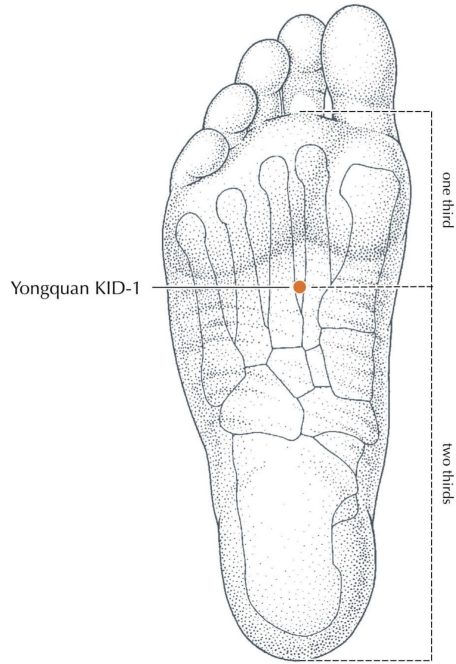
'Three Yin Intersection'



- This is the meeting point of the three yin channels (spleen, kidney and liver).
- Supports spleen and stomach deficiency
- Important for treatment of all gynecological, sexual, urinary, digestive and emotional imbalances.
- Nourishes and builds the blood.
- Use in the treatment of anxiety, insomnia, headaches, menstrual cramps, abdominal distention/pain and diabetes.
- Contraindicated during pregnancy.

Kidney 1

'Gushing Spring'

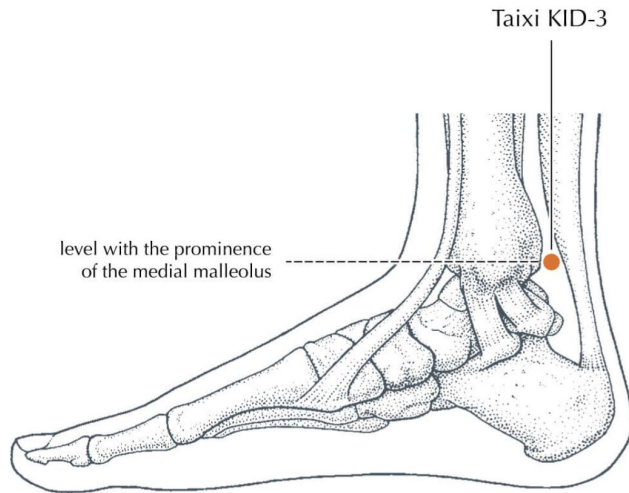


- This is a very important point for grounding, connecting with the earth and rooting the energy downward.
- Returns the unrooted back to its source, descends qi, yang
- Helpful to calm someone who is in a disturbed state of restlessness or shock.
- Useful for headaches, dizziness, rage, anxiety, hypertension and insomnia.



Kidney 3

'Supreme Stream'

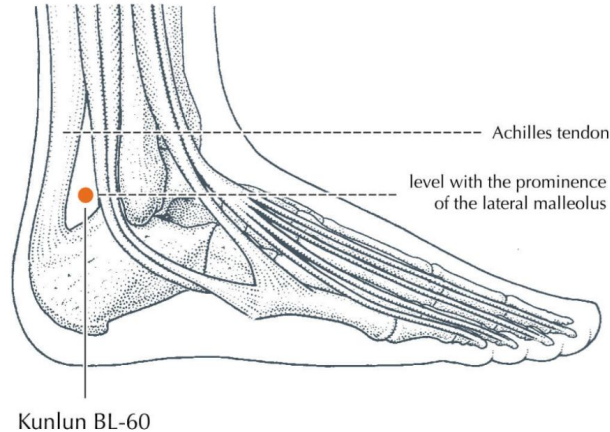


- This is a beautiful and nourishing point for the Water element.
- It nourishes and tonifies any Kidney deficiency, including yang and yin deficiency.
- Harmonizes the relationship of the kidneys with the liver, heart and lung.
- This point is very effective for lumbar pain, dizziness, tinnitus, sexual or reproductive disorders and urinary issues.
- ` Good for deficient condition



Bladder 60

'Kunlun Mountains'

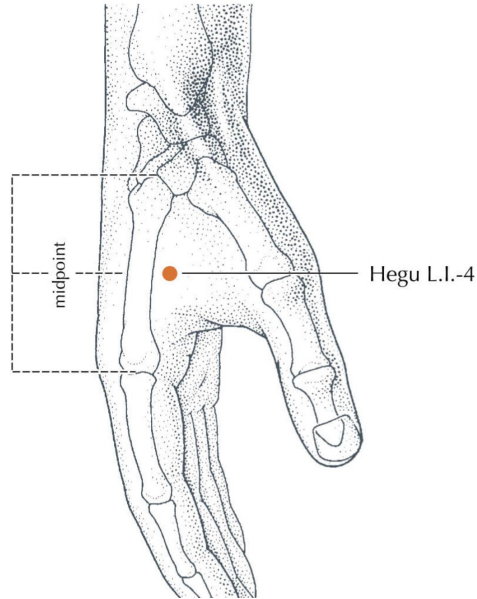


- Activates the entire bladder channel and alleviates pain
- Clears heat, pacifies wind and leads down excess yang
- Relaxes the sinews and strengthens the lumbar spine
- Treats pain along the whole course of bladder channel
- Contraindicated in pregnancy

Hand Acupressure Points

Large Intestine 4

'Joining Valley'

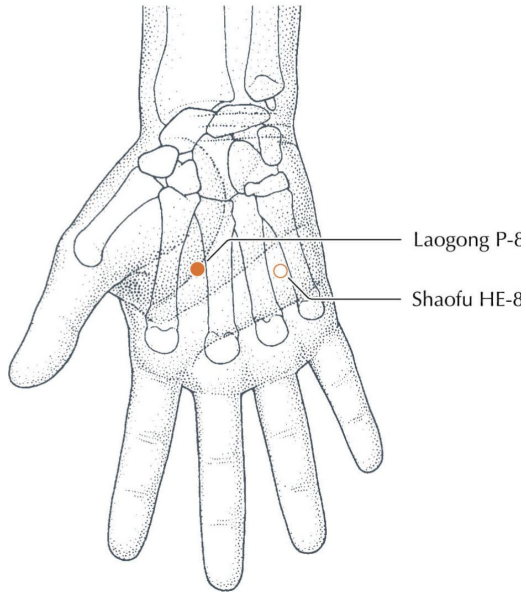


- This is the command point for the sense organs, face, mouth and head.
- Treats sinus congestion, allergies, headaches, sore throat, fever and toothaches.
- Strengthens the body's defensive Qi and is helpful for colds, sneezing, runny nose and sore eyes.
- Alleviates pain in the shoulder and arm.
- Contraindicated during pregnancy.



Pericardium 8

'Palace of Toil'

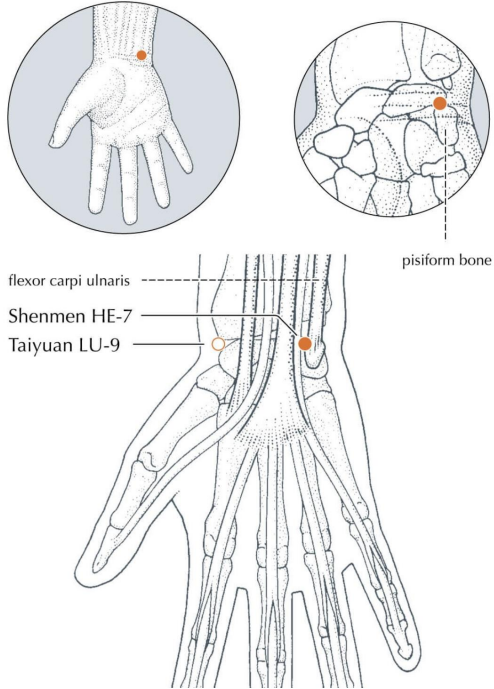


- This is the Yin-Spring and Fire point of the Pericardium Channel
- This point clears a lot of heat and fire from the body so can help calm the mind/spirit and cool the blood. Because of this, we use this point for excess conditions and excess heat causing anxiety/mania, red & hot skin conditions and bleeding disorders (like nosebleed, bleeding gums, blood in the stool, etc.).
- It calms down a busy & frantic mind
- It is good for clearing stomach heat and heat from blood



Heart 7

'Spirit Gate' or 'Mind Door'

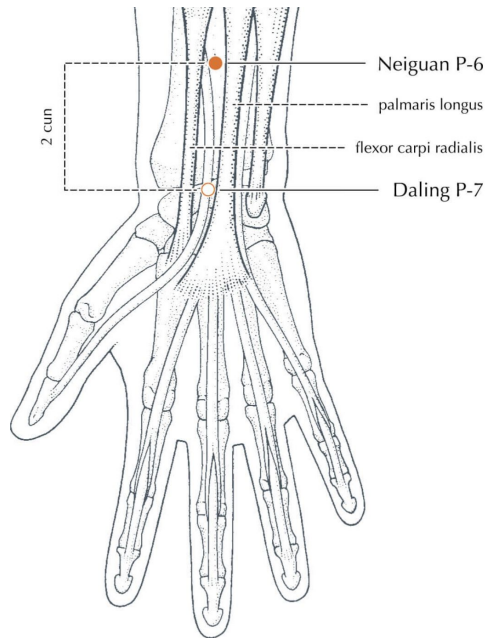


- Calms the mind and regulates spirit when overactive thinking is the culprit.
- Regulates and tonifies the heart
- Relieves insomnia due to over excitement.
- Relaxes and eases anxiety.
- Reduces heart palpitations by regulating the heart and strengthening the spirit.



Pericardium 6

'Inner Pass'



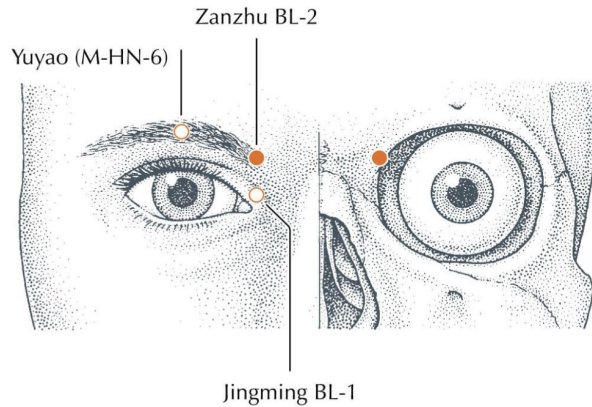
- This is a very harmonizing point, which regulates the heart and calms the spirit.
- It is an essential point for any disorder of the chest and Heart.
- It helps with nausea and vomiting, also nausea associated with pregnancy and chemotherapy.
- Good for deficient conditions

Face and Head Acupressure Points



Bladder 2

'Gathered Bamboo'

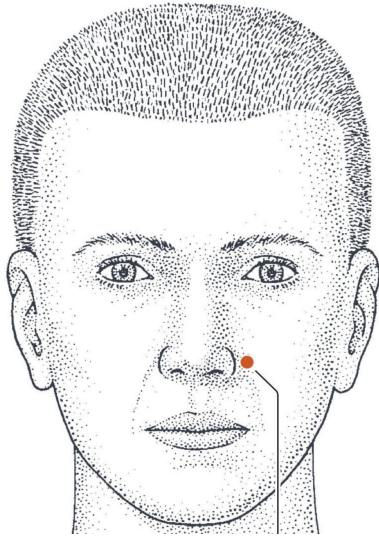


- Eliminates wind and clears heat
- Benefits the eyes and eye disorders
- Clears the head and alleviates pain, especially sinus and frontal headache



Large Intestine 20

'Welcome Fragrance'

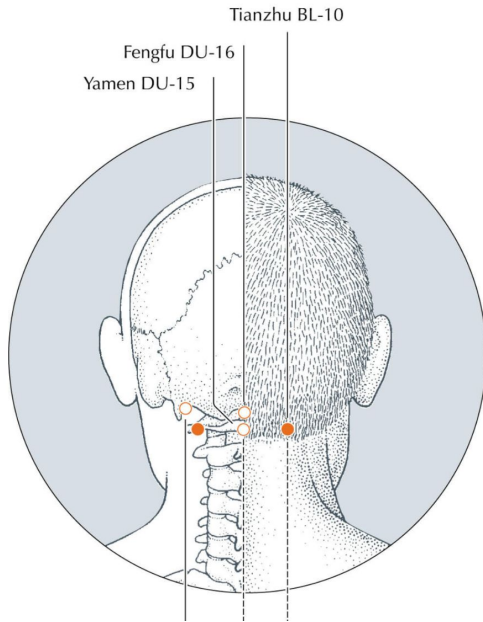


- This is the meeting point of the large intestine and stomach channels
- Opens the nasal passages
- Expels wind and clears heat
- For any nose disorder, this is a go-to point (nasal congestion, post-nasal drip, runny nose, sinus issues).
- A local point too for any facial pain, swelling, or paralysis.
- Good for excess conditions



Bladder 10

'Celestial Pillar'

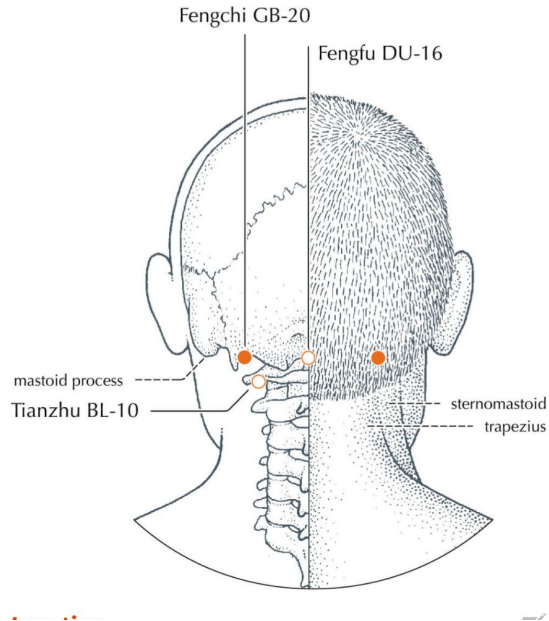


- Window of heaven point for qi rebelling to the head: dizziness, headache, heavy head, stiff neck, pain and swelling of the throat, eyes, nose
- Regulates qi and pacifies wind
- Benefits the head and sensory orifices
- Calms the spirit
- Activates the channel and alleviates pain



Gallbladder 20

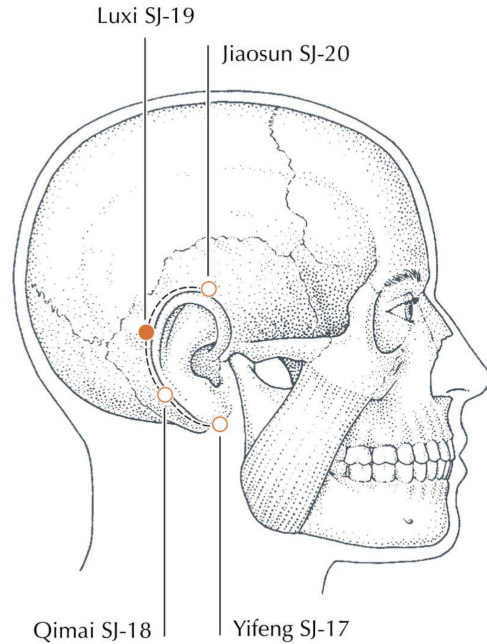
'Wind Pool'



- This is the meeting point of the Gallbladder and SanJiao channels with the Yang linking vessels
- It is located at the tender spot beneath the occiput
- This point alleviates any type of headache in any region of the head.
- It opens the sinuses and clear the eyes, allergies as it benefits the sense organs.
- It also relieves disorders of the neck, shoulders and upper back
- It is an essential point to use when coming down with the common cold or flu since it “eliminates wind” (and these acute illnesses can often be seen as wind-cold or wind-heat pathogens).
- Good for excess conditions



Ear Acupressure Points



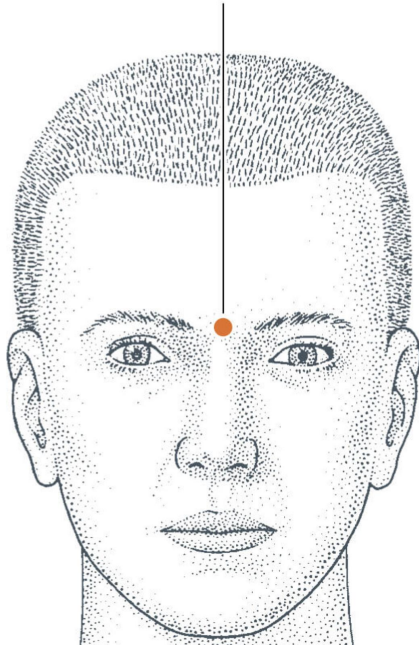
- There are over 200 acupressure points in and around the ears connected to all organs
- Massage the ear with a gentle rubbing and pulling motion
- Start with the outer fold, move slowly around the rim, then into the inner cavities, end with the ear lobes
- Ear massage helps you release endorphins and toxins
- It activates important Sanjiao channel points
- Boosts your immune system and helps you relax



Yintang

'Hall of Impression'

Yintang (M-HN-3)



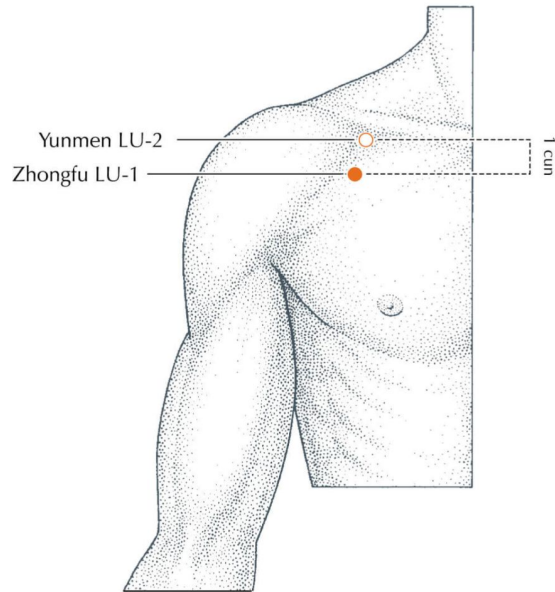
- This is a powerful calming point for the mind and the spirit some qigong authorities as the location of upper dantien.
- This point corresponds to the area ascribed to the 'third eye' by many traditional cultures and has been classified by
- Helps to treat insomnia, anxiety, agitation
- Benefits the nose
- Activates the channel and alleviates pain



Front Body Acupressure Points

Lung 1

'Middle Palace'

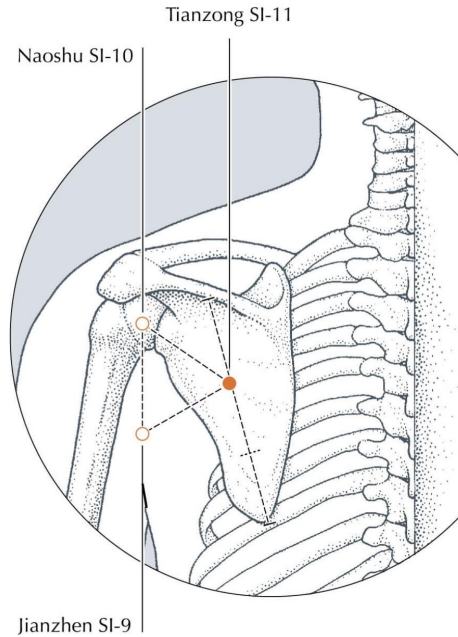


- This is the collecting point for all the energy of the lungs
- Helps the lung Qi to descend downward in the body to connect with the kidneys
- Also descends stomach qi
- Supports the lungs and used for excess conditions
- Transforms phlegm, clears heat and regulates the water passages
- Addresses acute coughs, asthma and a tight chest
- Alleviates pain in the shoulder and upper back



Small Intestine 11

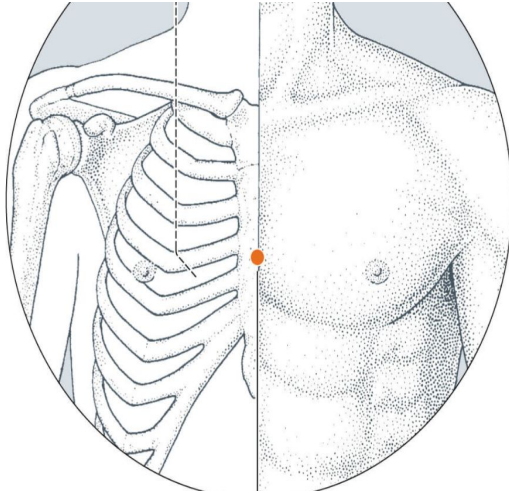
'Heavenly Gathering'



- Commonly used local point for any pain of the scapular region
- Activates the channel and alleviates pain
- Moves qi and unbinds the chest and lateral costal region
- Benefits the breasts

Ren 17

'Chest Centre'



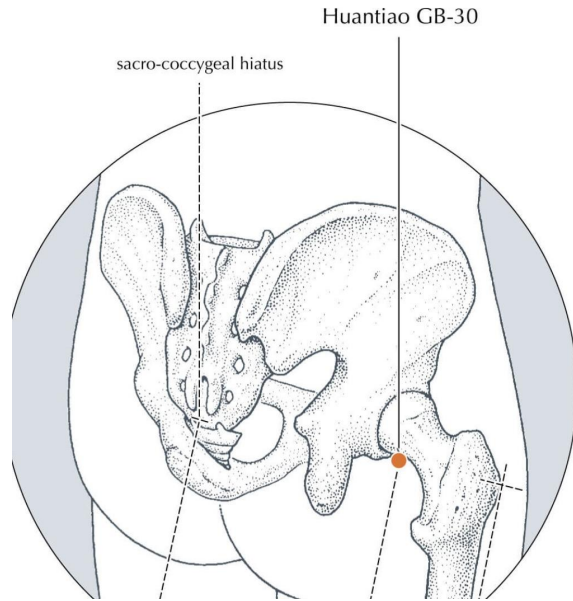
- Point of the sea of qi, sea of tranquility
- Meeting point of the conception vessel with the spleen, kidney, small intestine and Sanjiao channels
- Regulates qi and unbinds the chest
- Descends rebellion of the lung and stomach
- Benefits gathering qi
- Benefits the breasts



Side Body Acupressure Points

Gallbladder 30

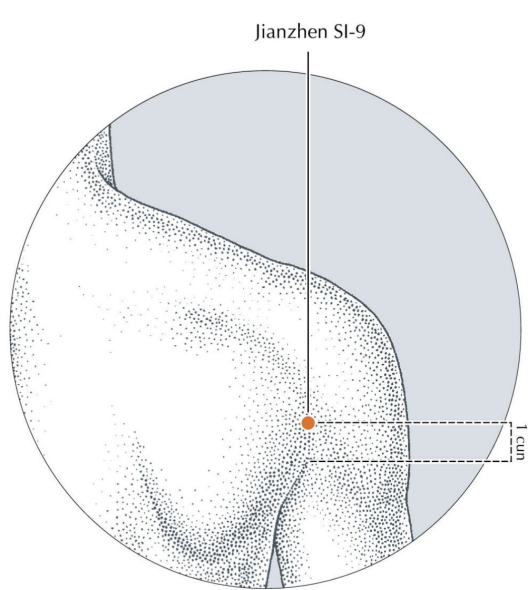
'Jumping Circle'



- Meeting point of the gallbladder and bladder channels
- Activates the channels and alleviates pin
- Benefits the low back and all leg joints.
- Strengthens and comforts the low back and leg
- Alleviates sciatic pain, hip pain and rheumatism
- Relaxes tendons and restores joint mobility
- Dispels wind-damp

Small Intestine 9

'True Shoulder'

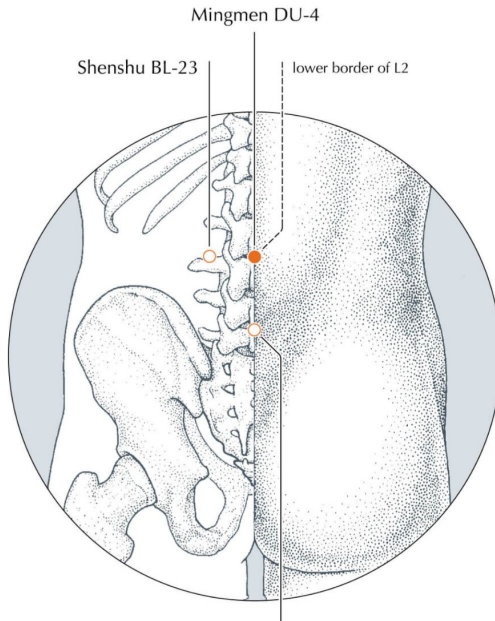


- Local point for disorders of the shoulder, scapula and upper arm
- Activates the channel and alleviates pain

Back Body Acupressure Points

GV 4-MingMen

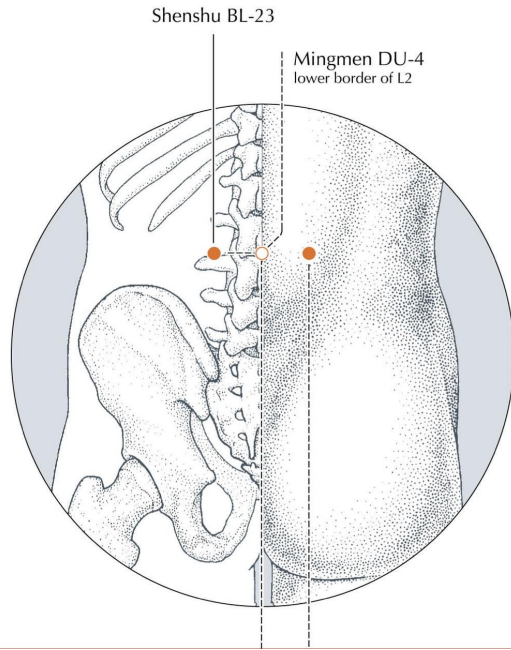
'Gate of Life'



- Clears heat, tonifies and nourishes kidneys
- Benefits the lumbar spine, treats stiffness and pain
- Regulates the Governing Vessel
- Treats all types of lumbar pain due to kidney deficiency

Bladder 23

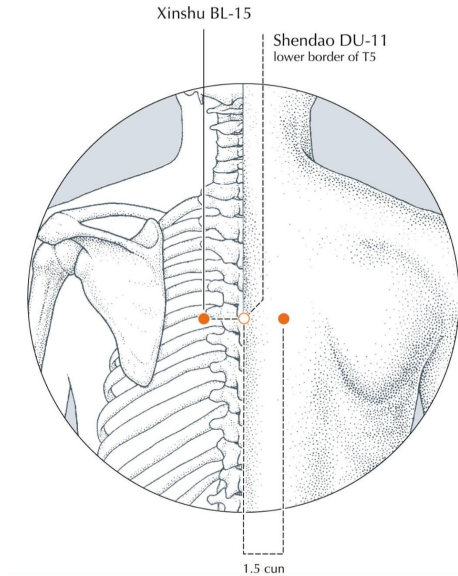
'Kidney Shu' or 'Sea of vitality'



- This point is a powerful place to strengthen both the yin and yang kidney qi
- Benefits essence
- Treats all kinds of kidney deficiency, nourishes kidney yin
- Helps strengthen the lower back, knees and legs
- Helps the body replenish during times of personal transformation
- Alleviates low back pain and fatigue
- Benefits the ears and eyes
- Benefits and warms the uterus
- Fortifies the digestive organs and the immune system



Essential Bladder Back Shu Acupoints

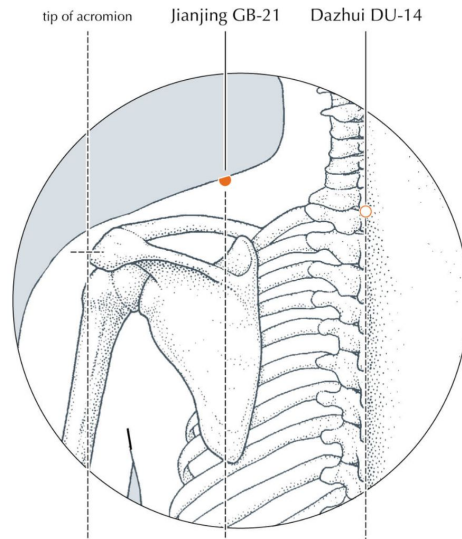


- Bladder 13-Lung Shu: Tonifies lung qi and nourishes Lung yin
- Bladder 15-Heart shu: Tonifies and nourishes the heart
- Bladder 17-Diaphragm Shu: Nourishes and harmonizes diaphragm and descends rebellious qi
- Bladder 18-Liver Shu:Regulates and nourishes liver blood, spreads liver qi
- Bladder 19-gallbladder Shu: Tonifies and regulates gallbladder qi
- Bladder 20-Spleen Shu: Tonifies spleen qi and yang, regulates and harmonizes the qi of the middle jiao
- Bladder 21-Stomach Shu: Regulates the stomach and descends rebellion



Gallbladder 21

'Shoulder Well'



- Meeting point of the gallbladder, Sanjiao and stomach channels with the Yang linking vessel
- Regulates qi, activates the channel and alleviates pain
- Descends qi:benefits cough, rebellion qi
- Transforms and lowers phlegm and dissipates nodules
- Benefits stiffness of the neck, shoulders
- Benefits breast disorders





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Contact me at bestedolanay@gmail.com for bookings

Sources:

- A Manual of Acupuncture by Peter Deadman
- Institute for Integrated Healthcare article, Lydia Riedell