

Contents

Foreword by Ingrid Klimke	vii
How Acupressure Works and When to Use It	1
History and Theoretical Background of Acupressure	5
Yin and Yang–The Nature of All Things	7
<i>Yang-Based Illnesses</i>	9
<i>Yin-Based Illnesses</i>	9
Important Concepts of Chinese Medicine	9
<i>The Organs</i>	10
<i>Pain, Heat, Cold, Wind</i>	10
<i>Qi–The Driving Power</i>	11
The Channels of Energy	12
1 Lung (LU) Meridian	13
2 Large Intestine (LI) Meridian	15
3 Stomach (ST) Meridian	16
4 Spleen Pancreas (SP) Meridian	17
5 Heart (HE) Meridian	19
6 Small Intestine (SI) Meridian	20
7 Bladder (BL) Meridian	21
8 Kidney (KI) Meridian	23
9 Pericardium (PC) Meridian	24
10 Triple Warmer (TW) Meridian	25
11 Gallbladder (GB) Meridian	25
12 Liver (LV) Meridian	27
13 The Governing Vessel (GV) – <i>Du Mai</i>	28
14 The Conception Vessel (CV) – <i>Ren Mai</i>	28
15 The Belt Vessel – <i>Dai Mai</i>	30
Teachings of the Five Elements: A Guide to the Right Points	31

Horse Types for Acupressure	38
Every Horse Is Unique	39
The <i>Gan</i> , or Liver Type	40
The <i>Shen</i> , or Kidney Type	41
The <i>Pi</i> , or Spleen Type	44
The <i>Xin</i> (Chin), or Heart Type	45
The <i>Fei</i> , or Lung Type	47
Acupressure Points to Mentally Balance Each Horse Type	50
Choosing the Acupuncture Points	51
Liver 3 (LV 3) – <i>Taichong</i> – The Great Surge	52
Kidney 3 (KI 3) – <i>Taixi</i> – The Great Creek	54
Spleen Pancreas 6 (SP 6) – <i>Sanyinjiao</i> – Intersection of the Three Yins	56
Lung 7 (LU 7) – <i>Lieque</i> – Broken Sequence	58
The Application of Acupressure	60
At a Glance: All the Acupressure Points Described in This Book	61
Preparation	62
Examination	63
The <i>Shu</i> Points	71
Treatment Principles	81
The Practice	87
<i>General Support without Specific Problems</i>	87
<i>Acupressure for the Growing Horse</i>	92
<i>Acupressure for the Older Horse</i>	99
<i>Solutions for Psychological Problems</i>	101

<i>Preventing Infections</i>	104
<i>Acupressure After a Long Illness</i>	106
<i>Stiffness and Pain at the Poll</i>	107
<i>Balancing Exercises for the Neck</i>	109
<i>Back Pain and Muscle Tension</i>	110
<i>Restorative Care Following Injury or Surgery</i>	115
<i>Preparing for Competition</i>	118
<i>Acupressure Points for Moving Qi through the Meridians</i>	120
<i>Combining Individual Points</i>	121
Accupressure Points—Areas of Application	123
Sources of Error	128

Acupressure Points – Description and Effects 132

Lung 7 (LU 7) – <i>Lieque</i> – Broken Sequence	133
Stomach 36 (ST 36) – <i>Zusanli</i> – Three Mile Point (aka Three More Miles on Foot)	134
Gallbladder 20 (GB 20) – <i>Fengchi</i> – Wind Pool	135
Gallbladder 41 (GB 41) – <i>Zulingqi</i> – Foot Falling Tears	136
Large Intestine 4 (LI 4) – <i>Hegu</i> – Closed Valley or Union Valley	137
Spleen Pancreas 21 (SP 21) – <i>Dabao</i> – General Control	138
Bladder 10 (BL 10) – <i>Tianzhu</i> – Celestial Pillar	139
Large Intestine 16 (LI 16) – <i>Jugu</i> – Giant Bone	139
Bladder 60 (BL 60) – <i>Kunlun</i> – Kunlun Mountain	141
Small Intestine (SI 3) – <i>Houxi</i> – Back Creek	142

Closing Comments 144

Reference Points	145
Index	147