

HAYO'U

One minute to self-care

CHINESE
WISDOM

the
BIAN STONE
GUIDE

Understanding Bian Stone Body Massager
- versatile self-acupressure Gua Sha tool

Find out more www.hayoumethod.com



What is Acupressure?

Although only recently coming to mainstream awareness in the Western world, the ancient practice of acupressure, often referred to as the Father of Acupuncture, has been one of the primary forms of treatment in Chinese Medicine for thousands of years. This healing art works by balancing and harmonising the energies of the body by carefully stimulating specific trigger points along the meridians – the energetic channels that run throughout the body and inform the health of our five key organs. This, in turn, restores healthy and efficient qi and blood flow, enabling the body to heal itself naturally.

Powerful, and deceptively easy with a little know-how, self-acupressure will enable you to hone in on very specific areas of pain, discomfort and tension in the body, providing relief in the comfort of your own home, without the need for a practitioner, allowing you to take your self-healing journey to an even greater level to profoundly master your own health and wellbeing.

Using the Hayo'u Bian Stone Body Massager, this ancient wisdom can help with many of our most widespread modern-day ailments, from poor skin and sluggish digestion to adrenal fatigue, depression and anxiety. We all hold within us the power to heal ourselves in just one minute – if we understand how.

How does Acupressure work?

Acupressure therapy works by stimulating specific trigger points along the meridians of the body to release any blockages, stagnant qi and blood, or negativity. These blockages are considered to be toxins in Chinese Medicine and if left unchecked can lead to physical or emotional symptoms. As the blockages are gently released, strengthening and nurturing the five key organs, the body is able to come back into harmony and the yin and yang balance restored.

As Chinese wisdom understands that there is no separation between body and mind, and that everything is connected, it is these disharmonies – the underlying causes that have their roots in the stagnation of energy – which create the symptoms that we subsequently experience, leading not only to physical, but also emotional concerns.

Acupressure tools were used by ancient Chinese doctors and spiritual healers thousands of years ago to perform a variety of massage techniques including pressing, tapping, kneading, scraping, scratching and pulling to improve circulation, purge heat and toxins from the body, increase oxygen and nutrition to the organs and skin, and enhance emotional health and wellbeing. These techniques have evolved into what we now know as gua sha, pai sha (tapping), cupping and, of course, acupuncture and acupressure.

The Benefits of Acupressure

The benefits of acupressure are manifold, with a range of self-care uses:

- Natural relief for deep tissue and muscle tension, fatigue and pain, and essential for sports recovery and aftercare.
- Ideal for neck, shoulder, foot and hand treatment, and perfect for fleshier parts of the body such as glutes, thighs and calves.
- Suitable for abdominal massage, improving digestion, relieving constipation and stimulating the immune system.

- Assists with weight concerns, aiding lymphatic drainage, detoxification and circulation.
- Helps to regulate blood pressure and enhances mood by releasing endorphins.
- Supports deeper sleep and improves insomnia.
- Helps to break down scar tissue and improve fascial glide.
- Balances the whole body by unblocking stagnation, allowing the free flow of blood and qi to support the five key organs.

There are many, many physical and emotional modern-day health concerns that can be helped by using self-acupressure as part of your own self-care practices, including:

 <p>Insomnia and poor sleep</p>	 <p>Weight management</p>	 <p>Muscle tension and pain</p>
 <p>Digestive issues</p>	 <p>Menstrual concerns</p>	 <p>Headaches and migraine</p>
 <p>Inflammation or fever</p>	 <p>Stress, anxiety and worry</p>	 <p>Grief, loss and low mood</p>
 <p>Low energy, fatigue and exhaustion</p>	 <p>Irritability, anger or lethargy</p>	<p>etc.</p>



How to use your Acupressure tool

The Bian Stone Body Massager is easy and comfortable to use and will prove to be a supremely versatile self-acupressure tool that can be used alongside your other self-care tools to press and knead the trigger points as deeply or softly as desired, working not only on the body but also on the reflection zones on the hands and feet, stimulating all the organs of the body effortlessly, enabling the channels to be cleared of toxins and nourished by the free flow of blood and qi – bringing that all-important balance back to the body, allowing it to heal naturally.

Remember that because of the way the meridians flow, a trigger point for a specific issue may be far from the site of the actual problem; for example stimulating an acupoint on the foot can relieve headaches or lift anxiety, or gently kneading the centre of the palm can help ease heartache.

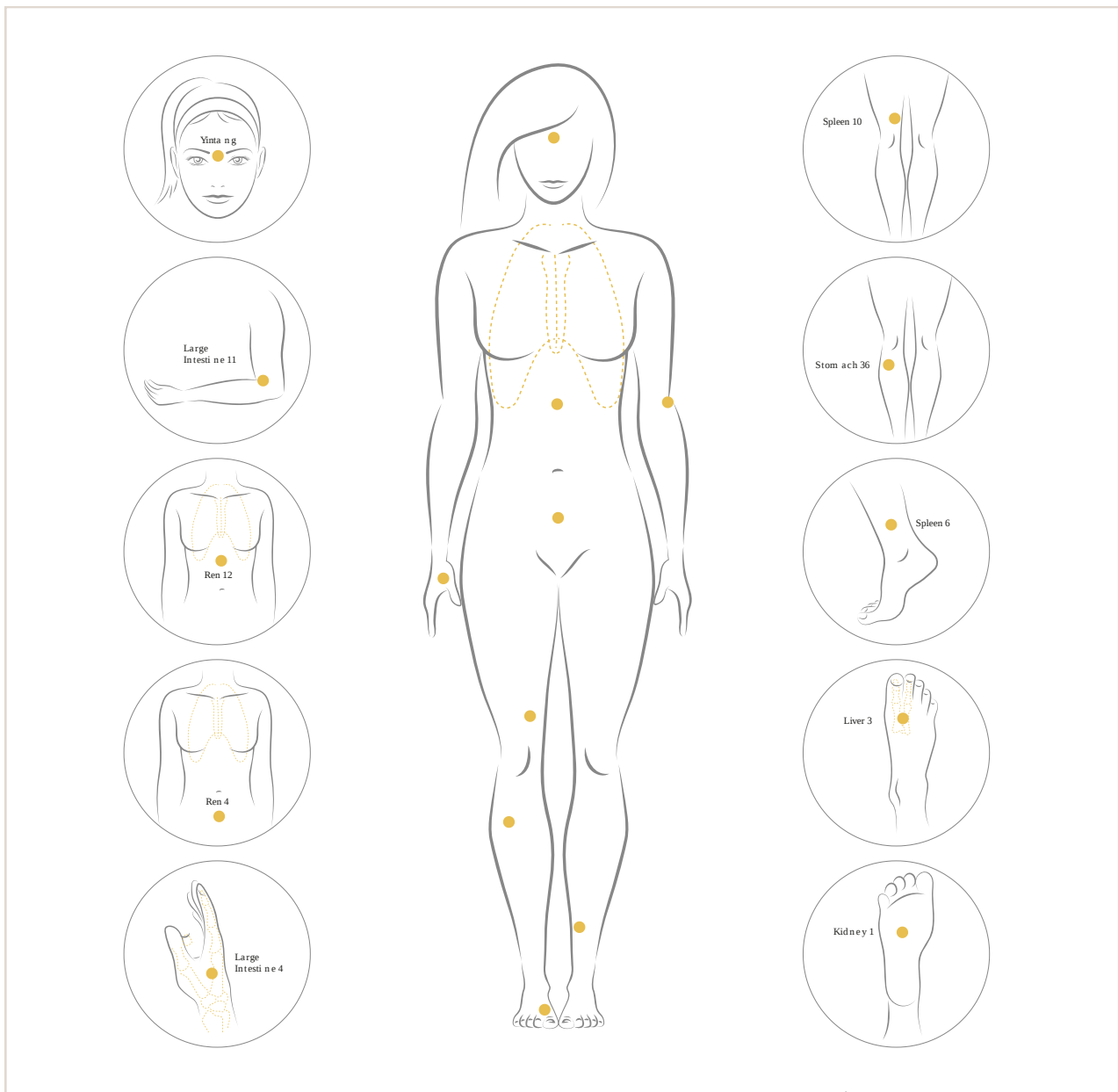
Unlike a gua sha tool, an acupressure self-massage tool can be used with or without oil, unless over the face or delicate areas such as the upper chest, when we would advise a light application of oil to provide sufficient glide and comfort and to avoid dragging the skin.

Once a specific acupoint has been identified apply the tip of the tool with gentle, yet firm pressure. As you hold the tool in place increase this pressure for about 30 seconds and then hold steady for a further 30 seconds before gradually releasing. If you prefer, you can gently knead the point using small rotations. You can repeat this up to five times. Self-acupressure should never be painful, so listen to your body and increase or decrease the level of pressure you use to suit your own needs.

Top Ten Acupoints

There are many, many acupressure points positioned over the face and body, however these carefully curated Top Ten points can easily be located offering numerous benefits for the self-acupressure novice to begin their acupressure journey.

The diagram below will show ten of the most commonly used acupoints for self-care.



Please note: Diagram is for illustrative purposes only. Please see detailed guidance for individual points.

1. Yintang – Hall of Impression



Location: Between the eyes, at the midpoint between the inner edges of the eyebrows. This is also the site of the Third Eye chakra and is often described as the location of the Upper Dantian. It is one of the most useful acupoints for self-care.

Benefits: Gently stimulating the Yintang can help with the concerns below.

- **Stress and anxiety** - so often we instinctively massage this area if we are feeling a little stressed, anxious or agitated. It can calm and soothe the spirit (the shen), still an overactive mind and ease mental tension. It is a very useful point to help calm an upset child, often lulling them to sleep.
- **Eases dizziness** - massaging the area, along with deep breathing, can quickly ease dizziness.
- **Alleviates pain** - an effective point for relieving frontal headaches, sinus pain and rhinitis as well as general nasal congestion. It can also help to calm shoulder and neck pain by relaxing the whole of the head area.
- **Insomnia** - slowly kneading this point will help to draw energy away from an overthinking mind, often referred to as "monkey mind". Relaxing this emotional restlessness will help to relieve insomnia and promote peaceful sleep.
- **Eye strain** - with eyes softly closed, massaging this point can help to soothe tired or overworked eyes. A great point to massage if you sit at a computer all day.
- **Relaxes tense facial muscles** - used as the final stage of your facial gua sha, massaging the Yintang is ideal to help keep wrinkles at bay particularly on the bridge of the nose.

2. Large Intestine 11 – Pool at the Crook



Location: The point on the outside (elbow) end of the crease when the arm is flexed at a 90 degree angle.

Benefits: Gently stimulating Large Intestine 11 can help with the concerns below.

- **Clears heat** – Large Intestine 11 is one of the best points for treating any issues relating to excess heat in the body such as fever, hot skin, heat stroke or excessive thirst. It can also help to ease burning diarrhoea.
- **Cools the blood and the body** - can help to ease sore throats or rashes such as hives or sunburn. Can help to ease hot flushes.
- **Relieves itching and reduces inflammation** - a great point for pathogens to leave the body, alleviating inflammation, pain and high temperatures. Particularly good for pain and impairment of the shoulder.
- **Clears damp in the body** - especially good for concerns such as constipation, phlegm, weight gain, water retention or abdominal pain and bloating.
- **Softens emotions** - irritability or feeling hot-tempered can be eased by pressing and kneading this point.

3. Large Intestine 4 – Joining Valley



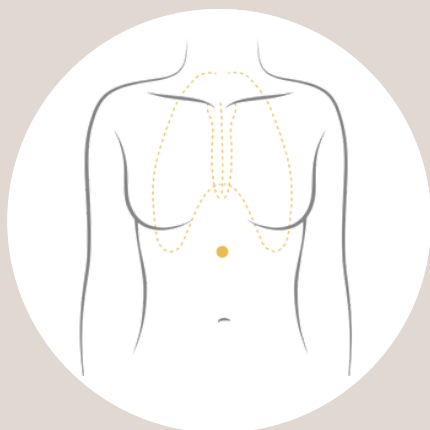
Location: On the hand in the webbing between thumb and index finger, about 2cm from the edge.

Benefits: Gently stimulating Large Intestine 4 can help with the concerns below.

- **Strengthens and tonifies qi** - this will help to boost the immune system by ensuring energy is moving well through the body.
- **Treats head pain** - helpful for any concerns of the head, face and neck such as headaches, sinusitis, congestion, toothache or jaw tension.
- **Excellent for bowel regulation** - enhances digestion and respiratory systems, both of which keep bowel functions smooth and efficient.
- **Detoxification and elimination** - alleviates constipation and diarrhoea and can help ease food poisoning or feelings of nausea. Very helpful in easing gastric pain and bloating.
- **Alleviates pain** - as stagnant qi and blood is cleared, pain and inflammation can significantly lessen.
- **Letting go of negative emotions** – Large Intestine 4 is perfect to gently knead if you feel you need to let go of stuck emotions such as sadness, loss or grief. It can help to gently release those emotions which no longer serve you.

IMPORTANT: Contraindicated during pregnancy, as this point can induce labour

4. Ren 12 – Middle Cavity



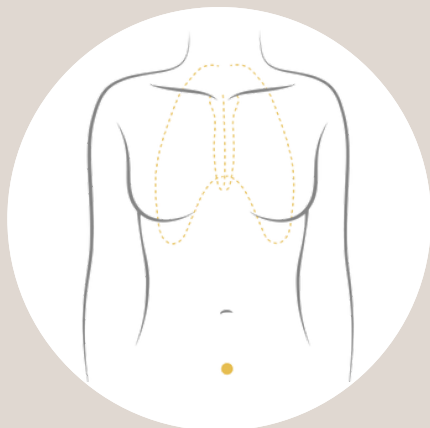
Location: On the midline of the abdomen, halfway between the navel and the point where the ribs meet just below the breasts.

Benefits: Gently stimulating Ren 12 can help with the concerns below.

A note: if Ren 12 feels sore or overly tender it is known as an Alarm Point and suggests the digestive system, Spleen & Stomach would benefit from additional attention.

- **Digestion** - Ren 12 is the ideal acupoint to treat anything relating to digestion such as abdominal pain, bloating or fullness.
- **Harmonises Spleen & Stomach** - when these organs are balanced metabolism will be regulated, digestion will be smooth and even, and conditions such as indigestion or acid reflux can be avoided or relieved. Poor appetite or cravings can also be controlled.
- **Gastric issues** - abdominal pain and nausea can be lessened by gently stimulating Ren 12, the naturally downwards flow of energy will help pathogens to exit the body naturally. It is helpful for relieving hiccoughs or coughing.
- **Insomnia** - digestive issues can impact our ability to have a good night's sleep, hampering the essential repair and rejuvenation of our bodies overnight. Stimulating Ren 12 will strengthen all the organs of the body, calming the mind and promoting restorative sleep.
- **Overthinking** - disharmony, particularly in our digestive system will cause us to overthink and worry; we might feel that knot in the stomach associated with anxiety. By kneading Ren 12, which is also the site of the solar plexus chakra, we can feel more in control of our emotions, and our lives.

5. Ren 4 – Gate of Origin



Location: On the lower abdomen, between the belly button and top of the pubic bone.

Benefits: Gently stimulating Ren 4 can help with the concerns below.

- **Fortifies life essence** - we are all born with a certain amount of life essence, known as Jing. This essence is used throughout our life and can be greatly supported by yang sheng practices. Stimulating Ren 4 will benefit and protect this essence.
- **Strengthens and nourishes the Kidney and Bladder** - strong and balanced Kidney and Bladder channels will help to keep the lower back and legs strong and pain free, and bones healthy. Urinary dysfunction can be regulated.
- **Spleen health** - as well as enhancing energy levels, balanced Spleen & Stomach energy will help to keep muscles strong and everything "in its place" so any prolapse conditions, such as haemorrhoids or varicose veins, can be avoided or lessened.
- **Reproductive wellbeing** - benefits reproductive functions in men and women and can assist conception by supporting uterine health.
- **Emotions** - negative emotions such as fear, insecurity or lack of willpower can be helped by kneading Ren 4, allowing wisdom and stillness of mind to prevail.

6. Spleen 10 – Sea of Blood



Location: 3 finger widths above the kneecap and 3 finger widths towards the inner leg. This point may feel slightly tender.

Benefits: Gently stimulating Spleen 10 can help with the concerns below.

- **Invigorates blood flow and clears stagnation** - smooth flowing blood and qi will help to dispel dampness and phlegm and restore harmonised yin and yang energy to all organs of the body via enhanced Spleen function. As blood flow and quality is improved, conditions such as painful joints or muscles can be greatly reduced.
- **Regulates menstruation** - often used for gynaecological health, this point can help irregular, painful or heavy periods, uterine spotting or clotting, or excessive vaginal discharge. In some cases it can help fertility issues due to blood deficiency.
- **Cools blood and clears heat** - clearing blood heat will allow nurturing yin energy and active yang energy to come into balance, maintaining homeostasis.
- **Boosts skin health** - skin concerns resulting from heat in the body, such as eczema, itching, or herpes, can be helped by gently by stimulating Spleen 10 to remove heat and restore smooth blood circulation.
- **Emotions** - all organs of the body carry emotions which can affect our health and wellbeing, either creating or releasing negativity. To nurture the Spleen gently knead this acupoint, take a deep inbreath and then exhale slowly using the healing sound "Whoaaa".

7. Stomach 36 – Leg Three Miles



Location: On the front of the lower leg, 4 finger widths below the kneecap and 1 finger width towards the outer side of the shinbone.

Benefits: Gently stimulating Stomach 36 can help with the concerns below.

- **Balances Spleen & Stomach energy** - harmonised Spleen & Stomach qi will promote strong digestive health; resolving dampness and regulating appetite. It will also alleviate any sense of heaviness in the limbs.
- **Strengthens energy levels** - pressing Stomach 36 is deeply nourishing for the whole body; it will energise and relieve fatigue by reviving yang (active) energy.
- **Supports immunity** - a compromised immune system will weaken Wei Qi, the protective energy that prevents external pathogens from entering the body, staving off seasonal concerns such as colds and bugs.
- **Alleviates pain** - as stagnation is cleared and blood and qi can again flow smoothly, pain of all types can be greatly reduced.
- **Balances emotions** - kneading Stomach 36 is said to be grounding, calming the shen (spirit) and bringing scattered thoughts into balance.

8. Spleen 6 – Three Yin Intersection



Location: On the inside of the lower leg, 4 fingers width above the ankle. This point is the intersection of the Spleen, Kidney and Liver meridians - one of the most powerful, health-enhancing acupoints.

Benefits: Gently stimulating Spleen 6 can help with the concerns below.

- **Fortifies Spleen & Stomach** - concerns resulting from Spleen imbalances, such as a heavy, lethargic body, heavy aching limbs or water retention can be relieved or avoided.
- **Alleviates dampness and restores digestive balance** - this will help with concerns such as abdominal bloating, sluggish metabolism, or irregular appetite.
- **Harmonises Liver and strengthens Kidneys** - strong Liver and Kidney health will keep blood quality high, clear infections and ensure constitutional health is maintained, helping to stall the overall aging process and keep us well throughout our lives.
- **Gynaecological health** - hormone imbalances can be rectified using this acupoint, helping to regulate menstrual issues & reproductive concerns.
- **Calms the spirit** - emotional disturbances such as palpitations, insomnia or anxiety can be the result of imbalances within the body. Kneading Spleen 6 can have an extremely calming effect on the mind helping to reduce any unease. It is an ideal practice to perform before bed.

IMPORTANT: Contraindicated during pregnancy, as this point can induce labour

9. Liver 3 – Great Surge



Location: On top of the foot, in the webbing between the big toe and second toe at the junction of the bones.

Benefits: Gently stimulating Liver 3 can help with the concerns below.

- **Harmonises Liver qi** - the Liver controls the amount and quality of blood in the body, as well as the smooth flow of emotions: it is vitally important that the organ is balanced. Stimulating Liver 3 will ensure soft and nurturing Liver yin is nourished, strong and active Liver yang is calmed.
- **High blood pressure** - as Liver qi is brought back into balance and blood and emotions are smoothed, normal blood pressure can be restored.
- **Supports eye health** - the Liver meridian ends at the eyes, so kneading Liver 3 can soothe tired or sore eyes, quiet twitching eyes or eyelids, or ease blurred vision. It can calm throbbing headaches, particularly around the eye area, as well as easing dizziness.
- **Menstrual concerns** - cramping, PMS or concerns such as fibroids are the result of Liver qi stagnation. The Liver meridian circles the genitals so regularly releasing any energetic blockages will help to ensure good menstrual health.
- **Alleviates chest pains** - pain and discomfort in the chest area can be calmed and dispersed by stimulating Liver 3, allowing negative energy to be released.
- **Anger** - negative emotions such as excessive or explosive anger, irritability or frustration can be the result of stagnant Liver energy. This can be calmed or cleared by gently kneading Liver 3 regularly.

10. Kidney 1 – Bubbling Spring



Location: On the sole of the foot, in a slight depression found when the toes are pointed downwards, about a third of the way between the toes and heel.

Benefits: Gently stimulating Kidney 1 can help with the concerns below.

- **Restores energy reserves and vitality** - the Kidneys are the batteries of the body: by stimulating this acupoint daily you will be giving your Kidneys the chance to recharge and energy reserves to be replenished.
- **Alleviates back pain** - stimulate Kidney 1 to boost Kidney yang energy, as deficiency can result in back pain, knee pain or aching around the waist.
- **Draws excess energy away from the head** - Kidney 1 is the lowest acupoint on the body, enabling excessive energy to be drawn away and released. This is helpful for conditions such as headaches, dizziness, nosebleeds, even insomnia.
- **Enhances memory** - depleted Kidney energy can manifest as poor memory or lack of concentration and focus. Stimulating this point can help to clear the mind and improve memory.
- **Infertility** - in Chinese culture the Kidneys are called the 'Root of Life' and are responsible for reproductive health, fertility and libido. Regularly stimulating Kidney 1 will help to keep the reproductive organs balanced.
- **Eases fear** - disharmony in Kidney energy can result in the negative emotions associated with the organ such as fear, anxiety and restlessness. By gently kneading Kidney 1 you will allow the innate wisdom and tranquillity of the Kidneys to calm the spirit.



Is Acupressure suitable for everyone?

Acupressure is one of the most valuable self-care practices that you do to keep your body and emotions healthy and strong. It is enjoyable, quick and the many benefits belie its simplicity. It is a truly holistic treatment, accessible to everyone due to its versatility and the fact that you can vary the intensity of pressure and duration to suit individual requirements.

However, as with any treatment or therapy, there are some contraindications so if you are in any doubt, always consult your GP or Consultant before use.

Contraindications – avoid self-acupressure if any of the following applies to you:

- Pregnancy
- Diabetes
- Bleeding disorders or if you are taking medication such as Warfarin
- Osteoporosis
- Open wounds or extreme bruising
- Areas of unexplained swelling
- Varicose Veins
- Cancer (unless your consultant gives explicit approval)
- Heart disease (unless your consultant gives explicit approval)
- Recent fracture or injury (unless your consultant gives explicit approval)

Katie Brindle will be sharing many simple yet effective acupressure routines over the coming weeks on her IG @katie_brindle and other social media platforms.

Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

- 'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and www.hayoumethod.com
- Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on www.hayoufit.com
- Free Masterclass **"Master Your Health"** – understand the 3- step plan for preventative health.
- Free self-care weekly content [@katie_brinde](https://www.instagram.com/katie_brinde) on Instagram, Facebook and YouTube.
- Free regular gua sha demonstrations on [@thehayoumethod](https://www.instagram.com/thehayoumethod) Instagram & the opportunity to purchase the accompanying tools from www.hayoumethod.com

DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit www.hayoumethod.com to view our comprehensive FAQs.

