

Hi Lovely

So with these acupressure immune points, I usually do a round of three, ie start at the top with the first point Gallbladder 20 and then the rest!

I repeat another two times. You can either rub gently or hold the points for about 30 seconds or whatever time you intuitively feel you need to.

Sometimes the points are sore, which means this is what they need! (Do this for at least a couple of days.)

As you are holding or rubbing the points you can read out what each point is generally about, so yourself or person, can ponder about what has been going on for them around this time, and then make a decision to 'balance' out that situation or change their behaviour if they can, so your body is happier!

Happy healing!

Denise x

Gallbladder 20 - The gallbladder meridian is about irritation and frustration, possibly around areas where you are trying to make decisions or plans for the future

Governing 14 - The governing meridian is about support or lack of support or giving too much support to others

Large Intestine 5, 4, 11 - The large intestine meridian is about grief or guilt. It's also about sorting out what to get rid of in your life that no longer serves

Lung 5, 10 - The lung meridian is about grief and longing and also about bringing value into your life

Stomach 36, 37 - The stomach meridian is about nurturing, either nurturing others or self, either too much or too little and it's also about overthinking

Spleen 6 - The spleen meridian is about nourishing self, usually about not nourishing yourself enough, either with time for yourself or in doing things that you are passionate about

Liver 3 - The liver meridian is about anger and resentment and also about being stuck with regards to the vision you have for your future