



A REFERENCE CHART FOR ACUPRESSURE PRACTITIONERS

Potent points for Conditions related to HIV/AIDS

PURPOSE

To provide a reference chart for Acupressure Practitioners to assist in selecting points to include in sessions with clients who express concerns about common conditions related to HIV/AIDS.

This tool can assist Acupressure Practitioners in selecting key points to use in treating the following conditions commonly related to HIV/AIDS. These conditions were selected based on my personal experience and knowledge of HIV/AIDS, its disease process, and common medication related side effects; my experience with clients and friends with HIV/AIDS; and input from Daniel B. Klein, MD, my personal physician and co-chair of the Kaiser Permanente Northern California regional HIV Committee.

- General immune enhancement
- Fatigue
- Digestive Problems
- Depression
- Neuropathy
- Muscular stiffness and Joint Pain

In the following chart, useful Acupressure points in addressing each of the common conditions listed above are presented. The chart is organized with the six common conditions across the top of the chart. Those acupressure points which address multiple conditions are listed in the first vertical column (Acu Point) with an X under each of the conditions it is known to be useful for. Additional acupressure points, that are relevant to only one of the conditions, are located at the bottom of the page in the vertical column for each condition. It is hoped this chart will help practitioners select high leverage points for addressing multiple conditions with clients as well as target treatments to address individual conditions.

These points were selected based on material in the following two references and in consultation with Joseph Carter, L.Ac., Assistant Director and faculty of The Acupressure Institute.

Gach, Michael Reed, *Acupressure's Potent Points: A guide to Self-Care for Common Ailments*. New York: Bantam Books 1990

Acupressure Institute, *Basic Acupressure: The Extraordinary Channels & Points*. Berkeley, Ca.: The Acupressure Institute 1995

POTENT POINTS FOR CONDITIONS RELATED TO HIV/AIDS

ACU POINT	IMMUNE ENHANCEMENT	FATIGUE	DIGESTION	DEPRESSION	NEUROPATHY	MUSCULAR PAIN
ST 36	X	X	X	X	X	
B 23 B 47	X	X	X	X		
CV 6	X	X	X			
K 27	X		X	X		
LI 4	X		X		X	
TW 5	X	X			X	
LV 3	X	X			X	
CV 17	X			X		
LI 11	X				X	
LU 1		X		X		
GV 24.5		X		X		
GB 20		X		X		
B 38		X		X		
P 6		X	X			
CV 12			X	X		
SP 4			X		X	
GB 21		X				X
SI 10					X	X
B 54					X	X
	B 36	SP 10	ST 3	ST 16	GB 31	GB 14
	K 3		B 42	GV 19	SP 9	GB 41
			SP 16	GV 20		B 62
			SP 13	GV 21		GB 34
				B 10		GB 29
						B 48