

Maintaining Lung Health with Acupressure



From the very first inhale to the very last exhale, the Lung is in charge of the horse's pulse. In Traditional Chinese Medicine (TCM) the lung organ system is called "The Master of the Pulse."

Without the ability to breathe there is no pulse, thus no life. Breathing is the first act the foal must accomplish independently to be able to live.

The Lung is the most vulnerable internal organ system because the horse must take in external air to replenish the oxygen in his blood. With every breath, the horse is exposed to external pathogens. Maintaining a strong immune system with a focus of supporting the Lung can help ward off respiratory conditions or strengthen the Lung when the horse is experiencing respiratory issues.

By offering your horse the acupressure session listed below every fifth or sixth day, you can build his immune system and directly strengthen his Lung Chi (life-promoting energy). Place the soft tip of your thumb on each of these acupoints (on both sides of the horse's body) and count to 60 slowly or until the horse yawns, stretches, snorts, passes air -- he might even fall asleep!

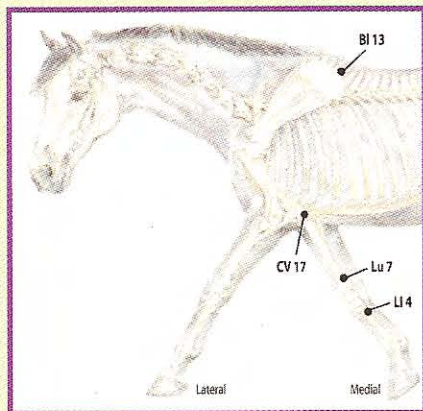
- **Conception Vessel 17 (CV 17), Central Altar** – Regulates and supports Lung Chi. CV 17 is located on the underside-midline (medial midline) at the level of the back of the horse's elbow.

- **Large Intestine 4 (LI 4), Adjoining Valley** – Enhances Protective Chi; used for immune system strengthening. LI 4 is found just below the "knee" on the inside of the front leg (distal and medial to the head of the medial splint bone).

- **Lung 7 (Lu 7), Broken Sequence** – Stimulates circulation of Protective Chi and used to strengthen the Lung. This acupoint is located just in front of the cephalic vein (the large vein extending down the inside of the front leg) near lower border of the chestnut.

- **Bladder 13 (BI 13), Lung Transporting** – Strengthens the Lung Organ System and used for respiratory conditions. BI 13

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is located at the back edge to the scapular cartilage (just back from the withers), approximately three inches away and down from the horse's top (dorsal) midline.

Please let your horse rest for 18-24 hours after this acupressure session and you will see that both of you will breathe more easily.

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