



# Acupressure and IBS

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## Acupressure Reflexology Points for IBS

In Irritable Bowel Syndrome, or IBS, the colon can't seem to make up its mind if it wants to evacuate food fast (diarrhea) or hold onto it (constipation). For some people, the problem may be that the internal sphincter inside the colon is 'stuck' which causes constipation, or open, which causes diarrhea.

Some experts believe that the flora is not right when there's an IBS condition. The symptoms of IBS include bloating and gas, as well as cramping and pain in the abdomen. The Chinese use specific acupuncture points to address IBS. Two of them are on the Conception Vessel meridian, which is right up the midline of the body, CV 12 and CV 6.

### CV 12 (Conception Vessel 12)

To find this point, first find the bottom of your breastbone and then your belly button. The CV 12 point is halfway between the two points. This point is good for indigestion and digestive upsets that occur because of emotional stress, as well as for gas and bloating.

### CV 6 (Conception Vessel 6)

This point is one of the best for reducing the effects of irritable bowel syndrome. It's also excellent for fibromyalgia, chronic pain, and infertility. CV 6 is located on the midline of the body, two finger widths underneath the belly button. Hold the point for up to five minutes.

There are two stomach meridian points, ST 25 and ST 36 that are also used for IBS.

### ST 25 (Stomach 25)

This point is one of the best for constipation and diarrhea. To locate it, find your belly button and then go two thumb widths to the right and two thumb widths to the left. There's an ST 36 on the right and an ST 36 on the left. Hold the point for up to five minutes.

### ST 36 (Stomach 36, called the Three Mile Point)

To find this point, go to the bottom of your kneecap and use it as a marker. Place your hand underneath your knee with your fingers pointing horizontally, then count four fingers down. The point is located in a depression on the fibula.

This is also a good acupressure point for arthritis. Hold the point for up to five minutes.

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Sometimes IBS may be caused by an infection. If so, there are numerous points that help strengthen immunity. Here's one on the forearm that allows energy to flow through your entire body.

Hold your right hand out, palm down. Mark the location of the bone on your hand on the same side as your little finger. Place your fingers on your wrist and count three finger widths up from the bone near your palm. The point is located between the tendon that runs through the middle and the one that is on the outermost edge of the forearm.

Try these points and let us know if they work for your IBS. See if this ancient method of natural healing has something to offer you.