

Hand Acupressure

Audience Analysis: Hand acupressure is a useful and easy therapy that can be applied at any time. This topic interests my audience in alternative remedies. When listening to many of my classmate's speeches, I noticed a plethora of my peers were intrigued when they found out I've recently started going to acupuncture sessions. These relaxing and beneficial treatments made me and my peers very interested in how pressure or puncture on a certain point on the body can have so many benefits.

Thesis: According to the article *What Is Hand Acupressure* on Wisegeek, hand acupressure is an ancient Chinese practice that involves directed application of pressure on the pressure points, or acupoints, which are found in the hand, and is beneficial for treating many different issues. (Wisegeek 1)

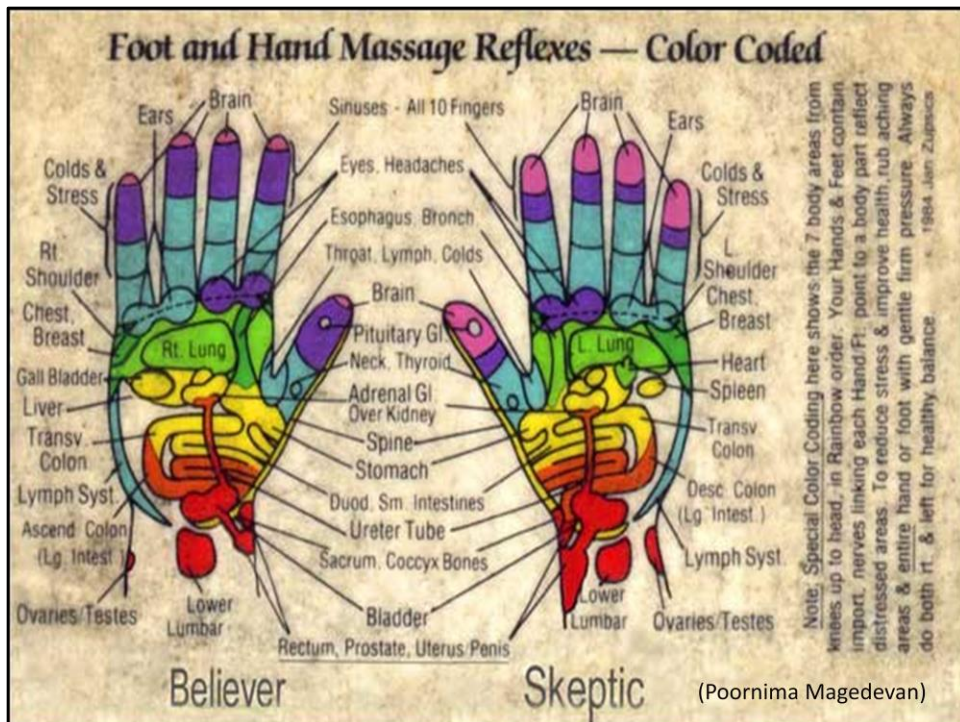


I. Introduction

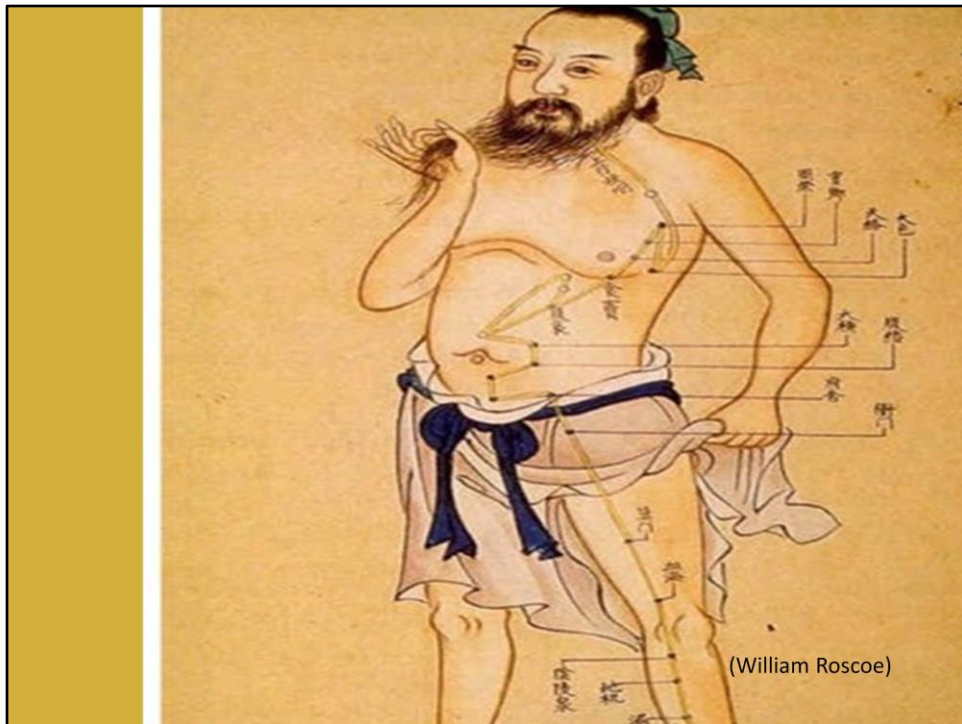
A. Hook: I want all of you to think of any problems you are having right now. Whether its back pain, a cold, stress, a headache, bladder infection, depression, or an issue with basically any part of your body you can turn to a safe alternative therapy called acupressure with literally the touch of your hands.



B. Based on research from MCPT on *Chinese Medicine History - Acupressure*, as stated in Canon of Medicine, the oldest medical classic in existence in China, written in the Warring States Period, “Overstrain and fright may cause obstruction of meridians and collaterals manifested by paralysis. The treatment is massage and medicated liquor.” This shows massage was an art of healing. Acupressure, known to the Japanese as Shiatsu, is an ancient healing art, which applies pressure to key parts of the body. There are many important acupressure points in the hand and are easy to manipulate by one’s self if learned correctly how to do so. (MCPT 3)



C. Thesis: According to the article *What Is Hand Acupressure* on Wisegeek, hand acupressure is an ancient Chinese practice that involves directed application of pressure on the pressure points, or acupoints, which are found in the hand, and is beneficial for treating many different issues. (Wisegeek 1)

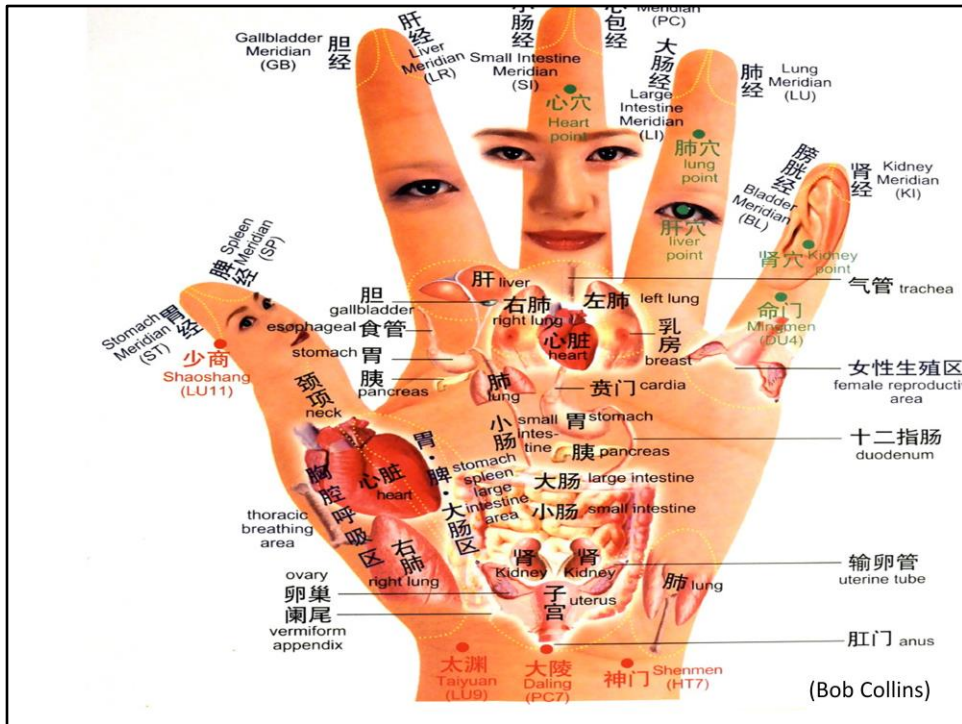


II. History of Acupressure

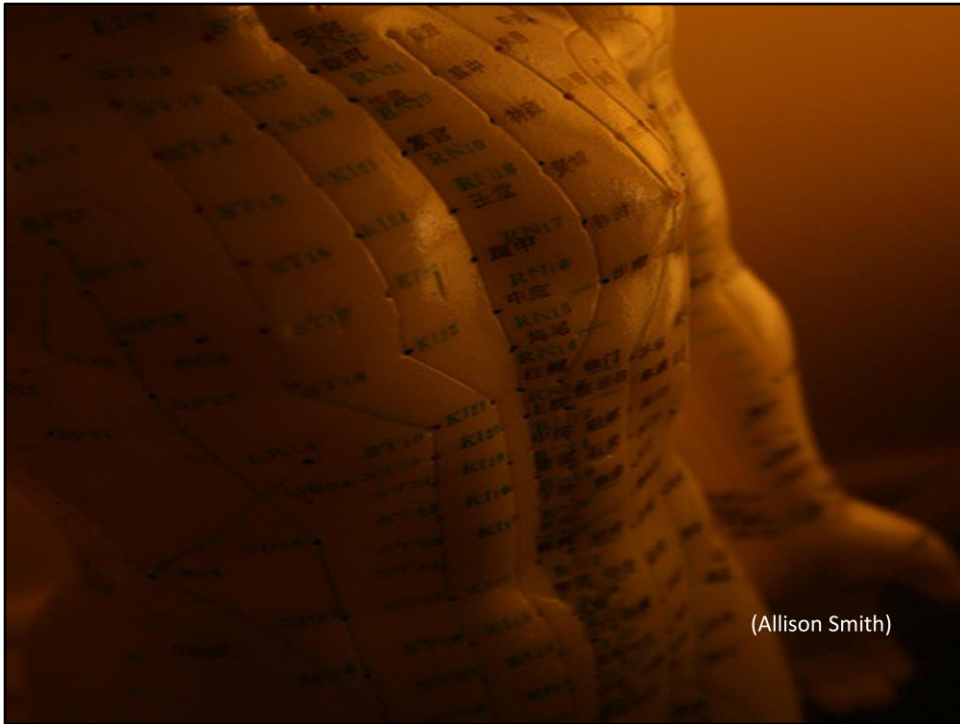
A. History: According to Amera Khanam, acupressure has been practiced for 5,000 years and is most popular methods for curing pain and illness around the world. Dates back to 2596 B.C during emperor Huang Ti's Reign.

B. Origin: When stones and arrows were used in war, many wounded soldiers reported relief from long standing problems, which suddenly vanished. First conclusion that striking or piercing certain points could cure certain illness. Important component of Traditional Chinese Medicine.

C. Internationally: This science has been around in different parts of the world for many years, those mainly being India, China, Japan, and Korea. The earliest evidence of use of the meridian system for health purposes has been found in Europe. Till 17th century western world was completely unaware of Chinese medicine and acupressure. Recent history of acupressure states in 1970's World Health Organization declared acupressure medicine highly effective in treating 40 major diseases. (Khanam 2)



III. Hand Acupressure: There are several different pressure points found in your hand. About 29 main pressure points on hand front and back. Although I won't be able to talk about all of them, here are three main ones. These specific points derived from Indianetzone.

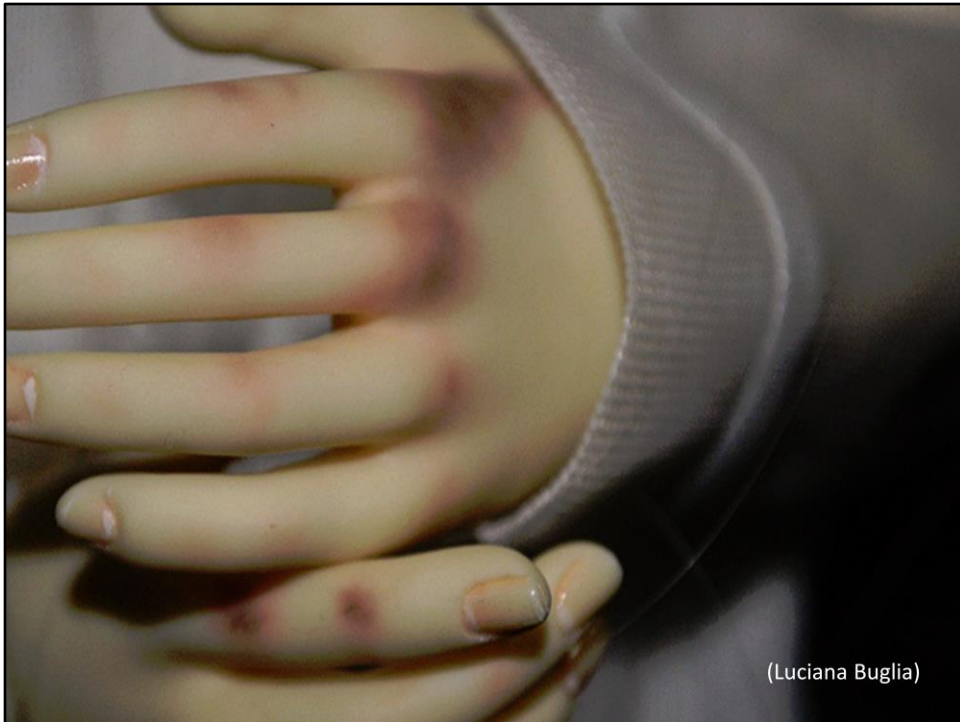


(Allison Smith)

IV. Benefits and Dangers

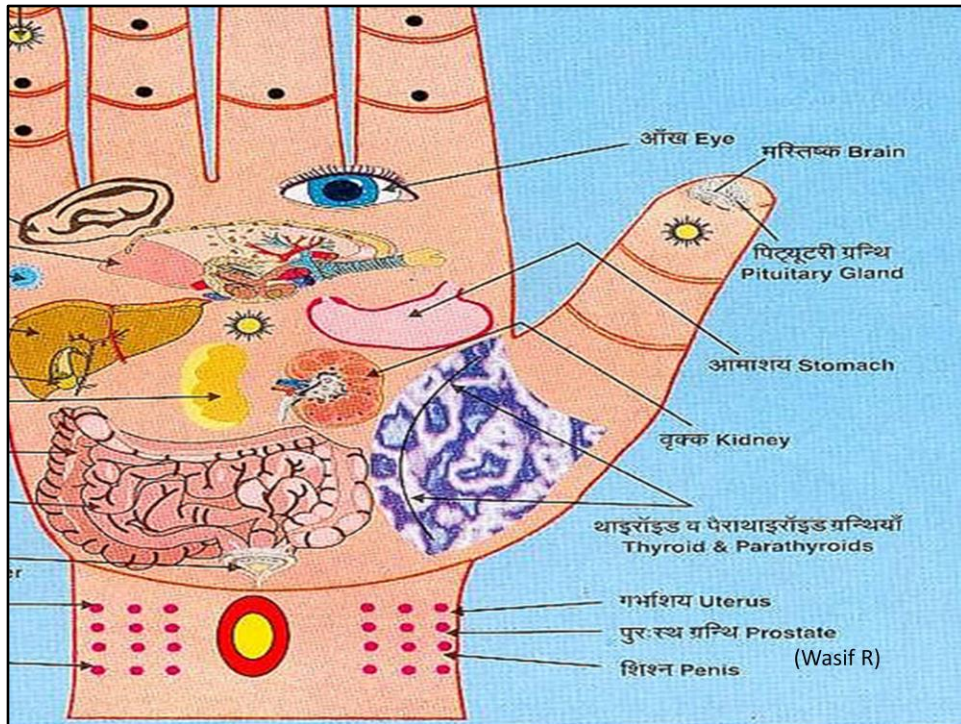
A. According to Susan Spinastana, a senior medical editor dealing with alternative treatments, the goal of acupressure is to encourage the movement of qi (life energy) through the 14 channels (meridians) inside the body. Any imbalance leads to illness. When there is illness there are blockages.

B. Very beneficial for many things such as: stress relief, improved circulation and metabolism, complementary treatment, pain relief, digestive disorders, sinus, eyes, throat, and head problems. (Spinastana 1-2)



(Luciana Buglia)

C. Many rules to take in consideration, but one learned it is very beneficial. Some rules addressed by Walter Karas are: never press on an open wound, swollen or inflamed skin, a bruise surgery scar, varicose vein, or broken bone. Avoid acupressure (or talk to physician) if you have a contagious disease, infectious skin disease, or serious heart, kidney or lung disorder. Avoid acupressure in area of known tumor. Should not be applied directly over the lymph nodes. Although beneficial for labor pains, certain acupressure points must be avoid during pregnancy such as LI-4. Best to get done professional. (Karas 1-2)



V. Conclusion

A. Thesis: Hand acupressure is an ancient Chinese practice, which applies direct pressure on to various parts of the hand, and is beneficial for treating many different issues.

B. Recap

1. History of acupressure- Chinese history, origin, international recognition.

2. Hand acupressure points and locations- many different types, HT-7, LU-7, LU-9.

3. Benefits and dangers of acupressure- Goals and dangers

C. Ending Hook: Have nothing to lose! Now it's your turn... can even do this at home!

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