

Acu News

"A smile will gain you ten more years of life." -Chinese Proverb



Five Acupuncture Points for Gallbladder Health

Measuring only four inches in length, the gallbladder is an organ small in comparison to many other organs in the human body. It can be found under the liver in the upper right quadrant of the abdomen. The gallbladder stores bile. Bile is a combination of fat, fluids and cholesterol that helps break down fat from the food we eat. The bile is then secreted into the small intestine allowing fat-soluble vitamins to be more easily absorbed by the body. And even though the gallbladder has a very specific function, it is not vital for life, as the liver actually produces bile.

In Traditional Chinese Medicine, the gallbladder has several other functions too. The gallbladder governs decision making and planning. It affects dreams and it controls the sinews of the body. The gallbladder is responsible for passion, action and assertiveness.

Many people have problems with their gallbladders. This is usually caused by one of two main conditions, poor diet or excessive stress. A person who experiences severe chronic stress and couples that with poor eating habits, can easily become sick. Greasy, rich or spicy foods combined with added stress lead to inflammation in the gallbladder, as well as stagnation that can contribute to the formation of gallstones.

THERE ARE SOME ACUPUNCTURE POINTS THAT CAN BE VERY BENEFICIAL WHEN DEALING WITH GALLBLADDER-RELATED ISSUES. HERE ARE FIVE OF THE MOST COMMONLY USED:

GALLBLADDER 34

This point is located on the outer aspect of the lower leg, in the depression in front of and below the head of the fibula. Gallbladder 34 is the command point of the joints and sinews, which makes it a great choice for relieving pain, especially in the lower extremities.

LIVER 14

Located bilaterally on the abdomen, directly below the nipple, four thumb-breadths from the midline, in the sixth intercostal space. Liver 14 promotes the smooth flow of liver Qi and benefits the digestive tract.

URINARY BLADDER 18

This point is located bilaterally on either side of the spine, at the lower border of the ninth thoracic vertebra, about one and a half thumb-breadths from the spine. This point benefits both the liver and the gallbladder, smooths liver Qi and decreases anger and irritability.

GALLBLADDER 43

Located bilaterally on the outer edge of the top of the foot, just proximal to the margin of the web between the fourth and fifth toes. Gallbladder 43 is a great point for resolving damp heat in the gallbladder, which is often caused by eating too much greasy or fatty food. This is a good point to use for somebody suffering from gallstone pain.

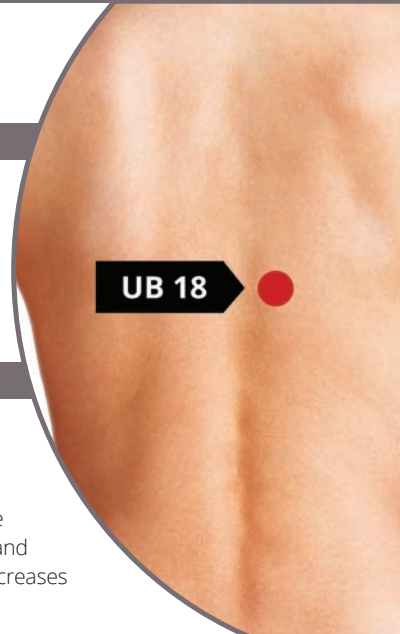
LIVER 3

This point is located bilaterally on the top of the foot, in the depression about one thumb-breadth from the edge of the webbing between the first and second toes. Liver 3 is a great point for treating lower abdominal fullness, jaundice and distention of the lateral costal region, where the gallbladder is located.

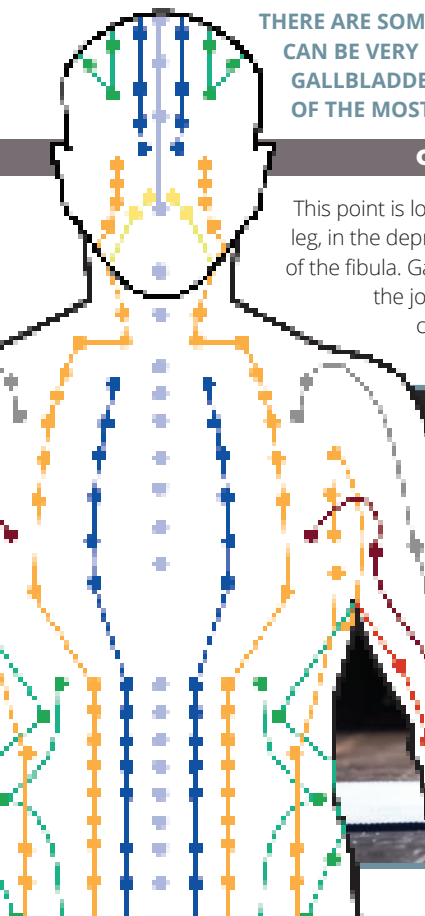
Any of these points can be used alone or in conjunction with others. They can be manually stimulated using pressure from a finger or a dull, rounded tool. But for best effects, it is recommended acupuncture be applied. As always, please seek an experienced medical provider to help you assess any medical concerns that you may have.

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UB 18



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