



Acupressure Potent Points for Cats

Meridian Legend

Sister meridians are in matching colors

- LI - Large Intestine
- LU - Lung
- KI - Kidney
- BL - Bladder
- LIV - Liver
- GB - Gall Bladder
- SI - Small Intestine
- HT - Heart
- TR - Triple Heater
- PC - Pericardium
- SP - Spleen
- ST - Stomach
- GV - Governing Vessel
- CV - Conception Vessel

Acu-point Characteristics

The feel, and degree or intensity of heat present in an acu-point provides information about that point and how to treat it. Points are considered either in excess or deficient. **EXCESS POINTS** are protruding, warm, painful, and tender to light pressure, and can feel hard or dense. **DEFICIENT POINTS** often feel cool, empty and sunken; they can be soft or spongy and tender to deep pressure.

Acupressure Techniques

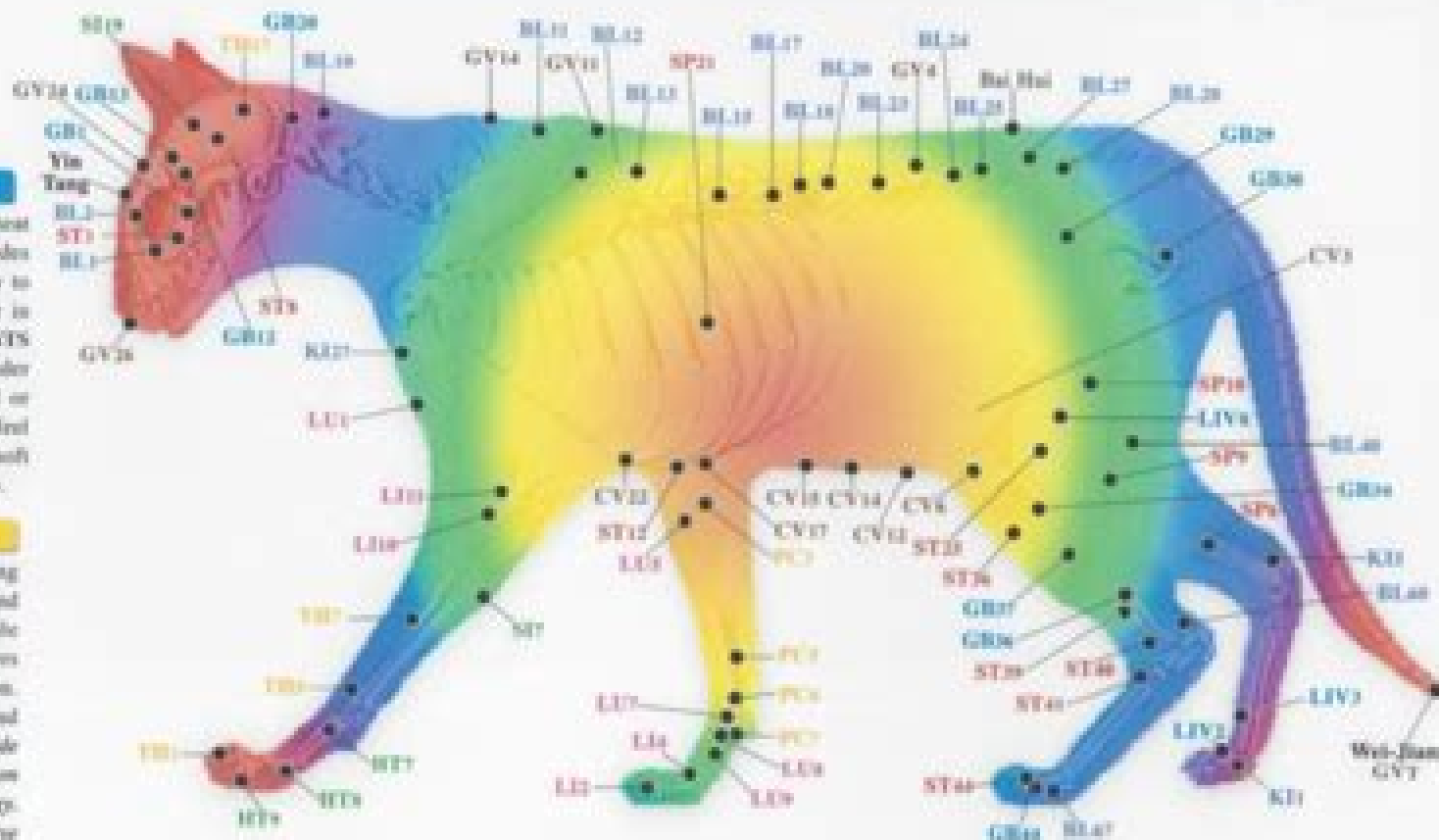
Circular Rotation: begin by using direct pressure into the point and holding it for a few seconds. Then while continuing pressure rotate your fingers firmly but gently in a circular motion. *Plant your fingers as you circle and move the skin and hair, do not just slide over the cat's hair. Clockwise rotation strengthens deficient energy. Counterclockwise motion will disperse excess energy.*

Getting The Point

Acupressure is the practice of applying pressure to particular points or areas to stimulate mental, physical health and wellbeing. It builds stress resistance plus rejuvenates by stimulating circulation and nerve systems, to aid in flushing toxins, tension release and healing. Every point in the body connects via nerves and meridians to a body organ system. **Tenderness is illness or toxic deposits.** Using the chart choose the appropriate points for your pet's treatment. Keep both hands on the cat. One hand works the point, while the other detects muscle reactions, and serves as an energy link. To work a point, slowly apply gentle steady pressure going into it using your thumb or finger. **Work the chosen points one side at a time, on both the right and left sides.** The locations of the point's effect of the meridian are the same on both sides of the cat's body. Acupressure does not have to be exactly on target to be effective. If you are just in the vicinity of the point, you will still do a lot of good.

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Side 1



CAT'S LEFT SIDE



Disclaimer: No information herein is intended as a diagnosis, prescription or treatment, nor is it meant to replace the medical services of a veterinary professional.



Animal Acupressure Illustrated The Cat

O García



Animal Acupressure Illustrated The Cat:

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