

Section One: About Acupressure

This section includes information about acupressure and its place within Traditional Chinese Medicine (TCM). The pages provide definitions, step-by-step instructions and photos to help you learn how to apply acupressure. Answers to commonly asked questions are provided as well as charts that outline when, how long and how often to use the methods.

Note: Acupressure is effective and safe. If you apply the acupressure methods as they're described in this section, they will bring about a positive change in the emotional and physical health of your horse. If you make an incorrect point selection or apply poor technique there won't be any influence - positive or negative.

List Of Cautions:

- ◆ Do not use acupressure on horses with abscesses, tumors or skin infections.
- ◆ Do not use acupressure in areas of the body which have open wounds or inflammation.
- ◆ Do not use acupressure on a pregnant mare unless you follow the advice of a veterinarian trained in acupressure or acupuncture.
- ◆ Don't use these points on a pregnant mare: Stomach 36, Spleen 6, Governing Vessel 1, Large Intestine 4, Bladder 40, Bladder 60, Bladder 67.

Acupressure Is not a Substitute for Western Veterinary Medical Care

If your horse shows signs of poor health or emergency illness, the first thing to do is call your veterinarian and follow his or her advice. Once medical help is on the way, use acupressure as time and safety allows.

The charts in Section Two include point combinations for the horse in shock, cardiac and respiratory arrest, colic, fever and respiratory infection. These points should be used to support the primary medical care given to your horse by your veterinarian. If you have questions about your horse's health, consult a veterinarian.

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