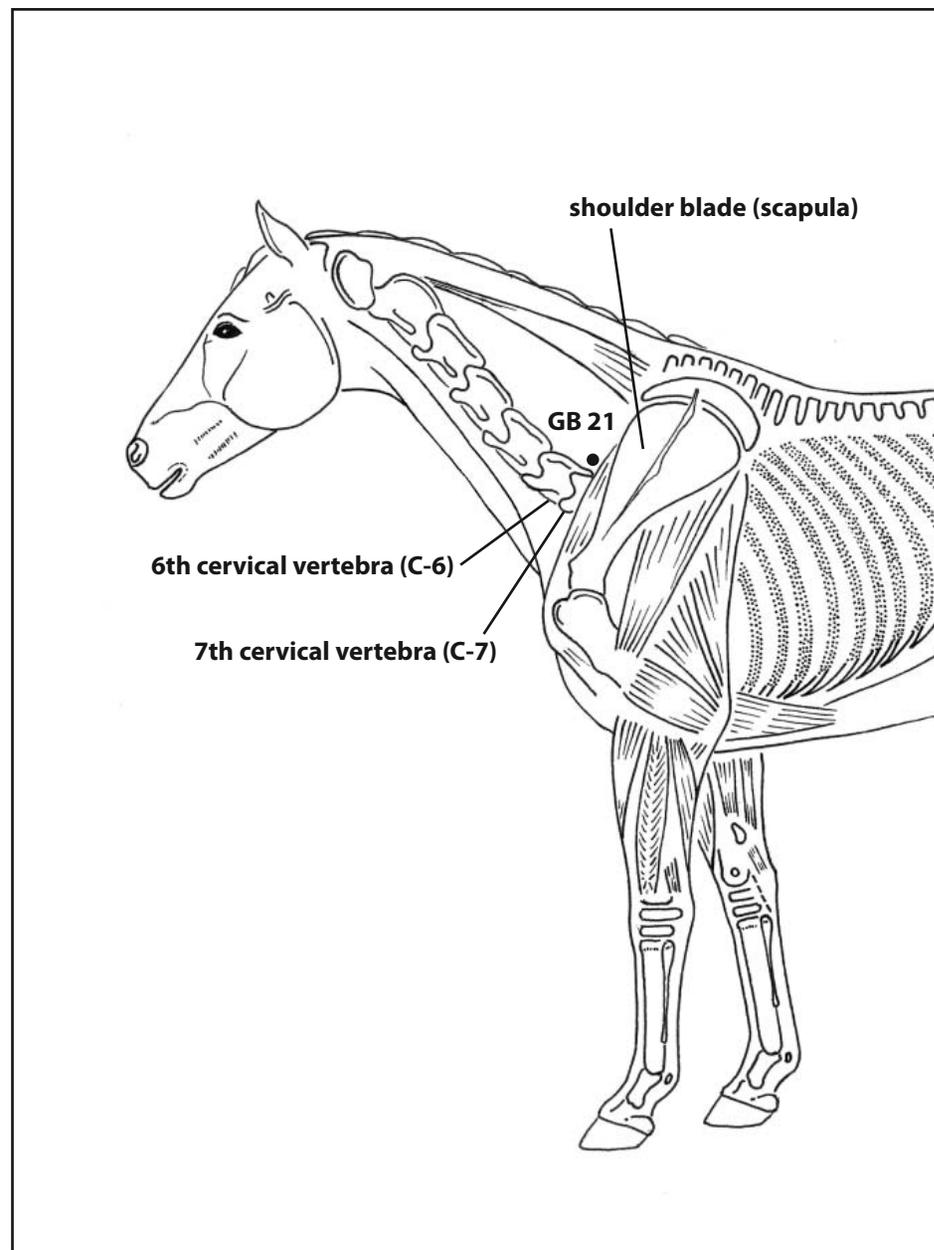


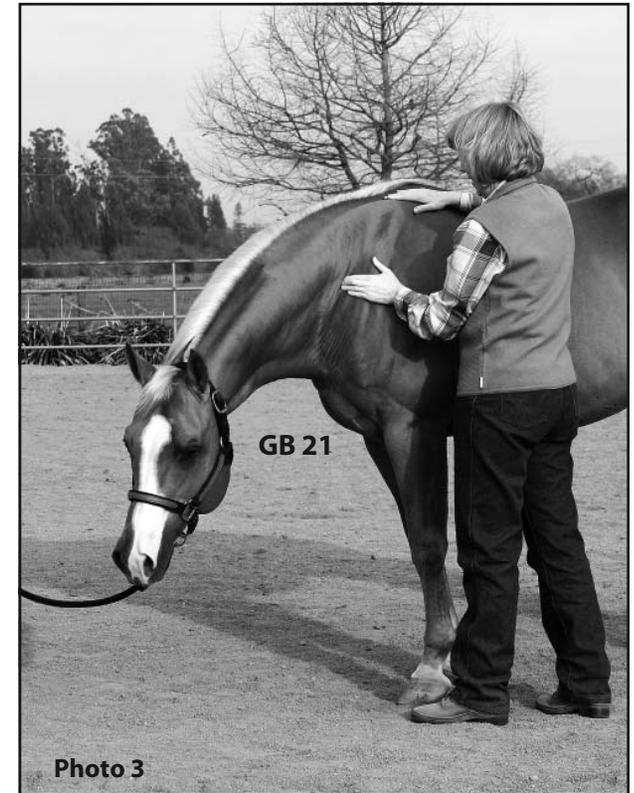
A note from author Diana Thompson:

Here's an example of the two-page format I use in my new book to give you the details of the point locations. I also include subject charts and acupressure tips. Gall Bladder 21 is a point many horses enjoy—Give it a try!

Gall Bladder 21 (GB 21)



How to find Gall Bladder 21 (GB 21)



Gall Bladder 21 is in the long crease between the base of the neck and the *shoulder blade (the scapula)*. The point is just above (dorsal to) the *6th cervical vertebra (C-6)* and the *7th cervical vertebra (C-7)*. See the photo and illustration on page 150, above, for these details.

In order to find Gall Bladder 21, place your fingertips in the crease just in front of the shoulder blade above the area of the point. Apply light pressure and slowly slide your fingers down the crease until they fall into a hollow just above the vertebrae. This dip is where Gall Bladder 21 is located. It's slightly more than halfway down the overall length of the crease. In Photo 1, 2 and 3 Diana applies acupressure to Max's Gall Bladder 21.

In Photo 1 Max has his head up watching a horse who is outside of the arena. Diana has just started working on Gall Bladder 21. She gently places the flat pads of the fingers of her left hand on the point and her right hand on Max's withers. She relaxes her shoulders and takes slow, deep breaths. For safety, she stands close to Max with her feet placed in a wide balanced stance.

Photo 2 was taken after Max had received 30 to 45 seconds of acupressure. He stops looking at the horse outside the arena, moves one step forward, lowers his head and neck and starts yawning. Diana moves with Max and keeps her fingers on the point. Max's body language lets Diana know the acupressure is taking effect.

Gall Bladder 21 is known for its ability to relax muscle tension in the neck and shoulders. It's a wonderful point to use at the beginning of an acupressure session.

Photo 3 shows Max as Diana continues to apply acupressure to Gall Bladder 21. He's released the remaining tension in his neck and lowered his head and neck even further toward the ground. His nostrils open wide as he takes deep breaths. His concern about the other horses on the ranch is greatly reduced.

If Max remains relaxed, Diana could do acupressure on Gall Bladder 21 for several more minutes. At that time, she could move her fingers to a different point or take Max for a walk before continuing the session.