



### **Liver 3**

**A very powerful Liver “Stagnation” and “Qi” moving point.**

**Connected to the Liver Meridian.**

**Liver 3 is very powerful and when it is stimulated along with Large Intestine 4 (June’s Acupressure Point), you will notice greater relief.**

### **LV3 TREATS:**

- Liver, qi and blood stagnation
- Migraines/ Liver yang rising (rising up of head ache/red face)
- Vertigo
- Dizziness
- Spasms anywhere in body
- Cramps in muscles
- Eye pain
- Hypochondrial pain
- Menstrual issues: amenorrhea, dysmenorrhea, pms, breast tenderness
- Calming point for irritability, anger, insomnia, anxiety
- Aids Digestion- relieves constipation, nausea, vomiting, and diarrhea with undigested food

### **Location of LV3:**

Liver 3 is located on the dorsum of the foot, in the depression distal to the junction of the 1<sup>st</sup> and 2<sup>nd</sup> metatarsal bones. This point can be very tender to the touch.

You can apply pressure to your own foot, by pressing with your thumb and index finger.

I find the most relieve occurs when another individual can apply pressure to the point for you, so you may focus on breathing and encouraging the area of discomfort to ease and change.

To treat this point, I want you to first connect to your breath. Then begin to apply pressure with your opposite hand. You can apply a constant appropriate pressure or pulsating pressure, as if you are pressing a button. You are in control of the treatment, so do what feels right and comfortable. It is recommended to

treat both feet. Breathe and hold each point with positive intent, for about 10 minutes, and you should begin to experience some relief from symptoms.