

AcuiQ

The Self-Treatment Guide

42 conditions. Every protocol traced to the trial it came from.

acuiq.com

How this book was made

Every protocol in this book was extracted from published literature into a database, and every one of them still points back at the paper it came from. That is the whole method, and it is unusual enough in this field to be worth stating plainly.

The corpus behind it holds 5,242 protocols across 14,237 indexed symptoms and 773 catalogued acupoints, of which 3,842 protocols cite a study. This book prints a small, deliberately chosen part of it.

What had to be true for a protocol to appear here

- Its source resolves to a DOI or a PubMed record — not a website, not a sigil, not a bare year.
- That source resolves to a real citation with an author, a title, a journal and a year. Five candidates were dropped for being dissertations indexed nowhere public.
- Between three and nine points, at least three of them body points rather than ear points.
- Every point has an anatomical illustration in this book.
- No point in it carries a caution that contradicts the condition it is being used for.
- Its point selection substantially overlaps what the wider literature converges on for that condition — each chapter shows you that convergence, so you can see how well its protocol sits inside it.

What the tier badge means

Every protocol here is marked **Study-reported**, and the sentence printed under each citation says exactly what that claims: *point selection reported in a published study*. It does not claim the study proved the treatment works, and it does not claim the trial used acupressure — many used needles or electrical stimulation. What transfers is *where* to press.

What is not in this book, and why

Several of the best-supplied conditions in the corpus are deliberately absent. They are not missing for want of evidence.

EXCLUDED	WHY
Post-operative conditions (nausea, ileus, cognitive dysfunction, urinary retention)	Studied on inpatients under clinical supervision, usually starting before the patient is awake. Nothing here transfers to self-care at home.
Chemotherapy and cancer-related conditions (nausea, peripheral neuropathy, cancer pain, cancer-related fatigue)	Adjuncts delivered alongside oncology care and coordinated with it. Ask your oncology team; do not self-direct.

How to use it

Find your condition. The left-hand page tells you what the literature holds and which trial the protocol came from; the right-hand page is the protocol itself, one card per point.

Finding a point

Each card carries two pictures: the surface view, and the same location against the skeleton. Use the second when the first is ambiguous — bone landmarks are easier to find on yourself than muscle ones. The written location is the authority; the pictures are there to orient you.

The cun

Classical locations are given in *cun*, a unit measured on your own body rather than in centimetres: one cun is the width of your thumb at the knuckle, and four cun the width of your four fingers held together. It scales with the person, which is the point.

Pressing

Firm enough for a dull, spreading ache — the sensation the classics call *de qi* — and never enough for sharp pain. Sixty to a hundred and twenty seconds a point. If a point is sharply painful, you are probably not on it.

Press needles

A press needle is a 0.20mm sterile pin, 1.5mm long, mounted on a small square of adhesive tape. It holds a point continuously for a day or two instead of the two minutes a thumb can manage, which is the whole reason they exist. Most of the trials cited in this book used needles rather than fingers, so if you use press needles you are closer to what was actually studied.

1. Find the point first, by pressing. Do not place a needle on a point you have not located by feel.
2. Clean the skin and let it dry.
3. Peel the backing, place the tape centred on the point, and press the edges down. It should feel like nothing, or like the faintest pressure.
4. Leave it 24–72 hours. Press the tape gently a few times a day to stimulate the point.
5. Remove it, and give the skin a day before using the same point again.

Do not use them on broken, infected or irritated skin, or over a mole. Take them out if the site becomes sore, red or itchy. If you are diabetic, immunosuppressed, or taking anticoagulants, ask a clinician first — several points in this book carry a bleeding caution for exactly that reason. One needle per point, never reused.

Safety — read this first

Nothing in this book diagnoses anything. Acupressure is something you can reasonably try alongside medical care; it is not a reason to delay getting a symptom looked at, and for several conditions in this book it is explicitly an adjunct and nothing more.

Pregnancy

Several points in this book are classically forbidden in pregnancy — including the web of the hand and the point four fingers above the inner ankle. They are forbidden precisely because they are held to move a pregnancy along. If you are pregnant, do not use any protocol in this book without asking a midwife or doctor first.

Where a point sits over something fragile

A few points sit over the lung apex, over the eye, or over large vessels. Every one of them carries its caution on its own card, in an orange box. Those cautions are the catalogue's, not editorial softening, and they are worth reading before you press.

Stop and see someone if

- A symptom is new, severe, or changing quickly.
- There is chest pain, breathlessness at rest, sudden weakness, or a sudden severe headache.
- Anything here makes a symptom worse rather than better.

PART

Pain and the musculoskeletal system

10 conditions.

Low Back Pain

TCM reads the low back as the seat of Kidney qi, which is why fatigue, cold and age are held to aggravate it as much as strain does. Treatment works along the Bladder channel either side of the spine and on the midline vessel running up it, on the reasoning that the channel, not the vertebra, is the thing obstructed.

What the corpus holds. 36 protocols for this condition clear every filter in this book, between them naming 46 distinct points. These are the points the literature converges on, with the number of protocols citing each:

BL23 · 66

BL25 · 55

BL40 · 53

GB30 · 32

GV03 · 30

GB34 · 25

BL60 · 20

GV04 · 20

The protocol on the facing page

STUDY-REPORTED

 Course run in the source: 84 days

Szczurko O et al. (2007) Naturopathic Care for Chronic Low Back Pain: A Randomized Trial. PLoS ONE 2(9) e919¹

Point selection reported in a published study.

Also reported

Different trials converged on overlapping but distinct prescriptions. These are the next best-supported, with their own sources.

POINTS	COURSE	SOURCE
BL23 · BL24 · BL25 · GB30	28 d	Kim J et al. (2022) Efficacy of invasive laser acupuncture in treating chronic non-specific low back pain: A randomized controlled trial. PLOS ONE 17(5) e0269282
BL23 · BL25 · BL40	42 d	Chen K et al. (2026) Effects of acupuncture and mindfulness-based stress reduction for chronic non-specific low back pain: study protocol for a 2×2 factorial randomised controlled trial. BMJ Open 16(2) e113227

The protocol



SURFACE · SKELETAL

1. BL23 Kidney Shu Point 腎俞 · shèn yú

BLADDER MERIDIAN

1.5 thumb widths lateral to the GV04 at the level of the lower border of the spinous process of the 2nd lumbar vertebra.

Caution. Avoid deep perpendicular needling.



SURFACE · SKELETAL

2. BL25 Large Intestine Shu Point 大腸俞 · dà cháng yú

BLADDER MERIDIAN

1.5 thumb widths lateral to the GV03 at the level of the lower border of the spinous process of the 4th lumbar vertebra.

Caution. Avoid deep perpendicular needling.



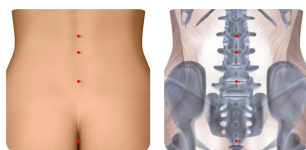
SURFACE · SKELETAL

3. BL40 Middle Of The Crease 委中 · wěi zhōng

BLADDER MERIDIAN

Midpoint of the transverse crease of the popliteal fossa between tendons of the biceps femoris and semitendinosus.

Caution. Caution in weakness/fatigue; avoid strong stimulation.



SURFACE · SKELETAL

4. GV03 Yang Lumbar Gate 腰陽關 · yāo yáng guān

GOVERNING VESSEL

Below spinous process of the 4th lumbar vertebra at the level with iliac crest.

No specific contraindications.



SURFACE · SKELETAL

5. GV04 Life Gate 命門 · mìng mén

GOVERNING VESSEL

Below spinous process of the 2nd lumbar vertebra.

No specific contraindications.

HOW TO APPLY THIS — ACUIQ'S GUIDANCE, NOT THE STUDY'S

Press each point with the pad of a thumb or finger, firmly enough to feel a dull ache rather than a sharp pain, for 60–120 seconds. Work through the points in order, once or twice a day. The trial above ran for 84 days; judge your own progress over a comparable stretch rather than in one session.