Can Acupressure Help Diabetes Symptoms?

by DR. DONNA

Acupressure for Diabetes

The Chinese have treated diabetes complications with acupuncture for centuries. Now, with the dissemination of information thanks to public libraries and the Internet, you can start benefiting from this knowledge too.

Of course, there's no substitute for scheduling a visit with someone who is specifically trained and certified in acupuncture or acupressure. Their knowledge on the topic is always going to trump what you can learn on the Internet. They understand all the details, and the devil is always in the details, as the saying goes.

Acupressure Points for Diabetes

When using acupressure points for diabetes, there are many different directions in which you can go.

You could, for example, address high blood sugar levels, the formation of cataracts and macular degeneration simply by pressing on points for up to five minutes that increase the circulation to the eyes. It may also assist in the reduction of joint pains and stress if those are things you from which you suffer.

Below are four areas of the body along with what these points can help with:

- **Back of the Knee Point**
  There are acupressure points around the knee that correspond to the health of your kidneys and bladder. One of them that is helpful for diabetics is located at back of your knee. Press and hold this point for up to five minutes daily.
- **Liver Foot Point**
  This acupressure point is one for diabetes because it helps the liver. This point is located about one inch vertically down from the point in the webbed area where the big toe meets the second toe. Again, hold the point for up to five minutes.

- **Digestion Point**
  This acupressure point is another that aids in the balancing of the digestive system. Since high blood sugar is the direct result of metabolism and digestive issues, it makes sense to press this point. This point is located one finger width to the outside of the leg from the bottom bone of the knee. You can place two or three fingers vertically in this area and all the extra acupressure points will help. Hold the point for up to five minutes.
- **Finger Width Underneath the Navel**
  This point is just as easy to find as the one at the back of your knee. Simply locate the middle of your navel. Place your hand near your navel so your thumb is horizontal to the floor at the bottom of your navel. The acupressure point is underneath the lowest point of your thumb in the midline. Stimulating this point increases your overall energy and also aids in digestion. Hold the point for up to five minutes.

Using acupressure points for diabetes is not going to cure you, but it may help you in your daily dealings with the disease.