

# Shiatsu Self-Massage

## EARTH ELEMENT



### STOMACH 36

Stomach 36, also known as *Zusanli*, is one of the most effective strengthening and healing of all energy points in TCM. Located on the outer side of the leg, just below the crest of the shin bone (tibia) - you'll feel a protrusion. This point is a powerhouse for boosting overall health, immune wellness and vitality.

Often referred to as the "Longevity Point" due to its wide-ranging benefits, it plays a key role in promoting digestive health, regulating the body's Qi vital energy, and strengthening the immune system. Stimulating this point can aid healing digestive issues, boosting energy levels, and harmonizing emotional well-being by activating the body's internal energy flow.

Regular stimulation of Stomach 36 in Chinese wisdom is believed to contribute to longevity and robust health, reinforcing the body's foundational energy and creating overall harmony. It is suggested that everyone over the age of 30 should activate it a few times a week for 2-10 minutes. This point exemplifies the holistic approach of TCM, where treating a single point can have profound effects on the body's entire system.



### HOW TO ACTIVATE ST-36

1. LOOSE FIST THUMPING on ST-36 as though you were 'stamping' with the pinky side of your fist. This is a fun and wonderful way to stimulate this point. Try for 2-10 minutes.

2. CROSS WRISTS between knees and press your middle and neighboring fingers into ST-36. Slowly lean back and then forth, feeling the pressure in and out. You can also take this all the way back into 'rocking and rolling' backward onto your back and up again. Try for 2-10 minutes.



*\*Note: Do not massage lower legs or feet if you are pregnant as it can cause premature labor.*