



Video Transcript

Self-Acupressure for Hormone Balance & Energy Flow

Hi, this is Dr. Sarah Rothman with Gaia Goddess, and I'm going to be going over some of my favorite acupressure points for the womb and the ovaries.

So acupressure, acupuncture, beautiful modalities to help stimulate the energy centers in the And then especially when we're working with womb and ovaries really help amplify our sexual energy, balance, our hormones, regulate cycles. Some of these points can also help with insomnia, with different imbalances in the womb. So cysts and fibroids or imbalances in the endometrial lining. So these points can be so powerful. And the beauty of acupressure is you don't need needles. You're stimulating the acu points with your fingers. So you can do it at home whenever you want. The only time I would not recommend this practice is if you're pregnant. Because a lot of these points are contraindicated in pregnancy, even if you're just doing acupressure. All right.

So what acupressure is doing is we're just stimulating points along the meridians or the channels in the body to work with energy flow. So to direct energy to the womb, to the ovaries, to direct energy from the womb or the ovaries elsewhere. And they can be really powerful. So there's lots of different ways to work with acupressure. The first thing we want to do is make sure that our hands are warm. So you can always rub your hands together, create a little friction, a little heat between the hands before you go and work with the points. Heat is really important in helping the muscles relax and helping decrease stagnation.

So in Chinese medicine, we're always working with opening up the channels, opening up the flow. And a lot of imbalances in the body like fibroids or like ovarian cysts are considered stagnant energy. Right. And so when we're working with some of these stagnant energies, we want to be nice and warm so that we can help the energies

move. And when we're pressing a point, we can either use direct pressure with the thumb or the index finger the first two fingers or we can tap on the points or we can do a light circular massage. So with the pressure and I'll kind of show you as we continue to go. You want it to be deep and firm.

So you want to feel a little bit of pain, but not too much. You definitely don't want to be super uncomfortable or to bruise yourself, but you want to feel a little bit of pain. So kind of like that hurts so good feeling, like a little soreness in the area.

Okay. So there's lots of different points for the women ovaries. I'm just going to go over a handful of my favorites. And you can use them whenever you'd like and whatever order you'd like. In general, with acupressure, it's nice to either hold a point for one to three minutes or massage it for one to three minutes, but even a few seconds over a point can have an effect on the energy flow. So we're going to start with some of the points down the center line or down the midline. So there's a meridian called the conception vessel meridian which runs down the midline of the body through the navel so some of these points are directly over the uterus and the bladder and some of the other organs in the pelvis so the first point is one of my favorite points out of all the points in the body it's called conception vessel three or the sea of chi And so when we're doing acupressure, we're usually measuring with what we call chun or sun. And the way to measure is often with a thumbprint. And everybody's thumb is going to be a different size, which makes sense because everybody is different. Which means two of my thumbprints are going to be very different than two of your thumbprints. So measure with your own thumbprints. So the first point is going to be two thumbprints underneath the navel. So you can start by finding your belly button with your thumb. And then you're going to press two, where one and a half thumbprints, actually, under the navel. So one flat thumb, and then one side of the thumb, just under the navel. And the point's going to be right about there. And again, because we're using acupressure instead of needles, the surface area of the thumb is pretty wide. So you're covering a lot of ground, which means you're probably on the point. The other thing to pay attention to is where the point is sensitive is probably going to be where it's most potent for you. And there could be as much of a centimeter as a difference in between my body and somebody else's body. So just kind of feel around just a few millimeters or a few half thumbprints under the belly, but it's technically one and a half thumbprint, so thumbprint down, then print up, and the point is right there. So you can start by just applying pressure with your thumb. And again, you want it to be deep because you want it to do something. So you want it to be a little bit sore, but not painful.

And just press and breathe into that.

On your exhales, you can apply the pressure a little deeper.

Notice if you feel any energy moving in the womb already and this point translates to the sea of chi so like the ocean of chi the ocean of life force energy so

it's a beautiful point to move any stuck energy in the pelvis in the womb in the ovaries it's great for any stagnation so cysts fibroids any tightness, any pelvic pain. I can feel so much moving in my womb already. So as you breathe into your thumb, notice what you're feeling, what's coming up for you, as you stimulate the sea of chi.

The next point I'm going to show is on that same channel, so the conception vessel channel down the midline. This time we're going to take four thumbprints down from the belly button. So start in your belly button, and we're going to go one, two, three, four. this is a tender one in me so take a breath inhale exhale press and you're welcome to use your thumb or you can use your index finger your first two fingers you can just apply pressure firm pressure study pressure or can massage in the circular motion motion or you can tap. These ones in the belly, I think pressure or firm massage is nice. Or these ones right over the womb, I just like that firm, steady, stable pressure. So as you exhale, Pressing a little deeper, relaxing all the muscles in your body. And just bringing your attention, your awareness underneath your fingertips or your thumb. So this point translates to the central pole. And for me, as soon as I stimulate this point, everything recalibrates. I feel like I sit up taller. It definitely does feel like a central pole for me and it's physically right over the bladder so this point is great for hormone balance and womb healing in general and also great for bladder healing if there's any bladder imbalances frequent urination or waking up a But at night to urinate, this point can be helpful for that as well. It's great for any damp heat imbalances, we say in Chinese medicine, so any kind of damp conditions. So chronic yeast infections or chronic vaginal infections, this is a point I use a lot in my patients.

So just breathe here and then the next point is in very similar still in the pelvic bowl we're going to take four thumbprints out from that point right there kind of just over the ovaries. This point is amazing for ovarian health, for cycle regulation, for fertility. So deep breaths as you press. Just feeling into your sexual energy, the energy in your ovaries. And feel what's happening underneath your thumb. It's the energy dispersing. It's lightning. Spreading. And you can gently release that point. Let's just take a moment. You can bring your hands to your lap now. Close your eyes. Just take a couple breaths here. Curious. Feeling into the energy in your womb now, the energy in your ovaries, just from spending a few moments putting pressure on these energetic centers in the womb.

So the next point I'm going to show is actually on the leg. So this is the neat thing about Chinese medicine, a lot of the points for the head are in the feet or some of the points for the womb are in the head or in the legs or in the feet. And so this one is one of my favorite points to use and great for women in general, one of kind of the most used women's health points. It's also a point that's been studied a lot in scientific studies for its benefit on womb and on hormone balance and fertility cycle regulation so okay so you're gonna find your inner ankle here this is called your medial malleolus this little bump your ankle is and then just take your thumb out from that in between the ankle and your Achilles tendon which is this tendon right here and then you're gonna go up the leg four thumbprints from there so one two three four and this one is one that varies a lot in different people so I encourage you to feel around a little bit maybe go down a thumbprint or up a thumbprint because it's going to be in a different place for different women where it feels super tender again you want to apply firm pressure and once you've found it can either apply the pressure or massage in circular motion should be tender should be like ow and you know you're on it and this is a point on the spleen channel called spleen six and it's um the meeting point of the three yin so yin energy is so important when it comes to women's health. It's our grounding energy. It's our quiet energy. It's our meditative energy. It's our nourishing energy. So this point is where the liver meridian, the spleen meridian, and the kidney meridian meet all three of those channels and organ systems really important in womb healing, in hormone balance, in cycle regulation. And because it's the meeting point of the spleen liver and kidneys, it has wide effects on all of those channels. And so the liver plays a big role in mood and in sleep. This is a great point to harmonize the liver. Liver plays a big role and hormone balance as well. And again, kidney is our jing energy, our sexual energy, our adrenal, so it's also going to affect the adrenal glands, and any hormonal urine imbalances as well. So just take a few breaths into spleen fix the meeting of the three yin. And see if you can feel that up in your womb, up in your ovaries, even though you're pressing on the leg. Does the energy travel anywhere? And this is one, this is the trickster point. This is one that you want to kind of keep applying pressure or keep stimulating. This is one that often when it's needles with acupuncture needles, the needles tend to come out on their own. So it's one that you have to kind of keep reminding. Keep pressing. And notice it's pretty grounding this point as well. And then you can gently release.

One more point on the kidney channel. So it's kind of where we started. It's in between the medial malleolus or the ankle and the Achilles tendon. So this tendon back here, it's kind of that hollow place in between your ankle bump and the tendon. So this is a nice one to apply firm pressure with your thumb or with your two fingers. I like to use my two fingers on this one actually. You can see I'm applying pretty firm pressure. So this is another one on the kidney channel. This last one was on this spleen channel but kind of in the same direction. This is called the Great Vein. So the reason I'm showing this point is because it's an amazing water point. And our womb is our waters, right?

So this helps regulate the waters in the body.

Helps regulate flow of all things. Of chi, blood of urination.

You can just kind of press or massage in circles. The Great Vein.

This one's also a really great one for sleep.

Point in your ankle that helps you sleep.

Sweet breaths here.

And so I'm demoing just on one leg, on my left leg for the sake of the demo, but the beauty of acupressure, acupuncture is you can needle or apply pressure on one side and it will affect the channel on both sides. So you don't necessarily have to do both sides and if it feels really good and you're feeling a lot of energy moving you can totally do both sides you can switch do both sides over here kidney three over here and spleen six over here but you don't have to and I mean some of the channels only have one side the central channel or the conception vegetable channel only has one channel, but a lot of the channels up the arms and the legs have two sides and totally, you're totally balanced, even if you needle, just one side, because the energy will move to the other side. Even if you put pressure or do acupressure on one side, it'll affect both sides.

When you're ready, you can just come back to a comfy seat, rest your hands on your lap, palms down, close the eyes, and take a few breaths here,

in through the nose and out through the mouth, just integrating noticing how is your energy spiraling

and just a few moments of acupressure

feel how much is activated already

good staying with the breath

feeling your chi flowing your

body recalibrating these

little attunements we offer ourselves such important,

potent parts of our day, of our practice, self-care,

loom care.

And so you can move one hand to your womb, doesn't matter which and the other one to your heart.

Take a couple more breaths here, just offering love, healing, and light to your womb space,

to your ovaries,
offering gratitude and acknowledgement to your heart space For taking the time to
nourish and to love on your body.
You can flutter the eyes open. And we'll take three breaths together to close.
Inhale through the nose.
sending the breath all the way down to your womb's last one send to your ovaries
beautiful thank you so much for being here