

What Tender Acupuncture Points May Be Telling You

Educational Disclaimer

Tenderness at acupuncture points does not diagnose disease. These correlations reflect traditional East Asian medicine observations and are used to understand patterns of imbalance in the body. Always consult a qualified healthcare professional for medical diagnosis.

Gallbladder & Liver System

GB 24: Tenderness may reflect gallbladder stress, sluggish bile flow, fat digestion difficulty, or emotional stagnation.

- Location: Directly below the nipple, 7th intercostal space.
- Clinical notes: Often tender with right-sided rib pain, fatty food intolerance, PMS, or hormonal congestion.

LV 13: Tenderness may reflect liver qi stagnation, blood sugar instability, or stress-related digestive issues.

- Location: End of 11th rib on the lateral abdomen.
- Clinical notes: Commonly reactive in chronic stress, hypoglycemia patterns, or tight diaphragm.

Stomach & Digestive Function

CV 12: Tenderness may reflect low stomach acid, delayed gastric emptying, bloating, reflux, or nausea.

- Location: Midline abdomen, halfway between sternum and navel.
- Clinical notes: Frequently tender with chronic stress, long-term antacid or PPI use.

ST 36: Tenderness may reflect digestive weakness, fatigue, immune depletion, or poor nutrient absorption.

- Location: Four fingerbreadths below kneecap, one fingerbreadth lateral to tibia.
- Clinical notes: Often tender in chronic illness, post-infection states, or burnout.

Pancreas / Blood Sugar Regulation

SP 3: Tenderness may reflect blood sugar dysregulation, cravings, fatigue after meals, or dampness accumulation.

- Location: Medial foot, proximal to the big toe joint.
- Clinical notes: Frequently sensitive in insulin resistance, metabolic syndrome patterns.

SP 6: Tenderness may reflect hormonal imbalance, fluid retention, or insulin resistance patterns.

- Location: Three fingerbreadths above medial malleolus, posterior to tibia.
- Clinical notes: Commonly tender in PMS, perimenopause, infertility, edema.

Kidneys & Adrenals

KD 3: Tenderness may reflect adrenal stress patterns, chronic fatigue, or low back weakness.

- Location: Between medial malleolus and Achilles tendon.
- Clinical notes: Often reactive in burnout, long-term stress, sleep deprivation.

KD 27: Tenderness may reflect stress-related breathing issues or emotional depletion.

- Location: Below the clavicle, lateral to the sternum.
- Clinical notes: Frequently tender in chronic fatigue and anxiety patterns.

Heart & Emotional Stress

HT 7: Tenderness may reflect anxiety, insomnia, or emotional overload.

- Location: Wrist crease on ulnar side, radial to the flexor carpi ulnaris tendon.
- Clinical notes: Commonly reactive in high stress, trauma, or sleep disturbance.

CV 17: Tenderness may reflect emotional constriction, grief, or shallow breathing.

- Location: Center of chest, level with the nipples.
- Clinical notes: Often tender in unresolved grief or chronic anxiety.

Colon & Detox Pathways

LI 4: Tenderness may reflect tension, headaches, constipation, or immune activation.

- Location: Between thumb and index finger.
- Clinical notes: Frequently tender in stress-related tension and immune flare states.

ST 25: Tenderness may reflect constipation, diarrhea, IBS-type patterns, or microbiome imbalance.

- Location: Two fingerbreadths lateral to the navel.
- Clinical notes: Commonly reactive in digestive dysbiosis.

Nervous System & Regulation

GB 20: Tenderness may reflect sympathetic overdrive, headaches, or sleep disturbances.

- Location: Base of skull, in the depression between SCM and trapezius.
- Clinical notes: Often tender with neck tension, migraines, high stress.

DU 20: Tenderness may reflect mental overload, brain fog, or difficulty calming the mind.

- Location: Crown of the head, midpoint between the ears.
- Clinical notes: Frequently sensitive in burnout and overthinking patterns.

Text name and email to be sent intake forms and fee schedule: (865) 292-8735

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