Boost Your Immune System Using These Two Points

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Lieque (Broken Sequence) and *Zusanli* (Leg Three Mile)

Although they are invisible to the naked eye, we are exposed to millions upon millions of germs. Bacteria, viruses, fungi and protozoa are found on nearly every surface, including doorknobs, furniture, office supplies, phones, remote controls, and even the food we eat. Thankfully, most of these germs are harmless and pose no direct threat to our health, but there are others that aim to cause infection and illness. You can safeguard yourself against these foreign invaders, however, by utilizing the *Lieque* and *Zusanli* acupuncture points.

***Lieque* Acupuncture Point**

Lieque (also known as Lung 7 in our ordinalized and Anglicized system of points) is an acupuncture point that's commonly used to treat bodily infections while subsequently boosting the immune system. To locate it, form a "thumbs up" gesture with your hand and look for the small crease in your skin at the base of your thumb. The *Lieque* acupuncture point is found roughly 2 finger-breadths up the wrist from this crease. It's most easily identified by feeling around this area of your wrist for a subtle depression at the bottom of two tendons.

Lieque is known to offer relief of the following symptoms:

- Sore throat
- Runny nose
- Nasal congestion
- Chest congestion
- Body aches
- Fever
- Headache
- Muscle cramps

Zusanli Acupuncture Point

Zusanli (Stomach 36 in the English-speaking countries) is another powerful immune-boosting acupuncture point. Don't let its name fool you into thinking it's located on the stomach though. *Zusanli* is actually located on the lower leg, just past the ridge of the tibia where the fibers of the tibialis anterior muscle attach.

Zusanli receives its namesake for the symptoms it's used to treat. While *Lieque* focuses on cold and febrile symptoms, *Zusanli* is used more digestive problems.

Zusanli is known to offer relief of the following symptoms:

- Constipation
- Diarrhea
- Acid reflux
- Heartburn
- Gas
- Low energy

How *Lieque* and *Zusanli* Can Improve Immune System Function

The human body's built-in mechanism for defending against germs and foreign invaders is the immune system. This complex system is comprised of a variety of different white blood cells, such as neutrophilis, eosinopholis, monocytes and basophils, that actively seek out and neutralize harmful germs. Acupuncture treatments using the *Lieque* and *Zusanli* stimulate the immune system so it produces more of these "fighters," which in turn keeps us healthy while protecting against disease and illness.

Michael Barr is a board certified acupuncturist and herbalist and can be reached at Manhattan Acupuncture Associates, with offices at Columbus Circle and Flatiron. His expertise and interests include sports acupuncture, pain syndromes, liver health, immunological support, low energy, mood disorders, anxiety, insomnia, GI complaints, and herbal and acupuncture approaches to getting off/putting off prescription medications of unsatisfactory or unclear benefit, and in helping to manage the side-effects of other necessary and life-saving biomedical interventions. He has also been busy exploring the application of Chinese herbal therapies, and specific acupuncture protocols, for all aspects of sexual health and anti-senescence.

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