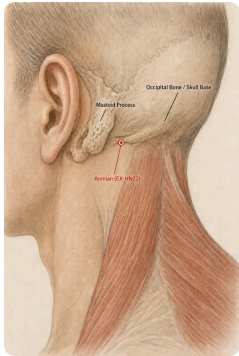


Beyond Movement

Three acupressure points for sleep, digestion, and daily comfort

Always seated · Firm but comfortable — never pain · On a blood thinner: light pressure, stop if you see bruising · Afterward, sit still one full minute before standing · Practice daily — morning and bedtime work well; think of it as a practice, not a pill



Anmian

SLEEP

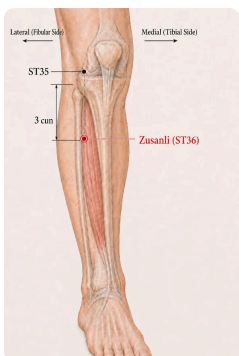
Extra point · “Peaceful Sleep”

WHERE

In the soft hollow behind the earlobe, just behind the bony bump at the base of the skull.

HOW

Gentle fingertip circles, eyes closed — about one minute each side. Traditionally used to quiet the mind for sleep. Easiest sitting back with your elbows supported.



Zusanli · ST-36

DIGESTION

“Leg Three Miles”

WHERE

Four finger-widths below the kneecap, one finger-width off the outer edge of the shin bone — on the muscle that bumps up when you flex your foot toward you.

HOW

Slow, firm thumb circles — about one minute each leg. Traditionally used for digestion, appetite, and energy. You can press through light clothing.



Ling Gu · Da Bai

COMFORT

Master Tung points · the hand pair

WHERE

On the back of the hand, along the bone behind the index finger — Da Bai just behind the knuckle, Ling Gu further back where the thumb and index bones meet.

HOW

Firm thumb pressure toward the bone — about one minute each hand. Traditionally used for comfort and ease of movement. Rest your wrist on your thigh to steady the hand.

Doing this with a care partner? Take turns. The person with Parkinson's can press Ling Gu and Da Bai on their partner's hands, and Anmian behind their ears — the sleep point, for the partner whose nights are broken too. Slow beats precise: structured, attentive touch is what helps most, so you cannot get this wrong.

Three things this week

Small, specific, and worth doing on their own merits

- 1 **Walk through your bedroom tonight.** If dreams get acted out — punching, kicking, calling out — the room matters more than anything else on this page. Pad or move the nightstand, clear the floor, lower the bed if you can, move it away from the window. Then tell your neurologist: dream-enactment is treatable, and it's information they want.
- 2 **Ask your doctor about a sleep study.** Snoring, pauses in breathing that a partner notices, morning headaches, daytime sleepiness. Treating sleep apnea improves how people feel and how they think — and no amount of acupressure treats an airway.
- 3 **Care partners: your own sleep and mood count too.** The largest study of Parkinson's care partners found that your own rest, coping, and support shape your burden as much as the disease does. It is the strain, not the caring, that does the harm — and strain can be treated. Free Care Partners group through NW Parkinson's Foundation: 2nd & 4th Tuesdays, 3 PM, on Zoom.

What the research actually shows

SLEEP Three randomized trials in Parkinson's have tested acupuncture against convincing placebo needles. All three were positive, and pooled evidence has been graded **moderate certainty**. The largest ran across eight hospitals and confirmed the result with overnight sleep-lab recordings, not questionnaires alone.

Yan et al., *JAMA Network Open* 2024;7:e2417863 · Liu et al., *BMC Complementary Medicine and Therapies* 2025 · Gu et al., *Movement Disorders Clinical Practice* 2025 · Cui et al., *Frontiers in Neurology* 2026

DIGESTION In **1,075 patients across 15 hospitals**, electroacupuncture beat sham needling for chronic constipation — about one more complete bowel movement per week — and the benefit was **still present 12 weeks after treatment ended**. A sham-controlled trial in Parkinson's itself found the same direction.

Liu et al., *Annals of Internal Medicine* 2016;165:761–769 · Li et al., *Frontiers in Neuroscience* 2023 · Li K. et al., *EClinicalMedicine* 2023

PAIN & COMFORT Pooled individual data from **20,827 patients** in high-quality randomized trials found acupuncture better than both sham needling and usual care for chronic pain, with most of the benefit persisting **a year later**. In Parkinson's specifically, a randomized trial reported improvement on the King's Parkinson's Disease Pain Scale.

Vickers et al., *The Journal of Pain* 2018;19:455–474 · Shaosong et al., *Journal of Traditional Chinese Medicine* 2024

CARE PARTNERS The largest analysis to date — **30,419 care partners** — found that your own sleep, coping, and support shape your burden as much as the disease does. It is the strain, not the caring, that does the harm.

Sin et al., *International Journal of Nursing Studies* 2025 · Olson et al., *Healthcare* 2025 · Prins et al., *npj Parkinson's Disease* 2025

PRELIMINARY Signals for anxiety and for some motor measures exist but remain early and unreplicated against sham. Overall quality-of-life scores are inconclusive, and for fatigue real and sham acupuncture performed about equally.

Questions about where you're stuck?

Call the clinic. We'll answer your questions and find a time that works — **for either of you.**

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