

# TIP OF THE MONTH

from Tallgrass Animal Acupressure Institute  
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## The Four Seas

The Four Seas are a category of acupoints which have a powerful effect on systems that perform specific functions in the animal's body.

*The Four Seas are:*

**Sea of Chi**

**Sea of Blood**

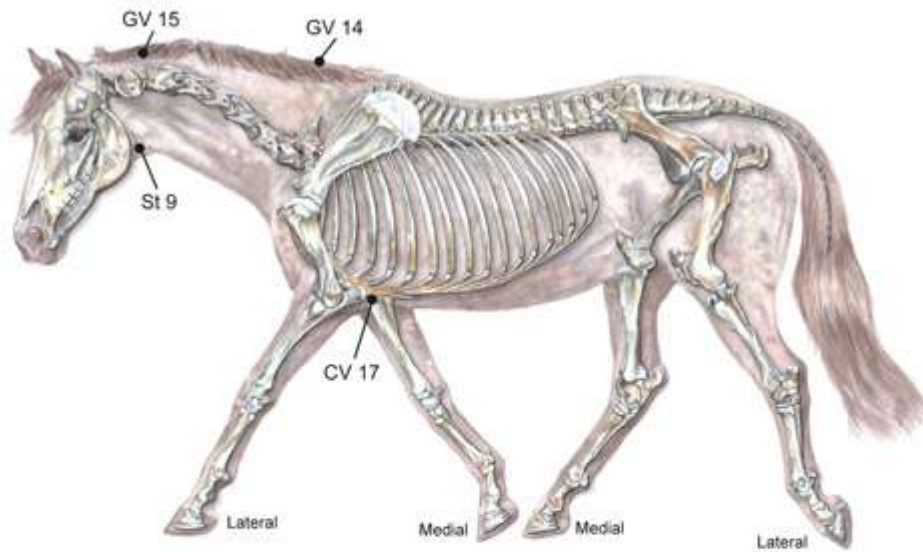
**Sea of Marrow**

**Sea of Water & Grain**

We are going to focus on the Sea of Chi acupoints. The Sea of Chi points influence the quantity and strength of the flow of chi. When a horse is experiencing an excess of chi, they may be extremely restless or hyperactive, overly aggressive or angry, eyes bulging, or indicating that his head hurts. Indications that a horse is experiencing a chi deficiency include lethargy, shortness of breath, weakness, poor appetite, or low spirited.

The following Sea of Chi Points can be used for either Excess or Deficient Chi conditions: St 9, CV 17, GV 15, GV 14. See the chart below for locations of these acupoints.

## Sea of Chi Acupoints



Point	Location
St 9	In a depression behind the angle of the mandible.
GV 14	Found on dorsal midline, in a depression between the 7th cervical vertebra and 1st thoracic vertebra.
GV 15	Found on dorsal midline, in a depression between cervical vertebra 1 and 2. <i>Use light pressure on this point.</i>
CV 17	Found on the ventral midline, at the level of the caudal edge of the elbow.