

Acupressure for Obesity and Diabetes in Cats

practical approaches for
feline metabolic support



a Five Element resource from:
ElementalAcupressure.com

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Welcome!

to your Feline Metabolism Resource

W H O A M I ?



Hi and welcome to this Five Element companion guide for supporting cats through metabolic recovery.

My name is Susan Tenney. I've been teaching Five Element acupressure, shiatsu, EnergyWork™, and Classical East Asian Medicine to help animals for over thirty years. It's my mission to put the magic and power of acupressure and the Five Elements into the hands of ALL animal lovers from bodyworkers of elite equestrian performers to caretakers of shelter rescues and everything in between.

This guide is for anyone - professional animal people or just dedicated caregivers - who wants to help a metabolically challenged cat back toward health.

Inside you'll find the three-point Starting Points Protocol for obesity and diabetes, instructions for finding and activating each point, the science behind why they work, and everything you need to support the cats in your care through this process.

Once you've had a try with this material — let us know how it goes! We'd love to hear your story.

Susan Tenney, CMT

Co-Founder, Elemental Acupressure



YouTube Resources

Video 5: Obesity & Diabetes In Cats — Acupressure Changes Everything

This PDF is your hands-on companion guide to Video 5 of the Metabolic Acupressure playlist. It's loaded with point photos on cats, step-by-step activation instructions, the science behind why these points work, and more.

If you found this guide through YouTube, you may have already watched the companion video. If you arrived here another way, be sure to head to the link below — the video covers important context and concepts that complement what's in these pages.

Access the video [HERE](#)



Beyond this video, we're building a full YouTube Playlist of videos on metabolic health for horses, dogs, and cats. Each video has its own companion guide in the free Metabolic Resource Hub. Be sure to follow our channel so you're notified when new videos and guides are released.

Coming soon in this playlist: Customizing your laminitis protocol by Five Element type, acupressure for equine PPID/Cushing's, canine metabolic conditions, canine diabetes, and cognitive decline in pets linked to metabolic dysfunction. Subscribe so you don't miss a thing.

Access the full [YouTube Playlist here](#)



The Starting Points Protocol

Three Points for Metabolic Recovery in Cats

The Foundation

SP 6

Deep
Harmony

The Clarifier

ST 40

Abundant
Dew

The Activator

ST 36

All Systems
Go!

ST 36

ST 40

SP 6

Use these the three points covered in this PDF make up the cat's metabolic recovery protocol. Together they form a powerful team

Use the points regularly for **30-180 sec per point per side** for cats who are not pregnant. Aim for 2-3x short sessions per week or more if tolerated. Sessions can be as short at 5-10 min. This is a long-haul protocol – consistency over weeks and months is what builds real metabolic resilience.

[See Video Here](#) for general acupressure instructions. Detailed point instructions in the next pages

Why Acupressure?

Medical care from a trusted veterinarian is ALWAYS step one — and rightly so. But once the vet gives the all-clear, most people think there's nothing more they can do. But it's where the place where the caregiver - pro or amateur - can actually make a HUGE difference with acupressure.

WHY?

- **To address the root cause:** Obesity and diabetes don't appear out of nowhere. Endocrine imbalance, insulin dysregulation, and Earth Element dysfunction drive them. Acupressure helps
- **The system needs support.** As the metabolism is transforming point work enhances lifestyle changes like dietary protocol.
- **The metabolism needs to rebuild resilience** to carbohydrates. Point work doesn't just help the cat lose weight - it also strengthens the entire system so it is more resilient in the context of triggers.
- **Acupressure is fast and repeatable.** The three points in this guide can be activated on both sides in 5–10 minutes — in the time it takes to clean the litter box (and it's a lot more fun).
- **It gives you and your clients something meaningful to do** during the long recovery window instead of passively waiting and worrying.
- If you are a pet professional, **sharing these points with clients keeps you on the team past the crisis** — and positions you as a source of solutions and ongoing support during a stressful time.
- **Acupressure feels good to most cats.** Unlike much of the medical management that surrounds a obesity and diabetes, acupressure tends to be welcomed — even looked forward to — by cats.

E.A.Sy. Acupressure

The **E**lemental **A**cupressure **S**ystem makes point work simple, safe, and effective. While you can advance to more subtle and sophisticated skills in our online Certification Program for professionals, the **E.A.SY.** approach makes acupressure as simple as spelling out “**A-C-U**” for just getting starting.

Assess your situation

- **Has the vet cleared the cat for your care?** ANY time you are dealing with possibly serious health issues, your first stop is your vet. End of story.
- **Is the cat resisting touch?** If yes simply hover your hand OVER the point. This actually works well
- **Are you in a calm, grounded state?** Your state affects the session.
- **Is your environment reasonably peaceful?** Minimize distractions where possible so that the cat can fully relax into the point work.

Choose your point

Select one or more points from this guide and from the other guides in the other modules of this Resource Hub. You don't need to do all of the ones here in every session - even one point done consistently makes a difference

Utilize your E.A.Sy. Acu skills

- 1: Slowly stroke the region with a soft flat hand. Breathe deeply.
- 2: Gently apply gentle pressure with your fingertips to the point slowly and softly.
- 3: Hold for 30-180 seconds or until it feels complete.
- 4: When the signals signals they're done, slowly release your pressure
- 5: Finish with gentle flat-hand strokes over the area.

**Before you start: Please read
the Common Sense Cautions on the next page!**

E.A.Sy. Acu Tips

In the PDFs in your Resource Hub we share our fave acupoints for horses, dogs, and cats. Want MORE? [Go HERE for relaxation points](#) for all three species.

Once you've used the instructions on the next pages to activate a single point, what next?

- Do another point from this guide on the same side **OR**
- Repeat the point on the other side **OR**
- Finish for the day: ***Yes, a session can be just one point***

Keep the sessions short i.e.: 3-15 minutes

Repeat 2-3x per week if possible. Or spread out the points over the week if this works better for you or the cat.

common sense cautions below!

 **Always use acupressure ALONG WITH medical care from your veterinarian - never instead of it.**

 **A note about pregnant animals and those with medical issues: Get your veterinarian's go ahead before starting!**

Need Proof Acu Works?

There is now a substantial body of evidence – including both individual peer-reviewed studies and full meta-analyses – demonstrating measurable improvement when acupoint therapies are used alongside conventional care for animals with metabolic conditions.

The three points in this guide – SP 6, ST 40, and ST 36 – have been studied for their effects on metabolic regulation, inflammation, insulin function, and systemic recovery, some more than others. SP 6 and ST 36, in particular show up in many studies related to metabolic function. As more funding becomes available for these points we expect we will discover more evidence to back up the practitioner results that have been so effective over centuries of clinical use.

2025 meta-analysis in animal models showing acupuncture significantly improved blood glucose, body weight, and lipid metabolism

<https://pubmed.ncbi.nlm.nih.gov/41122717/>

Anti-Inflammatory Effects of Acupuncture at ST36 Point: A Literature Review in Animal Studies

<https://pubmed.ncbi.nlm.nih.gov/35095910/>

Mechanisms of acupuncture at Zusanli (ST36) and its combinational acupoints for stress gastric ulcer based on the correlation between Zang-fu and acupoints

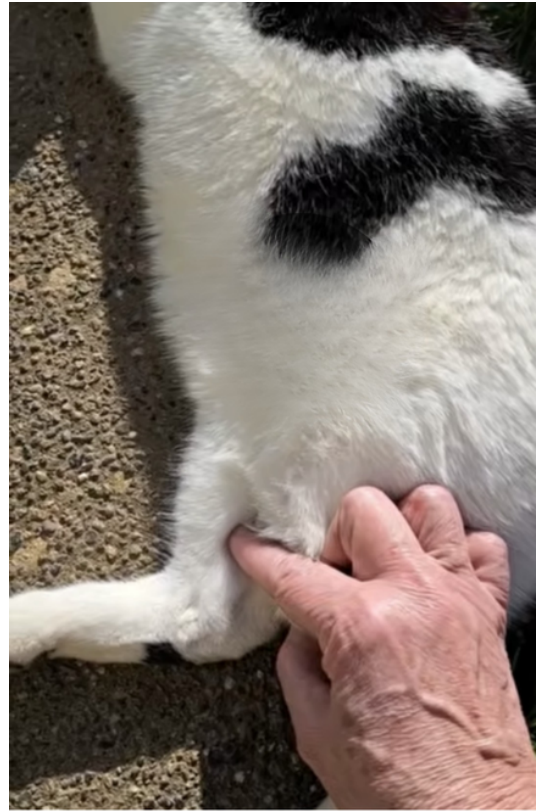
<https://pubmed.ncbi.nlm.nih.gov/39736482/>

The efficacy and potential mechanism of the acupuncture treatment for type 2 diabetes mellitus: A systematic review and meta-analysis of data from animal models <https://pubmed.ncbi.nlm.nih.gov/41122717/>

Effects of acupuncture on the insulin signaling pathway and mitochondrial AMPK pathway in an animal model of type 2 diabetes mellitus: systematic evaluation and meta-analysis <https://pubmed.ncbi.nlm.nih.gov/40312379/>

Deep Harmony (SP 6)

CAUTION: Do not use during pregnancy. OK to use post-pregnancy.



Deep Harmony (SP 6) helps animals with a wide range of metabolic concerns like obesity, diabetes, and hormonal imbalances. It also helps with low energy, weakness, or poor health. This is a particularly powerful point for senior cats whose overall vitality needs a boost. It is never too early to start using this point since it supports overall vitality, and supports the Liver and Kidneys too.

Used regularly this point works to restore metabolic function at a systemic level - not just to address diabetes, but also to address the carbohydrate metabolism dysregulation that caused it in the first place.

It also helps with immune, endocrine, and reproductive functions.

[See Video Here](#) for general acu instructions. **Deep Harmony (SP 6) instructions on next page.**

Note that this point may be sensitive in cats with metabolic issues. If the cat is moving around a bit it is fine to continue but if the cat becomes agitated or wants to leave - it is time to change your approach. You can either hover your palm over the point or you can experiment with our [No Pressure Acupressure™](#) mini-course.

Finding Deep Harmony (SP 6)

CAUTION: Do not use during pregnancy. OK to use post-pregnancy.



How to Find Deep Harmony (SP 6) on Cats

This point lies on the inside of a cat's hind leg. Start by doing a few gentle strokes down the inner hind leg between the knee and ankle joints, SOFTLY feeling for the main bone through the thigh (the tibia bone). If the cat is receptive, you can continue.

The point is about 3/16ths (or a **TINY** bit less than 1/4) the distance from the ankle joint to the knee joint. The point lies immediately behind the tibia bone.

How to Activate Deep Harmony (SP 6) on Cats

To stimulate the point, stroke along the back side of the tibia bone between the knee joint and the ankle joint. The point is a bit less than 1/4 the distance between these joints, so measure the distance between the joints, determine the 1/2 way point along the tibia and then split the lower half in half again to find the 1/4 spot. The point lies ever so slightly below that 1/4 mark, immediately behind the tibia bone. You can even press toward the back of the bone and get good results. Now hold the point with soft steady pressure for 10-45 seconds.

Abundant Dew (ST 40)



Abundant Dew (ST 40) is the Influential point for “Dampness” or the internal climate associated with fluid management, weight issues like obesity, metabolic conditions like diabetes and carbohydrate issues, and tumors. It is particularly helpful for obese, lethargic, low energy cats who have or are prone to diabetes. It is powerful when used on its own and even more effective when used with the other points in this protocol.

[See Video Here](#) for general acu instructions. **Abundant Dew (ST 40)** instructions on next page.

Finding and Activating Abundant Dew (ST 40)



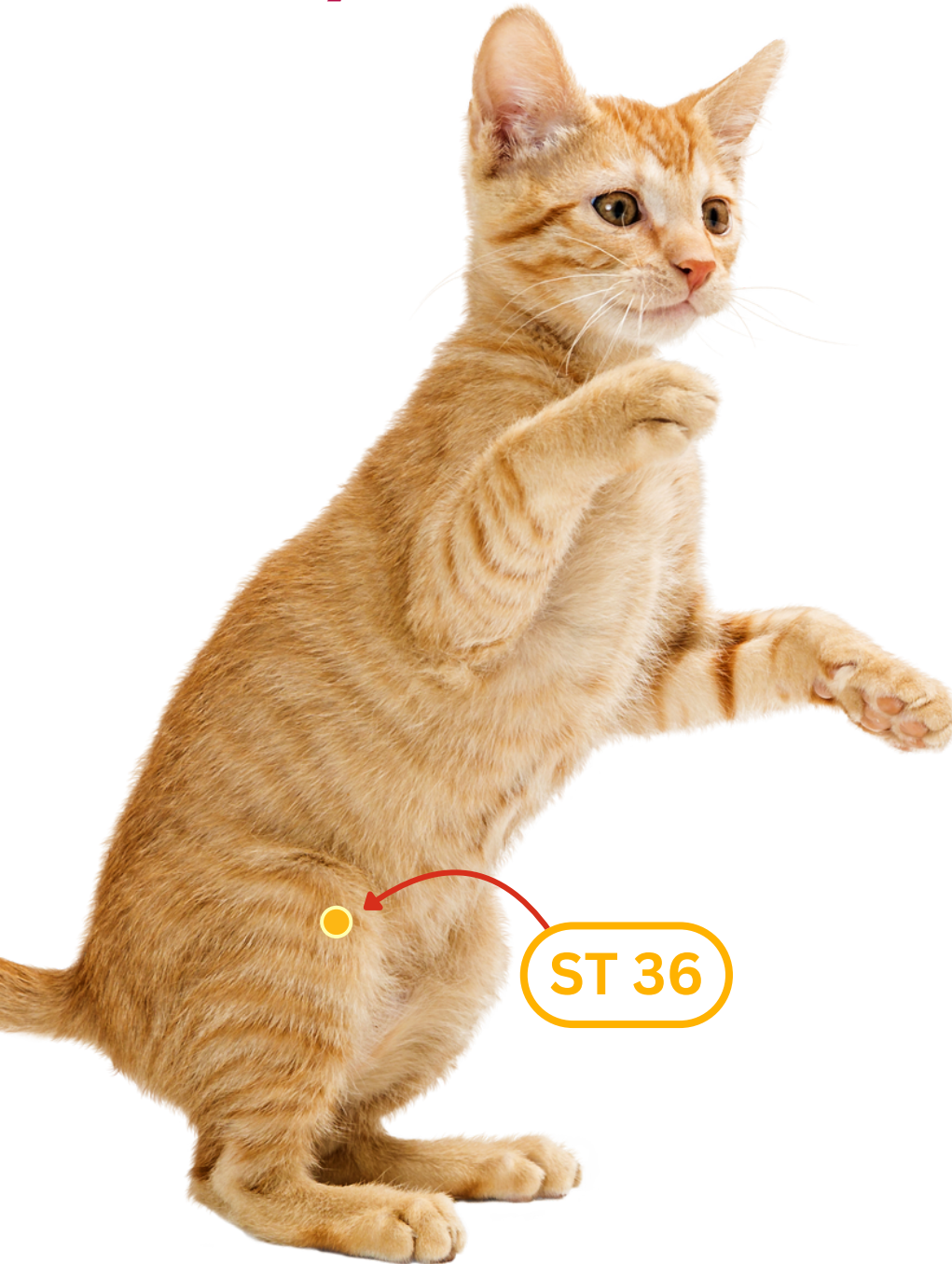
How to Find Abundant Dew (ST 40) on Cats

This point lies on the outside surface of the hind leg midway between the knee and ankle joints. You can see that it sits about $\frac{1}{3}$ the distance from the front of the leg to the back of the leg in the belly of the muscle here. The height of the point is about midway along the lower thigh between the knee and ankle joints. Gently bend the hind leg to see EXACTLY where that part of the body is.

How to Activate Abundant Dew (ST 40) on Cats

Stroke the region with a finger or a flat palm following the direction of the hair. If the cat allows you can continue. Locate the point with a fingertip. Hold gentle contact at the point with soft steady pressure for 10-45 seconds (or longer) and release when both of you are ready.

All Systems Go (ST 36)



CAUTION: Do not use during pregnancy. OK to use post-pregnancy.

All Systems Go (ST 36) is sometimes called the “greatest point” in Classical East Asian Medicine. It has more peer-reviewed research behind it than almost any other acupoint which proves its efficacy. Once you’ve build a foundation of metabolic health and cleared the system of “Dampness” this point is there to activate the system for optimum wellness.

Used regularly this points works to restore metabolic function at a systemic level - not just to relieve symptoms, but to address the carbohydrate metabolism dysregulation that contributed to obesity and diabetes in the first place.

ST 36 also reduces inflammation, supports digestion and gut health, rebuilds energy levels, balances carbohydrate metabolism, supports the immune system, and even reduces lingering pain. The point is a bit tricky to learn but you can see just how worth it it is to learn and use it!

[See Video Here](#) for general acu instructions. **All Systems Go (ST 36) instructions on next page.**

Note that this point can be like jump starting a car - it can be a strong point! If the cat receiving point work is frail, worn down, deeply stressed, or other wise low vitality, ease into this point gently using it only once every couple of days to make sure that it doesn't **over** energize the body before the foundation of health is established (as with SP 6 and ST 40). If the cat's is not frail, then this point is fine to use actively.

Finding All Systems Go (ST 36)

CAUTION: Do not use during pregnancy. OK to use post-pregnancy.



How to Find All Systems Go (ST 36)

The point lies immediately below the the crest of the tibia. But most people who haven't studied anatomy don't know this small bony landmark. This small bony bump lies near the top of the lower thigh.

You'll see in the image that the point sits **below** the knee joint and **almost on the very front of the leg**.

Because it **MUST** be below the knee joint, I strongly suggest that you bend the leg to see where the **the knee joint** ACTUALLY bends ([see blue dotted line for the level of the knee joint](#) - see how this is the where the upper thigh meets the lower thigh). The point sits below that crease of the knee joint.

How to Activate All Systems Go (ST 36)

Stroke the outside surface of the hind leg with a finger or flat hand. If the cat accepts touch here then locate the point right below the knee joint and VERY far forward, almost on the front of the leg. Hold gentle contact for 10-45 seconds (or longer). When you and the cat are done, finish with a few gentle strokes over the leg.



What's Next?

Did you find this helpful? Want to go deeper?

Be on the lookout for our upcoming free live event: [The In Your Element Experience](#)

When we go live that week we'll go over how the **Five Element Framework** can transform all aspects of your work with and for animals and clients.

We'll talk you through how to use the Elemental Matrix Method™ to

- design a CUSTOMIZED acupressure protocol to help animals in your care
- create a CUSTOMIZED training approach to each animal for stress free learning that adapts to each client easily
- arrange CUSTOMIZED animal care programs so each animal gets EXACTLY what they need to succeed
- communicate more effectively to your CLIENTS
- improve how your clients relate and work with their animals

We'll also show you how to use YOUR Five Element Matrix to **set up your business for optimal joy, ease, and profitability** because you'll be building on a foundation that is based on YOU – not some Tik Tok business guru.

We can't WAIT to share this fun event with you! Get on the wait list [HERE](#) so you don't miss a thing.

Want to learn more about the 5E Framework for your own life and your animal related business NOW while you're waiting for that event to go live?

[We have a quiz](#) that will help you determine YOUR 5E Matrix so you can build a business and a lifestyle that matches YOU - not some business guru that is nothing like you!

This quiz will be followed up with a detailed PDF result just like this one – but for YOU this time! So if you want to read up on all of YOUR Five Element goodness, head there for more info, insight, and inspiration.



TESTIMONIALS

About studying in the Elemental Acupressure Certification Program

Elemental Acupressure had such a transformation on my own horse. That's when I knew I needed to know more. As soon as I started the Elemental Acupressure Certification Program and training with Susan in more depth. Yeah, what can I say? The support from both Susan and the Elemental Acupressure community has just been immense.

I've always been somebody that's really struggled with self-belief. And Susan and the Elemental Acupressure team – they've just given me that self-belief to take me forwards. So I think it's not just the training in the Elemental Acupressure that's been transformational, it's been the support I've had as well.

I've had massive transformation in my life, my career, my relationships, and certainly my relationship with my horse. It's just given me an understanding of horses and also the people and clients. Quite often, I think I'm helping the people as much as the horse when I go and see a client. [The Five Element Approach] just gives me a different way of explaining things to them, and it gives them an understanding of maybe why a horse is behaving the way it is, and maybe why there's some conflict between the two. It is transformational on all levels.

Sue Stopforth (UK)

Elemental Acupressure Certified Animal Acupressure Practitioner



It just seems like any time I open up social media another acupressure program or some bodywork modality is being offered. There are a lot of opportunities to take classes now. There might be a cheaper program, a shorter program and yet, they're missing out on so much.

I think that Susan, in and of herself, just being able to learn from her is an opportunity I would not want anyone to pass up. But then on top of that, to learn her wisdom... Not just in Chinese medicine, but in energetics, and, the Five Elements, and intuition...

What somebody gets from going through the Elemental Acupressure program is invaluable. You can't put... a dollar amount on that. And so I hope that someone who truly wants to invest. In their future would consider investing in the Elemental Acupressure program over - hands down - any other program.

Sam MacLean (USA)

Elemental Acupressure Certified Animal Acupressure Practitioner